



# Rockland Metro Magazine

"The Buzz"

Issue 271, June 3, 2022, Rockland, Maine



On cable channel 7,  
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**The Old School**  
Fellowship Education

## SPIKE and SHADOW

Saturday, June 18, 2022 6 to 7 PM  
- and every third Saturday of every month

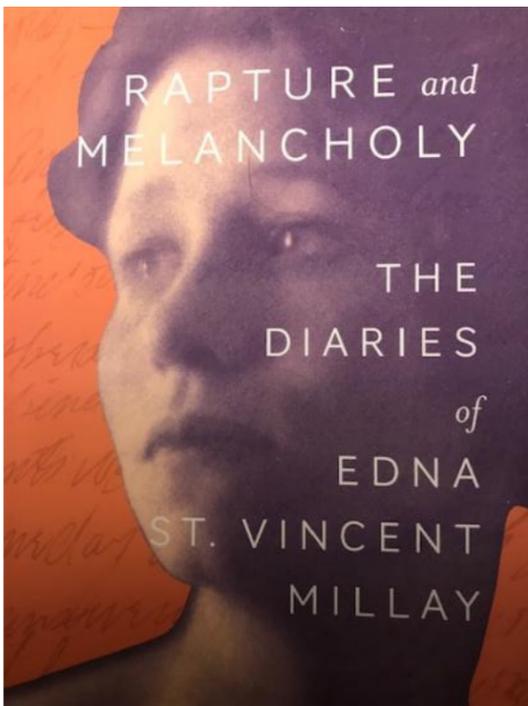


## THE FLIPSIDE SHOW

Since May 2014, The Flipside Show had a regular spot on Saturday evenings from 6:00 to 7:00 pm (and rebroadcasted on Sundays from 11:00 am to noon). For nearly eight years, hosts Spike and Shadow brought a wide mix to the WRFR airwaves... records, vintage radio broadcasts, interesting factoids, zany bantering, questionable commentaries, off-the-wall rants... But now the time has come to cut back a little bit. Spike has a bunch of health issues and Shadow has a less-than-forgiving work schedule. Therefore, short of going off the air completely, The Flipside Show is rescheduling. Instead of broadcasting every weekend, The Flipside Show will now broadcast once a month... more specifically, the THIRD weekend of each month. Spike (host) and Shadow (host, the sequel) would like to thank all the loyal listeners of The Flipside Show for tuning in each weekend since 2014, and hopes that the listeners will continue to tune in on the third weekend of each month.

## A Book Recommendation from Millay House Rockland

by Kathy Onofrio



While reading Rapture and Melancholy, the newly published diaries of Edna St. Vincent Millay, lightly yet thoughtfully edited by Daniel Mark Epstein and with a foreword by Millay literary executor Holly Peppe, I found myself envisioning this book affecting others' lives, creative and otherwise.

Diaries are, first and foremost, primary source material. In Rapture and Melancholy, you are not reading an interpretation of Millay's life and its events; you are reading her own words, available publicly now for the first time, written in the privacy of her room, home, or bed. You are privy to directly hearing a youthful voice from the beginnings of her confidence in herself as writer and poet; a biographer would have to quote her to provide the same immediacy. In this volume spanning four decades, Epstein contextualizes Millay's diary entries with introductions to each phase of her life. Excellent biographies, which provide a more complete context to the diary, are available locally at Arctic Tern and Hello Hello bookstores, including Mr. Epstein's What Lips My Lips Have Kissed, and Nancy Milford's Savage Beauty. These volumes can fill narrative gaps in the diary that occurred as Millay's life became busier and her entries more sporadic.

As do most literary diaries, Rapture and Melancholy brings Millay's daily internal and external landscapes into focus—her many responsibilities for her household, absent her divorced, working mother; her delight at her poetry being recognized; friends she made and the places they frequented, in Camden and its environs; her college life, life in Greenwich Village, and her life in Austerlitz, New York. Entries begin in 1907, when she was 15, revealing lives lived in turn-of-the-century Maine and what was important to a young woman, including such things as how much fabric cost and who made clothes for Edna and her sisters. The diary's immediacy enables readers to observe her love of music, feel the winter cold and her frustration with incessant rain, envision the hills she climbed while "maying" (welcoming springtime by gathering flowers), and to confront her challenges, from doing 12 hours of laundry to coping with a sister who routinely dirtied her finest clothes immediately after donning them. Entries are fewer between 1914 and 1927, when Millay was attending Vassar and traveling abroad; and at the end of the diaries, the reader finds Millay addicted to painkilling drugs, recording only intake times and dosages in an attempt to curb their use. This may disappoint or skew some readers' views of her, but here undeniably, is a front row seat to a vibrant, highly intelligent individual's thoughts, accessible and authentic in a way no other writing can be. Rapture and Melancholy is a chronicle in Millay's own words of how she developed the skills and courage to live unconventionally and present her art to the world.

Years ago, I read Virginia Woolf's *Writer's Diary*, which her husband distilled to focus largely on her writing life. The people and places she wrote about so intrigued me that over the next few decades, I read all her novels, essays, short stories, the multiple volumes of her letters and diaries, as well as biographies and literary criticism. Reading her work and delving down numerous literary and historical rabbit holes informed my own writing. I went to England in 1985 to walk the London squares, find her houses and bookstore haunts, and visit the country house where she wrote some of her books. Seeing her houses and sitting in her garden, where stand the two companion trees beneath which she and her husband are buried, suggested to me creative possibilities into which to venture and roam.

In a local attempt to enhance and preserve Millay's legacy, I am a member of the Millay House Rockland board of directors. Our organization is restoring her birthplace on Broadway to preserve the house and eventually, a garden, and provide programs that will inspire people to read and write poetry or share their stories. Just as visiting Woolf's homes and reading her work helped me develop a writing career, may Rapture and Melancholy lead readers back to Edna St. Vincent Millay's poetry and other work, and ultimately, to having the courage to do likewise.



## Jake Stamp Two Hours of Reggae Power on WRFR

interview by Ron Staschak

Every week I am amazed at the dj's we have at our Rockland community radio station-WRFR. They are diverse and exciting. Jake is a great. He produces a 2 hour music show-Saturday 8-10pm. Not only will you hear great music, you will receive a history lesson regarding Reggae.

*What do you do at the radio station?*

I host a weekly reggae show on Saturday nights from 8-10PM called Two Hours of Reggae Power

*How long have you been volunteering?*

I started in March 2020

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

I hosted a weekly reggae show when I was in college I don't want to say how many years ago, and it was a lot of fun. I was looking for ways to get involved in the local community and came across WRFR. I've spent decades listening to Jamaican music and really enjoy my time in the studio and hope others do as well.

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

As a fellow vinyl collector, I like the Vinyl Hour.

*Is there a question I should have asked you?*

How did you start listening to or become interested in the style/genre/topics that you showcase on your show?

I started listening to Ska and reggae after my parents went to Jamaica (without me) and brought back stacks of cassettes that I started listening to over and over.

*Why are you known as "Spliff?"*

A spliff is another name for a marijuana joint, and Skankin' is a type of dance, just thought it was a funny name.



## Volunteers Needed

for the PA Booth at the  
Maine Lobster Festival,  
August 3-7 - contact:  
Steve@carrollsappliance.com



Rocky Shore at Ebb Tide by Jon Luoma

## Art Opening at Maine Coastal Islands Art Gallery

You are invited to an art opening on **Friday, June 10 from 4-6 p.m.** at Maine Coastal Islands Art Gallery featuring two environmental artists. This art show will be on display through August at the Maine Coastal Islands NWR Visitor Center, 9 Water St. in Rockland.

We welcome:

Jon Luoma, Alna, who studied traditional painting in China. His show will highlight landscapes and scenes of Maine, coastal and inland, with a few from Canada, Nepal and the Galapagos Islands. He enjoys spending time in the 'wildlands' of Maine (and beyond).

Kirk M. Rogers, Portland is an accomplished photographer with a portfolio that rivals some of the great naturalist photographers. This show explores the breadth of his talent, including his astrophotography. His images of landscapes, birds and the night sky are further enhanced by his refined print processing and winsome titles.

Refuge Manager, Brian Benedict, is delighted to welcome Kirk back to our art galleries to highlight his talent and dedication to the refuge. "Kirk Rogers exceptional photography has been used in many ways to connect the public with our treasured refuge islands and the seabirds they support. Over many years Kirk has generously volunteered his time to accompany refuge staff to offshore islands to capture stunning images. Since most of the public will never visit our islands, Kirk's photos have been used to share the beauty through exhibits in our Visitor Center, social media, and scientific and public presentations.

The galleries are open Monday through Friday, 8 a.m. to 4:30 p.m., except holidays, and on Saturdays from 11 a.m. to 4:00 p.m. All art sales support both the artists and the Friends' group.

**For more information:** email [info@mainecoastislands.org](mailto:info@mainecoastislands.org) or call 594-0600 x5114.



**Metro Show June 8:** Our guest will be **David Gogel, Director of Rockland Main Street, Inc.**, who is helping to organize the Solstice Festival for June 18.  
**Metro Show June 15:** Our guest will be **Sam Hunkler, Independent candidate for Maine Governor.** Sam will give a talk and answer questions at the St. George Grange Hall at 7 pm after the show. Link: [StandWithSam2022.com](http://StandWithSam2022.com)



**The Rockland Metro Show**  
Wednesdays from 5 to 6 pm  
Simulcast on WRFR and MaineCoast.tv

On the Metro Show we try to have the **conversation America needs today**, Co-hosted by Steve Carroll and Joe Steinberger, the show features lively, friendly and constructive conversations between people from different backgrounds and political perspectives. Listen or watch, and call **593-0013** with your questions and comments.

### 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 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](mailto:wrfr93.3@gmail.com)

## WEEK ONE HUNDRED-SIXTEEN

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

I don't even know how to put into words the horror of America's most recent school shooting massacre in Uvalde, Texas. Nineteen fourth graders and two teachers died while nineteen armed law enforcement officers loitered for over an hour in the hallway outside the classroom, ordered not to engage the shooter, else they may get shot. Meanwhile, some of the children repeatedly called 911 as their classmates and teachers died among them.

Days later the NRA's annual meeting in Texas, Trump and Ted Cruz blame everyone and everything but guns. America has more mass shootings than any other country. Texas lawmakers have for decades increased Texans' legal access to guns. My only optimism about the NRA is that their majority membership is ageing white men.

Marty Daniel, of Daniel Defense, the manufacturer of AR-15 semiautomatic rifles, markets his guns on social media in a video of a toddler cradling a rifle, with the caption, borrowed from the Bible, Proverbs 22:6, "Train up a child in the way he should go, and when he is old, he shall not depart from it." Using pre-school children with guns and a Bible verse are perverse marketing tools in America. (I just read that this offensive promo was just taken down.)

The leading cause of deaths among American children is by gunfire.

Even with the latest grisly assault gun slaughter of schoolchildren, lawmakers will say its terrible and then do nothing.

Even when guns make it dangerous to attend church and synagogue, go to the movies and grocery shop, lawmakers will do nothing.

Memorial Day lilacs are starting to look rusty and wilting. Maybe they are a metaphor for all the loss and sadness these days. Will America ever have a Memorial Day for murdered children? So far, 311,000 American children have died by gunfire.

Mango went antic at flies swarming the screen of one of our kitchen windows. Could the outside swarming be from the flavors of the pot roast in the oven? Mango was frustrated he couldn't reach the flies. He's a very accurate bug catcher.

The Biden administration is sending advanced rocket systems to help Ukraine defend itself against Putin's War where the concentration is in the Eastern sectors.

I hope this will make a difference in Ukraine's defenses of their country under endless siege.

Yesterday, I saw a bicyclist going by with his pet dog in his backpack, all the while playing music. The dog looked quite content. I've had a fantasy I could take Mango outside for interesting walks, if I could find a carrier he would tolerate and enjoy.

Paxlovid, the Covid-19 oral antiviral drug that significantly reduces hospitalizations and deaths, is more widely available now. It wasn't when I got Covid-19 last Christmas. For some reason, I was very lucky and had no symptoms.

Broken Wing and her cohort still arrive every morning for breakfast, even though it's not the same time every day. I discovered they like ham. But then they like road kill, so human food must be even more tasty. I wonder if Broken Wing will have another brood this year.

## 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 David Dyer:

[sponsorwrfr@gmail.com](mailto:sponsorwrfr@gmail.com).