

**COVER STORY**



Photos courtesy of ALISON SHAW PHOTOGRAPHY

Shown is the Harbor View Hotel, Martha's Vineyard, Mass.

# Bicycling off-season: *Martha's Vineyard*

By PEGGY NEWLAND  
 Correspondent

With 20 minutes to spare, we rush into our bike shorts and speed easily on the bike path from the Palmer Avenue Lot in Woods Hole, Mass., to the Steamship Authority Ferry. Settling our mountain bikes against the rails of the ferry, we high-five it up to the empty deck of the ship for a Bad Martha microbrew. The sun is setting orange and red against the cliffs of Falmouth as we coast along Great Harbor over to Martha's Vineyard for a spring weekend of biking without crowds.

"Shoulder seasons" – those book-end months before and after the summer rush of late June, July and August – are the hidden gems of New England. Hotel specials abound in traditionally pricey resorts and quaint inns. Restaurants offer dinner specials, and window tables are immediately available. Beaches like Katama and Oak Bluffs are beautifully barren and, more importantly, more than 100 miles of bike routes curve past inland ponds, wildlife preserves and empty country roads. Traffic is local and sparse.

Flipping on our headlamps, we pedal off the ferry to Beach Road bike path and head toward Oak Bluffs and Seaview Avenue. Nantucket Sound is lit in twilight as we glide past Sengekontacket Pond toward Edgartown. A lone kayaker waves to us as he paddles past Felix Neck Audubon Sanctuary.

Edgartown in the summer is wall-to-wall traffic and tourists. In the spring, the roads are ours as we pedal through downtown side roads. The Edgartown Lighthouse is our beacon because our hotel for the weekend, The Harbor View, is located directly across from it. We wheel our bikes, with full weekend pannier packs, right through the lobby, and we feel like celebrities in our Spandex and clicking bike shoes. It took us 40 minutes from ferry to sea view room. After a hot shower and change of clothes, we head out on the town.

We eat in a quirky pub called The Neues From America on Kelly Street and gorge on onion rings and sweet potato/black bean burgers. Two more Bad

## Getting immersed in the sights, sounds, food, perfection of region



The Harbor View Hotel, Martha's Vineyard, Mass.

Martha IPAs are a hit as well, especially when an acoustic guitarist starts singing some old whaling songs.

Walking back past whitewashed whaling captains' homes of the 1830s and 1840s, we hear a distant fog

horn and the clanging of buoys. After a 10-minute stroll past the shops on the wharf, the library and the docks of the Chappaquiddick ferry, we make it back

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# Jigsaw puzzles: Challenging, entertaining, therapeutic



**CHRIS GRAHAM**  
 Chris' Mailbag

Once upon a time in 1767, mapmaker John Spilsbury hand-cut a wooden map of the British Empire into pieces for children of the aristocracy to learn geography of lands Britain ruled. Studies now show working at puzzles has benefits

well into adulthood, lessening development of some types of mental illness, memory loss, dementia and Alzheimer's.

A niece shares her beloved late great-aunt's assorted puzzles with the Mailbag.

### Piece by piece

"I have two large cartons of jigsaw puzzles, which belonged to my great-aunt; they are complete, boxed and depict a variety of scenes and subjects," writes R.A., of Nashua

(LTR 3,261). "My aunt was housebound during the last few months of her life, and she often worked on her puzzles (sometimes more than one at a time) late into the night. She would also invite visitors to work on a puzzle with her, asking

them to 'look for pieces with parts of a sunset,' etc. "She enjoyed company, and I feel she would like for her puzzles to go to a senior center, rehab, school, etc., where they would be

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# Birthday cake blowout dampens mood for guest

**DEAR ABBY:** I am sometimes invited to friends' birthday parties, and while I enjoy the celebration, I have one hang-up. When it's time to blow out the candles, sometimes my friends will blow real hard or even need more than one breath. (We're not exactly spring chickens.) To me, this is the equivalent of spitting all over the cake, and I can't bring myself to eat any after this display. What is a "nice" way of saying, "I don't want any cake," without falling back on the old, "I'm trying to lose weight," especially since other



DEAR ABBY

snacks and drinks are also being served? I don't want to be a ...

— Party pooper

**DEAR PARTY POOPER:** Your distaste is shared by many people. An effective way to handle the problem would be to mention your "quirk" to your friends long before their birthdays roll around. You could also

set an example when your birthday arrives by serving cupcakes instead of a large one to your guests. Many people avoid the problem in this way — and the portions are perfect.

**DEAR ABBY:** My handsome, intelligent, physically fit husband looks much younger than his age. But he is vain and won't get hearing aids. Because he can't hear, he stands looking at people with a faraway expression on his face that makes him appear like he has dementia. It takes him a while to process the spoken word, and then sometimes he gets it wrong. He has gotten

angry with me because he couldn't understand something I was saying.

Any tips for me and others on how to deal with this? I'm ready to quit trying to have a conversation with him. He could easily afford to buy hearing aids.

— End of my rope in Oklahoma

**DEAR END:** What's going on is not only not good for your relationship with your husband, but also extremely isolating for him. I do have a suggestion for you: Discuss your concerns with your family physician. Perhaps if the doctor suggests he have his hearing

checked by an audiologist, your husband will be less likely to tune the message out.

Advances in hearing aids are being made all the time, and some of them fit into the ear canal and are hard to detect.

**DEAR ABBY:** I would like to give a wedding gift to a friend's son who is being married soon. We were not invited to the wedding. Is this OK?

— Not invited in San Francisco

**DEAR NOT INVITED:** Not only would it be OK to give the happy couple a gift as a token of your good wishes,

but it is generous of you to want to under the circumstances.

**DEAR READERS:** Today I am wishing a very happy Mother's Day to moms everywhere — birth mothers, adoptive and foster mothers, stepmothers and grandmothers who are raising grandchildren. My heartfelt applause to you all for what you do every day.

— Love, Abby

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at [DearAbby.com](mailto:DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

**EDITOR'S NOTE:** *Helping Hands* is a weekly feature that provides information about the needs of local nonprofit agencies. Please review your nonprofit's listing, and refresh it as needed. What are your current needs? Contact person? Hours? Send changes to [kpalm@nashuatelegraph.com](mailto:kpalm@nashuatelegraph.com). Thank you!

## Adult Learning Center

4 Lake St., Nashua, NH 03060  
**NEEDS:** ESOL and Adult Basic Education tutors for 1½-2 hours per week.  
**HOURS:** 9 a.m.-3 p.m. Monday-Friday.  
**CONTACT:** Connie Cullen, 882-9080 ext. 208, or [ccullen@adultlearningcenter.org](mailto:ccullen@adultlearningcenter.org).  
**WEBSITE:** [www.adultlearningcenter.org](http://www.adultlearningcenter.org).

## Anne-Marie House

180 Lowell Road, Hudson, NH 03051  
**NEEDS:** High-efficiency laundry detergent pods, toilet paper, paper towels, disinfectant wipes, copy paper, tall kitchen bags, and large garbage bags.  
**COLLECTION HOURS:** 8:30 a.m.-4:30 p.m. Monday-Friday.  
**CONTACT:** 883-7338, ext. 1, or [info@annemariehouse.org](mailto:info@annemariehouse.org).  
**WEBSITE:** [www.annemariehouse.org](http://www.annemariehouse.org).

## Boys & Girls Club of Greater Nashua

1 Positive Place, Nashua, NH 03060  
**NEEDS:** Volunteers to help in new science program. Volunteers must be at least 15 years or older. Program runs 5-6 p.m. Mondays and Fridays. Volunteers can choose which day they would like to volunteer. Also looking for volunteers to mentor Club members, at least one hour a week. Mentoring activities vary.  
**COLLECTION HOURS:** 9 a.m.-5 p.m.  
**CONTACT:** Bree Cosgrove, [bcosgrove@bgcn.com](mailto:bcosgrove@bgcn.com) or 883-0523, ext. 237.  
**WEBSITE:** [www.bgcn.com](http://www.bgcn.com).

## Corpus Christi Food Pantry and Assistance

43 Franklin St., Nashua, NH 03064  
**NEEDS:** Our needs are currently for cereal, canned meats and vegetables, toiletries and personal hygiene items. We also need gently used household items such as pots and pans, kitchen utensils, linens and small working appliances.  
**COLLECTION HOURS:** 10 a.m.-noon Mondays, Wednesdays; 2-4 p.m. Tuesdays, Thursdays.  
**CONTACT:** Susan Dignan, 882-6372.  
**WEBSITE:** [corpuschristifoodpantry.org](http://corpuschristifoodpantry.org).

## End 68 Hours of Hunger - Nashua

P.O. Box 7642  
 Nashua, NH 03060  
**PURPOSE:** We provide bags of food each week to food-insecure children. Currently, we are in 4 of the 12 elementary schools here in Nashua.  
**NEEDS:** Cans of soup, tuna, chicken, ham or pasta; fruit cups, oatmeal, snack foods (granola bars, etc.), crackers (Saltines or Ritz), plastic jars of peanut butter (18 oz.), jelly (20 oz.), mayo (small jars), boxes of mac n' cheese, ramen packets (not the soup cups).  
 Also: We are currently looking for a donated, permanent storage space. Preferably with heat and electricity. 500-1,000 sq. ft.  
**COLLECTION HOURS:** Drop off at Terra Salon (formerly Verde Organically Gorgeous Salon), 137 Main St. Tuesdays-Saturdays; Homewood Suites, 15 Tara Blvd. (24-hour drop off location); Gregory J's Flooring and Design, 520 Amherst St. from 9 a.m.-5 p.m.; Keller Williams Realty Nashua, Trafalgar Square, Suite 101; Re/Max Properties, 169 Daniel Webster Highway; or call for pickup: 422-5000.  
**CONTACT:** Sandy Gribbin, 422-5000 or [nashua@end68hoursofhunger.org](mailto:nashua@end68hoursofhunger.org).  
**WEBSITE:** [www.end68hourssofhunger.org](http://www.end68hourssofhunger.org).

**WEBSITE:** [www.end68hourssofhunger.org](http://www.end68hourssofhunger.org).

## Front Door Agency

12 Concord St., Nashua, NH 03064  
**NEEDS:** New twin bedding, healthy snacks for kids, juice boxes, paper towels, cleaning supplies, toilet paper, feminine products and 55-gallon black contractor trash bags.  
**COLLECTION HOURS:** 8:30 a.m.-4:30 p.m. Monday-Thursday.  
**CONTACT:** Nancy Paige, 886-2866, [npaige@frontdooragency.org](mailto:npaige@frontdooragency.org).  
**WEBSITE:** [www.frontdooragency.org](http://www.frontdooragency.org).

## Greater Nashua Habitat for Humanity - ReStore

352 Amherst St., Nashua, NH 03063  
**NEEDS:** Volunteers to help run our ReStore! Donations of new and gently used building supplies, appliances, cabinets, lighting, hardware, tools, non-upholstered furniture and housewares are also needed.  
**DONATIONS OR SHOPPING:** 10 a.m.-4 p.m. Tuesdays, 9 a.m.-5 p.m. Wednesday-Saturday. Closed Sunday, Monday.  
**DONATIONS, PICKUPS & VOLUNTEERS:** 943-8980 or [email.restoremanager@nashabitat.org](mailto:email.restoremanager@nashabitat.org).  
**WEBSITE:** [www.nashua.habitat.org/restore](http://www.nashua.habitat.org/restore).

## HEARTS Peer Support Center of Greater Nashua

5 Pine St. Extension, Unit 2K, Nashua, NH 03061  
**NEEDS:** A freezer.  
**COLLECTION HOURS:** 8 a.m.-4 p.m. Monday-Friday.  
**CONTACT:** Ken Lewis or Tom Doucette, 882-8400.  
**WEBSITE:** [www.heartspsa.org](http://www.heartspsa.org).

## Humane Society

24 Ferry Road, Nashua, NH 03064  
**NEEDS:** Dry dog food (we use Purina Pro Plan Savor Adult); dry cat food (we use Purina Pro Plan Savor Adult Cat Chicken & Rice); gently used towels, blankets and sheets; bleach; Dawn dishwashing liquid; copier paper.  
**COLLECTION HOURS:** Donations can be left anytime in our donation shed to the right of the main entrance.  
**CONTACT:** 889-2275 ext. 21 or [hsfn@hsfn.org](mailto:hsfn@hsfn.org).  
**WEBSITE:** [www.hsfn.org](http://www.hsfn.org).

## Joseph's Closet

75 Northeastern Blvd., Nashua, NH 03062  
**NEEDS:** We are in need of wheelchairs, shower chairs, shower stools, tub transfer benches, commodes and adaptive equipment. For a complete list of items that can be donated, visit our website.  
**DONATION DROP-OFFS:** St. Joseph Hospital Rehabili-

tation Services, 75 Northeastern Blvd., Nashua; St. Joseph Hospital Rehabilitation at Dartmouth-Hitchcock, 2300 Southwood Drive, Nashua; St. Joseph Hospital Rehabilitation, 382 Daniel Webster Highway, Merrimack; Rehabilitation Services at St. Joseph Hospital Family Medicine, 208 Robinson Road, Hudson; Rehabilitation Services at St. Joseph Hospital Milford Medical Center, 442 Nashua St., Milford; Rehabilitation Services at St. Joseph Hospital Family Medicine, 460 Amherst St., Nashua.  
**CONTACT:** Sheila Caron, 882-3000, ext. 63208, [scaron@sjhnh.org](mailto:scaron@sjhnh.org).  
**WEBSITE:** [www.stjosephhospital.com/community-health/josephs-closet](http://www.stjosephhospital.com/community-health/josephs-closet).

## Marguerite's Place

87 Palm St., Nashua, NH 03060  
**NEEDS:** Child care center: Enfamil (regular), Gentle Ease Enfamil, clear contact paper, paint cups, finger paints and school glue.  
 Residential items: Umbrellas, HD laundry soap, dryer sheets, paper towels, Clorox wipes, toilet paper, tissues, mops, sponges, dishtowels, dish detergent and computer paper.  
**COLLECTION HOURS:** 8:30 a.m.-5 p.m. Monday-Friday.

HELPING | PAGE D-4

# Mailbag | Items to aid recovery sought

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enjoyed and utilized as part of a group activity. Chris' Mailbag was suggested by a friend."

It sounds as if R.A.'s aunt was a "great aunt" as well as a great-aunt. My condolences on your loss!

If you represent an organization, center or group that would benefit from these puzzles, contact Chris' Mailbag at the email address at the end of this column, ATT: LTR 3,261 or "Puzzles," and I'll make sure R.A. receives them to make her decision.

## Recovery needs

"My neighbor, Betty M., of Nashua (LTR 3,262), has been hospitalized almost a month following hip surgery, and is scheduled to be released on Thursday, May 12," says Linda W., of Nashua (LTR 2,762). "Once at home, Betty will need a bedrail and a shower seat, one that is positioned outside the tub, with a device for the patient to slide over into the tub, since she is a plus-size lady. She will also need tools for putting on and taking off socks. "She is a senior citizen on a fixed income, and help with these items would be greatly appreciated. They would need to be delivered, since neither of us have a car or drive."

Best wishes to Betty for a speedy recovery, and God bless Linda for being such a wonderful neighbor. Anyone able to help with these items can reach Linda, on behalf of Betty, at 882-9314.

## Spacious setting

"We have a sectional sofa available, with brown background and blue/tan pattern," says Deb T.,

of Nashua (LTR 2,163). "Dimensions are 75 by 35 inches and 92 by 35 inches for each of the sections. There is some fabric wear on the seats, but the fabric is intact. It is sturdy and has much use left in it, but we no longer have room for it.

"It must be picked up. Thank you for your help in finding a new home for this item."

Sectional sofas offer a lot of versatility. Whether you're looking for a lot of seating for a large room or seating for a smaller space, the "arrangement" is up to you!

And, it's up to interested parties to give Deb a call at 891-0533.

## Update

Linda W., of Nashua (LTR 2,762), is happy to have received a sewing machine and more fabric for the craft group at her apartment building.

Linda says, "We enjoy keeping busy, and donate crocheted, knitted and sewn items to infants and young children in need. Thank you to everyone not previously mentioned in 'Updates' and to all who continue to donate materials. We are most appreciative and grateful."

Chris' Mailbag wishes all mothers, stepmothers, foster mothers, grandmothers and everyone thought of as "mother" to someone a happy Mother's Day!

Contact Chris' Mailbag by sending mail to Chris' Mailbag c/o The Telegraph, 17 Executive Drive, Hudson, NH 03051, or email [christine.graham33@gmail.com](mailto:christine.graham33@gmail.com). Include full name and complete address, along with telephone number or email address for publication, if applicable. Items eligible for publication are for donation, trade or barter only; requests of items for sale or purchase will not be included.

# Vineyard | Time to relax after 35-mile ride

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to the shingle-style hotel. Opened in 1891 as a summer retreat for vacationing families, it continues the tradition with a full array of activities. That night, there's a comedy show in the Lighthouse Grill and we make the last few jokes as we sit near the open air veranda.

The next morning, after a breakfast sandwich and hot coffee at the Among the Flowers Cafe, we head out to the beaches. The wind has picked up and we are glad we packed wind breakers for the bike ride over to Katama Beach. The dunes and bluff break the wind gusts as we watch seagulls careen. A couple of brave surfers in wetsuits grab wave after wave on the empty barrier beach. After power bars and Gatorade, we take a 10-mile loop through Tisbury's State Forest of scrub oak and pine, which links us back to Beach Road.

Passing East Chop Lighthouse, we coast down the hill to Wesleyan Grove and the magical Oak Bluff Gingerbread Cottages. Soon, we are inside a psychedelic fairytale of Carpenter Gothic style bungalows. One-of-a-kind in bright colors of the rainbow, this nook of a neighborhood was built for Methodist revival meetings in 1835. First as a tenting community, it became a collective neighborhood consisting of hundreds of unique, two-story, bric-a-brac cottages. The tabernacle sits in its center, and with its exceptional acoustics, there are summer concerts and theater productions. Harriet Beecher Stowe and President Ulysses S. Grant were visitors to the cottages more than 100 years ago, and more recently, presidents Bill Clinton and Barack Obama.

After 35 miles of biking that day, we are ready to sit



## FOR MORE INFORMATION

■ The Harbor View Hotel. 131 N. Water Street, Edgartown, Mass. 02539. 1-800-225-6005. [www.harbor-view.com](http://www.harbor-view.com). Ask for the Martha's Vineyard Wine Festival special. May 12-15.

■ Steamship Authority. 1-508-477-8600. Woods Hole, Mass. Bike from the Palmer Avenue Parking Lot, straight to the ferry terminal, on Shining Sea Bikeway.

■ Martha's Vineyard Bike Trails. [www.mvcommission.org](http://www.mvcommission.org).

on the Harbor View's porch in rocking chairs. Sailboats glide past Edgartown Harbor and just across the bay sits the rural expanse of Chappaquiddick. We decide to take the two-minute ferry across to the island tomorrow. But for that night, we sit with glasses of wine and watch as couples walk past. A bride poses below the lighthouse and her gown is lit pink by the sinking sun.



Photo courtesy of GREG PREMURU

TOP: Henry's Hotel Bar on Martha's Vineyard, Mass.

Photo courtesy of ELI DAGOSTINO

ABOVE: The Lighthouse Grill on Martha's Vineyard, Mass.

When the concierge says our table is ready at Henry's, we almost run to the tapas-inspired restaurant. Outside, the night closes down on Edgartown, but inside the Harbor View, the mood is convivial; faces are rosy with wind and sun and laughter. I choose buttermilk fried chicken and a baby kale salad, chock full of black walnuts and gorgonzola cheese. My

husband chooses marinated flat iron steak and hand-cut fries.

Martha's Vineyard in the springtime is perfection. We take our three gigantic, warm, chocolate chunk cookies and go back to the porch. Candles glow and the lighthouse blinks its call to summer. Take the ferry over, grab a bicycle, and enjoy the quiet time of Martha's Vineyard.