



Built for Comfort Holiday Shows

It's the show between Hanukkah and Christmas, and so this Sunday (3-5pm) Built For Comfort is proud to present our 'Holiday' show (aka "Tween' show). Get in the holiday spirit with a fine mix of Soulful (Otis Redding, Clarence Carter, Al Green, etc), Pop (Madonna, the Waitresses', etc), Punk (Bad Religion, Vista Blue, Ramones, etc), and somewhat juvenile/silly (South Park, Richard Cheese, Bob' Burgers, etc) holiday songs. It's gunna be a toe-jammin, head-tappin, groove makin' holiday show, that has an edge at times. The Frank Zappa guarantee is "Holiday in Berlin (Full Blown)" from the hit album Burnt Weeny Sandwich. Let's face it – it doesn't get any better than this! Hear you there! (Next show, December 19th, 'Christmas Show')



A star named Marfak and one of its neighbors in the constellation Perseus
---- Glen Birbeck



photo by Fred Bloom



Five Questions with DJ Fritz Buehner

by Ron Staschak

1) What do you do at the radio station?

I am an artist and former professor of practice from the school of the museum of fine arts in Boston. I am on the board of the Ellis Beaugard Foundation who are the producers of my show, "ArtBeat"

2) How long have you been volunteering?

I have been volunteering for 2 1/2 years.

3) Why did you decide to volunteer/why did you want to have a show?

The content is prerecorded interviews with local artists that I do not edit. I make an effort to do the recordings in the artist's studio or at an exhibition of their work to give the show a kind of "being there" authenticity. Like a cop on her neighborhood beat.

4) Other than the show you host, what is your favorite show?

I can't say I know all the shows currently on WRFR, so it's hard to say which is a favorite. Suffice it to say that what WRFR does is a terrific gift to Rockland and surrounding communities

5) What is the art museum that you have been to, that you enjoyed the most and why?

The most recent Museum exhibit I have been to is at CMCA in Rockland where several shows are currently on view. The sculpture exhibit is particularly strong. The variety of materials, modes of display from wall hanging to placement directly on the floor, to shift in scale (size) and techniques of production and crafting demonstrate that the world of object making (sculpture) is alive and well in Maine.



Your thoughts and art are always welcome at the Buzz
Email Joe: steinberger@gwi.net, or call me: 596-0731



Holiday Storytimes



Rockland Public Library's storytimes have moved inside for the season. Join Miss Katie downstairs in the Community Room for stories, songs, and crafts. Masks are required at storytime. Siblings are always welcome. Tuesdays @ 10:30 AM - Toddler Storytime Wednesdays @ 10:30 AM - Preschool Storytime Thursdays @ 10:30 AM - Baby Time



Happy Hour

Tuesday 4-6 p.m. | Friday 6-8 p.m.

Hosted by DJ Chuckee. The Longest Hour in Radio, Featuring an eclectic mix of music you've probably never heard before.

Free Visual Journaling Workshop for High School Students

December 17, 2:30-5:00pm

CMCA ArtLab at 21 Winter Street in Rockland

High school students are invited to learn about techniques for visual journaling in a free drop-in workshop led by Arts@Work mentor Alexis Iammarino at CMCA on December 17 from 2:30-5:00pm. Participants will exchange ideas about how to create a journal or sketchbook on a regular basis and how this creative habit can support personal projects. This is a great workshop to attend ahead of the winter break to launch dreaming, scheming, and creative projects for the new year.

All materials are provided.

Become a WRFR Sponsor

Sponsoring your local all-volunteer radio station is community service, public relations, and advertising - all for just \$360 a year. We will record a 20-second announcement describing your business or organization and letting our listeners know how to find you. Your message will play at least once a day, every day of the year. To learn more, email Amie Daniels: sponsorwrfr@gmail.com.

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Get The Buzz at these Rockand locations: Good Tern Co-op • Dunkin' Donuts • Jensen's Pharmacy • Rock City Cafe • 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

WEEK NINETY-ONE

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

By Phyllis Merriam

Memory and Motivation in the Time of Covid:
I finally got my act together to store the patio furniture and plant pots in the garden shed. It took no time or effort at all. Why did I procrastinate until early December? Why to I procrastinate about other chores? Because of another Covid-winter?
Our anti-Vaxxer relatives continue to remain fixed. Sending forth the family patriarch's voice as a final plea was met with a wall of kryptonite.
As 2021 wanes, Covid cases wax because of the unvaccinated, delta and the new omicrom variant, about which little is yet known. Anti-Vaxxers, the mask-hostile, and death-defiant/exhibitionists blame Biden for the viral spread. 787,000 now dead. Who will remember our Covid dead? Who will memorialize them? Do Republicans realize their unvaccinated are three times more likely to die of Covid?

Varieties of Covid-Christmas Responses:
Kentucky Republican US Congressman' Thomas Massie's 2021 Christmas card features him and his family gathered by their Christmas tree smiling, all toting large guns. The greeting: "Merry Christmas! P.S. Santa, please bring ammo."
(His posting appeared just days after the latest American school shooting, of which there have been 48 in 2021, 32 of which have occurred since August.)

My neighbor's yard is bright and seasonal with lighted Christmas trees that provide drive-by pleasure. Her best window decoration is a reproduction of the lamp featured in the 1983 film, "A Christmas Story" based on humorist, Jean Shepherd's semi-autobiographic writings, featuring the boy, "Ralphie." The lamp's main feature is a lighted lady's leg wearing a fishnet stocking and black spike heel. It remains my favorite seasonal movie. These are times when we can all use humor.
When my Dad was stationed at Ft. Dix, we always listened to Jean Shepherd's popular radio show from NYC. If the weekly story hadn't ended, we'd sit in our car in the driveway until the hilarious ending. I still remember one notable story about his mother's after-school snack she always served him, which he hated. Tomato sandwiches. Shepherd would always sneakily drop the uneaten sandwiches behind the frig. There came a day when the family got a new refrigerator and his deeds were revealed to all.

Instead of buying ourselves presents we don't need, my husband and I are donating money to AIO Food & Emergency Assistance and Pope Memorial Humane Society, both of which need as much financial support for their clients, as donors can afford, especially during this winter. AIO has the capacity – if they receive funds – to provide heating fuel the same day a family runs out, unlike city help that can take many days. Go online to see how you, too, can donate.



ROCKLAND METRO Local Talk Radio (and TV)

With Hosts Joe Steinberger and Steve Carroll
Wednesdays, 5-6 pm on WRFR 93.3 and MCTV Ch. 7

Thursday's Village Soup reorts that Pen Bay Medical Center is swamped with new COVID-19 cases, 80 to 90% of them unvaccinated. Hospital beds are filled, emergency rooms overwhelmed. Join me and Joe Steinberger this Wednesday, 5 - 6 pm on the Metro Show. We have invited guests from the medical community to speak about the challenges they are facing.
---- Steve Carroll

WRFR is community radio in Rockland

We have been broadcasting 24/7 since 2002.

At WRFR we are all volunteers - now more than 60 strong. We play the music and host the talk shows - and we play what we like and say what we think, subject only to the fcc rules against profanity and our own principle that we must treat all members of our community with respect. We serve also as our own administrators and our own technicians.
We are open to all and would very much like to have your help! To learn more, go to wrfr.org, or tune in to 93.3 fm!