

CAPITAL

CENTER SQUARE | HUDSON/PARK | MANSION | PARK SOUTH | WASHINGTON PARK

Neighbors

Summer
2008

Volume 14 Number 2, For Distribution Week of July 6, 2008

A NEWSPAPER FOR AND ABOUT ALBANY'S HISTORIC NEIGHBORHOODS

Fall Garden Tour September 7th



Mansion Neighborhood Offers Hidden Delights

As summer colors give way to autumn hues, the Mansion Neighborhood (one of Albany's oldest neighborhoods) will hold its annual House and Garden Tour, Sunday, September 7 from noon to 5:00 pm. About a dozen historic homes, many with interesting and hidden backyard gardens, will be opened for the event. The self-guided tour will showcase residences in which renovations have been completed, along with several "works in progress" showcasing the effort needed to reclaim a neglected historic structure.

Also featured this year is a presentation of rare maps and photographs by City Historian Anthony Opalka; a demonstration showing how to create urban gardens (presented by Curlingstone Farms, based in Altamont, NY); and, as a reminder of how fragile architectural heritage can be, a number of structures designated as endangered by the Historic Albany Foundation will be listed.

The tour kicks off in Bleecker Park, located on Madison Avenue between Eagle and Philip streets. Tickets are \$20 the day of the event or \$17 in advance and can be purchased at Historic Albany Foundation (472 Madison Avenue), the Downtown Business Improvement District (52 Broadway), Mezzo Marketplace (340 Hamilton Street), or Diana's Wines and Spirits (67 Grand Street). For more information, contact Charles Gridley at (518) 433-0140 or Mary Moneymaker at (518) 436-7848.

NOTE;
This 2008 Summer
issue of *Capital
Neighbors* is an
abbreviated one.
The newspaper
will return to
its more familiar
eight-page format
in the Fall.

By Mark Yolles

Long Live NORCs! An introduction to a new approach to senior living.

What do the Empire Plaza, the Delaware Avenue Price Chopper, Diana's Wines and Spirits, Capital Rep, Schuyler Apartments, CDTA, and the Grand Street Market have in common? Strange as it may seem, they are part of a Naturally Occurring Retirement Community (NORC). In fact, to a greater or lesser degree, the downtown neighborhoods served by *Capital Neighbors* are especially viable as NORCs. Indeed, in one sense, the entire City of Albany is eligible to be a NORC.

What follows, then, is an introductory commentary on the concept of a NORC. In that regard, it is subjective, non-academic, holistic and brief in nature. Although interested persons certainly can follow up with Google for more information on NORCs, suffice it to say the March 30th issue of the *Times Union* has an informative article (ppCQ8) about a funded NNORC (Neighborhood Naturally Occurring Retirement Community) in the area bounded by Academy Road/Marwill Street on the east, Whitehall Road on the south, and New Scotland Avenue on the north and west that should help readers get a sense of what the NORC concept is all about.

By definition, a NORC is a county, city, village or neighborhood in which the availability of housing, medical care, cultural venues, restaurants, shopping, recreational facilities, opportunities for civic engagement, etc. is sufficient to meet the needs of a significant number of seniors. Thus, a retired person living in our Capital Hill NORC (or NORCs) would have a rich menu from which to choose. Ideally, residents should be able to walk anywhere within the NORC or have public transportation available. The less dependency on the automobile the more viable the NORC! Downtown living, for example, often features the great retirement advantages most often associated with NORCs.

As we reach the point of retirement (some sooner, some later), our living patterns change. In the past a quick move to the South, especially Florida with its

sunshine, shuffleboard and early bird restaurant specials, was often the essence of retirement. But, over time, more and more retirees are realizing that winter can be managed, that seasonal changes can be invigorating, and that maintaining social, family and other ties, such as religious affiliation, are important. For example, most of us know folks who have thrown off the shackles of suburban living, especially after offspring leave the nest, and embraced downtown living whether in condos or traditional row housing.

An interesting aspect of an urban NORC such as ours is that retirees from other places may move here, often to be close to offspring. Which leads to a fundamental question: housing choices. Many of us are prepared to "age in place," to live in the same house and the same neighborhood after retirement. For some this is eminently doable. But some of our historic row houses may eventually prove to be a challenge – a physical challenge. Stairs, for example, can be the fly in the ointment. They can lay low all the best intentions to age in place. In such a situation, access to a ground floor living arrangement or to an apartment/condominium with an elevator becomes an essential consideration.

So as we all look at making Albany and our neighborhoods more attractive as retirement communities with all the benefits of downtown living—and there are many—we need to recognize how important it is to increase the supply of accessible housing for those already here and those who may want to emigrate.

Perhaps as a follow up to this brief discussion of NORCs, our neighborhood associations should do an inventory of suitable retirement housing that would be in addition to our very rich variety of traditional row houses. And perhaps publicizing Albany—and its neighborhoods—as potential NORCs could be part of the ongoing effort to showcase the benefits of urban living. With a NORC brochure in hand, think of how many retirees could be enjoying life downtown!

Stoop Watch Program...take a seat!

The Lark Street Community Watch (part of the Lark Street Area Public Safety Committee) is implementing its Stoop Watch Program for 2008. The program takes advantage of the fact that many residents "stoop" in the evening hours to socialize with friends and, in so doing, also represent an outside neighborhood-wide presence. Residents can plan an easily manageable amount of time to sit outside with a phone, cool drinks, a pen and paper and chat while keeping an eye on our streets and enhancing public safety. If you would like to volunteer as a "stooper" or as a "stoop" coordinator, please contact either Doug Ebersman (449-5069) or Michael Weidrich (Lark Street BID, 434-3861 x2).



Capital Happenings

Compiled
by
Colleen
Ryan

This is just a small sampling of arts and cultural events happening in and around our neighborhood this summer. Please contact the sponsoring organization for more information and complete schedules.

Albany County Convention & Visitors Bureau

25 Quackenbush Square; 434-1217; www.albany.org
The Albany Heritage Area Visitors Center is located at the corner of Broadway and Clinton Avenue. Free parking is available in the Visitors Center parking lot, adjacent to Quackenbush Square (off Broadway via Spencer Street). Take a ride on the *Albany Aquaducks Trolleys*, through September: adults \$12, seniors \$10, children 4-12 \$6, children under 4, seated on adult's lap, free. Call 518-462-DUCK (462-3825) for more information.

Albany County Historical Association

Ten Broeck Mansion, 9 Ten Broeck Place; 436-9826
Summer Concert Series, tickets \$7. The 209-year-old Ten Broeck Mansion is the headquarters of the Albany County Historical Association (ACHA), a non-profit state-chartered organization that helps preserve and explain the history and heritage of New York's Capital Region.

- July 25, The Peg Delaney Quartet.
- August 22, Hair of the Dog.

Albany Institute of History & Art

125 Washington Avenue; 463-4478
www.albanyinstitute.org

- August 23 through January 3, 2009, *Impressionist Giverny: American Painters in France, 1885-1915*. This is the first exhibition to study the international phenomenon of this artist community within the context of European artists' colonies and features more than forty paintings by American artists including Albany artist Will H. Low. Giverny, where Claude Monet settled in 1883, welcomed hundreds of artists from the late 1880s through World War I.
- *AIHA Family Programs*. Committed to serving audiences of all ages, programs for families are designed to be fun and enriching and to help make sure the museum is "family friendly" and include weekend programs, summer arts camps, school vacation art making, story times for preschoolers and special curriculum for home schoolers. Call or email Kristen Schweigard, Public & Family Programs Coordinator, 518.463.4478 x435, schweigardk@albanyinstitute.org.

Albany Public Library

161 Washington Ave.; 427-4300
www.albanypubliclibrary.org

June 27 through August 18, *Summer Reading Program: Catch the Reading Bug*, offered for kids, teens, toddlers and adults. Toddlers and preschoolers will have their own program called *Bookworm* and the theme for teenagers is *Metamorphosis @ Your Library*. Metamorphosis is a process of conspicuous change not only in bugs, but young adults as they grow through reading. Finally, adults can enjoy summer reading by being a part of APL's popular *Read it & Rate it* program, which allows adults to rate the books they read during the summer.

Alive at 5 – Albany's premier free outdoor concert series

Alive at Five has kept downtown Albany's spirits high after work on Thursdays throughout the summer for 19 years. A signature event and a summer staple at Albany



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If you are interested in working on future issues of *Capital Neighbors*, or would like to make comments or suggestions, please contact *Capital Neighbors* care of:

Charlie Sullivan
230 Elm Street, Albany, NY 12202
e-mail: capitalneighbor@yahoo.com

Riverfront Park at the Corning Preserve. Opening band begins at 5:00 pm, the headliner takes the stage at 6:30 pm.

- July 10, American Idol Night, Bo Bice, with Sirsy.
- July 17, Disco Night, Sister Sledge featuring Kathy Sledge, with The Trampmps.
- July 24, Zydeco Night, Terrance Simien, with Captain Squeeze & the Zydeco Moshers.
- July 31, Groove Night, WAR, with Solid Smoke.
- August 7, Local Latin Night, Alex Torres & His Latin Orchestra, with Sensemaya.
- August 14, Irish Night, The Prodigals, with Brother, plus fireworks.

Summer 2008 At the Plaza!

- July 13, Noon – 5:00 pm, GE Kids Day with The Sippy Cups, Uncle Rock.
- July 16, 6:00 pm to 10:00 pm, Robert Randolph and the Family Band, Arrested Development, Danielia Cotton.
- July 26, 2:00 pm to 10:00 pm, Plaza Musicfest with the Cowboy Junkies, Gandalf Murphy and The Slambovian Circus of Dreams, The Mother Truckers, Rocky Velvet.
- July 30, 6:00 pm to 10:00 pm, SWING! with the Count Basie Orchestra and Royal Crown Revue, Tony DeSare.
- August 2, Noon to 7:00 pm, African American Family Day, "Celebrating the African Diaspora" with the Temptations Revue featuring Dennis Edwards, DJ Grand Master Flash – the Turntable Legend, Mystic Jammers, Community Dance Party with Solid Smoke.
- August 6, 11:00 am to 10:00 pm, Plaza Food Festival with K.T. Tunstall, Leon Russell, Martha Wainwright, Audiostars, Luncheon show with Nite Train.
- September 13, 3:00 pm to 9:00 pm, Hannaford Hispanic Heritage Celebration featuring Tiempo Libre, Alex Torres and His Latin Orchestra, Hermanos Mariachi.

Capital Rep

111 No. Pearl Street; 445-SHOW; www.capitalrep.org
July 9 through August 31, *Menopause: The Musical*, by Jeanie Linders. Hot flashes, night sweats, bloating, irritability and insomnia interspersed with uncontrollable fits of laughter mean one thing—you must be experiencing *Menopause: The Musical*. This hilarious show about the "change of life" might change your life. Four women meet in the lingerie department at Bloomingdale's and, before long, realize they have more than one thing in common. They celebrate with such side-splitting song parodies such as *Change, Change, Change; Stayin' Awake/Night Sweatin'; My Husband Sleeps Tonight; Puff, My God, I'm Draggin'* and, of course, *We're Havin' a Heat Wave*. This one is for all the red hot mamas!

eba Center for Dance & Fitness

351 Hudson Avenue; 459-9916; www.eba-arts.org

- July 7 through 31, *Adult and teen summer session classes*. Visit the website for a complete list of classes & schedule. Contact: Jenn Newman, eba administrator; ebadance@earthlink.net
- July 21 through 25 OR July 28 through August 1, *Kids Dancspace @ eba's Summer Day Camp*, 8:00 am to 4:30 pm. New this year, the eba Theater Summer Day Camp for boys and girls ages 7-12. This summer, Campers will explore *Grease - The Musical* and make dances, music, dramatic skits, arts and crafts, costuming, props, and creative media. Campers will be taught by professional eba Dance Theatre Performing/Teaching Artists and invited guests. eba artists will lead campers on artistic explorations, creating all the components needed for a performance. Each day includes classes and creative workshops; 2 snack breaks, a rest/read time and lunch in Washington Park. Full or partial scholarships are available through Kids Dancspace (eba's scholarship fund).

The Egg

473-1845; www.theegg.org
American Roots & Branches

- August 9, *Ajkun Ballet Theatre*, 7:30 pm, \$29, \$17 child (2-11 years). Ajkun Ballet Theatre performs *Ballet Jewels. Act 1: Walpurgis Night* (choreographed after Leonid Lavrovsky, music by Charles Gounod). *Act 2: Spartacus* (suite - choreographed after Yuri Grigorovich, music by Aram Khachaturian). *Act 3: Raymonda* (divertissement - choreographed after Marius Petipa, music by Alexander Glazunov)
- August 16, *Rufus Wainwright*, 8:00 pm, \$34.50. Influenced by the traditions of Tin Pan Alley, cabaret, and even opera, Rufus Wainwright has established himself as one of the premiere singer/songwriters of his generation by carving out his own singular sound. At The Egg, Rufus will perform an intimate solo acoustic concert.

Washington Park Playhouse

- July 8 – August 17, 8:00 pm
West Side Story
 - July 29 – August 10, 5:30 pm
Guys & Dolls, Youth Theater
- For more information call the Box Office, 434-0776

Monday Nights in the Park Concert Series

July 14 – August 18, 6:00-9:00 pm
For more information contact the Lark St. BID, 434-3861

First Friday (many locations, July 4, August 1)

Upstate Artists Guild, 247 Lark Street;
www.upstateartistsguild.org; 426-3501

- July 4 through July 25, *Scapes*—an exhibit of land-, sea-, space-, dream-, and all sorts of additional scapes an artist could conceptualize, with featured artist Gary Masline.
- August 1 through August 22, *Reflections*—our annual Members' Show featuring self portraits.

Historic Albany Foundation

465-0876; www.historic-albany.org

Walkabout Wednesdays, \$6 members/\$12 non-members.

Learn more about the buildings and people of Albany's historic neighborhoods. Bill Brandow will lead you back in time on these summer walking tours. Each tour begins at 5:30 pm and ends at approximately 7:00 pm. Space is limited so reservations are required, call 465-0876 x. 10.

- July 9, *Washington Park Tour*, meet at HAF office, 472 Madison Avenue.
- August 15, *Center Square Tour*, meet in front of Lark Street BID office, 245 Lark Street.

Senior Services of Albany

Louise Corning Center, 25 Delaware Avenue;
465-3325; www.seniorservicesofalbany.com

Senior Sundays in the Park 11:30 am-2:30 pm, Corning Preserve. The concerts are free, the entertainment is great, and lunch is only \$2.50. Reservations are required through Senior Services of Albany at (518) 456-3325.

Transportation is available. Call 1-866-208-7357 to make your transportation reservation.

- July 6, Tony Toscano.
- July 20, Judy Polkow's Musical Memories.
- August 10, Wally Hughes.

WAMC Performing Arts Studio

339 Central Avenue; 1-800-323-9262; www.wamcart.org

- July 18, *Meet the Composers Night with Graham Parker and Mike Gent*, Songwriting Workshop, 5:00 pm (free); concert, 8:00 pm (\$20). For nearly 30 years, Graham Parker has been slinging a signature sound across continents and airwaves that has rightly earned him a spot in the pantheon of truly original and influential figures in rock and roll. Mike Gent is a songwriter, guitarist/vocalist in The Figgs, a power pop band with roots in Saratoga Springs, NY.
- July 24, *Practical Tools and Tips for Alzheimer's and Dementia Caregivers*, 1:00 to 2:00 pm, (free). Alzheimer's disease is one of the most difficult challenges an individual and his/her caregivers will ever face. Fortunately, there is a growing body of information about the disease as well as state-of-the-art programs available to help. Audience members will learn how to differentiate early Alzheimer's disease and dementia from normal aging as well as current treatment strategies for each.

Washington Avenue Armory

195 Washington Ave.; 518-694-7160; www.washingtonavenuearmory.com

July 3 through July 25, *NY Buzz – World Team Tennis*. The NY Buzz is celebrating its 14th season by showcasing special events including the return of Serena Williams after eight years. Seven home matches will be played at the Armory. Two special marquee nights will feature eight-time Grand Slam Winner Serena Williams (July 9) and former world number-one ranked doubles player Anna Kournikova (July 22), who will each be playing on visiting teams. Home matches at the Armory begin at 7:00 pm. Call 518-378-BUZZ for ticket information and visit www.nybuzzwttt.com for complete schedule.

SmartWorks . . . get rewired, not retired

SmartWorks, the Capital Region's only volunteer leadership project, is looking for retired professionals who want a rewarding, stimulating way to stay engaged and involved with their community, careers and peers.

SmartWorks, a program of Senior Services of Albany run by returning-retiree Nikki Smith, pairs retired professionals with non-profits looking to accomplish specific projects within their

agencies. It's a win-win situation: a retiree takes on a new challenge and a non-profit benefits from the skill and experience of a seasoned professional.

To date, SmartWorks has placed 39 volunteers in projects at more than 20 non-profits including The Law and Justice Center, The Albany Institute of History and Art, and Women's Employment and Resource Center.

SmartWorks positions are flexible and each project has a specific start and end date. Projects

are professional in nature and often require a high level of expertise. Past projects have included implementing a management plan, developing a marketing strategy, creating financial workshops and coordinating a major fundraising event.

SmartWorks is now recruiting a new set of volunteers for projects around the Capital District.

If you are interested in learning more about this opportunity, call Nikki at 472-2714.

Youth Organics Summer in the City

By Tom McPheeters

Grand Street Community Arts is expanding its summer programming, doubling the size of Youth Organics and adding a new filmmakers program for teens and a new arts program for younger children in the Mansion Neighborhood.

The expansions are making for a busy and demanding spring for the AmeriCorps members and local volunteers who are putting these new programs together, but the community response has been heartening and we are reminded once again of the intense desire for meaningful activities for kids in all of the downtown neighborhoods.

Youth Organics, now in its third year as an outdoor activity for local teens, has just finished its spring program in which seven youths worked with our three AmeriCorps members and numerous other volunteers to expand our main garden at Third and Hawk Streets and start a new garden in Selkirk. In that regard, the summer season starts July 7 with 20 young men and women signed up to work and learn for six weeks. In the meantime, our gardens have grown to the point where we are offering

a Thursday farm stand from 5:30 to 7 p.m. at the Third and Hawk garden, with the opportunity to buy organic produce, picked while you wait. The garden is one block south of Morton Avenue at the Stewart's shop.

Youth Film eXperinece (Youth FX) is a new program for teens 13 to 15, offered by GSCA in partnership with Upstate Independents, the local independent filmmakers group, with major support from the New York State Council on the Arts. Participants in this free four-week program will learn all aspects of making digital movies and also have opportunities to make movies themselves. A team of experienced media arts educators and local film makers will guide participants through the entire process, to be followed by a two-week "shoot" of a movie to be screened locally.

Our other new program is Grand Street Kids Club, which will offer a fun and educational experience for younger neighborhood children, using St. Anthony's and the "People's Park" on Grand at Wilbur Street as our home bases. We'll offer a variety of arts activities to these children and also

a reading program under the supervision of two experienced educators.

Recent events have highlighted the pressing need for more summer and after-school activities for young people in all of the downtown neighborhoods. We are neighbors trying to do our part, but we know that much more is needed. Accordingly, we welcome and plan to participate in a new collaborative effort to draw together and coordinate existing resources throughout Albany, a project being spearheaded by Common Council President Shawn Morris and coordinated by the city's Youth and Workforce Services.

In the meantime, we welcome your support of our efforts. You can find out more and how to get involved or donate at our website, www.grandarts.org. And, by the way, Boarded Up, our outdoor art show on the Madison Avenue side of St. Anthony's, has proven so popular that it has been extended through July. On August 1 we will conclude with a gala show of all the amazing pieces and an opportunity for collectors and supporters to buy their favorites. Check the website for details.

NOTICES

Citizens' Police Review Board to Hold Public Meeting

The Albany Citizens' Police Review Board meeting scheduled for Thursday, July 10, 2008, has been canceled and rescheduled for Tuesday, July 8, at 6:00 pm. It will be held in Conference Room 1 at the Albany Public Library, 161 Washington Avenue. For more information contact Sharmaine Moseley, 445-3257, smose@albanylaw.edu.

Park South N/A Meeting

The next meeting of the Park South NA will occur on Thursday, July 10, 2008, beginning at 7:00 pm at the Park South Community Room at 14 Dana Avenue. The agenda will include the election of officers, a discussion on public safety including participation in the Community Walk & Watch, as well as a continuation of the discussion on parking issues. For more information contact Andrew Harvey at 505-6439.

Household Hazardous Waste Collection Days

The Department of General Services has announced its Household Hazardous Waste collection days for 2008. Residents must pre-register by calling toll-free 1-800-494-CARE (2273). Only residents of the City of Albany are eligible to participate. However, small

businesses that generate less than 32 gallons a month of hazardous waste may participate but will be charged a small fee. All participants must pre-register to be admitted. The following dates (all Thursdays) have been scheduled: July 10, August 7, September 4, October 2, November 6, and December 4.

All hazardous waste days will run from 4:00 to 7:00 pm and take place at the City of Albany Rapp Road Landfill. At no time should household hazardous waste be placed curbside for disposal. Should potential participants have questions on the Household Hazardous Waste program, please call the Albany Landfill at 869-3651. For a full listing of acceptable materials, download the Household Hazardous Waste flyer here: <http://albanyny.gov/Files/Household%20Hazardous%20Waste%202008.pdf>.

NEIGHBORHOOD BOUNDARIES . . .

For a map of the boundaries for all of Albany's neighborhood associations, follow this link: <http://councilalbanyna.tripod.com/images/nbrhdassoc.pdf>



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Susan I. Holland
EXECUTIVE DIRECTOR

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sholland@historic-albany.org

AAHO

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Albany Area Housing Opportunities
246 Hudson Avenue
Albany, NY 12210
434-8584

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www.AlbanyDamienCenter.org

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Business Guide

Antiques/Art/Collectibles/ Framing/Jewelry/Upholstery

28 Dove St. Limited, 28 Dove St., 432-1648. Antiques and collectibles.
Advocacy Center Art & Crafts Gallery, 247 Lark St.
ALPRO Antique & Lighting, 227 Lark St., 434-3363. Chandeliers/lamps, rewired/repared, houseware polishing.
Flamingo's, 211 Lark St., 434-3829. Antiques and collectibles.
Madison Art & Antiques, 460 Madison Ave., 465-3735. Buying and selling.
National Upholstery, 231 Lark St., 434-1458. Upholstery and gift shop; locally produced textile crafts.
The End of the Day, 221 Lark St., 434-3236. Antiques and specialty tea shop.
Treasure Chest, 295 Hamilton St., 449-7119. Thrift store.

Arts/Entertainment

Albany Art Room, 457 Madison Ave., 427-3910. Create and share artistic expression.
eba Center for Dance & Movement, 351 Hudson Ave., 465-9916.

Automotive/Appliances

Beaver Body & Paint, 9 Garden Alley, 463-7044. Since 1937.
Capitol Tech Auto Repair, 169 Jefferson St., 432-7781. ASE certified, foreign/domestic.
Dunbrook Mobil, 442 Madison Ave., 434-6324. Full service.
Miller's Corner Garage, 30 Park Ave., 426-8329.

Beauty/Hair Salons

Absolute Hair, 305 Hamilton St., 432-4925.
Crews, 295 Hamilton St., 448-7360. Hair salon.
DeeVa Nails, 132 Madison Ave.
Elan Hair Studio, 309 Hamilton St., 427-7777.
Hair Werks, 173 S. Pearl St.
Headlines Ltd., 248 Lark St., 434-0299. Haircutting salon.
Hudson Hair Studio, 298 Hudson Ave., 445-9644.
Jonathan's of Atlanta Hair Design, 177 S. Pearl St., 449-4153.
Mahogany, 109 Green St., 465-8018.
Perfect Cut, 299 Lark St., 434-3277.
Spring Break Tanning, 454 Madison Ave., 433-0595.
Stancil's Barber Shop, 114 Madison Ave., 463-6111. Specializing in Afro hair processing.
Super DX, Inc., 189 S. Pearl St.
The 3-Star Barber Shop, 193 S. Pearl St.
Townsend & Company Hair Salon, 153 S. Swan St., 449-1535.

Bed & Breakfast

Angel's Cafe and B&B, 96 Madison Ave., 426-4104. www.angelsbedandbreakfast.com. Unique urban inn.
Mansion Hill Inn, 115 Philip St. at Park Ave., 465-2038. An urban inn and restaurant.
State Street Manning, 281 State St., 462-6780. Serving continental breakfast.
The State House, 393 State St., 427-6063. Casually elegant private accommodations.

Beer/Liquor/Convenience Stores

Capitol Wine & Spirits, 348 Lark St. International selection of premium wines.
Diana Discount Wine & Liquor, 67 Grand St., 449-3840.
Empire News, 10 Delaware Ave., 462-1543.
Imperial InstaMart, 191 Lark St., 462-1260.
Lark News & Grocery, 252 Lark St., 465-5800.
N&H Grocery, 218 Lark St., 436-0484.
Terry's News, 302 Lark St., 432-0331.

Books

Dove & Hudson Old Books, 296 Hudson Ave., 432-4518. Used books and publishers overstocks.

Hodge Podge Books, 272 Lark St., 434-0238. "Reading is fun."

Churches

Cathedral of All Saints, 62 S. Swan St., 465-1342, fax 465-1346, e-mail swaneif@msn.com.
Cathedral of the Immaculate Conception, Corner of Eagle St. and Madison Ave., 463-4447. All are welcome.
First Lutheran Church, 181 Western Ave., 463-1326; www.firstlutheranalbany.org. Oldest Lutheran Congregation in North America.
The Focus Churches:
 • **Emmanuel Baptist**, 275 State St., 465-5161.
 • **First Presby.**, 362 State St., 449-7332.
 • **Israel A.M.E.**, 381 Hamilton St., 463-8779.
 • **Trinity Methodist**, 235 Lark St., 463-1293.
 • **Westminster Presby.**, 262 State St., 436-8544.

Metropolitan Community Church, 275 State St.
St. Paul's Evangelical Lutheran Church, 475 State St., 463-0571, www.Luther95.net/SPELC-ANYI>
St. Peter's Episcopal Church, 107 State Street., 434-3502.
Wilborn Temple, 121 Jay St., 465-7561.

Clothing

Capital Kidzwear, 204 Washington Ave., 462-2791. Affordable children's apparel and accessories.
Daval's Clothiers, Inc., 153 South Pearl St., 221-1405. "Rebirth of Style." Off-site consultations.
Shining Star, 244 Lark St., 465-5520. Contemporary clothing, gifts, incense club.
The Waldorf Tuxedo Company, Lark/Lancaster Sts., 449-5011. Formal wear sales and rentals.
Unique Blends, 116 Madison Ave., 432-7495.

Dry Cleaning/ Laundromats/Tailors

Dan's Cleaners, 284 Lark St., 465-7519. Quality dry cleaning.
Dove St. Laundromat, Corner Dove and Lancaster Sts. Self-service.
In-Towne Laundry, 14 Delaware Ave., 462-9313. Drop-off service available.
Mansion Hill Laundromat, 167 Madison Ave.
Rocco's, 220 Lark St., 426-4843. Laundromat, shoe repair and keys.
Speed-Wash, 451 Madison Ave. Do-it-yourself Laundromat.

Flowers

Lark St. Flower Market, 262 Lark St., 427-9466. "We push petals."

Dental/Medical

Bert Isen, 16 Delaware Ave., 434-4408. Chiropractic services for children and adults; accept most insurance.
Abdul Khan, 25 Dove St., 463-0522. Dentist
Upper Hudson Planned Parenthood, 259 Lark St., 434-5678.

Not-for-Profit Organizations/ Public Service

Albany Area Housing Opportunities, 246 Hudson Ave., 434-8584.
Albany Center Galleries, 161 Washington Ave., 462-4775, www.albanycentergalleries.org. Exhibiting regional contemporary art.
Albany Damien Center, 12 S. Lake Ave., 449-7119. Drop-in community center for persons living with HIV/AIDS — call for event calendar.
Boys & Girls Club, 19 Delaware Ave., 462-5528.
Neil Breslin, NYS Senate, 455-2225.
Capital District Gay and Lesbian Community Council, 332 Hudson Ave., 462-6138.
Children's Defense Fund, 247 Lark St.
Dominick Calsolaro, Council Member, 463-3356.
Richard Conti, Council Member, 436-8546.
Christopher Higgins, County Legislator, 320,8580.
Carolyn McLaughlin, Council Member, 462-1458
Environmental Advocates, 353 Hamilton St., 462-5526.
Equinox Community Services, Inc., 95 Central Ave., tel 434-6135, fax 434-4502.
Historic Albany Foundation/Historic Albany Parts Warehouse, 83-89 Lexington Ave., 465-2987.
Housing Works, 247 Lark St. Housing for homeless people living with AIDS/HIV.
Lark Street Neighborhood District Management Association, 245 Lark St., 434-3861. *The Heart of Albany.*
Maternal Infant Network of the Capital Region, 307 Hamilton St., 426-1153.
Jack McEneny, NYS Assembly, 455-4178.
National Committee to Prevent Child Abuse (NYS), 134 S. Swan St., 436-5889.
New York Library Association, 252 Hudson Ave., 432-6952.
New York Coalition for Alternatives to Pesticides, 353 Hamilton St., 426-8246.
NYS Association of Black & Puerto Rican Legislators, 174 S. Swan St., 427-8363.

NYS Coalition for the Aging, Inc., 244 Hudson Ave., 465-0641.
NYS Tenant & Neighborhood Information Service, 248 Hudson Ave., 465-1813.
Nutrition Consortium, 235 Lark St., 463-1293.
Senior Services of Albany, 25 Delaware Ave., 465-3322.
Resource Center, Inc., 291 Hudson Ave., 463-9242 or 800-811-1175. NYS advocate on mental health services.

Professional Services

Association of Architects, 235 Lark St., 449-3334.
Becker & Becker, 21 Wilbur St., 462-5814. Attorneys and counselors at law.
Brownstone Graphics, 303 Hudson Ave., 434-8707. Graphic design.
Frank A. Catalano, 154 Madison Ave., 432-5810. Attorney at law.
Capital Education Network, 132 S. Swan St., 434-0876. Financial consulting.
Center for Body/Mind Awareness, 4 Central Ave., 463-5145.
Center Square Counseling Services, 245 Lark St., 465-9700.
Hamel Realty, 291 Hudson Ave., 434-3591.
Harder, Silber & Bergen, 275½ Lark St., 462-5588. Law offices.
Hounds on the Hudson, 434-8010. Dogwalking and pet care.
Key Bank of New York, Lark St. & Washington Ave. 463-1228; 135 S. Pearl St., 453-1637.
Math Tutoring, Christina Blais, 148 Lancaster St., 427-6284. From fractions to Course A and GED.
Metroland, 419 Madison Ave., 463-2500. Alternative news weekly.
National Education Association of NY, 217 Lark St., 462-6451.
New York International Real Estate Corp., 138 Green St., 434-1481, nyirec@aol.com. Property management and brokerage.
NYS Association of Architects/American Institute of Architects, 235 Lark St., 465-3191.
NYS Chiropractic Association, 245 Lark St., 455-8817.
Lewis Oliver, Jr., Esq., 156 Madison Ave., 463-7962.
Pastures Village Chiropractic, 111 Green St., 436-8053.
Picasso Digital, 463-3396. Document scanning, print/copy, photography, Web page design.

Plaza Office Center, Corner of S. Swan St. and Hudson Ave., 465-3995. Office rental, voice mail, fax, copying, typing services.
Prudential Manor Homes Realtors, 283 Lark St., 439-4943.
Randall E. Kehoe, 127 Madison Ave., 465-2211. Attorneys at law.
Robin's Nest Construction & Renovation, 9 Bleeker Place, 449-2935. Custom carpentry, tile, furniture, doors/windows/trim and more.
Select Homes, 869-2222 x212. Eileen Carroll Rosen, licensed sales associate.
The College Board, 125 S. Swan St., 472-1515, Brian Petraitis, Director.
The Center for Nia and Yoga, 4 Central Ave., 364-5145, www.nia-yoga.com.

Specialty Shops

99 Cents and More, 141 S. Pearl St., 436-7618.
Albany Tattoo, 174 Madison Ave., 463-6604.
Cottage Herb Farm Shop, 311 State St., 465-1130. Herbs, spices, rare teas and gifts.
Elissa Halloran Designs, 225 Lark St., 432-7090. Funky designs for the body and the home.
Joanna Hetman, Jewelry Artist, 211 Lark St., 434-3829.
Family Store II, 418 Madison Ave., 436-7173. All your Afro-centric needs.
Lark Street Tattoo, 274 Lark St., 432-1905. Custom tattooing in all styles.
Little Moon, 467 Madison Ave., 434-6018. Tibetan gift shop.
Romeo's Gifts, 299 Lark St., 434-4014. Beauty and style made affordable.
Simple Gifts, 20 Elm St. 465-0582.
Silver Fox, 302 Lark St., 265-1836. Architectural salvage, art, antiques and items made from salvage material.
Viva Lark Vegas, 278 Lark St. Professional body piercing.

Sports

The Downtube, 466 Madison Ave., 434-1711. Bicycles for the entire family.
Universal Martial Arts & Fitness Center, 116 Madison Ave., 427-6308.
YMCA/Capital District/Albany Branch, 274 Washington Avenue, 449-7196; www.cdymca.org. Building strong kids, families and communities.

Dining Guide: **Albany Coffee Shop**, 222 Lark St., 465-9029. Sam's home cooking, featuring breakfast and lunch. **Amazing Wok**, 267 Lark St., 434-3946. Chinese take-out food. **Angelo's Submarine**, 133 Madison Ave., 463-1357. Submarine sandwiches. **Angel's Café and B&B**, 96 Madison Ave., 426-4104. Breakfast/luncheon. **A Taste of Greece**, 193 Lark St., 426-9000. **Ben & Jerry's**, 250 Lark St., 463-7182. Ice cream cakes for all occasions. **Bombers Burrito Bar**, 258 Lark St., 463-9636. Serving enormous burritos, tacos, quesadillas and chili. **Bongiorno's Restaurant**, 23 Dove St., 462-9176. Veal is the house specialty. **Café Capriccio**, 49 Grand St., 465-0439. Northern Italian. **Café Hollywood**, 275 Lark St., 472-9043. Albany's fun and funky video bar. **Cheesecake Machismo**, 293 Hamilton St., 427-7019, 429-9012. **Corner Food Court**, Corner Lark St. and Washington Ave., 463-8811. Variety of cuisines. **Crisan**, 197 Lark St., 445-2727. Bakery and edible art gallery. **Debbie's Kitchen**, 456 Madison Ave., 463-3829. Unique sandwiches, soups and baked goods. **DeJohn's Restaurant and Pub**, 288 Lark St., 465-5275. **Dino's Pizza**, 420 Madison Ave., 396-3466. **Dunkin Donuts**, Corner Lark St. & Madison Ave., 436-5297. Donuts and coffee. **Elda's On Lark**, 207 Lark St., 449-3532. **El Loco Mexican Café**, 465 Madison Ave., 436-1855. Traditional Mexican specialties. **El Mariachi**, 289 Hamilton St., 432-7580; 144 Washington Ave., 465-2568. Fine Mexican/Spanish cuisine. **Golden Dragon**, 145 Madison Ave., 433-8057. Chinese take-out. **Grand St. Imports**, 77 Grand St., 465-8465. Fresh meats, produce and groceries. **Hoda Deli**, 130 Madison Ave. **Ike's Pizzeria**, 189 Lark St., 462-1111. Brooklyn style brick oven pizza and more. **Hill Street Café**, 180 Madison Ave., 462-3544. A sports bar with great food. **Hot Dog Heaven**, 216 Lark St., 465-3837. Serving breakfast, lunch and dinner. **Jack Bit & Joltz**, 215 Lark St., 877-711-jackbit. **J.G.'s Pizza**, 195 Lark St., 465-1922. Traditional, white and gourmet pizza. **Justin's**, 301 Lark St., 436-7008. Extraordinary food, jazz and art. **Lark Street Deli & Catering**, 196 Lark St., 436-9396. Specialty sandwiches. **Lark Tavern**, 453 Madison Ave., 463-9779. Hot and cold sandwiches. **Legends Sports Bar**, 288 Lark St., 275-4900. Big screen TVs with pub fare. **Lombardo's Restaurant**, 119-121 Madison Ave., 462-9180. Fine Italian food. **Magnolias On The Park**, 462 Madison Ave., 449-2492. Fine dining at affordable prices. **Mamoun's Mideast Café**, 206 Washington Ave., 434-3901. Mediterranean cuisine. **Mansion Hill Inn**, 115 Philip St., 465-2038. **Maria's Spanish Food**, 185½ Lark St., 472-9429. **McGuire's**, 353 State St., 463-2100. Fine Dining. **Metro Mini Mart**, 165 Madison Ave., 449-1491. Groceries, deli and ATM. **Mezzo Market & Eatery**, 340 Hamilton St., 463-6240. **New Image Deli**, 179 S. Pearl St., 463-5439. **Oh Bar**, 304 Lark St., 463-9004. An alternative neighborhood bar. **Pinto and Hobbs**, State and Dove Sts., 426-4900. American cuisine. **Price Chopper Supermarket**, 40 Delaware Ave., 465-2603. Open 24 hours. **Ramona's**, 290 Lark St., 449-2010. Open 7 days, breakfast and lunch. **Romeo's Pizza**, 420 Madison Ave., 449-9000. **Scratch Bakery & Café**, 452 Madison Ave., 465-2233. Fresh baked goods and deli. **Simply Fish**, 147 S. Pearl St., 396-3474. **Soho Pizza**, 269 Lark St., 449-1111. Greenwich Village style brick oven pizza and more. **Stephanie's Deli**, 145 Madison Ave., 432-4540. **Sukkothai**, 254 Lark St., 463-0223. Thai food restaurant. **Stella Del Mare**, 123 Madison Ave., 434-0310. Groceries, deli, Italian specialties. **Taj Mahal Restaurant**, 193 Lark St., 426-9000. Authentic Indian cuisine. **The Daily Grind**, 204 Lark St., 434-1482. Full café menu with great coffee. **The Good Leaf**, 274 Lark St., 434-0132. Gourmet tea company and café. **The Lionheart Blues Café**, 448 Madison Ave., 436-9530. **The New Madison Grill**, 331 Madison Ave., 434-1938. "Best pizza in town." **Totem**, 271 Lark St., 432-6610. **V & R Restaurant**, 136 Madison Ave., 626-0001. Italian, daily specials. **Zuzu's Wonderful Life, Inc.**, 299-301 Hamilton St., 426-1269. Healthy snacks/salads. **Wine Bar & Bistro**, 200 Lark St., 463-2881. European style wines and lite fare.

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