



Mask Burning Event

semi-fiction by Joe Steinberger

Teams of excited citizens are surreptitiously scouring the roadsides and seashores for discarded "sanitary" masks, and collecting them in secret stashes for a public mask burning event, the date of which is yet to be announced and the permit for which is yet to be issued. Public discussion of the prospect is strictly forbidden - nevertheless, putting our lives at risk in a tribute to Russian hero Alexei Navalny, the matter will be discussed on the Rockland Metro Show on WRFR this Wednesday (or perhaps some other Wednesday) between 5 and 6 pm. Listeners are invited to call in and join the discussion: 593-0013.



WRFR is 93.3 fm in Rockland and 99.3 fm in Camden, and streaming online at WRFR.org. The Metro show is also carried live on Maine Coast Television: cable channel 7 and online at MaineCoast.tv.

WRFR is community radio in Rockland.
We have been broadcasting 24/7 since Valentines Day 2002.

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.

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.

or Whatever?

Check out our schedule at wrfr.org. Any time that is scheduled "World in Song" is open for your new show!

Email programming@wrfr.org for details.

All This Fuss About A Bus

by Chris Wolf

Tween Twax McThistle
And Brawny Tree Way
Lies the bustling town of Gwendolyn Mae
And it's not that you'd pay the town any fuss
But today
Betsy Bluebells
Rides the bus.

It's her first bus ride ever
Her first day at school
She picked through her outfits
"Should I wear blue, blue, or blue?"

She wolfed down her breakfast
Three blue eggs and roast
A glass of blue milk
And this isn't a boast
She even ate a piece of,
Blue marmalade toast.

The whole town turns out
Of course, there's a band
All dressed in blue
With instruments in hand.

The mayor gives speeches
The band plays a tune
"Fine looking blue," he says to her
"My compliments to you."

The big bus pulls up
Of course it's school blue
It's loaded with kids
All bound for school too

Betsy's so nervous
The crowd's in a hush
She climbs the first step
It's such a big bus

She peeks inside
There sit all of her friends
All smiling big smiles
And waving her in.

There was blue Molly Cactus
And Polly blue Hills
Even blue too blue Susie
Wearing blue daffodils.

Blue Lou Boondoodle
Sported blue noodle pants
A shirt that went moo
And a blue baseball cap

This will be fun
Betsy smiled as she entered
The bus closed its door
Bets chose a seat in the center

The big bus moved on
The band starts to play
Your first bus ride ever
Is such a big day

To the schoolhouse, it went
Right up to the gate
8 o'clock on the nose
Not a minute too late.

It would be the bestest of blue days
Cause the school was blue too
Over the door was a banner
"Kindergarten Welcomes You."

All of this fun in this blue world of play
And the best thing of all,
It was just,
A bus ride away.

Lawn Avenue





Morning Mental Health

Saturdays 10-12 p.m.

Hosted by Adrian Counce. Music from artists that you probably know, but never get any air time – and leaves you wondering why? All things obscure and strange. Songs that move you and make you think, such as: Pink Floyd, David Bowie to “Guns and Roses,” and “Alice in Chains.” A wide range of genres played with extreme change ups from one song to the next. Always a surprise with the... “Morning Mental Health,” radio show.”



MIXTAPE's 100th Show!

By Stephen Sweigart

This week marks my 100th show! To celebrate, I'll be playing the greatest hits from all the past mixes spanning over 4 decades of music. Artists will include Talking Heads, Beck, Bonnie Raitt, Sharon Jones, Blind Faith, alt-j, XTC, Smash Mouth, Neil Young - and many more! I hope you can listen!

MIXTAPE airs Wednesdays from 3-5pm.



Art by Sweigart

One dozen sparrows lined up on a schooner's cross wire rigging in perfect symmetry until eleven flew off together, leaving one lone bird centered on the wire.

Bold and strong Broken Wing returned this morning for breakfast and couldn't be intimidated by other crows. I've come to admire her and over time she's learned not to be afraid of me. She's always nearby, no matter the time of morning, when I bring out treats for breakfasts. Having gathered nesting material weeks ago, maybe she's expecting soon. I've figured out her nest is down by the water in a big spruce tree. I wonder how many generations of crows she's bred over the years.

April is Child Abuse Prevention Awareness month, although you'd hardly notice. Governor Mills has declared a proclamation, as has The White House. But I found nothing on the Maine DHHS website from the commissioner or anyone else in child welfare. Public information on the topic is muted as compared to popular culture on social media - or any media. If as many banks were being robbed as children were being maltreated, I think Maine citizenry would rise up.

About one million bucks are being spent in the South End to house a few old boats of questionable historical value in a huge structure that's blocking 165 years of neighbors' water views from their 19th C. homes. I guess if one is an advanced octogenarian leaving a legacy is urgent. Nearby property values and taxes have tripled because of the water views, now mostly obliterated.

The vivid red of a male Northern Cardinal resting on a neighbor's golden forsythia light up this grey overcast spring Sunday.

Tuesday's gift is another super moon, called "The Pink Moon." Since the moon will not actually be pink, it's not clear to me why the colorful name was given. A super moon is called that because it's closer to Earth and therefore appears bigger. Nevertheless, calling the moon "pink" does give it a classic romantic tone. At one point, the super moon rested on a vertical cloud to be admired.

The tender green of new leaves starting to unfold in spring are earlier this season.

Yesterday, I spent several hours digging up dandelions on our front lawn and even then there are still more to root out with my handy-dandy long handled tool. Afterward, I was so tired I took a nap. I won't even bother with the double back lot. When we first moved in sixteen years ago, I used to fill four construction bags of packed down dandelions every spring. My father-in-law used to do the same thing well into his nineties, including using a reel mower to cut the grass one way and then the other to create a pleasing pattern. We did that for one year and then hired out the mowing, not being as strong or motivated as my father-in-law. He used to trim the hedges with a hand clipper, and then using a ruler, would do a finishing trim with scissors! For a while, I used an electric trimmer until the prickly hedges just got out of hand. My husband's cousin removed them using his pick-up. One hedge was so deeply embedded that his pick-up kept rearing up like a stallion until the hedge finally came loose. As the years pass, I find low maintenance is my friend.



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To learn more, email Amie Daniels: sponsorwrfr@gmail.com.



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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