



With the winter stretching ahead of me, I decided to take control of the one thing I could: my health. Normally January is a bevy of activity; for the last 12 years, I've hosted our biggest event of the year, the Insane Insidewalk Sale. Taking that off my plate freed up the month. So I decided I'd double down on self-care (and not the kind that requires facials and massages).

I joined the masses for Dry January and eliminated gluten, cheese, and (most) sugar from my diet (all of which had become my primary food groups during December!). I doubled down on my Peleton, missing but one day of exercise, and kept a food diary of every single bite (thanks to My Fitness Pal app). With no social obligations, it was easier to stick to this regime. I lost the 10 pounds I gained and was cheered to see some muscle emerging where previously there was none. February so far hasn't been quite as squeaky clean, but I feel like I flushed my body of the over-indulging induced by the nightly Covid cocktail and cheese plate. The reset did wonders for my mental health, too. With the vaccine in sight, I figured I may as well re-enter the world feeling 100%! I hope you're finding ways to muddle through, too.

Love, Erica

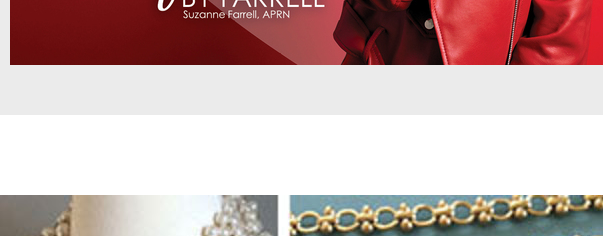
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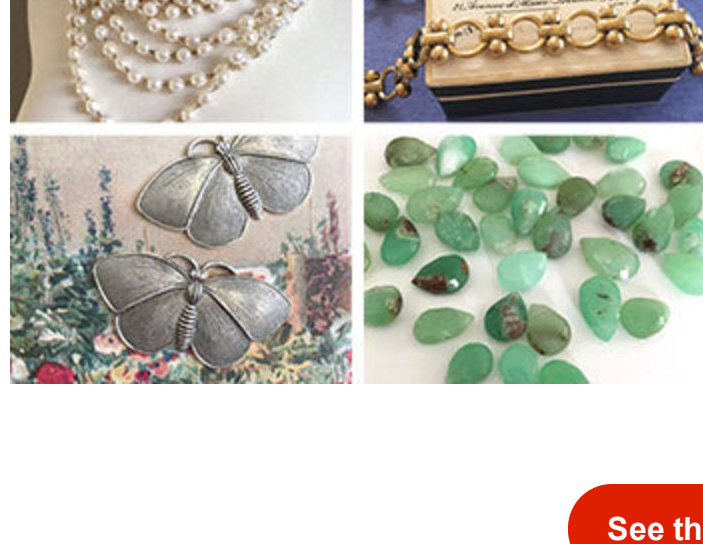


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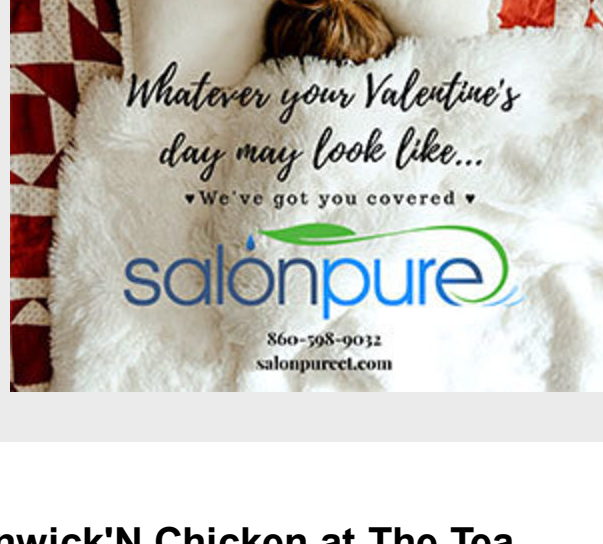
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### Bit Part Jewelry & Fantastic Etsy Finds

One of my oldest and dearest friends, Kate Hines, has made a very successful business on Etsy, sourcing and selling vintage (and new) jewelry findings. It's a go-to for crafters and jewelry designers, or simply anyone who has the urge to create a pretty bauble...

[See the Picks](#)

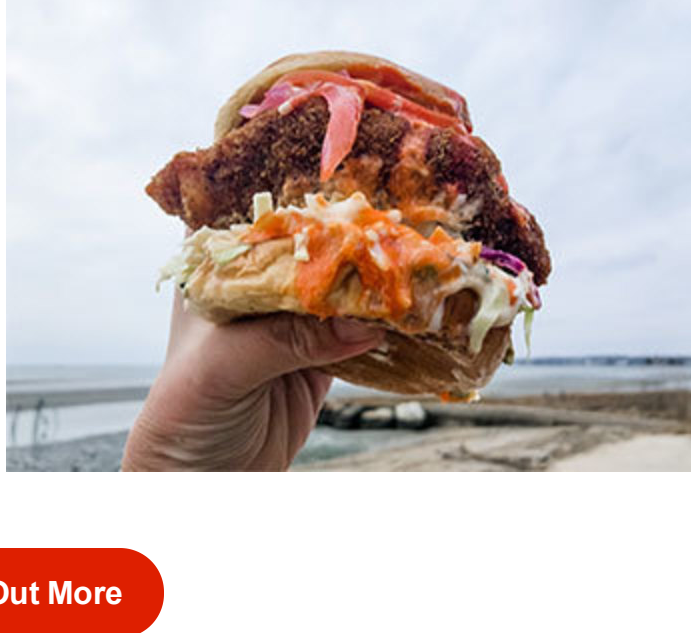


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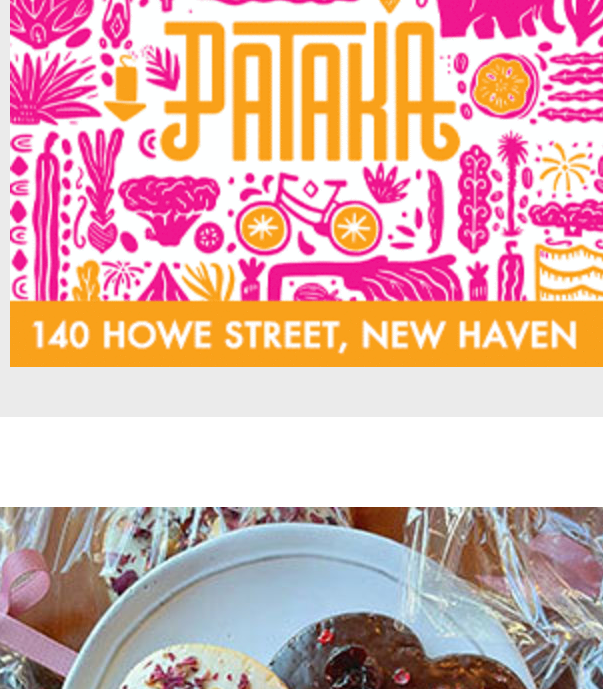
**PREPARED TAKE AWAY MEALS**  
TUESDAYS - SATURDAYS | 11AM - 6PM

### Fenwick'N Chicken at The Tea Kettle Restaurant

Our ears perk at the very mention of "Hot Chicken" and we'll travel for it. But lucky for us, Chef Dave Ciastko at The Tea Kettle in Old Saybrook has shifted his talents to a chicken-focused takeout and delivery menu. Choose from Gastropub "handhelds" to bowls and salads and lots of yummy sides...



[Find Out More](#)

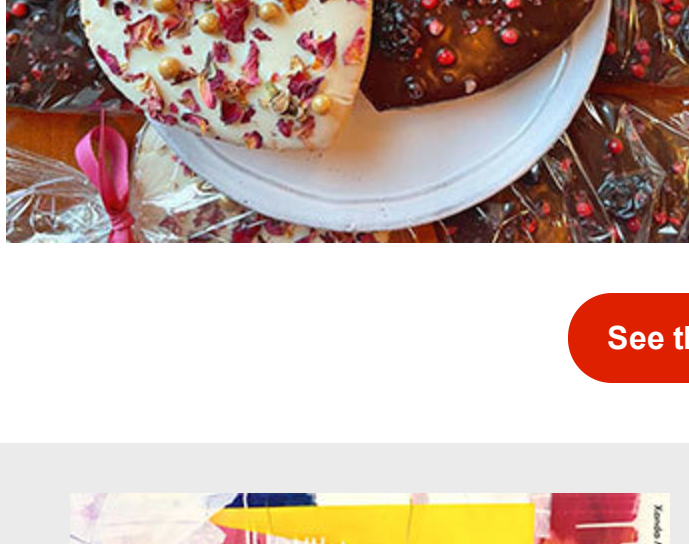


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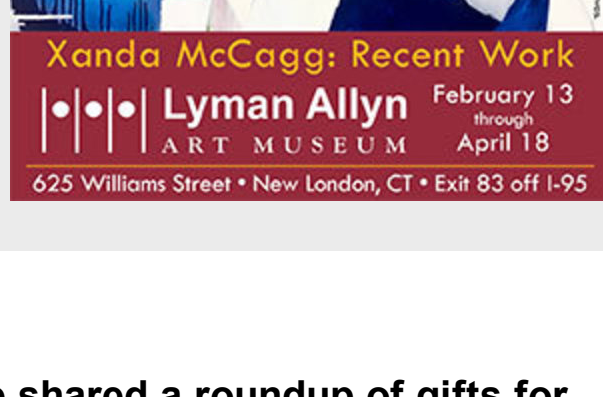
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### Valentine's Day To Go!

Lots of our favorite restaurants are running tempting takeout (and eat-in) Valentine's Day specials. Here's what we found by press time:

[See the List](#)



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### We shared a roundup of gifts for your Valentine plus a cookie recipe to share on last week's list. [Read it here if you missed it.](#)



[See the List](#)

### Sponsored Story



### Valentine's Day Dining: Ocean House Management Collection Offers Several Covid Conscious Choices

Ocean House Management Collection is rolling out the red carpet for Valentine's Day this year with memorable and delicious, yet socially distant dining options.

The triple five-star Ocean House is offering Sunday Brunch as well as a memorable dinner in the area's only five-star restaurant, COAST. A few times are also available for

the notable Fondue Village for breakfast.

At the award-winning and charming Weekapaug Inn, guests can enjoy a romantic and delicious multicourse dinner.

And, at The Preserve Sporting Club, the newest member in the collection in nearby Richmond (just a few minutes away off I95), couples can have an exclusive private club experience on this scenic 3,500 estate. For those who want to celebrate another day during the week, the Makers Mark Hobbit House a unique treat.

All OHM properties have health and safety protocols in place. Guests are invited to make reservations early.

Call **844.713.8204** or visit [oceanhouseevents.com](http://oceanhouseevents.com) or [preservesportingclub.com/holidaydining](http://preservesportingclub.com/holidaydining).

[Learn More](#)

### Spotted!

**Make a Valentine Accordion Book with complete online instructions courtesy of The Florence Griswold Museum!**



[Make Your Own](#)

## From The E List Events Calendar

### Bouquet & Rosé Party with Best Buds Flower Farm, 2/13

Sip rosé and create your own festive floral arrangement at this virtual workshop. [Read more...](#)

### Treat Yourself this Valentine's Weekend at 21C Designs, 2/14 - 2/15

Grab a gal-entine (or two), and get ready to try on, talk about, and shop all things shiny and sparkly over a glass of champagne. [Read more...](#)

### Queen Bee's Pop-Up Farmers' Market, 2/14

Shop for donuts to dogbones at this pop-up market in Colchester. [Read more...](#)

### Lyman Allyn Presents Music History For All: A Golden Record of Asian Music, 2/25 - 3/25

Sample several Asian musical traditions by mining the riches of YouTube in active class listening and discussion sessions. [Read more...](#)

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

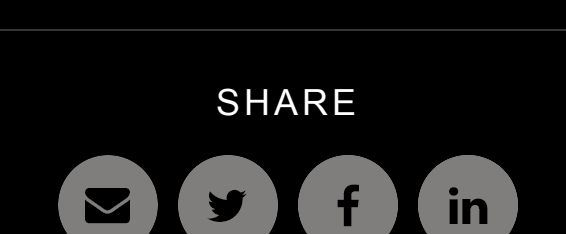
[Browse the Calendar](#)

## p.s. from Erica

Help this yogi-run non-profit plant 10,000 trees. 100% of the proceeds from their live streaming yoga classes go towards the goal. [Find out more...](#)

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here.](#)

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