

LUCIA GALLOWAY

Claremont, CA
lucia.galloway@verizon.net

Featured poem:

Link

Lucia Galloway is the author of a chapbook collection of poetry, *Playing Outside* (Finishing Line Press, 2005). Her poems appear in a variety of literary magazines in print and online. Grounded in a deep commitment to community, Lucia's work explores the ways in which each of us struggles to invent our social and individual self. She draws upon resources of experience, memory, and imagination to celebrate the body, mind, and spirit as partners in the quest.

FRANCES FERDINANDS



Toronto, Ontario
Canada
www.francesferdinands.com

Featured artwork:

Feed Me, Free Me
acrylic on canvas
23 x 31 inches

Frances Ferdinands is a Toronto-based artist of Sri Lankan origin. Over her 25-year career she has explored themes such as Isolation, War, Urban/Nature, Fashion/Art and recently the politics of Food. She has participated in solo and group exhibitions in such diverse locales as Honolulu, Bogota, and Paris, as well as across the Continental U.S.A. and Canada. Her work is in public, corporate, and private collections.

“Feed Me, Free Me,” with its image of the empty rice bowl, juxtaposed with the bird in the hand and partial Buddha, is an illustration of the spiritual adage “Feed the body, then the soul.” The bird and Buddha images also suggest the possibility of freeing the soul from worldly constraints.



FRANCES FERDINANDS • *Feed Me, Free Me* • acrylic on canvas

12
Monday

13
Tuesday

14
Wednesday

15
Thursday

16
Friday

ST. PATRICK'S DAY

17
Saturday

18
Sunday

MARCH

MARCH

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31