

## COVER STORY



Photo courtesy of **LOU METZGER**

Shown is a lavish open-air bedroom at Jade Mountain Resort on St. Lucia.

# PICTURESQUE PARADISE

# What winter? Jungle biking in St. Lucia

**By PEGGY NEWLAND**  
Correspondent

**L**ook closely at a map of St. Lucia and you'll see mountains. Sure, there are also the golden sand beaches, crowded resorts and party boats at sunset, but on the windward side – the verdant, green side near Soufriere – there are the Pitons. With these mountains are hidden coves and jungle paths past coconut palms. With New England spring in muddy snowmelt, it makes sense to jet away to the off-season rates at Jade Mountain Resort and secluded beaches of Anse Chastanet in the West Indies – especially if you can go jungle biking through groves of banana trees.

Bundled in sweaters and wool socks from the chill of Boston, it doesn't take much convincing to change into shorts and T-shirts at the airport before the hourlong drive along the coast and valleys from Vieux Fort through Laborie. With horses running down the road in front of us and goats napping under palms, my husband and I realize we're not in the land of grey snow banks anymore.

After a bouncy ride over a rutted dirt road past Gros Piton and jagged Petit Piton mountain ranges, we find paradise.

Our jaws literally hang open.

"You can walk inside," the butler (yes, there are butlers in paradise) suggests.

"No walls," I say, looking out over Soufriere Bay and the distant Piton ridges. The Caribbean, surrounding us on all three sides, is bright



Courtesy photo

**LEFT:** The author jungle bike riding with guide "Bike Tyson," at right, in St. Lucia.

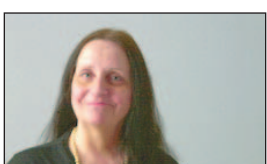
Photo courtesy of **LUCAS GILMAN**

**BELOW:** Shown is an aerial view from Jade Mountain Resort on St. Lucia.

**We spend the rest of the afternoon lazing under a thatched umbrella, drinking frothy concoctions, and floating in the warm ocean.**



# New coat drive starts Salvation Army Christmas Assistance



**CHRIS GRAHAM**  
Chris' Mailbag

The Salvation Army in Nashua is already making preparations for next Christmas season with the inaugural New Coat Drive

to help families signing up for 2017 Christmas Assistance in October and November. While a worldwide organization, all programs administered by this Nashua nonprofit are focused on the local community they serve. The Mailbag is happy to help this “total ministry for the total person” spread this warm message.

## Coats to keep kids warm

**“The Salvation Army in Nashua has a new idea, our First Annual Keep Kids Warm New Coat Drive, now collecting new coats for winter 2017-18,” says Captain Elizabeth B. of Nashua (LTR 3,319). “It gets cold before Christmas and we want to have coats ready for families when they come in October and November to sign up for Christmas Assistance. Please drop off new coats**

at The Salvation Army, 3 Montgomery Ave., Nashua, Monday-Friday, 9 a.m.-noon and 1-3 p.m., phone number 889-5151. Thank you and God bless!" With stores offering sales on winter coats, prices should be budget-friendly in all sizes, for all family members. Gently-used coats are welcome as well, and will be available in case a new coat in the size needed cannot be found. Great

idea! I'll remind folks again throughout the year.

## Table. four chairs

"I have a solid wood table (cherry) with pedestal base in cream and four chairs with the same cherry wood and cream color legs," writes Lynn B. of Pelham (LTR 3,320). "The set is in good-to-fair condition (one spindle is missing on one chair). I would need someone to

**pick it up.”** Wouldn't be surprised if one of the local home improvement stores might have a selection of wooden spindles. Lynn can be reached at 508-0323. Don't forget the wood glue.

## Boxed for business, pleasure

**"I have about 20 shoe-**  
**boxes in great condition**



# If grandparents aren’t online, find another way to connect

**DEAR ABBY:** My son “Travis,” age 9, is computer savvy, but his “Luddite” grandparents (my in-laws) live far away from us and don’t even have internet access. They are no longer able to travel, and our finances prohibit frequent visits to them.

Travis could be Skyping them, and they could have a vital relationship through the miracle of modern technology. Instead, he will take their phone calls only occasionally, and enjoys the annual visit with them – but mainly because of the other relatives there. If these were my parents (who are sadly long gone), I’d set them up on Skype

and have them at least try. When his grandparents are no longer able to live on their own and move to assisted living, will that offer at least a hope of virtual connectivity?

– MODERN MAN  
IN SAN DIEGO

**DEAR MODERN MAN:** By age 9, if your son isn’t interested in talking to his grandparents, and his grandparents make no effort to reach out, do not expect it to happen when he’s older and they go into assisted living. Travis should be compelled to talk to his grandparents more often. If people want to connect,

they usually somehow manage to do it through letters, phones, computers, etc. Over the last 20 years, many seniors have learned about computers and manage them quite well. If your in-laws have a smartphone, they could talk to your son on video chat.

**DEAR ABBY:** I have been playing the piano for five years and I still enjoy it. But over the past year and a half, going for lessons every week and having to practice is getting old for me. In fact, I’m beginning



DEAR ABBY

to loathe it. It’s not the teacher, it’s not my parents – it’s me. I’m just over all of the weekly lessons and having to REMEMBER to practice. My heart isn’t in it anymore. What do you think I should do?

– RYAN IN MICHIGAN

**DEAR RYAN:** You should talk to your teacher about it. After five years of weekly lessons and diligent practice, you should have a pretty solid musical education by now. You may need to take a

break, change teachers or even change instruments. Your teacher may have a broader perspective on this than you do, so take your guidance from the pro.

**DEAR ABBY:** I recently invited an acquaintance to be my guest at a play I’m directing and to the cast party afterward. I like this man, and he’s done me a number of favors, so the invitation was a sort of thank-you. I haven’t heard one way or the other from the invitee. I don’t want to push and make the person uncomfortable, but I’d like to know whether he’s coming or not. Should I follow up with him or let it go?

– NEEDS TO KNOW  
IN NEW YORK

**DEAR NEEDS TO KNOW:** By not responding to your invitation, the man is letting you know that it’s not high on his list of priorities. Personally, I think you should let it go. And if he asks about the play just before it opens, tell him that you made other plans because you thought he wasn’t interested. Because you like him, say it nicely. But to leave you hanging is rude.

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

## St. Lucia | Misty rain is ‘liquid sunshine’

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turquoise and calm, dotted with sailboats.

“It doesn’t seem real,” my New Englander husband says, shaking his head.

“It is all real,” the butler smiles, as he shows us the “sanctuary” with its infinity pool, lounging perches, outdoor shower, and bed covered in white netting and rose petals. “Will you be coming to the Celestial Terrace for sunset cocktails?” he asks.

We nod our thawing heads yes, and when the butler leaves our sanctuary, we jump straight into the infinity pool, shorts and all, and float around in silly circles.

Jade Mountain encompasses 600 acres of tropical jungle, with flower-draped alcoves, beachside bars built around gum trees, curved walking paths and crushed stone stairways to private beaches along Anse Chastanet, a designated marine reserve of protected reefs. Of course, there are honeymooners here, and Brian and I spot them everywhere, as we walk from our perfect perch high in the hills to the palm-covered beaches. We find a thatched hut on the beach and order a Voodoo Queen and Piton beer. Winter seems very far away.

The next morning, we

### IF YOU GO

**Jade Mountain. Soufriere, St. Lucia, West Indies.**

**ONLINE:** jademountainstlucia.com. Ask for the Amazing Adventure Package which includes accommodations, butler service, all meals and a plethora of activities: scuba, jungle biking, SUPS, kayaking, sailing, tours.

watch black finch and oriole flit in and out of the draping ivy, orchid and anthurium surrounding our terrace. Trade winds blow warm and sailboats below glide like miniature swans. After an in-room breakfast of quinoa porridge, fresh banana bread, papaya and fresh passionfruit juice, we decide it’s time to ramble in the jungle on bicycles.

St. Lucia is 238 square miles around and its highest point is Mount Gimie, at over 3,100 feet. North of St. Vincent and west from Barbados, it’s in a rain shadow that keeps the island lush and fertile. As we take a water taxi over to the biking trails, misty rain falls in a short burst, or as the taxi driver tells us, “in liquid sunshine.” He points out a rainbow just forming over the volcanic cliffs of secluded Anse Mamin beach.

“Good morning, I’m Tyson,” our jungle biking guide says, as he greets us on the beach. “But you can call me Bike Tyson.” With him, we head to the outdoor bike shop, which is surrounded by a forest of palm, bamboo and coconut. We are soon outfitted in helmets “in case the coconuts fall” and ride top-of-the-line Cannondale suspension mountain bikes.

It’s a roller coaster ride around the banana trees, along Anse Mamin River. The lush jungle vegetation is cut back just enough for adventure. We careen past creeping fig, balsa and calabash, and bounce up inclines, following Bike Tyson, who never seems to break a sweat. Along the way, we stop to see wild orchid, mango and guava, and we search for the Zandoli Te, a ground lizard that displays brilliant blue in its tail. Hummingbird, warbler and finch flit above in the canopy of green. Even though we don’t find the elusive St. Lucia parrot, or jacquot, we do spy the Antillean parrot, a fluffy bird who seems to follow us.

Soon, we find ourselves in the remains of an old sugar mill. We taste a cocoa bean, with a tart first layer, that finishes with a purple bean.

“Don’t bite it,” Bike Tyson says. “Needs to be roasted.”

Cocoa history on St. Lu-

cia dates to the 1700s, with many plantations harvesting and producing cocoa. Currently, Jade Mountain, with more than 2,000 cocoa trees, produces handcrafted chocolate on its organic farm, Emerald’s.

Bike Tyson tells us we’re ready for our own jungle biking, so Brian and I take off down Aqua Dulce trail to try for Tinker’s Trail – a single-track hill designed by Tinker Juarez, of the Volvo-Cannondale racing team. We don’t make it riding, but decide to hike up to the top. We are rewarded with panoramic views of the Caribbean.

We spend the rest of the afternoon lazing under a thatched umbrella drinking frothy concoctions, and floating in the warm ocean. The sea air is scented with eucalyptus and jacaranda. Back home, there’s a spring blizzard happening, but here, our thoughts are on what fish to eat for dinner, and what a sunset will look like on the Celestial Terrace. There are plans for sailing and snorkeling the next day, and a yoga class on the beach. More importantly, we don’t think of snow shovels or wind chills.

That night, in the open-air bedroom, after a dinner of lionfish and seared scallop, we fall asleep to the sounds of trade breezes and tree frogs.

## Mailbag | Canning jars are available

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**if there is a teacher who would want them for dioramas or science displays, or a charity which makes up gift boxes,”** writes Karen R. of Nashua (LTR 2,464). **“I also have a couple dozen jewelry boxes, mostly bracelet size, but some necklace and ring sizes for anyone who makes their own jewelry. Otherwise they will all get broken down for recycling.”** Scottish-born Robert Gair invented the pre-cut cardboard or paperboard box in 1890, which immediately filled a growing need for secure transport, contained storage, mailings and presentations. If you could use these, call Karen at 889-0307. Wonder if two identical boxes would constitute a ‘boxing match’?

### Preserving the harvest

**“I have several boxes of canning jars that I would love to give to someone who could make use of them,”** says Charlene L. of Hudson (LTR 3,321). Needing a way to preserve food for his soldiers, Napoleon offered payment to anyone who discovered a new method for transporting food safely. After several revisions, the Mason jar debuted in 1858. Today, the wide-mouthed jars are also used for decorations, crafts and gifts. Best number to reach Charlene is 401-641-3950.

### Updates

Helen B. of Nashua (LTR 2,747) writes “I wish to thank everyone who replied to my

request for fabric for the bags that I make for the ladies in Honduras. It is very much appreciated. Thank you.”

Lisa T. of Nashua (LTR 2,452) will be surprising her sister with a much-needed bed thanks to Annette of Merrimack. Sweet dreams, Sis!

### The Mailbag message in German:

Chris’ Mailbag wishes to thank Lauren O. of Nashua, Director of Adult Education at the Adult Learning Center in Nashua for her help translating the final portion of text that appears at the end of every Mailbag column into several languages so that new comers to the greater Nashua area can utilize the Mailbag as well. Today’s message in German reads: Kontakt: Chris’ Mailbag, Email: christine.graham33@gmail.com oder per Post: Chris’ Mailbag c/o The Telegraph, 110 Main St., Suite 1, Nashua 03060. Bitte geben Sie für die Veröffentlichung Ihren vollständigen Namen und entweder Ihre Adresse, Telefonnummer oder Emailadresse an. Artikel werden nur für Spenden, zum Handel oder Tausch angeboten. Kein Kauf-oder Verkauf!

Contact Chris’ Mailbag by emailing christine.graham33@gmail.com or sending mail to Chris’ Mailbag c/o The Telegraph, 110 Main St., Suite 1, Nashua 03060. 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.

## HELPING HANDS

**EDITOR’S NOTE:** It’s a new year! Please review your nonprofit’s listing, and refresh it as needed. What are your current needs? Contact person? Hours? Send changes to [kpalmernashuatelegraph.com](mailto:kpalmernashuatelegraph.com). Thank you!

Helping Hands is a weekly feature that provides information about the needs of local nonprofit agencies.

### 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).

### Birthright of Manchester, Inc.

247 S. Main St., Manchester, NH 03102  
**NEEDS:** Diapers (larger sizes in most need 3,4,5) and wipes; baby clothing and gently used clothing up to 3T; new baby blankets/afghans.  
**COLLECTION HOURS:** 11 a.m.-3 p.m. Mondays, Wednesdays or Thursdays (please call ahead, 668-3443).  
Nashua drop-off available as well.  
**CONTACT:** Janet Heitmiller, 889-9333 or [heits@comcast.net](mailto:heits@comcast.net).  
**WEBSITE:** [Manchester@birthright.org](http://Manchester@birthright.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, toiletry and personal hygiene items. We also need gently used household items such as pots and pans, kitchen utensils, linens and small working appliances.

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## WEDDING & EVENT DIRECTORY

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