

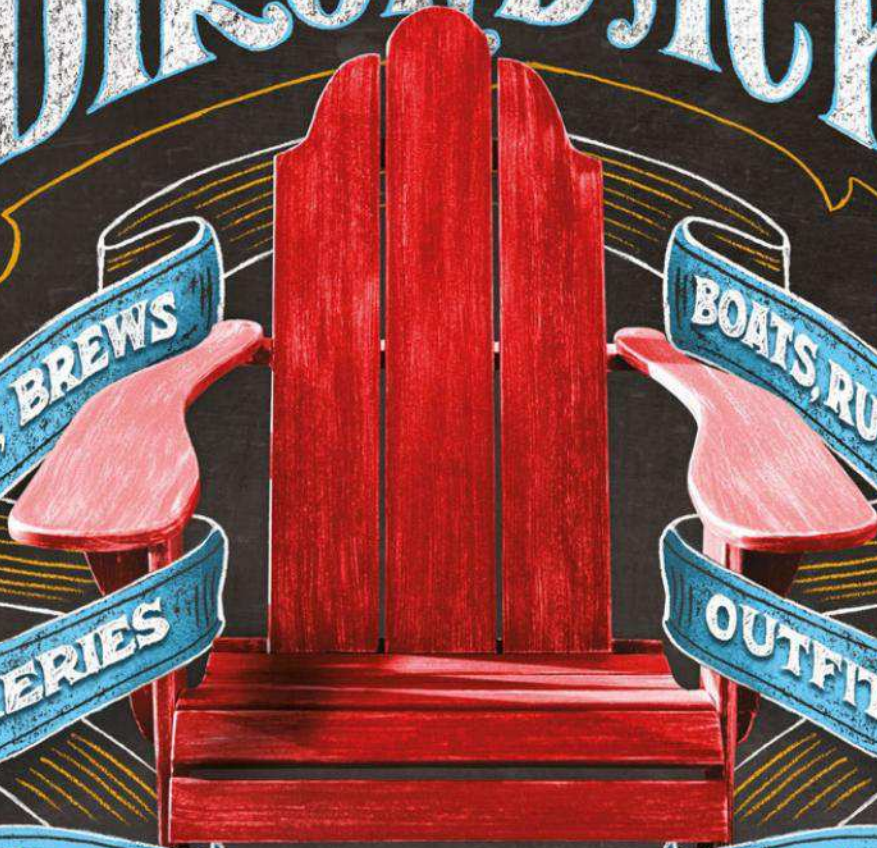
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\$673,000

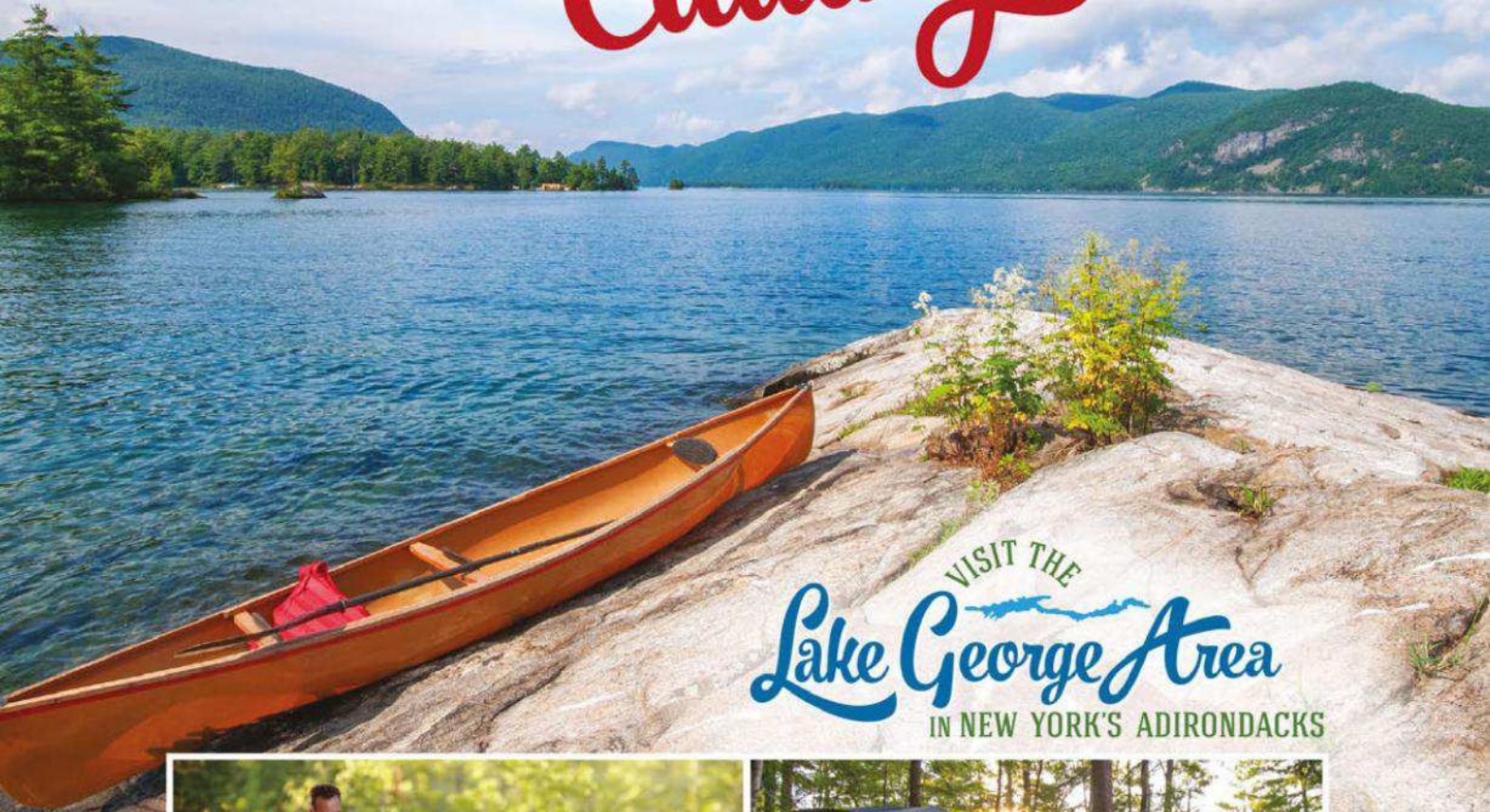


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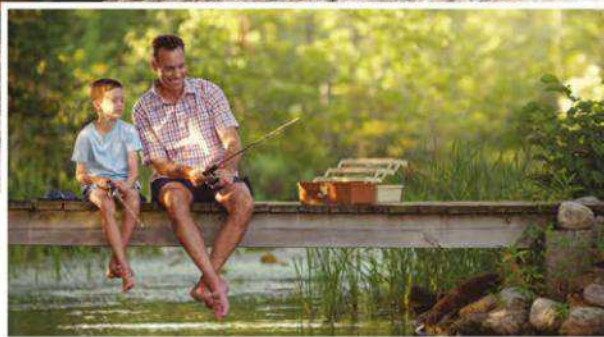
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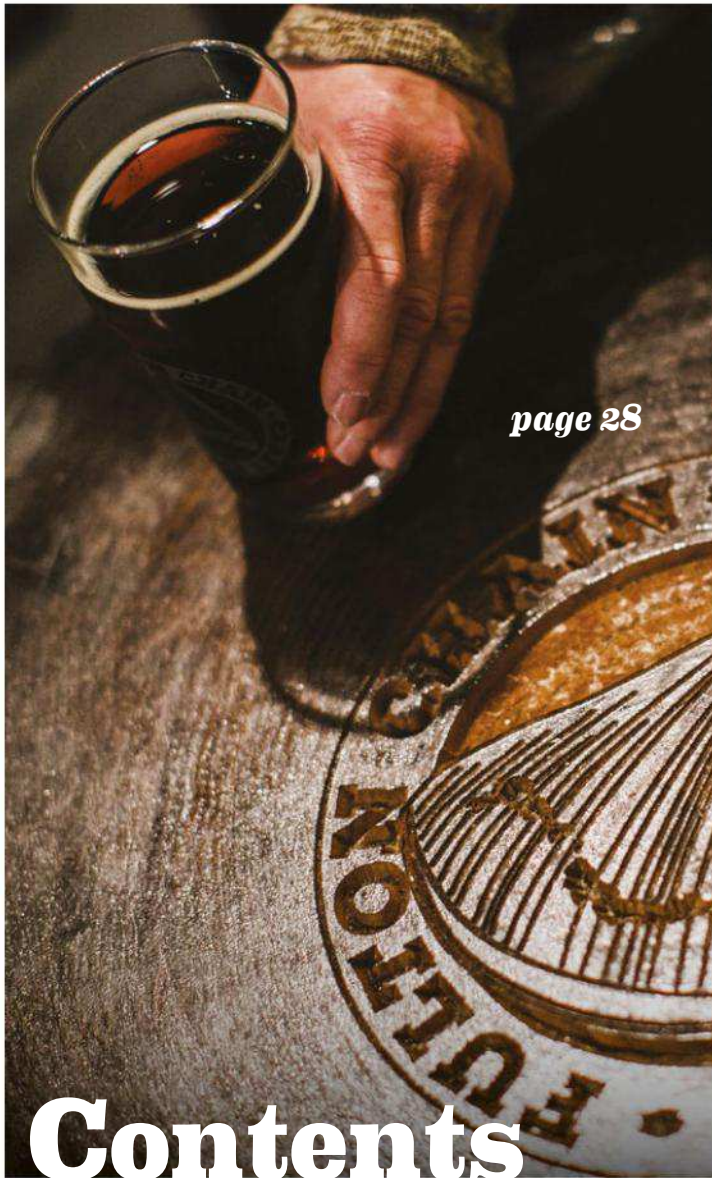
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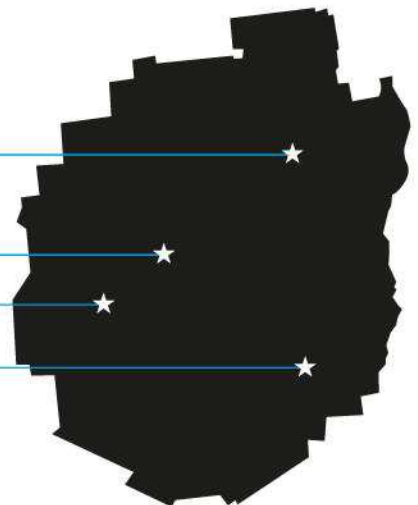
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ADIRONDACK LIFE

VOLUME XLIX NUMBER 3

PUBLISHING TEAM

CIRCULATION DIRECTOR *Lisa Lincoln*
CONTROLLER *Joni Manning*
EDITOR-AT-LARGE *Elizabeth Folwell*

EDITORIAL

EDITOR *Annie Stoltie*
SENIOR EDITORS *Lisa Bramen, Niki Kourofshy*
DESIGNER *Mark Mahorsky*
CONTRIBUTORS *Nancie Battaglia, Mark Bowie, Joe Connelly, Luke Cyphers, Johnathan Esper, Lisa J. Godfrey, Daesha Harris, Carl Heilman II, Jamie West McGiver, Curt Stager, Mark Wilson*

ADVERTISING

MANAGER *Linda Bedard*
SALES *Joel Kramer, Chelsea Cook*
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BUSINESS

BUSINESS AND HUMAN RESOURCE MANAGER
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Linda Bedard
OFFICE MANAGER *Cynthia Douglas*

SUBSCRIPTION SERVICE *800-877-5530*

BUSINESS OFFICE *518-946-2191*

FAX *518-946-7461*

ADVERTISING *518-946-2191 or adsales@adirondacklife.com*

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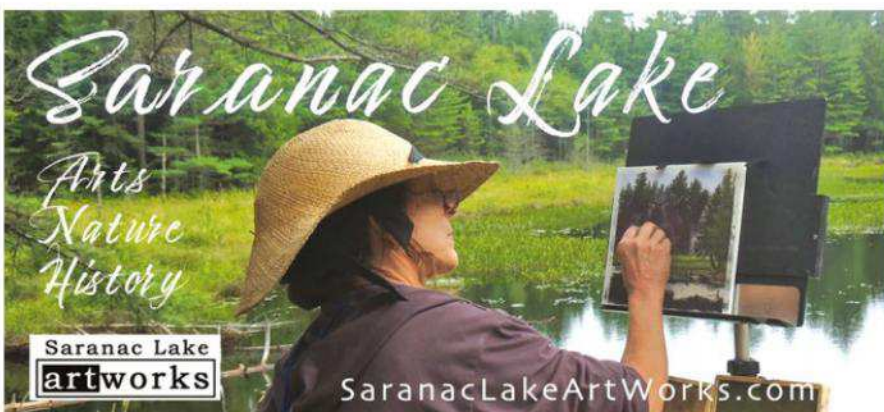
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BOX 410

PORTRAIT OF THE ARTIST

I was saddened to read of the death of Albert Gates (*Back Page*, April 2018). I ran *Adirondack Life* back in the early '70s. I had little money and even less experience, and I doubt the magazine would have survived without the generosity and talent of its contributors, among whom Albert stands at the top of the list (with Clyde H. Smith, who passed away a number of years ago).

Four times a year Albert would show up with a stunning portfolio, for which I would pay him a meager \$30 per image. I doubt that covered the cost of film. But he was an artist and a kind, generous man, and kept us supplied with exceptional photographs, year after year. He was a principal midwife in the birth of *Adirondack Life*.

My condolences to his family.

Lionel Atwill
Hotchkiss, CO

BOOK REVIEW

Thanks for printing the first part of Alison McGhee's "Never Coming Back" (April). That led me to the lovely book which I enjoyed very much.

Donald Shannon
Huletts Landing, NY & Dallas, TX

SKINNING UP

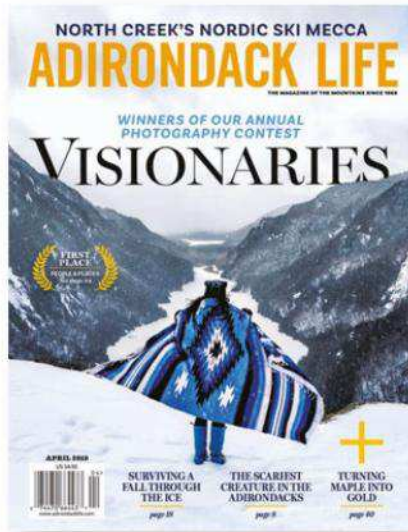
A great story (February 2018) about Adirondack local, Harvard grad, and Adirondack Powder Skier Association member Dr. Woods McCahill and his passion for backcountry skiing and early morning pre-work skinning at the local resort, written by his former racer, ski-meister ripper, acclaimed published author daughter Kate McCahill!

Adirondack Powder Skier Assn.
via Facebook

WHAT WAS LOST

It was with keen personal interest that I read Niki Kourofsky's article, "The Tree Army: How the Civilian Conservation Corps Changed Landscapes and Lives" (February).

Thomas Showers, a CCC worker from Syracuse, New York, was a truck driver



assigned to the Barnum Pond Camp. On June 23, 1934, he raped and murdered 14-year-old Cleo Tellstone as she walked to mail a letter not far from her family's home in Vermontville. Although Showers claimed her death was an accident, five months later he was convicted of murder and sent to prison in Dannemora. The young victim was the cousin of my maternal grandfather, Ted Sweeney.

And while CCC workers certainly helped to change and improve the landscape of the Adirondacks, one worker brutally murdered an innocent girl and thus forever changed the lives of her family members.

Karen Hogan-Curtin
Plattsburgh, NY

CAMP CASTING CALL: Do you have a beloved Adirondack family cabin or camp? Email us the story of your getaway within the Blue Line—with photographs of its interior and exterior—and we'll consider it for an upcoming feature article on *Adirondackers* and their homes away from home.

Adirondack Life welcomes the views of readers and will publish as many letters as space allows. All letters are subject to editing, must be signed and should be addressed to Box 410, Jay, NY 12941.
Email: letters@adirondacklife.com



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SAFE PASSAGE

John Davis walks the walk for our wild neighbors

BY ANNIE STOLTIE

Conservationist John Davis's latest endeavor is a book dedicated to Split Rock Wildway, a critical corridor for bobcats, bears and other species.

LAST WEEK JOHN DAVIS heard that four dead coyotes had been found along a road a mile or so outside of Essex. They'd been shot.

Killing coyotes isn't illegal. According to the Department of Environmental Conservation, each year 33,000 New Yorkers hunt and trap them. A license is required and there's a designated hunting season, unless the animal is considered to be a "problem." The dead, dumped animals were a reminder to Davis, a conservationist who has dedicated his life's work to protecting wildlife and their migratory corridors, that there's still much to be done.

And Davis has done plenty. He trekked 5,000 miles from Sonora, Mexico, to British Columbia, Canada, to advocate for the protection of a western wildway that animals rely on for survival. He journeyed 7,600 miles from the Florida Keys to Quebec's Gaspé Peninsula to bring that eastern wildlife corridor into the national discussion. Most recently, he completed the 193-mile Algonquin to Adirondacks Trail. The planned route, from Huntington Wildlife Forest, in Newcomb, to Algonquin Provincial Park, in Ontario, traces the path of Alice the Moose, a 700-pound cow that scientists collared and tracked in the late 1990s, proving the necessity of connected pathways for migrating wildlife.

Davis's friends and fans call him a modern-day John Muir—with trekking poles and a knobby-tread bike. The 54-year-old was director of conservation at the environmental organization Adirondack Council, editor of *Wild Earth* magazine, and the focus of *Born to Rewild*, a documentary about his western wildway adventure. He's also authored books, the latest, *Split Rock Wildway: Scouting the Adirondack Park's Most Diverse Wildlife Corridor*, about the place he calls home.

Davis's family land in Essex is part of Split Rock Wildway, an ecologically critical thoroughfare for Adirondack creatures that connects Lake Champlain to the High Peaks. Twenty-five years ago, when Davis climbed a hemlock on his property and first recognized that bears, bobcats, fishers and other species relied on the route to eat, mate and survive, he and conservation and recreation groups began protecting

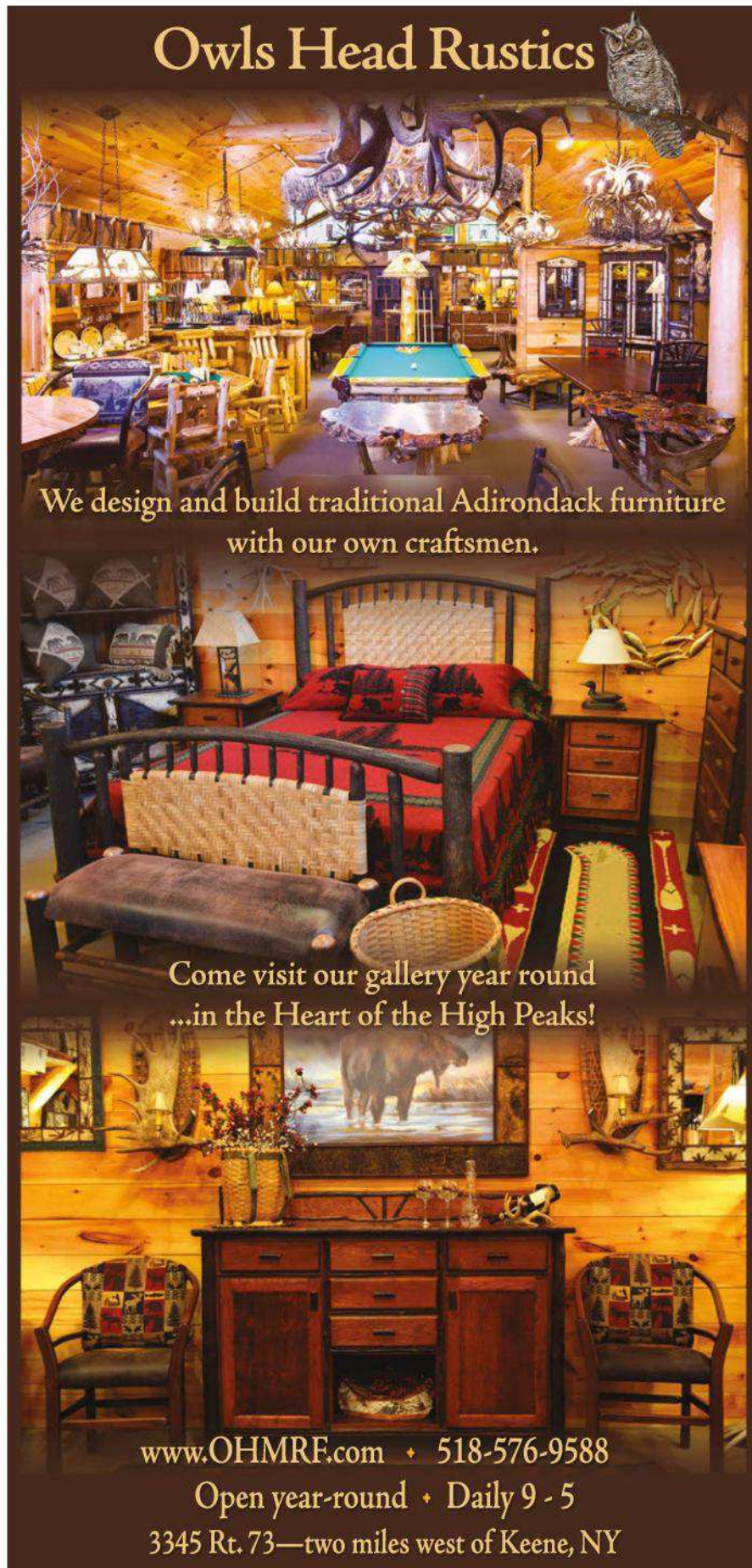
the land. Today about 7,000 acres—almost half the corridor—have been collectively conserved.

Davis's *Split Rock* book highlights the creatures that rely on the wild-way, from snakes and songbirds to turtles and beavers. Davis writes about them with gentle affection, outlining their ecological importance. "The thrust of the book," he says, "is to respect and welcome our neighbors. Coexistence is as important as connectivity."

Backcountry development and our networks of roads—most dramatically in the Adirondacks, Interstate 87—dice up wildlife pathways. We can be careful driving on warm, rainy spring nights, when frogs and salamanders are on the move. We can slow down where wild travelers pass. Still, says Davis, "the tragedy of roadkill could be ended" if our infrastructure followed the example of places like Banff National Park, in Alberta, Canada, where wildlife overpasses have proven their worth, reducing animal and motorist deaths.

There are other ways we can live harmoniously. Davis writes, "Our woods and our lives will be safer if we allow cougars and other missing predators to return." Wolves and cougars cull deer herds, keep small mammal populations that carry the bacterium for Lyme disease in check, and eliminate overgrazing of native flora.

For now, coyotes are our region's apex predator. "They need our protection," says Davis. In *Split Rock*, he writes that killing them "doesn't work." Allowing wild canids to attain stable, self-regulating populations would reduce a threat to livestock or house pets. Conflicts "are most common in predator populations that are persecuted, such that the young do not have mature role models to teach them to hunt and keep clear of people." He adds, "Hunting by humans does not mimic native carnivores." And carnivores "bring beauty and wholeness to our wild neighborhoods in ways aesthetic, ecological, recreational, ethical and even spiritual. We will be a richer and happier people when we learn to coexist" with all our neighbors. ▲



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NORTHERN LIGHTS

READING BETWEEN THE BLUE LINE



A New Enterprise

Ticonderogan James Cawley grew up enthralled by the original *Star Trek* television series, which aired from 1966 to 1969. As an adult he spent years building an exact replica of the show's sets in a Port Henry warehouse, where he and a crew of volunteers used to film new episodes, based on the original characters, that were distributed free online. After CBS, which owns rights to the series, put the kibosh on such fan films in 2015, Cawley approached the network about licensing his replicas to offer tours in a former supermarket in downtown Ticonderoga.

From April through December, fans can see the engine room where Scotty gave it "all she's got," and the transporter room, where many a redshirt was beamed to his demise. May 4-5, Captain Kirk will return to the bridge for the William Shatner Weekend. And Trekonderoga, a weekend-long event in late August, brings some of the stars of the original series to mingle with fans and reprise their roles.

Cawley believes the show's enduring popularity rests in its vision of a future where people of different races and creeds live together in peace. "It's a message that resonates with everyone," he says.

Learn more about the tours and events at www.startrektour.com.

NORTHERN LIGHTS

Ask
ADIRONDACK LIFE

Q I recently purchased the *1860 Map of the Head Waters of the Racket River* by E. A. Merritt, C. E. Immediately after perusing the map I noticed Racquette is spelled in English ... Racket. When did the spelling of Racket change to Racquette?

—Linda Minde, Fort Pierce, FL

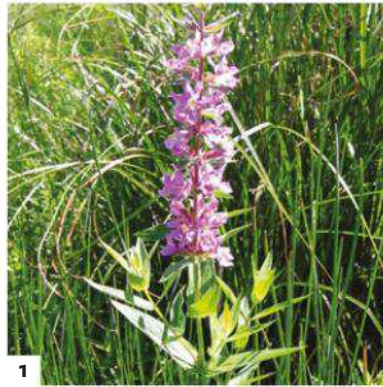
A Over the years, the spellings of Raquette River and Raquette Lake have been all over the map—as your own use of a common variant (adding a “c”) attests. According to Hamilton County historian Eliza J. Darling, pinning down original place names and spellings is “one of the aspects of historical research that both fascinates scholars and drives them up the wall.”

Darling says that documents from the 1840s refer to Racket Lake, but by 1851, Hamilton County maps had changed the spelling to Raquette.

Legend has it that the lake got its name from a pile of snowshoes (*raquettes* in French) left behind by a party fleeing the American Revolution, but no one knows for sure if that’s true, or whether the river took its name from the lake or vice-versa.

As to the various spellings, Darling says, “There are all sorts of factors that lead to this sort of thing—the preponderance of handwritten maps and deeds in previous centuries, the traffic in place names between languages and dialects through a constant process of import and export ... and the lamentable absence of spell-check until the dawn of the computer age.”

Have a question about some aspect of the Adirondack Park—historical, scientific or otherwise—you’d like us to research? Send your query to aledit@adironacklife.com.



1



2



3



4



5



6

Native or Invasive?

TEST YOUR PLANT PROFICIENCY:

Which of the above flowers are endemic to the Adirondack Park, and which are harmful invasives?

Learn more about protecting the Adirondacks from invasive plants at www.adkinvasives.com.

INVASIVE: (1) purple loosestrife, (2) yellow iris and (5) giant hogweed. NATIVE: (3) winged loosestrife, (4) blue iris and (6) purple loosestrife.



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12

LOCAL & REGIONAL CHEESE BOARD
DAILY SELECTION OF LOCAL & REGIONAL
ARTISAN CHEESES.
LOCAL HONEY, FRESH BERRIES, GRILLED BREAD.
16

CURED & SMOKED MEAT BOARD
DAILY SELECTION OF DRY-CURED & HOUSE-SMOKED MEAT
QUICK-PICKLED CUCUMBER & CROSTINI.
HOUSE-MADE SEED GRAIN MUSTARD.
15

COMBINED MEAT & CHEESE BOARD
SELECTED CURED & SMOKED MEAT
WITH LOCAL CHEESE COMPLEMENTED
PICKLE, HOUSE MUSTARD & CROSTINI.
18

SOUPS

BUTTERNUT SQUASH
BUTTERNUT SQUASH, ONION,
CARROTS, CELERIAC, BEET
SLOW-SIMMERED IN HOUSE
BROTH.
5

ADIRONDACK
TENDER LOCAL GOAT MEAT,
BELL PEPPER, GARLIC,
ONION, & TOMATOES.
5

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HOUSE MADE STOCK
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5

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DILL CREAM CHEESE, CRISPY
POTATOES.
5

HARVEST
LOCAL BUTTERNUT
TARTARUS SPICED
5

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DINNER

- Tomato Juice
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- Grapefruit Juice
- Fruit Cocktail
- Puree of Mongole Soup
- Jellied Consomme
- Hot Butter Rolls
- Corn Muffins
- Roast Stuffed Vermont Turkey with Cranberry Sauce
- Stuffed Spring Chicken
- Grilled Onions Liver with Bacon
- Fried Ocean Shrimp with Tartar Sauce
- Baked Virginia Ham with Raisin Sauce
- Roast Prime Ribs of Beef Au Jus
- Broiled Sirloin Steak Natural
- Parsley Butter Potatoes
- Fresh Corn on Cob
- Garden Green Beans
- Jellied Fruit Salad with Mayonnaise
- Heartsof Lettuce
- French or Thousand Island Dressing
- Peach Whipped Cream Pie
- Raspberry Pie
- Blueberry Pie
- Orange Jelli with Ice Cream
- Chocolate Sundae
- Preserved Peaches or Pears
- Vanilla, Coffee, Strawberry Ice Cream with Cookies
Cheese and Crackers

Coffee Tea Milk Iced Tea or Coffee
Saturday, July 23, 1955

Off the Menu

ELIZABETHTOWN'S DEER'S HEAD INN has been serving travelers since 1808, but what its kitchen has dished out has changed along with culinary fashions. The current iteration, opened in 2016, features farm-to-table fare with not a jellied dish in sight, while a type-written menu from 1955—given to the owners by a local customer—lists three. Back then there was also Puree of Mongole, a pea and tomato soup popular in the first half of the 20th century. Learn more about the revived eatery at www.thedeershead.com.



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GO WEST

Avoid the crowds on these picturesque hikes

BY LISA DENSMORE BALLARD

YOU WON'T FIND lofty 4,000-footers in the western Adirondacks. You won't find crowds either, but you will find beautiful hiking destinations. The region is speckled with modest mountaintops among lovely lakes, rivers, ponds and boglands. Hiking here offers a refreshing escape for all ages and fitness levels. Most routes take a half day or less and are relatively tame, terrain-wise. Here are a trio of local favorites, each with a memorable view.

Bald Mountain-Rondaxe (2,313 feet)

2 miles, out and back

From the town of Webb visitor information center in Old Forge, go 4.7 miles east on NY 28. Turn left (north) on Rondaxe Road. Go 0.1 mile. The trailhead parking lot is on the left.

There are 16 Bald Mountains in New York State. This one is sometimes called Rondaxe, the name of a lake just to the north of the mountain.

Bald Mountain-Rondaxe forms a prominent ridge above the northwestern shore of the Fulton Chain. From the fire tower, you can see First Lake near Old Forge to Fourth Lake by Inlet. It's

one of the best short-mileage, big-reward hikes in the Adirondacks. For a modest effort, you get views along the ledgy climb, then an extraordinary 360-degree view from the tower on the summit.

The route begins in a hardwood forest on a broad path. At 0.2 mile the trail turns uphill over a length of slab, following a long ridgeline. At times, the trail appears to go deeper into the woods, but if you stay close to the ridge, you're on the official path.

At 0.5 mile the canopy breaks above a broad area of bedrock, as you pass one of many scenic panoramas on this climb. The trail looks like it should go into the woods again, but follow the view along the cliff line. Moments later you get your first big view of the Fulton Chain.

At 0.6 mile, a wide bog bridge leads to another opening on the ledges. Yellow painted blazes mark the way to an even better view of the lake below and the mountains to the east. From there the route continues to traverse the ridge, following a rib of rock. At the next long break in the canopy, the fire tower looms above the treetops.

Built in 1917, Rondaxe fire tower was one of 120 outlooks that once sat atop peaks in New York. Like other fire towers, the original was built of wood, then later replaced with the current steel structure. The fire-watcher not only looked for forest fires but also recorded airplanes in the region during World War II. The state retired this tower from active duty in 1990. It reopened in 2005 thanks to efforts by the Friends of Bald Mountain, which maintains it for hikers.

View from the Bald Mountain-Rondaxe fire tower.

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HIKING

Black Bear Mountain (2,454 feet) 4 miles, out and back

From the junction of Big Moose Road and NY 28 in Eagle Bay, take NY 28 east 1.1 miles toward Inlet. The trailhead and parking area are on the left (north) side of the road.

Located in the Moose River Plains Wild Forest at the northeastern end of Fourth Lake, Black Bear Mountain is appropriately named. You may see bear tracks and scat in the clearings beside the lower trail, along with signs of other wildlife. This hike is particularly appealing for the fun scramble up the rocky upper mountain and for the view from the summit cliff.

Black Bear Mountain shares its trailhead with Rocky Mountain. The route up Black Bear leaves from the right (east) side of the parking lot. It crosses a railroad bed, which is now a ski trail, then bends left (north) into the woods on an old forest road.

At 0.2 mile the road, covered with natural cobblestones, begins to tilt gently upward. After passing a small clearing, the road narrows, becoming more like a footpath, but it soon widens again at the next small clearing.

At 0.8 mile, just before reentering the woods, the trail comes to a fork. Bear right (east), heading uphill. After passing another small clearing, the wide path bends northeast, crossing some slab and becoming flat.

At 1.8 miles you come to the junction with the trail from Seventh Lake. Continue straight, beginning the more aggressive part of the climb. The trail heads through a jumble of rocks and roots. The summit looms ahead through the trees.

At 1.9 miles the path is blocked by a 20-foot rock chimney, which is more fun than challenging to climb. Then the trail angles south, ascending persistently. After more slab and ledge, you'll get a nice view of the nearby hills to the southwest, then Fourth Lake appears behind you.

The trail flattens over a slab, reaching the summit at 2 miles. The top of Black Bear Mountain is a rock pla-

June 23 & 24

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Olympic Triathlon & AquaBike
Kids' Triathlon—2 distances
Sunday: Sprint Duathlon
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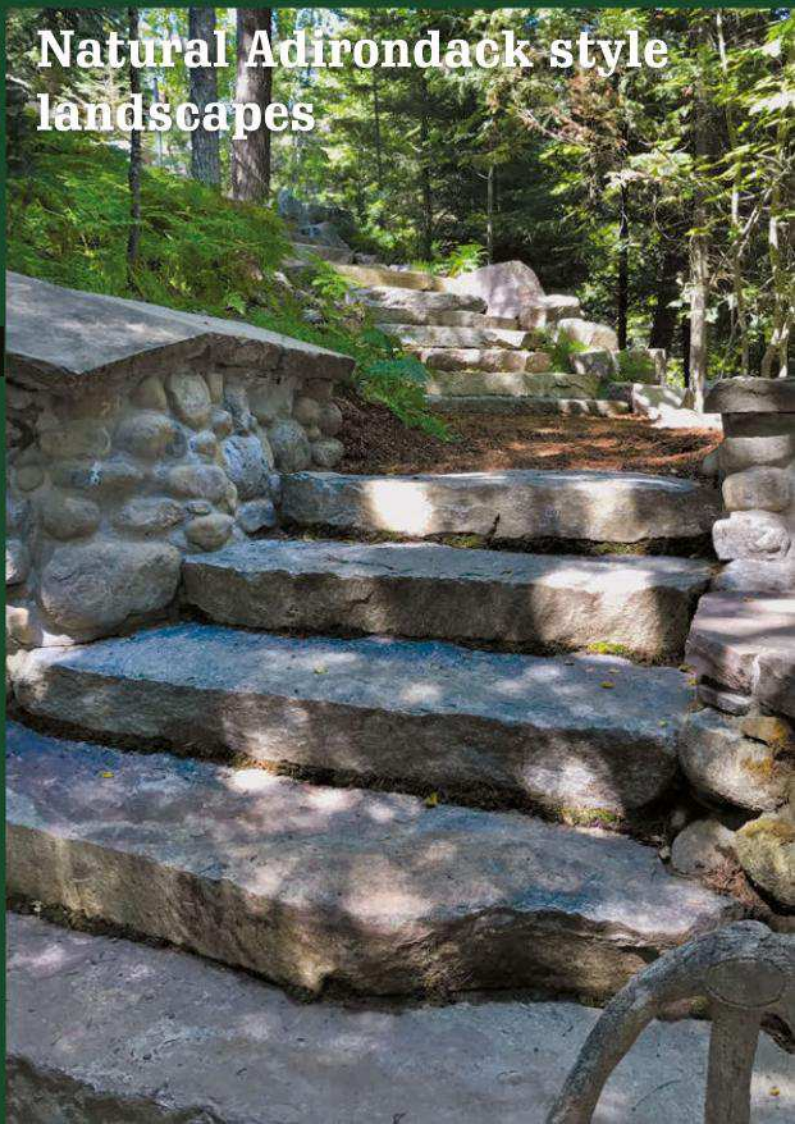
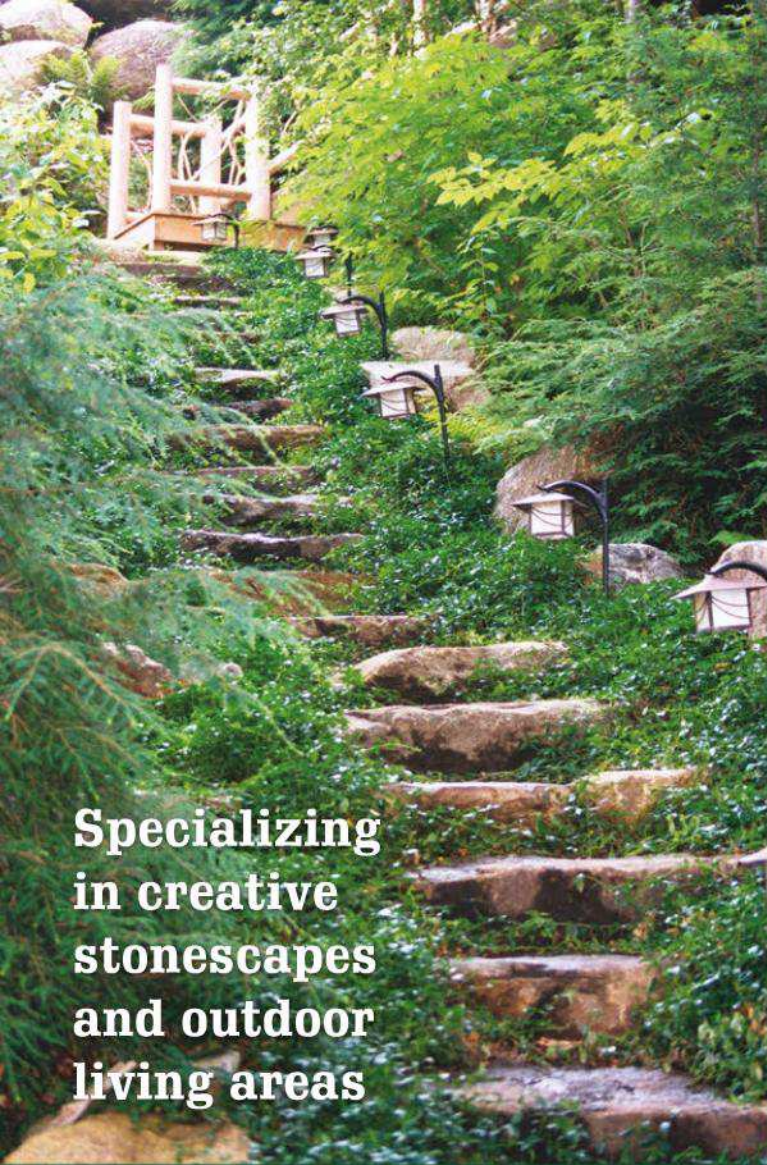
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HIKING

teau with a nice view to the south of Seventh Lake. Sixth Lake lies to the southwest beyond a hump of land.

Middle Settlement Lake (1,875 feet) **6 miles, out and back**

From the junction of NY 28 and Watson Road near the Thendara railroad station, go 2.7 miles west on NY 28. The large paved trailhead parking lot is on the left (southeast) side of the road. The trailhead is on the opposite side of the road, just west of the parking lot.

Middle Settlement Lake is in the 26,528-acre Ha-de-ron-dah Wilderness, the westernmost wilderness area in the park. Ha-de-ron-dah is another version of the Mohawk word for “bark eater,” from which the name Adirondack is derived.

The Ha-de-ron-dah Wilderness is part of a 210,000-acre piece of land known as John Brown’s Tract. There were two John Browns of historical significance in the Adirondacks: the abolitionist who lived near Lake Placid, and the millionaire from Providence, Rhode Island, for whom Brown University is named. In 1798 the latter took over this huge tract to salvage a deal of his son-in-law’s that had gone sour. He put in a rough wagon road to subdivide and sell land to farmers, but the plan failed due to the inhospitable climate and poor soil conditions. Part of the trail to Middle Settlement Lake follows this historic wagon road.

There is a web of trails to the lakes that speckle the Ha-de-ron-dah Wilderness. You can string together a number of routes of varying lengths, any of which would make a nice backcountry camping trip, especially with kids, as the terrain is generally flat. The hike into Middle Settlement Lake can be an overnighter.

From the trailhead, a footbridge leads immediately to the sign-in box. From there, the path climbs a couple of rock steps and then a short steep slope through lush ferns. The canopy breaks briefly at the top of the knob as you cross over a slab before descending gradually off the other

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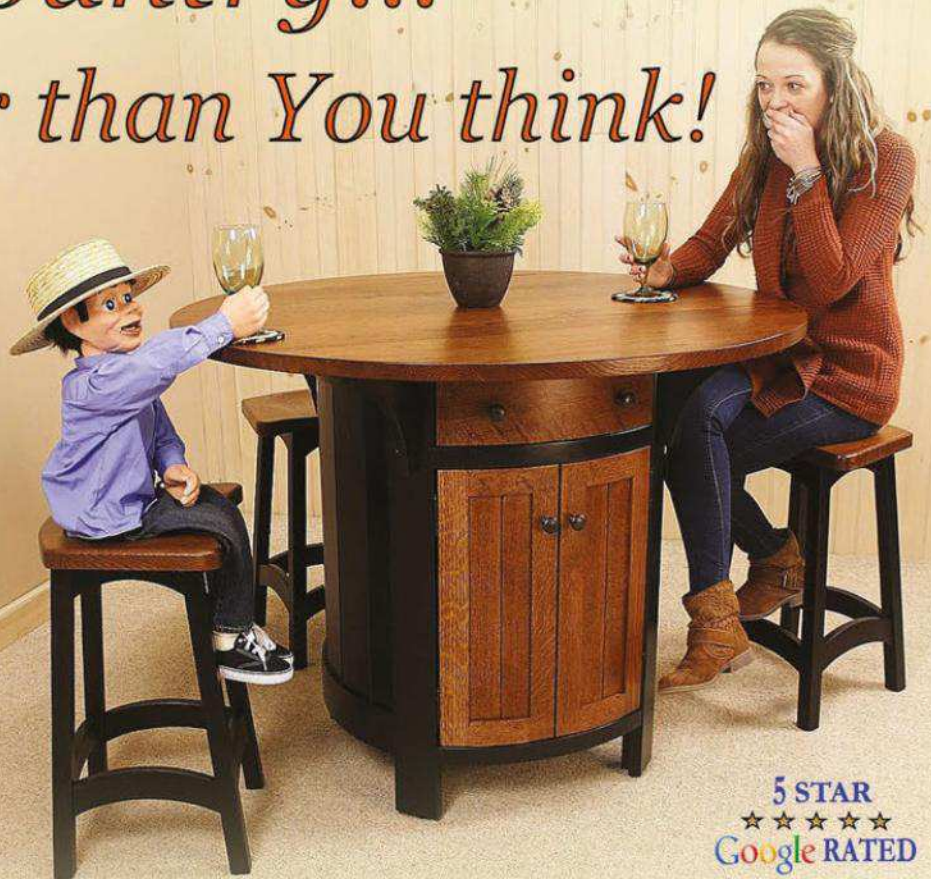


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HIKING

side, heading deeper into the woods.

After traversing a couple of mud holes, the path begins a long, gentle descent. At 0.6 mile it comes to a T with the trail to Middle Branch Lake. Turn left, continuing to the southwest. The trail continues on a flat, sometimes gentle downhill stroll through an upland forest with many maple and beech in the mix.

At 0.8 mile you cross a muddy area and climb a small rise. The terrain is so flat here that you notice every nuance of the topography.

At 1.5 miles you reach the junction with the Stony Creek Trail. Turn right (northwest). The trail narrows, though it is still easy to follow, and the footing remains nice. It dips over a grassy, wet spot at the neck of a pond, which is really a backwater of Middle Settlement Creek, before gaining a height of land and then descending gently through the forest.

At 2.2 miles the path levels off, then begins another gentle descent. It passes over a length of slab, notable only because most of the footing has been soft dirt to this point.

The trail becomes rougher as it swings left (west), coming to a rock wall. It runs parallel to a small stream at the base of the wall for a short way, arriving at the junction with the Cedar Pond Trail at 2.6 miles. Continue straight (west).

The trail winds down among large boulders to a grassy backwater at the northeast corner of Middle Settlement Lake. Bear right over logs up a rise, following the northern edge of the lake. At 2.8 miles the route comes to a waterfront tent site shaded by tall conifers.

A short way along the shoreline, the trail ends at a lean-to atop a long rock ledge about 10 feet above the water. Hours quickly melt away in this serene spot. ▲

Excerpted from Lisa Densmore Ballard's Hiking the Adirondacks: A Guide to the Area's Greatest Hiking Adventures (Falcon Guides, second edition, 2017).

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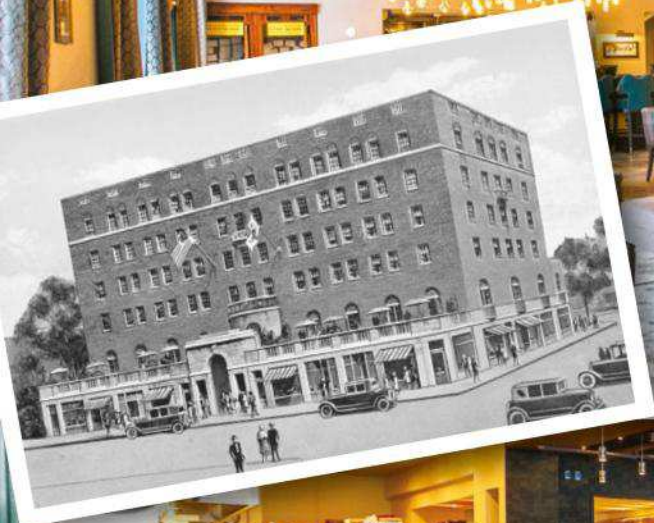
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HOTEL SARANAC

The return of a landmark

BY KENNETH AARON

LORE HAS IT there are ghosts at Hotel Saranac. But if you're trying to get in touch with the past at the hotel, you don't need a team of paranormal investigators. You just need to take the staircase to the second floor, climbing stone steps whose edges have been rounded over by countless foot-falls, and head to the wood-trimmed telephone booths by the lobby bar. (Kids, ask your parents about telephone booths.)

There, hanging inside the defunct stalls, are dozens of index cards left by visitors who have shared their handwritten memories of the 91-year-

After a four-year restoration the town's 91-year-old centerpiece is open for business.

old hotel since it reopened in January following a four-year, \$35 million restoration:

"When I was a small boy I used to ride my tricycle through the arcade."

"Used to stay here back around 1945 to perhaps 1948. Dad used to call on laundries here, and my mother and I came up for our vacation."

"When I was in high school, we used to come here after school, play in the elevators + explore. Sshh ... don't tell anyone!"

The Roedel Companies, a New Hampshire-based hotel firm whose founders have ties to Saranac Lake going back more than a century, spent twice its original budget and two years longer than planned on the project. Viewed purely in business terms, there are easier ways to open a hotel. But Fred Roedel III, the company's chief financial officer, acknowledged that reopening the hotel means a lot more to Saranac Lake than just putting 82 rooms downtown. The hotel isn't just

an economic anchor to this village of 5,300—it's a community one, too.

Roedel said he and his father were at their Upper Saranac Lake camp in 2013 when they read a newspaper article featuring the latest spat between the village and the Long Island hotelier who bought the hotel at a fire-sale price when Paul Smith's College sold it in 2007. (For 45 years the college had used the hotel as on-the-job training for its hospitality students.) At that time online reviews of the hotel were merciless and guests were sparse.

So the Roedels decided to save it.

"This community is important enough to us that we'd feel bad if we didn't try," said Roedel, whose family history here goes back to the 1890s, when his great-grandfather moved to Saranac Lake and built the village's first hydroelectric generator on Lake Flower for hotelier Paul Smith.

And so they began the long process to bring it back, preserving everything they could and adding flourishes—the upscale Ampersand Spa & Salon, Great Hall Bar, and Campfire Adirondack Grill + Bar—to make it a resort destination.

Hotel Saranac has had many chapters, and they haven't all read like fairy tales. When it opened in 1927, the hotel was meant to cater to the nation's rising middle class, who had cars and money. The goal was to make Saranac Lake a tourist destination, not just a place where tuberculosis patients came to recuperate. The hotel's ads made that much clear: "No invalids," they said.

Then the Great Depression hit. The hotel's first owner went bankrupt. Visitors never came in droves, even after the economy eventually recovered. But "Hotel Saranac stayed as the center of community life," said Historic Saranac Lake's Amy Catania. That had to do with "the college taking it on, and keeping it going." Banquets, club meetings, weddings—"any big event that happened in town happened there."

For Sue Pollio, Roedel's sister and

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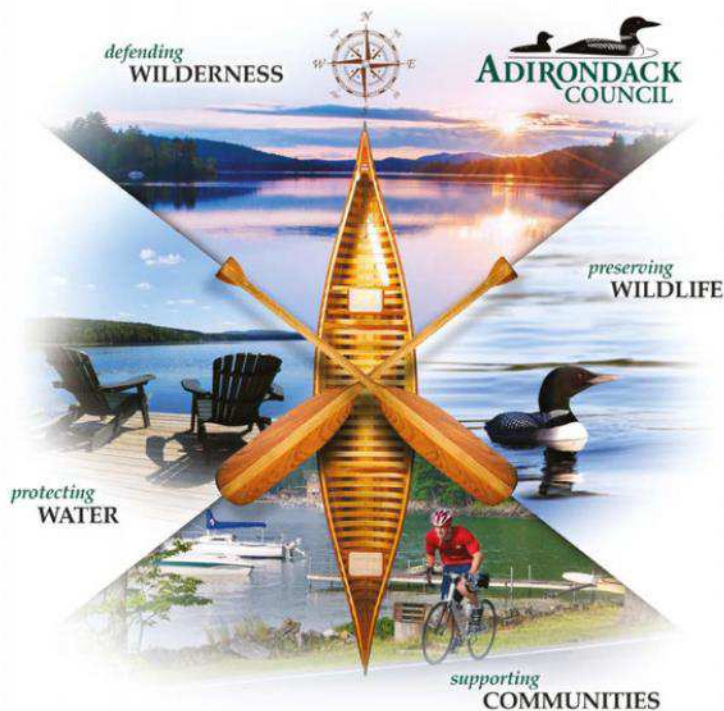
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LODGING

president of the interior-design firm that worked on the hotel, it was “the job of a lifetime.” She said, “It’s so important to the community. Everyone in our company understands that.”

They’re reminded constantly, by locals coming in to marvel at the restored oak paneling in the ballroom and the gleaming brass mailbox at the bottom of the original mail chute. “I’m very emotional,” one woman said, approaching Roedel a day after the hotel opened. “It’s just fabulous.”

Nothing about Hotel Saranac is cookie-cutter, adding to the expense, and time, needed to bring it back. There are 16 different room configurations. Furnishings needed to be custom designed to fit the spaces that are, by the standards of a modern chain hotel, small.

The hotel is managed by the Roedel Cos., but is part of the Hilton Curio brand, which specializes in historic properties. Hilton wanted at least 24 inches between the foot of the bed and the wall in front of it, to leave space for walking through with suitcases. Pollio had to talk corporate into 22 inches.

The hotel had to purchase smaller housekeeping carts than typically used, because Hotel Saranac’s doors are so narrow. Its fireproof brick walls, a selling point in the 1920s, made it difficult to run wiring for TV, Internet and other modern necessities. Contractors hid all those cables behind newly installed crown molding.

But as much as the building’s quirks added time and expense to the project, Roedel and Pollio were able to bring it back to its former glory because, through the years, so little had been done to tamper with the original structure. A carpet covered the original oak floor in the ballroom. “We pulled that up,” said Roedel, “and said, ‘That girl’s staying.’” Irreplaceable elements were everywhere, including the polished terrazzo floor in the Great Hall.

More than a few visitors have suggested that the Roedels restored

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Camp Abilities article
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LODGING

Hotel Saranac as a “labor of love”—as in, they can’t imagine a \$35 million hotel in the middle of blue-collar Saranac Lake will ever turn a profit. Roedel quickly shot down the notion. “We don’t do labors of love. Trust me,” he said. “Last I looked, love doesn’t pay the bills.”

Roedel isn’t the only one expecting the hotel to carry its weight. In downtown Saranac Lake, business owners are optimistic that after figuring out how to survive without a hotel, having the extra traffic will be gravy.

Jecinda Hughes, owner of Origin Coffee a half-block from the hotel, timed her opening in 2015 to coincide with the hotel’s. She was on time. The hotel took a little longer.

Hughes said it was nerve-wracking to open her doors without the traffic she had counted on from the hotel down the street. Origin Coffee has been successful, but now she’s looking forward to additional business from Hotel Saranac visitors.

Saranac Lake Mayor Clyde Rabideau, who fired a shot or two in the hotel’s direction about the protracted restoration during a brief legal battle between the Roedels and the village, said, “It’s been four or five years, but who’s counting?” Getting the hotel back online, he said, was like “oxygen entering deflated lungs.”

According to Rabideau, Hotel Saranac is proof that the village is on the right track economically. “Good things can happen. Good things will happen,” he promised.

Roedel sees Hotel Saranac as an anchor for downtown, steering guests to the village that has meant so much to his family. “I think there’s a lot of great memories to be had coming up. I’m glad the center of the universe is back in the village. It’s a good day. It’s a good day.” ▲

IF YOU GO

Learn more about Hotel Saranac and its Campfire Adirondack Grill + Bar, Great Hall Bar, and Ampersand Spa & Salon at (518) 891-6900 or www.hotelsaranac.com.

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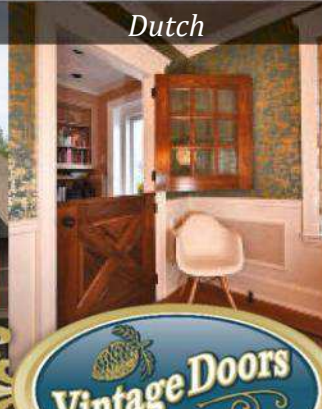
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RESTAURANTS

BURGERS

WINNER: The Tavern

5520 Route 28, Eagle Bay
(315) 357-4305, on Facebook

RUNNER-UP:

Turtle Island Cafe, Willsboro

BREAKFAST

WINNER: Walt's Diner

3047 Route 28, Old Forge
(315) 369-2582, waltsdiner.com

RUNNER-UP:

Tamarack Cafe, Inlet

PIZZA

WINNER: Screamen Eagle

172 Route 28, Inlet
(315) 357-6026
screameneaglepizza.com

RUNNER-UP:

Little Italy, Saranac Lake
and Tupper Lake

DINER

WINNER: Walt's Diner

3047 Main Street, Old Forge
(315) 369-2582, waltsdiner.com

RUNNER-UP:

Noon Mark Diner, Keene Valley



SANDWICHES

WINNER: Simply Gourmet/
Big Mountain Deli & Creperie

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RUNNER-UP:

Lakeview Deli, Saranac Lake

OUTDOOR DINING

WINNER: Daikers

Can't make it to Daikers? Check out the Fourth Lake view from the Old Forge hot spot's deck webcam.

161 Daikers Circle, Old Forge
(315) 369-6954, daikers.com

RUNNER-UP:

The Lean-To at Great Pines, Old Forge

CASUAL DINING

WINNER: Big Tupper Brewing

12 Cliff Avenue, Tupper Lake
(518) 359-6350
bigtupperbrewing.com

RUNNER-UP:

The Lean-To at Great Pines, Old Forge

FINE DINING

WINNER: Five Corners Cafe

3067 Route 28, Old Forge
(315) 369-2255, fivecornerscafe.com

RUNNER-UP (TIE):

Café Adirondack, Pottersville, and
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WINNER: Liquids & Solids
at the Handlebar

6115 Sentinel Road, Lake Placid
(518) 897-5012, liquidsandsolids.com

RUNNER-UP:

Wakely's Speakeasy
at Van Auken's Inne, Thendara

MICROBREWERY

WINNER: Fulton Chain Craft Brewery
Operating under the New York State farm brewery license, Fulton Chain Craft Brewery sources all of its hops and 85 percent of its grain from within the state.

127 North Street, Old Forge
(315) 369-1181, fccbrewery.com

RUNNER-UP:

Raquette River Brewing, Tupper Lake

BAR

WINNER: BarVino

272 Main Street, North Creek
(518) 251-5533

barvinonorthcreek.com

RUNNER-UP:

Wakely's Speakeasy
at Van Auken's Inne, Thendara

LODGING

HOTEL

WINNER: Mirror Lake Inn Resort & Spa
77 Mirror Lake Drive, Lake Placid
(518) 523-2544, mirrorlakeinn.com

RUNNER-UP:

Great Pines, Old Forge

RESORT

WINNER: Silver Bay YMCA
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87 Silver Bay Road, Silver Bay
(518) 543-8833, silverbay.org

RUNNER-UP:

Great Pines, Old Forge

BED & BREAKFAST

WINNER: Inn at the Bridge

641 Bridge Street, Northville
(518) 863-3174, innatthebridge.com

RUNNER-UP:

Rocky Acres Inn, Schroon Lake

COTTAGES

WINNER: Dartbrook Lodge

2835 Route 73, Keene, (518) 576-9080
dartbrooklodge.com

RUNNER-UP:

Sunset Beach Lakeside Cottages, Inlet

CAMPGROUND

WINNER: Yogi Bear's Jellystone Park
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RUNNER-UP:

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Saranac Lake



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RUNNER-UP:

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CANDY

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3235 Route 28, North Creek
(518) 251-4438

barkeaterchocolates.com

RUNNER-UP:

Candy Cottage, Old Forge

DONUTS

WINNER: The Donut Shop

5474 Route 28, Eagle Bay
(315) 357-6421, eaglebaydonuts.com

RUNNER-UP:

Mary's White Pine Bakery, Inlet

BAKERY

WINNER: Mary's White Pine
Bakery, 152 Route 28, Inlet, (315) 357-5170

RUNNER-UP:

Cafe Sarah, North Creek





The Recovery Lounge, in Upper Jay. Bottom: The Wild Walk at The Wild Center, in Tupper Lake. Facing page: Silver Bay YMCA.





CULTURE

ARTS ORGANIZATION/ GALLERY

WINNER: View

3273 Route 28, Old Forge
(315) 601-9728, viewarts.org

RUNNER-UP:

Kurt Gardner Photography Gallery,
Old Forge

MUSEUM

WINNER: Adirondack Experience

9097 Route 30
Blue Mountain Lake, (518) 352-7311
theadkx.org

RUNNER-UP:

The Wild Center, Tupper Lake

MUSIC VENUE

WINNER: The Recovery Lounge

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12198 Route 9N, Upper Jay
(518) 241-6223, upperjayartcenter.org

RUNNER-UP:

Wakely's Speakeasy at
Van Auken's Inne, Thendara

FESTIVAL

WINNER: Saranac Lake Winter Carnival

Every February, Saranac Lake
saranaclakewintercarnival.com

RUNNER-UP: Rural Skills & Homesteading Festival, Paul Smiths

TOURIST ATTRACTION

WINNER: The Wild Center

45 Museum Drive, Tupper Lake
(518) 359-7800, wildcenter.org

RUNNER-UP:

Adirondack Experience
Blue Mountain Lake

RUSTIC/ ADIRONDACKANA STORE

WINNER: Dartbrook Rustic Goods

10923 Route 9N, Keene
(518) 576-4360
dartbrookrustic.com

RUNNER-UP:

Old Forge Hardware



RECREATION

GOLF COURSE

WINNER: Thendara Golf Club

151 Fifth Street, Thendara
(315) 369-3136
thendaragolfclub.com

RUNNER-UP:

Inlet Golf Club, Inlet

SPORTS OUTFITTER

WINNER: Mountainman Outdoor Supply Company, 2855 Route 28

Old Forge, (315) 369-6672
mountainmanoutdoors.com

RUNNER-UP:

The Mountaineer, Keene Valley

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RUNNER-UP:

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BY Lisa W. Foderaro
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Then there is the seemingly endless expanse of untouched nature: 15,000

acres of privately owned conservation lands at the top of three watersheds, with hundreds of acres of boreal wetlands, thousands of acres of northern hardwood forests and nine lakes and ponds, much of it surrounded by state-classified wilderness and primitive areas. It is remote even by Adirondack standards—an island within an island. As such, it is an ideal laboratory to plumb the mysteries of an ecosystem whose vast complex of peatland bogs more closely resembles landscapes hundreds of miles to the north.

The property—20 miles west of downtown Long Lake—presents a tableau of exquisite beauty for the occasional outside researcher or student lucky enough to gain entry. Moose lope through stands of black spruce. White-fringed orchids bloom amid sedges. Dragonflies flit over spongy carpets of sphagnum moss flecked with exotic-looking pitcher plants.

But another, less hopeful story is unfolding beneath the surface. In only a decade Stephen Langdon, Shingle Shanty's director and an ecologist, has documented the decline of boreal birds like the rusty blackbird and olive-sided flycatcher. He has seen the number of days without a frost steadily rise. And he has witnessed the encroachment of trees into open bogs, a worrisome sign.

While none of these trends over such a short time span can be attributed exclusively to climate change, they are in line with what scientists are observing elsewhere in the world during a decade that is noteworthy for including several of the hottest years on record.

"Part of the emotional roller coaster of working in conservation science is that some days I feel like I'm doing the autopsy on a patient that's still kind of living," he said. "The birds are one part of it. Understanding why these birds are declining is a complicated story and there are a lot of questions."

Ecologist Stephen Langdon, Shingle Shanty's director, has seen the number of days without a frost steadily rise, documented the decline of boreal birds, and witnessed the encroachment of trees into open bogs, a troubling sign. These trends are in line with what scientists are observing elsewhere in the world during a decade that includes several of the hottest years on record.

Every spring since 2009, Langdon and research scientists from the Wildlife Conservation Society have tracked the presence of eight species of boreal birds, from Lincoln sparrows to gray jays. The annual bird counts actually began on the property in the early 2000s, when a graduate student from the State University of New York's College of Environmental Science and Forestry began keeping track.

The declines are startling, with seven of the eight bird species losing ground; only palm warblers appear to be on the rise. Rusty blackbirds, in particular, have all but disappeared. As Langdon noted, there were four nests among the 40 observation sites, or plots, when he began counting. "I haven't seen

a rusty blackbird for three seasons now in one of our plots," he said.

The challenge is sifting through the many variables that can affect the bird populations. "To get at why our bird species are declining in the Adirondacks," he said, "we need to understand which birds are declining because of climate change—it's just too hot for them—or because of

habitat change or because they are migratory birds and their wintering habitats are getting trashed. By modeling, we are coming up with ideas about all the possibilities and why things can occur. It's tough to disentangle."

Another possible culprit in the bird declines is what Michale Glennon, the research scientist at the Wildlife Conservation Society's Adirondack Program, calls a "mismatch of resources." In short, unusually warm springs can lead to an early emergence of insects. Migratory birds are then late to the feast. "If you're a migrant, you may get here and find that you've missed the large outbreak of caterpillars," she said.

Birds, of course, are just one indicator of a changing environment. Langdon, a trained botanist with a master's degree from the College of Environmental Science and Forestry, is also keeping a close eye on the open bogs where the encroachment of spruce trees could indicate drier soils, warmer temperatures or excess nitrogen—or a combination of the three.

Nitrogen drifts across the country both from the Midwest's

Moose lope through stands of black spruce. White-fringed orchids bloom amid sedges. Dragonflies flit over carpets of sphagnum moss flecked with exotic-looking pitcher plants.



coal-burning plants and the fertilizer that is sprayed on corn crops there. It lands everywhere, including on Shingle Shanty. The nitrogen serves as food for the tree seedlings struggling to take hold in the bogs. But sphagnum mosses, which dominate these bogs, are highly competitive, grabbing all the nutrients they can and acidifying the waters around them. Water in the bogs can be more acidic than vinegar. Add in the unusually cold temperatures in the bogs, which the mosses can tolerate, and the saturated landscape, and you have a difficult environment for anything else to take root.

In surveying 20 locations across Shingle Shanty's complex of open bogs, however, Langdon has counted, on average, three to four spruce seedlings per square meter. Continued wet, cold conditions will prevent the seedlings from growing, and they will eventually die off. But as has been documented elsewhere, specifically in Alaska, one dry, warm decade can convert an open bog into a new spruce forest.

While climate-change forecasts for the Northeast skew toward more precipitation than less, the combination of continued nitrogen deposition and warming temperatures could eventually bring historic changes.

"That tree grows up and shades out the sphagnum moss and the sphagnum becomes less competitive and the tree starts creating its own environment that favors baby trees," he explained as he nosed his pickup truck through one of two gates that allows access to the property.

"So by drying out, or adding fertilizer, you are disrupting the competitive dynamics that have occurred for the last 10,000 years," Langdon continued. "Even in a warmer, wetter scenario, those bogs might dry out if it gets warm enough. We have all these theoretical possibilities, but to take them from theory and show them on the ground is the push at Shingle Shanty."

Shingle Shanty Preserve is owned by the sprawling Brandreth family, whose ancestor Benjamin Brandreth bought up 24,000 acres west of Long Lake in 1851. (He paid 15 cents an acre.) In addition to Shingle Shanty, the Brandreth clan owns an adjoining private park where hundreds of family members, now scattered around the country, return to a network of rustic camps arrayed around the northern end of Brandreth Lake to imbibe the wilderness.

On a pleasantly warm afternoon, two Brandreth descendants—women in their 20s—steered mountain bikes along an old logging road. One was visiting from Florida, the other from New York. Langdon advised them to cycle at least 13 miles an hour to outrun the deerflies. "That's the magic speed," he said. "I've measured it."

The lineage of the Shingle Shanty land is long and complicated. In the 1950s, much of the property was given to Syracuse University, which managed it as a research forest. The property was a little too remote for Syracuse, however, and

in 1971, family members decided to reclaim the land from the university. A few years later, they sold it to International Paper, while retaining the right to use the land for recreation. Because of those recreational rights, when International Paper sold the Shingle Shanty tract in 2001 to The Nature Conservancy, the nonprofit group could not turn the land over to the state Forest Preserve.

Instead, The Nature Conservancy granted a conservation easement on the property to a land trust based in Massachusetts, protecting it from future logging and development. And in 2007, Steven B. Potter, a Brandreth descendant, organized a partnership called Friends of Thayer Lake to purchase the land from The Nature Conservancy. The idea was to revive the scientific research that had historically taken place on the property.

The next year, the family created a nonprofit group, the Shingle Shanty Preserve and Research Station, to oversee that work. (The name "Shingle Shanty" derives from the harvesting of white pine for building shingles in the 1800s.) A scientific advisory committee, sprinkled with biologists and ecologists from the region, was appointed. And Ross S. Whaley, former president of State University of New York's College of Environmental Science and Forestry and a past chairman of the Adirondack Park Agency, was named president of the preserve.

Whaley points out that in some ways, a private preserve like Shingle Shan-

ty offers scientific researchers clear advantages over land in the state-owned Forest Preserve. For one thing, there is easy access via old logging roads so researchers need not lug equipment into the "hinterlands of the Forest Preserve." Secondly, because public access is strictly limited, there is less human interference. To be sure, while the Adirondack Park is relatively clean when it comes to invasive species, Shingle Shanty is virtually spotless. Whaley, now a member of Shingle Shanty's board of directors, said the Brandreths' low-key commitment to conservation was striking. "I was intrigued that among the Brandreths are some of the finest amateur naturalists I've run into," he said. "These people really know the land and are outstanding photographers and natural historians. There is a love of the land that underlies the notion of a research station."

"Part of the emotional roller coaster of working in conservation science is that some days I feel like I'm doing the autopsy on a patient that's still kind of living."

The private preserve's limited public access and its remoteness—surrounded by Lake Lila Primitive Area and Pigeon Lakes, Five Ponds and William C. Whitney Wilderness Areas—allow for a relatively pristine natural landscape with less human interference. Researchers, including students from the State University of New York at Plattsburgh (facing page, top and bottom), conduct vital fieldwork at Shingle Shanty.





MOOSE CAMERA TRAP PHOTOGRAPH COURTESY OF SHINGLE SHANTY PRESERVE

Langdon agrees. He acknowledged that he was biased since the nonprofit pays his salary (for what is a part-time job). But he cannot help but marvel at the family's decision to retake title on land they were already able to enjoy.

"Why would anybody buy back a piece of land that they had the right to access in perpetuity?" he said. "I believe it's simply that they love this place and they have this really incredible land ethic. You can't develop it. It's too remote to do anything else with. But you can use it for a greater good."

The creation of Shingle Shanty Preserve connects the property to studies that occurred more than a hundred years ago when researchers surveyed woodlands in the immediate area. They used the data to try to convince the state legislature in 1900 that the Adirondack Forest Preserve—only 15 years old at the time—was a bad idea. They argued that loggers should be allowed access to the preserve since new forestry techniques could properly manage the trees. The lawmakers did not buy it, however.

"What that provides is a really good timber inventory from a century and 17 years ago," Langdon noted. In 2009, Jerry Jenkins, an ecologist with the Northern Forest Atlas Foundation, studied trees within Shingle Shanty's second-growth forest, as well as the adjacent old-growth trees south of Shingle Shanty in the state Forest Preserve. That old-growth forest measures 6,000 to 8,000 acres, and Langdon would like to find funding for more research both there and at Shingle Shanty.

In addition to Langdon's work on bird surveys and tree invasion, he has monitored daily temperatures in the bogs. In 2014, the longest continuous stretch without a frost was only 19 days in the midsummer. The following year it jumped to 40 days and has since climbed higher. Langdon has also studied the effects of wind disturbances on vegetation from microbursts and a 1993 tornado.

Many others have used Shingle Shanty for their own research or to engage with the public. There was the mycologist who taught a field course and identified some 400 species of mushroom. Before that, in 2009, an entomologist from the State University of New York at Plattsburgh arrived at Shingle Shanty with a team to survey mayflies, caddisflies and stoneflies—the ones that fly-fishermen mimic to catch trout.

Facing page, clockwise from top left: Langdon with a data-logging weather station, which tracks daily temperatures in Shingle Shanty's bogs. Camera traps capture diverse wildlife, like this moose and her calf; shots are posted at www.shingleshanty.org or on the preserve's Facebook page. Langdon sees documenting the impact of climate change as his mission.

"By the end of that summer," Langdon said, "they had identified four new species that had never been identified in the state and one species of stonefly that was new to science."

Forty-eight-year-old Langdon, a father of two who lives in Saranac Lake, has no staff to assist him, and so he spends long hours alone at the preserve. He occasionally spends the night at what he calls the preserve's base camp. "I like to characterize it as the most pragmatic Great Camp in the Adirondacks," he joked. "It's a galvanized shack, 16 by 20, and dark and damp and moldy. But it serves our purposes for now."

With such restricted access and so few visitors to Shingle Shanty, raising money for the nonprofit is a perpetual challenge. About half the preserve's operating budget comes from donations and the other half from contracts with organizations like the Wildlife Conservation Society.

Langdon is trying to take advantage of new technology to give the public a glimpse of the preserve's pristine landscape. He recently received a \$2,500 grant from the Cloudsplitter Foundation in Saranac Lake to purchase two cameras.

A member of the Brandreth family already deploys a half-dozen camera traps that detect wildlife at the preserve. (Fisher, martin, hares, coyotes, bobcats, bears, porcupines, red squirrels and moose are among the finds.) Now Langdon has two research-grade camera traps that will allow him to capture a photograph every hour. "I'm looking to make a year-long

time lapse of a hydrologic regime of one of our peatlands so you can see when it floods and when it's dry and all of the in-between," he said. "That's data that's missing from a lot of wetland studies."

The time-lapse video will also provide content for the preserve's website, which, Langdon noted, is "really the only public-outreach resource we have."

Langdon hopes to remain involved at Shingle Shanty over the long haul so he can observe and document the impact of climate change. It is a mission that, he acknowledged, has its emotional troughs. "Sometimes, I'm like, 'Ah, this is miserable,'" he said.

But he is also grateful to work in an environment that is an increasing anomaly amid the rapidly developing suburbs and exurbs spreading out from cities across the Northeast.

"By happenstance we did some great conservation when the Adirondacks were founded," he said. "We protected a bunch of these peatlands across the landscape and a wide range of areas where boreal species might persist well into the future. I think that's a hopeful note." ▲

At Shingle Shanty a mycologist identified some 400 species of mushrooms. An entomologist identified one species of stonefly that was new to science.

Lisa W. Foderaro is a staff writer for The New York Times. Ben Stechschulte photographed Peru's Jamaican apple pickers in the October 2017 issue of this magazine.





PLEIN TO SEE

CELEBRATING THE ART OF
ADIRONDACK LANDSCAPES

PHOTOGRAPHS BY CARRIE MARIE BURR

What's better than soaking in an amazing Adirondack view? Watching an artist capture that magic in real time. Catch a glimpse of art in action at plein-air festivals around the park—or pick up a paintbrush of your own.

SARANAC LAKE

FIFTY SELECTED ARTISTS will set up their easels at the **Adirondack Plein Air Festival**, August 13–18. Watch painters at work on the streets of Saranac Lake, the trails at Paul Smith's College Visitor Interpretive Center, along the Saranac River or even farther afield. On opening night, see artists work their magic after dark outside Hotel Saranac, then gather for a Meet the Artists reception inside. A Quick Draw competition happens on August 18, starting at 9 a.m., followed by the closing show and sale at the town hall at noon. Visit www.saranaclakeartworks.com for more information.





OLD FORGE

OLD FORGE'S SCENERY and scenes attract artists from around the region for View's **Plein Air Paint Out**, August 30–September 1. After two color-coated days on the Fulton Chain, along the Moose River, or just around town, artists donate ready-to-hang pieces to the art center for a benefit auction on September 1. A preview party begins at 4:30 p.m. at View; the sale starts at 5:30 p.m. For details or to register as an artist call (315) 369-6411 or see www.viewarts.org.





MORE PAINT PARTIES

The Publisher's Invitational—Adirondacks is a freewheeling gathering at Paul Smith's College, happening June 10-17. Anyone can sign up for the all-inclusive getaway, billed as "no exhibition, no workshops, no pressure." Register at www.paintadirondacks.com.

The Keeseville Plein Air Festival returns June 20-24 with an oil-painting workshop and community tours, followed by three days of painting along the Ausable River, in the historic downtown and on local farms. It's capped off by a public wine-and-cheese preview party at 1719 Block Gallery on June 23, starting at 6 p.m., and an art show and sale on June 24, starting at 10 a.m. Artists should register in advance. Learn more at www.adkaction.org/pleinair.

Adirondack Harvest Plein Air Festival, a fundraiser for Ti Arts, celebrates fall beauty in and around historic Ticonderoga. It takes place September 14-16, with individual and group painting, evening gatherings and an art sale at the Ti Arts Downtown Gallery. Learn more on Facebook; call (518) 232-5914 to register.

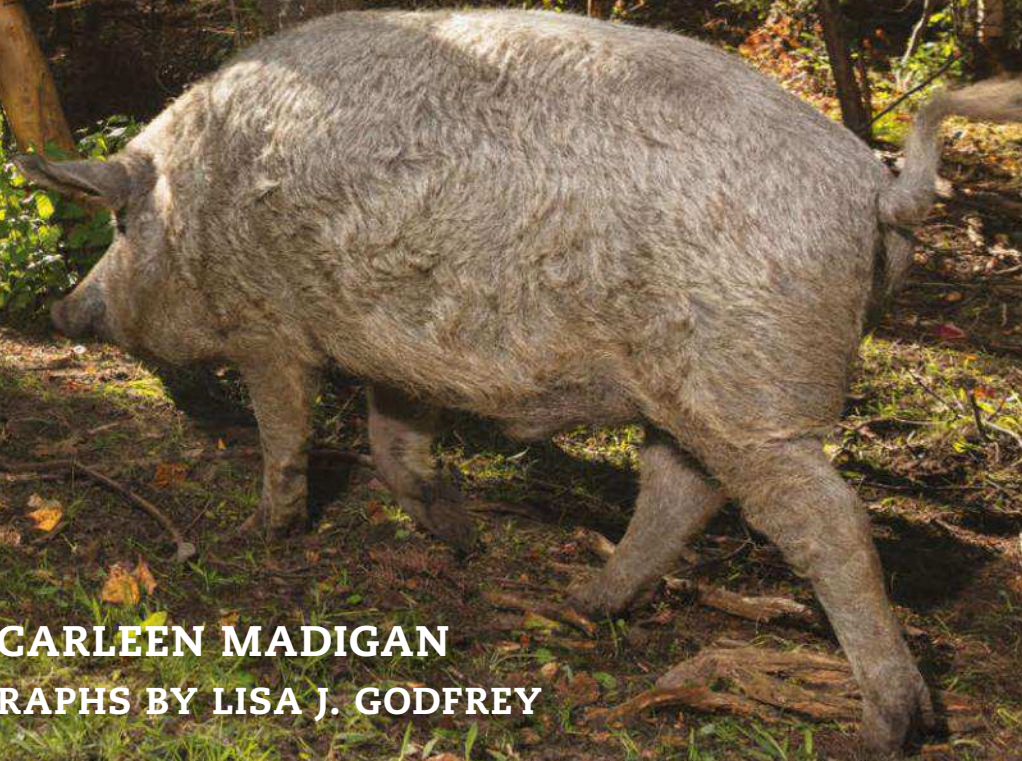




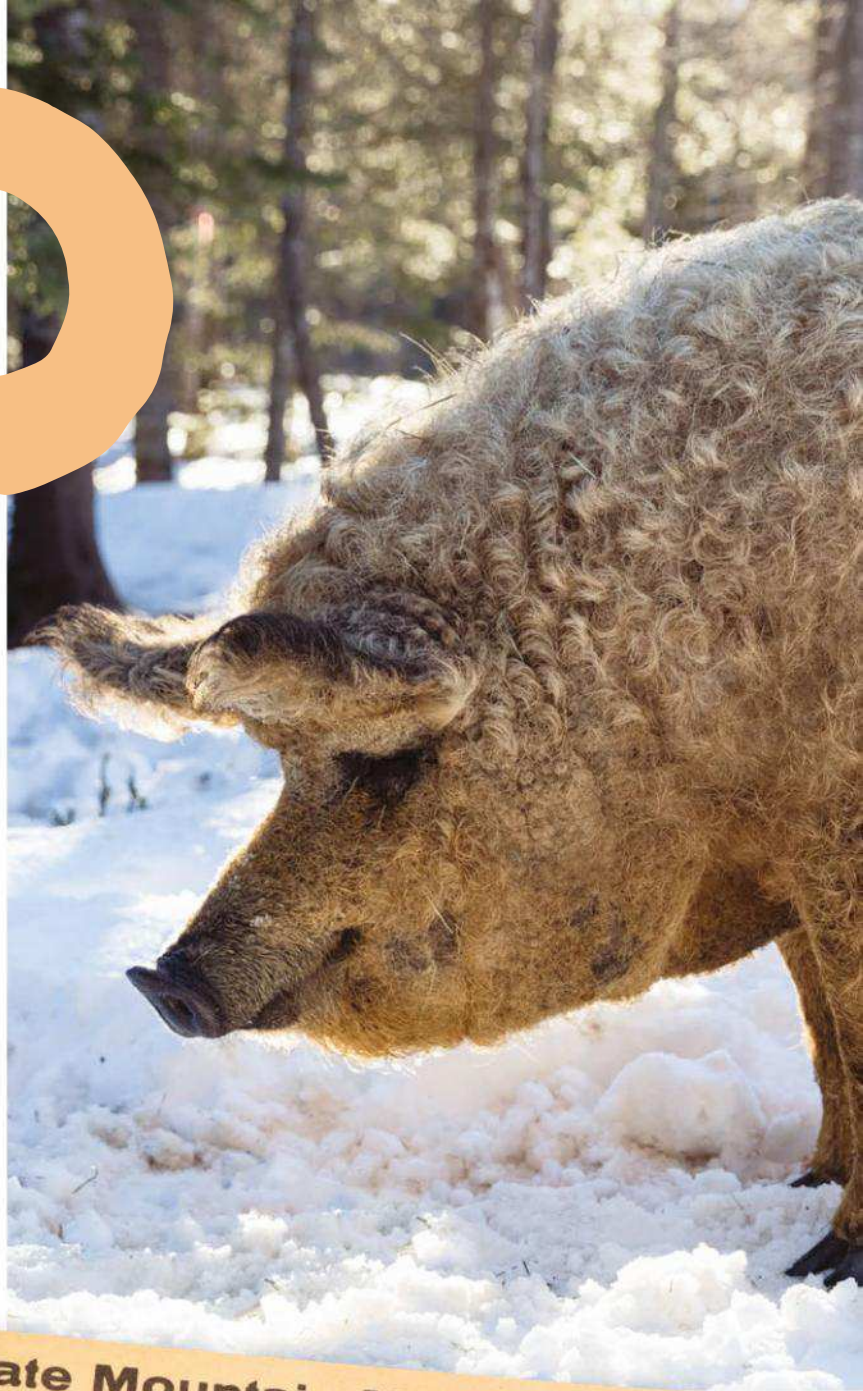
HOG HEAVEN

At Kate Mountain Farm, a couple transforms a historic resort into a diverse agribusiness

BY CARLEEN MADIGAN
PHOTOGRAPHS BY LISA J. GODFREY



V



VISITORS TO KATE MOUNTAIN FARM, in Vermontville, see the large, furry creatures in the distance and sometimes think they're sheep; they have coarse curls of hair that look almost exactly like fleece. Except for the larger males, they're roughly the same size as sheep. It isn't until you're right next to one and hear it grunt that you realize this is either a confused member of the ovine family or ... it's a pig.

This type of pig—a rare Hungarian breed called the Mangalitsa—is ideally suited to the climate of the Adirondacks. In addition to a coat worthy of North Country winters, Mangalitsas have a layer of back fat that's several inches thick; it's enough insulation to get them through the coldest winter without a shiver. Their fat is prized for making charcuterie, and their meat is deep red and marbled, almost like beef. They're Adirondack tough, but they're also delicious.

In the last 15 years, the breed has experienced a renaissance, as breeders and farmers have worked to increase the population of Mangalitsas and pull them back from the brink of extinction.

The Mangalitsas seem to get all the attention here, but anyone who visits Kate Mountain will notice that the farm itself is also in the middle of a renaissance. It's the site of a homecoming and a restoration, where a young couple is breathing new life into a historic property and crafting a future for themselves at the same time.

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Clockwise from left: The Mangalitsa, a rare Hungarian breed, is ideally suited to the climate of the Adirondacks. Kate Mountain's menagerie includes dozens of ducks, chickens and turkeys, along with a growing stock of pigs. The property started as a 1920s resort. Pages 48-49: Aaron Caiazza and Kelly Cerialo are steadily expanding their operation; this summer, they'll open an onsite farm store.



Like so many parts of the Adirondacks, it's also a place where you have to be tough and adaptable to make a go of it.

Aaron Caiazza, the 42-year-old owner of Kate Mountain Farm, grew up just down the road, in Saranac. His aunt and uncle, Carol and Dave Vossler, owned the property where the farm is now, and Aaron spent a good part of his childhood scampering through the forest there.

"I made tons of forts in the woods ... one of my favorite things to do was build shelters out of balsam trees and cook food," he says. "I liked the idea of pioneer living, of making it on your own in the wilderness."

When he and his cousins weren't riding horses into the woods, building campfires, or playing on his uncle's logging equipment, they would take the family's video recorder up to the unrestored part of house—once the old Kate Mountain Lodge—and film horror movies. Its long hallway of burnished pine beadboard served as the perfect set for their own version of *The Shining*.

For visitors to the farm, opening the door onto

**LIKE SO
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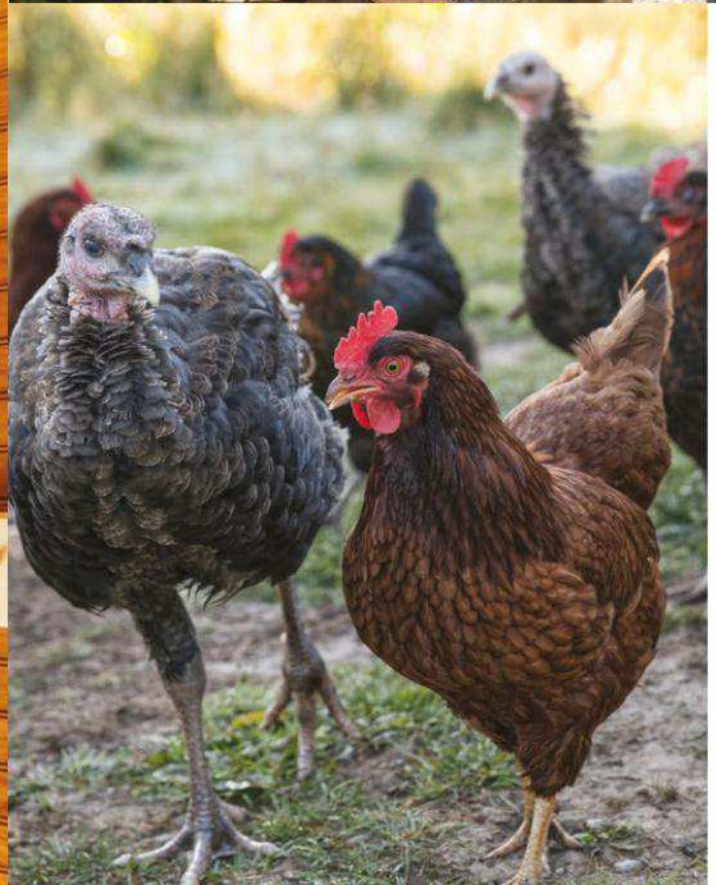
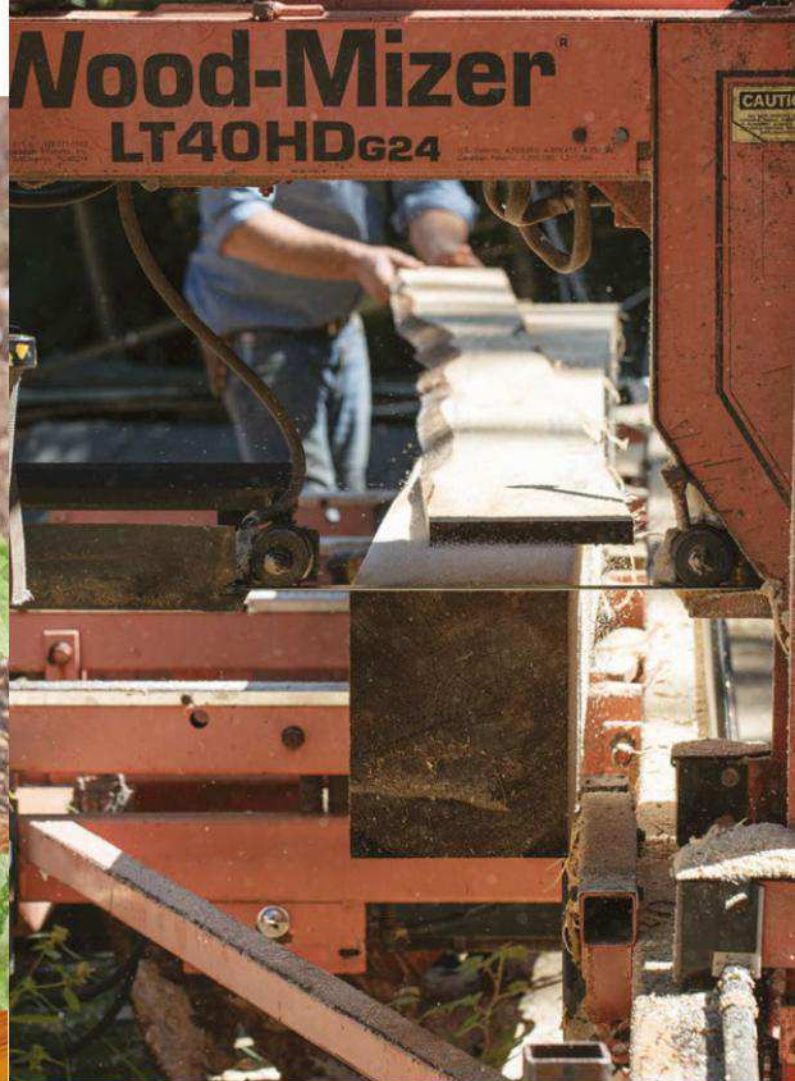
this wing of the house is like stepping back in time, to 1925, when the lodge was built. Each room had its own sink, with a shared bathroom down the hall. Guests would arrive by train to Saranac Lake and arrange for a car to be sent by Hans Goettich, one of the original owners. When the guests arrived, they might enjoy a home-cooked meal or a game of shuffleboard; they could spend an afternoon fishing in a nearby creek or hunting. One advertisement for the lodge, from the years when it was operated by Robert and Emmi Ketelsen, offers "Relief for Asthma and Hayfever Sufferers. Complete Rest and Relaxation in our Private Park."

The changes in the surrounding landscape represent how the use of the land has changed through the years. The photos in one brochure for the lodge show a land bereft of trees, from decades of clearing for logging and to open fields for growing potatoes. (This part of the Adirondack Park was known for its potatoes—the tubers were harvested as a seed crop, but also to produce clothing starch.) It seems unimaginable now, standing on the site of the old shuffleboard court, that a visitor in the 1920s or '30s could have had a view of 35 peaks, as the brochure claims.

By the time Aaron's uncle, Dave Vossler, purchased the property (at the time, more than 400 acres) from Emmi Ketelsen in 1972, enough trees had grown back to make the (Continued on page 75)



Former owners cleared the land to both cater to tourists and grow potatoes. Facing page, clockwise from top left: The farm provides Chinese artichokes and other specialty crops for local restaurants. Lumber from trees felled to clear garden space is used for renovation. Rotating livestock around the property keeps the landscape and animals healthy. Visiting the old wing of the lodge, with its original woodwork, is like stepping back in time.



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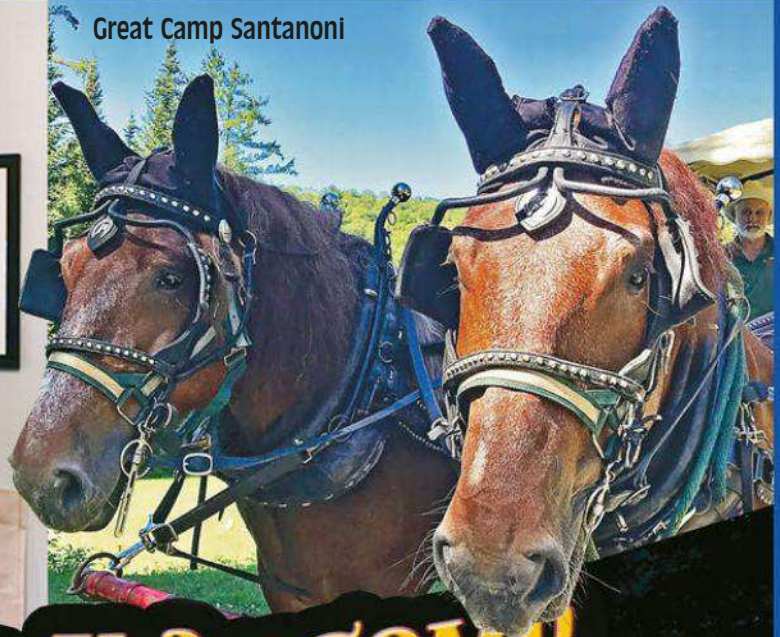
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DARTS LAKE CLUB

Unforgettable times at a wilderness paradise

BY LYNNE TANNER

WE TOOK OUR FIRST real family vacation in 1948, the summer I was eight, the whole month of August in the Adirondacks. We left New York City late in the day with a six-hour drive ahead of us. My older brother, Ross, and I piled in the back seat on top of suitcases, pushing and shoving the whole way. I had made myself a nest of sweaters and jackets on top of a small trunk and was almost asleep when Ross decided it was his turn to sit there and booted me off.

We reached Eagle Bay in the middle of the night with five curving miles still to go, the longest five miles I had ever experienced.

“There’s a sign,” my father said, pointing to a

large billboard. “View of Darts Lake. We must be almost there.” I strained my eyes but saw only dark trees against a dark sky. Finally, another sign indicating our turn, then a mile of dirt road.

Major Bowes, who had recently taken over the management of Darts Lake Club, was waiting for us. Rough and woodsy in flannel shirt and dirty khakis, he appeared a good bit younger than my father. Ross and I, though exhausted, were immediately drawn to him and hung on his every word.

My father and Major met in England while serving in the Navy. Now they fell immediately into a friendly banter. “The wildlife here is great. Wait ’til you see the black bears I’ve been feeding right outside your door,” he said to my father with a grin.

Our cabin was named “Dogwood,” which made us laugh, because upstate New York is not known for dogwood trees, but it was the perfect name for our family because my mother was originally from Georgia. The cabin had two small bedrooms at the back, a slightly larger bedroom for my parents, and a living room with a stone fireplace.

Soon I was curled up in bed in my own tiny room. I fell into a deep sleep and woke to the sound of a crackling fire in the living room. A young man had come to the cabin at dawn to light it. He did so every morning, as well as put a block of ice in a box on the porch.

I jumped up and ran to the porch and was greeted by an expanse of lake and trees and sky that had been invisible the night before, and my face was full of bright cold air.

My father called out to me, “Dress quickly, we’re going to the lodge for breakfast.”

Ross joined me on the porch and whispered into my ear, “Dad was up all night raging about the liv-

Above: The author’s family’s 1940s getaway. A treasured souvenir.

DARTS LAKE CLUB AND FUNGUS PHOTOGRAPHS COURTESY OF THE AUTHOR

ing room in his underpants. And he was wielding a golf club. I saw him.”

“A golf club? Why was he doing that?”

“Mom thought there was a bear in the cabin.”

“Come on, children,” my father called again. “Hurry up.”

The dining room with vaulted ceiling took up half the lodge and a large parlor filled the other half. A hallway separated the two and an upstairs balcony overlooked both. As we walked into the dining room, Major’s wife, Robin, ran to us, exclaiming in delight and calling me by my name. I had met her only once before so was surprised and thrilled to be the center of her attention. After a hearty breakfast we headed back to our cabin. I skipped ahead of my father carrying a tray with coffee and toast for my mother, who had slept in.

I was surprised when on our first day, wearing khaki shorts and a white T-shirt, my father rowed my mother and Ross and me across Darts Lake. I had rarely seen my father in anything but his Navy uniform or the dark suits he now wore to work. Seeing him dressed this way, the shirt stretched over his stomach with little tufts of hair at his neck, was startling, but more so to me was the fact he could row a boat.

Guiding the boat deftly with one oar, then the other, he turned it and glided onto a small beach. He walked me into the shallow water and held me while I kicked and splashed, pretending that I was swimming with my old orange life jacket on.

A few days after this outing with our father on Darts Lake, Ross and I were feeding bread to huge ugly catfish we had discovered under the boathouse near the swimming dock. By mistake, I knocked my life jacket off the dock. It immediately sank to the murky bottom. For years I thought it had been holding me up when instead I had been holding it up. Calling out to my mother to watch me, I jumped into the lake and swam to the diving raft and back, my head

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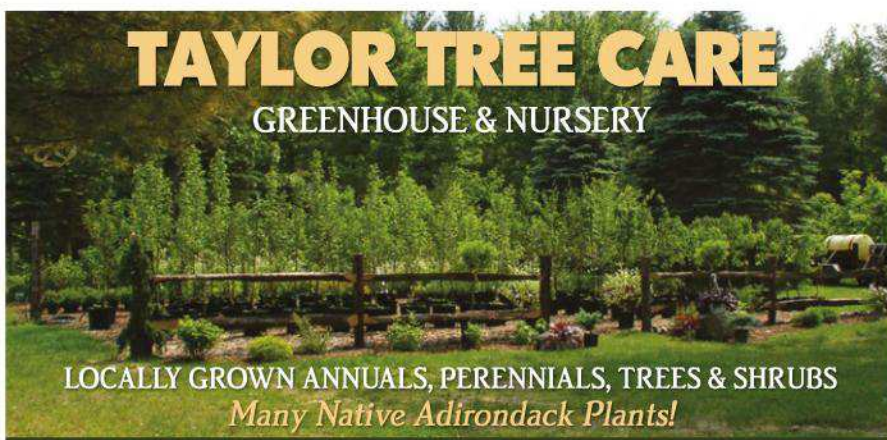
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BARKEATER

out of the water like a dog. By the end of the week I was swimming from the dock every morning and afternoon.

Mornings were cool. We hadn't brought enough warm clothing, so we went to the hardware store in the tiny town of Inlet, where my father bought me a plaid flannel shirt and my first pair of blue jeans, which he called dungarees. He also bought me a bag of Hershey Kisses.

That night after dinner as we sat by the fire in our cabin, I offered everyone a chocolate Kiss. My mother helped herself to two or three.

As I got into bed, I put the bag of Kisses on my bedside stand. In the morning only an empty bag rested by my bed.

I ran to my mother, who was still in bed. "You ate every one of my Kisses!" I cried, furious with her.

"Hush," my father said. "Come look."

Following bits of torn foil, he deciphered a trail across my bedclothes, over the floor in the narrow hall, and up to the fireplace.

"We have our bear."

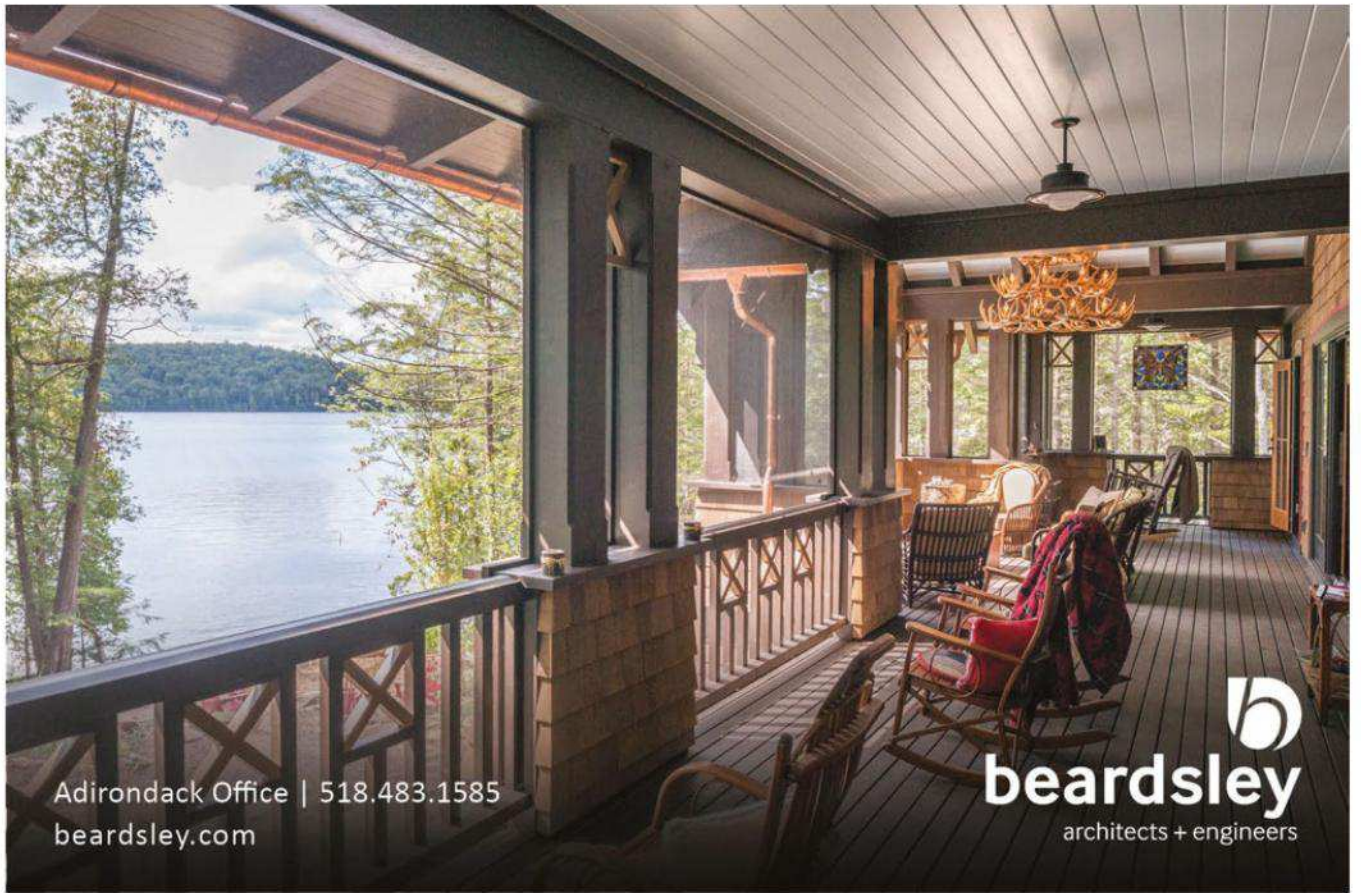
"You mean a bear ate my...?" I looked at him in terror.

"Mice, sweetheart. Mice."

Thereafter, each night he baited three traps with a bit of Hershey Kiss and placed them on the mantel. Each morning, we had a ceremony. Singing "Taps," my father marched into the woods with the dead little bodies held in a Kleenex, covering them with decaying leaves.

When we had been at Darts Lake for a week, Mr. Jameson, a guest who had spent many summers in the Adirondacks, invited my father and Ross and me to go with him to the other end of the lake. We started early one morning in an Adirondack guideboat, cutting a path into the still lake. The sun, heating the surface, caused mist to rise in ribbons around us.

At the top of the lake, we tied up at an abandoned dock and walked into the woods. Mr. Jameson looked around and, gesturing with his hands,



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BARKEATER

told the lore of this region and of how the Indians made canoes from birch trees. He named all the trees and showed me how to knock a crescent fungus from a dead oak tree, gently catching its soft, white underside on a large leaf. "Now," he said. "Take this fungus back to your cabin and draw on it with a stick. Once it is dry, the picture will last a long time."

I still have two, one with a drawing of the swimming dock, the other of the lake at dusk, signed and dated 1948.

We ate all our meals at the lodge and dressed for dinner, my mother in high heels and a lovely linen dress, my father in a sports jacket and tie. I loved the way my skin felt after a day on the lake, and the touch of my dress against my sunburned legs and shoulders.

The month of August flew by. As we sat by the fire on what was to be our last night, my father said, "Ross and Lynne, do you think you can get your summer homework done by the time school begins if we stay at Darts an extra week?"

"Oh, we can!" we both exclaimed.

And so it was decided. We stayed one week into September.

On our last day we rowed again to the far end of the lake and Robin Bowes joined us. My father once again was at the oars of a big, flat-bottomed rowboat. The leaves were already turning and the red-tinted trees reflected in a perfect mirror image in the still lake.

Heading back to the lodge in the late-afternoon light, the rowboat lurched and rocked precariously. We heard a splash and droplets of water hit us. With no warning Robin had jumped into the lake. Her head popped out of the water, the bathing cap securely fastened under her chin.

"I'll swim home," she chimed. As she swam, she parted the surface of Darts Lake. I watched it change to gold as it closed behind her, and the summer of 1948 ended, the first of many to be spent with my family in the central Adirondacks. ▲

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LEGAL TENDER

Growing a medical marijuana business in Chestertown

BY ZACH HIRSCH

SNOW FLURRIES melted into the asphalt on Route 9 in Chestertown, west of Lake George. It was a gray morning in late fall, and the photographer and I couldn't find Etain, LLC. The North Country's only medical marijuana factory is not designed to stand out—there's no sign, it's set back from the road and so discreet we drove past it.

Once inside, there was an unmistakable smell and we knew we were in the right place. We handed over our driver's licenses, donned hairnets, and tucked surgical booties over our shoes. Then we passed through a heavy security door, and the fra-

grant, mischievous scent intensified.

Hillary Peckham, Etain's chief operating officer and spokesperson, and her sister, Keeley, co-founded Etain with their mother, Amy, who's the chief executive officer. They named the company after a character in Irish mythology who represents mother, daughter, aunt and sister—a kind of multi-tasking goddess. "It's been really nice with my mom, seeing her outside of the mom role," Hillary said. "I never really saw her as a businessperson until she proposed this, and I really love working with her."

The family is in this line of work because of Amy's mother, Frances Keeffe, who was diagnosed with ALS, or Lou Gehrig's disease. "By the end of her life she was on about 20 different medications," Hillary said. "We saw how end-of-life care can really be mismanaged, because in a lot of instances it's just like, 'OK, well, we can't cure ALS, so we'll just

add another pill.”

Marijuana has been used to help patients in the kind of pain her grandmother was having, but because it wasn't legal at the time in New York she didn't have access to it.

Etain is the only women-owned marijuana business in New York, and it's one of five companies originally licensed under the state's highly restrictive medical marijuana program, which launched in 2016. Smokable cannabis isn't allowed—only oils and liquids made of whole-plant extract, and soon, powder products, are permitted.

The Peckham women led us down a sterile, windowless hallway to a laboratory, where the band Radiohead played from a small boombox on a metal countertop. Amber and greenish liquids bubbled in dome-shaped, glass chambers. “Everything that we do in here is making that refined oil for product formulation that will go into our capsules and our tinctures,” Hillary explained. This is also where they check for potency, consistency, contaminants and develop new products and techniques.

Etain employs pharmacists, cultivation experts and other specialists for every aspect of the business. The co-founders also bring their own scientific expertise to the table: Hillary studied biology at Hamilton College, and Keeley is a certified horticultural therapist.

A few years ago, Etain's gleaming white, high-tech interior was filled with horse stalls. The former owner reportedly hoped to turn the property into an offshoot of the Saratoga Race Course in the 1980s, but that plan fell through, and the site ended up being perfect for Etain's operation: the land is level; there's plenty of room for additional greenhouses; and it's in a “shovel-ready” business park, specially zoned for industrial development.

Before medical marijuana came to Chestertown, the Peckham name was already well known in the area. The family owns a construction com-



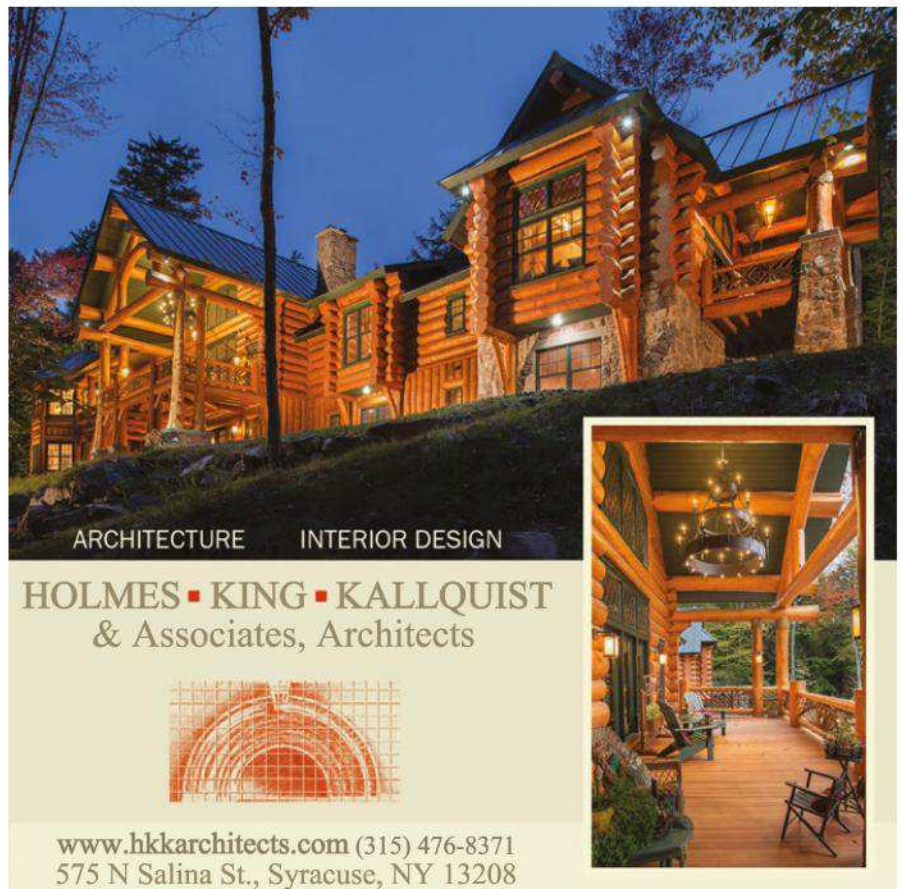
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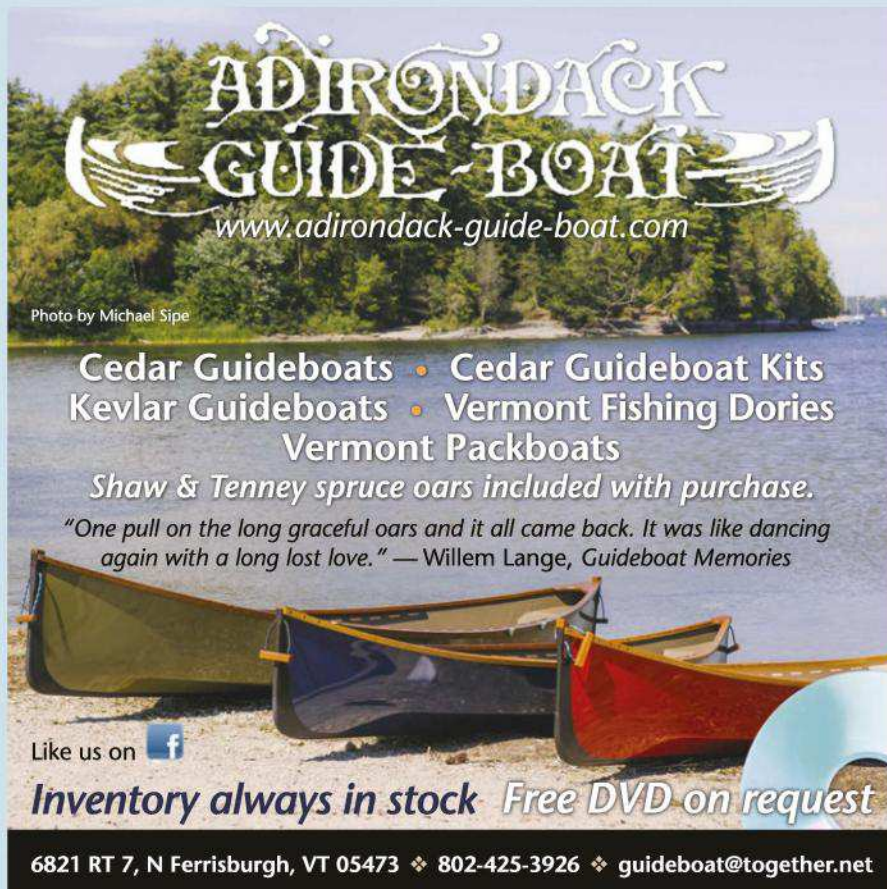


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WORKING

pany, Peckham Industries, which has operated a quarry and asphalt plant in the hamlet for decades, and donates to charitable causes and local initiatives through its Peckham Family Foundation.

Peckham Industries had already purchased the former horse barn in 2001. It sold the site to Etain in 2015 for \$100,000. With improvements, it's now worth more than \$1.3 million—a significant boost for the town of Chester's tax base.

Medical marijuana sales are subject to a seven percent state tax, and the county gets a portion of those revenues. It's a tiny amount, but it seems to be growing gradually as more patients register, and as more doctors get certified to prescribe the drugs. In 2016, Warren County took in \$19,677, a figure that more than doubled in the first three quarters of 2017.

Statewide, the program has been slow to grow. Governor Andrew Cuomo's administration predicted that it would generate \$4 million for the state in the program's first year; in fact, the state made \$585,000. Pricing for the drug—on average, about \$250 a month out of pocket—is still a barrier for many potential patients. And it can take months to find a doctor and register for a medical marijuana card. Some of the sickest patients die before they ever get the drug, Hillary said. (Patients can pick up their prescription in person at one of Etain's four dispensaries; the company also makes home deliveries in the Albany area. It doesn't currently service the North Country, Hillary said, but that could change as Etain expands its delivery capacity.)

Another struggle, Hillary said, "is physician acceptance and awareness of the program. So I still talk to people every day and they have no idea that this is even available ... or that it's legal and there's a program and they don't know how to get enrolled, and that kind of thing." And last year the state granted licenses to five new companies, doubling the competition and threatening the original

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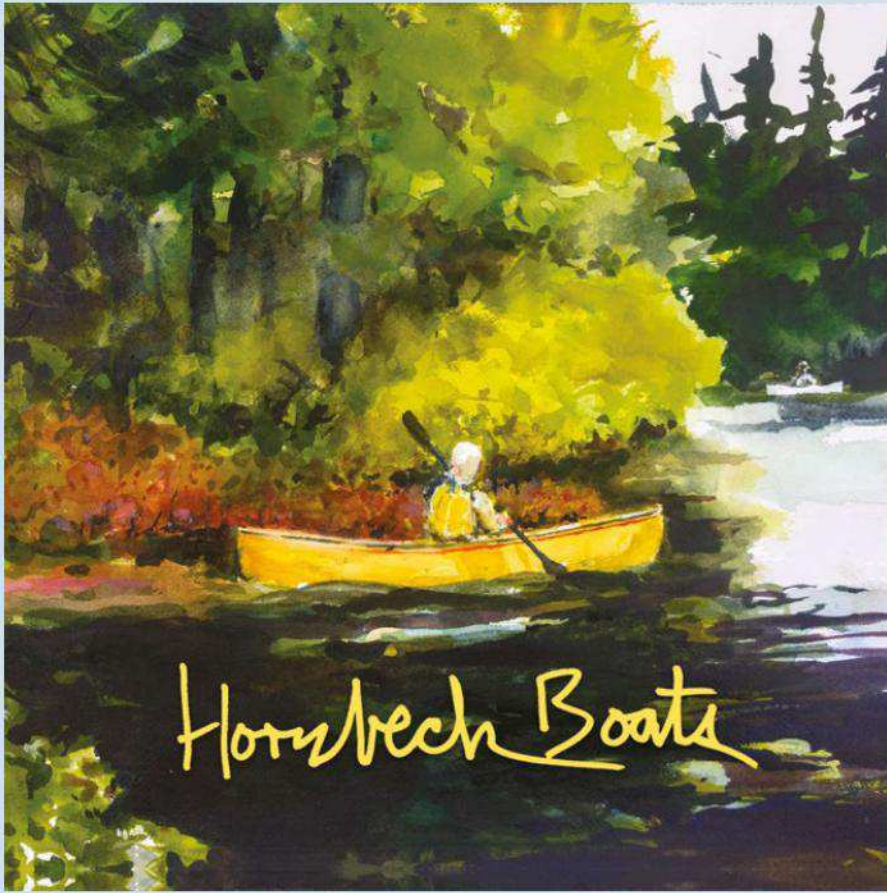
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companies' profitability.

It's a battle on all fronts. This year, the Trump administration changed the government's policy on recreational marijuana. The drug is illegal at the federal level, and prosecutors now have broad authority to crack down on companies operating legally at the state level. It's unclear how the tougher policy will affect medical pot.

New York State Department of Health Commissioner Howard Zucker said that the state's goal is to continue the program and protect patients and providers.

Hillary isn't particularly worried about a federal crackdown. "In New York, everything's really tightly controlled. I don't see as much risk as I would in California, where they essentially have no licensing process."

Even with the challenges, Hillary said that recent developments have moved in Etain's favor: The state added post-traumatic stress and chronic pain as qualifying conditions for the drug, which helped expand the patient population. Marijuana companies can now advertise, after initially being prohibited. And the Department of Health's required four-hour course for doctors has been cut to two, making certification less onerous.

Etain has big plans. This year it became the first New York company to win preliminary approval for lozenges and water-soluble powder, made from the ground bud of the marijuana plant. The Peckhams also hope to expand their business, including a satellite operation in California, Hillary said.

In the meantime, the Peckhams were dealing with more immediate, North Country difficulties, such as the cold weather. "We're a hardy bunch, but that does have a business impact—it means we have to work harder and use more energy to keep our greenhouses warm and in exceptional condition," Hillary said.

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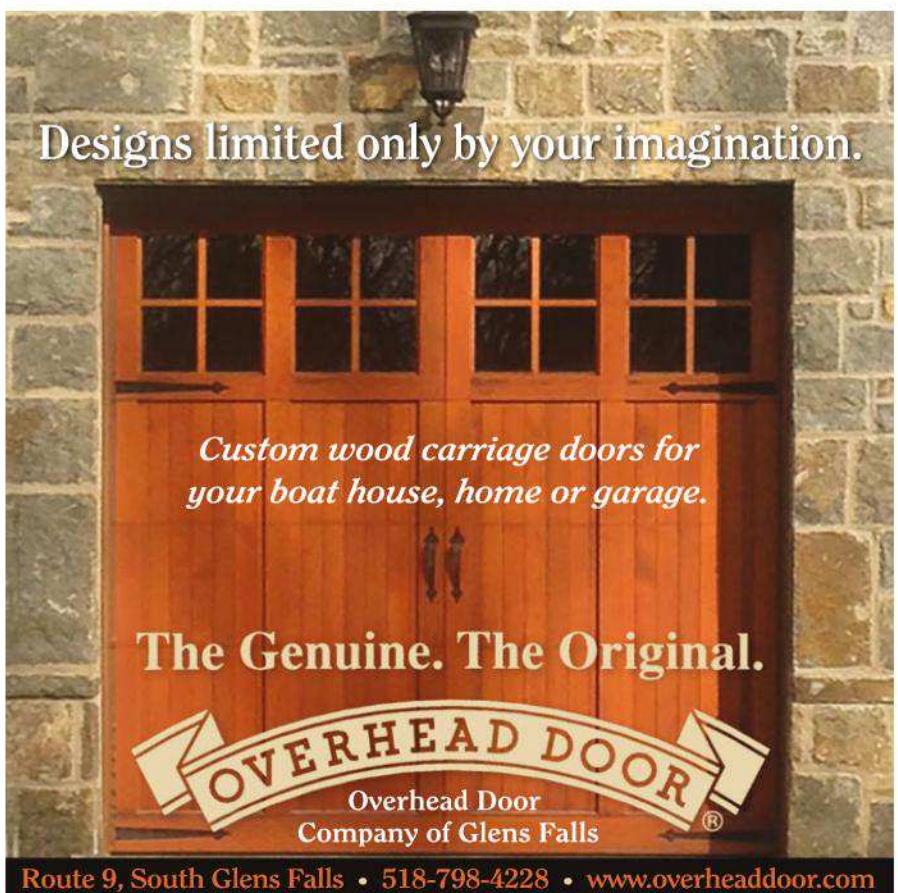
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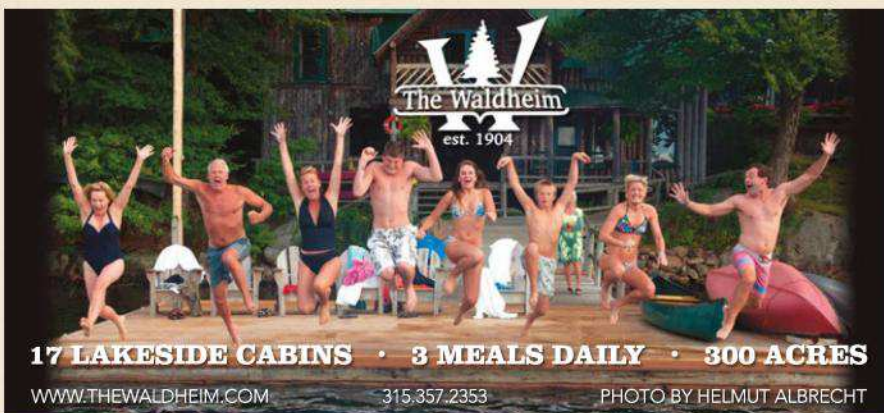


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es. Bright yellow lights and industrial fans bore down on a sea of smaller marijuana plants, and there was more music—upbeat pop this time—in competition with the fans. “The plants and the employees like the music,” Keeley said.

Worker Barbara Manley wore oversized, blue sunglasses—specially designed to filter out the yellow light—and scrubs without pockets. Security is taken seriously: everyone is closely watched on camera, and all plant material is carefully weighed and tracked. Even waste material is measured and destroyed under surveillance.

Etain employs about 30 local people at a minimum pay of \$15 per hour. For Sarah Collins, a salaried manager, getting the job was “life-altering,” she said. “It has allowed us to be able to stay in the area.” She had moved to Riparius in 2012 with her husband but couldn’t find work nearby. She spent three hours commuting each day—first to and from a job in Troy, and later, Saranac Lake. She was about to move her family downstate when Etain hired her.

The medical marijuana program has been life-altering for Etain’s customers, too. Christina Homer, from Albany, had polio, which left her in pain for most of her life. Last year, she also suffered a spinal injury and could hardly leave her bedroom. After she tried Etain’s capsules, she said, her pain became manageable enough that she could get out of bed, see friends and walk for short periods of time. “I could have a life,” she said, and wean herself off eight heavy-duty medications.

Last summer, she and her husband spent the day in Lake George—a big outing for them that included a drive up Prospect Mountain. It was her first time on an Adirondack summit. Homer said she closed her eyes, took a deep breath, and opened her arms wide. “I didn’t hear a single person—and I think there were people around—but it was like I was the only one there,” she said.

“I felt so free.” ▲

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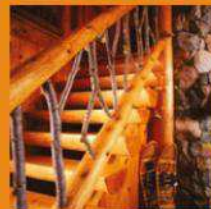
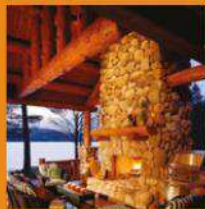
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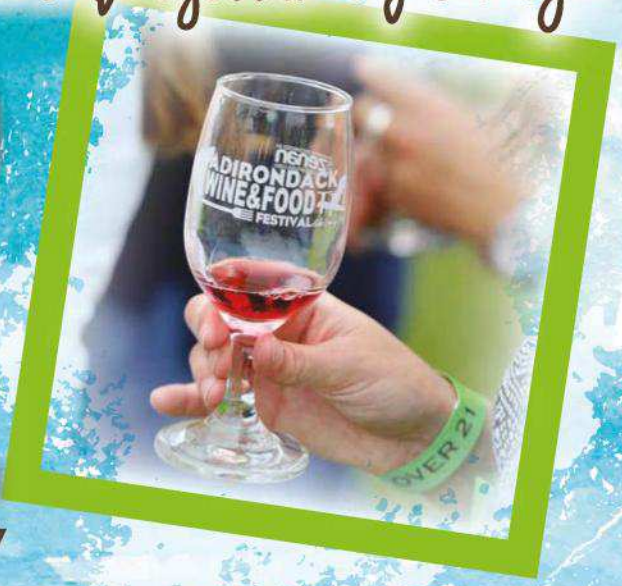
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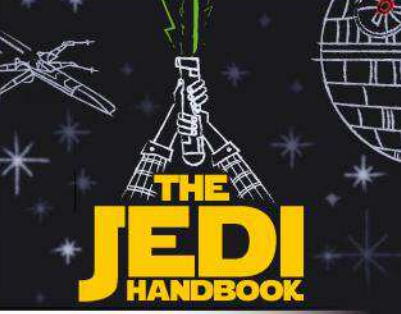


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May 19: Champlain Bridge 5K. Race with a view of the New York-to-Vermont span. Crown Point State Historic Site. 10 a.m. Register at www.lachute.us or www.racewire.com.

June 15-17: Hobie Cat Regatta. Colorful catamarans vie for national points. The Boathouse, Schroon Lake. Saturday, 9 a.m.; Sunday, 10 a.m. (518) 351-5024. www.schroonlakeassociation.com

FAIRS & FESTIVALS

June 2-3: Adirondack Woof Stock. Dock Dogs, agility course, pet adoptions and more. Town hall, Chestertown. Saturday, 9 a.m.; Sunday, 10 a.m. www.trilakesalliance.com

June 23-24: Adirondack Wine & Food Festival. Showcasing local wineries, breweries, distilleries and artisan food vendors. Charles R. Wood Park, Lake George. 11 a.m. each day. (518) 668-9463. www.adirondackwineandfoodfestival.com

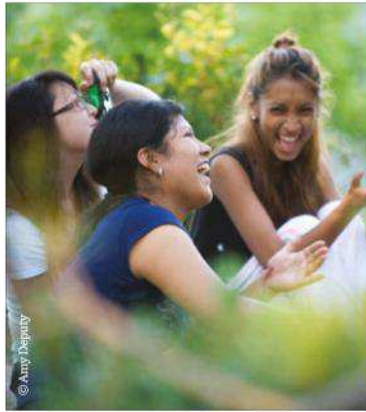
MUSIC & THEATER

May 5: Machine de Cirque. A mad mix of circus, comedy and music. Lake Placid Center for the Arts. 8 p.m. (518) 523-2512. www.lakeplacidarts.org

May 11: FARA. Folk music from the Orkney Islands of Scotland. Whalonsburg Grange Hall. 7:30 p.m. (518) 963-7777. www.thegrangehall.info

June 8-22: The Love List. Careful-what-you-wish-for comedy by Norm Foster. Pendragon Theatre, Saranac Lake. Check for times. (518) 891-1854. www.pendragontheatre.org

Editors' Note: Because Inside & Out must be prepared so far in advance of publication, telephone numbers are included for the confirmation of dates and times of events.



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July-August	April 30	Mid-June
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HOG HEAVEN

Continued from page 52

land valuable for logging. After Dave and Carol married, they renovated part of the main house for their growing family, and over the years the handful of guest cottages became a chainsaw repair shop, a pottery studio and a storage shed. Other than the pottery classes Carol offered, the lodge was simply a home.

Aaron eventually moved away to California. After college, he spent about eight years working on farms and in restaurants, learning about perennial agriculture and restorative farming practices, before ending up in New York City. He stayed in the city for his work as a filmmaker, but his heart was in the Adirondacks. As Carol and Dave began to talk about selling the property, he hatched a plan to start a farm of his own, to preserve the remaining historic buildings and to restore the lodge. Fortunately, his partner, Kelly Cerialo, who teaches hospitality at Paul Smith's College, was game for the plan. They returned to Kate Mountain in 2013.


ANYONE WHO'S EVER PLANTED a garden or raised an animal knows that it takes patience and time. When your goal is to create a farm out of standing woods (not to mention restore an old lodge and its passel of outbuildings), it takes years. Where do you even begin?

"I made a fence big enough for seven pigs," Aaron says. "And when they outgrew that, I made a bigger fence. And then I got more pigs."

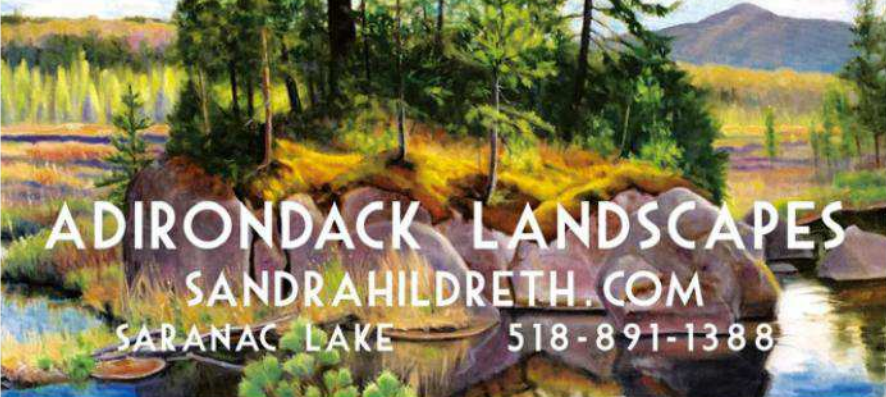
Bit by bit, he has cleared the land, created pastures, built fences. He's sifted dozens of buckets of fist-sized stones from his quarter-acre market garden and added truckloads of manure to the beds. As he's cleared the land, he's increased the herd from seven pigs to almost 40 over the last five years, and has added poultry, as well. This year, he's raising 500 chickens for meat, 30 turkeys, 20 to 30 ducks and 30 or so laying hens. He's also increased his produce output, going from a small household garden of ordinary vegetables to growing specialty crops like Chinese artichokes for

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HOG HEAVEN

chefs at The Point, a high-end resort on Upper Saranac Lake.

Because of the high quality of the meat, Mangalitsa pork fetches a price to match its gourmet status. To broaden his market and be able to provide more chefs locally with a steady supply of pork, Aaron also started raising another breed called the Berkshire. While supplying many private chefs with meat, eggs and vegetables, he also delivers to restaurants such as Bitters and Bones, Fiddlehead Bistro and Hotel Saranac (all in Saranac Lake), as well as Top of the Park and Big Slide Brewery and Public House (both in Lake Placid). Right now, he's raising animals on roughly seven acres, with a goal of having up to 25 acres in production with sheep and possibly goats in the mix.

“WE’RE MAKING GOOD PROGRESS WITH LIMITED RESOURCES,” SAYS CAIAZZA. “A LOT OF THE WORK ON THIS PLACE HAS BEEN DONE WITH A WHEELBARROW AND A CHAINSAW.... YOU LEARN A LOT BY DOING.”

While he's creating pasture and space for row crops, he rotates the animals through the property. Pigs' strong, chisel-like snouts make them adept at uprooting small trees and plowing up shrubs and briars. They're omnivores, so they eat what's there: roots, insects, foliage. And they can clear the underbrush from a plot in short order, making the woods accessible for logging off the trees and creating pasture. Unlike modern breeds of pig, heritage breeds like Mangalitsas are especially good foragers. Following the pigs with chickens helps keep the parasite load low, so the herd stays healthy. "The birds clean up after the pigs, so they go after the pigs in the rotation, in an effort to build good soil for future uses, both plant and animal," he says.

Working the land changes the land-

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HOG HEAVEN

scape in obvious ways. But the act of working the land, of felling trees and shoveling soil, can also shift the vision of a project, as new limitations or difficulties present themselves.

“We’re making good progress with limited resources. A lot of the work on this place has been done with a wheelbarrow and a chainsaw,” he says, though they’ve invested in other machinery over time—including his uncle’s portable sawmill, which Aaron uses to mill wood for clients and for renovating or constructing new buildings around the property. Last summer, one of the cottages was re-sided with lumber cut from trees felled near the barn to open garden space.


“You learn a lot by doing,” he says. “If I had all the money in the world, more of the work might be done by now, but I’d have made some costly mistakes.”

Fortunately or unfortunately, then, Aaron and Kelly have had to get the operation off the ground gradually. Since they purchased the property, they’ve expanded on Aaron’s original vision. Ultimately, they’d like to develop a self-sufficient agritourism-style destination, perhaps even with a farm-to-table restaurant on site. Aaron has the experience in farming and cooking; Kelly brings years of experience managing high-end hotels in New York City. Together, they have an ideal partnership for this kind of operation.


Two of the old cottages have been restored so far, and this summer, another one will take on a new purpose: a farm store that will be open to the public, offering meat, eggs, vegetables and value-added products like sausages and rendered lard for baking. The store will also serve as a kind of community vending space, featuring products from local artisans, farmers and other producers.

“The goal is to have the place become a destination, to be self-sufficient, but also to create community,” Aaron says. ▲

Find farm store hours and information about seasonal tours at www.katamountainfarm.com.



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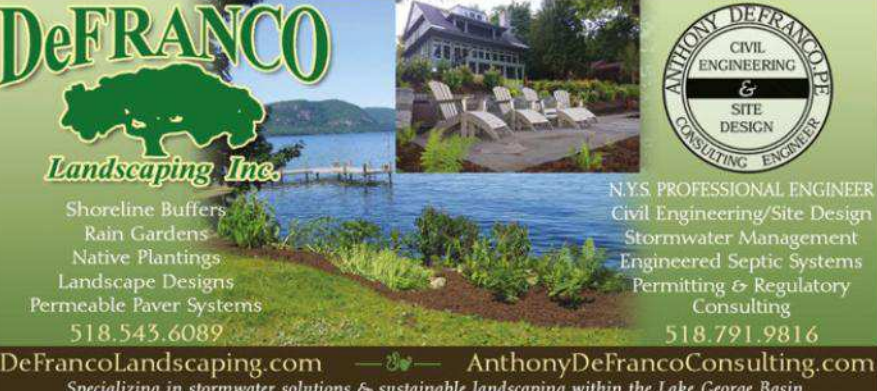
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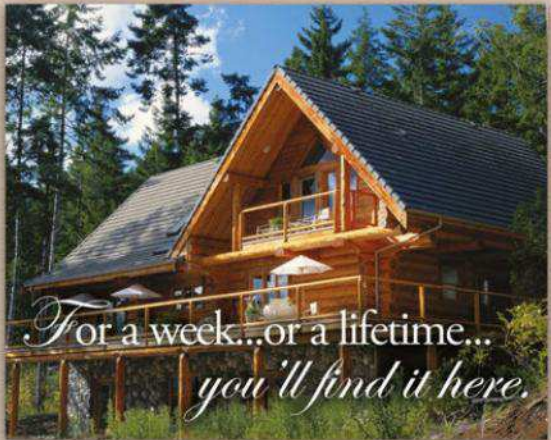
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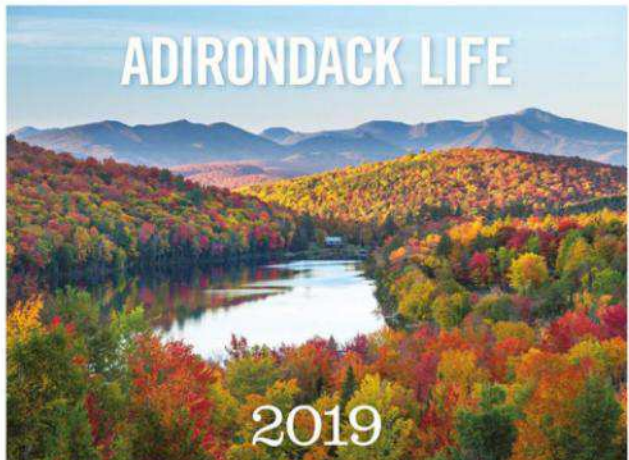
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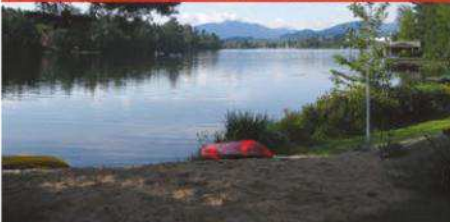
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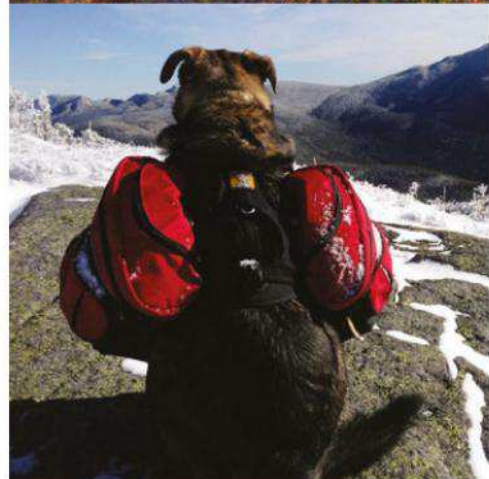
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a ragtag team of 11 Adirondack 46ers and first-timers came together on Mount Marcy to celebrate the 11th birthday and 250th High Peak of Jackson, the canine star of the Instagram account @jacksonsjourneys.

Jackson, now a five-time 46er—including a single-season winter tour—is a rescue dog from Tennessee who began hiking shortly after he was adopted by Jay Christopher, of Saratoga Springs.

“When Jackson did his first High Peak, he was clearly a mountain dog,” says Christopher, who claims Jackson is part wolf, part Sherpa.

More than 10 years later, Jackson led the way up New York’s highest peak. After hundreds of summits, Mount Marcy at sunrise was just a walk in the Adirondack Park. —Natalie Moore



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