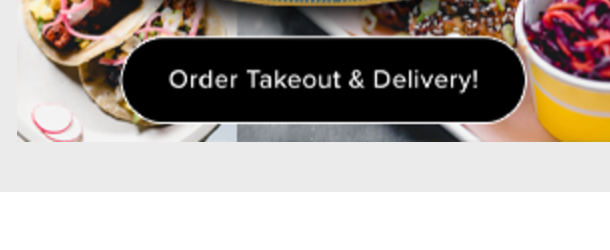


What to do when every single day is Ground Hog Day? Lucky for me, we always publish on Tuesday, so I do have to keep track, but that is the **ONLY** reason I know what day it is. Oh, and garbage day. On Thursdays, I empty the fridge of rotting bits that I had the best of intentions of cooking. Usually, this time of year, I'm planning a week at the beach to break up the seemingly endless slog of winter.

Instead, I'm dreaming up all the things I can't wait to do once we're freed from solitary confinement. My current fantasies include taking the overnight Crescent train to New Orleans, spending a weekend discovering Charleston (NEVER been!), a day of shopping and fancy lunch in NYC, a FULL-on spa day, sloughed head-to-toe. I know these aren't big bucket list items, but having something to look forward to helps me limp toward life post-vaccination. One way to solidify your goals is to create a Vision Board. We asked Personal Growth Coach Meredith Newman for some instruction. Not only is it a fun activity, but it's a useful reminder that, YES, we have lots to look forward to. This and more below.

Love, Erica



Four Mile River Farm Delivers Locally Raised Meats to Your Door

Great news for local carnivores! Four Mile River Farm now delivers all their pasture-raised cuts straight to your door. Long fans for their beef and lamb, they've recently added free-range chicken to their offerings.

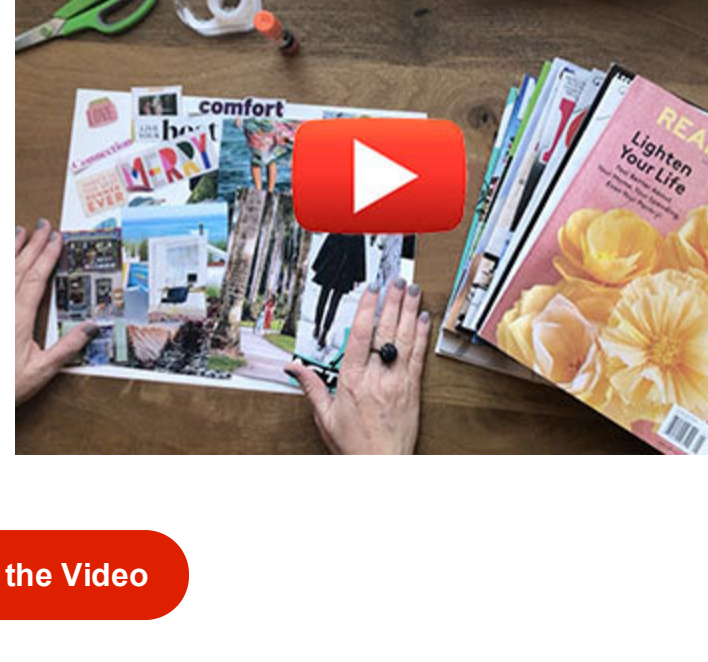
Photo Credit: Winter Caplanon

[See The Farm](#)

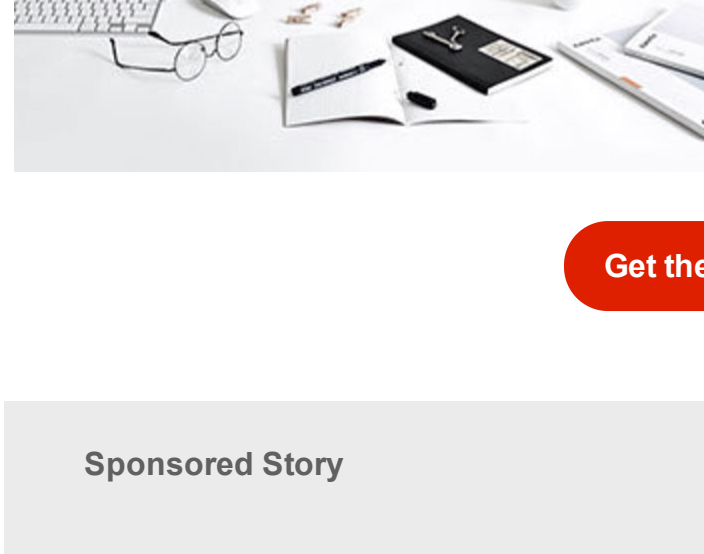
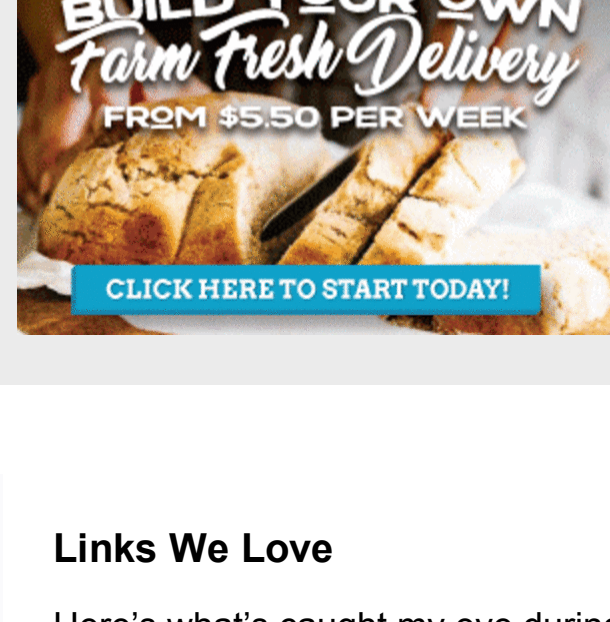
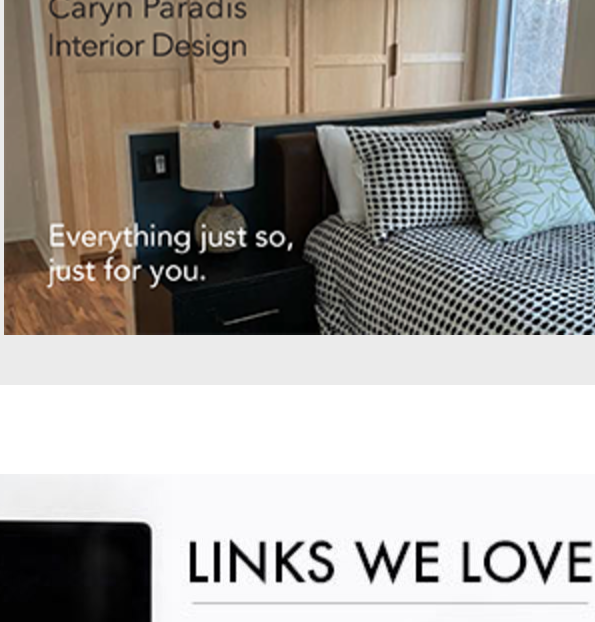


Vision Boards for Your Future Self

In keeping with our quest for well-being, we asked local Personal Growth Coach, Meredith Newman, for a tutorial and tips for building a vision board. Her idea, to create a board centered on the future (once we can travel and congregate), was an inspiring one! Here's what she shared with us:



[Watch the Video](#)



Here's what's caught my eye during my 3 am surfing lately.

[Get the Links](#)

Sponsored Story



Gourmet-To-Go From Alforno, Old Saybrook

With summer far away and hopes for a mild winter dashed by cold and snow, Alforno is injecting comfort and convenience into your weekly routine with an alternative to take-out and indoor dining. Our new Gourmet-To-Go freezer is stocked with some of our most popular menu items including

Tuscan Bean Soup, meatballs, house-made pastas and sauces such as Bolognese and Pomodoro. The foods are ready to be transferred to the home freezer for convenience. The two-portion dishes can fill the gap on a night when indoor dining or take-out doesn't fit the family's plans. Or the home cook can incorporate staple items such as the pastas, sauces or meatballs into his or her menu.

Gourmet-To-Go items are available for pick-up during lunch or dinner hours or can be added to a takeout order or the check when dining in.

Our outdoor dining will continue throughout the winter, protected by drop-down canvas sides and heaters. We hope to see you soon!

[Order Here](#)



Spotted! Crunch Dynasty

We may have found the perfect blend of crunch and spice right here in this little package. A handmade-in-small-batches, Asian-inspired hot topping made from garlic, shallots, and chili peppers. We've sprinkled it on everything from soups to stir-fries.

[Check it out here.](#)



Last week we shared a list of fantastic Etsy finds, fried chicken in Old Saybrook, and much more.



[Read It Here If You Missed It](#)

From The E List Events Calendar

Susan Powell Fine Art Valentine Gems Show, thru 2/28
Smaller works from 25 award-winning artists are featured in the latest exhibition at Susan Powell Fine Art. [Read more...](#)

Essex Clipper Winter Warmer Lunch Series, thru 2/28
Beat cabin fever aboard the Essex Steam Train on a 90-minute lunch excursion. [Read more...](#)

Judy Collins and Arlo Guthrie at The Garde, 3/13
Folk music icons unite at this don't-miss concert at The Garde! [Read more...](#)

Looking for more to do? Find virtual classes and webinars, takeout, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

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