



# Rockland Buzz

## Continuing Education

Issue 167, June 5, 2020, Rockland, Maine



The Old School Fellowship Education

### Metro Show

This week Gordon Page  
Next Week Doug Curtis



This week Gordon Page, Republican candidate for Maine State Senator for Knox County, joined us on WRFR's Metro Show.

Next week Steve Carroll will interview investment advisor and board member of RSU13, Doug Curtis. Doug is in the center of the photo above, during an interview some time ago on Maine Coast Television, which will simulcast next Wednesday's radio conversation.

Please join us for that conversation, Wednesday, June 10, from 5 to 6 pm on 93.3 fm in Rockland, 99.3 fm in Camden, and online at WRFR.org. Listen, and call in to 593-0013 to join the conversation.

### Oceanside Graduation Live on WRFR

This Tuesday, June 9, at 3 pm, the Oceanside High School class of 2020 will graduate in a special ceremony at the Airport in Owls Head.

WRFR will broadcast the the graduation ceremony from the tarmac. The students and their families will be parked in their cars and will listen to the speeches on their car radios - tuned to 93.3 fm. Of course our whole community can listen as well. Please do.

Our congratulations to the graduating seniors and their families.



Spruce Head photos by Ron Tesler

### Down Maine Street with Phil Groce Words and Images

The place of business is in the same building as the Park Street Grille and just to the east, up a few steps and into a mass of framing samples, work spaces, paintings and drawings on the walls, tools, on-going work on tables, including a small cluttered office. Added to that, a grand piano sits in the middle of the main room. It is as if I had walked into the contents of someone's brain. Logically, my first question to him was, "Who is Jonathan Frost?"

Jonathan, tall and lanky, in his early 70's, thought briefly and said, "He's a man who is primarily an artist, who runs a gallery representing 10 fine artists, and also a frame shop that pays the bills. My wife, Susan, has her studio in a separate room here, and in her words, we're like two intersecting circles."

After graduating from Dartmouth, majoring in philosophy, Jonathan received an MFA from the School of Visual Arts in NY in their visual essay program. He only wanted to be an artist. Then followed jobs in carpentry, adult literacy, mental health, and through many convolutions he ended with this multifaceted business in Rockland. I asked what Jonathan is doing?

"In the last 15 years, my focus is a project depicting an aspect of the Civil Rights movement. I call it the "Righteous Struggle Project" (after Fred Shuttlesworth) which will eventually consist of 200 paintings, and none of them is for sale." Why is that? "They are too important, and the size of the project is too big for anything private, except for a mansion; and I do not want to sell to people with mansions. It's public art." What is the basis for this series, which appears to be a life's work?

"I can remember my mother, when I was a teenager, showing me a photo of several men accused of killing a black man. They were laughing. I remember the look of utter contempt on her face for what these men demonstrated. In college, I took part in protests, was even jailed for a week.

"Through travel, reading, and also doing an 18 painting-series of Jimmy Lee Jackson who was killed by an Alabama State Trooper, I became aware of the confluence of the Nashville Students Movement of 1960 and the Freedom Riders Movement of 1961. In the Nashville Movement, students, through protest, successfully desegregated downtown businesses, movies, and restaurants in Nashville.

"The Freedom Riders movement, led by (now) well-known people such as John Lewis, intended to test the Supreme Court ruling that interstate buses had to be desegregated. Their goal was to ride buses across the South and eventually end up in New Orleans in time to celebrate the 5th anniversary of the Brown vs. Board of Education ruling.

"The Freedom Riders bus trip took them into Alabama. They endured severe beatings on the bus, and the bus was torched [the Birmingham Civil Rights Museum exhibits that charred bus], thence to being jailed in Jackson, Mississippi in their attempts to get other bus rides. No private buses would take them anywhere. They were able to proceed only by being reinforced with veterans of the Nashville Movement who joined them, and with a small intervention from Robert Kennedy, the Attorney General.

"Learning of the confluence of those two movements gave me the vision I needed to proceed with my project as it satisfied both my interest for painting figures and telling a story. In all, I consider the Civil Rights Movement as the second founding of the United States, the first being Washington crossing the Delaware." Tell me more about your project.

"Righteous Struggle" will consist of 200 paintings, mostly small. I work on the series at my studio which is in the Lincoln Street Center in Rockland." What is the framework underlying this project? "Mostly, it is the concept of not causing harm. If you have to do something that causes harm, let's say by limiting someone's liberty, then you must invoke a higher moral rule, such that it saves many other people from being hurt." Like wearing a mask, and the public health implications? He nodded.

So, there are many political implications of all you do. "Yes, I am an egalitarian." Which means? "I struggle toward a world with less oppression and suppression, against vast differences in wealth, and vast differences in opportunity." That rules out a lot of capitalism as currently practiced, I said. "Capitalism has its strengths, but it must be modified, much in the way of Franklin Roosevelt."

You are very much of the Family of Man along with a powerful individualism founded in courage. That must lead to an uproar inside you when you watch the news?

"No TV. I do read a national newspaper several times a week, but I can pretty much sense what is going on just by listening to others and observing what is going on, especially with the conservative forces. I can say that I have gotten much better in facing people up to their ideas and practices. I used to just let it go by. Not anymore."

As Jonathan spoke, I was thinking that the struggle to have to continually prove one's self is an on-going battle with people of dark skin. Our own family is multi-racial and amongst many other occurrences, I can hear one of my daughters saying that she never wears a baseball cap when she drives, as she is pulled over by the police so often, for nothing--their thinking that she is a black male.

Jonathan took me to his Lincoln Street studio where he paints, and he and his wife discuss the progress. As soon as I entered, I was surrounded by paintings telling the story of the struggle in the 60's. The beatings, the fury, the portraits of the people involved, all sent a chill up my back. The most wrenching was a painting showing the bus burning with the flames reaching to the ceiling of the studio. Yes, images connected to words.





COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

Early morning fog carries the sweet briny smell of the ocean - a perfume like no other. The best Parisian scents cannot compare to our Maine coastal fragrance.

Crows came for their daily breakfast including some dried out ham they loved.

Their sleek bodies have the high gloss of black Japanese lacquer ware. Daily proximity to these intelligent, inquisitive creatures makes me want to have one as a pet. Luckily, the Migratory Bird Act forbids pet ownership of the American Crow.

Today's WTJ crossword puzzle: 32 Down: Singing Crow Answer: Cheryl.

"In the Company of Crows and Ravens," is one of my favorite books. Crows have a variety of caws in their own complex communications. I've heard crows' coos, snaps, rattles and bill clicks when they sit on tree branches with a mate or family members. They can also learn human languages. A crow named Mickey, at the National Aviary in Pittsburgh, greets visitors with, "Hey bro, what's happenin'?"

Knox County's April unemployment rates equal The Great Depression. Loss of hope, disease, fear, deaths, outrage, sadness and financial disasters haunt Maine's & the country's future.

Some workers are blessed. Snow's Shipyard (now Rockland Marine) is located at South End's harbor. It's the East Coast's oldest, continuously operating shipyard. From my kayak, in pre-corona days, I enjoyed watching repairs on a tug or ferry up on the marine railways. Work six days a week has continued non-stop during covid.

I was finally motivated to spruce up the flowerbeds. I found it therapeutic. In my belated enthusiasm, I accidentally sliced a finger with my clippers. My amateur first-aide staunched the bleeding with the hunk of flesh held in place with the best first aide supplies found at Jensen's Pharmacy after searching other Rockland sources.

To support a local farmer, I've ordered seedlings and 4"pots: Eucalyptus, Cosmos, Genovese basil, delphinium, Astilbe, Nicotiana, nasturtiums, sweet peas, and yarrow.

Have to finish weeding before they're ready for planting. An aerobic activity.

What I'm Grateful For During Virus Days: People who wear masks out of consideration for others; Friendly waves from strangers; South End Grocery's staff and products; kids having great fun on their skateboards, bikes, rollerblades; Rockland's curbside & home delivery people; re-opening of the Rockland Public Library; my husband's bake-from-memory goodies; comfort and companionship of my husband; phone calls with family & friends; BigBoi, our affectionate, ageing cat.

My Unscientific Psychological Mask Study: Mask-less people loudly mocked my friend for wearing her mask. I've noticed many in Rockland are seemingly covid-complacent by going without face coverings. In my dismay at their disregard for others' well-beings, I need to remind myself that this behavior is a very human - albeit high-risk - unconscious defense mechanism called denial. Going mask-less are attempts at managing anxiety in the face of the endless threat of an invisible foe that has disrupted their worlds. If everything seems out of control, with an unknown future, at least control can be "achieved" by not wearing a mask. Unconscious fears and hopelessness may also drive these behaviors: "If the scientists haven't solved this threat, what hope do the rest of us have?" On my few forays for unavoidable errands, I find myself quickly backing away from mask-less people - mostly men - a sort of strange duck-and-pivot dance step. This pandemic isn't over by far. Maine's urban cases are not flattening enough. Maine people in their 40's and younger are getting covid.

Money-saving tip: Fully restore your moldy shower curtain or liner in one cold wash cycle with 1/2 cup baking soda. (Don't put baking soda in the soap dispenser.)

I found to my utter dismay that our 12-year-old hydrangea paniculata had died. It always had big blooms that evolved over the growing season from cream, to rose, to burgundy and made lovely bouquets for friends and relatives. Its stark seven-foot skeleton may be a kind of reminder of covid's ravages.

James Baldwin's "The Fire Next Time" comes to mind this week. More than 150 cities across America are erupting in fire and fury over the death of George Floyd, yet another unarmed Black man, killed at the hands of police. Also protests around the world. Several years ago, Toussaint St. Negritude, Belfast's Poet Laureate, was detained by a Maine State Police trooper while walking home from the library in Liberty, Maine. Walking-While-Black. Where is it safe to be a black man in America?

Joined Rockland's Black Lives Matter protest with my sign, "When Will Black Lives Matter?" I estimated we were 300 to 400 peaceful participants aided by Rockland PD, which closed off traffic so marchers could go up Main Street to the courthouse. Our police chief and sheriff kneeled with us during the 9 minutes George Lloyd died. I've been to protest marches before. Never have I seen sympathetic police. I am so proud of Rockland.

A male Northern Cardinal lights up every evening with his fiery scarlet suit and little peaked hat as he makes his way around the bird feeder's openings.



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Your Invitation to Join the Rockland Bicycle Club

The Rockland Bicycle Club (RBC) is being organized by WRFR's Ron Staschak. Ron has been bicycle touring for over 25 years. His show "On the Road" airs on WRFR Wednesday and Saturday mornings from 7 to 8.

The newly formed RBC is leading weekly road bicycle rides which depart from South School (30 Broadway) every Sunday morning at 9. Riders of all abilities are encouraged to join. The distance and pace of the ride will be determined by the riders.

RBC is also organizing The Rockland Classic to take place on Sunday, September 27th, a leisurely ride to Marshall Point and back.

If you have any questions or suggestions, or to attend an RBC meeting; please call 691-7578 or email rstaschak@gmail.com.

The Center Must Hold, on WRFR



Wednesdays 5-6 pm, is a call-in show looking at developments of interest, both political and cultural, local and global, with a decidedly irreverent slant.

To paraphrase Yeats.

Things fall apart; the center cannot hold; Mere anarchy is loosed upon the world." But friends... With all due apologies to William Butler, The Center Must Hold...

Eric, your host, is a sometime instructor, a former student of the Autodidact, and a licensed trial balloon test pilot. He will present topics, from multiple viewpoints, striving to entertain, illuminate and celebrate the human condition. But remember, correlation is not causation. And nobody ever makes it out alive..



Built for Comfort - Sundays 4 p.m. - 5 p.m.

A collection of toe-tappin', dance makin', sometimes head bangin', jamming music that has a groove. A flow of some bluesy, some rock, some jazz, some crappy 80s music, dance and disco, groovy jams and one zappa tune per show!

At The Buzz and WRFR we are all volunteers. We would love to have you join us. To learn more, visit our website at WRFR.org - and call Joe at 596-0731.

WRFR and The Buzz are supported by our local business sponsors. Please give them your custom!

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Get The Buzz at these Rockland locations: Dunkin' Donuts • Main Street Market • Jensen's Pharmacy • Southend Grocery

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