

COVER STORY

RUSTIC RETREAT



Courtesy photos

The boathouse of The Point at Saranac Lake in New York state.

Relaxation at a Rockefeller getaway in the North Woods

By PEGGY NEWLAND
Correspondent

The wind grows stronger, the further out on Upper Saranac Lake we go, but it doesn't matter. We are bundled up in Hudson Bay blankets and hold cups of hot apple cider spiked with Jamaican rum, as we pass the steep ledges of The Narrows. Birch Point is overloaded with spruce and skeletal birch.

"This is where Uncle Fester has a camp," our guide, Dion, states. "Fresh from the Addams Family." We, of course, all sing the television show song, snapping our fingers as we pass by a lodge and outbuildings.

Martha, my always-ready-for-a-ladies-getaway friend, and I sit back on plush cushions in a classic, 33-foot mahogany Hackercraft. I imagine the deer and bears watching us from behind thick stands of Adirondack forest. Located in upstate New York, with private and public land totaling 6 million acres, Adirondack Park is empty wilderness in November.

"Heaven on earth," Dion says. We pull our wool hats down close to our eyes and zip past a parade of Adirondack Great Camps circa the Gilded Rockefeller Era. Some take up whole islands – log mansion compounds of multi-tiered trellis, wraparound porch, native timber, and stone. Dion tells us he drove the mail boat on Upper Saranac Lake for 25 years.

"This family has been here since the 19th century," Dion says, pointing to a palace of thick pine. "They'd leave me a cold beer in a ziplock, end of the day."

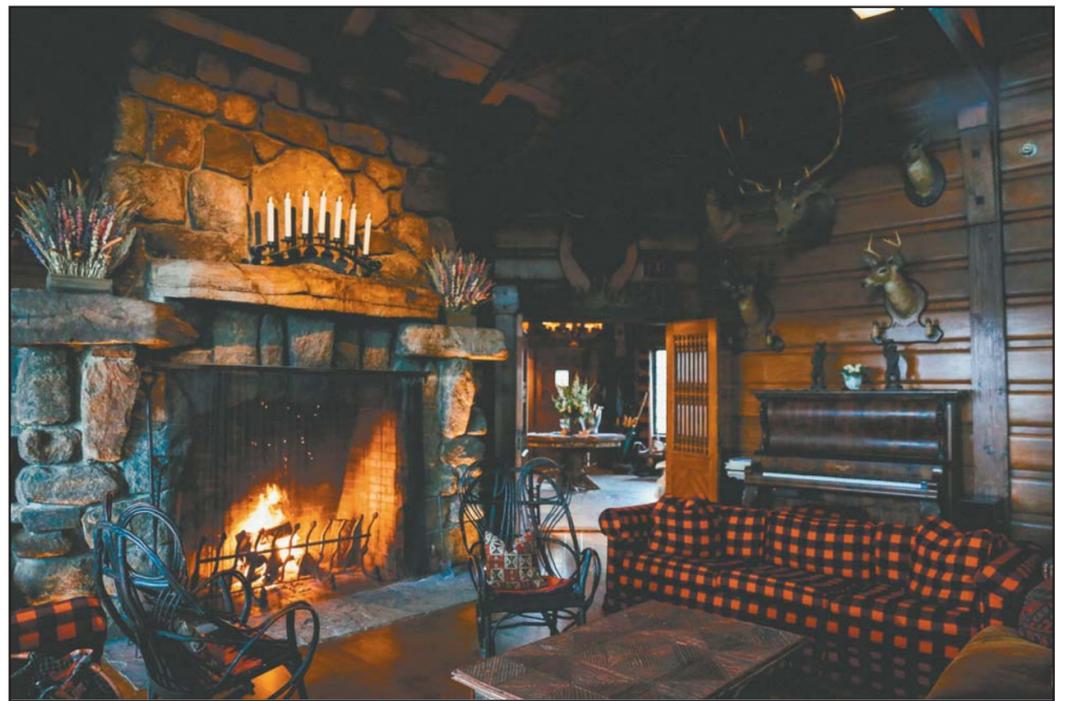
The sky turns crimson as we zip back to The Point. Built originally by the Rockefellers for summer enjoyment, The Point is open year-round. Situated on a 75-acre peninsula, there are craggy paths to hidden hammocks and Adirondack chairs grouped around roaring outdoor fire pits. Thanking Dion and promising we'll head to the bonfire that night, Martha and I take the long way back to the cabin along a cliff, walking stone steps to our back porch.

"This is your home for the weekend," the concierge tells us, opening the door to our Saranac Cottage. Home, to me, means comfort, a place where slippers are worn, feet kicked up to a fireplace. This is storybook-dream home, with feather beds, a brook-stone fireplace, deep soaking tub, and chilled Chablis. "Cocktails in the Great Hall at seven, ladies," the concierge smiles. "Elegant/casual attire."

"It's Fantasy Island, Adirondack-style," Martha says, shaking her head. Flying here on an eight-seater Cape Air flight from Boston, we passed jagged peaks with silent ponds, empty riverways, everything capped with a light dusting of early snow.

Entering the Great Hall is like walking into history of the Gilded Age. Antique twig furniture covered in red-and-black plaid, antler chandeliers, two roaring fireplaces, mounted moose and deer on walls, and two candelit group dining tables decked out in silver and crystal wine goblets. Guests lounge on couches or stand with cocktails as waiters pass canapes.

Great Camp dining means courses of beautiful food you want to photograph, but you eat instead. We start with beet farrotto and pan-seared bluenose with Napa cabbage, walnut and vadouvan emulsion. Next, it is roasted pheasant and hen of the woods mushrooms with madeira truffle jus. A Gamay Noir is poured from France. Martha and I are in shock,



TOP: The Mohawk Room at The Point on Saranac Lake in New York state.
BOTTOM: The Great Hall of The Point at Saranac Lake in New York state.

especially when we see our peanut butter and chocolate dessert. We eat everything and decide to hike the next morning.

After an in-cottage breakfast of warm banana muffins, fried eggs, fresh fruit plate and coffee, we pull on hiking boots and set off for the private trails of The Point. Located along Fish Creek Bay, we meander over miles of curved shoreline. Well-spaced wooden benches built on stone patios invite contemplation, but Martha and I keep our pace. There's a special picnic prepared for us at a hidden camp an

hour "or so" into the hike.

We eventually find the wooden bridge that leads us to "Camp David" – a hunting camp cottage. With a crackling fire and an elegant lunch of roast pork and warmed red potatoes, followed by fresh-from-the-oven brownies, this is a warming hut to find.

That evening, after having two apres-hike IPAs and napping on feather beds, we don our consignment shop velvet gowns and high heels. Black tie is

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Pelham Animal Control, Live/Let Live, have urgent needs



CHRIS GRAHAM
Chris' Mailbag

Animal cruelty cases can encompass many different acts, from simple neglect to intentional abuse. The related medical and sheltering expenses – and in some cases the requirement to hold animals for trial – can be extremely

costly for the people caring for them. Several recent cases of animals rescued from hoarding has put a strain on supplies on hand. A Mailbag reader shares the Pelham Police Department's and Live and Let Live Farm's request on

behalf of animals in need. **Animals, their caretakers, need your help**

Animal Rescue Network volunteer Dee M. (LTR 314), shares: "In light of a recent cruelty to animals

case, we are in need of some specific supplies if anyone would like to donate," writes Pelham Police Department Animal Control Officer Allison Caprigno (LTR 3,295). "Items needed are: plastic grocery type bags for clean

up, blankets that can be easily laundered, liquid detergent, dryer sheets, bleach, paper towels, and a two-gallon handheld pump sprayer. Right now we have many snack type treats

MAILBAG | PAGE D-2



Painful lesson learned from cosmetic surgery abroad

DEAR ABBY: I'm 42, and the mother of three children. I love my kids, but after many years of wanting to do something about my "mommy belly," I decided to have a tummy tuck.

As a woman of color, my preference was for a sculpted, curvy shape. For aesthetic reasons, I liked the work being done in a certain foreign country. That it was cheaper there was an added plus. After months of researching, I settled on a board-certified doctor. His before and after pictures were great, and I was told that he and the clinic had a "zero percent infection rate."

Two weeks after I returned home, things quick-



DEAR ABBY

ly went bad. Fluid drained from my tummy tuck and belly button incisions. A local plastic surgeon sent me immediately to an emergency room.

At the ER, my fever was 102 and I was admitted to the hospital, where I was diagnosed with mycobacterium abscesses infection. I was hospitalized for 11 days and had surgery to manually clear the infection from my abdomen. I

was sent home with a PICC line so I could continue receiving my IV meds at home.

Two months after my elective surgery, I cannot stand up straight due to the pain. The experience has been awful, and it's still far from over. I'm still on IV antibiotics, have daily nursing visits, multiple visits to the ER and have had multiple surgeries.

I won't be able to work for three to six months, and my medical bills are over \$100,000 (thank goodness I have health insurance!). The side effects of the meds I'm on are nausea, diarrhea, lack of appetite and drowsiness.

It's hard for me to take care of myself or my children. I feel guilty about the pain I'm causing my family, and I'm so depressed I don't like going places and have withdrawn from those closest to me.

I know infections are a risk with any surgical procedure and this could have happened in America, but the fact is, this infection is known to be caused by poor sterilization in the OR, and this should have been avoidable if the proper sterilization procedures were followed.

When I contacted the doctor who did my surgery, he denied that I got it from him. He offered to repair any cosmetic damage, but

I'd be crazy to go back there for additional procedures. He's in no way accountable, and the system over there promotes that. As an American, I have no recourse. I'm just stuck here suffering.

I know others may have had wonderful experiences, but I want to shed light on life after surgery abroad that went wrong. I also want to encourage others to make sure they plan for the worst-case scenario: Consider who will provide extended care to your kids during periods of hospitalization, how you will pay your astronomical medical bills, and whether you can afford living on reduced or no income for

the duration of treatment, which can be several months. Thanks for printing this, Abby.

- Lesson Learned

DEAR LESSON LEARNED: Wow. I'm very sorry you learned all this the hard way. I hope your experience will alert readers to the fact that there's risk involved when considering surgery in countries where the regulation of hospitals and surgical facilities may not be up to American standards.

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.

Mailbag

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for the dogs, but could use canned food and canned pumpkin to stuff Kongs with for enrichment treats and rawhide/knuckle bones for large-breed dogs. Donations can be dropped off at the Pelham Police Department, Attn: Supplies for the Hoarding Case. Thank you in advance, and if you have any questions on our needs please email: ACaprigno@Pelhampolice.com."

Also, Live & Let Live Farm in Chichester needs a running pickup truck (doesn't need to pass state inspection) to deliver food to the many animals they have around the farm. Anyone able to help should contact Live & Let Live Farm online at liveandletlivefarm.org or by calling 798-5615.

Dee adds "I will offer to pick up any donations locally and can be reached via email at naughtyrotty42@msn.com (subject: Pelham Dogs) or by calling 400-9040."

The Bible in Spanish

"I have the complete Bible on CD in Spanish," says George S. of Nashua (LTR 3,296). "In Spanish: Yo tengo, en CD, el testamento antiguo y nuevo. ¡Qué Dios te bendiga! I'm hoping someone in your readership would like this. Love your column." The full Bible has been translated from the biblical languages of Hebrew, Aramaic and Greek into 554 languages, and 2,932 languages have at least some portion of the Bible (Biblical Translations Website). If you would enjoy the Bible read in Spanish, email georgestowe@gmail.com.

Chance to read fine print

"I have two computer printers with fresh ink cartridges that I cannot use because I upgraded to Microsoft Windows 10," writes Shoshana S. of Litchfield (LTR 3,297). "One is a Canon 6700D; the other is an Epson WF 2530. No disks, driver software or warranty; as is. They worked perfectly when I was running Windows 7 and below, but not Windows 10. Not certain if Mac compatible. I would like for them to go to a charitable organization but will consider an email from someone who could use them. Local to the greater Nashua-Manchester areas, please." Interested parties should contact Shoshana at maine11111@gmail.com.

Has walker with table

"For last week's Mailbag,

I forgot to list a walker with a tray table that has cup holders and fits over the walker bars," writes Karen R. of Nashua (LTR 2,464). "It does not have a seat, just the old-fashioned kind with two wheels and two sliders on the legs." Using a walker can help substitute for a decrease in strength, coordination or endurance, reducing stress on a painful joint or limb, helping with mobility and independence in daily activities. Karen can be reached at 889-0307 or email Kcrems@aol.com to arrange pick-up.

Senior needs computer

"I am a senior citizen suffering from Chronic Obstructive Pulmonary Disease (COPD), a lung disease that makes it hard to breathe, and I am hoping someone might have a Dell computer that they would donate to me," says Pearl F. of Nashua (LTR 3,241). "I was given a printer though the Mailbag back in May, and have internet access at home, which saves me from making trips to the library with my difficulty breathing. But now my computer has died and I cannot afford to replace it. Also need speakers. If someone has either or both available, I would appreciate it very much." Michael Dell founded Dell Computer Corporation in 1984 while a student at the University of Texas at Austin, working from his off-campus dorm room. His ambitions paid off. If anyone has a Dell computer and/or compatible speakers to donate, Pearl can be reached at 402-2197. Let me know how thing work out.

Updates

■ Gail D. of Nashua (LTR 548) writes "Thanks to everyone who phoned about my futon. The very first caller arrived soon after I returned his call. I'm so grateful someone could use it and also had experience reassembling the frame. Hope his son gets good use out of it. Thanks for this great service which helps people get the things they need and limits good stuff becoming unnecessary landfill. Thanks again!"

■ Karen R. of Nashua (LTR 2,464) says "Thanks to the Mailbag, all my other medical devices/helpers went to good homes."

Contact Chris' Mailbag by emailing christine.graham33@gmail.com or sending mail to Chris' Mailbag c/o The Telegraph, 17 Executive Drive, Hudson, NH 03051. 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: *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. Send changes to kpalmernashua@telegraph.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@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.

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.

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: 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: corpuschristi foodpantry.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,

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Retreat | Farm-to-table dinners provided

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worn on Saturday night in honor of the Great Camp tradition of fine dining in rustic, North Wood wilderness. Martha and I grab a flashlight, and traipse over the flagstone walkways, tottering as best as two mountain women can under starlit skies.

It's a house party of flowing wine and bantering conversation. Executive chef Loic Leperlier describes what is in store for us that evening. With farm-to-table French cooking combined with whole-world influences from India, Africa and China, we listen to descriptions. Soon, the courses arrive with paired wines. Maine lobster bisque with a burgundy truffle to start, followed by the kabocha squash agnolotti. Pan-seared arctic char, sea bean and marble potatoes are showstoppers, and the matsutake dill-buttermilk dressing made Martha and I want to grab some bread and soak up the sauce. A Napa Valley chardonnay from Hyde Vineyard



Courtesy photo

Adirondack chairs overlook Upper Lake Saranac at The Point in New York state.

rounds out the taste treat, as does the lemon olive oil sorbet for the palate. Next, a Bordeaux from Chateau Pichon Longueville Comtesse de Lalande is poured and the tables go silent.

"Look at the perfect color," one guest says.

Martha and I hold our

wine glasses to the flickering candlelight and we pretend we know what they are talking about, nodding to exclamations about shade and texture.

Sometimes the best things in life are the places you'd never expect to find. The Point is such a place

— an Adirondack dream-scape and all-inclusive wilderness adventure.

The Point. 1-518-891-5674. www.thepoint.saranac.com.

Cape Air. Three flights daily from Boston to Saranac Lake. www.capeair.com.

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