

COVER STORY



Courtesy photos

Shown is the Whiteface Lodge in Lake Placid, N.Y.

HIKE & RIDE & SWIM

A getaway for adventurers: Biking the Adirondacks in springtime

By PEGGY NEWLAND
Correspondent

What better place to go biking in the springtime than a forest preserve with more than 10,000 lakes, 30,000 miles of rivers and streams, and empty back roads without summer crowds?

Throw in a “bike-to-hike” adventure and you’ve got the perfect getaway to the Adirondacks – especially when you have Lake Placid as the jumping-off spot, a town known for brew pubs, art galleries and Olympians.

Because I’m not much of a camper and I like a hot shower, I pick Whiteface Lodge. With its easy access to downtown, three outdoor hot tubs, private access to a lake, a hand-milled timber dining

room with mahogany outdoor decks, fire pits for marshmallow roasting, and a suite with a view, it’s a great camp with all the Adirondack fixings.

A guitarist plays in the Kanu Lounge that evening. A roaring fire in a fieldstone fireplace warms us as we pull out maps and guides to figure out

routes and mileage. This revs up an appetite. Brian orders a venison and wild mushroom sloppy joe with Grafton cheese, while I munch on the miso-marinated portobello wrap with kale and charred scallions.

“Where are you headed?” the bartender asks. He has the look of a triathlete as he pours us a Paradox pilsner and Big Slide IPA.

“Any suggestions?” I ask. He politely sizes us up for adventure.

“You like to hike as well as bike?” he asks. We nod sure, why not. “Go to Van Hoevenberg,” he tells us. He points us to some back roads, past the speed-skating oval, behind the ski jump complex and over to Adirondack Loj Road. “The views are out-of-this-world beautiful.”

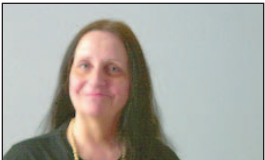
We decide to load up on brownie sundaes and call it a night. It sounds like we’ll be biathletes in the morning.

Spring in the Adirondacks can be chilly in the morning and warmer in the afternoon. We wear



LODGE | PAGE D-2 The Kanu dining room of the Whiteface Lodge.

A piano can be key to musical enrichment at school, church



CHRIS GRAHAM
Chris' Mailbag

“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.” Billy Joel, American singer-songwriter/pianist.

Accomplishment and joy of making music on a piano is often the inspiration of having heard someone play, perhaps as early in life as elementary school or later at a senior center. The Mailbag hopes an offer of a piano will be

music to a reader’s ears.

On a musical note...

“I have a Cable-Nelson spinet piano and bench that I would like to donate to a school, senior center, church, or other organization,” writes Nancy M. of

Merrimack (LTR 3,326). “The piano measures 37 inches high, 56 inches long and 25 inches deep. It will need to be tuned. The piano will need to be picked up. Hopefully someone will again enjoy playing it. Chris, thank you

for providing this beneficial service.” Cable-Nelson lives to this day as a piano so well established (since 1905), musicians and pianists still rank these as No. 1 for their durability and

Mom’s long-distance advice not what teen wants to hear

DEAR ABBY: I am 17 and dating a 16-year-old girl. My mother lives a few states away. Every time we talk she tells me to spend less time with my girlfriend. It always seems like she's trying to break us up. Please give me advice. I want her to want me to be in the relationship I'm in and to let me stay with her.

– *Teen in love in Pennsylvania*

DEAR TEEN: Regardless of what you may think about what your mother is telling you, she is not the “enemy.” She may be worried that the more time you spend



DEAR ABBY

with your girlfriend, the less you will have to devote to your studies, sports, friends, etc. – all of which are important at your age. The two of you need to talk further about this, so there are no misunderstandings or hurt feelings.

P.S. Because your mother lives out of state, I assume you are living with your father or some

other relative/guardian. It might be enlightening to know what the other adults in your life think about the amount of time you're spending with your girlfriend. Perhaps you should ask them.

DEAR ABBY: I am struggling to adapt to our accelerating technological world. When I remove myself from the rapid information cycle of the internet and social media, I feel the world is passing me by. I have tried to find a balance, but the ubiquity of technology and our cultural reliance on the internet leave me feeling like I have only two options at

any given time – connection or disconnection – and neither one feels entirely healthy to me.

This isn't the first case of technological advancement leading to rapid cultural change and a sense of dislocation, but at the current rate, it may be the most extreme. This is to say nothing of the increasing presence of artificial intelligence in our lives. Do you have any advice for maintaining one's humanity while remaining culturally relevant in our increasingly technology-dependent world?

– *Floating in the digital age*

DEAR FLOATING: Just this: Try harder to find a balance, because if you are constantly online, you will be swamped. Sometimes we must disconnect and enjoy the “real world” without the constant interruption of the latest news cycle. Trust me. You won't miss much because the information will find its way to you.

DEAR ABBY: What is the proper way to handle the situation when you catch the host of a party double- or triple-dipping into a bowl?

– *Ick! In Largo, Fla.*

DEAR ICK: That's easy.

Refrain from consuming anything that is in that bowl.

DEAR READERS: Happy Mother's Day to mothers everywhere. This includes birth mothers, adoptive and foster mothers, step-mothers, grandmothers who are raising grandchildren, and dual-role dads. Orchids to all of you for the love you give 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. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

EDITOR'S NOTE: Please review your non-profit's listing, and refresh it as needed. Send changes to kpalmernashuatelegraph.com.

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@adulthoodlearningcenter.org.
WEBSITE: www.adulthoodlearningcenter.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.

Birthright of Manchester, Inc.
347 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.
WEBSITE: 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 or 883-0523, ext. 237.
WEBSITE: www.bgcen.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 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.
DONATIONS, PICKUPS & VOLUNTEERS: 943-8980 or email restoremanger@nashahabitat.org.
WEBSITE: www.nashuahabitat.org/restore.

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.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.
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@sjnhn.org.
WEBSITE: www.stjosephhospital.com/community-health/josephs-closet.

Marguerite's Place
87 Palm St., Nashua, NH 03060
NEEDS: Trash bags (13-gal.), HE laundry detergent, multipurpose cleaning products, disinfecting wipes, tissues, paper towels and toilet paper, light bulbs (60-watt), AAA batteries, copier paper, flash drives, postage stamps.
COLLECTION HOURS: 8:30 a.m.-5 p.m. Monday-

Friday.
CONTACT: Christa Tsechrintzis, 598-1582, ext. 15, ctsechrintzis@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, deodorant, shampoo and conditioner, Fixodent, Q-Tips and laundry soap (for front loader) dish soap 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: Overhead film projector; sand art containers and supplies; white canvases for painting; dodgeballs, soccerballs and balls to be used for 4-square.
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 11¾ 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, cereal, shampoo, toothbrushes and toothpaste, soap or body wash, razors, deodorant. Volunteers also needed throughout the day to serve breakfast or dinner, sort donations and help in our food pantry.
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.
CONTACT: Email nsoleadershipteam@gmail.com or visit nashuaspecialolympics.org.
WEBSITE: www.nashuaspecialolympics.org.

HELPING | PAGE D-4

Mailbag

CONTINUED FROM | PAGE D-1

excellence of product, not to mention a high standard of production. If you represent an organization, etc., and you would like to contact Nancy regarding the piano, call 424-7027 or email djnmoney@myfairpoint.net.

Surgery requires wheelchair

“Hi all! I am having extensive knee surgery in four weeks, and will be in need of a wheelchair,” writes Tammy L. of Nashua (LTR 797). “Hoping one of your readers can help me out ... needs to be a portable one. Thanks in advance.” Knee replacement was the 14th most common in-patient procedure in 2009; with more than 650,000 replacements in 2010. More than 4.5 million Americans are living with at least one total knee replacement, with nine out of 10 patients experiencing immediate relief from knee pain, and 95 percent reporting they are satisfied with their procedure. Thoughts and prayers go out to this longtime Mailbag reader for a speedy recovery. If you can help Tammy with a wheelchair, her number is 579-0866.

‘Depend’able protection offered

“I have a large tote filled with Depends women’s underwear, size 4 XL,” writes Ruth M. of Nashua (LTR 3,309).

“Hope someone can use these.” Introduced by Kimberly-Clark in 1984, the Depend product line continues to discreetly help millions, with sales of adult incontinence products forecast to rise 48 percent from 2015 to 2020. If needed, you’re not alone! Ruth can be reached at 882-7389.

Needs transportation to get to work

“Last year, I wrote to you asking if any of your readers could help with donating a car,” says Wendy D. of Nashua (LTR 2,103). “One reader contacted me saying they had a car for me. Today as I was coming home from my third-shift job, the engine in the car was smoking and my neighbor opened the hood to discover the radiator has a crack and will need to be replaced. Unfortunately, I don’t have the means to pay for this repair, so once again I am asking for your readers’ help in securing another car so I can get back and forth to work in Hudson. Thanks in advance.” Perhaps an instructor associated with an automotive mechanic education program at a high school might be willing to consider repairing or replacing the radiator as a student project; surely a lot less costly than replacing/registering another car. Just a thought for this lady who’s struggled so long with this issue, having to resort to using a bicycle in the past. If you can help Wendy with a dependable vehicle or replace a radiator, give her a call at 921-7302 or

email wnddprt@gmail.com.

Mobility/ knee scooter still needed

“I will be having upcoming surgery on my foot and am still looking for a scooter you rest your leg on to get around,” says Brenda L. of Amherst (LTR 2,489). A knee walker, also call a Roll About or Knee Scooter, is considered the best way to get back in motion after a foot or ankle injury or surgery. Usable indoors and out, one hand can still be free to carry something. Anyone having a scooter to help Brenda with mobility can reach her at 673-5283 or via email at bblamarre@myfairpoint.net. Again, let me know how things are going.

Updates
Brenda L. of Amherst (LTR 2,489) writes “I want to thank Al of Nashua for providing me with the transfer seat for the tub and also a handicap toilet seat. Also, I want to thank all the other people who called with offers. Many thanks.”
Wishing all the mothers, grand- and great-grandmothers, nanas and everyone thought of as a mom to someone a Happy Mother’s Day!

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.

Lodge

CONTINUED FROM | PAGE D-2

fleece and wool hats and pack our bikes with a boxed lunch of roasted turkey on brioche and homemade potato chips. Hiking boots, shorts for the hike, and a swimsuit tucked away just in case we jump into a lake, and we’re ready.

We zip down through Lake Placid and past the world of Olympians, then head straight uphill on Route 73 for five long miles. Wool and fleece soon come off as we are sweating and huffing. Finally, “the Loj” road appears like a miracle and we stop to take photos of High Peaks Wilderness. Ten miles of rolling meadow, beaver pond and deep woods, it’s Hansel and Gretel land without traffic. We expect to see roaming bear and moose around every turn.

At the end of “the Loj” we find ourselves at the Adirondack Loj and Heart Lake Center. We park our bikes on the edge of Heart Lake and grab two chairs. Behind us, the historic lodge maintained by the Adirondack Mountain Club is abuzz with backpackers filling up water bottles and young park rangers pointing out multiple trails.

One ranger comes up to us.
“You biking straight up that cliff?” he asks, pointing to Mt. Jo.
He laughs when he sees my face drop and tells us, instead, about South Meadow Trail back down the road three miles.
“A bald ledge and views past Mount Marcy,



Courtesy photo

From paved-road cycling to forest-trail adventures, there are mountain biking opportunities galore in the Adirondacks.

Algonquin Peak and the North Woods. Perfect hike, perfect views,” he says.
Two hours later, we are on top of the ridge, eating lunch. Two eagles glide overhead; a small twin engine plane circles, then disappears; and then it’s just us. We are in shorts and T-shirts, our hiking boots off in the sudden heat of sunshine. There are long views to the blue of Heart Lake below.
“Swim?” I ask, and we pretend to dive off the cliff to the clear waters below.
Later, we swagger into Lake Placid, proud of our Olympian day. Bike, hike, swim – we are triathletes now, and we tell the bartender at Lake Placid Brewery.
“That’s nothing,” he jokes. “Most people around here have triple-triathlete days: bobsled, skate, ski jump, bike, hike, run, ice hockey, yoga, swim.”
After a couple of Ubuales, and a windy, steep bike ride back to Whiteface Lodge, we flop in an empty hot tub until we are wrinkled prunes. Then we head to a celebratory dinner.

“How did you do today?” our waiter asks, handing us menus. We recount our day.
“Where are you going tomorrow? Whiteface Mountain loop road through McKenzie forest?” he asks.
The fun never ends here in Lake Placid.
We eat practically everything on the menu that evening. Crispy four-fat fowl cheese with watercress salad and roasted pear, and smoked venison sausage and fennel. Then, we choose bone-in New York strips, fingerling potatoes, roasted carrots and wild caught arctic char with sun-dried tomatoes, basil creme, and Sambuca. We don’t stop and continue on with signature bark eater ice cream sandwiches made with brownie cookies and toffee ice cream, followed by cognacs.
The next morning, after a room service breakfast, we look to the mountains, and then decide to ride the flatter bike trails of Mirror Lake, with a loop around River Road. We will be uni-athletes today.