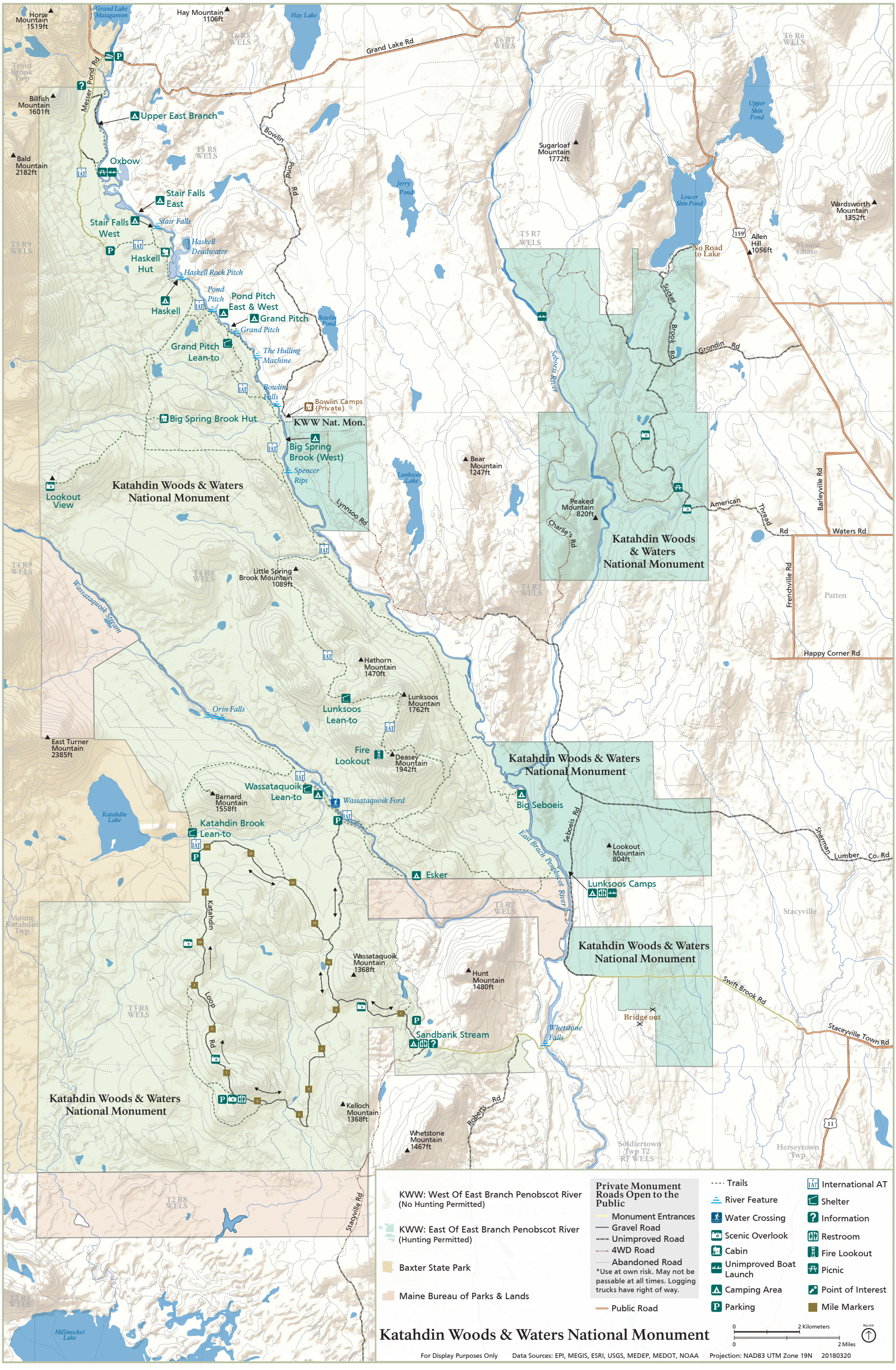Katahdin Woods & Waters National Monument