



1-Minute Hike: Frye Mountain, Montville

Difficulty: Strenuous. The entire hike is about 10 miles if you start from the parking area by Route 220; however, you can shorten the hike by driving farther into the Frye Mountain Wildlife Management Area — when the roads are open — or by not hiking the entire 4.6-mile loop around the mountain. The trail travels over unimproved forest floor and is rocky in several places. It also includes two bridgeless stream crossings and several brook crossings. The biggest stream crossing can be avoided if you use a blue-blazed detour trail. The climb up Frye Mountain is gradual with only a few steep sections.

How to get there: From the intersection of Route 3 and Route 220 in Liberty (a spot known as Clarks Corner), follow Route 220 (also called N Mountain Valley Highway) north for 6.5 miles and turn right onto a gravel road called Walker Ridge Road (labeled on Google Maps as “Not Town Road”). At the head of the road, park near the Department of Inland Fisheries and Wildlife maintenance building in a fairly large gravel parking area. A sign and trail map is posted on the side of the building. There is an outhouse available at the edge of the parking area, too.



AISLINN SARNACKI



GABOR DEGRE | BDN

Catherine Schmitt is the author of “The President’s Salmon,” a book that traces the restoration and history of salmon in the Penobscot River.

Writing about a river that was nearly ‘written off’

‘The President’s Salmon’ tells tale of environmental disasters, renewal on the Penobscot

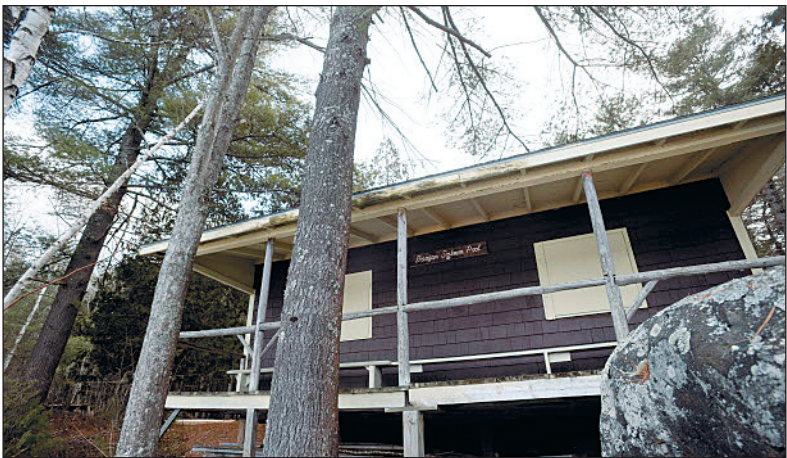
BY JOHN HOLYOKE
BDN STAFF

For thousands of years, the Penobscot River has twisted, turned, meandered and roiled its way through the Maine woods toward the Atlantic. It has been home to fish that fed thousands, provided the electricity that has powered industry and carried logs to mills that have provided jobs to generations. It’s also the home of the Penobscot Indian Nation.

Watch the video
bangordailynews.com

Once upon a time, there were Atlantic salmon in the river. Then, thanks to the decisions of humans, there were none. And now, the salmon are back. Not in their original numbers. Not in a self-sustaining run. But they’re back. That’s the tale that author Catherine Schmitt sought to tell in her book, “The President’s Salmon: Restoring the King of Fish and Its Home Waters,” which was released by Down East Books in 2015.

Schmitt, the communications director for Maine Sea Grant, admits that the project was ambitious: In the book, she traces the river’s past from the post-glacial era to the present day, and explains how humans harnessed that river for their own needs, often at the expense of the Atlantic salmon.



GABOR DEGRE | BDN

The clubhouse of the Penobscot Salmon Club in Brewer. It is the oldest fishing club in the United States, established in 1887. The clubhouse was built in the early 1920s.

“I’ve had readers say that my book made them angry, and that’s a good thing, because it means I’m doing my job.”

CATHERINE SCHMITT, AUTHOR

Part history, part science, with a good helping of content that fly fishing enthusiasts will love, “The President’s Salmon” was a product of work Schmitt began when the Penobscot River Restoration Project began back in 2003. A graduate student at the time, Schmitt began by preparing a “white paper” that explained the need for a scientific component in the project. That morphed into a project compiling a bibliography of research that had been conducted on the river, and some freelance writing about related topics. Eventually, the idea for a book of her own was hatched. “I just realized that you could put [all the freelance writing that I’d been doing] into a book,” Schmitt said. “[Then] it went through several different evolutions. It started out as a really academic environmental history, and then it was

more a personal essay.” Now, it’s a combination of many things: Schmitt’s storyline traces the river’s history from prehistoric times, at times focusing on different stretches of the river and the environmental decisions that led to a less productive Penobscot, and then its ongoing rejuvenation. Every other chapter, she focuses her attention on an angler who caught the first fish of the season — the Presidential Salmon — and arranged to have it delivered to the sitting president. Those presidents, as Schmitt wrote, were sometimes friends of the nation’s rivers. At other times, they were far less concerned with the environment and more focused on helping the country’s industries thrive. Schmitt walks a delicate balance, mixing hardcore science with in-depth history. She said some readers have told her that they like learning the river’s history, but get lost in the science-oriented parts ... or vice-versa. There has been a common response, however, that has been heartening: Many readers have shared her outrage. See River, Page C4



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A tall tree with interesting bark grows in the mixed forest of Frye Mountain Wildlife Management Area near the section of the Georges Highland Path that leads up Frye Mountain.

From the parking area, walk through a metal gate and up the gravel road 0.3 mile to the trailhead, which will be on your right. The trailhead is marked with blue flagging tape and a “GHP” sign for Georges Highland Path. See Hike, Page C4

Lumberjack ‘Timber Tina’ teaches art of logrolling

BY AISLINN SARNACKI
BDN STAFF

“Pitter patter! pitter patter!” called out Tina Scheer, reminding the teenager to move his feet constantly up and down as he walked across the floating log. Standing chest deep in the warm water of the Bangor YMCA Means pool, Scheer grasped the end of the 600-pound log in both hands, keeping it steady for the novice logroller. “Arms out and look down here,” she said, pointing to the end of the log, which was covered with dents and gashes from countless lumberjack shows and competitions. Scheer — known almost

exclusively as “Timber Tina” — has spent her whole life promoting logging sports and working in the lumberjack entertainment business. For the past 20 years, she’s run the Timber Tina’s Great Maine Lumberjack Show, a nightly display of traditional lumberjack sports in Trenton that draws crowds of tourists from nearby Mount Desert Island. Recently, in an effort to get more people involved in logging sports, Scheer contacted the Bangor Y to pitch the idea of community logrolling classes for children, teens and adults. Logrolling, also known as birling, is a sport in which two people stand on a large, float-

ing log and try to maintain balance as it spins and bobs in the water. The objective is simple, remain on the log the longest and you win. Fall in the water first, you lose. This game was once practiced by river drivers who steered logs as they floated down streams and rivers to lumber mills. “We were all over it,” said Bangor Y CEO Diane Dickerson. “That’s exactly the type of thing we’re looking for — things that are unique and different and can expose the Bangor community to something out of ordinary.” Logrolling lessons, led by Scheer, began this week and will run in two series See Rolling, Page C2



MICKY BEDELL | BDN

Matt Smith (left), 15, of Bangor and Steven Johnston, 15, of Hermon fall into the water while competing during a logrolling class at the Bangor YMCA on Tuesday. Logrolling, also known as birling, is a sport in which two people stand on a large, floating log and try to maintain balance as it spins and bobs in the water. Lessons began this week and will run in two series through April 14 taught by Tina Scheer, known almost exclusively as “Timber Tina.”

Good Birding Ode to the purple sandpiper C2

Outdoor show in Brewer this weekend

The best little outdoor expo in these parts will return this weekend to Brewer, as the Penobscot Fly Fishers gear up for their annual Cabin Fever Reliever. Mike Hegarty, who is serving as the show chairman, said club members are eager to welcome attendees to the family-friendly event. “The big picture is [we’re] trying to promote Maine outdoors,” Hegarty said. “Part of our charter as a fishing club is to try to spread the wealth, if you will, and to try to get youngsters engaged in the Maine outdoors ... instead of like at some sportsmen’s shows where you have a lot of people that are kind of selling things, here it’s more educational.” Adults can find plenty of interesting exhibitors as well, but Hegarty said getting children interested in outdoor activities remains the focus of the show. In fact, this year, there’s even more for kids to do, as an air rifle range has been added. Traditional kid-centric activities such as fly tying and archery also will be represented. Penobscot Fly Fishers members will staff the tying tables and teach kids how to tie their own fly. Even if your child has never fished in their life, they’ll have a blast learning to tie. For many first-timers, tying a fly is a simple arts-and-crafts activity, and learning the basics is surprisingly easy ... especially if you’ve got an expert looking over your shoulder. Another highlight: Boy Scout Troop 41 of Hampden will be on hand to talk about scouting; they’ll also have a fully outfitted canoe on display and will explain how they gear up for long canoe trips such as their annual Allagash excursion. The Cabin Fever Reliever is staged at the Brewer Auditorium, and runs from 10 a.m. until 5 p.m. Saturday and 10 a.m. until 3 p.m. Sunday. Those who’ve attended the larger outdoor expos but never headed to Brewer for the Cabin Fever Reliever may enjoy the more relaxed pace of the show. “It’s more homey [than large shows]. It’s more locally based,” Hegarty said. “The venue itself is smaller and more intimate. What struck me as the chairman is that unfortunately, I’ve had to turn [potential exhibitors] away because everyone wants to come to this thing.” Another reason you might want to gather up See Holyoke, Page C4



JOHN HOLYOKE