

COVER STORY



Photo courtesy of JEFFREY STEVENSEN

Chebeague Island Inn on Chebeague Island in Casco Bay, Maine, just off the coast of Falmouth and Cumberland Foreside, is a 1930s classic wooden hotel. It sits on a rise facing west and spectacular views of Casco Bay and the Maine coast. The island is a friendly small town with fishermen and a tight-knit community.

SCENIC SIDEWALKS

New England sites make for great time exploring

By PEGGY NEWLAND
 Correspondent

Going for a walk means slowing down and noticing what's around you, rather than what's online. You can breathe. You can talk. Perhaps you can find a bench and rest. New England has the scenic overlooks and scenic highways, but we also have scenic sidewalks. Find your moment of perfect place at these four locations.

City sidewalks:
Cambridge, Mass.

"There's a race today," the concierge at The Charles Hotel tells me. "Hurry toward the river and you'll catch it."

Artistically funky, The Charles Hotel is front and center on the Charles River. With a 1940s type speakeasy lounge, the elegant Rialto restaurant, and a "Best of Boston" jazz club, there's a place for any taste.

I drop my suitcase behind the desk and speed-walk across the street to the Charles River. Following a group of people holding cowbells, I wander through JFK Park and look across the river to the Harvard Boathouse. Imposing with dark brick and hooded windows, the Boathouse is flowing over with spandex-clad athletes, but the

IF YOU GO

The Charles Hotel

1 Bennett St., Cambridge, Mass. 1-617-864-1200, charleshotel.com.

Stoweflake Resort and Spa

1746 Mountain Road, Stowe, Vt. 1-802-253-7355, stoweflake.com.

Cape Arundel Inn

208 Ocean Ave., Kennebunkport, Maine. 1-207-967-2125, capearundelinn.com.

Chebeague Island Inn

61 South Road, Chebeague Island, Maine. 1-207-846-5155, chebeagueislandinn.com.

river is empty.

"Is this where the race is?" I ask one of the cowbell people. "It's called a regatta," one smiles. "And yes," she adds. "The boats will be through in about two minutes."

The air along the Charles is heavy with anticipation. I walk with them toward the Cambridge Boat Club and they tell me to follow them up onto the Eliot Bridge. "Best place to watch," they say. Someone hands me a cowbell and nods. Then, one boat slices through



Photo courtesy of STOWEFLAKE

Relax in the mountainside retreat of Stoweflake in Vermont.

the water – eight women rowing in perfect sync, with a ninth shouting, "Go, you've got it!" Then, from around a bend, a flotilla of college-colored racers carve the placid Charles River into a turbid competitive sea. One boat nearly crashes into Eliot Bridge, but luckily, with a flick of some oars, bushwhacks back into the pile. We bang our cowbells and shout and holler and soon, the boats are flecks, and then they are gone.

The Charles River returns to calm and I continue my stroll over to Herter Park, one of the many green spaces that form the Emerald Necklace, up-river from Boston's Esplanade.

Quieter – unless it's a regatta day – this part of the Charles is meant for contemplation. It holds none of the crowds that tour the Hatch Shell, Boston Common and Back Bay brownstones.

As dusk hits the river, and after two hours of river walking, I make my way back to The Charles Hotel's outdoor patio, Henrietta's Table, for some organic eating and an artisanal cocktail. A farmer's market is bustling next door. From the lobby library, I've borrowed a guide book about the history of regattas on the Charles River.

"Are you a rower?" a waiter

asks me. "Or a spectator?" He eyes the cowbell on the seat next to me. "Spectator today, rower tomorrow." He tells me where to rent a kayak the next day, and that night, I sleep under a goose down comforter and dream of ringing cowbells.

Mountain sidewalks:
Stowe, Vt.

Situated in a lush valley between Mount Mansfield and the Green Mountains, visiting Stowe usually means visiting snow. Cross-country ski trails turn into walking trails in the

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Keeping cool has become an unseasonably hot topic

Hey, who turned up the heat?

A long-awaited spring replaced winter's woes, heating expenses and frozen toes – yet springtime, a season for cultivation and planting, suddenly turned to heat waves and panting.

Not that we don't welcome summer, but for some, the sudden transition is kind of a bummer. While everyone feels temperatures rising, impacts for folks with health issues are not surprising.

Some readers are looking to the Mailbag to connect



CHRIS GRAHAM
 Chris' Mailbag

with ways to beat the heat.

The heat is on

"I purchased a bank-auctioned home that needs a lot of work, along with an in-ground pool, which I wasn't wanting, and would cost a lot to have filled in,

so I'm hoping to try to get it going instead," writes Selena A., of Milford (LTR 3,103). "I am in search of an in-ground pool pump and filter, and maybe some help getting it running. I am hoping someone may be upgrading or closing their pool and no longer has use for theirs.

"I have primary progressive MS, and the heat really gets to me, which leads to my next request. I am also looking for a small freezer or bigger refrigerator with a bigger freezer. I have a small refrigerator, and the

freezer isn't big enough to freeze my cooling packs to put in my cooling vest or to freeze ice trays so I can make smoothies to cool down. We have had some really hot days already, that I've barely made it through.

"Also, an AC would be most helpful. I bought two at a yard sale last year, and they don't really cool well. I would need delivery, too. Thank you for offering this service!"

Although not on at the same time, my fan and heater are sharing the

same outlet, depending on "current" conditions.

Selena can be reached at moonlight1228@aol.com.

Attention, Class of 1956

"Do you know anyone who archives Nashua High School yearbooks?" asks Luann B., of Nashua (LTR 426). "I have two copies of 1956, if anyone could use them."

In 1956, the average cost of a new house was \$11,700, average monthly rent was \$88 and average yearly wages were \$4,450. 1956 firsts included Elvis

Presley's first appearance on U.S. music charts with "Heartbreak Hotel"; his first appearance on "The Ed Sullivan Show; his first movie, "Love Me Tender"; and as the rock 'n' roll craze swept the world, Prince Ranier, of Monaco, swept Grace Kelly off her feet.

If the Class of 1956 brings memories to mind, call Luann at 888-8077.

Treadmill needed
 "Several months ago, a

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