



# Rockland Metro Magazine

"The Buzz"

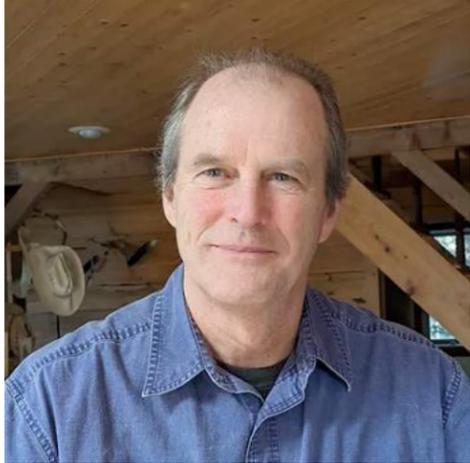
Issue 280, August 5, 2022, Rockland, Maine



On cable channel 7,  
MaineCoast.tv & Roku

**The Old School**  
Fellowship Education

## Maine's Independent Candidate for Governor, Sam Hunkler on WRFR's Rockland Metro Show and joining us for a Dinner Symposium Wednesday evening August 10

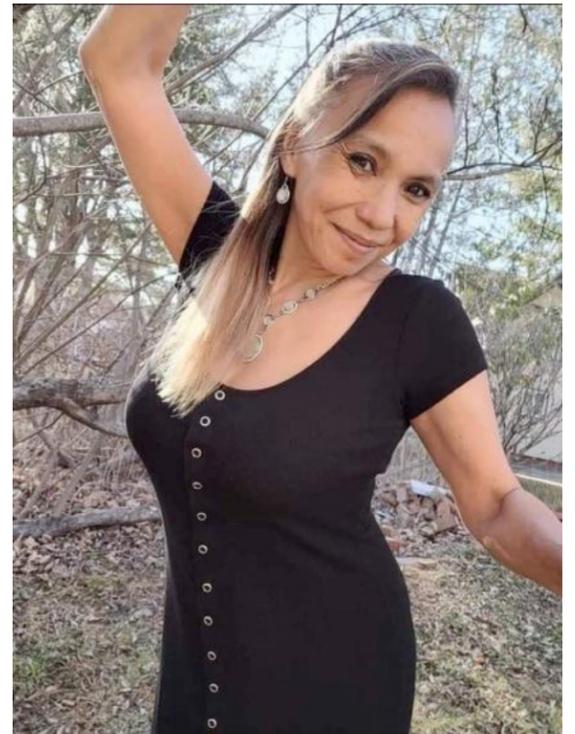


Next Wednesday, August 10, at 5 pm, on the Metro Show on WRFR 93.3, we will be interviewing Sam Hunkler, the independent candidate for Maine Governor. Sam has been for many years a family doctor in rural Maine, serving many people who have not been the winners in our slide toward more power and wealth for the few and decreasing respect for the common man. He has also served, in his youth, among rural people in Kenya and Alaska. He has some ideas, and an offer of leadership, to solve some of our deepening problems, to build community, and to save American democracy from its spiral into partisan disfunction.

Join us on the air at 93.3 fm, online at wrfr.org, or Maine Coast TV, cable channel 7 and online at mainecoast.tv.

If you are interested in being a part of this discussion, you can call in to the show at 593-0013.

And if you would like to meet Sam in person, you could sign up for our Old School dinner symposium with Sam at 6:30 after the show. To sign up -its free and open to all, but reservations are required as seating is limited- call Joe Steinberger at 596-0731.



## Totally Tami-Lyn the Lady of the 80s Wednesdays 10 a.m.-1 p.m. on WRFR

"I am a Radio Host for Wrfr in Rockland Maine. I am a part of a group of volunteer hosts who air programs throughout the week. You can go to wrfr.org and explore our Radio Station!!

I bring to you the 80s and so many different themed shows on Wednesdays from 10a-1p!! I invite Guest Host who are local and enrolled our community into educational programs & precious memories of the 70s 80s 90s & 2000s. Everything from. Heavy Metal Hair Bands to the greatest love Ballads of all genres!!

Tune in & thank you for all of the Support."

-Tami~Lyn

" Music provides replenishment of all aspects of life " Totally Tami-Lyn The Lady of the 80's est 12/4/2020

#sponsoredbycamdenharborcruises



photos by Steve Carroll

## Join the WRFR/Buzz team

Radio station WRFR and our magazine, the Buzz, are all-volunteer efforts. We are open to everyone, and we need your help.

Do you have skills that could help us give voice to our Rockland community? Check us out at wrfr.org

## Wine Tasting at Good Tern

The Good Tern Natural Foods Cooperative, at 750 Main Street in Rockland, will host a wine tasting on Friday, August 12, from 4:30 to 6:30 pm. Organizing the event is Deminique Cole, wine and beer buyer for the Good Tern Co-op.

Four wines will be featured. All are blends of two or more grape varieties, and all are made from organic grapes. Domaine Bousquet Brut is a champagne blend from Tupungato, Mendoza Province, Argentina. The slopes facing the Mediterranean Sea in Roussillon, France are the source of Jean-Marc Lafage Côté Est, a blend of Grenache Blanc, Chardonnay, and Rolle grapes. Spartico Spanish Red Blend from Spain combines Tempranillo and Cabernet Sauvignon, and Riojana Bonarda Malbec is a bold red from La Rioja, Argentina.

"We chose this selection to highlight wines that are both newer to our inventory and are blends," said Cole. "These fun blends are also organic and vegan, and every bottle is priced reasonably, under \$17!"

The wine tasting will be held in the Cafe of the Good Tern. A small selection of cheeses and crackers will be served. The event is free and open to anyone 21 years or older. For more information please contact Deminique Cole: wineandbeer@goodtern.coop

Good Tern Natural Foods Co-op is a member-owned food and health store, founded in 1980 to provide healthy food and wellness choices at reasonable prices for the local community. The Co-op's Education & Community Outreach Committee is a volunteer effort to engage residents of Midcoast Maine and beyond in fun and satisfying ways to learn while improving their own mental and physical health as well as ensuring a healthy planet.

**Sunday, Aug. 7 - Camden Summer Sounds: Jazz 4 p.m.**

Free concert at the Camden Snow Bowl, 20 Barnestown Road, Sunday Series opens Aug 7 at 4 pm with the Novel Jazz Septet and the Denny Breau Trio. BYO picnics and lawn seating. Sponsored by First National Bank and First National Wealth Management, the Town of Camden and our Community Arts Fund.

**Sunday, Aug. 14 Snow Bowl concert** celebrates blues music in

Maine. The Midcoast's Blind Albert Duo will open the show, followed by the Mark Miller Band, led by Maine native Mark "Guitar" Miller. Miller comes by his nickname naturally, having picked up his instrument at age 6 to become a lifelong professional musician. His band has opened for B.B. King, Dickey Betts and Great Southern, Johnny Winters and Taj Mahal, as well as Pat Travers, Marcia Ball and Tab Benoit.

Vince "Blind Albert" Gabriel is a well-known local singer, songwriter, guitarist and bandleader. He ran sound for, and often sat in with, many blues greats for some 20 years of Rockland's Monday Night Blues series. He and talented, ubiquitous local bassist Glen Dubose perform as a duo year-round.



**The Rockland Public Library presents Betsy Headley  
Thursday, August 11, at 6:30 p.m.  
Free and open to all.**

In this presentation, local poet and photographer Betsy Headley will share work from her most recent book, *The Clarity of Birds*. The book features Headley's images interwoven with her thoughts on beauty and brutality, compassion and aging, and wisdom and wildlife. Of the book, poet Barbara María has written: "The reverence of years engaged in following birds with her camera, getting to know them, continues to infuse Betsy's poetry with a finely tuned focus. She is patient with the moment, capturing the fine details of beauty, pain, compassion, and insight." Headley will read from the book and answer audience questions.

Betsy Headley is from Swanville, Maine. *Something Is Always Left* (2017) was her first poetry book, and *The Clarity of Birds* is her second. Betsy has a BA in anthropology and art and has taught English in China and Japan. Her photography has been shown in numerous exhibits throughout Maine. Betsy's passion for wildlife, particularly birds, is reflected in her writing and photography.

This event will take place in the library's Community Room. For more information email [elewis@rocklandmaine.gov](mailto:elewis@rocklandmaine.gov)



**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.

**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 Marine Service • 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 • Knight Marine • 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-TWENTY-FIVE**

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

Since Roe was killed by SCOTUS, there have been super increases in American men seeking vasectomies while they can. The double standard of reproductive rights is in full view. The US Conference of Catholic Bishops states, "Sterilization is a mortal sin." A poster at a LA rally: "Guns Should Not Have More Rights Than Women"

A friend opines that we don't have to worry about the state of politics, MAGALand, white nationalists, etc., etc., because we'll all be boiled to death by climate change.

I've decided that I need to avoid daily updates about Covid and its variants. It just makes me anxious. Instead, I'm on a diet of Stephen Colbert and Trevor Noah.

**AMERICAN POLITICS REDUX**

There once was a one term President Trump  
Whose re-election loss he would not punt  
His GOP factotums Jan. 6th will not confront  
Mid-term MAGA'S on election lies will stump

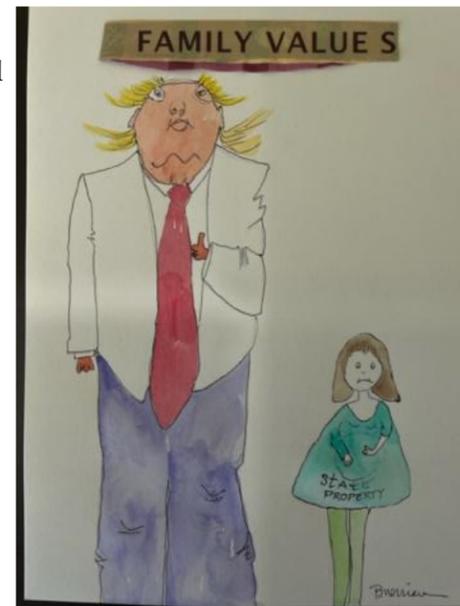
Now GOPers have upped their game  
"Christian Nationalists" is now their name  
It's whites only from now on in  
No other pigments in your melanin

With Covid, gas prices and inflation  
Who's got time for saving our nation  
Climate change and the price of oil  
Is enough to make your blood boil

Now Senator Manchin has seen the light  
Silent Sinema holds her vote quite tight  
Pelosi had better rein in the Progressives  
As floods and fires become more aggressive

While congress dawdles and fiddles  
Burn-pit veterans are left with riddles  
Will they or won't they get compensation  
Or left with illness for serving their nation

All politics is local - Every issue multifocal  
But some issues are global  
Some say even noble  
If Congress thinks it's anecdotal  
We'll have our own Chernobyl



**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).