

Nephropidae in Heat

by Phil Crossman

Nephropidae Antlers, the Sign of a Contented Lobster

Nephropidae are clawed lobsters—as opposed to lesser and in some cases only distantly related species such as Spiny lobsters—and are unique, in particular the Maine lobster, a creature nearly as fragmented as this sentence, when passion calls. Like many of us, a young male passes agonizing years of loneliness and confusion until a female finally releases her pheromone outside his abode signaling an interest not unlike his own, long neglected but hardly dormant. Intent on consummating



this, perhaps the only, opportunity for an amorous experience, not to be confused with a meaningful relationship, although that consequence, subject to interpretation, is often unavoidable, the young male, and this is what is so remarkable, within seconds grows an enormous (everything is relative) set of, well all right - horny appendages, and wields them in defense of his beloved, turning back competitors until both the young couple and the dust have settled and a routine, familiar to some of us, develops wherein he discovers it was, after all, a partnership he was looking for and the short-lived antlers, having outgrown, as it were, their usefulness, are shed outside his dwelling as a signal to others that a contented male lives within and requires no further enticement.

For God's Sake!

by Fred Bloom

January 6, 2021 will go down as the worst temper tantrum by a national leader in history.

Although, maybe not! Maybe all wars start this way, with the overly-enlarged ego of some overly-infantile national leader facing an assault on his grandiose personhood that he just can't bear. Certainly you think of the kings of old. My knowledge of history is insufficient to judge. I do know, however, that the riot at the Capitol was never a threat- not in any way- to the real centers of power of the American Empire. At the very worst, the ritual of counting the electors would have had to be postponed for a few days, to give the crews a chance to clean up the mess- and carry away the victims.

Oh poor America, where are you heading? The experts, the professors, the journalists and pundits all say that democracy is in danger- that we could become an authoritarian state. I would suggest that they look around and see what it is now- two major parties both controlled by corporate and Wall Street money. Political theorist, Sheldon Wollen, has called our current system Inverted Totalitarianism. in which the state is not under the control of a single demagogue, but the concerted will of the ruling elites who run the corporations and Wall Street.

Those pundits, commentators, even the mild manored ones like Thomas Friedman, as well as genuinely knowledgeable ones like historian, Timothy Snyder, are all saying that we could be headed for a crack-up. But I have been trying to imagine what that crack-up would actually look like. Would there be fighting in the streets? Would right-wing gangs with AR-15s go charging into black and brown neighborhoods in the cities and start mowing people down? Or would left-wing gangs... what would they do?... set police stations and gated communities on fire? Or hold mass protests in front of government buildings, and get mowed down themselves? What seems clear is that none of this will have any more effect on the real centers of power than did the feckless Capitol riot of 1/6/21.

What then? What is the crack-up I would like to see? It would be a joining together of all the people, left and right, into a unified body demanding an end to the monopoly of power that makes us powerless, that is driving us into hatred of each other, keeping us in wage slavery, fighting endless and fruitless wars, and throwing us into climate disaster, all so the banks and the corporations can go on amassing wealth, until we all perish.

Can that coming together happen? The odds are against it, way against it, as far as I can see. But things could change. What if we started to distrust Fox News and MSNBC both? What if we stopped reading garbage on Facebook, and started reading Sheldon Wolin and Chris Hedges? It's all there, free, on Youtube, for God's sake!

It could begin when we start to escape from the mass delusion that we are at odds with one another. It is on both sides that we are deluded by propaganda of the evil other. But, then we are not going to just live in peace together. Those in power would like to have us believe that is the solution. It's not.

We the people, united, could engage in multiple (thousands upon thousands) of non-violent disruptive activities that would really and truly threaten the real centers of power. We could force the government to change, and change fundamentally, to work for us.

But, alas...



Six Questions with DJ Dave Dyer

by Ron Staschak

One of the any exciting things about interview WRFR personalities is finding out how diverse they are. David Dyer is one such person. I love his answer to the meaning of life. As stated in The Hitchhikers Guide to the Universe 42 is the answer to the meaning of life. David does everything to keep WRFR going. I am glad that I was able to interview him and glad that he is a member of the WRFR community.

1) What do you do at the radio station?

Program Director: I onboard and train new volunteer hosts.

Top-of-the-Hour Manager: I add/remove/record new sponsor messages into the automation for on-air sponsor acknowledgements.

Radio Host: My program Ghosts runs every Tuesday evening from 6pm-8pmET and focuses on modern rock/alternative, hard rock, metal and more with live interviews with bands, authors, artists, actors, and more.

And I will soon be, with board approval, the Sponsorship Manager: whom is responsible for getting new and renewing sponsors for WRFR.

2) How long have you been volunteering?

Off and on since May of 2002

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

I came home from school, got online and chatted with a girl in my art class and she told me she just got home from her radio show at WRFR and that I could have a show too. I LOOOOOVE music, so here I am!

4) Other than the show you host, what is your favorite show?
Waking the Dead with Steve the Friendly Heathen.

5) Is there a question I should have asked you?

What is the answer to life, the Universe, and everything?
42

6) If you were stranded on an island and could only take two albums, which would they be?

Starset - Divisions

Ghost - eliora

WEEK NINETY-FIVE

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

By Phyllis Merriam

Both my husband and I contracted Covid-19 from an un-boostered participant at Christmas dinner. At first I panicked. My symptoms have been mild, with no breathing problems and good vital signs. My husband has been more debilitated and had a high fever one day that Tylenol brought down. He's had no breathing problems. He had the Regeneron monoclonal antibodies infusion via the VA and in 24 hrs. felt better. My four most prominent symptoms: frequent vital signs monitoring, frequent laundering, frequent disinfecting and fatigue...

I received the Regeneron monoclonal antibodies infusion, as well. It is an experimental treatment for covid in the immunocompromised and may or may not be helpful. But I felt better in 24 hours. Both the VA and PenBay's Walk-in Clinic have been terrific resources. The VA gave us a 24/7 triage nurse contact; a Telehealth nurse, a daily remote reporting system of my husband's vital signs. I suspended my husband's VA contractual home aide visits, a former Marine, once we were exposed to covid. But he insisted on driving us to the VA ER when my husband became so debilitated from insufficient hydration that I couldn't get him to our car. His aide picked him up and put my husband in a transport chair and to our car. Even with masking, I'm afraid he will have gotten covid from us. His PCR test just came back negative! Once a Marine, Always a Marine: Semper Fi.

Neighbors, friends and relatives have been wonderful: bringing us food & supplies left on our porch, calling, and texting to check on how we're doing. I've become tearful at such kindness and generosity. Mango has become a bit confused by all the unusual activity in our home. Giving him catnip has helped. He gets animated, and then takes a nap.

Despite frequent disinfecting, I feel like we and our home are so unclean from covid. Amazon has PDI Super Sani-Cloth germicidal
(continued on right)



Local Talk Radio (and TV)

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

Sheriff Tim Carroll is proposing a new medical contract to the Knox County commissioners, a contract that more than doubles the costs of the County's current medical plan for inmates at the jail. Join us next Wednesday, January 12 when Tim Carroll will be our guest on the Rockland Metro Show for a discussion about criminal justice and the Knox County jail. If you would like to join in on the conversation please call in at 593-0013. WRFR radio is 93.3 fm. and online at wrfr.org The Metro show is also broadcast on Maine Coast TV, cable channel 7., and online at mainecoast.tv

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!

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

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and virucidal hospital grade disinfecting wipes I can use for household deep cleaning once our quarantine ends.

Everyone out there: Be vigilant to stay healthy and don't let your guard down like I did at Christmas. Omicron is a speedy, sneaky, viral replicate demon!

Happy New Year 2022. Let's hope this third year of the pandemic will be better than 2020 & 2021. One of my favorite German language poets, Rainer Maria Rilke, wrote, "And now we welcome the new year, full of things that have never been." For The Penobscot Bay Language School's German students: "und jetzt begrüssen wir das neue jahr voller dinge, die es noch gegeben hat." (Of course, "full of things that have never been" can go both ways...especially during our Covid era.)

JANUARY 2022 COVID-19 THREE-YEAR ALPHABET:

(Readers can add to this list and/or assess which are/are not science-based.)

Antigens; anti-Vaxxers; antibodies; alternative treatments; Abbott Binax Now; asymptomatic; ambulances; Antifa; autism; American Rescue Plan; aspirin

Boosters; B.1.617.2; Bots; Billions; bleach; B cell; BP's; BLM; Biden; breathing

Covid-19: coughs; congestion; community spread; CDC; COVAX; crisis; conspiracy theories; Covid-deniers; Capitol insurgents; Covid migrants; Cares Act; closed businesses; car pricing; cytokines; corticosteroids

Delta; detection; database; doses; deaths; deep cleaning; disinfectants; Democrats; drug overdoses; depression

Exposure; efficacy; epicenter; exponential; ER's; ED's; EMT's; evictions; epidemiology; eulogies; extreme weather; experimental treatments

FDA; fully vaccinated; flatten the curve; Fauci; Facebook misinformation; FFP2; front line first responders; flat-line; food insecurity

Global spread; Google misinformation; Golden hamsters; gas prices; gun violence

Home tests; hoaxes; harmful content; herd immunity; hospitalizations; homeless; housing crises; high-priced houses; homeopathy; hydroxychloroquine; hydration

Ivermectin; infections, injections; isolation; ICU; intravenous; income inequality; interferon alfa, beta, lambda

Jabs; Johnson & Johnson; January 6th

KN95; KF94

Lab-based tests; lockdowns; loss of taste & smell; Long-haulers; loneliness; Listerine; Liposomal; liver enzymes

Monoclonal antibodies infusion; mitigation; molecular testing; masks; mandates; morgues; Moderna; Mega-vitamins; Minuchin; mental health crises; mucus

Nasal swabs; neti pots; negative tests; NIH; N95; NIOSH approved masks; no mandates; NIH

Omicron; oxygen; oximeter; outbreaks; oil prices; opioids; obituaries; oriented to all spheres

Pandemic; PCR tests; positive test; P95; PPE's; Polymerase chain reaction; Public health; Pfizer; prone positioning; political divides; pediatric cases

Quidel Quick Vue; quarantine; Quercetin

Respiratory tract; rapid testing; R95; rhesus macaques; Remdesivir; Regeneron; Republicans; remote work; racism

Serial testing; social distancing; symptoms; surges; stress; scrubs; science; school closures; school shootings; Sinema; SCOTUS

Two-Pack home test kits; Trump; Twitter misinformation; tents; teenagers' mental health; TikTok; teachers stressed out

United States (Highest confirmed cases and deaths globally); underlying disease

Variants; ventilation; ventilators; vaccines; viral loads; virtual meetings; viral shedding; voting rights; Veklury

WHO; Wuhan; wet markets; wash hands; walk-in clinics; White supremacists

X-Factor (The difference between success and failure)

YouTube misinformation

Zoom; Zinc; Zero-Covid Policy; Zombie movies

