

COVER STORY



Courtesy photos

Halibut Point State Park in Rockport, Mass.

On the rocks: Spending the evening overlooking the sea

By PEGGY NEWLAND
Correspondent

There’s something about a perch with a view. And because the New England coast is rocky, there are nooks and crannies galore for seaside contemplation. I found two inns that offer up granite-ledged lodging, deckside dining, private coves – and, most importantly, open windows with the sound of surf all night long. Summer is short and sweet, so take advantage and dip a toe.

Emerson Inn: Rockport, Mass.

Emerson Inn is whitewashed comfort, complete with a wraparound porch filled with rocking chairs. The inn is named for Ralph Waldo Emerson – a poet inspired by rocky coasts – and with its perch overlooking Pigeon Cove, there are harbor rocks for quoting poetic lines. One could sit and stare out at all that blue for hours, but with dinner reservations on the porch later that evening, my husband, Brian, and I decide to hike first.

We find the ocean path just north of the inn and traverse over the granite ledges toward Andrews Point. Sea rose and red chokeberry line our rocky path as we curve up and down to coves, ending up eventually near Gott’s Beach, just south of Halibut Point State Park. We dip our toes into the chilled water and decide to swim tomorrow.

With enough time in the day, we keep the hike going to the granite quarries of Halibut Point. Walking along the shaded paths of scrubby pine to the outcroppings of the quarry with its “No Swimming” signs, the water beckons. Ducks and Canadian geese break the rules and float in packs back and forth. Granite ledges and wooden benches dot the walking trail as we head toward the western-facing cliffs for sunset. Granite from Halibut Point is over 440 million years old and was quarried from 1840-1929. Its slabs of thick rock extend to the bay like a giant’s fingers. A crowd has formed, and we communally stare outward at Crane Beach, Ipswich, and Isles of Shoals, as the sky turns crimson.

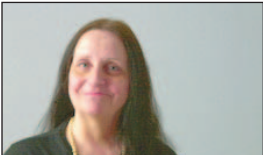
After changing out of hiking boots and sandy socks, we dine that evening on the expansive deck, with views toward Rockport Harbor and Pigeon Rocks. Starting with artisan cheeses, fig preserves and crostini, we toast the late summer weather with glasses of wine. Dusk changes the ocean to deep purple as we dine on roasted beet and arugula



ABOVE: Beachmere Inn, Ogunquit, Maine. LEFT: Emerson Inn, Rockport, Mass.

VIEW | PAGE D-2

Bed with pressure control helps prevent sore points



CHRIS GRAHAM
Chris' Mailbag

Support, both emotional and physical, is essential during a patient’s recovery and healing, and having a hospital bed at home offers innumerable advantages over a regular bed. Adjusting positions shifts pressure from one

part of the body to another, helping relieve and prevent discomfort from bedsores, reducing stress, and improving the disposition of patient and caregiver, avoiding “sore subjects.” This Mailbag offer asks that the bed later be passed

along to another in need.

Bed for recovery

“I have a hospital bed with a mattress that has a motor that allows the mattress to alternate pressure to heal or prevent bedsores,” writes Kathy E., of

Hollis (LTR 3,279). “The head of the bed can also be raised. It’s an excellent bed in excellent condition. I would like it to go to someone who really needs it. “The bed is located in Milford. You can pick it up or we can deliver locally.

When whoever takes it no longer needs it, I would like it to be passed on to someone else in need.” Over the years, cribs and baby furniture have been passed along to

MAILBAG | PAGE D-2



Guest’s behavior at wedding earns no thanks from bride

DEAR ABBY: During my wedding reception a month ago, one of the guests (a friend of my mom’s) poured a glass of water on the DJ’s laptop because he felt the music was too loud and he wanted it shut down. My husband was furious and asked the guest to leave. The incident was blamed on too much alcohol, and it ruined the rest of the evening. Many guests were upset and left. The man ended up paying the DJ to replace the laptop and sent us a note of apology for his behavior. My question is, must we send a thank-you note to him and his wife for the wedding gift they gave us? What the man did was unforgivable. In many ways,



DEAR ABBY

he spoiled our day. Mom thinks I should “do the right thing” and thank them for the gift. It wasn’t his wife’s fault, so I am thinking of addressing the note to her only. Is that OK? – *Wedding day survivor*

DEAR SURVIVOR: I know of no rule of etiquette that forbids addressing the note only to her. However, when you write the note, word it this way, “We want to thank you and ‘John’ (or ‘your

husband’) for the (gift), and we’ll think of you when we use it.” That way you will have thanked them both for it, and your manners will be above reproach. And if you prefer to avoid them in the future, you’ll get no argument from me. **DEAR ABBY:** I am in the process of a divorce from my husband, who cuts himself. Recently, he had an episode that resulted in a 72-hour hold for evaluation in a hospital. This is more than I can handle. My fear is finding him dead one morning. He says he loves me and wants to work things out, and he promises to stop (he’s promised before). Am I being selfish for wanting out? – *Selfish in Sacramento*

DEAR SELFISH: Promising to stop self-harming behavior isn’t enough. Unless your husband is willing to get the necessary psychotherapy it will take for him to keep his promise, nothing will change. As it stands, I don’t think it’s selfish to want to escape from a situation in which you are helpless. The question is, if your husband is willing to get the help he needs and shows he is following through, would it have any effect on your decision to divorce him? **DEAR ABBY:** My daughter has been living with her boyfriend for three years with no promise of marriage. She is 37, so we have advised her very little. The problem is, she

wants us to continue treating him as family at gatherings and celebrations. Her father, sister and I are uncomfortable with this. On her most recent birthday, we were hoping he would give her a ring, but he gave her a snowboard. We think he is leading her on and has no intention of marrying her. We no longer feel comfortable treating him like a member of our family. Are we right? – *Looking out for our girl*

DEAR LOOKING OUT: What you were hoping your daughter’s boyfriend would give her for her birthday is irrelevant. I understand that you would like your

daughter to be married, but it is possible that she and this man are comfortable with things the way they are. If you start to freeze him out, you may alienate not only him but also your daughter, so I don’t recommend it. You appear to be confusing the boyfriend’s unwillingness or inability to make a formal commitment with some kind of rejection, which may not be the case at all. Some couples live together longer than this before heading down the aisle.

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 or P.O. Box 69440, Los Angeles, CA 90069.

HELPING HANDS

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 kpalmernashua@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.
WEBSITE: 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.
WEBSITE: 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 or 883-0523, ext. 237.
WEBSITE: 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, toiletry 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.

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.
WEBSITE: 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@nashahabitat.org.
WEBSITE: www.nashuahabitat.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.heartpsa.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.
WEBSITE: www.hsfhn.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 Rehabilitation 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.
WEBSITE: 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.
CONTACT: Melissa, 598-1582, ext. 14, msullivan@margueritesplace.org.
WEBSITE: www.margueritesplace.org.

Mary’s House
123 W. Pearl St., Nashua, NH 03060
NEEDS: Urgent need for body wash and sanitary pads. Also deodorant, soap, shampoo, conditioner, toothpaste, toothbrushes and toilet paper.
COLLECTION HOURS: 9 a.m.-3 p.m. Monday and Tuesday.
CONTACT: Heidi Nielsen, 886-3562 or hnielsen@snhs.org.
WEBSITE: bit.ly/1PaZVEk.

Nashua PAL – Youth Safe Haven
52 Ash St., Nashua, NH 03060
NEEDS: Legos, craft paint (any size bottles or containers; Crayola works great), fuse beads, sand art containers and sand. Dodge balls and soccer balls.
COLLECTION HOURS: 2-6 p.m. Monday-Thursday and 2-5 p.m. Friday.
CONTACT: Shaun or Jaela, 594-3733, youthsafehaven@nashuapal.com.
WEBSITE: www.nashuapal.com.

The Nashua Senior Activity Center
70 Temple St., Nashua NH 03060
NEEDS: New C and D batteries; reams of copy paper; blank 4x6 cards; stamps; 8½ x 11¼ perforated pads of writing paper. Gently worn clothing for our Thrift Shop (must be for current season, as we have limited storage). Higher-end and designer apparel for our Designer

Corner store.
COLLECTION HOURS: 9 a.m.-4 p.m. Monday-Friday.
CONTACT: 889-6155, or Judy Porter at 816-2649, jporter@nashuaseniorcenter.org.
WEBSITES: www.nashuaseniorcenter.org, www.facebook.com/nashuasac.

Nashua Soup Kitchen & Shelter
2 Quincy St., Nashua, NH 03060
NEEDS: Peanut butter, pasta, canned or boxed soup, rice (any sized bag; bigger ones are rebagged to share), cereal, shampoo (10 oz. or bigger will be appreciated for our families), toothbrushes and toothpaste, soap or body wash, razors, deodorant (for men or women). Volunteers also needed throughout the day to serve breakfast or dinner, sort donations and help in our food pantry. Check the volunteer page on our website or call for more information.
DONATION DROP-OFF: Enter our parking lot and pull up to our loading dock. Ring buzzer by the door if no one is outside.
COLLECTION HOURS: 8 a.m.-5 p.m. Monday-Friday and 8-11 a.m. Saturday.
CONTACT: Carol Weeks, 889-7770, carol@nshks.org.
WEBSITE: www.nshks.org.

Nashua Special Olympics
NEEDS: Adult and teen volunteers needed to offer their time and smiles to Nashua Special Olympics athletes ages 8-60. Coaches, partners and other volunteer positions are available for those who are looking for a little more sunshine in their lives.
CONTACT: Email nsoleadershipteam@gmail.com or visit nashuaspecialolympics.org.
WEBSITE: www.nashuaspecialolympics.org.

Partnership for Successful Living
45 High St., Nashua, NH 03062
NEEDS: Harbor Homes

is in dire need of new twin and double size sheet sets, blankets, pillows and towels.
COLLECTION HOURS: 8:30 a.m.-4:30 p.m. Monday-Friday.
CONTACT: Donna Collins, 882-3616, ext. 1242, or d.collins@nhpartnership.org.
WEBSITE: www.nhpartnership.org.
The PLUS Company
NEEDS: Volunteers needed to train and compete with our Special Olympics athletes in basketball, soccer, softball, floor hockey, track and field, cross-country skiing, or snowshoeing. Our unified sports teams are fun, challenging and competitive.
CONTACT: Leni Hodgins, 889-0652 ext. 124 or hodgins@pluscompany.org.
WEBSITE: www.pluscompany.org.

The Salvation Army
1 Montgomery Ave., Nashua, NH 03060
NEEDS: Postage stamps, office supplies (copy paper), canned tuna, chicken, beef stew, soup, vegetables, fruit, sauce, peanut butter, cereal, rice, macaroni and cheese, pasta, laundry soap, deodorant, larger-size diapers (sizes 3-6), and feminine protection products.
COLLECTION HOURS: 9 a.m.-4 p.m. Monday-Friday.
CONTACT: Rosemarie Dykeman, 889-5151, ext. 10, rosemarie_dykeman@use.salvationarmy.org.
WEBSITE: www.use.salvationarmy.org.

SHARE Outreach
1 Columbus Ave., Milford, NH 03055
NEEDS: Juice, canned vegetables, tuna, peanut butter, rice, cereal, canned soup, bar soap, toothpaste, large diapers, baby wipes, new socks and underwear (all sizes).
COLLECTION HOURS: 8:30 a.m.-4 p.m. Monday-Thursday and 8:30 a.m.-noon Friday.

HELPING | PAGE D-4

Mailbag | Metal desk is up for grabs

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families who have kept in touch as their children grew and outgrew items. Instruments have been passed along to aspiring musicians and recipes are often passed along to be enjoyed by future generations, some of whom have never met – it’s a Mailbag tradition!

Kathy can be reached at 465-2265. Thanks, and let me know how things work out.

Desk available
“In the past, your Mailbag column and the readers have provided for me when I had a need, and finally I am able to offer something for one of the readers, a full-sized metal desk with five drawers for the taking,” writes Carolyn B., of Nashua (LTR 2,575). “It’s a very clean and well-cared-for desk with a wood grain top. It’s a locking desk, but at the moment, I am searching for the keys. It would be great for either a home or business office, or even for someone needing great storage for their crafts and catalogs. It must be picked up, as I have no means for delivery. “I surely hope this desk finds a home and helps someone out. Thank you so much for your wonderful column. You are

truly a community blessing! Your faithful reader.”

The word “desk” comes from the Modern Latin word “desca,” or “table to write on,” from the mid-14th century. While associated with reading, writing or computer use, desks have also been known to serve as surfaces for dining, sewing machines, a “step up” for changing light bulbs in ceiling fixtures (not recommended), filing cabinets, work benches and/or whatever “works.”

Carolyn can be reached at 943-7418 or williamjpb@msn.com.

Comfort level
“I have a gently-used twin mattress, which has never been exposed to any pests,” says Betsy G., of Nashua (LTR 2,571). “If someone needs a mattress, they are welcome to it.”

Perhaps someone who needs a twin mattress will email Betsy at betsy.gamrat@wirehopper.com.

Updates
■ Linda W., of Nashua (LTR 2,762), says, “I wanted to write and tell you once again just how much the Mailbag readers have come through for our craft group. We have had a total of seven calls over this past week,

and there are many more granny squares in our craft room now. Also, we have had a good number of the hooking kits given to us, and my friend who likes doing them is very excited about getting to each one of them, and I think she is in ‘hooker heaven!’ Excuse my pun.

“So, I want to send my heartfelt thanks to Freddie, Barbara, Jeanne L., Linda A., Dee, Eleanor G. and Doraine, all of whom have either given us granny squares or the hooking kits, and one lovely lady gave us a great crochet book using granny squares, too!”

■ Betsy G., of Nashua (LTR 2,571), who was offering a dresser and twin bed (recommended by Barney, the purple dinosaur), writes, “The bed and dresser didn’t work out; they went to Goodwill.” Finding a home for furniture painted bright green and purple by a teenager may be a bit of a challenge, but it could be just what someone has been looking for!

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. 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.

View

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salads, dressed with walnut oil and fennel orange vin. I choose pan-seared scallops with quinoa and citron supremes, while Brian chooses salmon with sweet potato hash. Candles are lit on tables, jazz comes through the doors of the tavern, and the night is young.

Beachmere Inn: Ogunquit, Maine

The view from the deck at the Beachmere Inn is breathtaking. Ogunquit Beach is wide open and empty at low tide, and I think, how lucky is this. Sunrise is the secret time for solo swims on usually crowded summer beaches. With sky the shade of a fresh peach, I find a cove below, set my towel on the rocks, and jump into the Atlantic to swim across the inlet.

Ogunquit means “beautiful place by the sea,” and with the Gulf of Maine sending calm waves my way, it truly fits its name. Floating on my back, the sun is a red beach ball rising, and the seagulls seem to be screaming at the morning light. I make my way slowly over the inlet and my feet sink into the sand as I wade clumsily out of the sea to the 3-mile beach. Rachel Carson Preserve flows on the left and I remember, as a child, drifting on a plastic raft down

the river at high tide. I walk for a while without seeing another person.

The Beachmere Inn is located directly on Marginal Way – a popular, often congested, hiking trail that winds from Perkins Cove to Ogunquit Turn. Returning from my beach stroll and swim, I tramp over the path in flip-flops. A jogger zips past wearing headphones and he’s missing out on the fog horn and the clanging buoys. The lighthouse blinks decoratively as I walk past twisted pines, sea rose and bayberry to find a bench overlooking Oarweed Cove. Marginal Way was built in 1925 and was fully restored in the mid-1990s. With more than 40 memorial benches along its 1.25 miles of trail, there’s a view from each perch.

But caffeine is calling, and I know where to find a perfect cup of coffee in Perkins Cove. With the rising sun, and with the rising walkers and families joining me, I head for a double expresso. Later, I’ll get that raft and float on that river out to sea.

The Emerson Inn. www.emersoninnbythesea.com. 1 Cathedral Ave., Rockport, Mass. 1-978-546-6321. Ask for the Emerson Suite and an ocean view with deck.

Halibut Cove State Park. Gott Avenue, Rockport, Mass. Open sunrise to sunset.

Beachmere Inn. www.beachmereinn.com. 62 Beachmere Place, Ogunquit, Maine. 1-800-336-3983. Ask for the Victorian House with a deck overlooking Marginal Way.