



UNIQUE

2023

ART AND LITERARY MAGAZINE

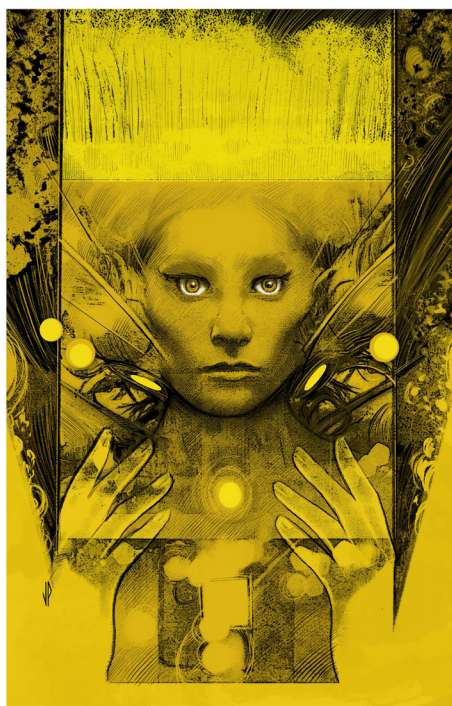


PUBLISHED BY **ARISE**



FEATURED ARTISTS

FRONT COVER



ASTONISHMENT

JAMES P. MCCAMPBELL

DIGITAL DRAWING

I CREATE ART BECAUSE I HAVE ALL OF THESE IDEAS AND STORIES IN MY HEAD AND THEY ONLY MAKE SENSE WHEN I VISUALLY DEPICT THEM. I GET A REAL THRILL AND EXCITEMENT FROM CREATING SOMETHING NEW. I AM ELATED WHEN I GET TO SHARE MY WORK WITH OTHER PEOPLE AND FOLLOW FELLOW ARTISTS. MY ARTISTIC ROLE MODELS ARE NUMEROUS, MANY CURRENTLY WORKING IN COMIC BOOKS AND ICONIC ARTISTS LIKE NORMAN ROCKWELL AND SALVADOR DALI.

BACK COVER

MEMORIES WASHED AWAY

ELIZABETH PELLETIER

MY INSPIRATION FOR THIS POEM COMES FROM MY MOTHER'S FIGHT WITH ALZHEIMER'S DISEASE THAT GRADUALLY ERASED HER MEMORIES AND THEN CAUSED HER DEATH THIS YEAR. I AM HOPING TO RAISE AWARENESS OF THIS DISEASE AND CONNECT WITH ANYONE ELSE WHO MAY BE GOING THROUGH SOMETHING SIMILAR IN THEIR LIFE. I STARTED WRITING POEMS WHEN I WAS A TEENAGER AND I FIND THAT SINCE I HAVE BEEN DISABLED WRITING POETRY REALLY HELPS ME EXPRESS MYSELF.



UNIQUE

ART AND LITERARY MAGAZINE

SPECIAL THANKS

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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 to people with disabilities so they 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 ski slopes 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.

CONNECT WITH US



WAYS YOU CAN DONATE



A MESSAGE FROM CEO TANIA ANDERSON

Most importantly, at ARISE we honor the independence of every person, every soul.

Whenever I open an issue of UNIQUE, I experience a welcome tension of where to focus my attention. Front and center are the poems and the art, which I enjoy over and over. The work is powerful and beautiful. Invariably, though, my eye is drawn to the comments supplied by our writers and artists. As a person who loves language, I am not surprised by my attraction to these expressions. As someone who is privileged to work every day in the community of people with disabilities, I am fascinated by the diversity of the stories and the ways in which a person's experience with disability informs their work.

In this 23rd edition of UNIQUE Magazine, painter Kim Harvey shares that painting specifically has helped her navigate the challenges of a traumatic brain injury. Her statement that riveted my attention, however, was more universal: "Finding that painting and writing frees the soul of what cannot be contained."

In a world so eager to impose limitations on people or to otherwise label them, it is more important than ever to free the soul of what cannot be contained. At ARISE, we envision a community of inclusion and access, where barriers and limitations do not contain people. Sometimes our work removes physical barriers to homes, businesses, public buildings or transportation. Sometimes our work removes roadblocks to necessary services so that people with disabilities can access a meaningful education, necessary benefits for their basic needs, mental health services, or jobs. Always we are changing the narrative to give people with disabilities the power they deserve.

Most importantly, at ARISE we honor the independence of every person, every soul. Thank you to every artist and writer in this UNIQUE Magazine for baring your souls to communicate your art and truth. Thank you to every reader of UNIQUE Magazine for bringing your curiosity and thirst for learning to this work. Together we are changing the world, because the power of people with disabilities cannot be contained.

Tania

Pictured: [TOP] Bataille de Couleurs by Rick DiBianco [BOTTOM] Rena-Pop Wood by Maria Reid

CNY ARTS

CNY Arts is proud of the work we have done with ARISE.

When someone reads history, they learn how the world was through dates and documents, interviews and artifacts, and a multitude of sources of information. Although informative, history can easily feel overwhelming or hard to follow.

However, when we experience the arts, we learn about the past, present and future. More than that, we see how people experience the world from their unique imaginative perspectives. This "creative context" paints the world in a colorful and engaging way and helps fill the gaps of knowledge in history. The arts engage us by telling stories and inspiring audiences.

Through the UNIQUE magazine and exhibition, these artists give us the opportunity to view the world from their point of view, full of simplicity and complexity, joy and sadness, reality and fiction. They help us define the world that was, is and will be.

Congratulations to all exhibiting artists on another wonderful year!

-Ben Verdi, Regrants Program Officer, CNY Arts

LAST YEAR'S COVER



REFLECTIONS IN A POND

JOSEPH RUFO

ACRYLIC | 12 x 16

UNIQUE

ART AND LITERARY MAGAZINE

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BRIDGE OVER TROUBLED WATERS



KYLE ALLEN

ACRYLIC | 11 x 14

A BLINK OF A WISE WOMAN

ROBERT SZPAK

OIL PASTEL | 16 x 20



Kyle Allen

My bridge is not over troubled water. In my eyes all people have good and I tried to see the good in all. For instance, I am not autistic, I am autistic. I find peace in nature.

Robert Szpak

I was told this piece looked like a Picasso: a staring girl with bright lashed eyes. I like to create. I just started drawing and it developed into spontaneous creation. It has a modern look to it.





CELEBRATION

KHAFI AMAD

ACRYLIC | 8.5 x 11

EMERGENCE CONSTANCE AVERY

ACRYLIC | 14 x 18 x 1.5



Khafi Amad

I enjoy making art. My job in Iraq was at a College of Fine Arts. I like all types of art. I feel better when I make art. When I give my art to ARISE I feel very happy.

Constance Avery

I had always wanted to pursue art but working as an LPN and raising a family took precedence. Once my vision started to decrease I decided to pursue art and was able to get my bachelor's degree. My disability definitely influences my painting process. My favorite artists are Monet, Georgia O'Keefe and Piet Mondrian.



ANGER BOMB

JESSICA MEICHT

Screaming out loud but not a sound was heard.
Misunderstood, and so the pot was stirred.
Left alone to wallow in her thoughts.
By the time they got home, her stomach was in knots.
Tears roll down her face as she tries to remember,
How to hold down her own ugly temper.
Emotions run high and it explodes in her face...
A dopamine fix, a band aid in this race.
Fights and arguments about who is right
I can't reach it but the future is in sight
Holding up the pieces and hoping that they fit.
Wanting you to fix me from exactly where I sit.
You meet me on my level then catch me from beneath,
Always saving me from myself, reminding me to breathe.

And then I remember what brought us together.
Differences aside, our souls are tethered.
Sometimes we must fall and sometimes it just crumbles
There is nothing quite like feeling life's failing fumbles.
But as we move forward, we both shed a layer
And juke out the way of any nay-sayer.
The highs and the lows, we've been through them all.
I'll keep your spot warm and answer your call.
For you hold me in a space just over your heart.
You've coveted my love, right from the start.
You hold me up and push me to try new things.
Love me no matter what the long day brings.
I realized quickly that within the blur
Your encouraging words are what makes me so sure
That I will always come out on top
If I meet consequences with courage and just don't stop.

Jessica Meicht

I create as an outlet for emotion. I write to express how I am feeling or how I have felt in the past. My abilities definitely play a part in my work. I get writers-block and have trouble focusing but keep coming back to the piece until it is finished.

Pictured: Rena-Pop Wood by Maria Reid





COLORS POURING THROUGH THE SEASONS

JESS BERO

ACRYLIC | 19 x 23

TIGER

DEBORAH DARROW

ACRYLIC/COLLAGES | 22 x 25.5



Jess Bero

I love to try different kinds of painting. I like painting birds and animals on slates. Now I'm into Paint Pouring. It makes cool patterns the way the paint blends together. I like the four seasons because the colors change. I love the colors of sunrises and sunsets.

Deborah Darrow

These are photographs of my cat tiger. He is a nice cat and I wanted to take pictures to remember him by. I was inspired by his green eyes. The color of the background is the color of his fur.





BATAILLE DE COULEURS RICK DI BIANCO

GOLDEN ACRYLICS/STAINED GLASS
18 x 20

WONDER OWL CHARLES FITZPATRICK

ACRYLIC/MIXED MEDIA
11 x 14



Rick Di Bianco
Abstract art has always been a favorite of mine. Vincent van Gogh, Jackson Pollock, and local artist Roger Morris are artists I admire. This piece was created to express the push and pull of warm and cool colors.

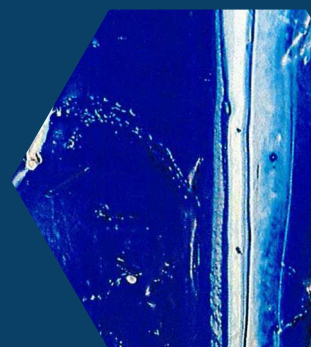
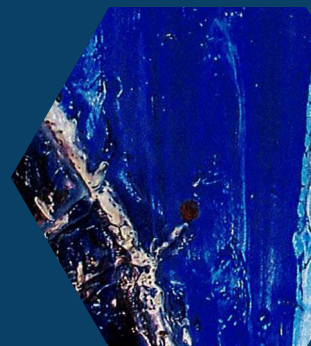
Charles Fitzpatrick
I started my art when I was in preschool. I'm mostly influenced by things that are in pop culture and even famous artists like Van Gogh and others. I just like to make art and it's also therapeutic to me.



SHE CAME

ALEKSANDRA CHABERSKI

She came!
She came!
A little thin but smiling.
She came!
With black hair and dark eyes.
She came!
Here she found arms
Waiting for her
Arms for cuddling, arms for huddling.
Arms for feeding, arms for caring.
She came!
She found two sisters.
She came!
And she is happy.
So the Rose of the East
Grows happily in NY.



Aleksandra Chaberski

I wrote my first poem in elementary school in a letter to my mom. I come from a family of poets. I was inspired by reading an aunt's poetry notebook one summer. Also my mom wrote and published a poetry book in Polish, as writing is a family tradition. I wrote a children's fairy tale in elementary school titled 3 magic leaves. My family members are my role models when it comes to writing. My disability and life experiences influence my imagination and the themes of what I focus on.

Pictured: Twilighted Waterfall by Karen Voas



RAINBOW PUDDLE BRIAN HAHER

MELTED CRAYON | 18 x 20

SHINE DIVINE KIM HARVEY

ACRYLIC | 12 x 16



Brian Hahe

I always liked rainbows. My painting shows the rain passing through a rainbow where the drops fall to the ground in many different colors. It makes me feel happy.

Kim Harvey

When I began painting it helped in many aspects of challenges from the traumatic brain injuries. Creating art has been very cathartic for me. Finding that painting and writing frees the soul of what cannot be contained.





FEELING SPRINGY

HELENA JOTIC

WATERCOLOR | 18 x 24



MEMORIES OF ST. CROIX

ERIN KELLEY

WATERCOLOR/COLLAGES | 20 x 28



Helena Jotic

I like to create bright paintings of flowers and nature. I have flowers painted on the walls of my room. My teachers have helped me become a better artist.

Erin Kelley

My inspiration comes from family trips to the Caribbean each year. The splendid colors of the sea. I enjoy expressing my feelings in my art pieces and my writing.



WHO IS A LEADER?

DONNA KNAPP WALRATH

A leader is someone who is
honest and true.
And does everything he's expected,
to do.

When he sees someone being
bullied at school,
he says better stop it will break
all the rules.

*If you don't report it,
things will get bad,
so speak up for yourself,
and you will be glad.
Just remember you have the right,
so speak up for yourself.
I'm as good as anyone else.*



3AM PONDERINGS

STEVE INGERSON

wide awake watching
shadows dance on the ceiling
serenaded by crickets, coyotes and
the whistle of a distant train
too many thoughts play in my head
replacing any hope of sleep,
thoughts deep yet ephemeral
will fade like morning mist
lost in the irrevocable depths
of unconsciousness

Donna Knapp Walrath

I've had several poems published. This poem talks about people who are being bullied. They should speak up and tell somebody because this is leading to too many suicides.

Steve Ingerson

I find artistic inspiration everywhere. I've been writing poetry and songs as well as doing photography since college. I began painting about 40 years ago. All aspects of my life influence my creativity. My disabilities are but one of those many parts.

Pictured: Dimensional Thoughts by Walter Vanderzee



HE MARRIED ALL OF ME

KAREN KOEGEL-PARISH

CRACKLE GESSO/ACRYLIC | 16 x 20

CALLING OUT THE BUDS IN SPRINGTIME

SUJIT KURUP

ACRYLIC | 20 x 16



Karen Koegel-Parish

I attended a few art classes in acrylic and watercolors. It's interesting; I never know what will come out on the canvas unless someone commissions me for a specific piece for their home or office.

Sujit Kurup

The vivid colors of spring really enthrall me with nature at its creative best inspiring to put that on the canvas. I have attempted to capture this in my canvas. Flowers are dear to everyone and it spreads love and happiness.





A CARING MASTERPIECE

KANISHK KRISHNAN

POEM / WATERCOLOR | 12 X 16



Quivering masses of circles
Shivering in sheer joy
Almost at the verge
Of losing themselves
Coming together
In a great cluster
Of art
Reveling in togetherness
Layered in magic
Colored in shades
Of quickening hearts

Coming together for
A greater cause
Causes are in plenty
Choices are ample
Making a better world
Than when we arrived
Is what matters most
Together
Conquer the unconquerable
Creating masterpieces
Along the way

Kanishk Krishnan

It is great to have an outlet to my innermost thoughts through my paintings. The canvas is the playground where my emotions ebb and flow in waves of all hues and color, splashing a vivid mosaic. My non-speaking self is mirrored there, giving me serenity and peace in my art. I see life as rigorous theater of feelings and emotions that spread like fire and cast a spell on me. I am into abstract painting and my medium is mostly acrylic and Picasso is my favorite.





KAI THE SNEAKY SCOTTISH DRAGON LAURA MASUICCA

ACRYLIC YARN | 12 x 18

LOSING HOME KAUSHIK KRISHNAN

POEM / SCULPTURE | 12 x 6

Passing winters mellowed down
Frozen frontiers melting all around
Warming globe changes its ways
What's on your mind, dear pal?

Longing for new sanctuaries
Testing out modified habitats
Leaving flooded poles to work
Themselves out of their predicament



Laura Masuicca

I've been crocheting all my life starting around three years old. My disability gives me the time to crochet these projects when I can't do other things I love to do.

Kaushik Krishnan

I love creating art as it brings peace from the chaos brought upon by autism. Autism gives me a unique perspective of things around me. The erratic climate change has been the inspiration for this piece 'Losing Home.'





AUTUMN EYES

MARGHERITTA TASSITORE

Bleak a day I've never seen
But through the dark there is one light
Eyes are green, cold, red and brown

Dancing in the dismal light
Laughter rings through the trees.
Each eye gleaming with impish mischief.

Each a child of Gaia be.
A giggle here.
A snicker there.
Eyes of fire red, gleam in the dark.

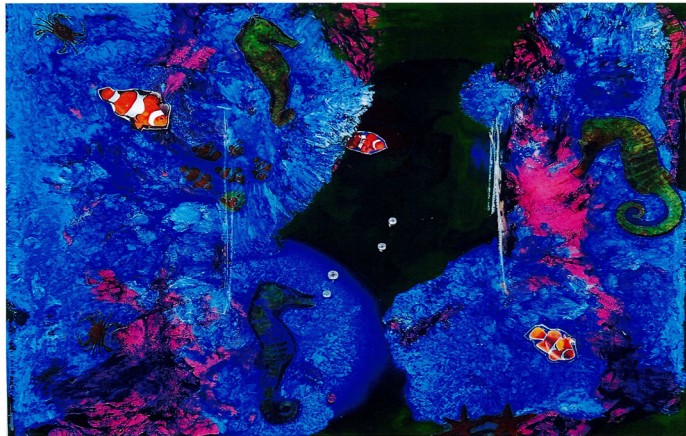
But in the light, blaze a new life.
Eyes of gold flare bright as fire.
Eyes of green gleam as emeralds.
Eyes of brown dance with laughter to the ground

But all in all we are all the Eyes of Autumn.
For brown, gold, red and green
Autumn eyes are we.

UNDERWATER JOURNEY

JENNIFER MYDLINSKI

ACRYLIC | 8 x 10



Margheritta Tessitore

Autumn Eyes was inspired by a half-lit autumn day. I have created art for as long as I can remember. I have followed Bob Ross as well as many historic artists. Honestly, I think it calms my anxiety.

Jennifer Mydlinski

The male sea horses carry the babies. The colors of coral under water are vibrant. I wanted to capture that.



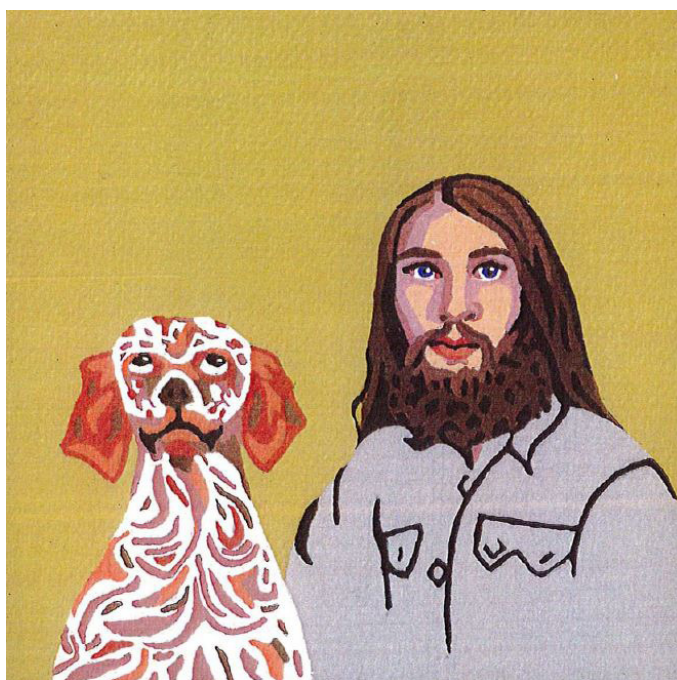
WELCOME FRIEND GINGER OTT

Sometimes
you may not feel it today.
But you have a place
here with us.
Just like an acorn doesn't know it
grows up into a mighty oak.
You just have to find
where you are welcome.

Listen to your heart.
The acorn will find
its way.
Which means you
can too.
Always,
Your friends

DAD AND SCOUT AMBER MICEK

ACRYLIC | 4 x 4



Ginger Ott
As a child I enjoyed creating art as gifts.
Later in life I would add a poem to those gifts.
By reading my poetry, journaling and books I
start to write my feelings down and later create
poems on my own using my own thoughts.
Writing poetry helps me get through my
thoughts so I can move on.

Amber Micek
I created this piece because my father passed
away last October. It's from an older photo with
his dog Scout. I think it expresses love.





A STORY UNCONTAINED, A LIFE TRANSFORMED CHRISTINA PAPALEO

GRAPHITE PENCIL/COLORED PENCIL
11 x 14



EYE CATCHER LARRY PHILLIPS

WATERCOLOR/ACRYLIC/INK
14 x 18

Christina Papaleo

I am an advocate, educator and self-taught drawing artist. Born with a visual impairment, I draw to redefine disability as a creative expression of identity. My Christian faith is the foundation in which I choose to live with what the world has called defective.

Larry Phillips

I consider myself to be an extreme hardship case currently living in a group home. I grew up in Syracuse. I have many interests. My favorite is art. I suffer from depression, anxiety, isolation, lack of resources, and poverty. I am self-taught with my art.





CAMP BRIAN TANNER

COLORED PENCIL
19 x 27

DIMENSIONAL THOUGHTS WALTER VANDERZEE

INK/COLORED PENCIL
8 x 11



Brian Tanner
Holidays are a big influence in my artwork as well as different animals and nature scenes. My autism helps me remember what I have seen.

Walter Vanderzee
Art has always been my vents for things in life because it makes me happy. My grandmother was my inspiration for art.



RENA-POP WOOD

MARIA REID

FIBER INK/SCREEN PRINT | 60 x 31



THE SITH SIMPLE

TRAVIS SPENCER

WATERCOLORS | 15.25 x 16.25

Maria Reid

I have been diagnosed with schizophrenia disorder, OCD and ADHD but I don't let that define me. I believe I am limitless!

Travis Spencer

My artistic inspiration is that of Star Wars. I started creating artwork in 2020. I do feel like my disability plays a role in my artwork.





TWILIGHTED WATERFALL

KAREN VOAS

SCULPTURE/ACRYLIC | 8 x 8



A SENSE OF HOME

JOSH WEBSTER

ACRYLIC | 12 x 16



Karen Voas

I started with the branches by making them into a bed of sculptured clay. Then I put that in the craft oven. I mixed my colors and laid them in at the top of the picture, turned it vertically and let them drip down. Then I highlighted certain areas.

Josh Webster

This piece of art in general is a sense of home in my mind, a cozy house for kids to run in each of the rooms, the garage for my hobby in automotive custom design and the Creek where the water flows between our toes.

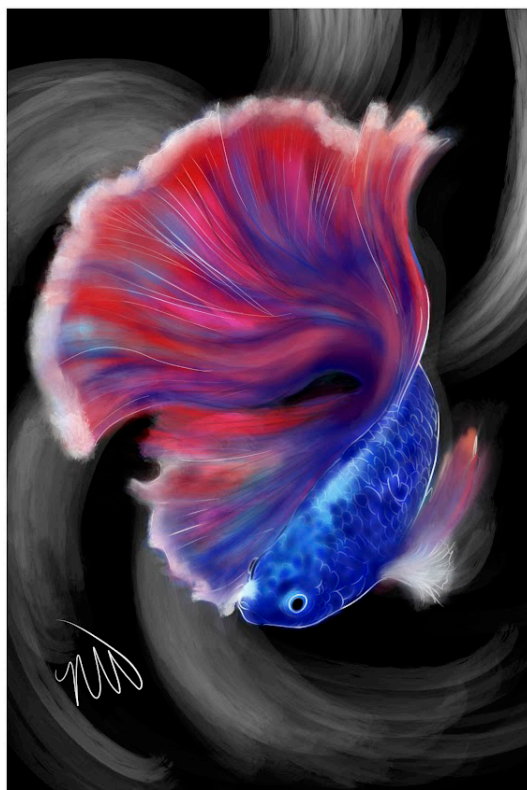




BEAUTIFUL BETA FISH

NOELLE WEBSTER

DIGITAL ART | 8.5 x 11



SILENT RATTLER

TANNER WOODLAND

PEN AND INK/ACRYLIC | 22 x 35



Noelle Webster

Art is my emotional outlet, where I can find peace. I may be able to tell stories about myself, my culture as a Korean American, and as a tattoo artist. Some of my favorite artistic role models are Van Gogh, da Vinci, Amelia Rose Georgia and many others. Tara Morgan at Black Dragon Tattoo in Groton, New York is a wonderful female role model of mine.

Tanner Woodland

I love drawing reptiles. The patterns in their scales, the rhythmic repetition. The snake rising up to the sound of music swaying with the beat.





ENDLESS LOVE

MELISSA WOOLMAN

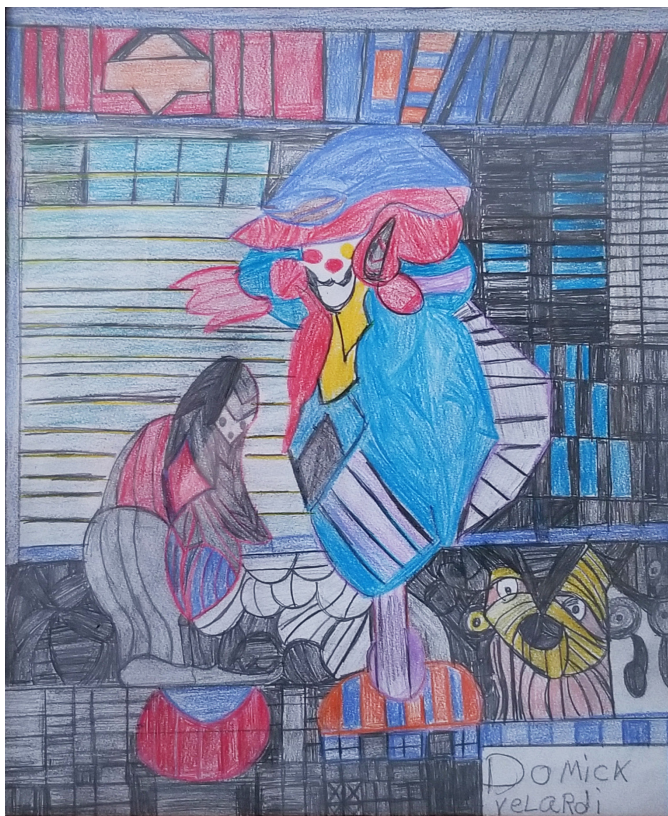
WOOD PYROGRAPHY | 14 X 14



Melissa Woolman

I do art because it takes my mind off problems. I started wood burning a year or two ago. My favorite artist is Ed Hardy. My disability doesn't play a role in my art. I did this in memory of my grandparents and my other half that expresses my love for them. My boyfriend always tells me I can always do something when I am not sure.



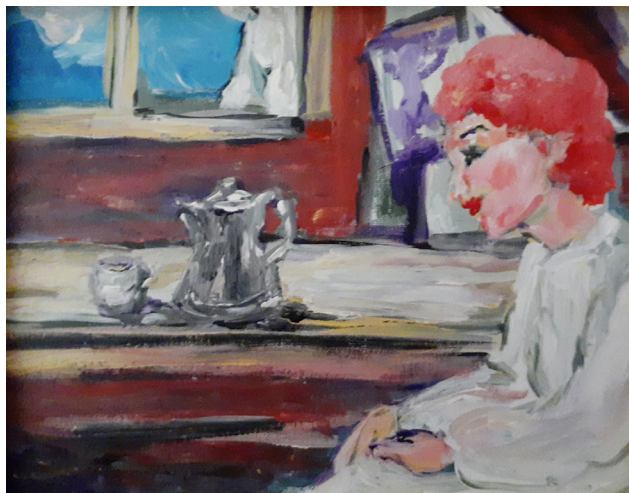


UNTITLED
DOMINICK VELARDI

COLORED PENCIL
15.5 x 18.5

THE MORNING LIGHT
KIRSTEN STELLATO

ACRYLIC | 11.25 x 14.5



Dominick Velardi
Cartoons were a big part of my inspiration, some of the bright colors as well as forms and shapes. It expresses my love of older cartoons.

Kirsten Stellato
My submission was painted early in the pandemic and it reflects the state of the world in 2020, stillness.



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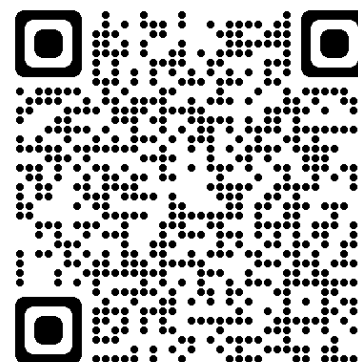
Director of Advancement

Pictured: [TOP] Underwater Journey by Jennifer Mydlinski [BOTTOM] Feeling Springy by Helena Jotic



CONTACT US

UNIQUE Magazine
c/o ARISE
635 James Street
Syracuse, New York 13203
ARISEinc.org



WAYS TO SUPPORT UNIQUE

TAKE A PIECE OF UNIQUE HOME

UNIQUE wall calendars are available for purchase. A portion of the proceeds support UNIQUE Magazine and ARISE. Some of the original artwork featured in UNIQUE is available for sale by the artists. All proceeds from the sale of original artwork benefit the artists. For information, please call (315) 671-5438.

BECOME AN UNDERWRITER

UNIQUE sponsorship celebrates the creative spirit and raises awareness about disabilities by supporting the community exhibitions and printing of the free publication. Sponsorship levels start at \$500. To learn more, call (315) 671-2903 or send an email to development@ariseinc.org.

MAKE A SUBMISSION TO UNIQUE

UNIQUE is published annually to display the creative work of people living with disabilities in Central New York. We welcome submissions of written and visual art. Guidelines and deadlines for UNIQUE 2024 will be announced in February 2024 at ARISEinc.org.

Pictured: [TOP] He Married All of Me by Karen Koegel-Parish [BOTTOM] Wonder Owl by Charles Fitzpatrick

VISUAL ART HONORABLE MENTIONS

Makenzie Blanchard	Osmosis Jones
Brittany Cook	Frog in a Pond
Vicky Darby	The Year You Haunt Me With
Derek Grindle	Christmas Tree
Ormella Putman	New York Mets
Chris Sanchez	The Cooper Family Coat of Arms
Kenneth Sauer, Jr.	10 Roses
Sally Shehatou	It's Spring
Alexandra Speller	Bumble Bee
Kristen Stosal	Libra Sign
Arlene Workman	Center of the Universe

LITERARY HONORABLE MENTIONS

Sue Ellis	Harriet Tubman 1800s
Elissa Hyre	My Friend Ray
Jared Okun	My Brave Little Soldier

ALTERNATIVE FORMATS

**UNIQUE Magazine is available as a PDF file upon request.
Please contact ARISE at (315) 671-5438 for information.**

MEMORIES WASHED AWAY

ELIZABETH PELLETIER

You looked at me with confusion etched
on your face

As if you were caught In another time
or place

I said
hello Mom it's me

you looked as though you never knew me
The memories
we once shared together start running
down my face feeling as though
they were being
washed away
without a trace

I promise to keep them for us both
in my heart
and in my soul

Everything happened so fast Alzheimer's
disease
erased your past

I hope somewhere deep inside
the memory of me comforted you when
you died

My heart is broken
for what you went through all the anguish
that no one knew

I will remember you forever in time
we need more research on diseases of the
mind

They sneak up slowly
or sometimes fast
leaving devastation
for the person and families in their path

I am so sorry
this happened to you
you had to feel alone and so confused

For all the bad
and sadness
It brought
you were so strong
bravely you fought

I will hold your memories together with mine
they will always and forever remain intertwined.....

*In memory of her mother
who passed away
on 03-25-23*

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