

# Here we go again. . .

My Blog got squashed! Somehow, I managed to lock myself out of *From My Neck of the Woods* and had to install a new version starting from scratch. I've done this several times, so, here we go again.

This time I'll simplify the topics:

[Nature](#) – articles on all things in Nature that captivate my attention and, I hope, yours.

[Outdoor Activities](#) – some of the activities that I enjoy alone, with my dog, with my friends, and with my clients (aka “Sports” in the Maine Guide’s vernacular)

[Health and Diet](#) – some observations on both these topics and favorite recipes

[Maine Guide Service Trips and Education](#) – A description of the certifications I hold as a Master Maine Guide. Prices are listed.

I hope you will enjoy the posts and visit often.

RJ Mere, January 21, 2015