

AMSTERDAM

Liberty ARC celebrates vocational accomplishments

Liberty ARC's Career for Me held a graduation ceremony to recognize 11 people for their hard work in completing the year-long program in their effort to prepare for entering the workforce.

Careers for Me is a time-limited career exploration program. Over the year participants attend, they participate in job site tours, attend job fairs, host guest speakers, and learn about different industries.

Each month explores a different industry and set of careers.

Throughout the year, participants are gaining skills and knowledge to prepare for employment while discovering their personal strengths and vocational interests.

Participants also prepare a draft resume, obtain interview skills, participate in trainings transferrable to many workplaces including first aid/CPR and respectful workplace/harassment, and prepare for their transportation needs.

At the ceremony, participants were recognized for their accomplishments and presented with certificates. The celebration also included a luncheon and a live musical performance.

Those who received recognition are Puranand Allie, David Beauparlant, Sunita Bishundial, Alex Coffin, Edward Delgado, Jacob Grimm, Autumn Lesniewski, Grayson Rusnica, Joseph Sciocchetti, Jeffrey Thayer, and Ashley Rizvi.



Careers For Me graduates are pictured at their ceremony.

PHOTO PROVIDED

GLOVERSVILLE

Family Counseling Center announces 2024 Fall Gala honorees

The Family Counseling Center of Fulton County is excited to announce its 2024 Fall Gala will be held on Thursday, Sept. 26 from 5:30 p.m. to 8:30 p.m. at Lanzi's on the Lake Restaurant and Marina in Mayfield. Tickets are \$100 per person.

The event will welcome community members, partners, and others in a celebration of the organization's nearly 50 years of working with clients in the Mohawk Valley and Southern Adirondacks.

All proceeds from the event will go toward supporting and expanding the programs of The Family Counseling Center.

The Family Counseling Center was

founded in 1976 by a dedicated group of community members who wished to help individuals and families seeking mental health guidance. Today, the Center works with over 5,100 individual clients, providing nearly 100,000 services per year.

The Fall Gala will also honor two key partners and supporters of the local community.

The Dr. David and Ann Lee Clough Award recognizes an individual or group for exceptional contributions to the field of behavioral health and is given to an outstanding honoree who has demonstrated continued excellence in direct or indirect services to the behavioral health field.

The 2024 honoree is Rachel Truckenmiller, Executive Director of the HFM Prevention Council.

The Mary Ann Harzinski Outstanding Community Service Award honors the legacy of Mary Ann Harzinski, a dedicated teacher and long-time member of The Family Counseling Center Board of Directors. The award is given to an individual or organization who has a recognized record of volunteerism across organizations or has worked in close partnership with organizations. The 2024 honoree is Donald Fleischut, former owner of Somerset Industries and past Board President of The Family Counseling Center.

"We are thankful for the support of our community and the dedicated individuals who have helped to build The Family Counseling Center," said Michael L. Countryman, Executive Director of The Family Counseling Center. "Rachel and Don have devoted themselves to the communities in which they work and live. Their receipt of the Dr. David and Ann Lee Clough Award and the Mary Ann Harzinski Outstanding Community Service Award not only honor their legacy but the legacies of the individuals for whom the awards are named."

Tickets are now available for the Center's Fall Gala. Information on the event and ticket sales are available on

The Family Counseling Center's website at www.thefamilycounselingcenter.org/2024gala/.

Tickets are \$100 per person; tables of 10 are available.

The Family Counseling Center would like to thank the Gala's Honorary Committee including John and Sunday Blackmon, Shawn Cleland and Peter Kiernan, Geoff and Colleen Peck, Lou and Lesley Lanzi, Gail and Jerry Ryan, and William and Roberta Winsman.

Sponsorships are available until Sept. 6. Full details can be found on The Family Counseling Center's website at: www.thefamilycounselingcenter.org/2024gala/.

MONTGOMERY COUNTY

Visit Montgomery County launches Mobile 'Pastport to History' program

FONDA — Visit Montgomery County, NY, recently launch a mobile version of the "Pastport to History" Program.

The initiative encourages students, visitors, and locals alike to learn more about the area's historic roots. The pastport is a free program. With more than 15 sites included, it showcases the best of the county's rich history in an easy, mobile-friendly way.

"Our rich history is a cornerstone of our community's identity, and the new digital 'Pastport to History' program is an innovative way to engage the public," said County Executive Robert Purtell in a news release. "By exploring these historic sites, individuals can gain a deeper appreciation for the events and figures that shaped Montgomery County."

Visit Montgomery County has been working with Bandwango to create the pass. Bandwango technology is

designed to support free and paid experiences created by destinations and marketed to visitors and locals.

Users will be able to visit a dedicated mobile pastport landing page. Here, they can sign up for their Pastport to History in Montgomery County by providing their name, email address and mobile phone number. A link is then sent to their mobile phone, which opens the pastport and directs the user to add the button icon to their home screen, where they can access it any time. There is never anything to download and no bulky apps to take up space on a user's phone.

When visiting a participating location, users need to ensure their phone's location services are turned on to check-in via GPS and count towards prizes.

The "Pastport to History" program includes informa-

tion about the following historic sites:

- ♦ Margaret Reaney Memorial Library & Museum
- ♦ 1747 Nellis Tavern
- ♦ Fort Klock Historic Restoration
- ♦ Fort Plain Museum
- ♦ Palatine Church
- ♦ Stone Arabia Churches
- ♦ Kilt Farm Museum
- ♦ Ames Museum
- ♦ Arkell Museum
- ♦ Van Alstyne Homestead Society & Museum
- ♦ Charleston Historical Society
- ♦ National Shrine of Kateri Tekakwitha
- ♦ Montgomery County Department of History & Archives
- ♦ National Shrine of Our Lady Martyrs
- ♦ Schoharie Crossing State Historic Site
- ♦ Old Fort Johnson National Historic Landmark
- ♦ Walter Elwood Museum

Get started with your adventure at <https://bit.ly/Mont-coPastport>

Summertime Recipe Favorites

Ingredients:

1-1/2 pounds beef top sirloin steak, cut into thin strips
1-1/2 teaspoons ground cumin
1/2 teaspoon seasoned salt
1/2 teaspoon chili powder
1/4 to 1/2 teaspoon crushed red pepper flakes
2 tablespoons canola oil
1/2 cup water
2 tablespoons lemon juice
1 garlic clove, minced
1 large sweet red pepper, thinly sliced
1 large onion, thinly sliced
8 flour tortillas (8 inches), warmed
Optional toppings: Sliced avocado and jalapeno peppers, shredded cheddar cheese and chopped tomatoes

Directions:

In a bowl, toss steak with cumin, salt, chili powder and red pepper flakes. Select saute setting on a 6-qt. electric pressure cooker. Adjust for medium heat; add oil. When oil is hot, brown meat in batches and remove. Add water, lemon juice and garlic to cooker; stir to loosen any browned bits. Press cancel. Return beef to cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 20 minutes. Allow pressure to naturally release for 10 minutes, then quick-release any remaining pressure. Remove steak with a slotted spoon; keep warm. Add red pepper and onion to cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 5 minutes. Quick-release pressure. Serve vegetables and steak with tortillas and desired toppings.

Nutrition:

1 fajita: 314 calories, 11g fat (2g saturated fat), 34mg cholesterol, 374mg sodium, 31g carbohydrate (1g sugars, 2g fiber), 23g protein.

Pressure-Cooker Fabulous Fajitas

AMSTERDAM

St. Mary's Healthcare's 48th Annual Gala scheduled for Aug. 15

St. Mary's Healthcare will host its 48th Annual Gala, "A Night in Black & White," on Aug. 15 at the historic Sanford Stud Farm. Proceeds will help St. Mary's enhance emergency and urgent care services.

More than 300 guests typically turn out for the event, which is a joint effort of the Foundation of St. Mary's Healthcare and the St. Mary's Healthcare Auxiliary. Honorary chairpersons are John and Winnie Daly.

"The Gala is much more than

a successful fundraiser," said Jeff Methven, St. Mary's President and CEO, in a news release. "The event celebrates the special relationship between our community and its hospital—and our stake in each other's future."

As an example, he cited St. Mary's decision to bring the hospital's signature fundraisers home to Amsterdam to support local organizations: the Sanford Stud Farm for the Gala and Amsterdam Municipal Golf Course for the fall Golf Classic.

The Gala includes a raffle, wine pull, and silent auction. In keeping with this year's theme, guests are asked to wear black and white dressy casual attire. Guests also are encouraged to wear flat, comfortable dancing shoes to thoroughly enjoy the music of Grand Central Station.

The Gala runs from 6 to 10 p.m. Tickets cost \$125 each and may be purchased online or by calling 518-841-7478.

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