

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP CALENDAR EAT DISCOVER TRAVEL TOWN GUIDES

Burning questions: After wearing sweats for months, will we ever want to sport anything with a waistband again? Will we walk blithely past the aisle packed with toilet paper and sniff, "oh, I'll grab some next time?" Will we look at our entirely blank calendar with horror or glee?

It's taken me two full weeks of staying home to figure this out, but the key to social distancing is a news fast every other day. We can all keep up with the horrendous news in limited doses but the constant consumption was wreaking havoc on my psyche.

Most of my close friends are small business owners themselves, so we've all been ruminating about the futures of our companies and discussing various strategies. We must somehow adapt to this new landscape, and after a self-imposed news fast, I am more able to get back to the tasks at hand and plan the future without descending into a swirl of anxiety. I'm writing this on Friday, 3/27 after a delightful two-mile walk with my old dog. A few other humans were out too, and it was good to see people enjoying a Spring day. No, not nearly normal, but uplifting all the same. I hope you are able to carve out some calming moments in your day, too.

Love, Erica

p.s. Please support our advertisers who are keeping The E List alive (and free) during this trying time.

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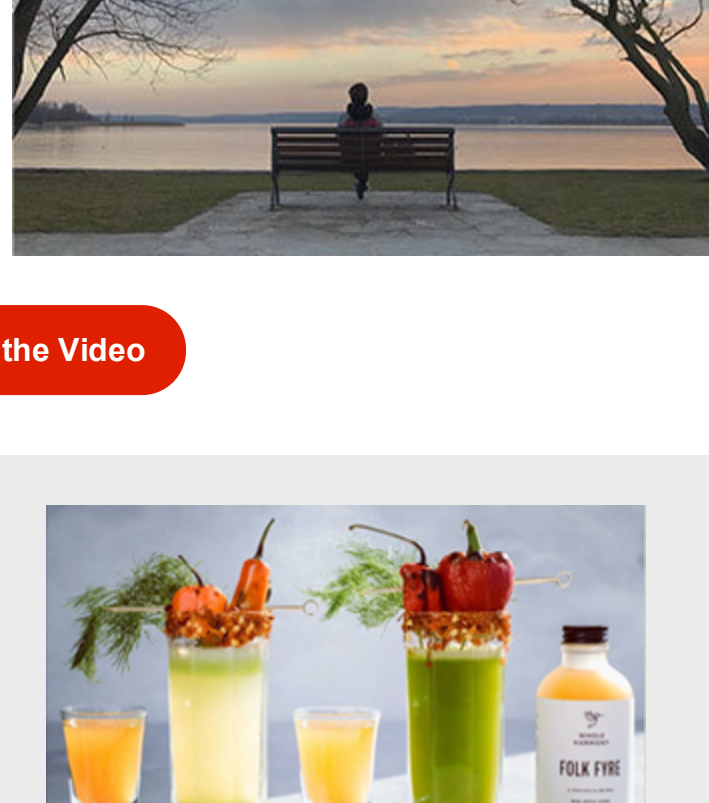
Maintaining Workflow During The COVID-19 Crisis by MacWorks, LLC

Our very own tech guru weighs in with tips for productivity while working at home.

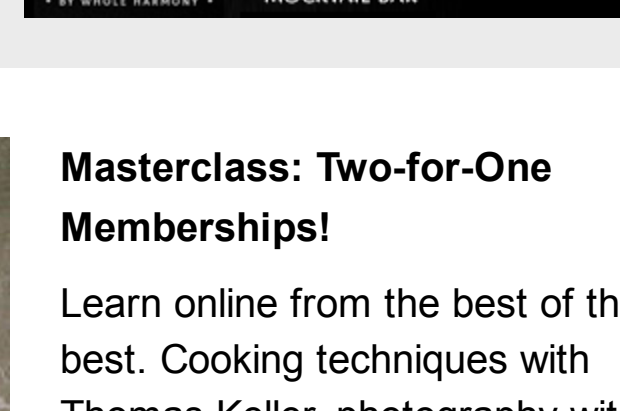
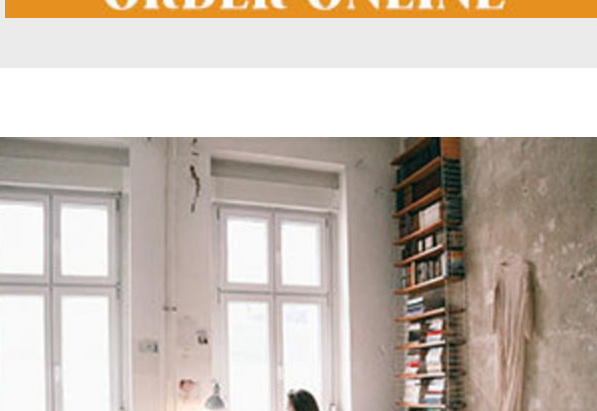
Get the Tips

Minimize News Anxiety with Dr. Jeff Rossman: Clinical Psychologist, Canyon Ranch

Some helpful advice from the experts at Canyon Ranch...



Watch the Video



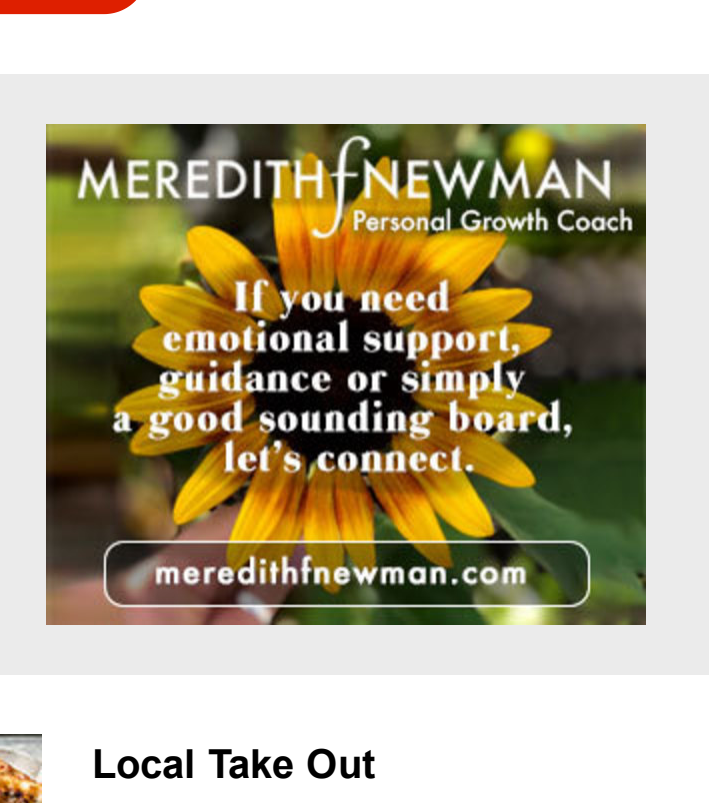
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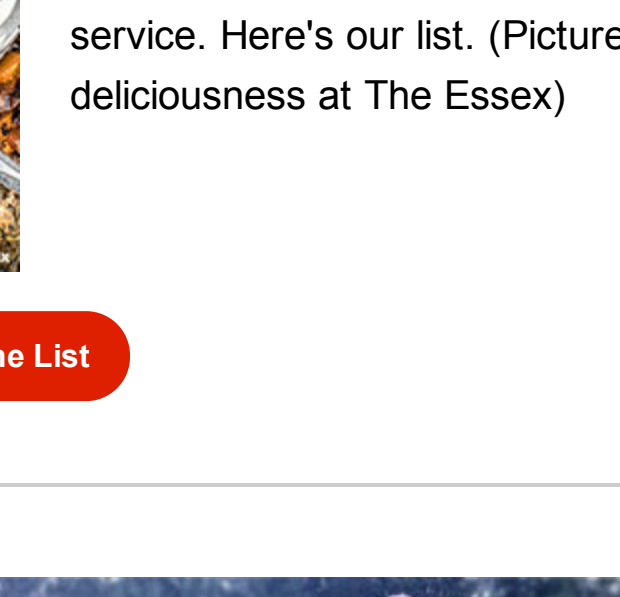
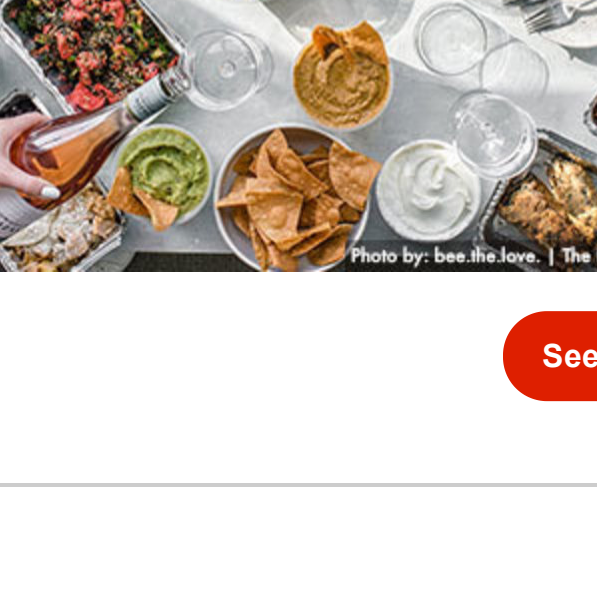
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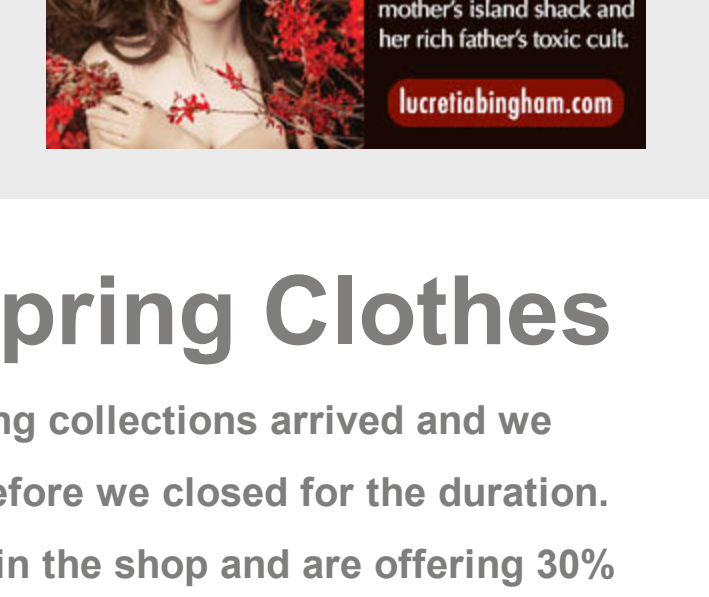
Local Take Out

Many of our favorite restaurants are offering take-out and curbside pick up. Some even have delivery service. Here's our list. (Pictured: deliciousness at The Essex)

See the List

Grilled Camembert

Light the barbie and grab a small wheel of camembert and a baguette. Here's a happy little something to up your quarantine cooking game.



Watch the Video

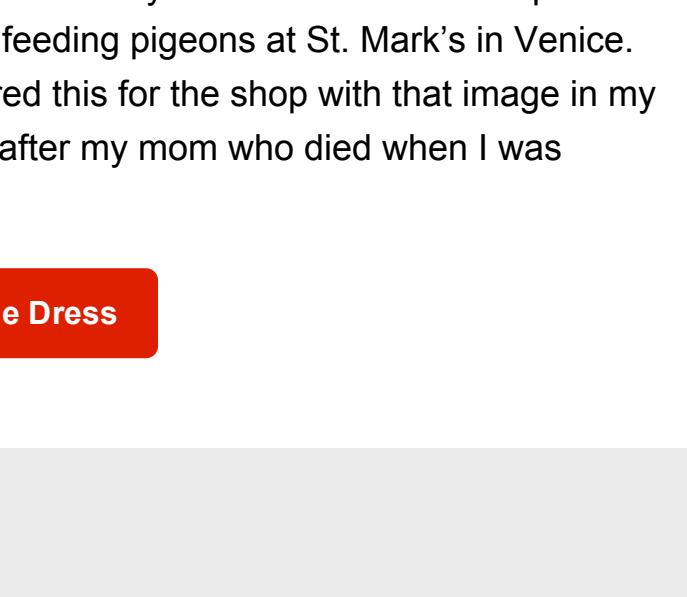
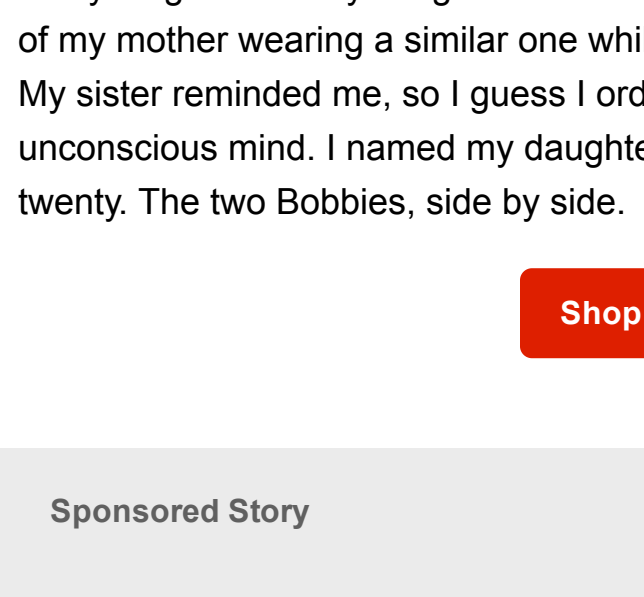
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30% Off All Spring Clothes

Need a little lift? Well, our spring collections arrived and we were open for exactly 3 days before we closed for the duration. We've got lots of lovely things in the shop and are offering 30% off and free shipping. New arrivals from all our favorites, including Velvet, Xirena, Avenue Montaigne, Natalie Martin, 3X1, ATM and more. Have a look at our online shop, and if you'd like more info please email me at erica@theelist.com. Use code SPRING30.

Shop Online



A Dress Story

My daughter and I went to the shop for a photoshoot. She looked adorable in everything! The funny thing about this shirt dress by Xirena is that I have a photo of my mother wearing a similar one while feeding pigeons at St. Mark's in Venice. My sister reminded me, so I guess I ordered this for the shop with that image in my unconscious mind. I named my daughter after my mom who died when I was twenty. The two Bobbies, side by side.

Shop the Dress

Sponsored Story



Waterview Landscaping Old Saybrook

Brenda Barclay is excited to announce that she has recently joined Waterview Landscaping in Old Saybrook as their new Landscape Designer. She has had the utmost passion for the outdoors while creating gardens of any type, size or design. As a testament to her lifelong interest, she has been studying Greenhouse Management and Ornamental Horticulture. After completing a Bachelor's Degree in Ornamental Horticulture and Master's Degree in Landscape Architecture she began her career working in high-end residential design. She spent the majority of her career working on the upscale homes on Long Island.

She believes as a designer the most important thing to do is to listen to the client. The design should represent their lifestyle as well as their specified budget. She enjoys getting to know clients and learning how they use their property so that she can create a space that is truly appropriate and enjoyable.

Visit waterviewlandscaping.com

p.s. from Erica

Last week we published a Survival Guide to the Shoreline. See it here.

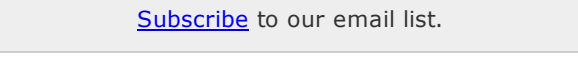
Many local non-profits are helping those impacted by Covid-19. Donate to:

- Shoreline Soup Kitchens
- Guilford and Branford Foundations, Women & Family Life Center Emergency Financial Assistance
- Lyme/Old Lyme Coronavirus Relief Fund
- Child & Family Agency of Southeastern Connecticut
- The Madison Foundation

The best advice on isolation comes from astronauts:

"Most of us are going to survive this, and what it means to us individually is very much a result of the choices we are making. It's an opportunity to do something different in your life, and to maybe reassess where you are. That's what we do onboard the spaceship as well. You can find your own personal space voyage right now." Read the [Washington Post article here](#).

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