

THE GUILFORD REGISTER

ADVENTURES & STORIES FROM THE MAINE HIGHLANDS



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ALL ABOARD!

ENJOYING THE MAINE FOILAGE BY TRAIN

AN APPLE A DAY

THE BEST APPLE PICKING IN CENTRAL MAINE

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LOCAL EVENTS

ON GOLDEN POND

By John McNamara

I am not speaking about Squam Lake in New Hampshire, where the movie, *On Golden Pond*, was filmed; I am referring to a small road in a small town where a small, wonderful woman took her last breath listening to Willie Nelson, one week before she would have turned 79 years old.

I am not writing an obituary or crying out for sympathy. I am telling a story about a woman who came into my life almost 30 years ago—a woman who changed my father's life for the better and who, for the last 17 years, has been the most loving, caring, thoughtful grandmother my son could ever wish to have.

I can say goodbye to anyone quite easily. I have lived all over the world—moved around a lot, so I got used to getting close and then having to let go. I got good at it—probably too good. Maybe if I had been better at saying goodbye or better at holding on, I would not be a complete mess each time someone I know dies. You would think that eventually saying *that* goodbye would get easier—maybe getting to say goodbye makes it easier. Probably not. Instead, I weep—no, I sob uncontrollably—almost comically.

All four of my biological grandparents died in my adult years. I got to know them as a child and an adult; there is something special about that opportunity. This is the case for many, but for many more, they are like my son. He is still a teenager, and this week he lost one of his grandmothers—his mimi. My father died when Jack was a baby, and Lisa's parents never got to see Lisa grow up, let alone Jack.

My heart hurts for my son, not because he now has only one living grandparent, but because of the relationship he lost this week. Mimi was not just any mimi. She adored Jack in ways I never thought possible. She may have been my father's third wife, but to me—to Jack, she was his mimi. They visited with each other multiple times every year. He would get so excited about going to Virginia to see his mimi. But more amazing than anything was their video chats.

I began writing letters to my grandmother in her final few years. We wrote back and forth, accumulating quite a collection of words. When she passed, my aunt handed me a large envelope; all the letters I had written to my grandmother were in it. Paired now with the ones she wrote, I have a time capsule to read repeatedly—to remember her and the good times.

Every year, for Lisa's birthday, I give her a photo book that captures the highlights of the previous 12 months of Jack's life. We now have 16 volumes on our bookshelf. The three of us look at them periodically together, alone, and even with friends—we remember the good times.

Jack spent more than a decade video chatting with his mimi EVERY week. I may have had recurring conference calls with work,

but my son had recurring calls with his mimi—more than 500. They would talk for an hour or more each week. Sometimes I would listen and hear their banter—politics, sports, history, school—no topic was off limits, and the two had plenty to say about everything. I miss those moments of hearing their two voices together. And, I am sad that, unlike the letters with my grandmother and the books we have of Jack, there is no record of Jack's conversations with Mimi. There is no proof that the conversations ever existed. I hate that for Jack. He loves his mimi, and now, he only has the photos and the stories—the memories to remember her.

Near the end of his life, my father recorded a children's book with his voice—the top gimmick of the Christmas season. We listened to it repeatedly, and although it is tucked away, Jack can always pull it out and hear his granddaddy's voice. He will not have that with his mimi. He will never hear her voice again.

Her body is gone, but her spirit, love, and kindness will live in memory and story. I will miss her—I already miss her—and while my heart hurts for Jack, I know he will continue to be the kind, sweet boy Mimi loved so much. In his own special way, he will remember her—always. He may not need the video recordings after all. He has those moments burned into his memory.

Like my father, Mimi will be cremated. My father, part of him anyway, sits in an urn in our library looking over us and our guests. In time, Mimi will join him, and they will finally be together again—two souls meant to be together forever.



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AN APPLE A DAY: THE BEST PLACES TO PICK APPLES IN CENTRAL MAINE

By John McNamara

The region's apple-growing tradition dates back to early settlement, when every homestead maintained its own orchard. While large commercial operations are less common here than in other parts of Maine, family farms and small orchards continue to thrive, offering visitors a chance to experience apple picking in its most traditional form.

Throughout central Maine, numerous family homesteads maintain small to medium-sized apple orchards that welcome visitors during harvest season. These operations often represent multi-generational farming families that have been tending their orchards for decades. Unlike larger commercial operations, these family farms offer a more personal, educational experience where visitors can learn about traditional Maine apple varieties and sustainable growing practices.

Many homestead orchards specialize in hardy apple varieties that thrive in Maine's northern climate, including Northern Spy, Wolf River, and various heritage varieties grown in the region for over a century. The intimate scale of these operations allows for direct interaction with the growers, who often share stories about their family's farming history and the unique characteristics of their apple varieties.

Several small farms throughout the region operate seasonal pick-your-own operations alongside their farm stands. These establishments typically offer not just apples, but a variety of seasonal produce, including pumpkins, winter squash, and late-season vegetables. The farm stand component allows visitors to purchase locally made products such as fresh cider, maple syrup, preserves, and baked goods made with freshly picked apples.

The pick-your-own experience at these smaller operations tends to be more relaxed and flexible than at larger orchards. Visitors often can explore different orchard sections and learn about various apple varieties and their specific uses for eating, cooking, or making cider. Some orchards to seek out include:

- **Mullis Orchards** in Corinna is a family-run farm that has been running for generations. You can experience the joy of picking apples in their orchard or selecting from the fresh offerings at their apple stand. You can learn more about their hours and the farm at www.mullisorchards.com
- **The Lion's Farm** in Corinth supports the Good Shepherd Food Bank, helping tackle the food insecurity in the area. Glenn and Cheryl offer various apples and other fruits on the farm. Learn more about them at www.thelionsfarm.com
- **The Rollins Orchards**, based in Garland, is another family farm with a long history. They have been around since 1821 and sell over 40 varieties of apples. You can learn more about them at www.facebook.com/rollinsorchardsllc
- Another excellent option is **Sullivan's Orchards** on Puddledock Road in Charleston. They offer Pick Your Own Apples and ready-picked—25 different varieties of Apples.
- **Cayford Orchards**, a six-generation family farm, raises fresh seasonal fruit in Skowhegan. The Orchard grows 1,200 trees on 18 acres, and they raise 57 different varieties. They specialize in heirloom apples and produce a range of fruit, including berries, peaches, and pears. Learn more at www.cayfordorchards.com
- **Rowe Orchards** (Rowe's House of Apples) has grown apples and pears for 50 years. They produce 12 apples in large quantities, 30 more limited-volume varieties, and four varieties of pears on 95 acres of trees. With this much variety, there is something for everybody, and there is fresh-off-the-tree fruit from August to November. They have a 10-acre block of trees set aside for pick-your-own apples in September and October. You can learn more about them at www.roweorchards.com

Many orchards in the region offer spectacular views of distant mountains and pristine forests, creating photo opportunities that capture the region's agricultural tradition and natural beauty. Combining apple picking with hiking, wildlife viewing, and fall foliage appreciation creates a complete outdoor experience.

When planning an apple-picking trip to central Maine, consider combining your orchard visits with other regional attractions. Moosehead Lake, Baxter State Park, and numerous hiking trails make it easy to create a complete outdoor adventure that includes apple picking as one component of a broader exploration of Maine's wilderness.

The apple-picking season in central Maine offers more than just fruit gathering—it provides an opportunity to connect with Maine's agricultural heritage, experience the state's most beautiful natural landscapes, and create lasting memories in one of New England's most pristine rural settings.



ANTIQUE SHOPPING IN THE HIGHLANDS

By Johanna S. Billings

The area's antiques scene has undergone significant changes in the last few years, with several shops closing. However, there are still several great places nearby to get your fix of old stuff. At these local shops, you will find a variety of useful, collectible, and decorative items.

East Coast Treasures — The newest shop on the scene is East Cove Treasures in Greenville. Formerly known as Peace of Moosehead, the store rebranded itself about a year ago, transitioning from selling clothing and crafts to antiques, camp decor, and taxidermy. The change occurred in part because Kamp Kamp no longer carries antiques or camp-themed decor.

East Cove Treasures buys, from single items to large cleanouts. You will find their stock to be varied and affordable. Some of the clothing and crafts remain in the store, but it has definitely acquired more antiques and older items now. Make your way through several rooms to see everything.

Located at 15 Moosehead Lake Road, the store is open on Monday, Thursday, Friday, and Saturday from 10:00 a.m. to 4:00 p.m., and on Sunday from 11:00 a.m. to 4:00 p.m. They are closed on Wednesday and Thursday.

Lily Cat Antiques — Significant changes have occurred in Monson regarding antiques. Marie Davis, owner of the Blue Goose, passed away after health concerns kept her from opening for about the last two years. Her son has cleaned out the building and put it up for sale.

Across the street, The Lily Cat: North Woods Antiques and Buttons, has closed its doors in Monson. The shop closed at the end of August, but reopened in mid-September for a big sale to reduce leftover inventory. The shop has relocated to 387 Lily Bay Road in Greenville and will be open from 11:00 a.m. to 4:00 p.m. on Fridays and Saturdays from October 3 to 25. It will close in early November and reopen for a Black Friday weekend sale. Hours are also available by chance or appointment.

Lily Cat specializes in jewelry, including costume, Sterling, and gold, and has a second building at its Greenville location just for buttons. The shop also carries knives, Fenton and other art glass, Breyer horses, miniatures, books and paper, lanterns, cameras, and other vintage and antique items.

The Raven's Attic East — Marie Davis also owned an antique shop in Dover-Foxcroft. Her death has made Raven's Attic the only game in town. Located at 224 E. Main St., Raven's Attic is a multi-dealer shop that squeezes a lot of merchandise into a relatively small space. They sell Sterling, figurines, and knick-knacks, dishware, and linens, among other things. Stock changes frequently, and you never know what you will find. Prices are great. There's even a department full of rocks, gems, and stones, plus vendors offering handmade pieces.

Raven's Attic is open Wednesday through Sunday, 10-4. It's closed Mondays and Tuesdays, and they take the month of January off.

Sebec Corner Grange Shop — If you like big shops, there's the Sebec Corner Grange Shop at 676 Milo Road. The building is enormous, allowing its dealers to offer a mix of vintage and antique items, as well as crafts and gently used goods. You start



(ANTIQUES, continued on page 12)

ALL ABOARD FOR ADVENTURE ON MAINE'S BELFAST & MOOSEHEAD LAKE RAILROAD

By John McNamara

Nestled in the heart of Maine's stunning midcoast region, the Belfast & Moosehead Lake Railroad offers visitors a unique opportunity to step back in time while experiencing the natural beauty of the Pine Tree State. This historic railway, affectionately known as the "B&ML," has been delighting passengers with scenic train excursions that showcase Maine's rugged coastline, rolling hills, and charming small towns.

The Belfast & Moosehead Lake Railroad boasts a rich heritage dating back to the late 1800s. Originally constructed to transport lumber, agricultural products, and passengers between Belfast and the inland communities, the railroad played a vital role in Maine's economic development. Today, this beautifully preserved railway operates as a tourist attraction, allowing modern travelers to experience the golden age of rail travel while exploring some of Maine's most picturesque landscapes.

The railroad's commitment to historical authenticity is evident in every detail, from the carefully restored vintage cars to the knowledgeable conductors who share fascinating stories about the region's past. Passengers can almost hear the echoes of history as they settle into comfortable seats and prepare for their journey through time.

The train travels through diverse landscapes, including dense forests, open meadows, and peaceful farmland, offering passengers constantly changing vistas throughout the excursion.

The Belfast & Moosehead Lake Railroad goes beyond simple sightseeing by offering a variety of themed excursions throughout the year. These special events transform an already delightful train ride into an unforgettable adventure that appeals to visitors of all ages.

Fall brings the spectacular "Foliage Trains," arguably the most popular excursions of the year. As Maine's famous autumn colors peak, passengers are treated to a front-row seat for one of nature's most stunning displays. The train cars provide the perfect vantage point for viewing the brilliant reds, oranges, and golds that transform the landscape into a living painting.

Winter doesn't slow down the B&ML, as special holiday trains bring seasonal cheer to passengers. These festive excursions often feature hot cocoa, caroling, and visits from Santa Claus, making them a beloved tradition for local families and tourists alike.

Spring excursions celebrate the region's renewal with wildflower viewing and bird watching opportunities, as the countryside awakens from winter slumber.

The Belfast & Moosehead Lake Railroad excursions are designed to be enjoyable for visitors of all ages. The train cars are comfortable and accessible, with large windows that provide excellent viewing for passengers. The relatively short duration of the trips makes them perfect for families with young children, while the historical and natural significance of the journey keeps adults engaged throughout the experience.

Children are often delighted by the authentic train whistle, the gentle rocking motion of the cars, and the opportunity to wave at people they encounter along the route. Many young passengers develop a lifelong love of trains after their first B&ML experience.

The Belfast & Moosehead Lake Railroad typically operates from May through October, with the most popular excursions running during the peak foliage season in late September and early

October. Reservations are highly recommended, especially for specialty-themed trains and weekend excursions. Visit them at www.bmlrail.com for more details.

The train station in Unity is easily accessible and offers convenient parking for visitors. The downtown area provides additional attractions, including shops, restaurants, and galleries, making planning a full day of activities around your train excursion easy.

Whether you're a railway enthusiast, nature lover, or simply seeking a unique way to experience Maine's beauty, the Belfast & Moosehead Lake Railroad offers an adventure that combines history, scenery, and old-fashioned fun into one memorable journey. All aboard for an unforgettable ride through the heart of Maine!



Photos courtesy of Belfast & Moosehead Lake Railroad



THE SOUTHERN BELLE

LISA MCNAMARA

THE HUMMINGBIRD ROOM

Earlier in my life, I had the opportunity to travel quite a bit. Some of it was accomplished through work, and some was the benefit of befriending a person with an insatiable desire to see every corner of the world. On many occasions, I stayed in small boutique hotels or bed and breakfasts. Some were rustic, featuring features like bunk beds and accordion-style bathroom doors. Some were luxurious with exquisite decor. Two places have left lasting impressions that I have compared all my travel accommodations to, and what I have used as my inspiration and vision for the Guilford Bed and Breakfast.

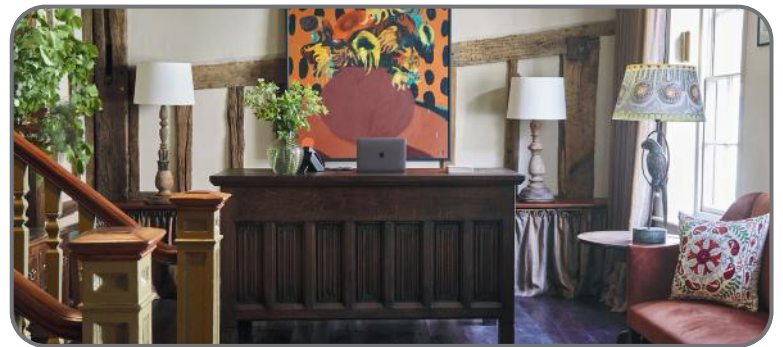
More than twenty years ago, I had a wonderful experience in a tiny bar located inside the Ritz Hotel in Paris, France. Ernest Hemingway had been a frequent visitor, and the hotel had a small cocktail lounge dedicated to him, known as the Hemingway Bar. Sitting in the bar was like being transported back in time to the roaring 1920s. The room had wooden paneling on the walls, chairs covered in leather and velvet, pictures of Ernest Hemingway were everywhere, there were loads of books, and, of course, a bit of nautical nuance. It was warm and cozy, and the Bloody Marys were to die for. A side note, the recipe for Bloody Marys was first created in Paris around 1920, and Hemingway was known to enjoy them frequently.

Not long after my Hemingway Bar experience, I traveled with a group of friends to a tiny boutique hotel in Rye, England. The George was a sixteenth-century coach inn that had been renovated as a luxurious retreat in the center of medieval Rye. The owners, who were set designers from Hollywood, created a contemporary, comfortable space that maintained the building's beauty and history. I loved everything about this small hotel. The beds were so cozy you didn't want to leave them, but you did because you knew there were yummy meals and fun times to be had on the main level. The George featured a small dining room that served excellent meals, and it also had a tiny pub for small bites and late-night fun. My group spent an entire weekend over the New Year at the George, never leaving the building. We started the weekend with High Tea, onto a lovely New Year's Eve feast, and danced the night away in the little pub! On day two, we lounged in our cozy rooms after having a full English breakfast. In the evening, we had a quick dinner in the Pub and then we binge-watched *The Vicar of Dibley*. It was honestly the best New Year's Eve I have experienced (before Jack and John).

When John and I bought the Guilford Bed and Breakfast, we knew it would take a lot of work to put our handprint on it. John has worked tirelessly on the exterior, creating lovely gardens and a fire pit area. The interior has been a little more challenging and will be much more costly. But with great excitement, we began the process of transforming our common areas into a space reminiscent of our European experiences. We have converted our sitting room into a small pub. With original artwork featuring hummingbirds and dark mahogany furniture, it lends a subtle nod to the rooms I found so enchanting on my travels. Our Hummingbird Room is connected to our library, which features book-covered walls, a fireplace, and a black bear to rest your feet.

We want to provide a space where small groups can spend the weekend laughing and creating memories, much like I experience in Rye. It's a space we hope locals will gather with friends and family, a place to cozy up to on Saturday and Sunday afternoons for a football game. We want this warm and inviting space to linger with our guests long after they depart—a place they think about decades later.

I may never return to the Hemingway Bar, and I may not make it back to The George in Rye, but at least I have a little piece of it, and I have the luxury of experiencing it every day.



From Top Down: The Hemingway Bar in Paris, France; the Reception area of The George, Rye, England; the Library in the Guilford Bed & Breakfast, and The Hummingbird Room in The Guilford Bed & Breakfast.



THE LIBRARY SHELF

SHORT STORIES WRITTEN BY MAINE AUTHORS

Each month we will highlight a short story or serial written by a Maine author. If you are a Maine writer, or know of one who would like to be showcased here, reach out to us at genthnerhouse@gmail.com

WHY I MOVED TO MAINE

An excerpt from 'Small People - Big Brains'
By Walter Boomsma

Maybe it's a small town thing, but when folks here attend a public event, there's a lot of time spent looking around, so you don't miss seeing and waving to everyone you know. After living here less than two months, it might have seemed pointless, but then one of the first people we'd bumped into when we arrived at the fairgrounds greeted us by name.

Admittedly, he was about to sell us raffle tickets. Those raffle tickets are part of the Annual Kiwanis Auction – an event that raised over \$20,000. Not bad for a Club in a town of some four thousand people, many of whom are considered “unemployed” or “under-employed” by the demographic types. Anyway, we got our number for bidding and climbed onto the bleachers. Lots of smiles and waves. Some were from people we actually knew.

Later, when the bidding started, it became clear that people were there for different reasons. Some merely supported the cause. (They bid \$109 for \$110 worth of donated fuel oil.) Others were there who truly wanted something. (They bid a dining room set up to over \$1,100, the last twenty bids in one-dollar increments.) Everyone paid attention, if only to guess. “Wonder what Pete’s gonna do with that!?”

When the auction helpers rolled out the upright piano, a little girl – perhaps eight or nine – began squirming in her seat and whispering to her Mom. The auctioneer described the piano in glowing terms. “Made right here in Dover-Foxcroft... recently tuned and ready to play...” His patter didn't find a volunteer to play something, but he started rapid bidding. When the bids reached \$100, the competition was quickly reduced to “the man in the yellow shirt” and our little girl. The pace slowed somewhat as she looked to her Mom for approval of each bid.

“A hundred forty... do I have a hundred forty-five?” There was hesitation in Mom's nod and apprehension in the little girl's eyes. Then, finally, a nod, and the little girl's hand shot up.

“A hundred forty-five.... will you go one fifty?” to the man in the yellow shirt. Those who watched mother and daughter saw a whispered conversation take place and recognized the pleading look a child can give. The man in the yellow shirt didn't go one fifty. But he did go one forty-six.

A tear rolled down the little girl's cheek as she looked to her Mom, hand ready to shoot up and agree to one forty-seven. The crowd seemed to hold its breath until Mom nodded her approval.

There was more mother and daughter whispering while the man in the yellow shirt was considering the next dollar. Somewhere between one forty-seven and one fifty, the little girl's tears began flowing copiously. The rest of us just knew what the whispering was. “We can't go more than one fifty.”

As is often the case at public events, another drama was unfolding. Mother and daughter were seated in the top row of the bleachers – no doubt at the daughter's insistence so that the auctioneer wouldn't miss their bids. Quietly, and almost unnoticed, a small knot of people had gathered beneath them.

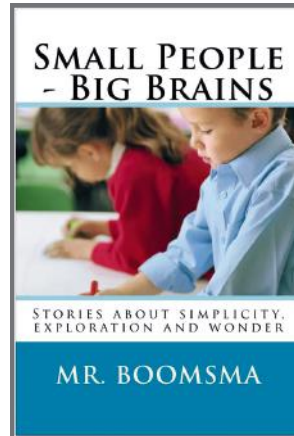


Photo courtesy of Dennis Lyford

The auctioneer was now pleading with them. “One fifty one... don't lose it for a dollar...” When mother shook her head “no,” a half dozen hands shot up beneath them, each offering a five-dollar bill. One of the auctioneer's helpers was waving a twenty-dollar bill and yelling, “Take this! Somebody give her this!”

The story could end here – the question is answered, at least in part. That's why we moved to Maine, a place where people quietly gather round and help. Maybe the story should end here. Most people will want the end to describe mother and smiling daughter driving off in the traditional Maine pickup truck, piano loaded in the back. But the truthful end of the story is yet another reason we moved to Maine.

Mother wrapped her arms around and hugged that little girl so hard that we lost sight of her. Without loosening her grip, her eyes went to each person with an outstretched hand. She mouthed more than she said, “No, thank you. Please, no,” and the warmth of her smile quickly dissipated any desire to argue. We didn't like it, but we knew she was right.

We wanted that little girl to have the piano, but her Mom wanted her to know that you have to play fair and your word must be good. In a few short years, that little girl will make a great neighbor. She'll have learned to play fair. She'll keep her word and expect others to do the same. She'll understand quiet compassion and support. And – somehow – I think she'll play a piano.



Walter Boomsma is an educator, speaker, and author of *Small People—Big Brains*. He shares stories and insights that inspire curiosity, kindness, and lifelong learning. His words not only entertain but also enlighten, serving as a testament to his commitment to both the written word and the transformative power of knowledge. Whether delving into the realms of fiction or non-fiction, Boomsma's work is a testament to the enduring impact of a storyteller who understands the delicate dance between intellect and imagination. Learn more at www.wboomsma.com.

HOW TO GET PUBLISHED

By Johanna S. Billings

If you want to be a writer, you may be wondering just how to go about getting your words into print. There actually are secrets to the process and, oddly, these are never covered in high school or college writing classes. Figuring it out on your own can be a daunting task. Getting published is not impossible, though, once you know how it's done.

The First Step

It all starts with a short pitch called a query. In the space of about five paragraphs, the query needs to grab the attention of the editor or publisher, show that readers want what you have to offer whether it's fiction or nonfiction, and show that you're the best person to write it.

Let's say, for example, you're pitching an article to a travel magazine about Guilford. In addition to explaining what the town has to offer, you need to show that Guilford is more deserving of a story than other small towns. Include what you think makes Guilford different. Likewise, if you're pitching an article about a visit to Portland, you'd need to find an angle that hasn't been covered before, at least not by the magazine you're contacting.

To explain why you're the person for the job, concentrate on your knowledge of the topic. If you've written professionally before, mention that. But your writing experience often isn't as important as your knowledge and relevant experience, especially for technical or scientific topics.

What Comes Next

If the editor or publisher likes your idea, you'll get a reply outlining the next steps. If it's a short piece, the reply will indicate how long it should be, when it's due and pay, if any. Most magazines pay for short nonfiction though they typically pay only in contributor copies for fiction and poetry, if they accept it at all. A literary magazine is your best bet for getting short fiction or poetry published.

While some editors and publishers will reply quickly to queries, the wait is often two or three months. After three months, it's fine to contact the editor or publisher and ask the status of your submission.

Pitching A Book

If you're pitching a book, getting a positive response means your work has just begun. But let me back up a bit. If you're serious about writing a book for a mainstream audience, you're going to need a literary agent. The major publishers won't respond to a writer without one.

You can submit your nonfiction book idea directly to a small publisher, however. This is a good route to take if you're writing a book for a local audience or for a very specialized audience.

Whether you query an agent or publisher, the process is the same. If the agent or publisher is interested in your fiction book idea, you will most likely be asked to submit the first 50 pages. If you're pitching a nonfiction book, including a memoir, you will be asked to submit a written proposal.

The proposal does much the same thing as the query, only in more detail. Typically 30-50 pages, the proposal will summarize the book, chapter by chapter, and make the case that the market is strong for the book you're writing. To that end, you will compare your proposed work to existing titles on the same topic to show how your book is different or better. The proposal should include a section on yourself, usually written in third person, about your writing experience and professional accomplishments, especially those related to your topic. Perhaps most importantly, you will need to cover in detail how you will help the publisher promote your book.

Nonfiction authors need something the industry calls "platform;" that is, you need to be known in your field. You don't have to be a celebrity, but the more name recognition you have, the better. Platform can be demonstrated through a variety of avenues, including magazine articles or papers published on the topic, relevant college degrees, social media presence, awards, related volunteer or professional work, collaborations and conference attendance and presentations.

The Big Payoff

Your prospective agent or publisher may ask you to revise your proposal to answer questions or to make your argument stronger. You may even have to revise it more than once.

If you're working with an agent who feels the proposal is ready for submission, you will be asked to sign a contract that says the agent represents you. It will also specify the length of the agreement and the commission rate. Fifteen percent is typical.

A publisher's contract will spell out terms such as manuscript length, due date, royalty rate and any advance, which is actually an advance against royalties. You need to earn enough royalties to cover any advance you get before you receive royalty payments.

One Last Word

Because traditional publishing has become more and more difficult, many authors are choosing to self publish.

In traditional publishing, the publisher pays you. Royalties may not be very high, but the publisher pays for the cover design and handles details such as editing, proofreading, registering the copyright and getting the book into bookstores.

If you self publish, you must pay the publisher up front and handle all the details, from cover design to distribution, or pay someone to do it. Some argue you have greater creative control and you earn more per book. You must decide if those potential benefits are worth the financial risk.



Johanna S. Billings is the author of "The Meaning of Love: A Memoir." The Greenville resident has also co-authored numerous books on local history and antique glass with her husband, Sean.

MAINES NUMBER ONE TOWN

By John McNamara

Nestled in the heart of Piscataquis County in central Maine, the town of Abbot stands as a testament to the enduring spirit of New England's rural communities. With its current population of about 650 residents spread across just over 35 square miles of forested hills and pristine waters, Abbot may be small. Still, its history reflects the broader story of Maine's development from wilderness frontier to established agricultural and logging region.

The story of Abbot begins in the late 18th century and is rooted in Maine's early educational philanthropy. In 1794, the land that would become Abbot was granted to Bowdoin College as one of several tracts awarded to support the institution's financial foundation. These land grants were common practice in early Maine, serving as a way for the state to encourage development while supporting educational institutions.

The town's name honors John Abbott, who served as treasurer of Bowdoin College during this formative period. Interestingly, the spelling of the town's name has evolved, with the final "t" in Abbott's surname eventually being dropped to create the current spelling of "Abbot." This linguistic shift represents one of many small but significant changes that have marked the community's development over two centuries.

The first permanent settler of Abbot was Abraham Moore, a man whose determination and pioneering spirit would establish the foundation for the community that followed. In 1805, Moore ventured into this remote corner of Piscataquis County and selected a site for his homestead. The following year, in 1806, he planted his first crop and constructed a log house, marking the beginning of sustained agricultural activity in the area.

Moore's commitment to establishing roots in this frontier region became complete in 1807 when he moved his family to their new log home. The settlement around Moore's homestead was initially known as Moorestown, a fitting tribute to the man who dared to be first. By 1810, this small community had grown to include 45 residents, representing the steady influx of families drawn by the promise of fertile land and abundant natural resources.

Moore's contributions to the community extended beyond his role as the first settler. Recognizing the economic potential of the Piscataquis River that flowed through the area, he established a sawmill along its banks. This sawmill represented more than just a business venture; it began Abbot's integration into Maine's expanding lumber industry, which would play a crucial role in the region's economic development throughout the 19th century.

After more than two decades of gradual growth and development, the community achieved official recognition when it was incorporated as the town of Abbot on January 31, 1827. This incorporation marked a significant milestone, transforming a loose collection of homesteads and farms into a legally recognized municipality with the authority to govern itself, levy taxes, and provide services to its residents.

The incorporation of Abbot occurred during a period of rapid expansion across Maine. In the early 19th century, numerous communities throughout the state transitioned from unorganized territories to incorporated towns, reflecting both population growth and the increasing complexity of local governance needs. For Abbot, incorporation provided the legal framework necessary to support continued development and attract new residents.

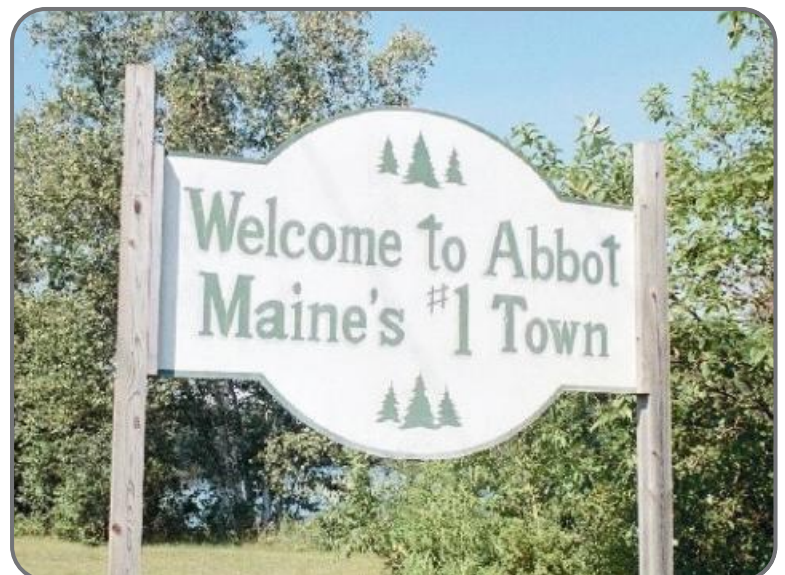
Like many Maine communities of the 19th century, Abbot's economy became increasingly tied to the lumber industry. The vast forests of Piscataquis County provided an abundant supply of timber, while the Piscataquis River offered transportation to downstream markets. Moore's early sawmill evolved into part of a broader network of lumber operations that connected Abbot to the regional economy.

The lumber industry brought prosperity and seasonal rhythms to Abbot. During winter, loggers worked in the surrounding forests, cutting trees and preparing them for transport. Spring brought dramatic river drives, when logs were floated downstream toward major lumber centers like Bangor, which served as the region's preeminent lumber town from the 1830s through about 1880.

This connection to the lumber industry meant that Abbot's fortunes were closely tied to broader economic cycles and market demands for timber. The town's residents developed skills and knowledge related to forestry, sawmilling, and lumber transport, creating a local culture that understood and depended upon the rhythms of the forest economy.

The Civil War marked a significant chapter in Abbot's history, as it did for communities throughout Maine. The town contributed its share of young men to the Union cause, and like many small

(ABBOT, continued on page 16)



NOURISHING PISCATAQUIS: HOW PRFC IS BUILDING A STRONGER FOOD SYSTEM IN MAINE'S MOST RURAL COUNTY

By Kelly Sirimoglu

In Piscataquis County, the landscape is breathtaking, with rolling hills, winding rivers, deep woods, and small towns where neighbors still know each other by name. But behind the postcard views lies a stark reality: this is the most rural county in Maine and carries some of the state's highest poverty and food insecurity rates. One in four children here doesn't know where their next meal will come from. For too many families, nutritious food is simply out of reach.

The Piscataquis Regional Food Center (PRFC) was founded with a simple but powerful belief: everyone deserves reliable access to fresh, healthy, and nourishing food, no matter their circumstances. From its base in Dover-Foxcroft, PRFC has grown into a lifeline for the region, feeding neighbors in need and building a stronger, more resilient local food system.

Meeting a Rural Challenge

Food insecurity looks different in rural Maine. Distances are long, transportation is limited, and there are fewer grocery stores, food pantries, and social service agencies compared to more populated areas. "The challenges of geography are as real as the challenges of poverty," says Kelly Sirimoglu, PRFC's Executive Director. "When you live 20 or 30 miles from the nearest store or food pantry, lack of transportation means lack of nutritious food."

PRFC has created a hub-and-spoke model that combines direct food access with strong partnerships to meet those challenges. At its Dover-Foxcroft center, families shop for free groceries in a dignified, choice-based setting. Trucks fan out across the county to deliver food to partner agencies and homebound residents. And through its role in Good Shepherd Food Bank's Mainers Feeding Mainers program, PRFC ensures that produce from local farms is distributed locally, so families benefit from fresh, nutritious foods while farms gain reliable support.

A First Visit

A new family arrived at the Food Center for their first shopping appointment not long ago. The mother pushed her cart slowly through the aisles, carefully considering each item. Her two young daughters darted excitedly among the displays of fresh produce, calling out the names of vegetables they recognized and asking questions about the ones they didn't. Then, as they turned the corner, the youngest girl froze, her eyes wide. On the shelf was a brightly colored box of her favorite name-brand cereal, which would be outside the family's regular shopping budget. The little girl let out a shriek of delight, clapping her hands.

A community member donated the cereal as part of a local food drive. The cereal was more than just breakfast. It was a taste of normalcy, something familiar in a time of uncertainty. The mother didn't hesitate; she simply placed the box in her cart. That small moment of joy carried with it a reminder: food is about more than nutrition. It's about dignity, comfort, and connection.

Surveys conducted with Food Center shoppers provide a deeper look into PRFC's role in daily life. In addition to asking about their experience, the surveys gather input on the types of foods families want to see on the shelves and any dietary needs, such as diabetic, keto, or plant-based eating. One question, however, stands out for its starkness: "What percent of your monthly food needs are met by the Food Center?"

The answer is sobering. Nearly half of respondents report that PRFC is their sole or primary food source, covering 75% or more of their monthly needs. The numbers reveal how essential the Food Center has become, not as a supplement, but as a lifeline.

Innovative Programs for Changing Needs

Stories like this illustrate why PRFC continually adapts to the community's needs. Over the years, the organization has developed a variety of programs designed to fill critical gaps: Healthy Additions brings in foods beyond pantry staples, adding whole grains, nuts, and seeds to the Center's shelves, so families have the building blocks for balanced meals. PRFC is also working to pair nutrition education with food access, hoping to partner with local organizations and dietitians to offer specialized "Shop with a dietitian" programs later this year.

Afterschool Specials provide kid-friendly, easy-to-prepare foods to help families bridge the gap when children aren't receiving school meals.

PRFC's new community kitchen is nearing completion, with a grand opening expected in early 2026. The kitchen will reduce food waste and better use fresh produce from local farms, allowing staff and volunteers to process, preserve, and prepare foods for distribution—stretching the life of seasonal harvests and increasing healthy options year-round.

(PRFC continued on page 18)





NEWPORT CULTURAL CENTER

SYLVIA MIHOLOVICH

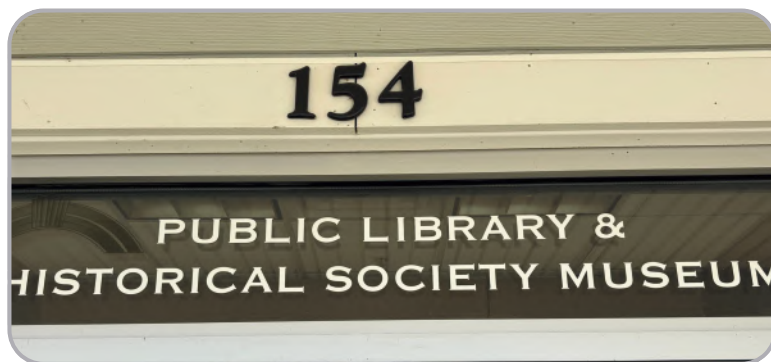
Newport's history and heritage are being documented and housed at the Newport Cultural Center. In 2009, the Newport Public Library and Newport Historical Society merged to create the Newport Cultural Center. The Center maintains and promotes the museum and the library. The museum consists of a large exhibit room, entrance display area, glass display cases on top of the library bookshelves, and a display cabinet in the Reading Room. The exhibits are changed at various times during the year, and the cabinet is dedicated to the North Newport Christian Church. The Center also has a Genealogy Room, Artifact Room, and Vault for research and storage of items not on display. The museum is free to the public and open during the regular operating hours of the library. For more information, visit the website: newportculturalcenter.com.

The history of Newport dates back to 1792 when the earliest settlers arrived, but it was not officially incorporated as a town until 1814. Newport surrounds the 6,000-acre Lake Sebasticook; earlier known as Great East Pond. Indians of the Algonquin Nation used the Sebasticook River as a crossing point between the Penobscot and Kennebec Rivers, and they used the shores of Lake Sebasticook for hunting and fishing. The fish weir used by the Indians is one of (or the) oldest carbon-dated archaeological sites in North America. The fish weir is not accessible to the public, but information about the weir and items found are documented at the Newport Cultural Center.

Newport's earliest businesses included a tannery, a grist and sawmill, a carding mill, blacksmiths, and farms. Newport became popular as a "summer" vacation spot with many camps and campgrounds built around the lake, known for good fishing, and at a peak, over 30 steam ships operated on the lake as people arrived in town at the train and stage depots. The Grand Army of the Republic (GAR) established Camp Benson as a Civil War Encampment with a common ground, dance hall, beach, and store.

In the mid-1960s, with the expansion of I-95, Newport became known as the "Crossroads" for travelers to stop for fuel and food. Many travelers passed through Newport en route to the Moosehead Lake region or the county. Throughout the years, businesses/industries have included milk processing, wood processing, banking, and farming. Many fraternal organizations, social clubs, Grange halls, the Armory, and American Legion Post 105 have all been an important part of Newport.

Today, Newport is still known as a summer vacation spot with many summer residents enjoying camps or the many campgrounds around the lake. Newport hosts a Riverwalk Festival on the 1st Saturday of August and is known as the "hometown" of Cooper and Ace Flagg! Please stop by the Newport Cultural Center to take a "walk back in time." You can find the Newport Cultural Center at 154 Main St, Newport, 04953, and we can be reached at 207-368-5074.





THE GALLERY

ARTIST STORIES, ARTWORK AND INTERVIEWS

Each month we will highlight a Maine artist or art gallery. If you are a Maine artist or art gallery, or know of one who would like to be showcased here, reach out to us at genthnerhouse@gmail.com

CAPTURING THE MOMENT WITH MAINE PHOTOGRAPHER, PAULA LAVERTY

By John McNamara

The fog had lifted, and the sun was bright as I sat down with Paula Laverty in our library to talk about her latest group show, APEX, at the Gascoine Gallery in Monson. It was like sitting down with an old friend and playing catch-up. Talking with Paula was natural, relaxing, and peaceful—like her photographs.

A native Mainer, Paula lives in southern Maine, but enjoys retreating to a camp that she and her sister inherited from their grandfather. A quaint, two-room cabin on the shores of First Roach Pond with unparalleled views of Big Spencer, Shaw, and Whitecap Mountains. Just the way she described it to me sounded magical. She says, “No electricity, no indoor plumbing, but it has a spiffy outhouse! There is no heat or running water either. It is just the place to get my creative energy flowing.”

It works. Paula’s energy is infectious. As I sat listening to her talk about photography, I could hear her passion for the art. She always takes pictures, even using her phone to avoid missing anything. She jokes that she has so many images on her phone that she does not know what to do with them all. Each is beautiful. Each is worth keeping, which is good because Paula has plenty of images to share when a gallery calls for a specific theme, like when Jemma Gascoine reached out to invite Paula to APEX—the theme is mountains.

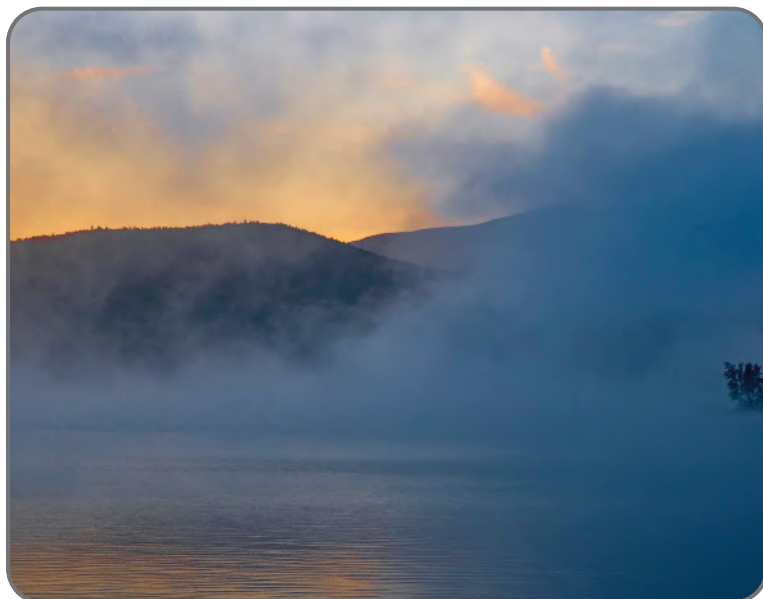
For many photography artists, the days of processing film in the dark room have disappeared. Instead, everything is digital with a bit of editing, if necessary. Paula focuses on taking the picture—capturing that moment—and then lets a print expert produce the images for her while she looks on to be sure her vision comes to life correctly.

Photography is her passion, but Paula spent a few decades in the Big Apple producing television commercials before returning to her roots in Maine. It is not a far cry from photography—she has always had a passion for visual art, which is apparent in her photographs. Unlike some artists who might be in the business to make money (which can be a lot of work for little return), Paula shoots because she loves photography. She loves capturing the things that many might miss.

“My photography strives to capture moments, moments that might go unnoticed.”

Paula enjoys collaboration and works with a group of women photographers who work on large projects together. She received a mentorship in Martha’s Vineyard, and all the women artists in her group went through the same program, but at different times. Their love of photography and the mentorship created a strong bond that carries them forward.

(PAULA LAVERTY, continued on page 14)





THE WRITER'S CORNER

INTERVIEWS WITH MAINE AUTHORS

Each month we will highlight a Maine author. If you are a Maine author, or know of one who would like to be showcased here, reach out to us at genthnerhouse@gmail.com

IT'S NEVER TOO LATE TO START WRITING

An Interview with John Paul

When did you know you wanted to write? – I stumbled upon my love for writing back in college. I switched from a business major to an English major with a focus on creative writing. Of course, that didn't exactly pay the bills, so I ended up in the corporate world. While in college, I started jotting down a bunch of stories—basically, the beginnings of books. I had a dozen or more ideas for books, and over the years, I'd revisit those files and work on them, but I never really focused on the writing itself. I treated it like a hobby—something to keep me occupied during my otherwise super busy life. It wasn't until my 50s that I realized if I ever wanted to take my writing seriously, I needed to commit to it like I did with other parts of my life. So, I decided to write a certain number of words each week, and within three months, I finished my first book. The words just flowed out of my fingers. I had these ideas—these characters in my head for so long—that they just jumped onto the page, and the dialogue and plot rolled into place. When I handed the finished work to a few people, including my wife, and they all gave positive feedback and wanted more, I knew I was a good story teller and I needed to stay focused and finally follow my passion.

What was your first published work? – *The Garden of Death* was my first self-published book! The idea for it started almost 30 years ago when I was living in London. I was strolling through Brompton Cemetery and stumbled upon something I never thought I'd see there. I won't go into the details because they're crucial to the story, but that moment sparked a tale that grew into a series of books. At its heart, *The Garden of Death* is a story about love, friendship, and death. Nicholas and Oliver, the main characters, engage in a long game of cat and mouse as they uncover each other's pasts on their journey to shape their futures. There's quite a bit more sex and blood than some readers might be comfortable with, but hey, it's a story about a gay serial killer, after all!

Do you ever get writer's block, and if so, how do you overcome it? – When writer's block hits me, which is something I've only recently experienced, I usually take a break from the story and do something for myself. Sometimes, that means going for a walk or watching a movie I've seen before just to give my brain a little rest. My writer's block usually comes from having so much going on at once that I can't quite get everything out clearly enough. My favorite way to clear my head is to enjoy a nice glass of bourbon by the fire pit and watch the stars on a clear, Maine night. Luckily though, I don't remain blocked for very long. I can quickly get myself back on track and bring more life to my characters and the plot.

Do you use a pseudonym? – I do. Instead of my first and last name I use my first and middle name. I do this just to keep my writing passion and my corporate world a little separated, but

anyone who knows me knows that I write and knows my pen name.

What advice would you want to give your younger writing self? – “Hey, let's try to get our writing on the priority list!” I used to procrastinate a lot and not really focus on writing. Once I finally got the idea out of my head and onto paper, I'd just go off on a tangent, or dive into work, or spend time with family. I didn't give my writing the attention it deserved when I was younger. If I had, I think I'd be an even better writer today and maybe even have more books published—maybe even some professionally published, not just self-published.

Do you ever base your characters on real people? – Every day! My characters and places are like a fun mix of real life and make-believe. I usually sprinkle in real spots from my own adventures—places I've been and can picture vividly when I'm telling the story. As for the characters, well, they're usually a blend of traits from a few different people I've met, with a sprinkle of fiction. I find that when my characters have qualities that I know, have met, or even just seen but never spoken to, they come alive in my mind, and I want to write about them even more. I mix things because I don't want any one person reading my book to think I've written about them in a negative or positive way. But if readers see a quality in the characters that they can relate to, they tend to connect with them more—find a real connection! But that is the same with TV and movie characters, too. They are so well created that you can often relate with them, or part of them and that pulls you in to watch more. I do the same thing with my characters, and it is fun when a friend asks me if a certain character is based on them after they finish the book.

How did you deal with rejection letters? – This business can be super competitive! In the corporate world, it feels like who you know really makes a difference. I've had so many opportunities because I knew someone who knew someone, you know? I think the book business is kind of the same way. I've gotten a ton of rejection letters, and it feels like submitting a book to an agent is like playing the lottery—unless you know someone you get nothing. I've been trying to boost my social media presence—something I'm not really good at—in hopes of making the connections I need to move from self-publishing to getting an agent and a big publishing deal. But, how do I handle all those rejection letters? Well, I just catalog them and keep going. I know that my writing style isn't for everyone, so I'm expecting rejection letters. I don't take them personally. I think about all the unsolicited emails I get in the corporate world every day for every kind of service, product, etc., and how I usually ignore or reject them until I don't. Every now and then, I find an email interesting and reach out, and it's worth it! I feel like that's how my letters to agents are. Eventually, I'll find an agent who believes in my work enough to represent me, or I'll make the right connection to meet that right agent to get a great book deal.

(WRITER, continued on page 15)

In 2019, they worked on a series called Visual Conversations, which was like the game “Telephone” but with images rather than words. Paula's description was fascinating. If you think briefly, we are so used to using words for everything, yet the Telephone game often proves we do not listen. For Paula and her six partners, it was an exploration of the human eye—what each saw and carried forward.

“So you would send me a photograph of this glass,” Paula said. “So I would say, it's glass, ice in it, and it, you know, it's a golden color. So I would take a photograph of something that might have been golden, or it might be glass, or it might be ice. And I would send it to this person. This person doesn't know what you sent me. So we did this whole visual conversation, which was really successful. People didn't buy it, but it went to several galleries.”

The group had so much fun with Visual Conversations that they are now working on a new series called The Words We See. They have compiled 20 words and then created visual images of them. They plan to showcase this series in Rhode Island, where they will have the pictures and the words, but not together, making it interactive for the audience to guess which image matches which word.

With as much fun as she is having with the group, Paula is excited to be going on an excursion to Antarctica—a dream to photograph the terrain, the sky and the wildlife, but one part of the trip she is really looking forward to is mingling with the National Geographic photographers who will be on the excursion with her—something that might be a fantastic mentorship; being on the tip of the globe, capturing stunning images with great travel photographers.

Paula has a few other nature trips planned, and she will undoubtedly return to Maine with an extensive collection of stunning photography. We can only hope she will get the opportunity to share some of it in other galleries. You can see some of Paula's work on her website, www.paulalaverty.com, and her current exhibit at The Gascoine Gallery in Monson. To connect with the gallery, go to www.jemmagascoine.com.



by coming in the door to a room full of mostly holiday decor. That room leads you to the main room, with several aisles of merchandise and more dealers set up on what looks like it was once a stage. A room full of crafts, including old buttons at reasonable prices, is found in a room just behind the stage. A couple of more rooms comprise a small, adjacent thrift shop featuring kitchenware, clothing, and other gently used household items. Whatever your preferences, it's fun to explore, especially the first time, when the store seems to keep going in every direction.

They're open Thursday through Saturday from May through November and close in the winter.

Route 7 Pickers — What started as a shop at 44 Dexter Road in Corinna has recently morphed into something much bigger. About one or two years ago, the owners were set to retire. Then, they decided to come back, not just as a shop, but also as an estate company; one of the owners had recently earned his auctioneer's license.

The owners conduct clean-outs and estate sales, in addition to selling from their location in Corinna. They do live broadcasts to keep everyone up to date on their adventures.

The store sells a wide range of items, including antlers and mounts, leather goods, figurines, signs, and baskets. There's even some furniture. The store hours are 10-4 Thursday through Monday (closed Tuesday and Wednesday), but they're actively seeking new clients looking to downsize or clear out spaces, and that work isn't limited to specific hours.

Traditions Antiques and Collectibles — Another shop in Corinna is Traditions, located at 4 Stetson Road. You'll find reasonably priced furniture in the barn behind the main building. It's a great place to go if you need a shelf or another functional piece for your camp or residence.

The main building features several dealers who sell a wide range of items, from housewares to glassware, as well as vintage sewing and craft supplies. You'll also find dolls, bottles, baskets, dishware, and other useful and decorative things. Vendors have recently changed, and booths that were cluttered are now clean and bright.

The most recently posted hours are 10-5 Monday, Wednesday, and Thursday; 9-6 Saturday, and noon-4 Sunday. The store is closed on Tuesdays and Wednesdays.

The Country Place — Located at 157 Free St. in Dexter, the Country Place is open every day from noon to 5 p.m. (This gives the owner time for personal appointments and, of course, yard sales!) The stock changes frequently and features a variety of practical and creative items, including drawers that can be used to create your own shelves or displays.

There's a garage full of closeouts to be had on the cheap. Inside are three rooms full of merchandise. One room features kitchenware. Another centers on primitives, and the third, largest room has a little bit of everything, including jewelry boxes, buttons, books, decorative items, and figurines. Prices are low. Most jewelry items are only \$1, for example.

Of course, there are numerous additional shops, many of which are bigger, outside our local area. However, you really don't have to go far to find good stuff and get the deals overlooked by those who focus on the bigger shops elsewhere. The Maine Highlands is a wealth of treasure for those who take the time to seek out these wonderful shops and take in the beauty of the past.

(WRITER, continued from Page 13)

Where do you like to write? – Whether I’m lounging in the library of our century-old, historic home, surrounded by books as old as the house itself, or soaking up the breeze on the screened porch while watching the sunset, I always find a corner of the house that’s just right for writing. In the colder months, I might curl up by the fire pit or sit at my desk, gazing out over the yard. And sometimes, I even find myself in the waiting room of my doctor, typing away on my phone. I’m always eager to get the story out as soon as it pops into my head, so it’s not unusual for me to start dictating or typing on my phone and then fill in the details more fully in one of these lovely spots. Some people can sleep anywhere—well I am one who can write anywhere.

How did you choose the topic for this book? – All my novels came from just one afternoon! Back in my 20s, I was living in London, and I spent tons of time wandering around the city and its cemeteries. Brompton Cemetery, which was close to my flat, was a great shortcut to get around town, so I walked through it a lot. Growing up in America, I was used to those big, flat, and kind of boring cemeteries, but the ones in London were like old, majestic playgrounds. I started studying tombstones, and the more time I spent there, the more I realized how much of a cruising spot these cemeteries were for young people—gay and straight. I saw so many people meet up or hook up in that cemetery. I was shocked, but I found myself becoming a bit of a voyeur, wanting to know why someone would choose a cemetery, of all places, as a sexual playground. On one of my walks, I saw the most blatant sexual act I’d ever seen in public, and in that moment, I knew I wanted to write a story about it—that moment and the activities of the cemetery. It took a few months of “research” and trying to create the characters, and before I knew it, I had a story going. I wrote more than 50% of the book before putting it on the back burner to focus on my career. Twenty-five years later, I dusted it off and finished the novel.

What are you working on now, and what’s coming out next?
Tell us about it! – I’m diving into a prequel right now! When I first started writing *The Garden of Death*, I thought it would be a single novel. But as I got lost in the characters and the story, I ended up with a cliffhanger. My readers were all buzzing with questions about what happened next and why I ended it the way that I did. Turns out, as I got deeper into *The Garden of Death*, I felt Nicholas and Oliver’s story needed to continue, so I wrote two follow-up novels. The third novel has an even bigger cliffhanger, leaving it open for a continuation, but I’ve put it on hold for now. Instead, I’m working on a prequel that focuses on Adam (a character from the first book) who’s actually Nicholas’ father. I didn’t give Adam enough space in *The Garden of Death*, and I felt he deserved his own story, so the prequel is all about his life and the struggles he faces as a serial killer. This latest work, called *Broken*, will seamlessly flow into *The Garden of Death* because some of the characters from *The Garden of Death* make appearances in *Broken*. This latest work is darker and more violent than the first three, letting the reader experience/hear firsthand from a serial killer and what makes him tick. I’m super happy with how it’s coming along. It will be published this year!



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(ABBOT continued from page 9)

Maine communities, it erected a Civil War memorial to honor those who served. This memorial, along with the Knights of Pythias Hall, which now serves as a historical museum and home to the Abbot Historical Society, is a reminder of the community's participation in this pivotal moment in American history.

The post-Civil War period brought significant demographic changes to Abbot, reflecting broader patterns across rural Maine. As the American West opened to settlement, many young people from established eastern communities were drawn by the promise of cheaper land and new opportunities. This westward migration resulted in population decline for many Maine towns, including Abbot, which experienced a general downward trend in population during the late 19th and early 20th centuries.

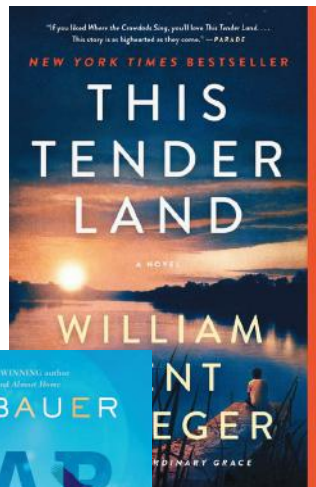
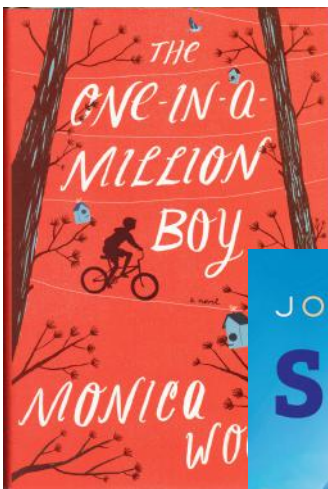
Despite population loss and economic change challenges, Abbot demonstrated remarkable resilience. The community maintained its identity and continued to provide essential services to its residents. The 1960s brought a renewal period, with the 1970 U.S. Census recording a population rebound that reflected changing demographics and a new appreciation for rural living.

Today, Abbot continues to embody the characteristics that have defined it throughout its history: a strong sense of community, close connection to the natural environment, and pride in its historical heritage. The town's Civil War Memorial and historical museum serve as gathering places where residents and visitors can connect with the community's rich past.



THE GUILFORD MEMORIAL LIBRARY

BOOK REVIEWS AND INFORMATION PROVIDED BY GAIL BURDIN

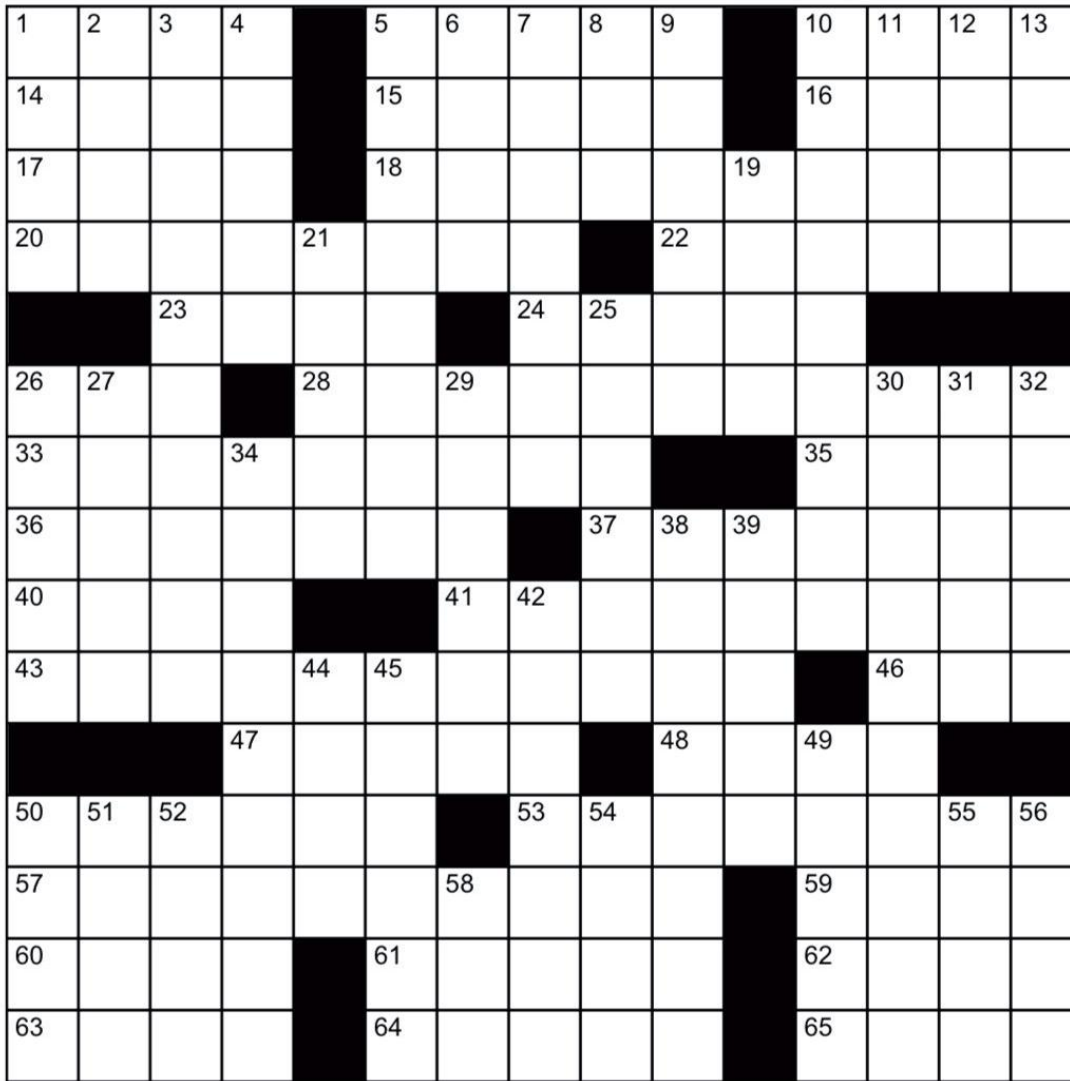


The One in a Million Boy by Maine author, Monica Wood, is a story of a 104-year-old lady with Lithuanian roots who is befriended by a nine-year-old boy and his parents. By the second chapter, I knew I didn't want this story to end; I wanted to know these people. Beautifully written, this book will capture your interest. Four people who loved this boy come together to finish a plan the boy started. Additional great books by Monica include *When We Were the Kennedys* and *How to Read a Book*.

Author William Kent Krueger is another author that I recommend. In his book, *This Tender Land*, he tells the story of two brothers who are orphans and end up at a school for American Indians. These places did not have the best reputation, and this story is an account of the boys who manage to survive the experience. With grit and resilience, they escape eventually, but not without difficult circumstances following them as they make their way. This book is well written, and I look forward to reading more of Krueger's work.

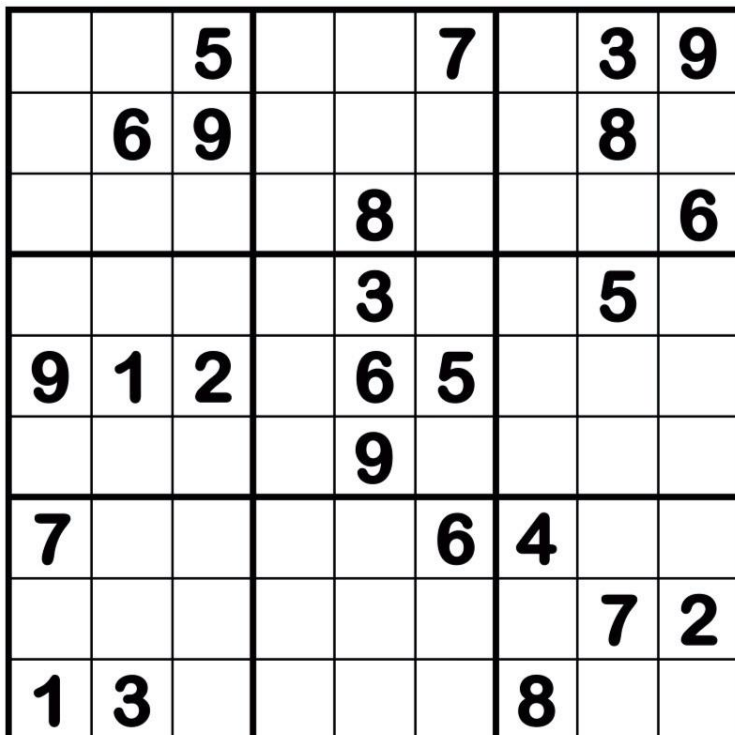
If you have a Guilford Memorial Library card, you are able to sign up for Cloud Library. One of the audiobooks offered in Cloud Library is *Soar* by Joan Bauer. It is a great listen for kids, family car trips, and basically everyone! Told from the perspective of a special boy, it's a heartwarming look at kids' baseball.

We have free poster-sized calendars for readers; pick one up the next time you come in. Watch for our family archive event featuring Rhonda Chadwick on October 8th at 3:30. Call us if you'd like more information.



ACROSS

- 1 Baseball's Slammin' Sammy
- 5 NBC's "Meet the ___"
- 10 Babe in the woods
- 14 Bearded Flower
- 15 Flaxlike Fiber
- 16 Direction at sea
- 17 Yoga Chaps
- 18 Like some imaginations
- 20 Shrub with olivelike fruit
- 22 Gold Rush mill owner
- 23 Computer data unit
- 24 Bedtime request
- 26 Give it a whirl
- 28 Some IRS workers
- 33 Consequential
- 35 American relief org.
- 36 Chilly attitude
- 37 Circled the sun
- 40 Goalie's gear
- 41 Preparing a needle
- 43 Cardiologists, et al.
- 46 Poetic tribute
- 47 "Green ___"
- 48 Long time, to a Brit
- 50 Man of many words
- 53 Reservoir's outlet
- 57 Lab worker
- 59 Break bread
- 60 Archipelago part
- 61 Gill or Vaughn
- 62 Bart's teacher
- 63 Poker game
- 64 Gardener's tool
- 65 Within earshot



DOWN

- 1 Fodder building
- 2 Kind of hygiene
- 3 Adjacent
- 4 Test, as ore
- 5 Keeps safe
- 6 Rant and ___
- 7 "Nature" essayist
- 8 Title for Galahad
- 9 Ticket type
- 10 Omega-3, e.g.
- 11 Stepped down
- 12 "___ Only Just Begun"
- 13 At no time, in verse
- 19 Rudely tense
- 21 No longer fresh
- 25 After-class aides
- 26 Loses one's footing
- 27 Go over
- 29 Royal home
- 30 Company that's "on your side"
- 31 What's hot
- 32 Wetlands plant
- 34 Without injury
- 38 Lawyer's fee
- 39 Swiss city on the Rhine
- 42 Sounding like a mad cat
- 44 Screen symbol
- 45 Get there
- 49 Like days gone by
- 51 Take it easy
- 52 Rights org.
- 54 Walk to and fro
- 55 "Up in the Air" actress Kendrick
- 56 Calendar span
- 58 El ___ (Spanish hero)

(PRFC continued from page 10)

A Community that Cares

PRFC's work is powered by volunteers, partners, and neighbors who believe that hunger is a solvable problem. Local businesses adopt shelves and stock them with essential items. Service groups run food drives. Farms donate produce. Volunteers make appointment calls, pack deliveries, and staff distributions.

Community events also play a role. Last summer, the first-ever "Give a Duck About Piscataquis" Duck Race turned the Piscataquis River into a sea of rubber ducks, raising awareness and support for PRFC and 13 other local non-profits. The race was so successful that plans are underway to bring it back in 2026.

"I am here because it makes me feel good to help others," says Food Center volunteer, Roxy Easler. "To see how happy our shoppers are when they can choose the items they want and how grateful they are, I know we make a difference."

Looking Ahead

PRFC envisions a Piscataquis County where hunger no longer defines the lives of children, families, and older adults. The local food system strengthens farmers and families in a future where fresh food is a right, not a privilege.

That vision is ambitious, but it is within reach with community support and continued partnerships. As PRFC expands its storage space, opens its community kitchen, and builds on programs like Healthy Additions and Afterschool Specials, the organization remains committed to a future where every individual is empowered to live a healthy and dignified life.

"We can't do this alone," says Sirimoglu. "But together, with our neighbors, farms, volunteers, and partners, we can ensure no one in Piscataquis goes hungry."

If you want to donate and help reduce food insecurity, please visit www.prfoodcenter.org



PUMPKIN BREAKFAST COOKIES

RECIPES FROM OUR KITCHEN

As Autumn takes over the skies and the cool breeze picks up there is nothing better than the taste of pumpkin or the smell of cinnamon. And when you can put those two together for a fun, healthy breakfast (or anytime) snack, you just gotta do it. That is why we love these pumpkin breakfast cookies. They are packed with yummy flavors that, with one bite, tastes just like Autumn.



INGREDIENTS

- 1 Cup of Pumpkin Puree
- 1 Cup of Mashed Banana (usually two bananas)
- ½ Cup of pure Maple Syrup (we only use local)
- ½ Cup of Peanut Butter (creamy or crunchy)
- 2 Teaspoons of Vanilla Extract
- 2 Cups of Old-Fashioned Rolled Oats
- 5 Packets of Instant Oatmeal (we use Maple-Brown Sugar flavor)
- 4 Teaspoons of Cinnamon
- 4 Teaspoons of All-Spice
- ½ Cup of Mini Chocolate Chips

INSTRUCTIONS

- Preheat the oven to 350 degrees
- Mash the bananas into a large bowl
- Combine the Pumpkin, Banana, Maple Syrup, Vanilla and Peanut Butter and mix thoroughly
- Stir in the Oats, Cinnamon, All-Spice and Chocolate Chips
- Mix all together until your batter is the consistency of Oatmeal Cookie Dough.
- Hand roll balls to the size of a medium meatball and place on a cookie tray lined with parchment paper.
- Flatten each ball so the circular cookie is about 2 inches in diameter
- Bake for 15 minutes or until golden brown
- Let cool for 15 minutes on the cookie sheet before transferring them to a cooling rack to cool for another 30 minutes.
- Drizzle the cookies with a maple sugar glaze



LOCAL EVENTS

THINGS TO DO IN THE MAINE HIGHLANDS

MAINE MAPLE FALLFEST

October 11-12, 2025

The Maple leaves are turning brilliant oranges, golds and reds and Maine maple producers all over the state have prepared a delicious display of maple products for our 6th annual Maine Maple Fall Fest. Learn more at www.mainemapleproducers.com

5TH ANNUAL CYCL-A-THON

October 18, 2025

Walk, Bike or Run at this fun, annual event that fills the streets of Guilford. Register by September 20, 2025 to get a FREE t-shirt. \$20 registration fee for everyone over 14. Kids under 14 are FREE. Join us on the exciting 2-mile loop and win prizes. The event kicks off at 9:30AM and runs until 1PM. Learn more at www.comfitme.com

MAINE HAREST FESTIVAL

November 22 & 23, 2025

Join festival friends from Greater Bangor, the great state of Maine, northern New England and Canada to experience and enjoy the fall harvest of over 80 Maine farmers, festival food producers and their extraordinary creations as they “Celebrate Farm Fresh!” at this year’s 12th annual Maine Harvest Festival. Sample the best of the best from our Maine vintners, brewers and distillers. Begin your holiday shopping with festival fiber artisans and their masterpieces and enthusiastic Maine chefs and home cooks as they showcase and share their story, demonstrate, sample and sell what makes Maine, Maine. Learn more at www.maineharvestfestival.com

CHRISTMAS IN GUILFORD

November & December, 2025

This inaugural event will feature Christmas display windows at Davis Brothers Furniture, a Christmas tree lighting and three weekends of a Christmas Market packed with local vendors. Be sure to come out and enjoy the festivities, hot chocolate and some Christmas shopping. The dates are November 28 - 30, December 6 & 7, and December 13 & 14. The Christmas tree lighting will be at 6P on November 28. Learn more at www.upstreampiscataquis.com

RADAR RUN

February & March, 2026

Get ready for a full day of radar run fun, including a beer tent, vendors & food trucks. We will also have apparel for sale to support the Central Maine Racing Foundation. A percentage of proceeds from our events go to the Piscataquis Valley Snowmobile Club & to a scholarship in place to help a high school graduate attend a trade school. Learn more at www.centralmaineracingfoundation.com



**UPSTREAM
PISCATAQUIS**

Growing, Together

www.upstreampiscataquis.org



HAPPENINGS

AT THE GUILFORD BED & BREAKFAST

THE HUMMINGBIRD ROOM

4p - 7p (Mon-Fri)

Join us every weekday afternoon from 4 PM to 7 PM in The Hummingbird Room and enjoy a variety of wines, beers, spirits, and light bites. Relax in our “English Pub” or on our screened porch (weather permitting), cozy up in our library by the fire, or enjoying a roaring fire pit (weather permitting). Reservations aren’t necessary, but a phone call in advance is appreciated.

BUNCO NIGHT

2nd Thursday (6P - 8P)

Join a growing group for a fun-filled evening of BUNCO every second Thursday of the month from 5 P.M. to 7 P.M. This action-packed game involves player rotation and mingling, making it an ideal opportunity to catch up with old friends and meet new ones. Light bites and alcohol will be served throughout the night. Come and experience a night of entertainment and camaraderie!

PISCATAQUIS WRITER’S GROUP

1st & 3rd Tuesday (1P - 3P)

Join the Piscataquis Writer’s Group on the first and third Tuesday of every month from 1 P.M. to 3 P.M. to share your poetry or prose. Engage in conversations with other published authors and aspiring writers who are eager to share their stories and receive constructive criticism of their works. The group welcomes writers of all levels for a fun afternoon of conversation and learning.

LIST YOUR EVENT

If you have an upcoming event, submit it to us to get it listed on this page for free.

We want everyone to know about the great, local events going on in our area.

Submit details to us at:
events@guilfordbnb.com

Sudoku Answers - September Edition

1	7	9	2	3	6	8	5	4
2	5	3	9	4	8	1	7	6
6	4	8	1	7	5	3	9	2
3	9	2	8	6	1	5	4	7
4	6	5	3	9	7	2	8	1
8	1	7	4	5	2	6	3	9
5	3	6	7	1	9	4	2	8
9	2	1	5	8	4	7	6	3
7	8	4	6	2	3	9	1	5

Crossword Answers - September Edition

MARC	MANE	ATTAR
OLIO	OLIN	NORSE
TABLES	SALT	AGAPE
ENSURES	OCTAVES	
MAY	LMAO	ENE
PRINT	GOBBLER	
RADIO	ING	LESSOR
OMEN	SUITE	SAGO
WINCES	COSTELLO	
THRUWAY	ONSET	
PHI	MEAL	RAT
LEFTIST	BESIDES	
ANION	SOLITAIRE	
IRENE	OWEN	LAIN
TIDES	NEWS	SLED



Uncle Rich and Lisa:
Happy Fall Foliage Extravaganza!
Welcome to Guilford!

Remember, it is always fun, until
someone ends up in a cone...

Donald Champlin, DVM
Parkman Veterinary Services



Christmas in GUILFORD

GUILFORD, MAINE

Visit Guilford for a Christmas
Window reveal at Davis Bros.
Furniture, a Christmas Market, and
a Christmas Tree Lighting on
November, 28 then enjoy a
Christmas Market Nov 28-30, Dec
6-7 and Dec 13-14.

Learn more at:
www.upstreampiscataquis.org

Produced By  **UPSTREAM
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Winter Wonderland Retreat

Book your winter weekend today
and get ready to be pampered!

www.guilfordbnb.com