

# I love the most remote corner of Acadia

BY BILL TROTTER  
BDN STAFF

The first time I set foot in Acadia National Park, in the early 1970s, I was little more than a toddler and the park was not yet 60 years old.

## ESSAY

Over the past four decades, I've done more things in the park than I can count.

When I was young, hikes and picnics at Acadia with my parents

and their houseguests were a regular summer event. The summits of Penobscot, Norumbega, Beech and Parkman mountains were our usual targets, as were the blueberry bushes we passed along the way. Often, when our hikes ended, we had an extra handful or two of blueberries that we would bring back to the house and drop into our pancake batter the next morning.

Later, during summers off from college, I worked as a cook at the

Jordan Pond House (which was rebuilt after a devastating 1979 fire). For two years in a row, in 1989 and 1990, I made more popovers than I could count. I still can remember the recipe for the large batches of batter that were made daily: 50 eggs, a gallon and a half of milk, 6 pounds of flour (plus salt and baking soda). Don't try that recipe at home.

As a visitor to the park, I've swam in Echo Lake, gone cross-country skiing and biking down

its carriage paths, snowshoed on its hiking trails, and ice-skated along frozen Northeast Creek. I've seen the aurora borealis shimmering in the night sky above Sargent Mountain, jumped into crashing waves at Sand Beach, and camped under the stars at Isle Au Haut.

Some of the most vivid memories I have of Acadia, however, are from its most remote corner: Baker Island.

Baker Island, part of the town

of Cranberry Isles, lies more than 3 miles off Mount Desert Island. It is round in shape, 123 acres in size, and has striking views of the mountains of Mount Desert Island. Unlike Isle Au Haut, the island is uninhabited, with the exception of two small, privately owned seasonal cabins that may or may not get a handful of overnight visitors each year.

It wasn't always that way. In the early 19th century, Baker was

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A duck nesting box is located near a beaver lodge and pond near the Don Lima trail in the East Loring division of the Aroostook National Wildlife Refuge in Limestone.

## 1-Minute Hike: Aroostook National Wildlife Refuge

**Difficulty:** Easy-moderate. The 1.2-mile Don Lima Trail is wide and smooth, surfaced with mowed grass in the fields and gravel in the forest. The trail forms a loop that begins and ends at the refuge visitor center. The East Loring Division of the refuge is also home to longer, more challenging trails that together total just over 7 miles.

How to get there: The address to the refuge office and visitor center is 97 Refuge Road in Limestone. To get there from Route 1 in the nearby town of Caribou, take Route 89 (Access Highway) east



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7.3 miles and turn left onto Commerce Center Road. Drive 1.1 miles, then veer right on a bend to stay on Commerce Center Road. Drive 0.2 miles and turn right onto Refuge Road. Drive 0.2 miles and turn right onto the driveway leading to the refuge visitor center and headquarters. That is currently the only parking area for the East Loring Division trails, though there are plans for a second parking lot to open by Beaver Pond Trail in the near future. This parking area is already shown on the refuge trail map.

**Information:** Comprising 7,750 acres in northern Maine, the Aroostook National Wildlife Refuge includes part of the former Loring Air Force Base, a key military facility throughout the Cold War. From 1950 to 1994,

**Watch the video**  
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the Strategic Air Command stationed at the base, flying long-range bombers capable of delivering nuclear weapons. And in the northeast corner of the site, the Caribou Air Force Station served as a top-secret, self-contained nuclear weapons storage base.

Aroostook National Wildlife Refuge was established in 1998, when land was transferred from the U.S. Air Force to the U.S. Fish and Wildlife Service, which immediately took measures to welcome wildlife back to the site. Since then, military buildings have been demolished on the property, and areas with contaminated soils have been cleaned up.

Today, old weapons bunkers and other traces of the base remain on the property, which is quickly transitioning back into the hands of Mother Nature.

The refuge now features more than 13 miles of public hiking trails split between two separate parcels of land. The East Loring Division of the refuge includes 8.4 miles of hiking trails, while the Greenlaw Brook Division features 5.1 miles of trails.

For this column, I'll focus on the East Loring Division, where the refuge office, visitor center and nature store are located, as well as an easy interpretive nature trail and two photo blinds for wildlife watchers.

The most popular trail on the East Loring Division, the 1.2-mile Don Lima Trail, forms a

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## Registration open for annual Tour de Farms

BY JULIA BAYLY  
BDN STAFF

WISCASSET — September in Maine has a lot going for it.

The fall foliage is starting to show off some colors, days and nights are cooler with no annoying bugs, farmers are starting to harvest and it's some of the best bicycling weather of the year.

The folks at The Morris Farm in Wiscasset are hosting their 17th annual Tour de Farms on Sept. 10, where riders can enjoy some cycling and some gorgeous fall scenery and sample local farm products.

"We really want to connect cyclists and local food lovers with the farms of midcoast," said Pat Cloutier, farm administrative assistant and director of programming. "We want this to be a fun, scenic ride through our beautiful farmland that connects people to the goods and produce that come from the area."



THE MORRIS FARM

Riders prepare to take off on last year's Tour de Farms at The Morris Farm in Wiscasset. This year's event begins Sept. 10 and takes cyclists through the rolling hills of midcoast Maine farm country.

Riders can choose among the family-friendly 17-mile ride or the more challenging 45- or 65-mile routes. All three start and end on the Morris Farm.

"People will go through many different farms," Cloutier said. "The farms' owners will have what they grow or produce to

sample every place riders stop."

In addition to learning about who is growing what and where along the midcoast, Cloutier said riders can purchase items from the different farms.

A special vehicle will follow behind to pick

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## American hunter ignites uproar

Man kills Canadian bear with a spear

BY LINDSEY BEVER  
THE WASHINGTON POST

The video shows a black bear rummaging around a trash bin in the Canadian woods, where an American bowhunter was waiting, armed with a spear — custom-made and outfitted with a camera to capture the kill.

Josh Bowmar pulled back the spear and let it fly — nearly 40 feet, into his prey.

"I just did something that I don't think anybody in the world has ever done," he said on camera, according to the Edmonton Journal.

He added: "He's going down; I drilled him perfect. That was the longest throw I ever thought I could ever make."

After impaling the bear, Bowmar is seen on his knees, holding his head and smiling and laughing.

The video is believed to have been filmed in May during a hunting trip in an area not far from Edmonton, Alberta. It was eventually posted online by Bowmar, who later set it to private.

But the footage was recently republished by the Daily Mirror and Wildlife Planet, among others, and went viral, drawing outrage from critics — in part because Bowmar let the bear die on its own, leaving the area after he speared it, according to the Edmonton Journal.

Bowmar told the Canadian Broadcasting Corp. that his team left because it was dark and raining; they went back the next morning to retrieve the bear, which had staggered some 160 feet before it collapsed and died.

The bear "died immediately," Bowmar told the Canadian Broadcasting Corp., and the kill was "as humane and ethical as one could get in a hunting situation on big game animals."

But critics disagreed, calling the act "barbaric" and "unnecessary." They have called Bowmar and his wife, Sarah, who is also a hunter, "psychos" and "worthless garbage," with one adding: "I hope you die a slow painful death."

"This bear did not die a quick and painless death," Help Save the BC Black Bears wrote. "It ran off after being mortally wounded and Josh decided to wait until the NEXT DAY to track his 'prey.' Disgusting."

Bowmar did not respond to requests for comment Tuesday, but the 26-year-old Ohioan said in an email to The Canadian Press that people have been hunting with spears since the "dawn of man."

Bowmar was an all-American javelin thrower at Heidelberg University, a Division III liberal arts college in Tiffin, Ohio.

"A javelin is pretty much a giant spear," he said during a recent Q&A on his YouTube channel. "I was really good at throwing this javelin, so I naturally transitioned into spear-throwing."

His video-sharing channel is filled with footage showing him on bowhunting adventures with his wife.

"I enjoy the challenge of the hunt more than the actual harvest," Bowmar said in the Q&A. "So for me, it's not about going out there and shooting everything I see. ... I really like the pursuit, I really like finding an animal and studying that animal and getting

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