



Rockland Buzz

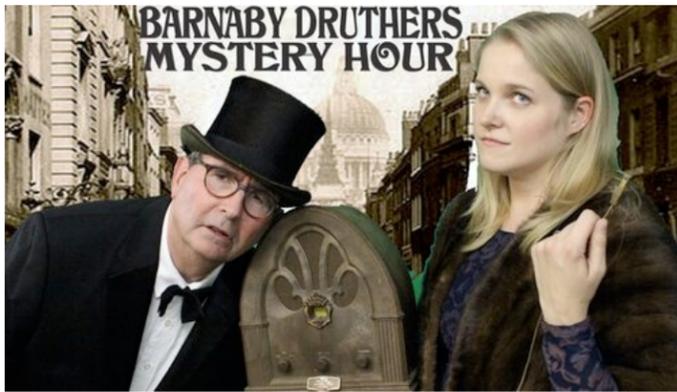
Life Goes On

Issue 200, January 22, 2021, Rockland, Maine



The Old School Fellowship Education

3 New Shows on WRFR



Sundays 6 a.m. - 7 a.m.

New, original audio theater returns to the radio dial right here on WRFR! Barnaby Rookers is a bumbling British detective who incorrectly believes he is the intellectual heir to Sherlock Holmes. Enjoy the modern American adventures and the classic Victorian era tales!

In the second half of the program, enjoy a wide assortment of audio theater entertainment created by the Nutmeg Junction

Grey Owl

Thursdays
6-7 a.m.



This is the radio show for the people who wake up on Thursdays and say, "Man, I wish WRFR had a show on right now playing primarily old-time and bluegrass music. That would be wonderful." If you are one of these people—and you are not alone—the drought is over. You can now wake up and say, "Honey, please tune the wireless to WRFR for the next hour; I'm listening to GREY OWL."

Hosted by Dan Kelly.

Fridays 4-5 p.m.

An elementary school student with a taste for music, movies, and a variety of creativity, Rhapsody brings her interests to the community in the form of playlists, drama, and talk radio. Tune in every Friday for Bohemian Rhapsody.

Bohemian Rhapsody

Get on the Metro



Jump on the Metro from 5 and 6 pm on Wednesdays. Aboard, you can join a friendly conversation as we discuss topics of interest, local and global, with a variety of guests via Zoom. The Metro show is broadcast live on Maine Coast TV and on WRFR. Call in to 593-0013 with questions or comments, or Zoom in by emailing mainecoasttv@gmail.com and requesting a link.

Be there or be square. Check out the Rockland Metro show on radio or TV each Wednesday, and join us via your telephone or your computer. Maine Coast TV is cable channel 7, streams online at mainecoast.tv and is on Roku. WRFR broadcasts on 93.3 fm in Rockland, 99.3 in Camden, and online at wrfr.org.

Down Main Street with Phil Groce Plans and Roots

Ken Hynes grew up in rural northwestern New Jersey, and he remembers with pleasure his grandfather who had a popular Pizza restaurant within the community. "I grew up being exposed to the professional kitchen scene, and I felt comfortable in it." The highlight of his high school career was wrestling, which he excelled at. And after high school, he worked around, including with his father, who was the manager of a lumber yard. His mother worked for the government.

After a number of years, he decided to enroll in The Atlantic Culinary Academy in Dover, New Hampshire. He gained a diploma from there and also gained a relationship with Maxine, who is now his wife. Maxine had just completed school in therapeutic massage in Dover.

"While in school," Ken says, "I literally fell in love with food, which I could understand, since it was in my blood though my grandfather; but I had not felt it so vividly before. It became a part of my life, and we began an adventure that took me to a high-end Michelin-rated restaurant in Napa Valley, Ca., where I learned classic French cuisine and many culinary techniques. I also observed how the system works. I interrupted that job a couple of times to return to New England to help a friend of mine from school who needed my services in a restaurant. We later moved to Asheville, NC for 3 years, then to Alaska for 2 years.

"When you have skills as a chef, I found that you can pretty much go anywhere and live and find a good job. My travels and work in different areas of the country helped me to be comfortable with a number of regional cuisines, really igniting my interest in the local."

Ken and Maxine married while they were in California. Maxine (Rankin), was born and raised in Brooks, ME, with family living in Brooks for generations. Deep roots. She now works at Main Street Meats in Rockport where she is a baker. Ken started out here as a chef at 40 Paper in Camden and at Natalie's in Camden. They were fortunate to be able to buy the home of her grandparents in Rockport. They now have a lovely 2-year-old daughter.

With his feet on the ground in Mid-Coastal Maine, Ken joined forces with Shane Mc Garvey in Waldoboro with Shane's Apple Croft Catering Service to transition to take-out, servicing the new needs created by the Covid invasion. Catered gatherings like weddings have all been postponed. The result was Maine Kebab. "The idea behind Maine Kebab is to serve inexpensive tasty food, with a simple, easily replicated menu that could fit nicely within any small town in Maine."

Sounds like a franchise endeavor. "Yes," he replied, "that IS our plan. But first we wanted to open a second Maine Kebab in Rockland close to home and show how well it works. So, here we are now on Leland Street (just off Main), open now for 3 weeks. It's going really fine. With Covid here and all the restaurants mostly closed or half-mast, there's plenty of highly experienced kitchen help available. But we want to provide full-time employment, or at least enough hours so that the workers can live and thrive. And it's got to be fun, not a drag."

Why shish kebab? "Shish is the stick that holds the meat. We don't do it that way. In some ways it is a step back to the past, as both Shane and I had previously worked in our 20's in New York, and there is a tradition there of street carts with tasty food, simple ingredients, great sauces. We think that there's a ready market for kebab, adding sides of salads, or fries, rice, humus, falafel but with a selection of fish—the great fish from Rockland--fried chicken, or pork, beef, lamb, tofu, a flat bread sandwich, or halloumi." Halloumi? "It's a different kind of very tasty cheese, grilled. And with the choices of 5 sauces, all served up in a box. Eat in the car, take home, or we are going to have outside tables--a beer garden theme. We have the space for all of that. Noon to 9:00 every day. All with social spacing, of course."

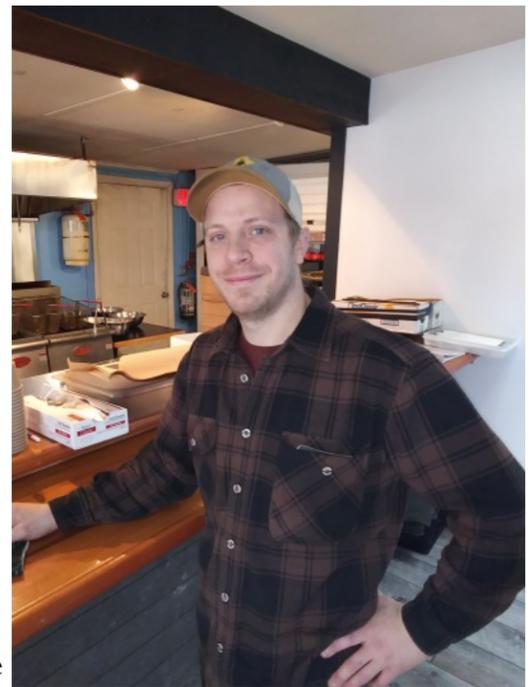
That's a lot, I commented. Scary? "Not a bit. It's all about creating a system, and we both have been through it all and seen it before. It's just like with my grandfather and his restaurant. We want this place to be part of the community, to contribute and invest in the community with good work and commitment to service. Aiming primarily at the tourist dollar is not our intention. We will be open all year and not closed down during the winter. That hurts a community and drains money away. Our creation was by necessity to meet the needs during Covid, but this system is also what any small community needs, and it exactly fits into the philosophy of both Shane and I. Our employees are our greatest resource, and if we help them, then they will help us.

"There's always problems popping up with food service. For instance, with road construction, we all saw that recently on South Main and the headaches it caused the businesses there. If you are going to survive something like that, you need to have community support. It's the gold standard."

The building that you are in now has been a series of unsuccessful restaurants—pizza mostly, and also Middle Eastern food. "Well, happily, it now has something a little exotic—kebab, but that's just the meat, nicely seasoned. It's locally sourced, cooked with accessories that easily meet community expectations, and beyond--and affordable. Shane and I have experienced a lot and this is the coming together of a life goal. We are into it all the way. And when our plans work out, you will hopefully see Maine Kebab replicated in other small towns in Maine."

Good luck.

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COLD, DUSTY FIELDS

In Honor of Martin Luther King Jr.

More Mary Jane than potatoes who earns the harvest? January wind busting in the doors will this be the end of tobacco less lung cancer more money in the pocket are they begging for a race war whites with baseball bats, Trump hats a President with a criminal mind we should be celebrating snazzy bands from Morgan, Howard stepping out, fast, high instead the National Guard in green and black, sand ready to take bullets with their own bodies protecting the Delaware Man California lady or so we hope or so we hope so far past 1968 the blood of America flowed, gushed from our best will it continue do we need a guard for every good man, woman it seems as if we do since the youth of Austria took the law into hands bleeding the world into WWI and on into WWII if we dissolve into ourselves America will be a land of cotton, tobacco, corn fields blowing dusty in the wind

Kendall Merriam, Home, 1/18/2021 8:35 PM Listening to Antiques Roadshow on PBS.

by Phyllis Merriam

Today's lashing rain and high winds could be a metaphor for the anxiety and fear I feel about the upcoming inauguration. I've lived through some terribly trying times like the assassinations of President Kennedy, Martin Luther King, Jr. and Bobby Kennedy. The attempted insurrection January 6th somehow seems more dangerous. Maybe the passing of decades has diminished how I felt in 1963 and 1968. I'll never forget that Bobby Kennedy died on my birthday.

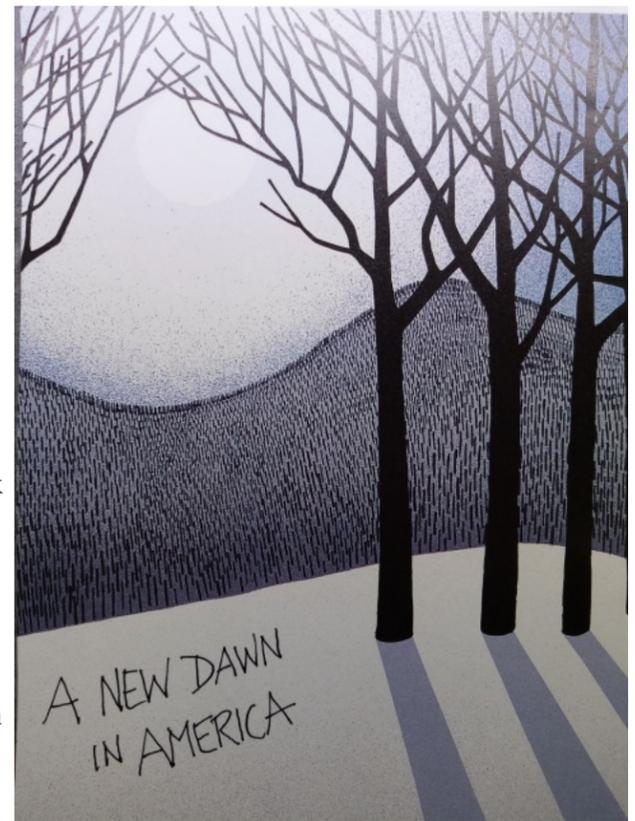
News about the attempts to vet 20,000 national guardsmen for the inauguration doesn't give me confidence as the news also reports some white supremacists have infiltrated our military and law enforcement personnel. The FBI has said they do not have enough staff or time to screen guardsmen's social media before the inauguration. I'm very worried about the safety of our new president-elect and vice-president elect and speaker of the house.

With the dramatic rise in covid cases in our mid-coast, I'm relieved to see more people practicing CDC guidelines. Some are so enwrapped in dark clothing and full-face coverings that they look like Ninjas, which I find reassuring.

Also reassuring to me is our local bird life that is impervious to the pandemic. A neighbor reports seeing 10 loons swimming in the harbor and an American Bald Eagle has appropriated an osprey nest. I think I saw a Northern Goshawk in the Big Maple. I made some feeble bird sounds, which caught the attention of the hawk until it flew away. Could it be the same one that was sighted in Warren? Or perhaps it was an adult Northern Harrier? It was definitely a hawk but I'm no "Birder."

My husband received some wonderful news! The VA will give him his first covid vaccine this week and the second one in early February. Both will be drive-by methods. There does seem to be light & hope.

So relieved to see Biden and Harris sworn in safely. Lady Gaga sure knows how to rock an outfit and what a beautiful, strong voice. The young Black poet was wonderful and has a wide and expansive future ahead of her. I found myself standing up, in my own home, at the appropriate junctions of the ceremony. I rarely take naps but by late afternoon, I had to fight the strong urge to nap. I theorize that the tension I've been feeling since Jan. 6th has abated and I've finally relaxed with a strong woman of color breaking barriers and the figure of a calm, compassionate president signaling unity.



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