WAMC FM broadcasts 365 days a year to eastern New York and western New England on 90.3 MHz. Our studios and offices are in Albany, NY.

The WAMC transmitter is located atop Mount Greylock in Adams, MA. The WAMC-AM transmitter is located in Albany, NY. WAMK's transmitter is located on Overlook Mountain, Woodstock, NY.

WAMC transmits on these frequencies:
- WAMC, 90.3 FM, Albany, NY
- WAMC 1400 AM, Albany NY
- WAMK, 90.9 FM, Kingston, NY
- WOSR, 91.7 FM, Middletown, NY
- WCEL, 91.9 FM, Plattsburgh, NY
- WCAN, 93.3 FM, Canajoharie, NY
- WANC, 103.9 FM, Ticonderoga, NY
- WRUN-FM, Remsen-Utica, NY
- WAMQ, 105.1 FM, Great Barrington, MA
- WWES, 88.9 FM, Mt. Kisco, NY
- WANR, 88.5 FM, Brewster, NY
- WANZ, 90.1, Stamford, NY

Translators:
- W280DJ, 103.9 - Beacon, NY
- W247BM, 97.3 - Cooperstown, NY
- W292ES, 106.3 - Dover Plains, NY
- W243BZ, 96.5 - Ellenville NY
- W271BF, 102.1 - Highland, NY
- W246BJ 97.1 - Hudson, NY
- W204CJ, 88.7 - Lake Placid, NY
- W292DX, 106.3 – Middletown, NY
- W215BG, 90.9 - Milford PA
- W299AG, 107.7 - Newburgh, NY
- W211CE, 90.1 - Oneonta, NY
- W257BL, 99.3 - Oneonta, NY
- W240CR, 95.9 - Peekskill, NY
- W226AC, 93.1 - Rensselaer-Troy, NY
- W225BM, 92.9 - Scotia, NY
- W296BD, 107.1 - Warwick, NY
This, as always, is where the rubber hits the road. Monday, February 1st is where and when we gather as a group to see whether we still have the will to keep WAMC going; so far, so good. We need a million dollars three times a year to make it happen. That’s a lot of money and the fact that we can do it makes us the talk of the nation. Some of our colleagues just don’t believe it. That’s because this is more than a radio station. It is a group of people who are intellectually curious and committed to ethical behavior. When someone calls me up and tries to typecast us, either on the right or the left, the first thing I ask is whether they’d like to do a commentary, laying out a position on a contemporary problem.

You should see the crew who works here. Everyone is committed to their jobs. Many of the folks who toil here could earn more money elsewhere but they stay because this place is one of the last surviving media institutions with listeners who are truly committed to it on a number of emotional and substantive levels.

Some of our love for the place is conceptual but a lot is practical. The other morning I left home in Great Barrington at 3 AM for Albany, as I do every day. A few snowflakes were falling but about fifteen minutes out, the snow turned into a storm the likes of which I had never seen. The snow was so severe that I couldn’t see an inch in front of me. So I was going over the mountain roads that connect Great Barrington to the Berkshire Spur and Albany. I was scared -- this was the worst single snow-storm I have ever been in. The road twists and turns all over the place but I crept along at about a mile an hour and the comforting voices of the BBC kept me going. It took me almost two hours to get to work but my friend, WAMC, was with me all the way.

Once during a fund drive, someone called in and pledged twenty five cents with the notation, “This is what I think WAMC is worth.” Then the strangest thing happened. I read what he said and then everyone started adding twenty five cents to their pledge. It continued for the rest of the drive. Some thought it was hilarious. I got wet around the eyes. What a group we are.

Then there was the time during the Iraq invasion that a man went into one of the malls and purchased a tee shirt from a store in the mall. It had the message, “Peace on Earth, Good-will to Men” on it and he was promptly arrested by mall authorities for political protesting which was strictly forbidden under mall rules. The poor guy was led away in handcuffs. Well, as soon as we heard the news we talked about it a lot during the fund drive. It was one of those moments you never forget. The phones rang and rang.

So, here we go again; once more unto the breach. We’re all in this together. We can’t do it without you. We’re counting on you.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>12:00 AM</td>
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<td>BBC World Service</td>
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<td>1:00 PM</td>
<td>Radiolab</td>
<td>TED Radio Hour</td>
<td>Commonwealth Club</td>
<td>WAMC Conversation</td>
<td>The Moth</td>
<td>TED Radio Hour</td>
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<td>2:00 PM</td>
<td>Vox Pop</td>
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<td>Metropolitan Opera</td>
<td>A Prairie Home Companion</td>
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<td>3:00 PM</td>
<td>The Media Project</td>
<td>The Book Show</td>
<td>51%</td>
<td>Capitol Connection</td>
<td>The Best of Our Knowledge</td>
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<td>WAMC Northeast Report</td>
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<td>This American Life</td>
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<td>All Things Considered</td>
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<td>A Prairie Home Companion</td>
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<td>8:00 PM</td>
<td>Alternative Radio</td>
<td>American Routes</td>
<td>Live at The Linda</td>
<td>51%</td>
<td>This American Life</td>
<td>Hudson River Sampler</td>
<td>Classical New England</td>
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<td>8:30 PM</td>
<td>Mountain Stage</td>
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<td>(details, page 3)</td>
<td>The Book Show</td>
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<td>Marketplace Weekend</td>
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<td>9:00 PM</td>
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<td>Living on Earth</td>
<td>Selected Shorts</td>
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<td>On the Media</td>
<td>Legislative Gazette</td>
<td>WAMC Bluegrass Time</td>
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<td>Tim Coakley Jazz Show</td>
<td>Hearts of Space</td>
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The month of February kicks off with our fund drive beginning February 1st at 6 a.m. Help us to make this the shortest fund drive in WAMC history! Your continuing support allows us to keep bringing you the programming you love. Call 1(800)323-9262 or pledge online at WAMC.org. We couldn’t do it without you!

Throughout February and in early March, WAMC will air NPR’s special live coverage of the first five major contests of the 2016 presidential candidate nomination process. On Monday, February 1st, hosts Ari Shapiro and Audie Cornish will anchor coverage of the Iowa Caucuses. New Hampshire’s live event will start at 8 p.m. on Tuesday, February 9th. Ari Shapiro and Michel Martin will host coverage of the GOP South Carolina primary on Saturday, February 20th starting at 8 p.m.

We have some exciting special programs coming up this month to honor Black History Month and President’s Day. Our celebration begins with King Stories, February 15th at 9 a.m. King Stories is a one-hour documentary of captivating stories told by friends and associates who were intimately involved with the life of Dr. Martin Luther King, Jr. Host Julian Bond, along with insiders—Ralph Abernathy, David Garrow, Dick Gregory, Mark Lane and Larry Williams—share rarely documented stories about the personal and private sides of Dr. Martin Luther King, Jr. At 10 a.m. we will enjoy State of the Re:Union-Leadership from the Bottom Up A Black History Month Special. Usually during Black History Month, we remember civil rights icons and reflect upon their legacy. Over the past couple of years, State of the Re:Union has met a new generation of African American leaders, the people you may not see on TV specials or making nationally acclaimed speeches. Most of these men and women are on the front lines of their communities, rolling up their sleeves and diving in to what can be unglamorous work. In this episode, we would like to introduce you to this group of leaders and what they’re accomplishing in their various corners of America. The celebration continues with encore broadcasts of our award winning Power of Words series at 11 a.m. and 2 p.m.

Coming up on February 19th, at 11 a.m. it’s Race and the Space Race. The Space Age began when America was going through a wrenching battle over civil rights and because the heart of the old Confederacy was chosen as its base, NASA played an unintended role in civil rights history. In this program, we hear how this happened and we hear the stories of the people who broke the color line at NASA. Produced by Richard Paul with Soundprint and narrated by Mae Jemison, the first African-American woman in Space; Race and the Space Race tells the unlikely relationship between civil rights and the space program.
ARE ELECTION YEARS GOOD FOR STOCKS?

TOM BROCKLEY

Provided by RBC Wealth Management and Thomas E. Brockley

With a little more than a year to go until the next presidential election, one can say campaign season is well underway. As a citizen, you may well be quite interested in both the process and, of course, the outcome – but as an investor, how might you be affected?

Consider this: In the last eleven presidential election years, the market (as measured by the Dow Jones Industrial Average) has been up nine times and down twice. Based on that data, one might assume that their portfolio will fare well in 2016. But, as you’ve no doubt seen in the small print: “Past performance doesn’t guarantee future results.” That’s certainly true of performance during an election year. No matter what happened the last time around, you can’t count on positive results next year.

Many people tend to forget that when the White House is up for grabs, every congressional seat – as well as many in the Senate -- is up for re-election, too. The incumbents running for those seats spend a lot of time campaigning and, as a result, fewer substantive laws are generally made. Whether this inactivity is good for the country as a whole is debatable, but it tends to be a positive for the financial markets, which typically dislike surprises, changes and new direction. Consequently, stocks tend to fare pretty well during presidential election years.

Still, some investors get jittery over how a candidate’s promises or plans might affect particular sectors within the financial markets. And if a candidate with particularly worrisome ideas is ahead in the polls, you may see investors flock to or away from the companies, or industries, that most likely to be affected by a new president’s political agenda. But investors would be wise to remember that campaign promises have been known to fade away when the election is over. And, in any case, a president’s priorities still have to be turned into legislation to have any real impact.

Instead of counting on historical trends in election years, or making moves based on campaign rhetoric, investors should follow an investment strategy built on solid principles. Here are a few suggestions:

• Diversify. If you essentially own just one asset class, such as growth stocks, your portfolio could take a big hit during a market decline. But during that same downturn, other types of investments might not fare nearly as badly – in fact, some might even do well. So, by spreading your dollars among growth stocks, international stocks, U.S. Treasury securities, corporate bonds, certificates of deposit, real estate (possibly in the form of real estate investment trusts, or REITS) and other investment vehicles, you can help reduce the effects of market volatility on your portfolio, while giving yourself more opportunities for success.

• Don’t invest too conservatively – or too aggressively. If you are, by nature, a conservative investor, you might primarily want to own investments such as certificates of deposit and money market funds. These vehicles offer significant protection of principal, but little in the way of return. Conversely, if you are an aggressive investor, you might lean more toward growth stocks and other securities that offer potentially high returns; in exchange, you’re willing to accept the price volatility that comes with these investments. Try to find some middle ground between
“conservative” and “aggressive” so that your portfolio can help you progress toward your long-term goals, such as a comfortable retirement, without subjecting you to undue risk.

- Be a “tax-smart” investor. Investment-related taxes can eat into your returns, so it pays to follow a “tax-smart” strategy. For example, if you hold investments for at least one year before selling them, your profits will be taxed at the long-term capital gains rate, which is 15% for most taxpayers. But if you’re a frequent trader, and you sell investments you’ve held for less than a year, you’ll be taxed at your personal income tax rate, which may be considerably higher than 15%. Another tax-smart move is to contribute as much as you can afford to tax-deferred retirement accounts, such as your 401(k) and traditional IRA. If you’re eligible to contribute to a Roth IRA, your earnings grow tax-free, provided you’ve had your account at least five years and you don’t start taking withdrawals until you’re 59-1/2.

Presidents come and go, as does their impact on the financial markets. But no one has greater control over your investment success than you — so elect to make the decisions based on your portfolio and your priorities, not who you think will be sitting in the White House next fall.

This article is provided by Thomas E. Brockley a Financial Advisor at RBC Wealth Management in Albany, NY, and was prepared by or in cooperation with RBC Wealth management. The information included in this article is not intended to be used as the primary basis for making investment decisions nor should it be construed as a recommendation to buy or sell any specific security.

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FIVE TIMELY FINANCIAL RESOLUTIONS FOR 2016

TOM BROCKLEY

Provided by RBC Wealth Management and Thomas E. Brockley

The start of a new year is a time to reflect on the past and ponder possibilities for the future. From a financial perspective, two things become clear: you have important goals as an investor and you need a plan to help you meet those goals. So when you make your list of New Year’s resolutions for 2016, consider the following suggestions:

1. Increase your retirement contributions. With every new year, you are one year closer to retirement. Contribute now for 2015 with one easy contribution. (The deadline is April 15, 2016.) The 2015 contribution limit for Traditional and Roth IRAs is $5,500 and may include an additional $1,000 “catch-up” opportunity for individuals age 50 and older. If an employer-sponsored retirement plan is available to you, consider contributing up to the maximum amount allowed.

2. Implement an asset allocation plan. The underlying principle of asset allocation is to diversify your investment portfolio among several different asset classes in an effort to reduce the risk and volatility of your overall portfolio — and potentially improve your overall returns. Even if you’ve already constructed a plan, changes to your investment profile
such as time horizon or risk tolerance may require adjustments to your asset allocation plan. Plus, the plan you established last year may not be appropriate this year as a result of economic fluctuations or changes in your personal or financial circumstances.

3. Review your life insurance policy. Life insurance is often overlooked when reviewing your entire financial picture. If you own life insurance, it is important to review your policy on a regular basis to ensure you are taking advantage of competitive premiums, have updated your beneficiaries, and are properly protecting those most important to you. Your life is changing all the time, and you need to make sure your insurance keeps up with it.

4. Open a college savings account. If funding a child’s or grandchild’s college education is on your mind, it’s never too early to start saving. Section 529 plans offer a simple yet effective way to save for the rising cost of higher education. And they offer a variety of important features and benefits. For starters, anyone can establish a Section 529 plan, as there are no adjusted gross income limits or age restrictions. In addition, Section 529 plans are flexible. While low initial investment and subsequent contributions may be required, at the same time more substantial deposits can be made. You can contribute up to $70,000 per beneficiary ($140,000 for married individuals filing jointly) in the first year of a five-year period without incurring any federal gift-tax consequences, provided you do not make any additional gifts to the same beneficiary in the same five-year period. Moreover, your investment will grow tax-deferred and can be withdrawn tax-free if the money is used for post-secondary qualified educational expenses. Section 529 plans generally offer a variety of different investment options. When you move money into a Section 529 plan, it is moved out of your taxable estate but remains under your control as the account owner. You may change beneficiaries to another member of the beneficiary’s family once a year, so more than one person in your life could benefit from your gift.

5. Start planning your legacy. Now is the time to think about how you want to share your wealth and define how you want to be remembered by future generations. We collaborate with a broad range of trust service providers that help us deliver tailored trust solutions, including special needs trusts. We can help you select trust structures that focus on your specific circumstances and help you accomplish a variety of other important wealth management goals as well.

What do you want to accomplish financially in 2016? Take some time to consider these suggestions and make a New Year’s resolution to keep your investment plan consistent with your needs.

RBC Wealth Management does not provide tax or legal advice. All decisions regarding the tax implications of your investments should be made in connection with your independent tax advisor.

Please consult your financial advisor if you have questions about your specific investment opportunities or financial circumstances. Not all options may be appropriate or available for all individuals.

For more information regarding college savings plans, please visit www.collegesavings.org. Participation in a 529 Plan does not guarantee the investment return on contributions, if any, will be adequate to cover future tuition and other higher education expenses. State programs vary and therefore you should carefully review individual program documents before investing or sending money. Federal income tax on the earnings and a 10 percent penalty on distributions for non-qualified expenses may apply.

RBC Wealth Management is not a tax advisor. All decisions regarding the tax implications of your individual investments should be made in connection with your independent tax advisor.
LIVE AT THE LINDA

FEBRUARY

3. Moonalice (5/8/15)


17. The Levin Brothers (6/12/15)

24. Hot Club Of Cow Town (3/30/11)

FOOD FOR THOUGHT IS A MONTHLY EVENING OF FOOD, FILM AND DISCUSSION WITH A FOCUS ON FILMS OF SOCIAL, POLITICAL, ENVIRONMENTAL AND COMMUNITY INTEREST.

HELD ON THE THIRD THURSDAY OF EACH MONTH, THE NIGHT WILL FEATURE FOOD SAMPLES BY HONEST WEIGHT FOOD CO-OP, A FEATURE FILM SCREENING, AND AN OPEN PANEL DISCUSSION.
**FEATURED EVENTS OF THE MONTH**

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**FEBRUARY**

04 Hey Marseilles—singer Matt Bishop, guitarist Nick Ward, keyboardist Philip Kobernik, cellist Sam Anderson, violist Jacob Anderson makes some of the most good-natured chamber-pop music around. They make the most of a wide array of warm sounds, from cello and viola to horns and accordions, but those ingredients are all wisely wrapped around songwriting that exudes sweet, hooky sunshine. Hey Marseilles have capitalized on the success of other folk-based bands such as Mumford & Sons and The Lumineers while still aiming to keep their music sounding original. The Linda is proud to present the Seattle band in what will surely be one of our more memorable offerings.

06 Come out to enjoy a great time with friends and live music during HARLEM NIGHTS Tournament of Champions presented by the L.O.W. Foundation benefiting the Schuyler Flatts Burial Project. Adults (21+) are invited to play Spades, Chess and Uno games. Food provided by Soul Kitchen will be available for purchase.

12 Foghorn Stringband with special guests Mike & Ruthy. Credited for igniting the Old Time Renaissance in Northwest, Foghorn Stringband continues to stand out as the shining gold standard for American Stringband music. Seven albums, thousand of shows and over a decade of touring under their belts, it’s no surprise they have two entirely new generations of old-time musicians following their lead. Through all of this, they’ve never let the music grow cold; instead they’ve been steadily proving that American Roots music is a never-ending well of inspiration.

13 The play 2014 is thought provoking n its intent is to make you examine yourself and society as a whole! “2014” was written to address the rise of social injustice on various levels! As we attempt to make change remember...power is always in numbers! United we shall stand or divided we shall fall!

18 Unfortunately, when it comes to romantic relationships, people with autism have a distinct disadvantage. Being plagued by this developmental disorder jeopardizes the core characteristics of a relationship - communication and social interaction. Ostensibly it seems that some may never truly experience romantic love, or at least love by a typical definition. However, we know this to be false. We have innumerable instances of people with autism falling in love and having meaningful romantic relationships.

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For more local events please visit

[http://events.publicbroadcasting.net/wamc/events.eventsmain](http://events.publicbroadcasting.net/wamc/events.eventsmain)
PROGRAM DESCRIPTIONS

The Academic Minute
Weekdays, 7:30am and 3:56pm
Leading experts explain their research and discoveries to an engaged listening audience. E-mail: academicminute@wamc.org.
Web: www.wamc.org/programs/academic-minute

Afropop Worldwide
Sundays, 4–5pm
George Collinet hosts this mix of world music from Africa, the Caribbean and the Americas. Tapes are not available. Web: www.afropop.org

All Things Considered
Weeknights, 4–6:00pm
Saturdays and Sundays, 5–6pm
Tapes and transcripts are available. Web: www.npr.org/programs

Alternative Radio
Mondays, 8pm-9pm. * For tapes write to PO Box 551, Boulder, CO 80306, call (800) 444-1977 or visit www.alternativeradio.org.

American Routes
Tuesdays at 8pm
A two-hour program produced, presenting a broad range of blues and jazz, gospel and soul, old-time country and rockabilly, Cajun and zydeco, Tejano and Latin, roots rock and pop, avant-garde and classical. Web: www.americanroutes.wwno.org

As It Happens
Weeknights, 11pm–12midnight
A nightly international news magazine from the CBC covering major stories from Canada and around the world. Web: www.radio.cbc.ca/programs/asithappens

BBC World Service
Weekdays, 12–5am
Saturdays, 5–5:30am and Sundays, 5–6am
The latest news from the BBC. Tapes are not available.

BBC The World Today
Tuesday-Saturday, 12midnight–1am
The latest news from the BBC. E-mail: world.services.letters@bbc.co.uk. Web: www.bbc.co.uk/worldservice

Beale Street Caravan
WAMC HD2 - Sundays, 11pm–midnight
Hosted by Pat Mitchell, each program presents seasoned veterans alongside up and coming artists recorded at festivals and venues throughout the United States. Web: www.bealestreet-caravan.com

Best of Car Talk
Saturdays, 10–11am
Tom and Ray Magliozzi tell you what ails your car. Web: www.cartalk.cars.com

Earth Wise
Weekdays 11:10am and 4:04pm
From green business and new environmental legislation to how nature impacts our environment in ways never before considered, Earth Wise offers a look at our changing environment. Hosted by Bill Schlesinger. Web: www.wamcradio.org/earthwise/about.html

Echoes
WAMC HD2 - Weekdays, 12am–1am
Hosted by John Diliberto. Echoes brings together a wide array of styles, from acoustic to electronic, jazz to space music, the avant-garde to rock. Web: www.echoes.org

The Best of Our Knowledge
Mondays, 8:05–8:30pm; Repeated Fridays at 3pm; Repeated Saturdays at 1:30pm on WAMC AM 1400
Bob Barrett hosts this look at the latest developments in the halls of academe. E-mail: knowledge@wamc.org. Web www.wamc.org/programs/best-our-knowledge-wamc

The Book Show
Tuesdays, 3:05–3:30pm
Repeated Thursdays at 8:30pm
Joe Donahue hosts this weekly half-hour of literary interviews with acclaimed authors. Web: www.wamc.org/programs/bookshow-wamc

The Capitol Connection
Thursdays, 3pm, Saturdays 5:30am
Alan Chartock’s weekly talk with political notables. Tapes/CD’s are $10. Phone: (800) 323-9262. Web: www.wamc.org/progcapitol.html

Commonwealth Club
Wednesdays, 1pm-2pm. Call (800) 933-7548 or visit www.commonwealthclub.org.

Classical 24
WAMC HD2 - Weekdays, 2am-4am
Two hours of the greatest classical music ever recorded. Classical 24 is produced by American Public Media and distributed by Public Radio International.

Classical New England with the BSO
Sundays, 8pm-10pm (not aired during Tanglewood season)
Classical performances from the Boston Symphony Orchestra. During Tanglewood season, this show will be replaced by Live at The Linda broadcasts.

Concerts From Tanglewood (Airs in June, July & August)
Saturdays and Sundays, 8:30pm-11pm / Sundays 2:30pm-5pm
Live concerts featuring the legendary Boston Symphony Orchestra. Program airs in July and August.

The Diane Rehm Show
WAMC HD2 - Weekdays, 8pm–10pm
Diane offers listeners thoughtful and lively conversations on an array of topics with many of the most distinguished people of our times.
51%
Thursdays, 8:05–8:30pm
Repeated Wednesdays at 3:05pm
Allison Dunne explores important issues of particular interest to women. Tapes/CD’s are $10. E-mail: 51@wamc.org. Web: www.wamc.org/programs/51-wamc

Fresh Air
Weekdays, 7–8pm
Hosted by Terry Gross, this daily interview and features program provides a fresh look at contemporary culture. Email: freshair@whyw.org.

Grateful Dead Hour
Sundays, 10–11pm
Hosted by David Gans, this program features classic performances by the Dead and their fellow travelers. Web: www.gdhour.com

Here and Now
WAMC HD2 - Weekdays, 12–2pm
Hosted by Robin Young and Jeremy Hobson. A distinctive mix of hard news and rich conversation featuring interesting players from across the spectrum of arts and culture, business, technology, science and politics. 
Web: http://hereandnow.wbur.org

Hudson River Sampler
Saturdays, 8–10:00pm
Wanda Fischer hosts a program of the very best folk, bluegrass and blues music. Note: During Tanglewood Season (July and August) Hudson River Sampler may be heard on WAMC HD2 Jazz After Hours
Saturdays, 1–5am, Sundays, 12midnight–5am
Jim Wilke hosts this program of jazz recordings. Web: www.jazzafterhours.org

Jazz Night in America
WAMC HD2 - Sundays, 9pm-10pm
The show presents content from across the nation on multiple platforms, and we’ll hear storytelling around amazing concert performances including the artists, the venues, the fans, and the larger dynamics at play. Hosted by Christian McBride.

Latino USA
WAMC HD2 - Saturdays, 1pm-2pm
The foremost Latino voice in public media. Hosted by Maria Hinojosa.
Web: www.latinousa.org

Le Show
Sundays, 1–2pm
Hosted by Harry Shearer, this weekly show takes a humorous and satirical look at the news. Web: www.harryshearer.com/news/le_show/

Legislative Gazette
Fridays, 10:00pm
Repeated Saturdays at 5:30am
The WAMC news team takes you inside New York State government. Web: www.wamc.org/programs/legislative-gazette-wamc

Living on Earth
Saturdays, 6:05–7am
Repeated Tuesdays at 10pm
Environmental news and information program hosted by Steve Curwood. Phone: (800) 218-9988. E-mail: letters@loe.org. Web: www.loe.org

Marketplace
Weekday mornings, 7:50–8am and 8:50am
Weekday evenings, 6:30–7pm
Marketplace AM highlights overnight developments in the business world;

Marketplace Money
Sundays, 7–8am
Repeated Fridays at 9pm
A look at the major national and international stories that will impact the average listener’s wallet. Web: www.marketplacemoney.org

The Media Project
Sundays, 6pm
Repeated Mondays at 3:05pm
An inside look at media coverage of current events, with Alan Chartock, Ira Fusfeld, and Rosmary Armao, with host Rex Smith. Web: www.wamc.org/programs/media-project-wamc

Metropolitan Opera
Saturday Afternoons, December – May
Live and archived broadcasts from The Metropolitan Opera. Broadcasts usually begin at 1pm. Broadcast times and details are located elsewhere in this Program Guide.

Midday Magazine
Weekdays, 12noon–1pm
Brian Shields anchors an hour of regional and national news, weather and features. Tapes are not available. Web: www.wamc.org/programs/middaymag.html

Midday Saturday / Midday Sunday
Weekends, 12 noon–1pm
Host Lucas Willard brings you the best of WAMC news. Tapes are not available.

Morning Edition
Weekdays, 5–9am
NPR and WAMC’s David Guistina bring you regional and national news and features. Web: www.wamc.org/programs/morning-edition-wamc

The Moth Radio Hour
Friday , 1pm-2pm
True stories told live on stage without scripts, notes, props, or
accompaniment. Humorous and heartbreaking tales told with honesty, bravery and wit.

Mountain Stage
Mondays, 9–11pm
Performances by contemporary folk, rock, and country artists.
Web: www.mountaintstage.org

Music from the Hearts of Space
Sundays, 11pm–12 midnight
Stephen Hill offers ethereal late-night listening. Web: www.hos.com

On Point
WAMC HD2 - Weekdays, 10 am–12 pm
Hosted by award-winning journalist Tom Ashbrook, On Point features lively conversation with writers, politicians, journalists, artists, scientists and ordinary citizens from around the world.

On The Media
Thursdays, 10 pm –11 pm
Hosted by veteran journalists Brooke Gladstone and Bob Garfield, On The Media decodes what we hear, read, and see in the media every day, and arms us with critical tools necessary to survive the information age.

Only a Game
Saturdays, 7–8am
Nationally known author and veteran NPR commentator, Bill Littlefield, explores sports at all levels. Tapes are available. Phone: (800) 909-9287. E-mail: oag@wbur.bu.edu. Web: www.onlyagame.org

Paul Caiano’s WAMC Regional Forecast
Weekdays, 6:53am and 12:25pm
Every weekday morning. Paul Caiano is a meteorologist at WNYT Newschannel 13.

Person Place Thing
Fridays 10:30pm-11pm
Hosted by Randy Cohen. Guests talk about a person, a place, and a thing they find meaningful. The results: surprising stories from great talkers.

Playing on Air
Fourth Friday of each month 11am-12pm
A public radio show of short plays. Originally written for the stage, these 10-20 minute selections translate to radio without need for stage directions.

A Prairie Home Companion
Saturdays, 6–8pm
Repeated Sundays from 3–5pm
Monologues, skits, and more, hosted by Garrison Keillor. Phone: (800) 228-7123. E-mail: phc@mpr.org. Web: www.prairiehome.publicradio.org

Pulse of the Planet
Weekdays, 11:20am
Weekends, 8:35am
A two minute sound portrait of Planet Earth, tracking the rhythms of nature, culture and science. Web: www.pulseplanet.com

Q
WAMC HD2 - Weekdays, 3–4pm
Q covers pop culture and high arts alike with forays into the most provocative and compelling cultural trends.

Radio Deluxe (pre-empted during Met Opera season)
Saturdays, 2 pm–4pm
Singer/guitarist John Pizzarelli takes listeners on a 2-hour tour through the great American songbook. Web: www.radiodeluxe.com

Radiolab
Mondays 1-2pm
Each hour we take a big idea, so big that it lives everywhere, hiding in a thousand places under different names, and we chase that idea, going wherever whim takes us. Hosted by Jad Abumrad and Robert Krulwich. Web www.radiolab.org/

Riverwalk Jazz
WAMC HD2 - Sundays, 10pm-11pm
Award-winning storyteller David Holt revisits early jazz from the streets of New Orleans to the big-city sophistication of Harlem clubs in the 20s. Web: www.pri.org/programs/riverwalk-jazz

The Roundtable
Weekdays, 9am–12 pm
Joe Donahue and collaborators offer this mix of news, interviews and more. Tapes are not available. Web: www.wamc.org/roundtable

Selected Shorts
Sundays, 11am–12noon
Repeated Wednesdays at 10pm
A match of Oscar and Tony Award winning actors with short stories by contemporary and classic authors. Tapes are available. Web: www.symphonyspace.org

Snap Judgement
WAMC HD2 - Saturdays, 1pm-2pm

Star Date
Weekdays, 5:05am and 12:45pm
Astronomical information and current events. From the University of Texas at Austin McDonald Observatory. Web: www.stardate.org

Strange Universe with Bob Berman
Sundays, 9:35am
Astronomer Bob Berman explains it all.

Studio 360
WAMC HD2 - Thursdays, 9am / Sundays, 11am
Hosted by Kurt Andersen the program is public radio’s smart and surprising guide to what’s happening in pop culture and the arts.

The Tavis Smiley Show
WAMC HD2 - Saturdays, 12pm-1pm
The two-hour weekly program offers a unique blend of news and newsmakers in expanded conversations. Web: www.tavissmileyradio.com
TED Radio Hour
Saturdays, 1-2 pm
Repeated Tuesdays at 1pm
A journey through fascinating ideas, astonishing inventions, and new ways to think and create. Based on riveting TED Talks from the world’s most remarkable minds

Tell Me More
WAMC HD2 - Weekdays, 4–5pm
Capturing the headlines, issues and pleasures relevant to multicultural life in America. Hosted by award-winning journalist Michel Martin.

This American Life
Fridays, 8–10pm, Repeated Saturdays at 4pm
Ira Glass hosts this weekly suite of radio storytelling. Tapes are available. Web: www.thislife.org

The Thistle and Shamrock
Sundays, 7–8pm
Celtic music and culture are presented by Scotswoman Fiona Ritchie

The Tim Coakley Jazz Show
Saturdays, 11:00pm–12 midnight
A mixture of jazz old and new, hosted by WAMC’s Tim Coakley. Playlists: www.wamc.org/programs/tim-coakley-jazz-show-wamc

Travel With Rick Steves
Sundays, 6am-7am
Span the globe with guidebook author and travel TV host Rick Steves.

Vox Pop
Monday-Friday, 2–3pm
WAMC’s live call-in program exploring a variety of issues. Mondays are “Medical Mondays” – Fridays are “Food Fridays” Phone: (800) 348-2551. Web: www.wamc.org/programs/vox-pop-wamc

Wait, Wait...Don't Tell Me
Saturdays, 11am–12noon, Repeated Thursdays at 9pm
A quiz program, hosted by Peter Sagal. Listeners test their knowledge against some of the best and brightest in the news and entertainment world while figuring out what’s real news and what’s made up.

WAMC Bluegrass Time
Saturdays, 10pm – 11pm
Nick Barr hosts this blend of bluegrass music, featuring the classics from the masters all the way to the current “hits”. Playlists: www.wamc.org/programs/wamc-bluegrass-time-wamc

WAMC “Conversation With...”
Thursdays, 1-2pm
Alan Chartock talks with authors, politicians, artists and other notables.

WAMC Northeast Report
Early Edition – Weekdays, 3:30–4pm Late Edition – Weekdays, 6–6:30pm
The latest news reports from WAMC’s bureau chiefs along with commentary, interviews, national and international news and the weather forecast. Web: www.wamc.org/programs/wamc-northeast-report-wamc

Weekend Edition
Saturdays, 8–10am, Sundays, 8–11am
NPR and WAMC, bring you the news
Saturday Web: www.npr.org/programs/wesat
Sunday Web: www.npr.org/programs/wesun/

With Good Reason
WAMC HD2 - Sundays, 12am– 1pm
Host Sarah McConnell takes listeners along as she examines a wide range of topics with leading scholars. Web: www.withgoodreasonradio.org

The World
WAMC HD2 - Weekdays, 5pm-6pm
PRI's The World is a one-hour, weekday radio news magazine offering a mix of news, features, interviews, and music from around the globe.
Web: www.theworld.org

World Cafe
WAMC HD2 - Weekdays, 10pm-Midnight
Hosted by Jian Ghomeshi, Q covers pop culture and high arts alike with forays into the most provocative and compelling cultural trends.

Writer’s Almanac
Weekdays, 8:44am and 10:25am
Saturdays and Sundays, 12:45pm
Garrison Keillor shares literary works from around the world. Tapes and Transcripts are not available. Web: www.writersalmanac.publicradio.org
HOME MADE THEATER

Home Made Theater is a not-for-profit theater company committed to enhancing the cultural life of the Saratoga region. As the Resident company in the historic Spa Little Theater, they are a vital link in creating a thriving community.

SENeca LAKE WINE TRAIL

In 1986 the Seneca Lake Wine Trail was formed in the heart of New York State’s Finger Lakes region to attract more visitors to experience its rich history, beauty, and production of world-class wines. In 2016 the Seneca Lake Wine Trail celebrates its 30th Anniversary, and is the largest and most active wine trail in New York State with a community of over 35 wineries, a distillery, seven breweries and a meadery.
Arts Mid-Hudson
696 Dutchess Tpk, Ste F
Poughkeepsie, NY 12603
(845) 454-3222
http://artsmidhudson.org/

The Ashokan Center
Olivebridge, NY
(845) 657-8333
www.ashokancenter.org

Ballston Lake Pottery
906 State Route 50
Ballston Lake, NY 12019
518-399-1039
http://www.ballstonlakepottery.com

Barrow Street Theatre
New York, NY
212 243-6262
www.barrowstreettheatre.com/

Beacon Arts Community Association
506 Main Street
Beacon, NY 12508
(845) 231-6100
www.beaconarts.org

The Beacon Theatre
445 Main St
Beacon, NY 12508
(845)226-8099
www.thebeacontheatre.org

Berkshire Museum
39 South St
Pittsfield, MA 01201
(413) 443-7171
http://www.berkshiremuseum.org/

Bethel Woods Center for the Arts and The Museum at Bethel Woods
200 Hurd Rd
Bethel, NY
(866)781-2922
www.bethelwoodscenter.org

Capital Repertory Theatre
111 N Pearl St
Albany, NY 12207
(518) 462-4531
www.capitalrep.org

Carrie Haddad Gallery
622 Warren Street
Hudson, NY 12534
(518) 828-1915
carriehaddadgallery.com

Catskill Mountain Foundation
Hunter, NY
(518) 263-2000
www.catskillmtn.org

The Sterling and Francine Clark Art Institute
225 South St
Williamstown, MA 01267
(413) 458-2303
clarkart.edu

County Players
Wappingers Falls, NY
(845) 298-8191
www.countyplayers.org

Cultural Pittsfield
28 Remme Ave
Pittsfield, MA 01201
(413) 499-9348
discoverpittsfield.com

Department of Theatre Arts, Mainstage Theatre at SUNY New Paltz
New Paltz, New York
(845)-257-SUNY
http://www.newpaltz.edu/theatre/productions.html

Dorsky Museum of Art
New Paltz, NY
(845) 257-3844
www.newpaltz.edu/museum

Durants Party Rentals
91 Mill Plain Rd
Danbury, CT 06810
(203) 544-7368
www.durantsparty.com

The Egg
Albany, NY
(518) 473-1064

EMPAC -- The Curtis R. Priem Experimental Media and Performing Arts Center
Troy, NY
(518) 276-3921
www.empac.rpi.edu

Friends of Chamber Music
285 Pawling Avenue (Kiggins Hall at the Emma Willard School)
Troy, NY 12180
(518)-833-1874
www.friendsofchambermusic.org

Glimmerglass
Cooperstown, NY
(607) 547-0700
www.glimmerglass.org

Half Moon Theatre
At The Culinary Institute of America’s Marriot Pavilion Theatre
Hyde Park, NY
(845) 235-9885
www.halfmoontheatre.org

Hanford Mills Museum
East Meredith, NY
(607) 278-5744
www.hanfordmills.org

Home Made Theater
Saratoga Springs, NY
(518) 587-4427
http://www.homemadetheater.org/

Hotchkiss Tremaine Gallery
11 Interlaken Rd
Lakeville, CT 06039
(860) 435-2591

Hubbard Hall
Cambridge, NY 12816
(518) 677-2495
www.hubbardhall.org

Hudson Opera House Multi-arts Center
Hudson, NY
(518) 422-1438
http://www.hudsonoperahouse.org/

The Hyde Collection
Glens Falls NY 12801
(518) 792-1761
hydecollection.org

Hyde Hall
Cooperstown, NY 12831
(607) 547-0700
http://hydehall.org/

John Keal Music
819 Livingston Avenue
Albany, NY 12206
(518) 452-0544
www.johnkealmusic.com

Kairos: A Consort of Singers
New Paltz, NY
(845) 257-3844
www.kairosconsort.org

Lake George Dinner Theater
Lake George, NY 12831
(518) 306-4404
lakedinnertheater.com

LARAC
Glens Falls NY 12801
518-798-1144 ext. 2
larac.org

Lotus Fine Art and Design
33 Rock City Road
Woodstock, NY 12498
(845) 658-3355
lotuswoodstock.com

Manitoga / Russel Wright Design Center
584 Route 9D, Garrison, NY
http://www.manitoga.org

miSci (Museum of Innovation and Sciences)
Schenectady, NY
(518) 382-7890
www.miSci.org

The Mahaiwe Performing Arts Center
Great Barrington, MA
(413) 528-0100
http://www.mahaiwe.org/

Mainstage Theatre at SUNY New Paltz
New Paltz, NY
(845) 257-SUNY
www.newpaltz.edu/theatre/productions.html

Mass MOCA
1040 Mass MoCA Way
North Adams, MA 01247
(413) 664-4481
www.massmoca.org

Molly Cantor Pottery
Shelburne Falls, MA
www.mollycantor.com
Munson William Proctor Art Institute  
Utica, NY  
(315) 797-0000  
http://www.mwpai.org/

National Yiddish Book Center  
Amherst, MA  
(413) 256-4900  
http://www.yiddishbookcenter.org/

New York Folklore Society  
Schenectady, NY  
(518) 346-7008  
nyfolklore.org

Norman Rockwell Museum  
9 Glendale Road  
Stockbridge, MA 01262  
(413) 298-4100  
www.nrm.org

Olana Historic Site  
Hudson, NY  
(518) 828-0135  
www.nysparks.com

The Olana Partnership  
Hudson, NY  
(518) 828-1872  
www.olana.org

Old Songs Concerts  
Voorheesville, NY  
(518) 765-2815  
www.oldsongs.org

Oldcastle Theatre Group  
331 Main St  
Bennington, VT 05201  
(802) 447-0564  
www.oldcastletheatre.org

Paint and Sip Studio  
Saratoga Springs & Latham, NY  
(518) 584-8244  
www.saratogapaintandsip.com

Pawling Concert Series  
Pawling, NY  
(845) 855-3100  
http://pawlingconcertseries.org/

Piano Summer at New Paltz  
1 Hawk Drive  
New Paltz, NY 12561  
(845) 257-3880  
www.newpaltz.edu/piano/

Picture Perfect Art Gallery  
Canajoharie, NY  
(518) 673-3066  
www.pictureperfectartgallery.com

Proctors  
Schenectady, NY  
(518) 346-2310  
http://www.proctors.org/

Rensselaer Co. Historical Society  
Troy, NY  
(518) 272-7232  
www.rchsonline.org

Rheineck Art Studio  
Rhinebeck, New Paltz and Kingston, NY  
(845) 876-4922  
www.rhinebeckart.com

Safe Harbor of the Hudson, Ritz Theater and Ann Street Gallery  
111 Broadway  
Newburgh, NY 12550  
(845) 784-1199  
www.safe-harbors.org

Sandra C. Dobovg Art  
Slingerlands, New York  
(518) 346-9663  
www.sandradoobergart.com

The Sembrich Museum  
Rt 9 N  
Bolton Landing, NY 12814  
(518) 664-2431  
thesembrich.org

Shakespeare & Company  
70 Kemble St  
Lenox, MA 01240  
(413) 637-1199  
shakespeare.org

SPAC  
Saratoga Springs, NY  
(518) 584-9330  
http://www.spac.org/

Spectrum 8 Theatres  
Albany, NY  
(518) 449-8995  
http://www.spectrum8.com/

Springfield Museums  
Springfield, MA  
(413) 263-6800  
www.springfieldmuseums.org

Storm King Art Center  
1 Museum Road  
New Windsor, NY 12553  
(845) 534-3115  
www.stormking.org

The Tang Teaching Museum and Art Gallery  
Skidmore College  
Saratoga Springs, NY  
(518) 580-8080  
www.skidmore.edu/tang

Tannery Pond Concerts  
Spencertown, NY 12165  
(888) 820-9441  
info@tannerypondconcerts.org  
www.tannerypondconcerts.org

Time & Space Limited/TSL  
434 Columbia St  
Hudson, NY  
(518) 822-8448  
www.timespaceandtsl.org

Tivoli Artists Gallery  
Tivoli, NY  
(845) 757-2667  
www.tivolartistsgallery.com

Troy Savings Bank Music Hall  
Troy, NY  
(518) 273-8945  
http://www.troymusichall.org

Union College Concert Series  
Schenectady, NY  
(518) 388-6080  
www.unioncollegeconcerts.org

University Museum of Contemporary Art at UMass  
Amherst, MA  
http://fac.umass.edu/umca/online

Upstate Films Theaters  
Rhinebeck and Woodstock, NY  
1-866-FILMNUT (1-866-345-6688)  
www.upstatefilms.org

The Wassaic Project  
Wassaic, NY  
(347) 815-0783  
www.wassaicproject.org

Watercolors by Edith  
Shutesbury, MA  
www.edith-hunsberger.artistwebsites.com

Williams College Museum of Art  
1000 Main St  
Williamstown, MA 01267  
(413) 597-2429  
wcma.williams.edu

Williamstown Theatre Festival  
1000 Main Street  
Williamstown, MA 01267  
(413) 597-3400  
www.wtfestival.org

Associations, Societies, Non-Profits & Unions

Agricultural Stewardship  
Greenwich NY 12834  
518-692-7285  
www.agstewardship.org

AIDS Council of Northeastern New York  
Albany, NY  
(518) 434-4688  
www.aids council.org

Capital District YMCA  
465 New Karner Rd  
Albany, NY 12205  
(518) 896-3500  
www.cdymca.org

Civil Service Employees Association  
Local 1000 AFSCME, AFL-CIO  
Albany, NY  
(800) 342-4146  
www.csea.local1000.org/dedicated

Community Foundation of the Greater Capital Region  
6 Tower Place  
Albany, NY 12203  
(518) 446-9638  
www.cfigcr.org

Community Preservation Corporation  
54 State Street  
Albany, NY 12207  
(518) 463-1636
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315 N. Clinton St
Syracuse, NY 13202
(315) 476-3975

28 East 28th St
New York, NY 10016
www.communityp.com

Double H Ranch
97 Hidden Valley Road
Lake Luzerne, NY 12846-3318
(518) 696-5921
www.doublehranch.org

Fulton County Regional Chamber of Commerce & Industry
Fulton County... “Another Reason I love NY”
www.fultoncountyny.org
www.44lakes.com

Independent Consumer Advocacy Network: ICAN
105 E. 22nd Street
New York, NY 10010
(844) 614-8800
ican@cssny.org

Lake George Land Conservancy
Bolton Landing, NY
(518) 44-9673
http://www/lglc.org

Liberty ARC
Amsterdam, NY
(518) 842-5080
www.libertyarc.org

Mid-Hudson Workshop
88 Washington St
Poughkeepsie, NY 12601
(845) 471-3820
www.midhudsonworkshop.org

Mohawk Hudson Land Conservancy
425 Kenwood Ave
Delmar, NY 12054
(518) 436-6346
mohawkudson.org

Northeastern Association of the Blind
301 Washington Avenue
Albany, NY 12206
(518) 463-1212
http://www.naba-vision.org/

NYSBA Lawyer Referral & Information
Albany, NY
www.nysba.org

Planned Parenthood Mid-Hudson Valley
Dutchess, Orange, Sullivan & Ulster Counties
178 Church Street
Poughkeepsie, NY 12601
Administration (845) 471-1530
Education & Community Affairs: (845) 838-1200
Health Centers: 1-800-230-PLAN
ppmhf.org

Preservation League of New York State
Albany, NY
(518) 462-5658
http://www.preservenys.org/

Safe Harbor of the Hudson, Ritz Theater and Ann Street Gallery
111 Broadway
Newburgh, NY 12550
(845) 784-1199
www.safe-harbors.org

Saratoga Bridges
Ballston Spa, NY
(518) 587-0723
www.saratogabridges.org

Schoharie River Center
2025 Burtonville Rd
Esperance, NY 12066
(518) 320-4510
www.schoharierivercenter.org

Snow Farm: The New England Craft Program
5 Clary Road
Williamsburg, MA 01096
(413) 288-3101
www.snowfarm.org

The Albany Pine Bush Preserve
195 New Karner Road
Albany, NY 12205
518-456-0655
albanypinebush.org

United Way of the Dutchess-Orange Region
Poughkeepsie, NY
(845) 471-1900
uwdo.org

Automotive Sales & Service

Armory Garage
925 Central Ave
Albany, NY 12205
(888) 593-1008
www.armorygarage.net

Autobahn Service
926 Main Street
Great Barrington, MA 01230
(413) 528-2227
autobahntechnic.com

Bedard Brothers Auto Sales
Route 8 Cheshire, MA
(413) 528-0014
bedardbrothers.com

BMW of South Albany
Glenmont, NY
1-800-640-3434
bmwofsouthalbany.com

Capital Luxury Car Co. - Capital Volvo of Albany, Jaguar of Albany, Land Rover of Albany
Albany, NY
(518) 443-4816
www.capluxcars.com

Capital Region Honda
http://capitalregionhondadealers.com

College Street Motors
Amherst, MA
(413) 253-3200
www.collegestreetmotors.com

Fort Hill Auto Body
Amherst, MA
www.forthillautobody.com

Jenkinstown Motors
New Paltz, NY
(845) 255-2500
http://jenkinstownmotors.com/

Northeast Acura
Latham, NY
(518) 785-4105
www.northeastacura.com

Quality Foreign Car Care
Ballston Spa, NY
518-885-1781
http://www.qfccc.com/

Ruge’s Subaru
Rhinebeck, NY
(845) 876-2087
http://www.rugessubaru.com/

Ryan Imported & Domestic Car Repair
Northampton, MA
(413) 584-7383
www.ryanimported.com

Steve Lewis Subaru
Hadley, MA
www.stevelewissubaru.com

Upstate Chevy Dealers
http://www.chevyupstate.com/

Business, Banking, Finance & Insurance

Annese & Associates, Inc.
Clifton Park, NY & Pittsford, NY
www.annese.com

The Beechwood Group of Wells Fargo Advisors
Poughkeepsie, NY
(845) 483-7943
TheBeechwoodGroup.com

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“AMERICA’S MOST EXCITING BANK”
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Albany, NY 12210
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(518) 621-2787
www.thirstyrhino.com

The White Horse Inn
167 Lark St
Albany, NY
(518) 465-0439
www.whitehorseinn.com

Zabriskie’s Restaurant
100 River St
Albany, NY
(518) 465-0439
www.zabriskiesrestaurant.com

Zabu’s Restaurant
150 Central Ave
Albany, NY
(518) 465-0439
www.zabustransparent.com

22 WAMC PROGRAM GUIDE
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Location</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Log Jam Restaurant</td>
<td>Lake George, NY</td>
<td>(518) 798-1155</td>
<td>logjamrestaurant.com</td>
</tr>
<tr>
<td>Looking Good Naturally</td>
<td>New Paltz, NY</td>
<td>(845)255-5020</td>
<td></td>
</tr>
<tr>
<td>Lucky Chocolates</td>
<td>Saugerties, NY</td>
<td>(845) 246-7337</td>
<td><a href="http://www.luckychocolates.com">www.luckychocolates.com</a></td>
</tr>
<tr>
<td>Mamoun's Restaurant</td>
<td>Albany, NY</td>
<td>(518) 434-3901</td>
<td><a href="http://www.mideasterndining.com">www.mideasterndining.com</a></td>
</tr>
<tr>
<td>Mangia Restaurant</td>
<td>Slingerlands, NY</td>
<td>(518) 439-5555</td>
<td>mangiarestaurant.com</td>
</tr>
<tr>
<td>Mango Tree Imports</td>
<td>Saratoga Springs, NY</td>
<td>(518) 584-2646</td>
<td>mangotreeimports.com</td>
</tr>
<tr>
<td>Manny's Olive Oil</td>
<td></td>
<td></td>
<td><a href="http://www.mannysoliveoil.com">www.mannysoliveoil.com</a></td>
</tr>
<tr>
<td>Mother Earth's Storehouse</td>
<td>Kingston, Poughkeepsie, Saugerties, NY</td>
<td>(845) 336-5541</td>
<td>motherearthstorehouse.com</td>
</tr>
<tr>
<td>Mother Myrick's Confectionery</td>
<td>Manchester Center, VT</td>
<td>(802) 362-1560</td>
<td><a href="http://www.mothermyricks.com">www.mothermyricks.com</a></td>
</tr>
<tr>
<td>New Leaf Group</td>
<td>Castleton NY</td>
<td></td>
<td>newleafgroup.org</td>
</tr>
<tr>
<td>New York State Maple Producers Association</td>
<td>301 Myron Rd, Syracuse, NY</td>
<td>(315) 877-5795</td>
<td>nysmaple.com</td>
</tr>
<tr>
<td>Nine Pin Cider Works</td>
<td>929 Broadway, Albany, NY</td>
<td>(518) 449-9999</td>
<td>ninepinciderworks.com</td>
</tr>
<tr>
<td>Pirates Lakeside Grill</td>
<td>County Route 7, Nassau, NY</td>
<td>(518) 265-7087</td>
<td><a href="http://www.pirateslakesidegrill.com">www.pirateslakesidegrill.com</a></td>
</tr>
<tr>
<td>Poughkeepsie Farm Project</td>
<td>51 Vassar Farm Ln, Poughkeepsie, NY</td>
<td>(518) 516-1100</td>
<td><a href="http://www.farmproject.org">www.farmproject.org</a></td>
</tr>
<tr>
<td>Pure Catskills</td>
<td>Walton, NY</td>
<td>(607) 865-7090</td>
<td><a href="http://www.purecatskills.com">www.purecatskills.com</a></td>
</tr>
<tr>
<td>Rare Earth Wine Bar</td>
<td>Glens Falls, NY</td>
<td>(518) 409-8055</td>
<td>rareearthinewinebar.com</td>
</tr>
<tr>
<td>Reel Seafood Co.</td>
<td>195 Wolf Rd, City/State/Zip, Albany, NY</td>
<td>(518) 458-2068</td>
<td><a href="http://www.reelseafoodco.com">www.reelseafoodco.com</a></td>
</tr>
<tr>
<td>River Valley Market</td>
<td>Northampton, MA</td>
<td>(413) 584-2665</td>
<td>rivervalleymarket.coop</td>
</tr>
<tr>
<td>RJ Stables</td>
<td>Hadley, MA</td>
<td>(413) 586-4305</td>
<td></td>
</tr>
<tr>
<td>Schoharie Valley Farm</td>
<td>Schoharie, NY</td>
<td>(518) 295-7139</td>
<td><a href="http://www.schoharievalleyfarms.com">www.schoharievalleyfarms.com</a></td>
</tr>
<tr>
<td>Spirit Haus</td>
<td></td>
<td>(413) 253-5384</td>
<td><a href="http://www.spirithaus.com">www.spirithaus.com</a></td>
</tr>
<tr>
<td>Stewart’s Shops</td>
<td>Various locations</td>
<td>(518) 581-1200</td>
<td><a href="http://www.stewartsshops.com">www.stewartsshops.com</a></td>
</tr>
<tr>
<td>Stone Barns Center for Food and Agriculture</td>
<td>630 Bedford Rd, Pocantico Hills, NY</td>
<td>(914) 366-6200</td>
<td><a href="http://www.stonebarnscenter.org">www.stonebarnscenter.org</a></td>
</tr>
<tr>
<td>Sunflower Natural Foods Market</td>
<td>Woodstock, NY</td>
<td>(845) 679-5361</td>
<td>sunflowernaturalfoods.com</td>
</tr>
<tr>
<td>Sutter Meats</td>
<td>Northampton, MA</td>
<td>(413) 727-3409</td>
<td>suttermeats.com</td>
</tr>
<tr>
<td>Taff Farms</td>
<td>119 Park St, Great Barrington, MA</td>
<td>(413) 528-1515</td>
<td><a href="http://www.tafffarms.com">www.tafffarms.com</a></td>
</tr>
<tr>
<td>Terrapin Restaurant</td>
<td>Rhinebeck, NY</td>
<td>(845)876-3330</td>
<td><a href="http://www.terrapinrestaurant.com">www.terrapinrestaurant.com</a></td>
</tr>
<tr>
<td>Troy Farmers Market</td>
<td>Troy, NY</td>
<td>(518) 708-4216</td>
<td><a href="http://www.troymarket.org/">http://www.troymarket.org/</a></td>
</tr>
<tr>
<td>Viva Fresh Pasta</td>
<td>Northampton, MA</td>
<td></td>
<td>vivafreshpasta.com</td>
</tr>
<tr>
<td>The Whistling Kettle</td>
<td>Tearooms: Ballston Spa &amp; Troy, NY</td>
<td></td>
<td>TheWhistlingKettle.com</td>
</tr>
<tr>
<td>White Management Corp</td>
<td>117 Great Oaks Blvd, Albany, NY</td>
<td>(518) 452-5757</td>
<td><a href="http://www.whiterestaurants.com">www.whiterestaurants.com</a></td>
</tr>
</tbody>
</table>

### Garden & Landscape

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Ashfield Stone</td>
<td>Shelburne Falls, MA</td>
<td></td>
<td><a href="http://www.ashfieldstone.com">www.ashfieldstone.com</a></td>
</tr>
<tr>
<td>Berkshire Botanical Garden</td>
<td>5 West Stockbridge Rd, Stockbridge, NY</td>
<td>(413)298-3926</td>
<td><a href="http://www.berkshirebotanical.org">www.berkshirebotanical.org</a></td>
</tr>
<tr>
<td>Emerich Sales &amp; Service</td>
<td>187 Valentine Road, Charlton, NY</td>
<td>(518) 399-8574</td>
<td><a href="http://www.emerichsales.com">www.emerichsales.com</a></td>
</tr>
<tr>
<td>Faddegon's Nursery</td>
<td>1140 Troy Schenectady Rd, Latham, NY</td>
<td>(518) 785-6726</td>
<td><a href="http://www.faddegons.com">www.faddegons.com</a></td>
</tr>
<tr>
<td>Hadley Garden Center</td>
<td>Hadley, MA</td>
<td></td>
<td><a href="http://www.hadleygardencenter.com">www.hadleygardencenter.com</a></td>
</tr>
<tr>
<td>Let It Grow Nursery</td>
<td>Cherry Valley, NY</td>
<td>(607) 264-3247</td>
<td><a href="http://www.letitgrownursery.net">www.letitgrownursery.net</a></td>
</tr>
<tr>
<td>Neptune’s Harvest Organic Fertilizer</td>
<td>88 Commercial St, Gloucester, MA</td>
<td>(800)259-4769</td>
<td><a href="http://www.neptunesharvest.com">www.neptunesharvest.com</a></td>
</tr>
<tr>
<td>Redbud Development</td>
<td>Wilton, NY</td>
<td>(518) 691-0428</td>
<td>redbuddevelopment.com</td>
</tr>
<tr>
<td>Shed Man Custom Woodworks</td>
<td>New Lebanon and Brunswick, NY</td>
<td>(800) 823-1097</td>
<td><a href="http://www.shedman.com">www.shedman.com</a></td>
</tr>
<tr>
<td>Story's Nursery</td>
<td>4265 Route 67, Freehold, NY</td>
<td>(518) 634-7754</td>
<td><a href="http://www.storysnursery.com">www.storysnursery.com</a></td>
</tr>
</tbody>
</table>
Ward's Nursery and Garden Center
Great Barrington, MA
(413) 528-0166
http://www.wardsnursery.com/

Whitney's Farm Market & Country Gardens
Chester, MA
(413) 442-4749
www.whitneysfarm.com

Windy Hill Farm, Nursery, Orchard and Garden Shop
Great Barrington, MA
(413) 298-3217
www.windyhillfarminc.com

Health, Wellness & Fitness
AIDS Council of Northeastern New York
Albany, NY
518-434-4686
www.aidscouncil.org

Berkshire Health Systems
725 North St
Pittsfield, MA 01201
(413) 447-2788
www.berkshirehealthsystems.org

Bodhi Spa, Yoga & Salon
543 Warren Street, Hudson NY 12534
(518) 828-2233
www.bodhiholisticspa.com

Buttermilk Falls Inn and Spa
220 North Road
Milton, NY 12547
(845) 795-4050
http://www.buttermilkspa.com/

Capital Care Medical Group
Albany, NY
518-452-1337
www.capcare.com

Capital Counseling
650 Warren Avenue
Albany, NY
(518) 462-6531
www.capitalcounseling.org

Careers In Transition, LLC
Albany, NY
(518) 366-8451
www.careersintransitionllc.com

Center for Extended Care at Amherst
(413) 256-6185
www.cecaam.org/arbors

Clear Yoga of Rhinebeck
Rhinebeck, NY
(845) 876-6129
www.clearyogarhinebeck.com

Cranwell Resort, Spa and Golf Club
Lenox, MA
(800) 272-6935
http://www.cranwell.com/

Delmar Place Assisted Living Residence
Delmar, NY
(518) 434-HOME (4663)
www.delmarplace.com

Denise Devereaux Lic Acupuncture
Pittsfield, MA
(413) 464-3589
www.devereauxacupuncture.com

The Downtube
Albany, NY
(518) 434-1711
www.downtubebicyclerworks.com

East Haven Hot Tubs & Paradise Spa
Northampton, MA
(413) 587-0000
www.eastheaven.com

Ellie's Hot Tub Spa
Amherst, MA
(413) 523-8827
www.elementshotbutschp.com

Ellis Medicine
1101 Nott Street
Schenectady, NY 12308
(518) 243-3333
www.ellismedicine.org

Empire Neurology, The MS Center of NENY
1205 Troy Schenectady Rd
Latham, NY 12110
(518) 785-1000
www.empireneuro.org

Fidelis Care
Albany, NY 12211
518-445-3921
www.fideliscare.org

Fleet Feet Sports
Albany, NY
(518) 459-3338
www.fleetfeetalbany.com

Health Psychology Associates, PLLC & Live Well
260 Washington Ave Ext, Suite 101
Albany, NY 12203
(518) 218-1188
www.healthpsych.org

Healthy Living Market
Burlington, VT
Saratoga Springs, NY
www.healthylivingmarket.com

Interim Healthcare Capital Region
(518) 452-3655
http://www.interimhealthcare.com

Kenco Work & Play Outfitters
1000 Hurley Mountain Road
Kingston, NY 12401
(800) 341-4103
www.kenco.com

Kingsway Community
Schenectady, NY
(518) 393-4117
www.kingswaycommunity.com

Lake George Kayak Co.
Bolton Landing, NY
(518) 644-9366
http://www.lakegeorgekayak.com/

Lapland Lake
Northville (Town of Benson), NY
(518) 863-4974
www.laplandlake.com

Lodge at Otter Creek
Middlebury, VT 05753
(802) 388-1220
lodgeatottercreek.com

Menla Center for Health and Happiness
75 Panthkerk Rd
Phoenicia, NY 12464
(845) 688-6897 x 0
http://www.menlamountain.org

Mother Earth Storehouse
Kingston, Poughkeepsie, Saugerties, NY
Kingston - (845) 336-5541
Poughkeepsie - (845) 296-1069
Saugerties - (845) 246-9614
www.motherearthstorehouse.com

Nathan Littauer Hospital
Gloversville, NY
(518) 773-5533
http://www.nlh.org/

New York Oncology and Hematology, PC
400 Patroon Creek Blvd
Albany, NY 12206
(518) 489-3612
www.nyohpc.com

New York Pain Management
Clifton Park, NY
(518) 371-0777
http://www.nypainfree.com/

Omega Institute for Holistic Studies
Rhinebeck, New York
(877) 944-2002
eOmega.org

The Pilates Principle/GYROTONIC Albany
Latham, NY
(518) 783-1678
www.lathamspalates.com

Saratoga Polo Association
Saratoga Springs, NY 12866
(518) 584-8108
www.saratogapolo.com

SPORTIME Fitness
Schenectady, NY
(518) 356-0100
http://www.sportimeny.com/Schenectady

Springbrook
Oneonta, NY
(607) 298-7171
www.sportimeny.org

The Vascular Group
Albany Medical Center
Albany, NY 12208
518-262-5640
www.thevasculargroup.com

Southwoods Boulevard
Albany, NY 12211
518-262-5640

Vascular Health Pavilion
Albany, NY 12205
518-218-0148

Glens Falls, NY 12801
518-792-7122
Allerdice Tool Rent-All
Saratoga Springs, NY
(518) 584-0002
www.allerdice.com

Allerdice ACE Building Supply & Hardware
Saratoga Springs, NY
(518) 584-5533
www.allerdice.com

Allerdice Crane Service
Saratoga Springs, NY
(518) 587-6633
www.allerdice.com

Allerdice Glass & Mirror
Saratoga Springs, NY
(518) 584-8884
www.allerdice.com

Allerdice Party Rent-All
Saratoga Springs, NY
(518) 584-1412
www.allerdice.com

Home Repair, Real Estate, Inspection Services & Security

Ackerman’s Appliances
217 Warren St
Hudson, NY 12534
(518) 828-7339
www.ackermanappliances.com

Advanced Radiant Design
Stone Ridge, NY
(845) 579-0044
www.radiant-design.com
info@radiant-design.com

Alarms of Berkshire County
326 Springside Ave
Pittsfield, MA 01201
(413) 298-5565
www.green-conscience.com

Allerdice ACE Building Supply & Hardware
Saratoga Springs, NY
(518) 584-5533
www.allerdice.com

Allerdice Crane Service
Saratoga Springs, NY
(518) 587-6633
www.allerdice.com

Allerdice Glass & Mirror
Saratoga Springs, NY
(518) 584-8884
www.allerdice.com

Allerdice Party Rent-All
Saratoga Springs, NY
(518) 584-1412
www.allerdice.com

Allerdice Tool Rent-All
Saratoga Springs, NY
(518) 584-0002
www.allerdice.com

Allerdice Tool Rent-All
Malta, NY
(518) 400-1028
www.allerdice.com

California Closets
952 Troy Schenectady Road
Latham, NY 12110
(518) 785-5723
www.californiaclosets.com/albany

Capital Power
500 Elk St
Albany, NY 12206
518-436-8982
www.capitalstandbypower.com

CIA Security
Fishkill, NY
(845) 896-9500
www.ciasecurity.com/
http://www.alarmsystem.com/

Country Curtains
Stockbridge, MA
(413) 298-5565
www.curtainusa.com

Ed Herrington, Inc.
Hillsdale, Hudson, Chatham. Millerton NY, Lakeville CT, and Sheffield MA
(518) 325-3131
www.edherrington.com

Foresight Land Service
1496 W. Housatonic St
Pittsfield, MA 01201
(413) 499-1560
www.foresightland.com

Gordon Fire Equipment
Highland, NY
(845) 691-5700
www.gordonfire.com
info@gordonfire.com

Green Conscience Home and Garden
Saratoga Springs, NY
(518) 306-5196
www.green-conscience.com

Grist Mill Real Estate
265 Main St
Saugerties, NY 12477
(845) 246-3200
gristmillrealestate.com

Harbrook Fine Windows & Doors
Albany, NY
(800) 735-1427
www.harbrook.com

Haydenville Woodworking & Design
South Deerfield, MA
www.haydenvillewd.com

H. Houst & Son Hardware
4 Mill Hill Rd
Woodstock, NY
(845) 679-2115
www.hhoust.com

Inspire Design & Build
Saratoga Springs, NY
(518) 738-9333
inspiredesignandbuild.com/home

J&A Roofing
3 Clarendon Ave
Kingston, NY 12401
(845) 339-2020
www.jaroofing.com

Laurie Ylvisaker/Coldwell Banker Village Green Realty
11-13 Mill Hill Rd
Woodstock, NY 12498
(845) 679-2255
villagegreenrealty.com/agents/laurie-ylvisaker

Marbletown Hardware
Stone Ridge, NY
(845) 687-2096
www.marbletownhardware.com

Cindy McMahon, Licensed RE Salesperson at Realty USA
600 N Greenbush Rd
Rensselaer, NY 12144
(518) 496-1299
www.getcindysold.com

MKC Kitchen & Bath Center
346 Congress Street
Troy, NY 12180
(518) 274-8566
www.mkckitchens.com

Monticello, Licensed Real Estate Broker
352 State St
Albany, NY 12210
(518) 227-0718
www.monticellony.com

National Fiber
Belchertown, MA
(347) 896-9500
www.nationalfiber.com

Paula Redmond Real Estate
Rhinebeck and Millbrook, NY
(845) 677-0505 (Millbrook)
(845) 876-6676 (Rhinebeck)
www.paularedmond.com

Pave Tile
West Hatfield, MA
pavetile.com
(413) 247-6087

Pfeil Hardware & Paint
633 3rd St, Troy, NY 12180
(518) 687-0014
www.pfeilhardware.com/

Raynor Door
Easthampton, MA
www.raynormass.com

Scott Alarm Systems
Catskill, NY
(518) 943-6777
http://www.scottalarmsystems.com/

Sunwood Builders
Amherst, MA
www.sunwood-builders.com

The Hudson Company
2290 RT 199
Pine Plains, NY 12567
thehudsonco.com
Hospitals, Physicians & Medical Services

Albany Medical Center
47 New Scotland Ave
Albany, NY
(518) 262-1000
www.amc.edu/

Bassett Healthcare
One Atwell Road
Cooperstown, NY 13326
(607) 434-4343
www.bassett.org

Berkshire Health Systems
725 North Street
Pittsfield, MA 01201
(413) 447-2000
www.berkshirehealthsystems.org/

Brattleboro Retreat
Anna Marsh Lane
Brattleboro, VT 05302
(802) 254-6132
www.brattlebororetreat.org/

Brian Strickler, MD
1201 Nott St
Schenectady, NY 12308
(518) 374-0483
www.schenectadyeyesurgery.com

Capital Cardiology Associates, P.C.
Albany, NY
(518) 292-6075
http://www.capitalcardiology.com

Capital Care Medical Group
Albany, NY
518-452-1337
www.capcare.com

Center for Better Hearing
Glens Falls, NY
(518) 798-4800
www.hearingbest.com

Certified Allergy & Asthma Consultants
Albany, Schenectady, Saratoga Springs, Clifton Park, Troy, NY
(518) 434-1446
www.certifiedallergy.com

Dr. Lucie Capek
Latham, NY
(518) 786-1700
http://www.capekplasticsurgery.com/

Ellis Hospital
1101 Nott St
Schenectady, NY 12308
(518) 243-4000
ellismedicine.org

Empire Neurology, The MS Center of NENY
1205 Troy Schenectady Rd
Latham, NY 12110
(518) 785-1000
www.empireneuro.org

Fidelis Care
Albany, NY 12211
(518) 445-3921
www.fidelisicare.org

Health Quest Medical Practice
Primary care locations throughout the Hudson Valley
(888) 525-HQMP (4767) for appointments
www.healthquest.org/hqmp

Health Quest Urgent Care
LaGrangeville, NY
(845) 485-4455
www.healthquest.org/urgentcare

Wappingers Falls, NY
(845) 297-2511
www.healthquest.org/urgentcare

HealthQuest of the Hudson Valley: Mary’s Avenue Campus
Kingston, NY
(845) 338-2500
www.hahv.org/benedictehospital

The Heart Center
Poughkeepsie, Fishkill, New Windsor, Rhinebeck, Highland and Modena
(845) 473-1188
www.healthquest.org/hvheartcenter

Hudson Valley Heart Center
Poughkeepsie, Fishkill, New Windsor, Rhinebeck, Highland and Modena
(845) 473-1188
http://hvheartcenter.com

Margaretville Hospital
Margaretville, NY
(845) 566-2631
www.hahv.org/margaretvillehospital

Middletown Medical
Middletown, Bloomingburg, Chester, Port Jervis, Ellenville, Monticello, Warwick, Wurtsboro, Liberty
(845) 342-4774
middletownmedical.com

Middletown Medical Pediatrics Express
78 Brookside Avenue, Suite 143, Chester, NY 10918
(845) 469-2692

The Urgent Care Centers of Middletown Medical
Middletown:
111 Maltese Drive, Middletown, NY 10940
(845) 342-4774

Chester:
78 Brookside Avenue, Suite 143, Chester, NY 10918
(845) 469-2692

Ellenville:
112 Shoprite Plaza, Shop Rite Boulevard, Ellenville, NY 12428
(845) 647-6700

Nathan Littauer Hospital
Gloversville, NY
(518) 773-5533
http://www.nlh.org/

New York Oncology and Hematology, PC
400 Patroon Creek Blvd
Albany, NY 12206
(518) 489-3612
www.nyohpc.com

New York Pain Management
Clifton Park, NY
(518) 371-0777
http://www.nypainfree.com/

Northern Dutchess Hospital
Rhinebeck, NY
(845) 676-3001
www.healthquest.org/northhudson

Putnam Hospital Center
Carmel, NY
(845) 279-5711
www.healthquest.org/phc
Reform Pilates Studio
Saratoga Springs, NY
(518) 877-1315
www.reformyourbody.com

Vassar Brothers Medical Center
Poughkeepsie, NY
(845) 454-8500
www.healthquest.org/vbmc

Women’s Care in Obstetrics & Gynecology
Glens Falls, NY 12801
(518) 793-4477
www.womenscareny.com

Loging, Resorts, Banquet & Conference Services
The 1850 House Inn & Tavern
435 Main Street
Rosendale, NY 12472
(845) 658-1850
www.The1850House.com

Upstate Divorce Mediation
Albany, Saratoga and Catskill, New York
(518) 225-2730
UpstateDivorceMediation.com

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