



The Buzz

Rockland Metro Magazine

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On cable channel 7,
MaineCoast.tv & Roku

The Old School
Fellowship Education

WRFR-LP will no longer be broadcasting W257BI, or 99.3 FM Camden.

WRFR still broadcasts over 93.3 FM Rockland and via live streaming which can be heard worldwide on our website wrfr.org.

After much deliberation, we are sad to announce WRFR-LP will no longer be broadcasting W257BI, or 99.3 FM Camden. WRFR still broadcasts over 93.3 FM Rockland and via live streaming which can be heard worldwide on our website wrfr.org.

As much as we wanted to keep the signal going for our "northern" Mid Coast radio listeners and commuters,

the licensing involved for the additional signal became too complex and costly for our small, volunteer-run station.

If you are a radio listener in Camden and Lincolnville, know that you can still hear WRFR-LP anytime by going to WRFR.org on your phone or computer and clicking the play button right at the top of the page. That also goes for anyone outside of our low-power radius, whether you are in Bangor, Maine or the United Kingdom!



Six Questions with DJ Adrian Counce

by Ron Staschak

We are so fortunate to have Adrian as a dj. His show "Morning Mental Health" is a show I wish that I developed and is desperately needed. He combines music with our emotional well-being. Adrian is a great addition to our community. I encourage everyone to listen to his show (Saturday 10am).

1) What do you do at the radio station?

Answer: I do a show on Saturday mornings from 10 until noon titled, "Morning Mental Health." The idea behind the title/show is to prescribe music as the medicine to encourage happiness, thus improving mental health. My show consists of playing an eclectic mix of endless genres of music. My show is not preplanned and is always off-the-cuff. I like to let my emotions lead the way, and not tied to one specific genre of music. I love for people to call the show and make requests, and am open to playing anything as long as it is radio friendly. One of the bands that is frequently played on my show is Pink Floyd, whereas they are, and always have been my all-time favorite band. Sometimes I will have local artists come in and play an acoustic set within the two-hour slot. I enjoy being able to share the music I find interesting, and appreciate artistic value in with the community, and feel privileged to be able to do so. I am proud to be a volunteer of WRFR.

2) How long have you been volunteering?

Answer: I have been volunteering at the station for over 10 years (unsure of/year), possibly 2008?

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

Answer: Music has always been my number one Love. I am a musician and artist myself. I love to sing and play guitar. I love to paint and draw pictures. I have always been a lover of art ever since I was a child. Prior to deciding to volunteer I had a friend of named Kevin that was doing a show at the station, I forget his last name or the name of his show, but he convinced me to do a show, whereas he knew I had a love for music and a large catalog of music (over a thousand CDs), and thought that it would be a great outlet for me. He was also quite interested in hearing the many different bands and genres of music that I was interested in, and thought it would be fun for me to share it live and on the air. It didn't take much convincing, and before you knew it, I was signed up and, on the air, ever since.

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

Answer: The Penobscot Bay Report & Old Time Radio w/ Host Ron Huber. I always enjoy and am interested in hearing what Ron has to talk about regarding what's happening w/ Penobscot Bay. I have always loved the Bay. Ron is very passionate about his show and doing all he can to help maintain safety regarding the Bay, the community, and planet. I also love that Ron plays the old-time radio shows that people used to listen to back before there were TV shows. It makes me happy to know that these things are not getting lost in time, and that people are able to still experience what individuals were able to so many years ago.

5) Is there a question should have asked you?

Answer: I can't think of anything. I hope this was helpful. Thanks again for the opportunity.

6) What was the first album you purchase? What do you wish was the first album you purchased?

The first album I purchased was Michael Jackson Thriller. As far as what I wish would have been the first album I had purchased, well I don't wish that I had purchased any other album than the one I purchased (MJ Thriller). I believe it was meant to be. It set the tone for my future regarding my love for music, art, and talent. I have always had a deep respect and appreciation for Michael Jackson's music and talent from the moment I first heard him on that cassette tape, and the first time I saw him doing the moonwalk on live TV, and the first time I experienced watching his music videos on MTV. My feelings about the man's talent and musical ability, alongside his showmanship have remained the same to date.

AN ISLAND IS AN ISLAND

by Phil Crossman

Do you find that, although you like the general 'heft' of New York City, Manhattan is not quite the island experience you're looking for? Take heart! In many respects an island is just an island, whether circumscribed by the East, Harlem and Hudson Rivers there, or by East Penobscot Bay, The Reach and the Fox Islands Thorofare here. Vinalhaven, the largest island among this Archipelago, has enough in common with Manhattan that even if you're emerging from the Big Apple (I did not say anything about a worm) for the first time, Vinalhaven can help you transition from that island extreme to, say, Matinicus.

For example, Manhattan and Vinalhaven each comprise twenty four square miles. We each have a great fire department. Both islands have two well known sport teams, they with two mediocre baseball teams and us with two championship rowing teams. Each island has experienced a 3% increase in population in the last decade, Manhattan from around 1,510,000 to 1,560,000, Vinalhaven from 1326 to 1366 1/2 (including Devon MacDonald who only stays on Vinalhaven for as long as we can stand him each year, about six months, then moves to North Haven for about the same duration before returning home again when those islanders have had their fill).

The similarities are manifest everywhere. Each island has about twenty distinct neighborhoods. Some of the better known on Manhattan and their corresponding conclaves on Vinalhaven include that island's Tribeca and our Skin Hill, Greenwich Village vs. Dogtown, SoHo there/NoBo here, Chinatown and Pequot, the Upper East Side and the Sands, their Bowery and our Bowery, Little Italy and East Boston, Midtown and Downstreet, the Lower East Side and Round the Mountain, Turtle Bay and Indian Creek, the East Fifties and Round the Island, Sutton Place and Shore Acres, and Morningside Heights compared to Coombs Neck, to name a few. Each island has eight bridges. Brooklyn, Manhattan, Williamsburg, Queensboro, Triboro, Henry Hudson, Broadway and George Washington bridges on Manhattan and Lane's Island, Carrying Place, Dyer's Island, Mill Creek, Boondoggle, Old Harbor, Mill Stream and Barton's Island bridges on Vinalhaven.

Still, there's no denying some distinctions exist. About half of Manhattan's inhabitants are of one minority group or another but we only have three, a Rastafarian fellow who gets a kick from telling summer visitors he's a native, a Vietnamese woman who sits on the school board and a Pakistani gentleman who has retired here. Manhattan's got us licked there; we could use a little more diversity.

We harvest a more appealing lobster, though, here in the clear cold waters of Penobscot Bay, than can be found in the East River; we can always find a place to park and we all wave to one another and to visitors, particularly those from New York, more frequently than New Yorkers do.



To the Editor

As a senior Republican who served in the U.S.Coast Guard and both the Nixon and Reagan administrations, I am writing to express the hope that our Republican Senator, Susan Collins, will do her utmost to support and pass federal legislation that, at the very least, secures both equal access to the polls in every state, regardless of party membership, and a fair, nonpartisan certification process nationwide.

In the face of new state laws that threaten both, failure to do this will likely end the American constitutional experiment in consensual self government that began 234 years ago.

Fred Kellogg, 79, artist, Thomaston



Local Talk Radio (and TV)

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



photo Rockland Fire Department

Fire Chief asks Council for \$312,000 in Worker Shortage

Rockland Fire chief Chris Wytock will be our guest on the Rockland Metro show this Wednesday January 19th from 5 to 6 PM. Rockland has joined the nationwide worker revolt demanding higher wages and fewer hours. City departments are now feeling the pain of worker shortages and the struggle of finding qualified people. On last weeks Metro I spoke with Knox County Sheriff Tim Carroll who talked about similar issues at the Knox County jail. Our police department as well now faces hiring a new police chief as well as new officers. Many of us are excited that workers now have the ability to demand more but also realize this will cost us all. Please join our discussion by calling 593-0013 with your questions and concerns. The Rockland Metro show comes to you live eachover Rockland's own WRFR-FM 93.3, and on Maine Coast TV, cable channel 7 & 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!



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.

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Get The Buzz at these Rockland 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

My worst fears about this pandemic were realized when "Things Fall Apart" (to borrow a title from the Nigerian novelist Chinua Achebe) and my husband and I got covid. I've had some degree of anxiety throughout these two years. However, I believed we were practicing reasonable security about our safety. We never went anywhere without masks; dined-in one restaurant last September; went to masks-required Strand Theatre twice; went to small fully jabbed thrice family gatherings; I did the grocery shopping & vital errands to protect my health-compromised husband.

We gave up unsafe cloth masks over a year ago to wear KN95 masks. I never go inside anywhere unmasked. We got our vaccines and boosters as soon as they were available. Yet, Christmas Day we spent time with family, which we didn't know included one, only twice-jabbed relative. Just shows how contagious omicron is.

And how arrogant I have to admit I felt that we were successful avoiding covid.

Today is the end of our quarantine. I was able to order hospital grade anti-viral disinfectant wipes PenBay Med. Ctr. uses, from Amazon, that I'm using after regular deep cleaning and then sanitize our home. It is quite a daunting but necessary task.

I discovered the Regeneron monoclonal antibodies infusions I and my husband received (casirivimab & imdevimab) do not work against omicron and were not developed for that variant. The monoclonal antibodies sotrovimab, manufactured by GlaxoSmithKline and Vir Biotech, work against omicron. However, there is a severe national shortage of sotrovimab. Neither the PCR nor the antigen tests can differentiate between the delta and omicron variants unless labs do genomic sequencing, which is not widely available. But not knowing which variant we had, we accept what infusion was available. Because omicron is so highly contagious, The CDC believes that is the variant most likely to cause the recent, ongoing national surge in cases and hospitalizations. Unvaccinated are significant contributors.

The first good snowstorm brought great joy to children sliding the hill into Snow Marine Park, the best sledding hill in Rockland.

New Word/New Condition: Flurona: Having the flu and covid simultaneously.

Had to drop off my car at Genuine Auto and walk round trip to pick it up again on the coldest day, so far, this winter. Bundled to the max made for a reasonably pleasant outing, if I could have ignored frozen nose hairs. Vehicles take no cautions when passing pedestrians who, at times, are forced to walk in the breakdown lane due to icy, slippery patches. The brilliant sun and some of the highest sea smoke I've seen enveloping The Head of the Bay was just spectacular.

Black history of Maine talk at the Rockland Public Library

The Rockland Public Library presents Bob Greene, Thursday, January 27, at 6:30 p.m. This event is free and open to all.

Did you know that Maine's Black history goes back to at least 12 years before the Pilgrims landed at Plymouth Rock? The history of the Pine Tree State includes many Black builders, farmers, fishermen, ship captains, educators, and more whose lives have often been forgotten or ignored. In fact, the first doctor in Maine may have been a Black man, and the nation's first Black lawyer practiced in Portland after passing the bar. Rockland Public Library will host historian Bob Greene, who will explore and celebrate this often hidden side of Maine's history.

Bob Greene is a retired journalist and genealogist who has researched the Black history of his native state for years. A native of Portland, Greene is the eighth generation of his family to be born in Cumberland County. His roots in Maine stretch back into the 1700s. After retiring, he returned home to Maine; his genealogical research has led to his deep knowledge about Maine's Black history. He contributed to Maine's Visible Black History, The First Chronicle of its People, co-authored by H.H. Price and Gerald E. Talbot. Greene currently lives in South Portland and is on the Board of Trustees of the Maine Historical Society as well as the Board of Directors of the Osher Lifelong Learning Institute (OLLI) at the University of Southern Maine. He currently teaches a course on Maine's Black history at Osher Lifelong Learning Institute at the University of Southern Maine. Greene is also the 2021 recipient of the Maine History Society's Neal Allen Award, which is presented each year for exceptional contributions to Maine History.

This event will be held in-person at the Rockland Public Library, located at 80 Union Street, with limited seating. For more information, please email lewis@rocklandmaine.gov.

