



# UNIQUE

ARISE Art & Literary Magazine 2019



## FEATURED ARTIST



Kirsten Stellato  
"Gold Dancer"

About the Artwork  
The painting  
"Gold Dancer"  
embodies the  
balance between  
agony and ecstasy  
I experience  
in my life with  
my disability.  
It portrays a  
disciplined ballerina  
being set free in  
the art of dance.

# UNIQUE

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# ARISE

ALL AGES. ALL DISABILITIES. ALWAYS BY YOUR SIDE.

**We work to create a world where all people, regardless of disability, have the power to make their own life choices and achieve their dreams.**

**Since 1979, we have provided opportunities so that people with disabilities can participate in the community and live independently. ARISE is...**

## Community

...a community of advocates, committed to ensuring that every person, regardless of disability, is able to live a full and independent life.

## Independence

...building ramps for families in need so that they can reclaim their freedom and independence.

## Opportunity

...connecting employers with qualified workers who happen to have a disability.

## Empowerment

...empowering children and families through mental health services.

## Adventure

...whether it's flying down the slopes at Toggenburg or horseback riding at ARISE at the Farm, we're providing access to year-round adventure.

## Hope

...from helping families move out of crisis situations to transitioning people out of nursing homes, we're providing security, safety, and hope.

## Choice

...our person-centered approach maximizes choice and self-determination. Individuals are always at the core of everything we do.

## Change

...by eliminating physical barriers and changing attitudes, we're creating a more inclusive community.




## You

...we couldn't do it without supporters, volunteers, advocates, and friends like you. Together, we can change the world.



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Send your donation (payable to the ARISE Foundation) to:

ARISE Foundation  
635 James Street  
Syracuse, NY 13203



# BALANCE

What does that word mean to you? In this fast-paced world, we are constantly seeking a balance between work and home, taking care of others and taking care of ourselves, doing and not doing. Balance is also literal – the body in space moving or still, full of grace even in the most common poses. Our UNIQUE cover artist describes her “balance” of agony and ecstasy in living with a disability.



Tania Anderson - CEO, ARISE

Balance.

Art almost always involves a balance. Artists balance the day-to-day demands of work, school or families with their need for creative time and space. The work itself requires balance of color, composition, line or words. The art evolves over time, as the artist strikes and re-strikes the inner balance that drives each project. Sometimes the artist is completely out of balance, taking risks and creating work that is subversive, dangerous and nonetheless beautiful.

Balance.

In these pages of UNIQUE, you will see all aspects of balance. These talented artists are balancing day-to-day life with creative work. That they also add living with a disability to their balancing act provides another layer to the beauty, another twist to the story.

Balance.

At ARISE, we strike the balance between service and power. People who come to ARISE seek service, and they always retain the power to choose their goals and the supports they need to achieve them. As an Independent Living Center, ARISE never forgets that people with disabilities are in charge. They practice and hone their skills; they advocate for themselves; they balance patience with action; they fail, succeed and grow.

Balance.

For nineteen years, ARISE has balanced the day-to-day demands of its work with the need to find creative time and space for UNIQUE. I invite you into these pages to experience the beauty of that balance.

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With appreciation to Emily Zaengle.

## Constance Avery Illustrator, Writer, and ARISE Advocate



My vision loss started to interfere with my ability to drive and diminished my feelings of confidence and being independent. I turned to my art and my studio to create an escape from that fear. It has been liberating to use color, shapes and different mediums to produce artwork that

allows people to see me in a different light.

One of my difficulties as a legally blind/hearing impaired artist was being able to display and market my artwork. Having a venue or organizations that support you and your art can be life changing. I was informed about the ARISE/UNIQUE show last year and decided to submit my painting. It was exciting to see not only my work but also so many other disabled artists displayed in the museum setting and in the UNIQUE magazine. It was truly humbling.

My journey as an artist has been my way of exploring different styles and techniques to bring art to viewers of the audience to see 'Art' from an altered perspective or vision. One of my goals as an artist is to bring out this message.

Never be afraid to reach for your vision.

- Constance Avery

*Constance Avery was last year's  
UNIQUE cover artist.*





# UNIQUE

## FEATURED ARTISTS

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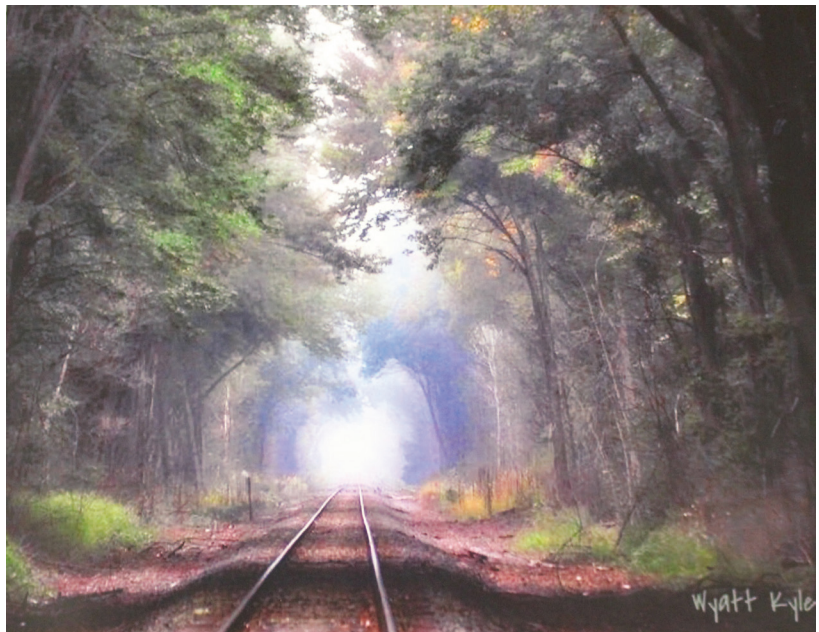
## GOLD DANCER

Kirsten Stellato  
Acrylic on Canvas | 10.5" x 13"



## ROAD TO THE UNKNOWN

Wyatt Kyle  
Photograph | 14" X 10"



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### Kirsten Stellato

I paint, draw, and knit during the day. I grew up in Germany. I am inspired by the collective experiences of my life. In Germany I had the opportunity to visit many museums and world-famous works of art. My mother and my father encouraged my talent by bringing me all over Europe. I received an art degree from MVCC.

### Wyatt Kyle

I was diagnosed with Asperger syndrome when I was six years old. I have always had a fondness for art. I simply take pictures of the things I see. Asperger's allows me to see things that others would normally pass over.





## BUTTERFLY VASE

Erika Vitthuhm

Clay Sculpture | 4" x 4.5" x 8"



## GIRAFFE BABY - SHADOW

Patrick Brady

Papier-Mache Sculpture | 14'

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### Erika Vitthuhm

I am visually impaired. I love to dance and go for walks. I love working with my hands. I like to build with clay making different things. I started doing clay and building pots a year ago. I also do wheel throwing.

### Patrick Brady

I have Down syndrome. I love art, bowling, and music. I made this giraffe baby for my mom. I make things for my family and my friends.

## YOU ARE MY TREASURE

Kanishk Krishnan

Treasured and real dear dad and mom

Seared with anger and affection

Coerced by nagging fear and anxiety

Bound by duty and love

Found in the bottom of their hearts

Maddened by my never changing ways

Waiting for the nearly impossible

Hoping against hope

For the troubled son

To turn around

Always patient and sad

But never give up

For their hope is not in vain

Because no great soul can ever fail

I am slow in changing

But I am trying

One day I will succeed

Without fail

It's a promise I give you

And I am going to try by faith

Because faith is greater than fear

YOU ARE MY TREASURE AS I AM TO YOU!

## WINDOW OF HOPE, A TRIBUTE TO MY MOTHER

Jane Maillet

Marker | 10" x 14"



### Kanishk Krishnan

I have a twin brother who also has autism. We share a special bond that is very extraordinary. I love writing poetry, reading philosophy, and listening to devotional music.

### Jane Maillet

I was born in Canada where I lived with my mother until she became ill. I was born mildly mentally disabled and that means I need a little help from my family and friends. My disability does not stop me from doing what I enjoy which is gardening, walking, dancing, and loving life. My disability is part of who I am and who I am is beautiful, just like my creations.





## JOURNEY THROUGH A DAYDREAM

Amber Micek

Acrylic on Canvas | 7" x 5"

There are several possibilities,  
But I hesitate to put all my eggs in one basket.  
In one sense, I am just a person with autism  
Attempting to succeed in the best way I can.  
In another, I am making a stand as a positive example  
Of a person living with this condition.  
Furthermore, I am expressing hope  
For millions of people who have been told  
That their life choices are limited  
For any number of reasons.  
It could also be that I am simply trying  
To make sense of my place in the world  
And wanting to help others to find theirs.  
I am in the thick of it all right now,  
And the target keeps moving every day.

## WHAT AM I DOING HERE?

Benjamin Kellog

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### **Amber Micek**

I was born and raised in Syracuse. I create art because I have the need to create. I started creating art as a child; both my mother and late uncle were printmakers. My disability can be isolating but it gives me time to think of designs and brainstorm.

### **Benjamin Kellog**

I have autism. I like to read, write, watch movies, play board games and video games, watch WWE Wrestling, and advocate for autism awareness. I write poetry to share my thoughts of life as a person with autism. My autism greatly influences my art and creative process.

## HEARING MANY VOICES

Robert Szpak  
Mixed Media | 10" x 13.5"



## THE JOURNEY

Beth Fisher

Life is a Journey

Beautiful and sweet

Morning prayers and daily devotions

Add to precious memories

My children's laughter

Their eyes so bright

Causes me to aspire

To be their guiding light

Life is a journey

Around every corner a surprise

A mystery unfolding

Oh, sweet Journey of compassion

Of tears mingled with joy

A shooting star, a rainbows cloud

A smiling girl and boy

Ups and downs included

It is all worth discerning

Because of the blessing of life itself

And the beauty of the Journey

---

### Robert Szpak

I am 70 years young and have schizoaffective disorder and arthritis. I love to feel accomplished. It adds meaning to my life. I started drawing scribbles at a young age and developed them into relaxed figures. In one way or another, my disability opens some doors and closes others.

### Beth Fisher

I am a woman on a mission. A mission of personal growth and faith. I am aspiring to be a positive and powerful role model for my children - worthy of their respect. I have a hereditary eye disease of the cornea called Keratoconus, it distorts my vision and I am now considered legally blind.





## RACE TO VICOTRY RESILIENCE RENE

Tanisha Wiggins

Acrylic, Markers & Poem | 7" x 30.5"



## EXPLODING JIMI

Tanner Woodland

Mixed Media | 28.5" x 26.5"

### Tanisha Wiggins

I am currently on the board of the National Alliance of Mental Illness (NAMI). I go into schools and other organizations to talk to students and providers about mental health. I love to advocate and help those that need guidance. I started to write at a young age. Painting is a hobby but writing is my passion.

### Tanner Woodland

I love art and music and a few other things. I was always inspired by the ease with which Jimi makes all those amazing sounds on the guitar. He has influenced today's guitar players. A huge musical explosion from this one man. I am a member of the David Clark Learning Center, a program of AccessCNY.

## FIRE OWL

Bonnie Monroe  
Mixed Media | 17" x 25"



## UNFORGETTABLE

Elissa Hyre

The course of a lifetime  
Will take many people away from you,  
And the little annoying things  
That drove you mad  
Are now the most precious little  
Things about him  
That you miss so dreadfully.

Forget about  
The fight you had the day before,  
Or the unforgiven words  
That might have passed one's lips.  
For he is at ease right now.  
Though it might take some time  
For you to scar (nobody ever  
Heals completely)

Don't think about the way in which  
He died.  
Just remember the way in which  
He lived.

For you have memories,  
And as long as you live,  
Nobody can ever, ever take those  
Away from you.

---

### **Bonnie Monroe**

I have a mild intellectual disability. My favorite hobby is crafting, but I also love spending time with my family. I especially like to make dream catchers and bracelets, which I learned from my grandfather and mother.

### **Elissa Hyre**

I have had epilepsy since I was nine. My inspirations to write usually come from significant events, good or bad. My therapy is writing.



## UNTITLED

Amanda Chamberlain

Acrylic on Canvas | 41"x 27.5"



## WHERE THE WILD EMOTIONS ROAM

Anna-Marie Kuiper

Fabric | 19.5" x 30.5"

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### Amanda Chamberlain

I live in one of Upstate Cerebral Palsy's Residential Programs and attend the Day Program in Barneveld. My main focus is art. I began painting in 2011 and I would attend the program everyday just to paint in the Art Room.

### Anna-Marie Kuiper

I have an older brother and sister and an identical twin sister. My hobbies are exercising, and music. I teach water aerobics to people that have physical disabilities. I sing in the church choir and I volunteer one morning a week at a local thrift shop.



## NORTHERN LIGHTS

Bernard Wren

Oil on Canvas | 19" x 16"



## CREATIVE MIND

CAROL WELLS

Mosaic | 10" x 14"



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### **Bernard Wren**

I have a learning disability. Bob Ross is my mentor. I feel that my disability has encouraged me to look outside myself and make people happy. Recently I set up a painting class at Assisted Living in Valley Commons in Herkimer with the residents. I really enjoy this as much as they do.

### **Carol Wells**

On December 13, 1990, I was in a terrible car accident. I acquired a traumatic brain injury. I lost most of my skills and had to teach myself everything all over again. I gained one positive thing from the accident and that was my artistic abilities. I love helping people with art projects. I take a lot of pride in my work and I love challenges.



## FAIRY TREE

Charles Fitzpatrick

Acrylic | 17.5" x 21.5"



## ADIRONDACK MORNING

Constance Avery

Acrylic on Canvas | 21" x 29.5"

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### Charles Fitzpatrick

My interests are art, watching TV, listening to music, and watching movies. I also love animals. My disability is autism but I still live like any other person on the planet. I create art because it's very relaxing. I look at things and see lots of unique colors, shapes, animals, people, etc.

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### Constance Avery

I grew up in a small town in Northern NY wearing hearing aids from age 5. I was an LPN for many years before being diagnosed with Retinitis Pigmentosa. At age 43, I returned to my first love, art. Despite all the difficulties with my vision and hearing, I was not going to let it stop me from my dream of being an artist.



## CERAMIC BLUE WALL HANGING

Daniel O'Connor  
Ceramic | 15" x 15"



## BLUE CHOMPER

Derek Grindle  
Photograph | 3.5" x 5"



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### Daniel O'Connor

I live in Syracuse, NY and am a graduate of Westhill High School. I enjoy swimming at the YMCA, bowling and playing on my iPad. I also enjoy my art classes. I like art because it calms me and helps me focus. I enjoy painting, drawing, and working with clay.

### Derek Grindle

I have autism. I live with my parents and my dog Sparky. I like to sing, do word searches, take pictures with my camera, take long walks, participate in Special Olympics, ARISE & Ski, and ARISE at the Farm.



He was driving home from college  
Got a long way to go  
All the way from Virginia  
And it was starting to snow  
The roads were getting icy  
And he was taking it slow  
He heard storm warnings on the radio  
Back home in Canastota  
His sister prayed  
As she watched out the window  
Afraid  
The wind was a blowing  
Couldn't see past the white  
Oh Lord, please send an angel  
Watch over him tonight  
She'd watched him grow up  
Into a fine young man  
Glad he'd come home and visit  
Whenever he can  
And as the tears began to fall  
She began to pray,  
"God I'm sorry, I never hated him at all  
Please keep him safe  
Where ever he may roam  
Keep him under your wing  
Bring him safely home."

## A PRAYER OF PROTECTION

Jennifer Dunlop

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### Jennifer Dunlop

I am diagnosed with Asperger's syndrome and schizoaffective disorder, but I definitely do not think these define me. I love to sing, write poems and short stories, and bowl. Writing is a great coping skill for me. It allows me to express my emotions in a safe and healthy way.

## ANGELS IN A TREE

Elizabeth Watson

Colored Pencil on Paper | 11.5" x 17"



## UNCONDITIONAL

Steven Ingerson

my dogs love me  
as much in spite as because of  
me  
they can't see the inner darkness  
or hear the whispers of doubt  
they don't smell the demons  
or sense the inner struggles  
my dogs love me

---

### Elizabeth Watson

I believe my family brings out the support I need in my life to create beautiful meaningful pieces of art. I was born a twin and I have Cerebral Palsy and a seizure disorder. I feel like my disability helps me express myself in my art and brings out the feelings that I cannot express any other way.

### Steven Ingerson

I am a retired United Methodist pastor. I am inspired by life and all the experiences and images it brings me. While my disabilities don't define me they are part of what makes me, ME. Whether I'm writing, painting or taking photos I draw on my experiences and am inspired by the world around me.



## CARNIVAL HARVEST (STILL LIFE)

Frances Pizzola

Watercolor on Paper | 14" x 8.5"



## THE GIRAFFE IN THE FIELD

James McCampbell

Digital Art & Link | 13" x 10.5"

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### Frances Pizzola (1961 - 2019)

In 1981 I acquired a Spinal Cord injury; despite my disabilities, I advocated for the disabled for over 30 years and retired in 2016. My body and hands are paralyzed. I've persevered, finding out that free flowing mediums like watercolors and real brush pens allow me to paint again. *Frances died on July 12, 2019 after making this submission.*

### James McCampbell

I have been an artist for as far back as I can remember. My mother and father have been a significant influence on my work. I am a graduate of OCC. The reason I create art is it gives my life purpose. I take delight in creating things I, or other people, have never seen.



## THE FISHERMAN

Jason Stastny

Acrylic on Canvas | 40" x 40"



## NEBULA FOREST

Jeremy Kelley

Acrylic on Canvas | 15" x 19"



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### Jason Stastny

I have Down syndrome. I live in my own apartment. I enjoy kayaking, hiking, bowling, spending time with my friends and knitting. My artistic inspiration comes from nature. I have been creating art since I was a young child and always enjoyed expressing myself.

### Jeremy Kelley

I have autism and also take care of pets. My hobbies are watching TV, playing video games, watching movies, and playing on the internet and best of all drawing things from images on the internet. It was my art teacher from high school who helped me realize that art is fun.



## BUTTERFLIES

Jennifer Mydlinski

Mixed Media | 11" x 4.5" x 14.5"

Green of trees as the sun shines down

Light of the forest

Birds fly free, fairy of the spirit, walk the Garden of Green

Light of the forest

Love of heaven shines green of life she brings

Light of the forest

Time when all began, God gave life, touch of his mighty hands,  
life of man Light of the forest

As love of heaven shines

## LIGHT OF THE FOREST

Sue Ellis

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### Jennifer Mydlinski

I am a social butterfly. I like making friends and getting to know people. I also think that butterflies are beautiful. When I see butterflies it makes me feel close to my dad who is in heaven. I am a member of the David Clark Learning Center, a program of AccessCNY.

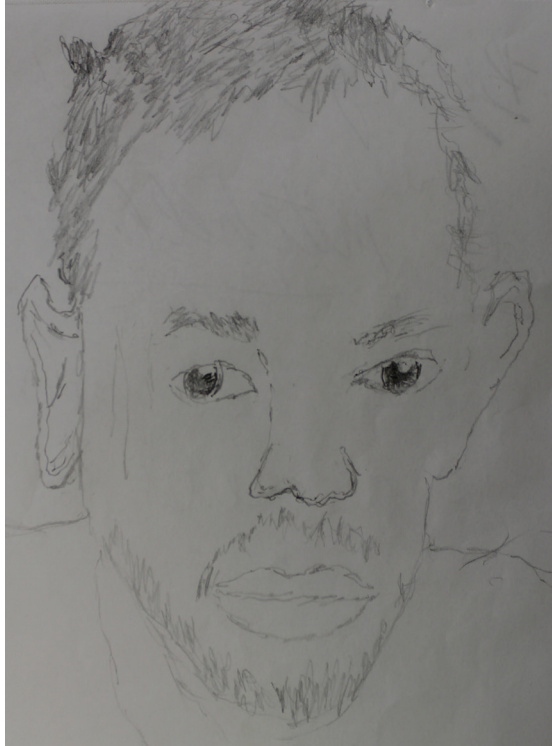
### Sue Ellis

I am a mother and grandmother. At times I have seizures and have a mild developmental disability. I go by what I see, a song on the radio, or even by something someone says to inspire my writing. I always carry paper with me whenever something pops in my mind, I can always write it down.

## AN ORDINARY CITIZEN

Jerome Mitchell

Pencil on Paper | 8.5" x 11"



## A PATCHWORK OF GOD'S CREATION

Jessica Bero

Acrylic on Canvas | 18" x 18"



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### Jerome Mitchell

I'm part of a large, loving family. I have anoxic brain damage from a tragic accident that happened when I was seventeen. I love sports, playing pool, and drawing. I draw all the time. I like to draw because it's a challenge to concentrate and capture all the details.

### Jessica Bero

I have Down syndrome. I live with my parents, a dog and two cats. I like praying, painting, taking pictures, dancing with the wind dancers, going to Cazenovia College with staff, and being with best friends. I love painting with bright colors.





## A GLANCE INSIDE MY MIND

Jessica Koll

Mixed Media Sculpture | 11.5" x 12" x 9"



## TOES IN THE SAND

Jill Talmage-Coomey

Mixed Media | 22.5" x 4.5" x 20.5"

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### Jessica Koll

I started creating art when I was 4. The first thing I ever made was a little birthday hat made from paper. I make art to relieve myself of the negative feelings of my daily life. My art is an escape from my disabilities because when things start to get unbearable, my art takes me to a peaceful world.

### Jill Talmage-Coomey

My memories go way back. My folks have had a place along the beach in Florida for many years. Walking the beach with Tim, my husband was terrific. I am a member of the David Clark Learning Center, a program of AccessCNY.

## MY GRANDFATHER'S ALIENS

Jonathon Littell

Mixed Media Sculpture | 17.5" x 12.5" x 20.5"



## HANNAH

Joseph Rufo

Graphite on Paper | 11.5" x 14.5"



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### Jonathan Littell

As a young kid I remember going to Roswell, New Mexico for Christmas every year to see my grandfather. He would always take me to the UFO museum to see a new piece he had. It was always exciting to see the bright smile when he was bringing the piece out for us to see.

### Joseph Rufo

I was born with Down syndrome. I enjoy competitive power-lifting, following New York sports teams, and Friday nights at the Red Robin. I create art to express myself so that others can discover something about me through my work.



## TREE OF LIFE

Judy Nessia

Acrylic on Canvas | 13" x 11"

THE SHADOW OF THE DARKNESS OF MY  
FUTURE HAS PAST.

MY LIFE IS DROWNING IN SORROW  
IN PAIN

IS FILLED WITH GUILT.

MY LIFE HAS PAST ME BY AS I GO BACK IN TIME WHEN NOBODY WAS AROUND.

IN THE SHADOW OF THE DARKNESS I'M  
SCREAMING

IN THE DISTANCE

ECHOING IN THE DISTANCE.

AS MY LIFE PASSES ME BY I FEEL THE PAIN

OF MY HEART

IN MY THROAT

TRYING TO RUN AWAY FROM IT ALL.

IN THE SHADOW OF THE DARKNESS

THE SORROW OF MY PAIN IS GONE.

## SHADOW OF DARKNESS

Joelene Milano

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### Judy Nessia

I was born in Utica and have lived in Syracuse for the past 25 years. I love to paint. I like to explore different ways to do things. I use many colors and I use a palette knife, brushes, and even my fingers. I do whatever I need to do to get the effect I want. I use paint, pastels, watercolors, whatever moves me!

### Joelene Milano

I grew up in Alaska. I write poetry. I play basketball. I lost my mom at the age of 11 and struggle with depression. Writing helps. I'm inspired to write when I'm feeling sad or happy. Sometimes my best work comes when I'm feeling really low. When I share it with others I feel less alone and help others.



## CHARLOTTE THE FLUFFY DRAGON

Justin Fogg  
Digital Art | 7.5" x 10"



## MANY COLORS

Kafi Ahmad  
Acrylic on Canvass | 14" x 17.5"



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### Justin Fogg

I have autism. I hope to get more noticed in the art world. I've always enjoyed drawing and have started doing more digital drawings lately.

### Kafi Ahmad

I enjoy making art. I was born in Iraq. When I make art I feel better.

## LAST FIRSTS

Jessica Meicht

If I had known,  
when my daughter was younger,  
that everything I was experiencing as a first-time-mother  
would be the last time I experienced them,  
I'd have treasured each moment a little more than I did.

I'd have gotten mad less often.  
I'd have complained less.  
I'd have asked more people to take pictures of the two  
of us together.  
I'd take back things I felt on those long days at home  
alone with her.

The art of when to give in,  
and when to not is the age old dance of the parent.  
I have failed miserably  
and I have triumphed just as hard.

No one tells you that not being able to have children  
Is different than being sure you don't want any more.  
There is a grieving process for each thing separately.  
And each must be faced in its entirety.

This process works in a spiral, as any grief does,  
You keep revisiting the loss of fertility each time you  
see a child...  
On tv, in real life, in stories from your friends.  
Only time will lessen the pain.

I let the tears out but quickly reel them back  
in.

And guilt sets in.

I have this beautiful daughter birthed by the  
love of my life!

How can I feel bad?

Sometimes I fear when my wife and I am  
gone that she will be alone,

But then I remember she has cousins and  
Aunts and Uncles.

It's MY fear of a life without siblings that I am  
projecting,

As she loves being an only child!

There are so many things I'd have done  
different

But just as many I'd do the same.

So many lessons were learned in doing  
things wrong the first time.

I learned who I was as a Mother and a person  
over these past 7 years.

And above all, I am thankful for that!

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### Jessica Meicht

I live with Borderline Personality Disorder and depression. I love to do crafts, write, and read Tarot. My inspiration for this piece came after I had a surgery that left me unable to have children anymore.

## LONE WOLF CALL

Karen Voas

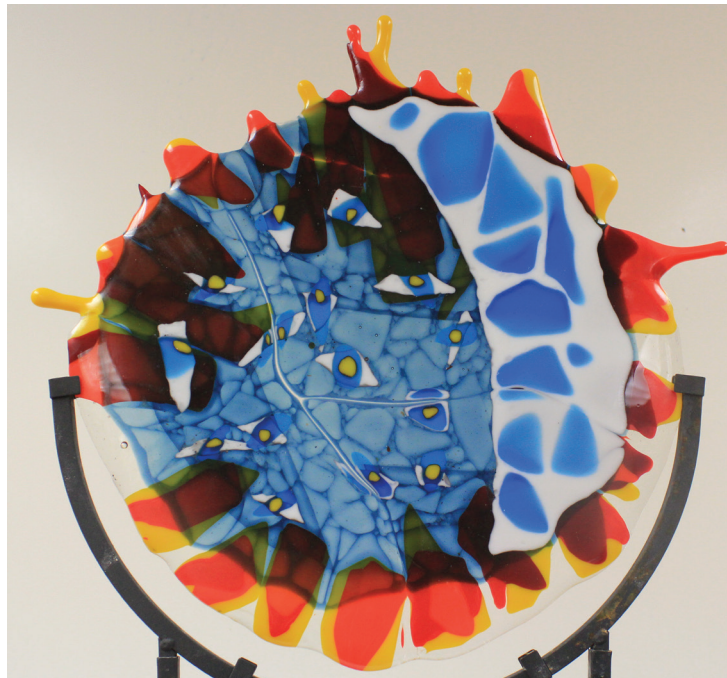
Mixed Media | 15" x 3" x 16.5"



## MOOD SWINGS

Kaushik Krishnan

Glass Sculpture | 12.5" x 17"



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### Karen Voas

I have always loved wolves. When I found out they were taken off the protective list by Congress I joined Defenders of Wildlife. I donated what I could, twenty dollars a month for a long time. This picture is about observing a beautiful wolf in the wild.

### Kaushik Krishnan

I and my twin brother have autism. My inspiration comes from my mother and my brother. I love ceramic work, my brother likes poems. Working with clay soothes my spirit. My autism helps me to see things in a unique perspective and helps me to be more creative.



## TAKE CONTROL

Makeera Clark

Sometimes we feel our love isn't enough  
Take us from this world because we just wanna give up

Easy way out

Doesn't work may end our pain

But it makes some one else hurt

I just need to build my self esteem

And just live the dream

And make my self believe

I am enough

I can't give up

I am loved

I gotta be tough I have to realize I can not control the color of the sky

I can not control the way the birds fly

I can not control the waves in the sea

Or the honey in the tree that attract the bee's

But most of all I can control me the woman I turn out to be

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### **Makeera Clark**

I am from Long Island. I started writing at an early age. It helps me get my thoughts on paper. I have ups and downs at times and I know I'm not alone. I like to help other people understand that they can gain control of their life!

## THE 11TH

Kimberly Harvey

Acrylic on Canvas | 19" x 14"



## INNOCENT DREAMS

Margheritta Hamlin

Mixed Media Sculpture | 10.5" x 8.5" x 12.5"



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### Kimberly Harvey

I have endured two traumatic brain injuries. I started painting as part of my rehabilitation. I have enjoyed years of being an artist, doing exhibits, and selling my artwork. I enjoy painting, photography, and writing. Creating art has been cathartic for me and I am grateful for life.

### Margheritta Hamlin

I grew up moving place to place. I love to create. I was reading fairy tales and was inspired to create this piece. I find creating art helps me to slow my mind and increase my focus.



## VANITY

Sabrina Biggs

Mixed Media (Colored Pencils) | 26.5" x 20"

The sun came out this morning,  
to brighten up the day.  
Soon there was a rainstorm,  
so inside we must stay.  
When the rain and sun come out,  
a beautiful array.  
Beautiful colors in the sky.  
From God this very day.

## THE RAINBOW

Donna Knapp Walrath

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### Sabrina Biggs

I create art because it's my very being and what makes me who I am. I started drawing when I was 2. I think my disabilities and artistic abilities work together and complement one another.

### Donna Knapp Walrath

Originally from Fabius I now live in Canastota. I create art because I like to make other people happy. I like to read, write poems and short stories. This poem reveals that God can create a beautiful world, whether it's sunny or rainy.



## MEMORIES OF MOON LAKE

Mark Kearney

Mixed Media | 15" x 1.5" x 19.5"



## UP-UP AND AWAY

Rachel Lewis

Colored Pencils on Paper | 20" x 26.5"



### Mark Kearney

Growing up my family and I would go up to our camp on Moon Lake every weekend. I would see this scenery while going out in the canoe in the early morning. It would be peaceful, serene, quiet. I am a member of the David Clark Learning Center, a program of AccessCNY.

### Rachel Lewis

I enjoy art and want to try anything new if it is art related. I also like biking, horseback riding, and cross country skiing. I often choose things to draw that I find amusing and funny. I enjoy making people smile and laugh through my artwork.



## THE SWING

Michael Simmons

Acrylic | 18" x 21.5



## FINDING MY GOOD NEAT VOICE

Sujit Kurup

Acrylic on Canvas | 19" x 16"

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### Michael Simmons

I am a blind person. I enjoy art, martial arts, and music. I play drums and am currently writing poems and short stories. Art is a great joy and form of personal expression. I started creating art at 10 years old. My disability gives me a different perspective on the world around me.

### Sujit Kurup

I will be graduating from OCC soon. I love the outdoors and hiking. Painting makes me happy and peaceful. It gives me a medium to communicate my real nature. I can show my intelligence and my creative mind through my painting. Being autistic with little speech I always aspire to be able to speak.

## THE MIRROR

Elizabeth Perra- Pelletier

When you look into the mirror

Who do you see?

The person before the disability or  
the disease?

Or do you see yourself

As you are

Accepting that you are

One of a kind

A beautiful star

Your reflection

Does not lie

Not if you look yourself

Right in the eyes

The truth is there

It's how you perceive

The message the mirror

Sends you to receive

You can see yourself

Sick and disabled

Or see your self

Strong and enabled

The mirror

Has a message

For all that look

You see your outside

The shell that you are in

Often not seeing the beauty

That's within

Take a minute

Look into your own eyes

Deeper and deeper

There the truth lies

Your soul

Who you are

Will come into view

The very true beauty

That makes you uniquely you...

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### Elizabeth Perra-Pelletier

I have progressive MS as well as two brain aneurysms. I love animals; writing, reading, and making others smile. I have always loved art and writing. I feel writing about my disability helps me to communicate what I'm feeling better than I can express it. I also hope it helps someone else that reads it.





## BLUE EYES

Lindsey Morris

Acrylic | 35.5" x 19.5"



## JUMPING DOLPHINS

Timothy Coomey

Mixed Media Sculpture | 12" x 12" x 7.5"

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### Lindsey Morris

My favorite shows are cartoons and Disney movies. I've studied Disney and cartoon characters since I was very young. I am most vocal when I am watching cartoons. This piece took 2 years to complete. It wasn't done until I stated "finished."

### Timothy Coomey

I love everything about nature. I always loved to fish and go camping with my brothers. I looked up dolphins on-line and there is a debate why about they jump. Some scientists believe that they are only having good fun, as playing helps to keep their senses at their best.

The UNIQUE Editorial Board recognizes the talent and creativity of the following artists and writers:

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## DO YOU WANT TO SUBMIT TO UNIQUE?

UNIQUE is published annually to display the creative work of people with disabilities living in Central New York. We welcome submissions of written and visual art. Guidelines and deadlines for UNIQUE 2020 will be announced in March 2020 and will be available at [ARISEinc.org](http://ARISEinc.org).

## CONTACT US

UNIQUE Magazine  
c/o ARISE  
635 James Street  
Syracuse, NY 13203  
[ARISEinc.org](http://ARISEinc.org)

## ALTERNATIVE FORMATS

UNIQUE Magazine is available as a PDF File upon request. Please contact ARISE at (315) 671-2909.

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Your charitable contribution is a strong statement that you share our commitment to celebrating the artistic expression of people of all abilities. Your donation to UNIQUE or other ARISE programs makes it possible for us to continue to provide a wide array of services for people who have all types of disabilities.

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Some of the original artwork featured in UNIQUE is available for sale by the artists, and all proceeds of these sales benefit the artists.

A list of available artwork is available at [ARISEinc.org](http://ARISEinc.org).

For information on how to order any of the above, please call (315) 671-2909.





Wyatt Kyle  
*The Road To The Unknown*

About the Artwork

The railroad shrouded in fog, leading us into an unknowable future. This piece was taken one foggy morning and this photo has always had symbolic meaning to me. When I look at this picture all I can think of is the way that people go about their lives. The immediate present is visible, but the future is unclear and the only way to go is forward.

The Mirror

When you look into the mirror

The mirror

Who do you see?

Has a message

The person before the disability or the disease?

For all that look

Or do you see yourself

You see your outside

As you are

The shell that you are in

Accepting that you are

Often not seeing the beauty

One of a kind

That's within

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The message the mirror

Will come into view

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The very true beauty

You can see yourself

That makes you uniquely you...

Sick and disabled

Or see your self

Strong and enabled

Elizabeth Perra-Pelletier  
*The Mirror*

About the Artwork

I wrote "The Mirror" as I often hear people; including myself, say they don't recognize their face in the mirror anymore. As I try to look deeper into my soul I hope to encourage others to as well. Beauty comes in all shapes, sizes, colors, and physical forms. You have to be willing to look deeper than just a reflection.