



Rockland Metro Magazine

"The Buzz"

Issue 272, June 10, 2022, Rockland, Maine

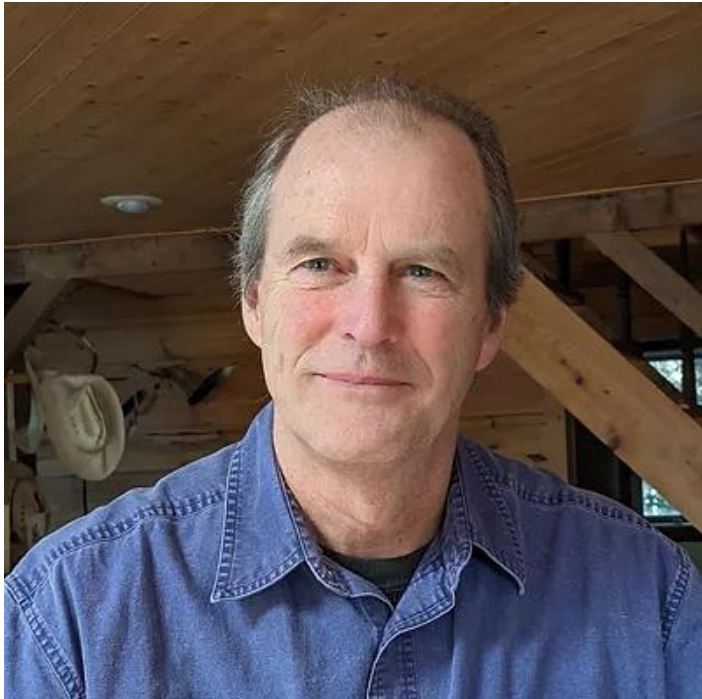


On cable channel 7,
MaineCoast.tv & Roku

The Old School
Fellowship Education

Independent Candidate for Governor to Speak at St. George Grange Hall

by Joe Steinberger



Sam Hunkler, a family doctor from Beals, has qualified to be on the November ballot as an independent candidate for Governor. He will be coming to the Rockland area on Wednesday, June 15 to give a short talk entitled "A Perspective of Healing," followed by a discussion at the St. George Grange Hall. The talk is applicable to personal and community healing.

The event will begin at 7 pm and be followed by an opportunity to meet the candidate. Prior to the talk, Sam will be interviewed from 5 to 6 pm on the Rockland Metro Show on WRFR, at 93.3 fm and online at wrfr.org and simulcast on Maine Coast TV, cable channel 7 and online at mainecoast.tv.

Hunkler, who prefers to be called Sam rather than Dr. Hunkler, grew up in a small town in Ohio, the seventh son of a telephone repairman. He first came to Maine while he was still in

high school, to visit his brother who was serving at Loring Air Base. After college Sam served in the Peace Corps in Kenya, where he met his wife Kelly, a Mainer.

After he finished medical school Sam and Kelly moved to Greene, Maine while he did his residency at Central Maine Medical Center in Lewiston. He then spend 3 years in the Indian Health Service in Alaska as a National Health Service Scholar before returning to Maine and settling in Beals. He "retired from the medical system" in 2021, but continues a small local practice.

Sam says his interest in politics began with a suggestion from his father while he was still a student. "It stuck with me" he says. Though he chose a medical career, in his senior year in high school he was president of the student council, president of his class, president of the National Honor Society, president of the Key Club, captain of the football team, and artist of the year.

"Stand With Sam" is the slogan of his campaign. He says he is running for office to lead Maine on an independent path, away from partisan bickering and special-interest agendas, and toward government by and for the people. His message is "let's find common ground with common sense for the common good."

A very unusual aspect of his campaign is that he is taking no money from anyone. He says "I am accepting no campaign donations and will be beholden to no person or special interest. I will self-finance my standing with the goal of spending less than \$5000, excluding travel."

The two other candidates on the ballot, Democrat Janet Mills and Republican Paul LePage, have each already raised over a million dollars. Sam's plan is to enlist the direct help of Mainers - to make signs, organize speaking engagements, and spread the word. He invites people to contact him via his web page, StandWithSam2022.org

The St. George Grange Hall is at 32 Wiley's Corner Road. The candidates talk at 7 pm on Wednesday, June 15 will be his first campaign appearance. He plans to speak at grange halls around the state over the summer and fall.

Summer Solstice Street Party on Main Street June 18

On June 18 join the Summer Solstice Street Party on Main Street, complete with live music, food, fun and family games from 4-7 PM. From 6-10 PM join the After Hours Dock Party at Journey's End Marina at the end of Tillson Avenue, featuring a cash-only bar, live music, adult games, dancing, and food for sale. The street party is family-friendly, while the dock party is strictly adults, 21 and over. Both events are free to the public.

The decades-long tradition for residents from all over the Midcoast region will bring hundreds of families – thousands of people - to a Main Street that will be closed to vehicular traffic. During that time, the street will be filled with pedestrians enjoying live bands, plenty of food, and fun for all ages.

One of the traditional attractions during the street party is the "Wayne Steeves Memorial Whoopie Pie-Eating Contest", sponsored by Rockland Café, where registration begins at 4:00 and the contest begins at 6:00.

In addition to live bands and plenty of food options, festivities will include games and activities for children, art classes, and so much more!

The Annual Summer Solstice Celebration is produced by Rockland Main Street, Inc. Major sponsors are Journey's End Marina, First National Bank, Loyal Biscuit Company, Botany, and Bud Light-Valley Beverage.

Sail, Power and Steam Museum Community Open House



Saturday, June 18, 2022 10am - 4pm

Join us for free museum admission.
light refreshments. museum tours.
tours of our new building, the Wing On
Wing Boathouse, and the start of our
summer 2022 Concert Series.

For more info:
sailpowersteammuseum.org



Sonja Sleeper Meat and Potatoes

interview by Ron Staschak

"In times like these, it is important to remember that there have always been times like these." I admire anyone who can express their philosophy in a calm/rational way. Sonja is such a person. Her show - Meat and Potatoes - is amazing. Whether you agree or disagree with her, you will learn a great deal. Listen in every Saturday morning from 8-9 (right after On the Road, Again). It will be time well spent.

What do you do at the radio station?

I have a radio program on Saturday mornings, 8am to 9am - Meat and Potatoes. No fixed subject really but I do discuss politics but from a practical point of view. I bring up an issue what I know about it and suggest solutions and/or approach it from another point of view. Last week it was schools: their costs to us and subject matter being taught. The week prior US Congressional Candidate Ed Thelander was a guest. Hoping to have more guests moving forward.

How long have you been volunteering?

Over three years now, I do not remember when I started but knew it was before the covid shutdown in 2020.

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

I have something to say, a point of view and feel the need to share it.

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

The World in Song, I am not sure if it is a program but I really enjoy it.

Is there a question I should have asked you?

Not sure, what are future plans for the program? If asked, more guests and more of a fixed format.

What is your favorite book? Why is it your favorite?

Far from the Madding Crowd by Thomas Hardy. Amazing writing, story a little dark but the least dark of all his books.

Who would be your dream guest? What would you ask them?

Dream guest? I have no idea, but if anyone it would be Tom Brady the football quarterback. Just to thank him for some incredible football.



NEW SHOW on WRFR!
The Jim Gibson Show
Fridays 2:00 PM 3:00 PM

Jim Gibson is a singer, songwriter, and entertainer. He has been a professional musician for over 40 Years, playing venues ranging from Blues festivals in California, Tennessee, France, Belgium and Chicago, to Grand Ole Opry and various other venues. His radio show will spotlight songwriters around the world and will include live in studio music performances featuring local musicians and songwriters.

Random Fate and Monkeypox
by Glen Birbeck

They say the monkeypox isn't as bad as the Corona thing. Not as virulent or life threatening. We shall see. It seems to be spreading around the world and here in the land of free (or inexpensive). However much fear I ever had, has been squeezed out of me by now. You wanna nuke me, go ahead. You wanna bite and Lyme me, have at it. Real life is out in the garden. The predator and the prey, the bugs and birds. All of 'em live among the weeds and flowers. All under the weather and subject to fate's tender mercy. Would you rather have a cruel fate or a random fate? Cruel is more human. Random is difficult, for computers anyhow. It is impossible for humans to be fair or random. Finite state machines can't do it either, it's not in them. A lava lamp and video camera come close, they say. But fate? Proving randomness (ie fairness?) in the actions of fate would be difficult. Getting back to the monkeys. See no evil, Speak no evil, hear no evil. Good advice.



Riding a wild stallion into a burning building

Opinion by Steve Carroll

Seriously, isn't that the feeling most American's sense when they awake everyday. Weather it's filling up your tank with \$5 gasoline, buying anything at the local store, opening your power bill, or finding whatever you ordered will arrive sometime after Christmas. Daily life in America has gone from doable to unbearable. You're finally making a little more at work then they raise your rent by \$500 plus you pay for the heat and it costs \$1,000 to fill your oil tank. Please wake me up form this nightmare. Don't worry the President will feel your pain, that is just as soon as he returns from his four day weekend and long naps. Today I heard his press secretary say the economy is doing better than its ever been. Well I don't know what she's smokin but I definately want some of that. Is there anyone out there that still thinks Uncle Joe is doing a good job ? Luckily I can say with complete honesty "I voted for Trump" and before you start in let's get the facts straight. When Trump was in office we were energy independant. First thing he did was open the XL pipeline (which BTW would be completed by now) supplying America with enough oil to keep gas prices below \$2 a gallon. The border wall would have been completed stemming the tide of illegal immigrants. Our economy was strong, inflation running at 1 and a half percent. Store shelves were stocked, no supply issues, NO WARS, no 40 billion being shipped to a foreign country most people can't find on a map. Well of course I could go on, but I hope you get my point and that is despite what you thought of Trump, our country was far, far better off under his leadership. Here's another fact for you to chew on, this administration doesn't care about you or your problems. They think we should all be driving \$65,000 electric cars and heating our homes with solar panels. What's even worse not one word is coming from any of our representatives. Susan Collins, Chellie Pingree, Angus King (sounds like a lot of bull), or even Jared Golden. It's completely silent in Washington. So hold on folks your in for a wild ride and it's just beginning. Remember when you go to the polls none of these representatives are doing anything for you. You just might think about calling and ask if they remember us. You know, Maine "the way life should be"

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



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!
19th Edition • American Legion Post 1 • Apache Boat Works • The Apprenticeshop • Astrology with Ananur • Bartlett Woods • Bay Chamber Concerts & Music School • Bay Chiropractic • Blues Festival • Botany Maine • Brio Promotions • Brooks Trap Mill • Bufflehead Sailing Charters • Burpee, Carpenter & Hutchins Funeral Home • Cafe Miranda • Camden Conference • Camden Harbor Cruises • Camden National Bank • Camden Opera House • C'est la Vie Consignment • Chartrand Imports • Courier Publications • Cemetary Dance Publications • Dead River Company • Dowling Walsh Gallery • Eastern Tire • Eric Gabrielsen • First National Bank • Frantz Furniture • The Free Press • Genuine Automotive • Gilman Electrical Company • The Good Tern Co-op & Café • The Grasshopper Shop • Guini Ridge Farm • Hello Hello Books • Home Kitchen Cafe • Jensen's Pharmacy • Jess's Market • K & P Speed Shop • Knight's Marine • Knox Village Soup • Luce Spirits • Maine Street Meats • Maine Coast TV • Maritime Energy • Mountainside Services • Mid-Knight Auto • Monhegan Boat Line • OUT Maine • Peaceful Passage • Pen Bay Pilot • Pen Bay Medical Center • Red Bird Acupuncture • Robbins Construction • Rock City Employee Cooperative • Rockland Family Dentistry • Rockland Savings Bank • Sammy's Deluxe • Samoset Resort • Schooner Bay Printing • Side Country Sports • Southend Grocery • State of Maine Cheese • Strand Theatre • Swan Restorations • Suzuki's Sushi Bar • Tea Printers • Toshie Ichiyanagi Tesler, CPA • Viking Lumber • Wayfinder School • Well and Good Natural Medicine • Willow Bake Shop • The Zack Shack

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 ONE HUNDRED-SEVENTEEN
COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE
by Phyllis Merriam

Maine CDC announced Maine leads the nation ("Dirigo") in second booster shots with 30% of residents getting their second jab and 74.23% fully vaccinated. Complacency is dangerous. National sources cite a 30% increase in US cases.

High risks of breakthrough Covid infections remain among 25 or more mask less people gathering indoors. I will still not be restaurant dining indoors any time soon.

2021 saw the highest lobster landings of \$725 million. This season lobster roll prices are soaring: \$30.54 - \$47.99. Lobsters (or "bugs" as lobstermen call them) are hard shells now, with more meat. After molting, lobsters have less meat and will cost less at the dock.

Other mass shooting: This time at a medical center in Tulsa. Four are dead with an unknown number of the wounded. Two of the dead were physicians: More shootings in Philadelphia, Iowa and Tennessee. No urgency – or even interest is detected from the US Senate.

My niece wrote a wonderful review in the PenBay Pilot of Edna St. Vincent Millay's heretofore, unpublished and intimate, "Rapture and Melancholy: The Diaries of Edna St. Vincent Millay." Anyone interested in her poetry and diaries should buy a copy - available locally at Hello, Hello Books. Vincent, as she preferred to be called, was the rock star of poetry in her day. Thousands attended her readings as she strode the stage reciting from memory her own and favorite other poems, with her memorable voice. (My husband is a cousin of Vincent's via her mother in the Kalloch branch. He doesn't like me saying this, as he is a very modest person. He also is the Inaugural Poet Laureate of Rockland.)

LOVE AMONG THE RUINS:

Despite, or because of, Putin's War on Ukraine, two young Ukrainians we, and other Mid-Coasters, have supported with humanitarian aid have married. The groom-to-be, who is fighting on the front lines, appeared unannounced to tell his fiancée, "Get dressed; we're going to be married in an hour." This is the first time any photos from their undisclosed locations show their smiles as they embraced each other clutching huge bouquets. When you don't know what the future holds in wartime – or even if you have futures – love survives and gives hope.

The Solstice Celebration is in downtown Rockland June 18. While you are there, see the Youth Pride Art Show at Rock City Cafe!



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.