

PVSC

Voice

Learning for the Fun of It!



OUR NEW WEBSITE: [PVSCMAINE.ORG](https://pvscmaine.org)

Finally, We Have a New Site!

Many of you have said that our old website could be confusing. One member who felt that way decided to make a donation that allowed PVSC to contract with Bangor Media and build our own website.

Board members and personnel from Bangor Media worked diligently for many months to make it a reality. Our main goal was to create something simple to use. We eliminated the need for a user ID and a password so that people could go straight to becoming a member and to signing up for courses and events. No matter what time of the year you become a member, your membership will run one full year from that date. The website will automatically notify you when your new membership is due.

No, you can't check your registration status and the courses you signed up for yet. Soon we will

add a user name and password so you'll have easy access to your account. But simplicity was our first priority.

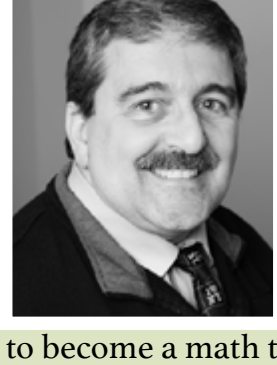
We have corrected a few start up bugs and everything seems to be running smoothly. Please note that the website also allows you to pay with a check if you prefer not to use a credit card. We know that's important to many of you.

PLEASE NOTE THAT THIS IS A NEW URL: pvscmaine.org. You'll want to bookmark it for easy access.

A website is a dynamic vehicle. In order to be relevant it needs to be updated frequently. Board members are being trained to do just that. We owe a debt of gratitude to our anonymous donor, and to Board members and volunteers who have given hours of their time. They have allowed PVSC to move forward!

~Ann Torrey

Meet Roland Dube



Roland Dube, our new Administrative Coordinator, may be a familiar name and/or face. He gets around!

Roland grew up in Lewiston and graduated from UMF. He'd planned

to become a math teacher, but there were far more jobs in special ed then. He wisely chose that major, but took all the math electives he could. Eventually he got a master's degree in education as well.

Roland worked for twelve years as a learning disabilities specialist in Gouldsboro, then moved to Bangor to teach math at the Cohen Middle School, where he stayed for 26 years. Add them up: **42 years as a teacher!**

You may have seen Roland on stage

42 years is also how long he's been with Ellsworth's Gilbert and Sullivan Society of Maine. In March he delighted audiences as the ghost of Sir Roderic Murgatroyd in *Ruddigore* at *The Grand* in Ellsworth. His "drug of choice" is a trip to New York to see as many Broadway plays as possible.



Roland will be a wonderful addition to PVSC and he looks forward to meeting you all.



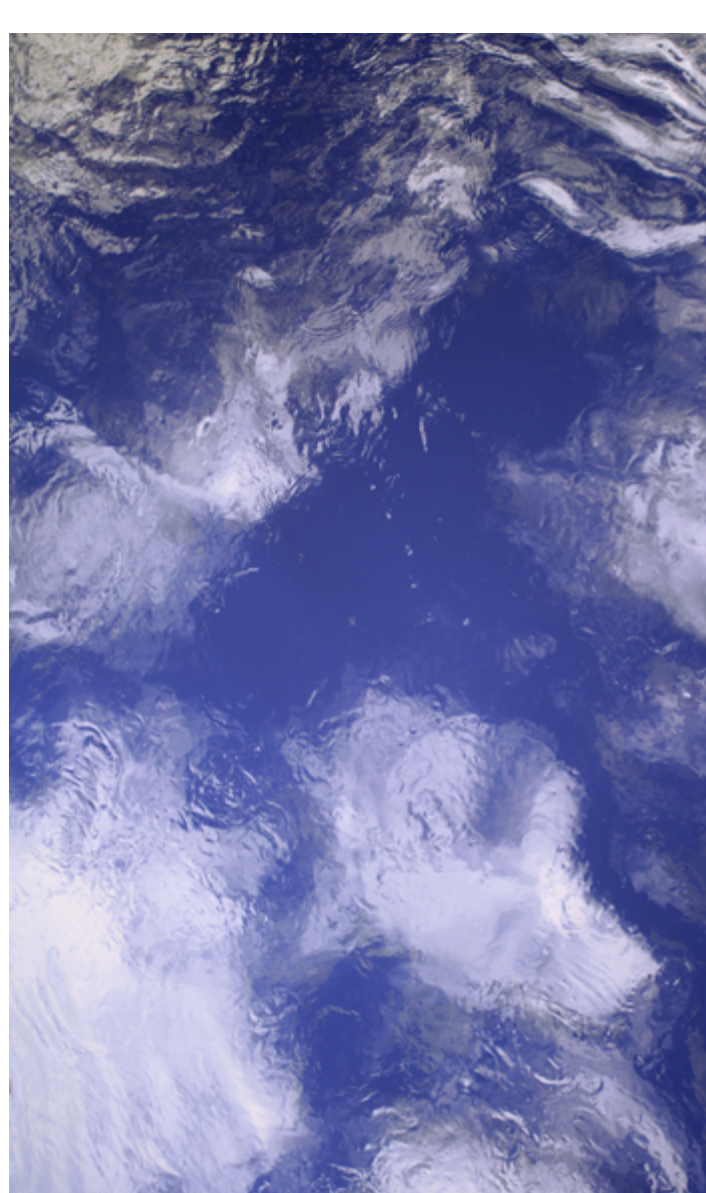
Dancing and Spoons and Government, Oh My!

Spring classes are well underway, and what a variety! We're doing everything from carving wooden spoons to trying to grasp the fast-moving changes in government. We're digging into Middlemarch, studying ancient keyboard instruments, making marbled papers, line dancing, and more.

Here's a little photo gallery showing just how vibrant and varied our spring courses are. As always, kudos to our brilliant Curriculum Committee, ably chaired by Paula Moore and Heidi Crosier-Sypitkowski that has brought about all this goodness.



Aging Brains and Gender



Here's startling news: apparently women's brains age more slowly than men's do.

It even seems—*gasp!*—that aging women's brains work better than those of men the same age. Who knew? But recent research reported by the *New York Times* is encouraging for all of us, regardless of birth sex.

It seems that one of women's two X chromosomes goes quiet in their younger years, but wakes up as they age. This is important, because one of that chromosome's genes is critical to cognition. Men lack that second X chromosome, so don't have the advantage of its rebirth

Gene therapy researchers shot male mice with a dose of the critical gene. It improved their memories and cognition remarkably. Humans have the same kinds of chromosomes, so researchers hope that advances in gene therapy can help curb Alzheimer's. Maybe it could even help us get better at solving Wordle.

If you have a Times subscription, read more about this and other brain aging studies at <https://www.nytimes.com/2025/03/05/health/women-brains-alzheimers-aging.html>. And a Google search for "aging brain studies" will turn up a ton of information.

~Anita Kurth