



# Rockland Metro Magazine

"The Buzz"

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On cable channel 7,  
MaineCoast.tv & Roku

*The Old School*  
Fellowship Education



## John Bisignano Exhibit & Scholarship Fund

The work of John Bisignano, long time resident of Owls Head, is being exhibited at the Institute (Archipelago) in Rockland. His work will be shown during the month of July. John graduated from the Newark School of Fine and Industrial Arts and the Art Students' League of New York City. In his prime, he had many one man shows in New Jersey, Pennsylvania, Michigan, Tennessee, and Florida. His work is in over 100 private and public collections.

John's work includes collage, sculpture, wood inlays, embossing, and acrylic paintings.

The proceeds from the sales will be used to fund a scholarship for a high school student who cannot afford tuition at MECA-D in Portland. Preference will be given to a high school student from Knox County, though it is open to all art students in the state of Maine.

John's exhibit at the Institute will run the month of July.

This is a wonderful way to support our future artists and to own a beautiful work of art.



## New Show on WRFR *Odd Sensibilities* Fridays 3-4 p.m.

with **Scott Kinnamon**

*Odd Sensibilities* will take the listener on a journey across time, genre, and mood. Spanning the globe and the vastness between your ears. Our motto- "Some things you've heard, some things you've never heard, and some things you'll hope to never hear again."

contact: [Scott@scottkinnamon.com](mailto:Scott@scottkinnamon.com)

*This show needs a sponsor...  
might that be you?*



## Bay Winds North concert on the Rockland Public Library lawn

The Rockland Public Library presents the Bay Winds North Ensemble, Thursday, June 30, at 6:00 p.m., on the lawn of the Rockland Public Library. This event is free and open to all.

Bay Winds North Wind Ensemble, based in Rockland, is a community band comprised of musicians ranging from high school age to retirees from Midcoast Maine. Now in its 11th year, the ensemble performs concerts throughout the year, including the annual R.B. Hall Festival, and participates in parades during the summer. The musical director is Marlene Hall. Bring a chair or picnic blanket from home and come experience a musical gem of the Midcoast!



## Kenny Doobie and Coffee in the Morning with the Proper Dab Guy Fridays 4 to 5 pm Jolly Jungle with Ken Perryman

interview by Ron Staschak

Welcome to another great addition to the WRFR community. Kenny has a great personality and positive attitude. His show *The Jolly Jungle* (Friday 4-5pm) is amazing. Laughter is the best medicine and Kenny provides the best laughter.

What do you do at the radio station?

Call-in comedy talk-show host on *The Jolly Jungle*

How long have you been volunteering?

Just started. June 10th will be my first show.

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

I enjoy bringing laughter to people. I believe that there are too many divides in this country and the world as a whole. I will never discuss politics on the show or anything else that brings negative conversations. This show is for people who want to escape the negativity in the world. On my morning Facebook videos (*Doobie and Coffee in the Morning with the Proper Dab Guy*), my closing statement is "Make somebody laugh or smile today. Make his or her day a little bit brighter than when they first came upon you." I strongly believe that if everyone makes it a habit to do that, this world would be a much better place.

In addition to motivating people to laugh, I know that there are many talented people in Maine. I want to emphasize and call attention to the many musicians, comedians, song writers, actors, authors, and other talented individuals in Maine.

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

Live From The Pit with J-Lunatic. Love Jesse McFadden. He is funny and down-to-earth. Jesse had me on his show for two hours, and we had a blast.

Is there a question I should have asked you?

I co-host a YouTube show and do funny videos in the morning. I go into character, and people tend to believe that I am British. You might want to ask me about those things. What got me started. Why I started doing YouTube and the morning videos.

I am also a stand-up comedian. I perform at different events and venues around Maine.

How can someone watch your u-tube videos? Is it a daily or weekly show? How is it different from your WRFR show?

Unfortunately, my YouTube channel is ending next week because of YouTube algorithms concerning cannabis related content. My daily morning videos are strictly comedic, whereas my YouTube show is educational with humor added. My WRFR show is humorous with segments such as *Maine's Got Talent*, *Weird and Wacky News Stories*, and a funny tip of the day, I also do characters such as *Papa Prune Juice*, *The Proper Dab Guy*, and *The Guy That Knows a Guy*,

Can humor save the world? Who are your favorite comedians?

Humor definitely can save the world. At the end of each one of my videos and my radio show, I tell people to make someone smile or laugh, and make his or her day better than when he or she came upon you. I believe that if everyone makes a conscious effort to do this as much as possible, it will have a domino effect throughout society. Like negativity, positivity is contagious.

I don't have a single favorite comedian. However, the ones that inspired me are George Carlin, Don Rickles, Steve Martin, Bill Cosby, Lewis Black, and Rodney Dangerfield. There are many more but those are the ones that stand out. However, some of those comedians are politically oriented, and I don't do politics. Also, I don't swear in my routine. My stuff is not really PG but there are no curse words. I use other words in place of swear words. I just think it is funnier to do that



# RSU13 students are on ON AIR

RSU13 students are on ON AIR this summer as they join WRFR during live radio shows.

WRFR-LP is one of the first low power community radio stations in the US and has been broadcasting since 2002 on 93.3 FM in Rockland, and streaming online at wrfr.org since 2004. WRFR is volunteer-run, including the on-air programmers and technicians.

During the program, students will have hands-on experience in radio broadcasting with seasoned WRFR volunteer programmers.

This summer, students will be sitting in on the radio show "Odds and Ends" with John Burns.

The guest radio hosts of RSU13 students are participants in a summer camp program run by RSU13. Students participate in 16 days of summer with daily programming in areas of STEM, Art, Cooking & Nutrition, Sports and Movement and Business Entrepreneurship. Oceanside Middle School students will be visiting downtown Rockland organizations, businesses and community partners all summer to learn about their city and different trades and passions. For more information about afterschool and summer camp programs visit "RSU13 Afterschool Programs" on Facebook.



## Strand On The Air Summer Camp Edition

Sunday, June 26, 2022  
5:00 to 6:00 PM

On the airwaves!  
WRFR-LP



The Rockland Metro Show  
Wednesdays from 5 to 6 pm  
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.

## 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).

## 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-NINETEEN

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

The high tolls of Ukrainian deaths in Putin's War are difficult to measure exactly. Thousands upon thousands of civilians of all ages and thousands more fighters have been killed. But reclaiming and identifying bodies in cities and towns obliterated by Putin are almost impossible to safely retrieve, especially those in mass graves.

Ukrainian forensic investigators, embalmers, funeral directors are all traumatized into numbness. About 200 Ukrainian soldiers are killed every day.

Military experts opine Putin's War will likely continue for years – not just months.

Meanwhile Putin compares himself to Peter the Great, the Emperor of All Russia, who was beloved by his people. Yet another delusion by Putin: Beloved is not a synonym for feared.

Mark Shields, the witty political analyst and my favorite columnist and commentator, has died at the age of 85. I always made time to see his point-counter-point with the conservative columnist David Brooks on Friday night's PBS News Hour. He possessed a wealth of historical knowledge unlike any other pundit. One of my favorite quotes of Shields is Mo Udall's comment about men running for president, "The only known cure for the presidential virus is embalming fluid."

I finally returned to the Rockport Y for weight machine workouts after avoiding the place when covid started. I was the only patron wearing a mask. Not very encouraging but my health care provider said wearing a surgical or K95 mask, keeping my hands off my mask, and cleaning the equipment before and after should be safe. After one hundred and eighteen weeks of not using the equipment, I felt sore but energized.

The latest Jan. 6th Committee hearing has further exposed the lies, conspiracy theories, home break-in-ins, harassment and death threats toward state polling workers, who are quitting at alarming rates, and vicious harassment and death threats toward Republican committee member Kinzinger, his wife and 5 month old child, Georgia's Republican Secretary of State and Arizona's House Speaker, and their families, including their daughter bedridden with a terminal illness, when they refused to break state and federal election laws are nothing less than breathtaking.

Are we living in a banana republic? Watergate looks like amateur hour compared to Trump & Company's venality. Fox News and MEGA Republicans fuel this violence.

I bought a backpack-type carrier for Mango so that he can safely enjoy some time outdoors. He became easily acclimated to the carrier due to bits of dry cat food scattered about in its interior and Mango's inquisitive nature. The carrier has a large window and plenty of air holes for ventilation and breathing. Mango is safely zipped inside with room to maneuver. So far, he's enjoyed time on the patio with me. Soon we will go for walks around the neighborhood.

Maine's CDC Director, Doctor Nirav Shah, says we are all too complacent about covid and its variants that have not gone away. I know several people who despite their four vaccines and precautions have gotten infected not once but twice. I am among the minority wearing a mask whenever I venture out for groceries and errands. "You can stare but I don't care", is my motto.

