



Rockland Buzz

Local Healing

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The Old School
Fellowship Education



Michael Mullins



Last week on the Metro show Steve Carroll interviewed Valli Geiger who is completing her second term the Rockland

City Council. Valli is now running to represent Rockland & Owls Head in House district 93. Steve and Valli discussed both local and state issues and fielded questions from callers about Owls Head, the Police, and the recent reassessment of Rockland's residential properties. School funding, municipal revenue sharing, the need for more housing and zone changes were among other issues discussed.

This Wednesday, August 19, from 5 to 6 pm, Joe Steinberger will interview Michael Mullins who is also running for the District 93 House seat. Michael is particularly interested in discussing why our children need schools to open this Fall, a subject on which he wrote an article two weeks ago in the Buzz. All subjects are on the table as well, and listeners are invited to call in with questions and comments. The number to call is 593-0013

Urban Flight

by Steve Carroll

Often during these glorious summer months I reflect on the favor of living in this rural seaside community. We are just a few minutes drive from beautiful ocean front beaches, coastal landmarks like the Rockland Breakwater, lakes, hiking trails and an array of world class restaurants. Because of this proximity my wife & I on many summers nights like to stroll the streets of Camden or Rockland and stop by one of our favorite places for a drink or dinner.

This summer is different in so many ways. Being an oasis from the the viral pandemic that has gripped so much of our nation, visitors from all over are escaping the cities to relax for a while on our peaceful shores. The virus has barely grazed our state, yet many others are experiencing huge numbers of infections. This "urban flight" (a phrase I got from Metro show guest Mike Miller) has had a positive impact on our coastal communities. We have found it almost impossible to go out, due to the restrictions imposed on bars & restaurants and the large number of tourists waiting to get a table.

The pandemic has changed the way people work and where they live. If you have the opportunity to work remotely from home then "home" can be where ever you prefer to live. Would you rather live in a quiet seaside village or a bustling, overcrowded and wildly expensive city. Mike, a real estate professional, says "we are seeing lots of interest in our area from outsiders". People are finding lower prices, lower taxes and a better way of life in a rural community like ours.

Urban flight is the coming tide and it will have an enormous effect on our area. A recent reassessment of residential properties in Rockland showed a big difference in values, especially in homes near the water. This "gentrification" of our city is real and it's coming fast. We need to be prepared for these changes. More and more people want to enjoy the life we have. Many are retirees, but also many are young people with families, something our area needs to grow & thrive. We accept and welcome these newcomers. They will help mold Rockland, and shape our ever changing community.

Down Main Street with Phil Groce Opening Doors

I really did not know what a naturopathic doctor does. Just up Main Street from The Fog Pub I ascended a long flight of stairs and into a hallway, passed an office holding an occupational therapist who specializes in cranial sacral therapy, and down the hall a bit to the office of Dr. Katy Morrison. Without knocking, I walked right into a small but comfortable waiting room. I could see through an open door an examining room which also contained a desk and a couple of chairs.

I heard some rustling, and I turned to see someone washing her hands in the bathroom, and she walked out and greeted me with a friendly, hello. You need to know I was uninvited, that I am rather tall, and I was wearing my usual black cowboy hat, and a Covid mask. I could have just robbed the stage coach to Bangor, yet I felt I had walked into a comfort zone. I explained who I was and what I do.

Katy is originally from North Yarmouth. Her parents now live in Rockland, but she graduated from Camden High School. Thereafter she completed studies at St. Lawrence University in New York in conservation biology. Shortly after graduation she went to New Zealand to see that part of the world for 6 months. She then drifted around New England doing farm labor, and working as an outdoor educator, and also working in various Maine restaurants for a year. She then entered the National University of Natural Medicine in Portland, OR.

After 6 years of graduate study, she earned a doctorate in naturopathic medicine and also a master's degree in classical Chinese medicine. Her first job was as a provider with Camden Whole Health. She did that for 2 years before she opened her own shop in Rockland.

I asked Katy about her training. "The underpinning of it all is to maximize the healing power of nature, not to do harm, and know that food is medicine—bad, good, or otherwise. I realized in college, doing experiments for a thesis, that the margin of error in research is narrow. I saw the problems of controlling variables in complicated systems." There is an element of chaos, I remarked. "But with experience and careful listening and watching," she said, "you begin to see patterns. If you look how disease processes are evolving it appears chaotic, but patterns appear. I struggled, especially with Chinese medicine, and then I began to see that it is more how nature operates, more intuitive. Actually, it was in college where I learned how to bypass the concrete mind in learning. Maybe that is one of the reasons that I ended up where I did."

In regular medicine, people are now becoming lists of diagnoses, each with a code, I said. "Yes, that's linear. The approach we intuit is more circular, and it begins where a person is at that moment." Maybe that was why I felt so comfortable when I came wandering into her office. It was a comfort zone, because it was a zone of acceptance.

"Yes, I begin where a person is, and I help them to know themselves." You're right in line with Socrates, I said. "There is a time and place for everything" she said. "Impatience does not work. A lot can be done BEFORE you need treatment or surgery. People have to learn to realize their own bodies to prevent disease."

Can you write prescriptions? "Yes, but I tend to work with the person's primary care doc, and my tendency is to reduce medication rather than increase it. I can order laboratory work, antibiotics, X-rays, but I tend to let a patient's primary medical practitioner work with something like heart disease or heart failure. Too many practitioners, is many times too much. I facilitate healing in various ways, sometimes with medications, sometimes with diet, manipulations, or acupuncture. I have many modalities. I see ages 5 and up."

Traditional medicine maintains that the field you are in is pseudoscience, I said. I read that in many places on the internet while I was researching for this interview. I thought it unfair. It was like name-calling.

"We do things that modern medicine does not do. The medical model has many limitations, many advantages, too. Medical practitioners are beginning to see the value of what we do, and I enjoy working with them." I was thinking that calling her field pseudoscience is like physicians adding to a diagnosis the word 'idiopathic.' It sounds very scientific, but what idiopathic really means is, "I don't know."

Do you use insurance? "I am out-of-network, but I can give people receipts with the necessary codes, and they will receive reimbursement from their insurance company."

Is there spirituality in what you do? "I am not a guru, I am a facilitator, as I said. But there are some spiritual underpinnings in the process of people getting to know themselves. I open doors for people." I thought that must be the essential part of the 'comfort zone' here. The underpinning of spirit actually depends on motive. To clarify, I asked her if she is poised to help people in their OWN system by opening doors so they can help themselves with scientific guidance. That is different than modern medicine. She agreed.

I was impressed with all the continued learning that goes into her work, especially with Chinese medication, not to mention acupuncture and the naturopathic manner of treating disease. "I have to learn all the time," she said, "and if I know that I need help with a particular problem, I can consult with knowledgeable people like Amy Jenner--a fellow acupuncturist and Chinese herbalist in Rockport. She's wonderful. And one of the things so good about where I received my training is that I can call on people there who have experience in whatever problem. It is a great resource. So, I am not alone."

She is well on her way.



Police, Politics and Plutocracy

by Joe Steinberger

I was down at the harbor the other day, having a drink with friends on the deck at The Landings restaurant. It is the sort of thing that an ordinary middle class person can do, a bit pricey for the poor, but quite do-able for a petite bourgeois like myself.

Looking out over the docks and moorings I was struck by a graphic demonstration of the state of American society today. Three mega yachts towered over the many smaller boats of our local middle class. There were clearly two classes of boats, two classes of boat owners, vastly different in status, with nothing in between. A perfect metaphor.

While we ordinary citizens bicker and fight over nonsense, a new plutocracy - nouveau riche, and greedy as hell - has taken over our country. They are driving our bickering, setting us against each other, for their own profit and power. They are making billions from the endless foreign wars that they supply with weapons, more billions from our dis-functional private health care and education systems, sucking the blood out of the American people.

The media that we are addicted to - whether it is Rupert Murdoch's Fox News, or Jeff Bezos' Washington Post - are part of the plutocracy. We have become mindless consumers, feedlot pigs, increasingly distant from our wild and free origins.

No use ranting and whining, though. We are quite able to take back our heritage, if only we can accept and respect each other as equal human beings, and reason together. Today's emotional feuds are just so much oinking.

Take the "defund the police" nonsense, and the equal foolishness of those who seem to want to put the police in charge of us, rather than the other way around. Law enforcement is an essential function of government. In a democracy, the police work for the people. Here in Rockland we hire the police and it is our job to tell them what to do. They work under the direction of our elected City Council, which acts through the City Manager, who hires the Police Chief - and can fire him if he does not do his job as we, the people, want it done.

We are in charge, but how can we provide competent leadership if we are not being rational?



COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

Fledgling crows are growing bolder on their own and attacked their big chicken wings breakfast with zest and much cawing. The wings, from a restaurant I won't name, tasted less than meh. But since crows like road kill, they loved the wings. If our tuxedo cat BigBoi ventures near the crows, they swarm him with their loudest vocalizations. BigBoi is unfazed and just ambles away.

Random Sights in Yards/Along Sidewalks: A piece of driftwood that looks like a prehistoric bird; a very tall menacing sculpture resembling a repurposed prison fence; a rusty iron Great Blue Heron; more homes with For Sale signs; flowering squash plants bolting across a lawn; a vividly colored ceramic cat; stacked lobster traps; weeds line the Harbor Trail; Black Lives Matter lawn signs; campaign signs.

Lately I've been feeling - I don't know exactly what - apprehensive, sad, numbed?

By being very cautious, so far my husband and I have been virus-free. But the public health crisis is invisible. Except for (most) people wearing masks, Rockland looks normal in a superficial way. Tourists are here to help our shattered economy at least to some short-term degree. No education plan has been decided for Rockland's children and their beleaguered parents. How long will the coronavirus be with us? No one knows. When will an effective immunization be developed and how will people be selected for the shots? No one knows. Will my husband and I live long enough to experience or even enjoy whatever the recovery looks like? To add to everything else, Rockland's revaluation has increased our home and house lot 68%.

Sometimes, when I hear a song on the radio, I find myself unexpectedly crying.

Three healthy looking red foxes are regularly seen out and about in our neighborhood. I have yet to see them in-person. But neighbors email photos and videos. A few years ago I saw a mangy fox sunning itself in my neighbor's yard. I can't imagine it was able to live through a Maine winter without its pelt.

Three ospreys have been flying over our neighborhood, whistling overhead. I wonder what they're looking for among our closely built homes. Are they the parents coaching their offspring? We're lucky to have ospreys year after year.



Waking the Dead



Join Steve the Friendly Heathen and his guests **Mondays from 1 pm-3 pm** for 2 solid hours of the best Metal and Hard Rock Music. There will be alternating guest hosts who will join in discussing the music and other topics! Steve is a long term resident of Rockland who is a part time photographer, music-loving, wannabe bass-player, tequila drinker, and heathen.

Live From The Pit with J-Lunatic



Thursdays 8 p.m. - 10 p.m

Hosted by Jesse McFadden. I play 90's alternative, underground hip hop and metal mostly. I do a lot of radio interviews as well.

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.

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