



Next Monday, March 8th, is International Women's Day. This year's theme is

"choose to challenge." It's an opportunity to forge a gender-equal world by celebrating women's achievements, raising awareness against bias, and taking action for equality. As a lifelong female entrepreneur, I've got first-hand knowledge of the obstacles that need to be overcome! That's one of the reasons I feature local women-owned businesses on The E List as often as I can. Another easy way to mark this day is to donate to charities and non-profits that support women. I've included a list at the bottom of this email of a few (I know there are more!), and visit the International Women's Day website for national partner non-profits and to find out more. See below.

Love, Erica

Compchorea
Student-Composed Music & Student-Choreographed Dance
ONLINE PREMIERE: FEBRUARY 26, 2021 @ 7 PM on YOUTUBE

ON CAMPUS ADMISSION INFO SESSION **March 9**
5:30 PM
please register in advance

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Boost Your Hospitality Skills with Gather Intentional Living

Over the years, I've learned that there are two types of people: those that love to entertain and those that don't. Very few fall in the middle. If you're the sort of person who freezes at the thought of throwing a cocktail party, I've got a great resource...

[Discover Gather](#)

William Hall Sotheby's
COLETTE HARRON

new arrivals

Find Your Frames at The Eyeglass Lass, Mystic

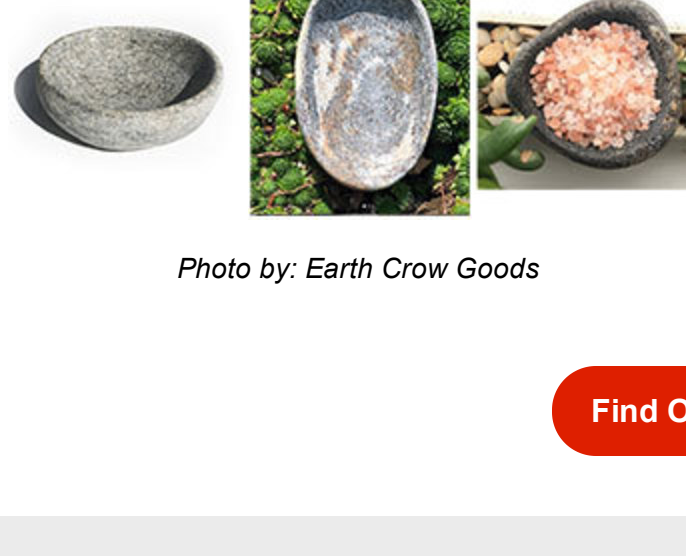
Whether you're due for a new pair of spectacles or you're just ready to doll up your current look, you must pay a visit to The Eyeglass Lass.



[See All the Glasses](#)

PATAKE
140 HOWE STREET, NEW HAVEN

COVE CAKES
artisanal organic hand-crafted
[more cake](#)



Rock Stars! Introducing Earth Crow Goods

A soap dish does not seem like a consequential item until you've seen the likes of Earth Crow Goods. These exquisite vessels have just the right look for a Shoreline home. Organic and elemental, the shallow bowls and dishes are hand-drilled using rocks found on local beaches...

[Find Out More](#)

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Cheese and Cheer at Fondue Village

When I heard about The Fondue Village last year, I couldn't wait to go. But it ain't cheap, so I needed a good reason. My daughter's 25th birthday (which we'll be celebrating all month long) was IT. And, an ultra-millennial move – declaring that she wanted nothing but experiences – clinched it.

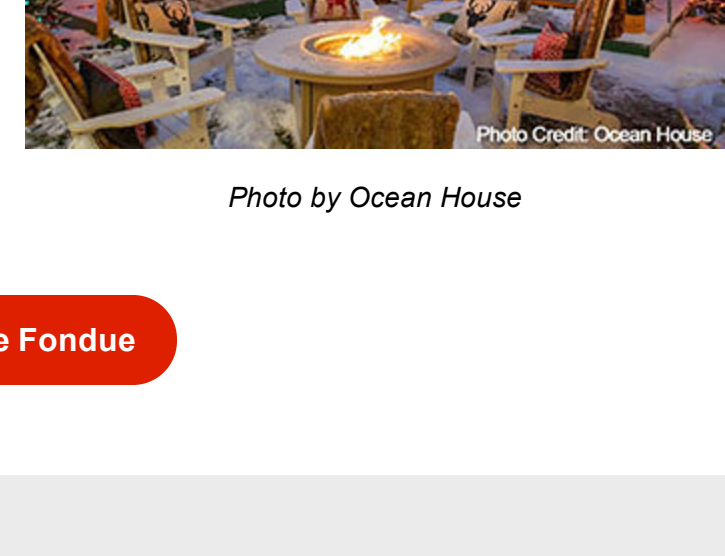
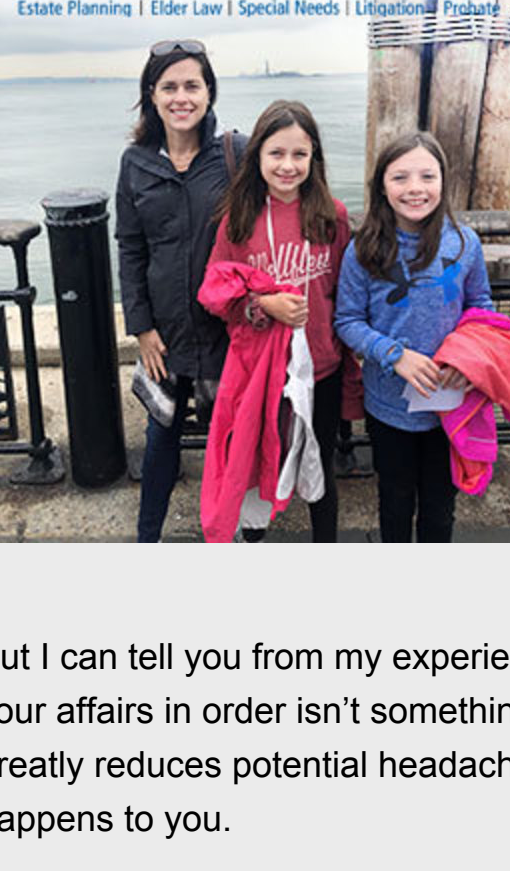


Photo by Ocean House

[More Fondue](#)

Sponsored Story



It's Time to Get Your Estate Plan Done

Expert Advice from Estate-Planning Attorney, Erin Duques

Fact: 68% of Americans DO NOT have a Will.

I totally get it. It's not fun to think about creating an estate plan.

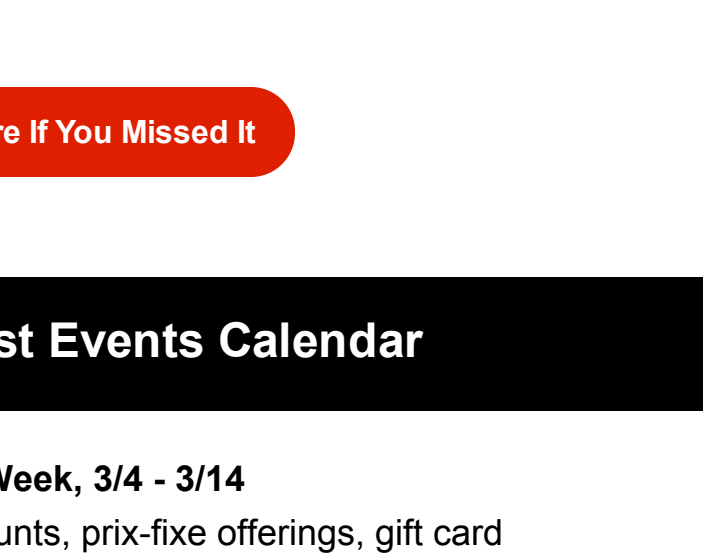
As a professional mom living and working on the Connecticut shoreline, I have my hands full with a career and a family. So I understand how easy it is to put things off when life gets busy.

But I can tell you from my experience as an estate-planning attorney that having your affairs in order isn't something you should put off. A strong estate plan greatly reduces potential headaches for your loved ones if something unfortunate happens to you.

Want to talk to someone about getting your estate plan done? I can help. E-List readers have access to an exclusive discounted consultation.

[Click Here To Learn More](#)

Last week we shared a roundup of Spring fashion from sneakers to raincoats and blouses to jeans.



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

From The E List Events Calendar

Niantic & East Lyme Restaurant Week, 3/4 - 3/14
Support local restaurants with discounts, prix-fixe offerings, gift card promotions, and so much more. [Read more...](#)

Chester's First Friday, 3/5
Grab your mask and head to Chester for First Friday in the Village. [Read more...](#)

An Unplugged Weekend of Family-Friendly Events, 3/6 - 3/7
Get out and away from your screens with family-friendly fun all over Old Lyme. This event is open to all. [Read more...](#)

Mystic Restaurant Week, thru 3/7
Mystic Restaurant Week returns March 1st - 7th with specials for dine-in and take-out at all your favorites. [Read more...](#)

Mindfulness in Challenging Times, 3/13
Learn mindfulness practices during this virtual program presented by The Mercy Center by the Sea. [Read more...](#)

Miss Florence's Crafting Club
An at-home crafting club for kids devised by the educators at The Florence Griswold Museum. [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

Visit the [International Women's Day](#) site for more info on ways to participate.

A few local worthy, woman-centered non-profits that would welcome your donations to mark International Women's Day.

[Women and Family Life Center, Guilford](#)

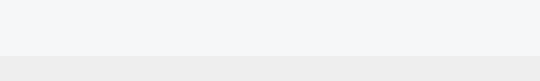
[Child and Family of Southeastern CT](#)

[Safe Futures](#)

I had a fun conversation about all things E List with [Mary Polchaninoff](#) of [Shore Things TV](#). If you'd like to watch the show, [find it here](#).

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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