



# The Buzz

Rockland Community Media

Issue 211, April 9, 2021, Rockland, Maine



COMMUNITY TELEVISION  
On cable channel 7,  
MaineCoast.tv & Roku

The Old School  
Fellowship Education

## New Show on WRFR



After 21 years off the air, Two Hours of Reggae Power has returned to bring you the best in roots, ska and dancehall reggae every Saturday night from 8-10 PM. Your DJ Spliff Skankin' has opened his vinyl vaults to showcase the best of Jamaican music, featuring deep cuts, b-sides and unknown artists.



## Totally Tami-Lyn the Lady of the 80s Wednesdays 11 a.m.-1 p.m. on WRFR

Hi, I am Tami-Lyn Sears and I have lived in this area since 1985!! I work for the Bay View Collection, Interior & exterior sub contractor painter, Assistant League Operator for the Triploli Pool out of Riverside Billiards in Waldoboro. I am also a fundraiser for local families & children's organizations, for which I have raised over \$30k for our community!

I am a mother of 3 beautiful daughters, Jarica, Ashtyn, and Lenigha, and a loving Auntie to the best niece, Cierra.

I love music of MOST genres, but I am a Classic Rock Lady! It is my escape. I am excited to be volunteering & doing a program of the 80s for WRFR!

WRFR is local community radio in Rockland, Maine. We have been broadcasting 24/7 on 93.3 fm in Rockland and 99.3 fm in Camden for 19 years.

We are all volunteers, proving that people can work together if the spirit is right. We are open to everyone and invite you to join us in giving voice to the life and creativity of our Rockland-Camden area.

## Are You a Morning Person?

We are seeking DJs to provide Midcoast commuters some original radio between the hours of 6 a.m. and 8 a.m. You have a choice of producing your show live in the studio or remotely from home. For more information, email [programming@wrfr.org](mailto:programming@wrfr.org)

## or a Night Owl?

We could use overnight (Midnight - 6 a.m.) programming as well! Please note that overnight programming must be pre-recorded out of respect for our residential neighbors. Email [programming@wrfr.org](mailto:programming@wrfr.org) for details.

## Down Main Street with Phil Groce

# Crafting Community

Yesterday, on a trip south, I drove by Thornton Academy in Saco, and I thought it looked more like a college than a high school. The day before that, I had interviewed Cheyenne Tracy who graduated from there. "It's a private school," she said, "but those who live near it can go there with public funds. It's pretty decent. I wasn't particularly popular, but I went around that to become the president of the largest (non-athletic) club in the school." I wondered what that was about.

"The Anime Club? We were a bunch of what I call, misfits. Anime is a type of Japanese cartooning, and most of us drew cartoons. We watched cartoons, played games, talked, raised money for causes, listened to music—basically, whatever entertained us. It was for kids who had nowhere to go after school." Your parents working?

"Mom was young—had me when she was 19. She now works for Intermed. I have a half-brother 13 years younger than me. As I look back, he was more like a son to me than a brother. We had some land, and after school I put to work trying to raise food, thinking about a career in that. I even entered Unity college. I stayed two years before I ran out of money.

"For the last 3 years my wife, Megan, and I live with family on her parents' farm in Washington. Four families live together there in separate households, but together. The grandparents are still there, as is her mother and her sister. We have animals and a large garden. We freeze and can, share with the family, give some away, try to sell some. Slowly we are developing natural products to sell.

"Before Covid, we all got together for dinner every Sunday and also once a month with an international themed dinner. We had to drop all that, and stress has increased, especially in being careful to protect the grandparents from any exposure. In turn, they have begun to feel more isolated than they ever have been. It's hard being so vigilant, but hopefully, getting better now with the vaccine. Honestly, I think my wife and her sister and I had Covid February before last. We were really sick with chest congestion and pain going on for weeks. Didn't know what it was."

I first met Cheyenne when I knocked on the door at Rockland Eye Care (previously Coppola's) just off Main on Oak, looking for an interview. She opened the door, kept locked during Covid and opened for appointments. I had no appointment, but she welcomed me warmly. I learned that she was the optician there. She fitted and repaired glasses and helped people pick out glasses they would be happy with. "In high school I worked at Lens Crafters at the Maine Mall. I learned how to cut prescriptions and the various other things you need to know in the business short of what the doctor does. It was on-the-job training, and I really liked it. After a few years, I felt I was good at it. That's how I fell into this job. I love it here.

"My wife is a baker at the Washington General Store. Sean and Amy Donaghy, the owners, have had a hard time due to Covid, and they've worked hard to keep everyone there employed. They do a curbside business and lots of deliveries for those who cannot get out. You really see the community work together. That's one of the good things brought about by Covid."

Tell me about community. "I learned about community when I was president of the Anime Club in high school. It formed a community, something that was lacking in Biddeford at the time. I think, as a species, we are all part of one big community, and we are designed to help each other. In our life in Washington on the homestead, we feel that we are part of the community of Washington, but we are beginning to design a smaller integral community based on natural goods that we make for animals and people."

How can you apply what you have learned about community to your work here in Rockland? "You have to have a lot of patience. You need to develop a sense to see what a person is like beyond any defenses they might display. To be satisfied with glasses, it has to be something they want, but many times they cannot express that. It's an odd thing, but when you put on a properly prescribed pair of glasses, say, on a kid, or for an adult who has not had a new prescription for a long time, when they first look through their glasses, they look right at me. It happens every time. And after that experience, that person's relationship with me changes. And from then on, they are very likely to come back here for any of their eyeglass needs."

I mentioned to Cheyenne that the experience she describes sort of reminds me of the 'imprinting' phenomenon seen especially in ducks and geese, when they first hatch and they follow around whatever or whomever they first see. "It's because of the doctor that they can see," she replied.

But you deliver the goods. "Yes, I feel privileged to have that position in someone's life. And I have to say that it also guarantees a good customer base. Satisfied customers. That's what it's all about."

Are you looking forward to maybe a vacation now that you've been vaccinated? "Vacation? Who can afford that? I've only been out of New England once, and that was for a short trip to Florida. I'll tell you what I think is neat. Next week, now in March, we are finally going to celebrate Christmas on the homestead. All the family will get together, and we will set up tables in the driveway and have a real Christmas. Hopefully that will put a period on isolation. Let in the light!"





by Glen Birbeck

My dad's crazy. Off on a tangent, something he inflicted on himself. He reached a tipping point with the lockdown and politics and decided to stop dealing with it. Something snapped. He called one day and said he was building a spaceship and leaving Earth. My dad - building a spaceship! - crazy!. Bezos or Musk building space ships - not crazy, reality. Maybe that's where he got the idea. Could those two zillionaires also want to leave this crazy world of Covid and Qanon? Difference is they have money...he doesn't. Not so much anyway. Oh he has enough for his retirement but not for space ships. He flies around the midcoast in an old Chevy. So I was concerned when he called and said he'd done it. 'Done what' I ask? 'I've flown the coop honey'. 'I've left the Earth and I'm not coming back'. I searched my memory for what to say. How you deal with a parent's slide from rational?. That is to say, what do you do when your Dad loses it? "Space"? I rhetorically ask. "Yes", he said. "Where in space exactly?". "Leme check" he answered. A moment passed, "Half million miles-according to the cosmic odometer". buying time I ask, "What's that in Kilometers, After another pause he answered, "That would be about eight hundred thousand clicks". He was taking time responding. Was this a sign that his mind was slowing? He'd been using his mind for seventy five years, bound to slow down eventually. Big thoughts, little thoughts, and now crazy thoughts. I should document this for the doctors. I called up the stopwatch on my phone and asked, "Dad?" "Yes", he answered after a two second delay. "Dad, we must have a bad connection...there's a delay". Another pause, "Not the connection honey", he said, "its the time of flight" "Eh?", "Time of flight?" I repeated. "Yes, the connection is X band, that's about eight gigahertz, Microwave but its still speed of light limited" Dad has always unnecessarily complicated things with technical jargon. "Dad....what does the speed of light have to do with our phones?" "Sweetie I am beyond the orbit of the moon, it takes a second for my words to reach you and another second for your reply to reach me". That response caused an added delay while I pondered his words. He isn't going to let go of the space ship thing I decided. Changing the subject, I ask, "are you keeping busy"? (Delay), "Yep", "There's still a huge amount of work to be done in the ship" he said, "I left in such a hurry - All that's working is the engines and a minimum environmental system. Ya, I thought, environ....mental. Credit where it's due, in the days following he increased the delay. He was going to pretend himself all the way into the nuthouse. At a million miles the delay stretched out to ten seconds. That was my limit - "lets go to chat or email dad". "OK" he said a dozen seconds later. With email you don't expect quick responses. Half an hour is sudden for an email. That was our time together, email, both of us in isolation. In the weeks that followed he told me about the ship's internal structure. The bulkheads and compartments and companionways. The free fall squash court. "Who'll you play squash with"? I ask, "you're all alone, right?". 'Not totally' he wrote back. "No, I have an anthropomorphic robot with me". "Her name's Sheila". Very athletic. Sweet personality. OMG I thought. "Oh!", not one of "those" robots!?, shocked, I ask . "What does she "do", "I mean, how human-like is she?". He said, "she's "full function" if that's what you're asking, She's got a wicked back hand on the court - Intellectual when that's needed otherwise warm and fuzzy, an extension of the ships computer basically", he added.

(to be continued)

Now that I've been vaccinated with the second Pfizer vaccine, I could have some in-person contact with similarly vaccinated relatives and friends. This could mean more freedom and re-connections face-to-face with important people in my life. Why do I feel so hesitant? The idea of in-person contacts has me clutching my mask and tensing my shoulders. It really is an indefinable anxiety I'm unable to really describe or understand. Maybe after more than a year of sheltering, moving to a wider world of experiences is like learning to walk again after some catastrophe.

Sheltering during this pandemic has been easier than I would have imagined. It certainly has been far easier than trying to manage my overwhelming grief at my beloved brother's death seventeen years ago. Sheltering can hardly compare to living under Soviet rule for my Russian/American friend. And what about our horrendous four year Civil War? By comparison, wearing masks is so easy.

On the other hand, over 550,000 American deaths from the new corona virus is incomprehensible and the sorrow and loss for families and friends is unending.

The virus variants are now in all fifty states. Just the word "mutations" is scary.

After the rain some new grass is emerging as well as sunny, pastel crocuses. Hannaford's Cobalt blue hydrangeas, yellow daffodils and pussy willows bring springtime indoors. I like a drawn out, lengthy and languid spring.

I stopped wearing a winter vest I've worn all through Covid (with laundering). It was like a security blanket I no longer am so attached to. Time for a seasonal change.

Local birders have seen Sandhill Cranes at the Keag Marsh. I need to get down to the marsh before they leave. Cranes can have a remarkable lifespan of twenty years.

Have been watching Ken Burns' documentary on Ernest Hemingway, a complicated man who wrote complicated stories in simple declarative sentences. Discovered we had a book of all his short stories. Hard to believe I only read "The Old Man and the Sea" in high school and nothing of Hemingway's since. I must be under-educated.

Discovered two rats have been dining in my mulch pile. Gross. I never mulch meat or dairy but I learned from a friend that rats were gnawing their way into their home by chewing up their cement basement floor. Rats must have steel teeth like the Russian fairy tale, "Baba Yaga" about a witch with steel teeth. Their exterminator told them rats are all over the mid-coast. Residents just aren't aware or are embarrassed to say. I do know city hall and our city library have rat traps.

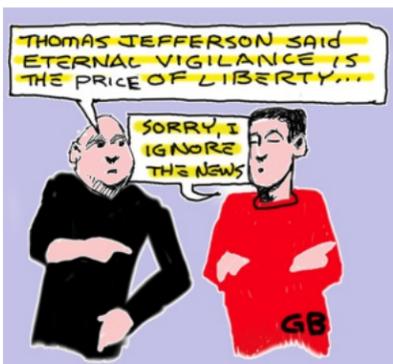
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Maine Coastal Islands National Wildlife Refuge (NWR) and Friends of Maine Coastal Islands (FOMCI) NWR are sponsoring a new bird watching series called "Bird Time on the Coast". Local bird experts will lead trips to some of their favorite bird hotspots along the coast. Open to all birding watching abilities. Walks are free and scheduled from 7:00 a.m. to 9:30 am. Spring outings will be in midcoast Maine. The trips are limited to the first 10 people registered. Register on the FOMCI website at [www.maineislands.org/events](http://www.maineislands.org/events). For more information, contact [info@mainecoastislands.org](mailto:info@mainecoastislands.org) or (207) 594-0600, ext. 5.

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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](mailto:wrfr93.3@gmail.com)