

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP CALENDAR EAT DISCOVER TRAVEL TOWN GUIDES

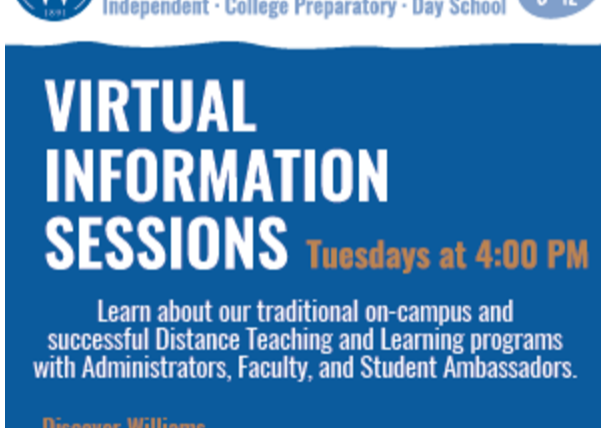
It's the mood swings. Some days, especially the ones filled mainly with work, I'm almost happy. The days that I feel like I should be more productive, but I'm reading too many news reports or obsessively searching the internet for wipes (yes, I am STILL doing that!) get me sunk. My latest trick is to think of a particularly joyful memory, and here's my favorite:

I was in NYC for the wholesale market and schlepping my bag to my hotel from Penn Station, maybe a little far to walk but too close to cab it. My daughter had just started her first job out of college at a PR agency in midtown. As I'm dragging my suitcase down the bumpy sidewalk, I hear a familiar "Mom!" You know how you instantly recognize your child's specific intonation of Mom? Even in the middle of NYC, when you least expect it? And there she was, leaning out of a packed Uber, all dressed up in one of the work outfits we had picked out, on her way to a client event with her team. It's a delicious memory: the randomness of running into one's child in New York, the pride of seeing her in her milieu, and the realization that she was, in fact, all grown up. But not too adult to scream Mom out the window.

Hoping you can focus on some happy thoughts, too.

love,

erica



The Williams School
Independent • College Preparatory • Day School
GRADES 6-12

VIRTUAL INFORMATION SESSIONS

Tuesdays at 4:00 PM

Learn about our traditional on-campus and successful Distance Teaching and Learning programs with Administrators, Faculty, and Student Ambassadors.

Discover Williams
TODAY - April 28

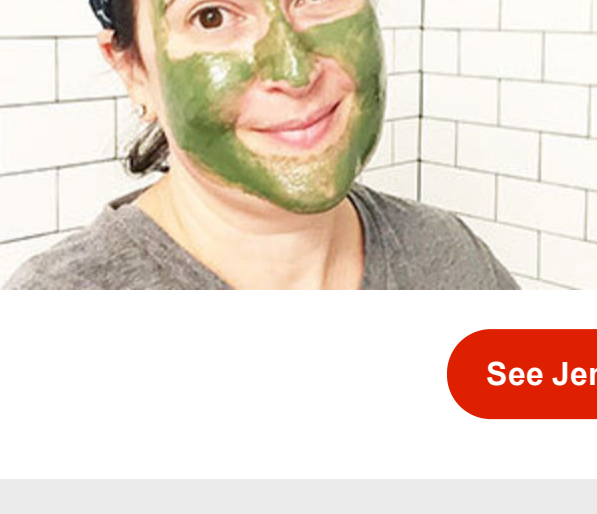
Middle School Academics & Student Life (Grades 6-8)
May 5

Upper School Academics & Student Life (Grades 9-12)
May 12

Athletics Program
May 19

Performing & Visual Arts Programs
May 26

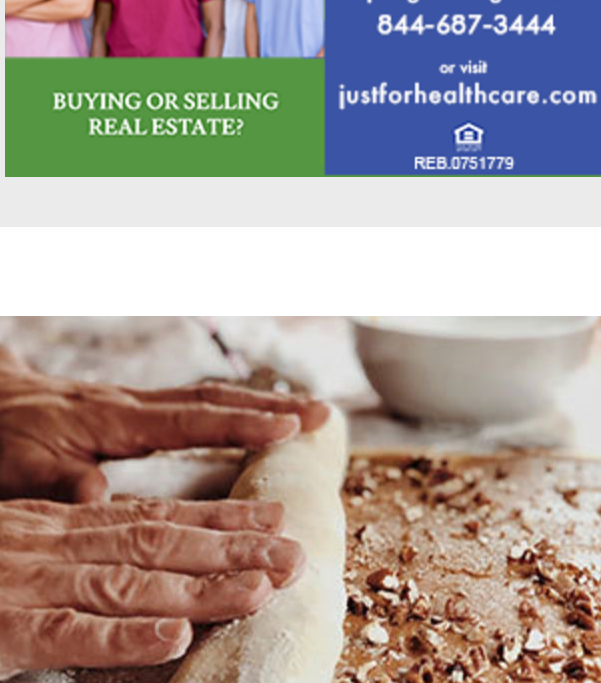
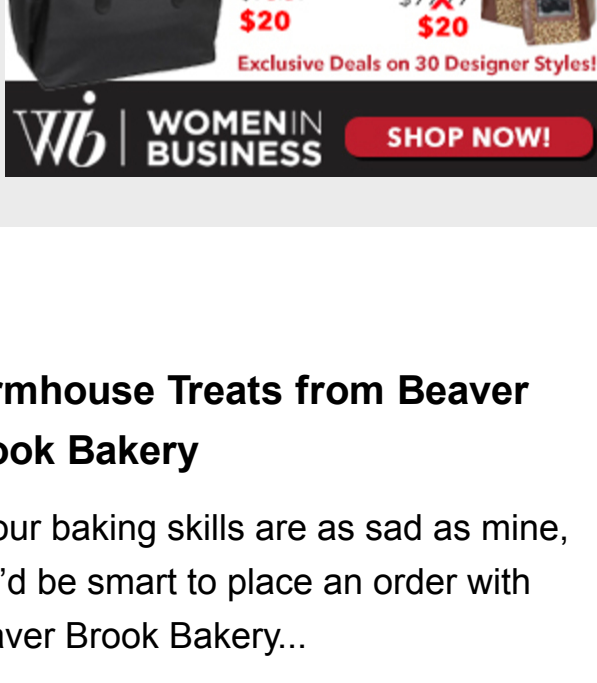
Please register online in advance to receive the Zoom link via email.



Do It Yourself Facial with Jennie Fresa

If there was ever a time for self-care it is NOW. With grooming out the window and a sad face staring back at me in the mirror, I'm overdue for a bit of pampering! Jennie Fresa made this brilliant video...

See Jennie's Video

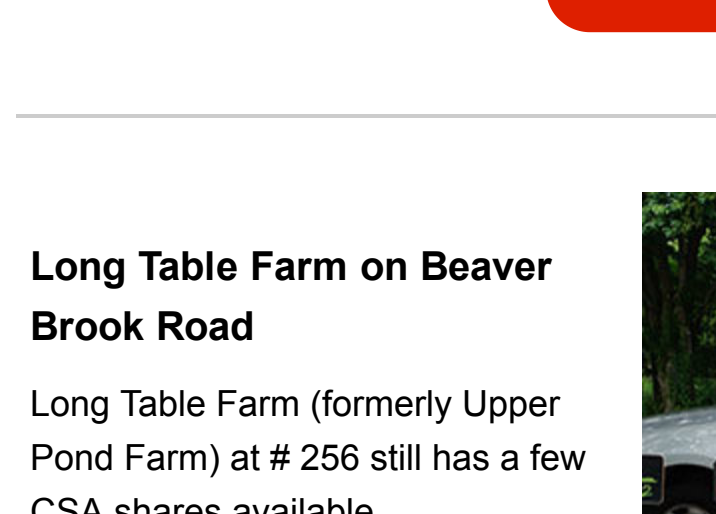
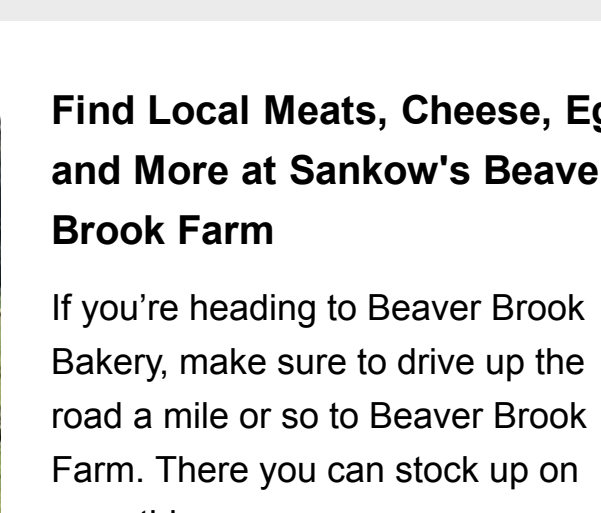


Farmhouse Treats from Beaver Brook Bakery

If your baking skills are as sad as mine, you'd be smart to place an order with Beaver Brook Bakery...



Read More



Find Local Meats, Cheese, Eggs and More at Sankow's Beaver Brook Farm

If you're heading to Beaver Brook Bakery, make sure to drive up the road a mile or so to Beaver Brook Farm. There you can stock up on everything...

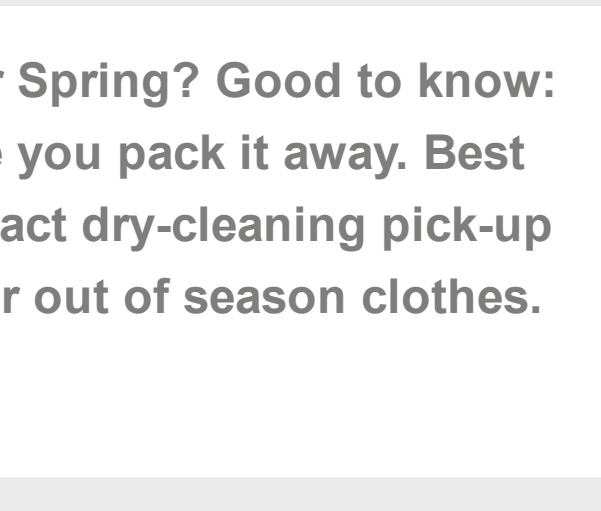
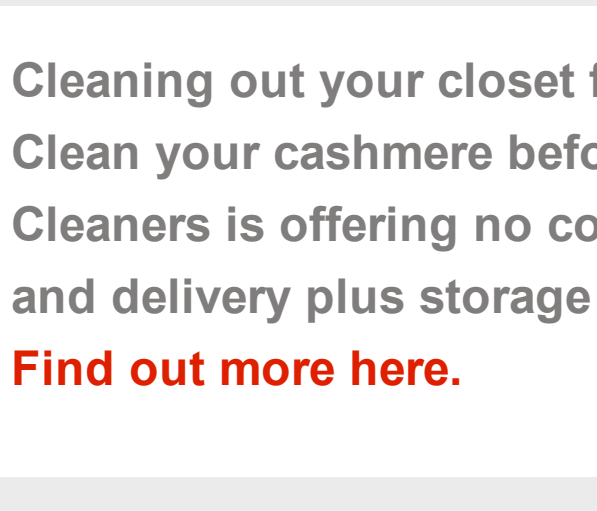
Get the Details

Long Table Farm on Beaver Brook Road

Long Table Farm (formerly Upper Pond Farm) at # 256 still has a few CSA shares available...



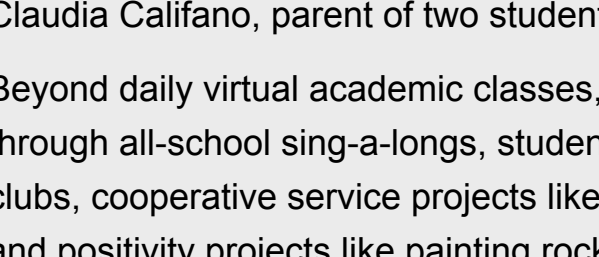
Read More



Cleaning out your closet for Spring? Good to know: Clean your cashmere before you pack it away. Best Cleaners is offering no contact dry-cleaning pick-up and delivery plus storage for out of season clothes.

Find out more here.

Sponsored Story



Country Connected

"This time of uncertainty has driven home how immeasurably important relationships are – far and above all else – and how much feeling deeply connected to others matters. Maintaining relationships remotely is a challenge to say the least. The Country School is succeeding," said child psychiatrist

Claudia Califano, parent of two students.

Beyond daily virtual academic classes, our community stays connected through all-school sing-a-longs, student-mentoring, multi-generational book clubs, cooperative service projects like sewing masks for Middlesex Health, and positivity projects like painting rocks. "These rocks of hope and love, left for us on campus by Head of School John Fixx, remind us how much we matter to each other and look forward to being together again," said Califano.

The Country School prides itself on its interconnected community, fostering partnerships among students, teachers, parents, alumni, and the broader world.

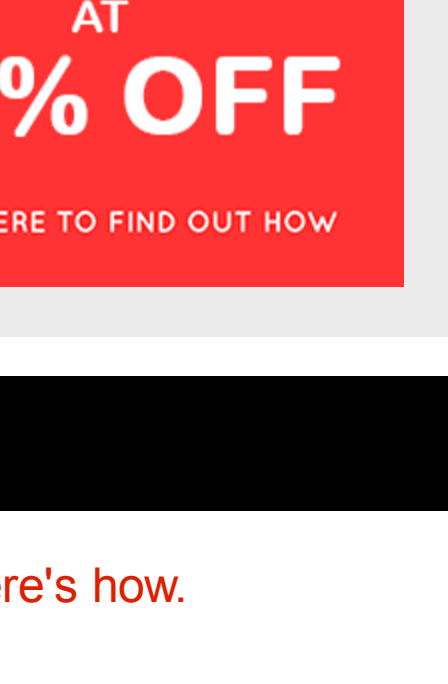
We would love to connect with you.

Register for a May student online workshop.

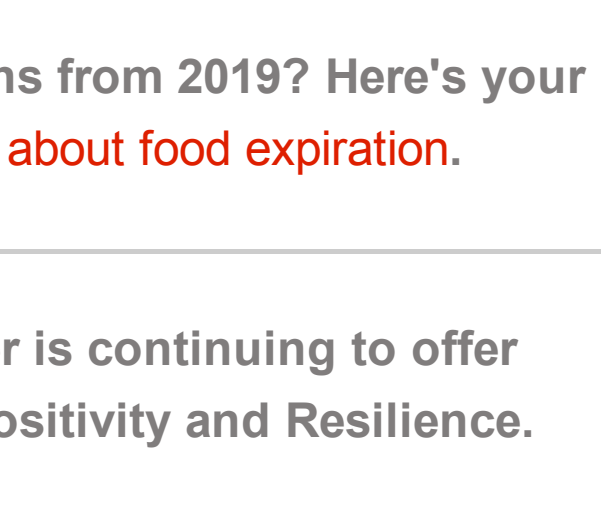
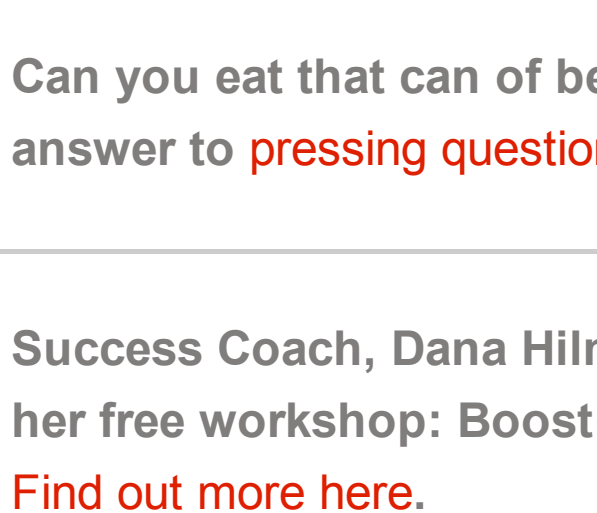
Learn More & Register

30% Off at The E List Shop

EVERYTHING in our online shop is 30% off, including our brand new Spring collections. Free shipping over \$100.



Shop The E List



p.s. from Erica

Store your out-of-season clothes. Here's how.

Overhaul your pantry. Here's how.

Clean your house. Here's how.

Can you eat that can of beans from 2019? Here's your answer to pressing questions about food expiration.

Success Coach, Dana Hilmer is continuing to offer her free workshop: Boost Positivity and Resilience.

Find out more here.

Overwhelmed? Here are Ten Tiny Decluttering Projects.

Tickets on Sale NOW for summer shows at The Kate

Lyme Art Association's Online Exhibit, "Birds & Bees" is a colorful celebration of spring featuring uplifting works.

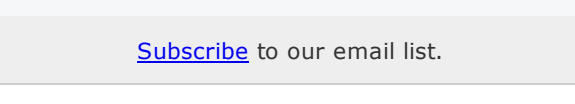
Buy gift certificates, order takeout, and shop virtually or by phone at Love Your Local Madison Merchant day on May 2. More info here.

Last week we wrote about Victory Gardens, online workouts, cozy outfits, and favorite books. Read the list here.

New to The E List? Just in case you got this from a friend, sign up to receive your own copy of our weekly newsletter about the best of the CT Shoreline. Normally, we scour the towns to find the best food, shopping, cultural events, and things to do and tell you all about them on our weekly guide. During the Covid-19 pandemic, we're reaching out to our community of experts for tips to help you through this difficult time (and we will NEVER share your email).

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