



# Rockland Metro Magazine

"The Buzz"

Issue 290, March 2023, Rockland, Maine



On cable channel 7,  
MaineCoast.tv & Roku

# WRFR Expo Special

The Old School  
Fellowship Education

## All-Volunteer Local Radio - Tune in, and Join Us!



The Bonnie Farmer Show  
Thursday 5-7 p.m.



Dublin to Dingle  
Thursday 10 a.m.-12 p.m.



Taking no Chances with  
Grumpy, Thurs. 7-8 p.m.



The Classical Music Show  
Sunday 7-9 a.m. & 12-2 a.m.



Totally Tami-Lyn the Lady of  
the 80s Monday 12-2 p.m.



The Jolly Jungle  
Friday 5-6 p.m.



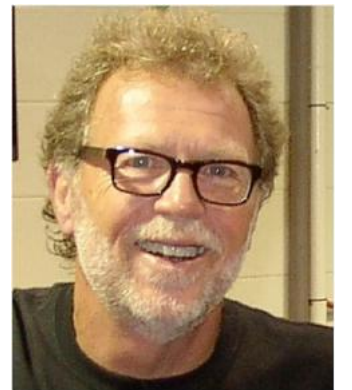
The Double Entendre Roots Hour  
Wednesday 9-10 p.m.



Grey Owl  
Monday 10-11 p.m.



the babypaw press  
Mondays 9pm-10pm &  
Fridays 7am-8am



The Jim Gibson Show  
Thurs 12-2 p.m. & Fri 2-3 p.m.



The Algorithm Thinks I'm Gay  
Tuesday 1 PM - 3 PM



DJ McFunkRhythms Presents  
Wednesdays 10 p.m. - 12 a.m.



I Just Came to Play Music  
Wednesday 8-9p.m.



Happy Hour  
Tuesday 4-6 p.m.  
Friday 6-8 p.m.



Odd Sensibilities  
Friday 3-4 p.m.



Jo & Cheech's Radio Hour  
Tuesday 8-9 p.m.



Liner Notes, with the Whitt Bros  
Tuesday 6-8 p.m.



Uncle Paul's Jazz Closet  
Monday 3-5 p.m.



Kalimotxo  
Monday 5-6 p.m.



The Center Must Hold  
Wednesday 6-7 p.m.



Odds and Ends  
Fridays 12-2 p.m.



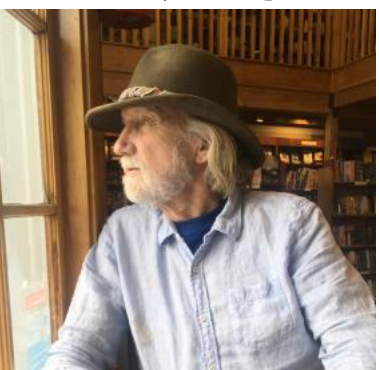
Hard Bop Lounge  
Wednesday 1 PM - 3 PM



Weekend Roundtable  
Saturday 1-2 p.m.



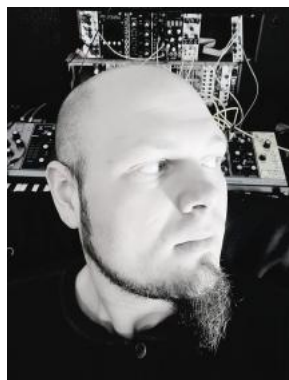
Grounded Local  
Tuesday 10-11 a.m.



Professor Bop  
Mondays 7 p.m. - 9 p.m.



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



The Synthetic Sessions  
Saturday 3 p.m. - 5 p.m.



Random Rules  
Monday 6-7 p.m.



Inspire Your Day With Lolo  
Tuesdays 8-10 a.m.

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Meat & Potatoes  
Saturday 8-9 a.m.



Pete on the Street  
Wednesday 7-8 PM



Voices of Midcoast Maine  
Sunday 6:00-7:00 PM



ASK the AGES  
WRFR 93.3 Tuesday 9-11 p.m.



The Vinyl Hour  
Sun 8-10 p.m. & Thurs 2-4 p.m.



Two Hours of Reggae Power  
Saturday 8-10pm



Rockland Metro  
Wednesday 5-6 p.m.



Strand on the Air  
5-6 p.m. on the last Sunday  
of the month.



Feezable Tracks  
Thursday, 11 p.m. - 12 a.m.



Barnaby Rudge's Mystery Hour  
Sunday 6-7 a.m.

And there is more!  
See the full schedule at  
[wrfr.org](http://wrfr.org)

# Listen to WRFR, and Join the Team

WRFR is independent local radio, a non-commercial community station licensed by the FCC at 93.3 Mhz FM. We are in a former garage at 20 Gay Street in Rockland, where we have a broadcast studio, a production studio, and a larger studio for live events and meetings. We have been broadcasting 24/7 from these studios since Valentines Day 2002.

At WRFR we don't have a committee or an administrator who decides who can do a show, what kind of music to play, or what political perspective is allowed. Anyone can do a show on WRFR.

Even you can do a show!

We have just two basic rules: no profanity or commercialism, as per FCC rules, and our own rule that on your show you must treat everyone in our community with respect. Beyond that, you can do what you want - play any kind of music, live or recorded, that you want to share; produce comedy or drama; or have a talk show with any perspective that you would like to bring to our community conversation.

Our open-to-everyone policy makes WRFR great fun to listen to - interesting music, including lots of music you never heard before, unique variety shows, and interesting talk radio with a local perspective you can't get anywhere else.



**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 for the conversation America needs today. 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 • The Apprenticeshop • Astrology with Ananur • Bartlett Woods • Bay Chamber Concerts & Music School • Bay Chiropractic • Bleeker & Greer • Botany Maine • Brio Promotions • Brooks Trap Mill • Bufflehead Sailing Charters • Burpee, Carpenter & Hutchins Funeral Home • Camden Conference • Camden Harbor Cruises • Camden National Bank • Camden Opera House • 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 • Herring Gut Coastal Science Center • Jensen's Pharmacy • Jess's Market • K & P Speed Shop • Knight Marine Service • Knox Village Soup • Lividian Publications • Luce Spirits • Maine Coast TV • Maine Lobster Festival • Mountainside Services • Mid-Knight Auto • North Atlantic Blues Festival • 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 • Strand Theatre • Swan Restorations • Suzuki's Sushi Bar • Tea Printers • Toshie Ichianagi Tesler, CPA • Viking Lumber • Wayfinder School • Well and Good Natural Medicine • Westcreek LLC

Get *The Buzz* at these Rockland 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)

Another result of our all-volunteer administration is that we have no salaries to pay and can operate on a modest budget. We are not dependent on funding from government or major donors, and we are not bombarding our listeners with on-air begathons. Our modest budget is supported by our many local business sponsors who you can see listed at the bottom of this page. Local business and local media are natural allies in the challenge of maintaining local enterprise and culture in the face of the increasing dominance of large national corporations and mass media.

The foundation of democracy is community. We are proud to be a part of our Rockland community, and proud to do our part to contribute to it.

Please join us!

**Tune in at 93.3 fm, or at [wrfr.org](http://wrfr.org)**



**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? Go [wrfr.org](http://wrfr.org)

**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).