



Rockland Buzz

Local Thought

Issue 179, August 28, 2020, Rockland, Maine

MAINE COAST.tv
COMMUNITY TELEVISION
On cable channel 1301,
MaineCoast.tv & Roku.

The Old School
Fellowship Education

Just in case you missed the Rockland Metro program last Wednesday on RFR, our guest was former Mayor and City Councilor Louise MacLellan-Ruf. For the last several years she has been heavily involved in the Rockland Harbor Advisory Committee and also in the effort to complete the Rockland Harbor Trail. Louise & I spoke about the recently approved Harbor Plan and how it centered on finding the right balance of public & private interests as well as serving an ever increasing cruise ship business. It seems the City wishes to encourage more visits from the smaller cruise ships and fewer from the larger vessels.



by Steve Carroll

We had a few calls from listeners. One caller expressed the importance of welcoming cruise ship visitors to the area and appreciating their contributions to our town. Regarding the mix between Rockland residents with moorings and private business interests, including marinas and harbor development, Rockland may benefit from a balance that serves the interest of both.

Of course money is always an issue as we look to increase revenues to keep ahead of infrastructure repairs and public improvements. We spoke about the 200 year old railroad bridge at the public landing that eventually will need to be replaced, and about needed dock upkeep and harbor master/yacht club building improvements. There is also talk about how the Public Landing can be better utilized.

Work on the Harbor trail moves forward with a new link near the Dragon Cement property in the South end being readied to open, and progress at the North end near the Ferry terminal. Rockland's harbor is one of our most important assets and the Harbor Advisory Committee is constantly working on ways to update facilities and improve revenues.

We thank Louise for joining us on the Metro last week. We hope you will join us each Wednesday from 5 to 6 PM on WRFR at 93.3 fm in Rockland, 99.3 fm in Camden, online at wrfr.org, and on the screen on Maine Coast TV: cable channel 7 and mainecoast.tv.



Down Main Street with Phil Groce To Flow



Sam Smith is a local boy, grew up in Searsmont, graduated from Camden Hills. His father works in landscaping (Rockers), and his mom is a gardener. Early on he realized that he liked to work with his hands . . . and his mind. He can remember when he was 6 years old, a neighbor who knew massage showed him some techniques, and he started doing massage with friends. When friends got together, Sam would end up massaging someone's sore neck, shoulder, or back.

When he could, he worked with his father in landscaping, but he knew that was not his thing. After high school he enrolled in Husson College, and with lots of work, earned a master degree in occupational therapy (OT) and a bachelor degree in psychology. Thence he spent time in California and later Texas working in OT, and at times coming back to help his father during the summers. In OT he liked thinking on his feet to solve problems in innovative ways to bring about good solutions.

In his mid-twenties he returned to the area to stay. He worked in home health in OT, but he was beginning to see that traditional therapies lacked something in helping people to recover or live with their problems. About this time, he came down with his second bout of Lyme disease. He first had it in college, and he struggled with the brain-fog, joint pain, fatigue. He credits that illness in giving him interest in the health field.

He had exposure to craniosacral therapy (CST) with Terry Miller, a highly professional therapist, and he felt that he could apply those techniques in his OT practice and perhaps expand it in that direction. He attended classes in New York at the Upledger Institute, and right away started applying what he was learning to his patients, but not really charging for that. He studied for 6 months as sort of an apprentice with Ariel Wilcox in Freeport, staying there full-time and learning (patient) assessment with her which added to the treatment modalities he had already learned. He also added another therapeutic focus called 'release technique' which temporarily, but minutely, destabilizes the body to bring problems to surface.

He now has his own practice, SAM SMITH BODY WORK, just down the hall from Katy Morrison, downtown Rockland on Main. I asked him to explain his approach to therapy.

"The 'Body Work' aspect is focused on helping people feel better—physically. Sometimes that is all that is needed. I use massage and manipulation techniques. The other part concerns the subconscious, mostly from dysfunctional beliefs or practices (habits) in people's own life that perpetuate problems." Such as?

"It's a belief system that is not true, like, 'I'm not strong enough in life.' It's an untrue script that just keeps running over and over, and propagates fear. People relate to me what is going on, and I present solutions which, I feel they are ready for, but not more than they can handle. It's like a haze in front of them, but if they can remove the haze, they can see their own path, see the light so-to-speak." Then you put light on their path?

"Yes," Sam replied. "Then they are able to use the powerful forces within themselves, unclouded by the everyday distractions which buildup over years and turn a person to un-useful habits. They can begin to see those habits. I had that experience myself. So, I understand what it is like. I was in my early 20's, and I always knew there was something there, but I could not see it. When I did, it was ME! I began to see and meet people exactly where they are."

"I work on the body, but it can have a direct line to the subconscious mind. The body tells the truth, and dysfunction shows up in the craniosacral assessment." I can see where your studies in psychology would be helpful.

"I see the limits to medication. Working on the body is needed. And it does no harm. Change is scary. Some people are more comfortable being sick than positively changing. Change is the unknown, and the unknown is frightening. I feel that there is a big future in these approaches which will, in many years, be part of mainline medicine. But not yet."

"The first step is to get out of pain so you can work on yourself. That's body work. I can sense a craniosacral pulse—not the heart pulse—in the body and feel it with a sense that I now know I had even as a child, but I did not know what it was. I credit Terry Miller in my being able to identify and articulate that sense."

Do you have any future plans? "Right now I'm doing just what I want to do. Sometime, I would like to have a facility that has saunas, meditation areas, good food, and a variety of therapies. That's a ways off."

You must feel good inside when people first see the truth of themselves. "When I see it happen it brings tears sometimes. Seeing past, future, and the present--the past is depression; the future is anxiety; but when people see themselves, it's in the very present. They know that the false story that has been playing in their subconscious is not reality. They know who they truly are. That starts a lovely transformation."

I asked him if this might be a new field: physical-psychology? "Yes, and it is a process. The transformation allows people to begin to work on themselves. I can help by what I see in their bodies, but it is up to them. It is power. In its entirety it is physical, emotional, mental, and spiritual—all tied together and all moving and developing together. If any one of them clogs up, then the whole system breaks down and symptoms appear. They all have to flow together. That's the goal of craniosacral therapy."

Join Jo and Todd every Monday from 5 to 6 pm on WRFR as they resurrect punk from Spain and Latin America as a voice against authoritarianism, misogyny, militarism, and police brutality.



Kalimotoxo

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

Now in August the flower stems on our hosta are past it and look skeletal and sad.

The Nicotiana is over 4 feet tall and the white flowers are bountiful. Hummingbirds are voracious. Replenishing their food of 1 sugar to 3 water ratios is every few days.

When will Rockland's Public Works Department please clean up The Harbor Walk from all the overgrown weeds that camouflage the granite blocks? It's neglected and shabby. On the other hand, The-Well-Heeled-From-Away may think the weeds are some sort of charming native and rare northern hemispheric plant species.

Limerick for a Rockland Neighborhood
Once a neighborhood in the South End
To the winds of change would not bend
Until strangers with realtors and money
Smelled bargains like bears smell honey
Gentrification is now on-trend

Gentrification in Rockland's South End will have the effect, over time, of forcing original, lower-income residents in generationally owned family homes to leave their neighborhoods through buy-outs due to unaffordable sky-high property taxes.

Displacement and "affordable housing" are concepts city council has been unable to do anything more than chew on for years. "Affordable housing" isn't a very useful term when the median household income in Rockland is \$30, 209 and newcomers are buying up properties for their second homes.

Am feeling worn out from all the paint scraping of the second side porch in preparation for Tony-the-Painter. Victorian scrollwork is not conducive to scraping. Although being outdoors is lovely, this chore seems endless and somehow pointless. My father-in-law spent every summer vacation and his retirement working on some endless home maintenance project or other. I've come to believe that in addition to family, direct hands-on work on a house turns it into a home in an intimate, personal way that is unmatched.

With the help from our neighborhood fish market and a new recipe, I made a delicious halibut dish my husband, who grew up on fish and around fishermen, says is the best fish dinner he's ever had. Roasting the halibut, until it just flaked, with a sister-in-law's cherry tomatoes, diced garlic and onions, olive oil, fresh ground pepper, sea salt, lemon zest and chopped basil and mint from my garden made for a savory super for two.

A couple of years ago, I happened to see one of Jesse's Market's daughters fileting a huge halibut on a stainless steel table in a room behind the display cases. It was like watching a surgeon at the operating table. She was so skilled, confident and swift with her knife on a fish that was far larger and outweighed her by many pounds.



CAN THE
PLAQUE
SAVE
AMERICA?

by Joe Steinberger

It is clear from centuries of experience that democracy tends, with time, to decay, to become corrupted by what we call "special interests." These well-organized interests subvert the public interest, and lead to decline and collapse. This is not to say that democracy cannot be revived when sickened, or reincarnated after death, but the process of renewal never comes without serious trauma, trauma often in the form of war, or plague.

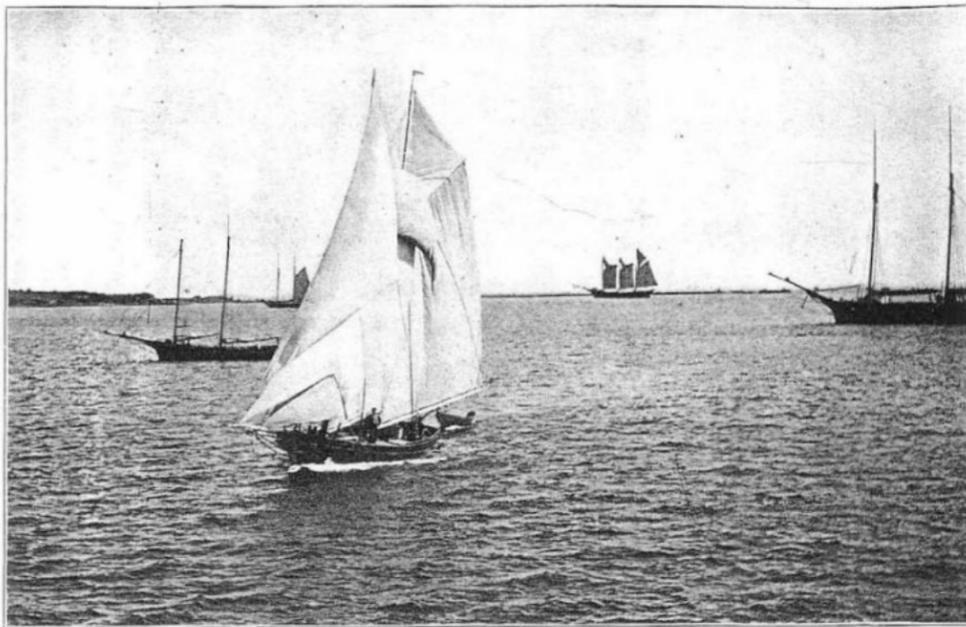
John Stuart Mill, the great English political economist, almost two centuries ago observed the tonic effect of plagues. The destruction, he says, of the old order which fed the wealth that controlled the government, that outlawed competition and impoverished the majority - this destruction opened possibilities for the many to participate in production and regeneration, which led to economic growth, a wider distribution of wealth, and a wider participation in government.

Less eloquent, but more scientific, was the 1982 *Rise and Decline of Nations* by Mancur Olson. His rigorous analysis of the historical record proves the truth of what Mills saw through different eyes.

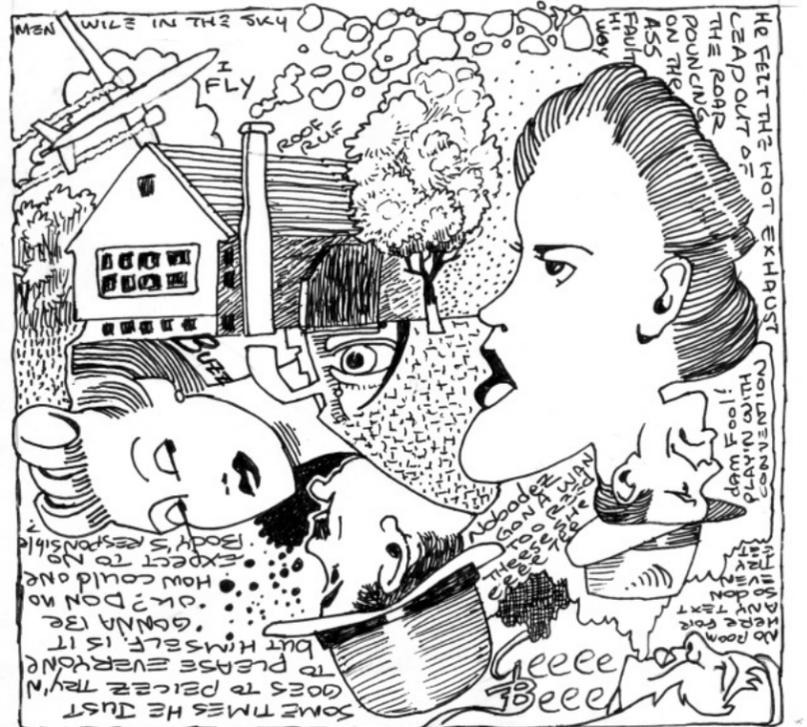
America's economy and our democracy are in serious decline. Fewer and fewer are reaping the profits and the power. The majority of us are increasingly exploited and weakened. Our two-party system has evolved into a blame and sophistry game, while behind the scenes our elected leaders are doing the bidding of the powerful - and enriching themselves at our expense. Through successive administrations of both Republicans and Democrats, the rich have been getting richer, and the rest of us poorer.

The American people can take charge anytime. We have the votes, but we can't get our act together. Governing is a job, and we are not motivated, not responsible, not even aware of the possibilities.

to be continued



The sailing smack *Bar Bel* of Rockland. From *The Lobster Fishery of Maine*, 1899, recently re-published online by Project Gutenberg under the direction of Ron Huber, host of WRFR's Penobscot Bay Report.



Glen Birbeck

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!

- American Legion Post 1 • Apache Boat Works • The Apprenticeshop • Astrology with Ananur • Bar Harbour Bank & Trust • Blues Festival • Brio Promotions • Brooks Trap Mill • Bufflehead Sailing Charters • Burpee, Carpenter & Hutchins Funeral Home • Cafe Miranda • Camden Conference • Camden Harbor Cruises • Camden National Bank • Camden Opera House • C'est la Vie Consignment • Chartrand Imports • Courier Publications • Dead River Company • Dowling Walsh Gallery • The Drouthy Bear • Eastern Tire • Eric Gabrielsen • First National Bank • For His Glory- Bible Baptist Church • Frantz Furniture • The Free Press • Genuine Automotive • Gilman Electrical Company • The Good Tern Co-op & Café • The Grasshopper Shop • Guini Ridge Farm • Hall's Funeral Home • Hoffman's Thomaston • Home Kitchen Cafe • Jensen's Pharmacy • Jess's Market • K & P Speed Shop • Knox Village Soup • Lyman Morse • Maine Street Meats • Maine Coast TV • Maritime Energy • Mountainside Services • Mid-Knight Auto • Monhegan Boat Line • Peaceful Passage • Pen Bay Pilot • Pen Bay Medical Center • Red Bird Acupuncture • Rhumb Line Restaurant • The Ripple Initiative • Rock City Employee Cooperative • Rockland Savings Bank • Sammy's Deluxe • Samoset Resort • Schooner Bay Printing • Side Country Sports • Southend Grocery • State of Maine Cheese • Strand Theatre • Swan Restorations • Suzuki's Sushi Bar • Tea Printers • Toshie Ichiyanagi Tesler, CPA • Viking Lumber • Wayfinder School • Willow Bake Shop • The Zack Shack

Get *The Buzz* at these Rockland locations: Waterworks • Dunkin' Donuts • Main Street Market • Jensen's Pharmacy • Southend Grocery
The Buzz is composed and printed by the Fellows of The Old School at the WRFR studios, 20 Gay Street, Rockland. Email: wrfr93.3@gmail.com