



Top left: Pictured left is Liberty ARC CEO Jennifer Saunders with Lexington ARC artists receiving the first place award for their piece, "Dutch Poor Collaboration Divider," at Liberty ARC's Creative Expressions Art Show.



Bottom left: Pictured is the second place winning piece for Liberty ARC's Creative Expressions Art Show, "The Rabbit" created by April Welke, a community member.

Top right: Pictured is the third place winning piece for Liberty ARC's Creative Expressions Art Show, "Clowning Around" created by Liberty ARC's Community Connections Day Hab Program.

Bottom right: Pictured is the winning piece of the People's Choice Award for Liberty ARC's Creative Expressions Art Show, "Beautiful Mountains" created by April Welke, a community member

PHOTOS PROVIDED



AMSTERDAM

Liberty ARC hosts Creative Expressions Art Show

Liberty ARC hosted its sixth Annual Creative Expressions Art Show to celebrate and recognize 157 artists from across New York State.

The juried art show held on Oct. 22 at the Century Club in Amsterdam gave artists of all abilities and ages the unique opportunity to showcase their inspiring talent in an inclusive and welcoming community setting.

Artwork from Liberty ARC's Liberty Through the Arts program, and two other agencies that support people with intellectual and developmental

disabilities,

The Arc Lexington in Gloversville and The Arc of Oneida-Lewis in Utica, were included in the show. Members of the local artistic community also entered pieces into the show, as well as Liberty ARC staff and Michael Santabarbara, son of New York State Assemblyman Angelo Santabarbara, D-Rotterdam.

For more than 15 years Liberty Through the Arts program has showcased the inspiration, originality, and enthusiasm of artists with disabilities in

Montgomery and Schenectady Counties.

Four awards were given out at the show.

FIRST PLACE

"Dutch Poor Collaboration Divider" created by Lexington ARC

SECOND PLACE

"The Rabbit" created by April Welke, a community member

THIRD PLACE

"Clowning Around" created

by Liberty ARC's Community Connections Day Hab Program

PEOPLE'S CHOICE AWARD

"Beautiful Mountains" created by April Welke, a community member

ABOUT LIBERTY ARC

Liberty ARC, a chapter of The Arc New York, is a not-for-profit agency that provides top-quality supports

and services to people with intellectual and developmental disabilities in Montgomery and Schenectady Counties. We are proud of our six decades of bringing these innovative and valuable programs to those most vulnerable in our community. While staying committed to our framework the agency has grown our employment, residential, day supports, family support and health-related programming throughout the

years. Our mission- Together we support people with disabilities to achieve a quality of life each person values - together with our Values make up the foundation on which our culture is framed. We are extremely proud to be a pioneering agency, which coupled with a dynamic workforce and our person-centered mission makes Liberty ARC a stand-out in our field.

Favorite Fall Recipes

Quicker Chicken and Dumplings

Ingredients:

- 1-1/2 cups 2% milk
- 1-1/2 cups frozen mixed vegetables, thawed
- 2-1/2 cups cubed cooked chicken
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/2 teaspoon garlic powder
- 1/4 teaspoon poultry seasoning

DUMPLINGS:

- 1 cup biscuit/baking mix
- 1/3 cup french-fried onions, coarsely chopped
- 7 tablespoons 2% milk
- 1 tablespoon chopped fresh parsley



Directions:

In a Dutch oven, combine the first 6 ingredients; bring to a boil, stirring occasionally. Meanwhile, in a small bowl, combine the biscuit mix, onions, milk and parsley just until moistened. Drop by heaping teaspoonfuls onto simmering stew. Cook, uncovered, for 10 minutes. Cover and simmer 10-12 minutes longer or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).

Nutrition Facts / Per Serving

1 cup: 330 calories, 13g fat (4g saturated fat), 62mg cholesterol, 746mg sodium, 28g carbohydrate, (6g sugars, 3g fiber), 24g protein.

STATE-CERTIFIED INSPECTION CENTERS

Due for Inspection?

Don't Wait Til The Last Day!

Check Your Inspection Sticker TODAY!

Call one of these Official NYS Licensed Inspection Stations...

PHIL'S TRUCK & AUTO REPAIR 306 S. Main St., Gloversville 518-725-8779	STEET TOYOTA 310 N. Comrie Ave, Johnstown 518-762-7222
BROWN'S FORD OF JOHNSTOWN 121 N. Comrie Ave, Johnstown 518-762-4609	THE TIRE CENTER 150 E. State St., Johnstown 518-762-7202

TO ADVERTISE IN THIS SPACE, CALL BARB AT 518-725-9001

TO ADVERTISE IN THIS SPACE, CALL BARB AT 518-725-9001

TO ADVERTISE IN THIS DIRECTORY CALL BARB AT 518-725-9001

The Leader-Herald



Award Winning...

Johnstown Peking Chinese Restaurant

Our sincere thanks and appreciation goes out to all our valued customers for their friendship and support through the years in helping us achieve these awards

WINNER OF THE LEADER-HERALD'S READERS' CHOICE AWARDS
WINNER OF TALK OF THE TOWN BEST OF JOHNSTOWN FOR OVER 7 YEARS

USCA, WASHINGTON D.C.

Family Owned & Operated Since 1987

50 E. Main St., Johnstown, NY 12095 • 518-762-2828 • www.pekingcorp.com

WATCH FOR A NEW RECIPE on WEDNESDAY