



Rockland Metro Magazine

"The Buzz"

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On cable channel 7,
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The Old School
Fellowship Education



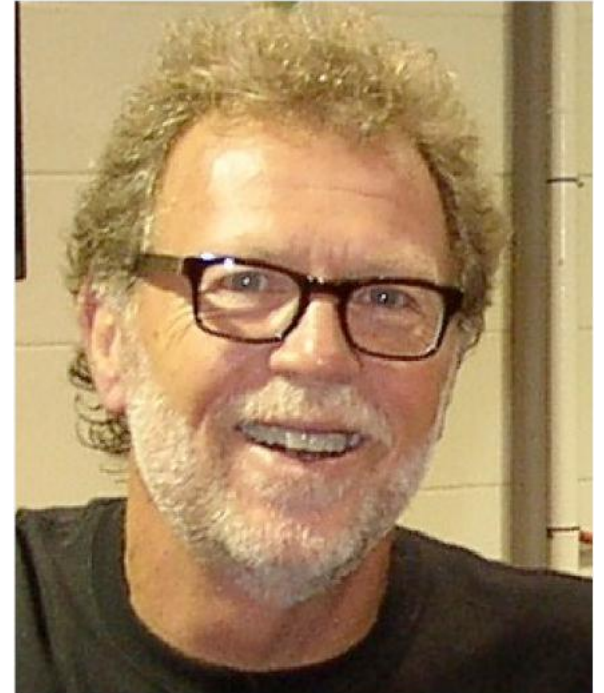
Live From The Pit with J-Lunatic Thursdays 8-10 p.m.

Hosted by Jesse McFadden. I play 90's alternative, underground hip hop and metal mostly. I do a lot of radio interviews as well.



After Words Thursdays 8-9 a.m.

Join Jo Lindsay as she reads the obituaries for Knox County. After each obituary Jo plays a song she has chosen based on what she gleans from each personal obit.



The Jim Gibson Show Fridays 2-3 p.m.

with the ever so humble,
World Famous, Jim Gibson

Singer/Songwriter/ Entertainer
Professional Musician for over 40
Years, playing venues ranging from Blues
festivals in California, Tennessee, France,
Belgium and Chicago, to Grand Ole Opry
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Spotlight on Songwriters around the
world.

Live in studio music performances
featuring local musicians and
songwriters.

Playing music from all genres.

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Ron Huber

Weekend Roundtable Saturdays 1-2 p.m.

Hosted by Ron Huber. Weekend Roundtable brings listeners the latest about one of Knox County's biggest, most politically-connected and controversial employers the Maine State Prison! Join host Ron Huber for an hour of investigative journalism, discussion and commentary about the Maine State Prison system—its regulations and policies and how well it meets them. Learn about the industry side of the "Prison-Industrial Complex", elements of the "Good Old Boy Network" involved, and efforts to privatize Maine's prisons, and hear reviews of conditions inside from prison guards and inmates. All interlaced with the wild music of Jimi Hendrix. Call-ins welcome. 207-593-0013

What: Commitment-free informational session for those intrigued by the possibility of volunteering with the Restorative Justice Project - Maine. We have many volunteer roles! From serving on a local steering team to guide the evolution of restorative practices; to facilitating or mentoring in our Community Harm Repair Program; to legislation and advocacy; to participating in an Open Table process to welcome a citizen returning to community post-incarceration.

When: Please join us on August 30, 2022 4:30-5:30
Where: Zoom

For more information or to register: Please contact
Erica@rjpmidcoast.org or call (207) 338-2742



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

CELEBRATE Capt. JIM SHARP's 89 YEAR MARITIME LEGACY AT THE SAIL, POWER & STEAM MUSEUM Free birthday celebration at museum open house, August 22, 2022

Rockland, ME – Anyone who knows Captain Jim Sharp remembers him as one of America's greatest story tellers. Many know that he and his wife, Meg, are founders of the Sail, Power & Steam Museum located at 75 Mechanic St in Rockland. What many do not know is that he is turning 89 years young, and the museum is celebrating with an Open House Birthday Party for Captain Jim on Monday, August 22 from 10am to 2:00pm. Normally closed on Mondays, on this special day Captain Jim will be on hand to regale visitors with stories, share a piece of birthday cake and smile when birthday wishes are shared on cards to sign at the museum.

While admission will be free on this special day, visitors are welcome to offer a donation to the museum, a 501 (c) (3) non-profit organization whose mission is to celebrate, honor, experience, and share our maritime heritage.

There will be birthday cake, birthday cards to sign for Jim and the chance to tour the museum. Captain Jim Sharp will be on hand to share stories and answer questions. This is a great opportunity to meet one of the most eclectic and experienced windjammer captains around! The open house is free for visitors and community members alike.

The Sail, Power & Steam Museum is home to home of the Midcoast Sailing Center (home of SKFF, a free youth sailing program) along with an ever expanding maritime collection ; a musical home for musicians; a boat shop that maintains and restores an impressive collection of boats and engines; and a waterfront event space -- under the stars. The new Wing on Wing Boathouse will also be available as event rental space . And all just a stroll away from downtown Rockland at 75 Mechanic Street.

For more information, call 207-596-0200. Stay up to date with the museum's programs and events at sailpowersteammuseum.org.





Coastal Mountain's Thrill of the Hill Relay Race

Coastal Mountains Land the most exciting, most fantastic, most Beech Hill-y, most blueberry themed trail race of the year!! The Thrill of the Hill 4 Mile Relay Race takes place at Beech Hill Preserve on Saturday, August 20 beginning at 9:00 a.m. This is the first EVER relay race at Beech Hill.

We want as many runners as possible for this exciting and family friendly race. Assemble a team of 3-5 runners and run five legs of four miles, down Beech Hill and across to Erickson Fields Preserve, all on immaculate gravel trails, perfect for road and trail runners!

Join us for a day of summer fun and fierce and friendly competition. Bring your family, challenge your friends, experience one of the Midcoast's most magic places, and a run on a bold, but beginner friendly course at the 2022 Thrill of the Hill Relay!

All runners must register online prior to the event at coastalmountains.org – look for the big green button!

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 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.

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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

WEEK ONE HUNDRED-TWENTY-SIX

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

A hand grenade was discovered in the basement of a James Street home that had been left by a prior owner. Much excitement ensued as residents were evacuated.

The Maine State Police bomb squad removed the grenade that was deemed safe.

It's not unusual for home sellers to include appliances - but a hand grenade?

Sunday's oppressive heat and humidity is the worst yet. I only go outside to water the flowers and shrubs in the early mornings and evenings and then back to the AC escape room. A brief downpour only made the air more suffocating.

Finally. By mid-week we have cool mid-coast weather that is predicted to last into next week. My patio plants have come back to life. Our lawn, however, is brown and crunchy underfoot. It will rebound when enough rain arrives.

Media reports across our red states abound with horror stories about women being refused the morning after pill, having to drive many miles to states that still permit abortions, and women, after miscarriages, being denied the medically accepted D&C, leaving these women to bleed profusely at home in their bathtubs. The male right-wingers are bent on controlling American women.

Meanwhile, male access to vasectomies flourishes. Even the VA is advertising easy access to vasectomies. It takes more than eggs to make an omelet. It takes more than eggs to make a baby.

A new property tax benefit for Maine seniors is now available. For anyone unaware, a home owner must be at least age 65, have lived in their home for at least 10 years, have been receiving the property tax Homestead exemption and there are no financial criteria for eligibility. Just get the form online at your town office, or pick up the form at the town office, and submit the form before Dec. 1st and annually thereafter.

The FBI showed up at Mar-a-Largo, with a U.S. magistrate approved search warrant, bringing out many boxes of official government records. Speaking of records, it sets an unprecedented record that a former president appears to have violated a federal law requiring official presidential records be turned over to the National Archives when a president leaves office. The National Archives, which retrieved 15 boxes, and other material last January, described them as "classified national security information." And we know from January 6, 2020, that Trump is familiar with national security. In all my years, I have never lived through such a president as Trump. And he will seize the stage and muster his followers for as long as he is can.

Many of these followers, according to media reports, are posting highly enraged and violent reactions, with assault and death threats.



Rockland harbor, South End, photo by Joe Steinberger