



The Buzz

Rockland Metro Magazine

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On cable channel 7,
MaineCoast.tv & Roku

The Old School
Fellowship Education



On The Road

with
Ron Staschak

Wednesdays
& Saturdays
7 to 8 a.m.

I have been bicycle touring for over 25 years. Last winter I completed a tour across the USA (San Diego to Tallahassee to Atlanta, AMTRAK to St. Paul, MN, to Binghamton, NY). Each week I will talk with local bicycle experts (mechanics) and tourers, and I will also talk with visiting bicycle tourists.

Fellow Humans: Outsmart the Robots

by Joe Steinberger

The power of organized interests to manipulate our minds has never been greater. Recent super-increases in computer speed and memory are providing the opportunity for artificial intelligence to subjugate us to new levels of dependence. These advanced techniques not only manipulate our buying habits, they manipulate our sense of ourselves and of our place in society, and they sell us political alliances and ideologies.

At the same time, these developments in internet technology provide us with powerful opportunities for independent communication, and for collaboration in defense of our autonomy. We must resist the manipulation and seize these opportunities to develop ways to communicate that are independent of commercial and political manipulation.

For example, we must use email, an independent platform, and our own independent websites, and not use Facebook or other commercially manipulated media that seek to attract our attention away from each other and toward the products they are selling. Despite our best efforts, however, the manipulators will manage to acquire data on our personal habits and will develop smarter and smarter computer algorithms that use our data to attract our attention and shape our picture of the world. Searching for information on Google is extremely useful, but every click we make is remembered, and drives our search to results that not only sell us things in which we have shown an interest, but shape our experience in ways that serve the interests of those who control the algorithms.

It is important for us to make our own judgments, rational judgments, in our own interest, and not be manipulated into behavior which is not in our interest. Our ability to make such rational judgments depends on wisdom acquired from experience of the real world, and from sharing that experience and judgment with each other. When our experience is manipulated by the algorithms of Google, Amazon, Facebook etc. and by the commercial and political interests that pay these media to mold us to their subservience, we become serfs.

How can we resist the power of the algorithms to manipulate us? We must be unpredictable.

Much as the corporate robots may know about us, must rely on a much broader set of data, data taken from the mass, and rely on that data to develop their techniques for manipulating us. They must rely on the assumption that our behavior and way of thinking are like those of at least a substantial segment of the public.

To some extent, of course, we are all alike. We are humans. We have ego and libido, and an appetite for food. Controlling these things has always been a challenge, and the algorithms will take advantage of our human appetites and make it harder for us to resist them. Nevertheless, we can defend ourselves, and we must if we are

ASK the AGES
WRFR 93.3

Tuesdays 9-11 p.m.



Aaron Britt is a writer based in Rockland who got his first taste of radio at WAMH in Amherst, MA.



Josh Builder loves LPs and what you think are the bad Dylan records.

Jazz, ambient, new age, krautrock, contemporary classical and even the furthest reaches of Dylan—Ask the Ages is Rockland's home for far-out music

to survive.

We must outsmart the algorithms, and for this we have a huge advantage. We are in fact smarter than all the computers in the world put together. That same humanity that makes us vulnerable, makes us strong.

Show me one country in the world that is run by a network of computers. The very idea is absurd. Someone, or some group of people, must be running the computers. They are ones in power, not the computers. They make the rules that the computers follow.

So your challenge to be smarter than the computers is actually a challenge to be smarter than the people who control the computers. You are up against humans, a bigger challenge, but you still have a big advantage. You are just you, thinking for yourself - or at least you could be thinking for yourself.

The computer moguls think for themselves too, but the whole basis of their power over us is that they are trying to control many people, not just themselves. They must think in generalities, in norms and conventions. We are focused on ourselves, and we can know ourselves better than they can. It might be amusing to doubt this, but really as a practical matter it is true. It is true, at least, if we are independent thinking people and do not follow the crowd.

Our best way to maintain our independence is to communicate with each other. This is for two reasons. First, because communicating with each other helps us build intelligence and judgment, without which our mono-brain is likely to lead us to failure. Second, because if we do not communicate independently with each other we will be much more likely to be drawn into the communication sphere which is manipulated by the moguls.

In the end it is up to us. It will do us no good to complain. We must stand up for ourselves, think independently, and work together for a better future. We must stop blaming each other, stop taking sides in the grand blame game that is distracting us from our own interests. We must learn to get along with each other and work together to solve the many problems that our plutocracy/bureaucracy has created for us. (to be continued)

Joe Steinberger is a Fellow of the Old School

We are seeking volunteers for these off-air jobs: email volunteer@wrfr.org.

Technician/engineer: Learn to build and maintain the technology that keeps WRFR on the airwaves and live streaming.

Publicity Manager: Post WRFR's daily schedule to Village Soup and write press releases for WRFR.

Volunteer Coordinator: Manage off-air volunteers. Includes recruiting and tracking everyone's responsibilities.

Secretary: Monitor WRFR's voicemail. No need to come to the studio: voicemail is automatically transcribed and put into an email you can forward to the appropriate team member.

Calendar Editor: Post calendar items to WRFR's Community Calendar page.

What's the Buzz?

Guests and topics on upcoming Metro shows

January 5

Local representatives to the Maine legislature have been invited to discuss recent recommendations by a state commission on housing. According to a published story in this weeks village soup, a State commission to increase housing opportunities in Maine released their report which will go before the legislatures labor & housing committee in January. Representative Valli Geiger, who has worked to forward housing issues, has been asked to join our conversation.

January 12

Knox County Sheriff Tim Carroll will be our guest,. A variety of issues are facing the County concerning the jail and crime in the area. We will discuss the recent surge in evictions as housing prices continue to escalate nationwide. , the turmoil that continues at the Knox County Jail concerning pay for corrections officers and new State requirements. These and other topics, with Tim Carroll

January 19

Join us the third week in January for a conversation with Courier Gazette's editor Dan Dunkle. Authort Dan will share with us the creation of his newest offering entitled "Let's be Monsters". I am sure we will also talk about a variety of local issues. So we hope you come aboard the Rockland Metro each Wednesday from 5 to 6 broadcast over WRFR radio 93.3 FM and over Maine Coast TV local channel 7.

Join me and co-host Joe Steinberger Wednesdays at 5 pm.
--- Steve Carroll



Local Talk Radio (and TV)

With Hosts Joe Steinberger and Steve Carroll
Wednesdays, 5-6 pm, WRFR 93.3 & MCTV

On the Metro show we consider all matters of importance to our community, we think for ourselves, we say what we think, we listen to each other, we reconsider, and we have fun doing it! You are invited to join in as a guest in the studio or on the phone. Just stop by the WRFR studio at 20 Gay Street at 5 pm on a Wednesday, or call in to 593-0013. For more info, call Joe at 596-0731.

Starting Your Own Radio Show on WRFR

(The following information is from our website at wrfr.org)
Email programming@wrfr.org with the following information to start the process: First and last name. On-air name (if different from your name). We will use this name instead of your real name in media if you prefer. Preferred pronouns. Phone number. Email. Contact information for listeners. Links for your show (optional). Website, social media page, podcast page, etc. You may set this up after you start your show. Proposed day and time of your show (See our schedule. online). Note that live programming ends at midnight, but you have the option to air a pre-recorded show during overnight hours. Finally, a description of your show.

Your thoughts and art are always welcome at the Buzz

Email Joe: steinberger@gwi.net, or call me: 596-0731

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.

WRFR and The Buzz are supported by these local business sponsors. Please give them your custom!

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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-FOUR

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

By Phyllis Merriam

I had trouble finding more cream cheese to supplement the one 8oz. package I had to make a lemon cheesecake for Christmas dinner at a relative's, for which I needed five packages. The Good Tern had three. The staff told me there is a national paucity of cream cheese and a major producer is paying \$25 to customers who forego making cheesecakes. So, I launched my search first at Hannaford. The parking lot was so full I decided to try Shaws. To my surprise and delight, the store had several varieties. My five-cent theory: Shaws' customers don't make cheesecakes.

The day after Christmas, I was notified that two relatives, at the family Christmas dinner we attended, had tested positive for covid. Everyone else there had been triple-jabbed. This just goes to show how covid and its shape-shifting variants are so contagious. A friend describes the omicron variant this way, "How easily this new guy in town gets around and makes himself at home."

So, I finally got myself and my husband scheduled for local drive-up PCR covid tests after much rigmarole and some false information that involved cancelling appointments. Two testing sites scheduled us before the recommended five to seven days from exposure. Otherwise, there are high risks of false negative test results. Geesh! How little ole me (and reliable experts) knew the exposure times for testing and those medical people didn't? Alarming.

Two more pot stores are applying for the city's license, which, if approved, will max out the city council's limits to six. Will the Planning Board spliff their toke? (I meant split their vote.) Or will they doobie their weed? (I meant to say, double their deed.) Will The Brass Compass be re-named Non Compos Mentis Cannabis? Will Rockland change its name to Potland?

Just read in the PPH that a Maine legislative commission issued its report recommending Maine towns and cities comply with new, proposed statewide housing mandates that will reduce barriers for affordable housing construction and increase multiunit structures. Homeowners would have the right to build in-law apartments, eliminate single-family zoning, remove caps on new housing and neighborhood opposition could not block affordable housing projects, as happened in Cape Elizabeth and is driving divisions here in Rockland. The state would provide consultation to local towns and cities in order to remove local barriers to more development. A bill or bills would need to be introduced and enacted. If enacted, I could see this going to SCOTUS



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!