



## **grid (noun):**

**a network of lines that cross each other to form a series of interconnected spaces, distributing power and transmitting energy**

# Midtown Grid

## From Tail Fins to Yellow Tail Sushi

Once, this stretch of Central Avenue was known as Miracle Mile. The neighborhood was home to the city's auto dealerships in the golden age of the automobile, and each day, gleaming new cars rolled off the lots for the first time. Today, this section of Central Avenue — three blocks extending from Robin Street to Ontario Street — has become a destination for canny, one-of-a-kind entertainment options. The street offers great live music performances in intimate settings, outstanding international cuisine, and it also opens its doors to a wide array of active local artists, who produce a refreshing array of engaging entertainment every night of the week. The district is also home to a diverse international community, who are responsible for bringing nine international restaurants and four ethnic markets to the district. These businesses give transplants a taste of home, and new initiates, a delicious glimpse into another culture.





# The Triumphant Trio

Much of the headway that's been made in this district can be ascribed to the curatorial talents of Howard Glassman, Graeme McKenna, and John Mancini, proprietors of The Low Beat, The Linda, and Pauly's Hotel, respectively, who have worked tirelessly to seek out and promote local talent.

"We're always trying to be that community for artists," says McKenna, who is the general manager of The Linda, WAMC's Performing Arts Studio. "It's a reflection of the station's goals. Our interest is to reach out to local groups seeking greater exposure, seeking an audience for something they want to say."

"We strongly believe in the local/Capital District music scene, so much that area bands get first dibs here," says Glassman. During his time at the helm of The Low Beat, and before that, Valentine's, Glassman is credited with giving many bands their start. When he moved to Central Avenue in 2014, he was excited to have Pauly's next door and The Linda right next to it, because it makes the corner a destination for music. In fact, the spirit of collaboration, the three institutions often waive cover charges for one another's patrons.

"When Howard moved in, I gave him a present. I had two stamps made up, one for his place and one for mine so customers could go back and forth between our places," explained Mancini. The three also hope that their patrons take advantage of other local businesses, including a wide array of international restaurants.

"People can come for a show, and they can grab a bite at The Low Beat or at any of the other restaurants that share this same block, including Salsa Latina, Van's Vietnamese, Afghan Kabab Express, Northeast Dumpling House, Casa Dominicana or Ichiban Japanese Chinese Restaurant," says Glassman.

By supporting groups like Capital Cinema Cultural Exchange, Urban Guerilla Theatre, Albany Poets, and other local arts groups, and providing them with access and support that they might not otherwise get, The Linda, Pauly's Hotel, and The Low Beat are nurturing talent that could pay big dividends for the surrounding community, where customer crossover is not only hoped for, it's expected.

They are also laying the groundwork for a thriving creative economy, right here on our little strip.





# Calendar of Events

## Capital Cinema Cultural Exchange, February 26-March 1

An exciting four-day film forum fostering ongoing multi-cultural exchange among filmmakers, industry experts and the general public. What makes CCCE unique is access; access to filmmakers, veteran producers, and industry panelists who screen films, host presentations, and engage in a vibrant dialogue about how movies impact our culture. For more information: [www.cinemaexchange.org](http://www.cinemaexchange.org)

## Albany Word Fest, April 12-18

In celebration of National Poetry Month, Albany Poets presents a full week of poetry and spoken word events, at venues up and down Central Avenue. Whether you would like to take in a featured performance, celebrate the launch of a new, local literary journal, attend a regional poetry slam, or be part of one of the largest annual open mics in the area, the Albany Word Fest is the place for you. For more information: [www.albanypoets.com/wordfest](http://www.albanypoets.com/wordfest)

## Drawing Up Central, May 9

The Central Avenue Business Improvement District and the City of Albany present this community-wide event featuring artists from all over the region competing for cash and prizes in a sidewalk chalk art contest. [www.centralbid.com](http://www.centralbid.com)

## A World Affair, April 23, June 11, September 24, December 3

The International Center for the Capital Region, in conjunction with Central Avenue restaurants presents a series of international dining events at The Linda. Each event will focus on the food and culture of a country, giving guests a chance to travel the world, right here on Central Avenue. For more information: [www.iccralbany.org](http://www.iccralbany.org)





### **Food for Thought film series, monthly**

“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 at The Linda, the night will feature food samples by Honest Weight Food Co-op, a feature film screening, and an open panel discussion. For more information: [www.wamcarts.org](http://www.wamcarts.org)

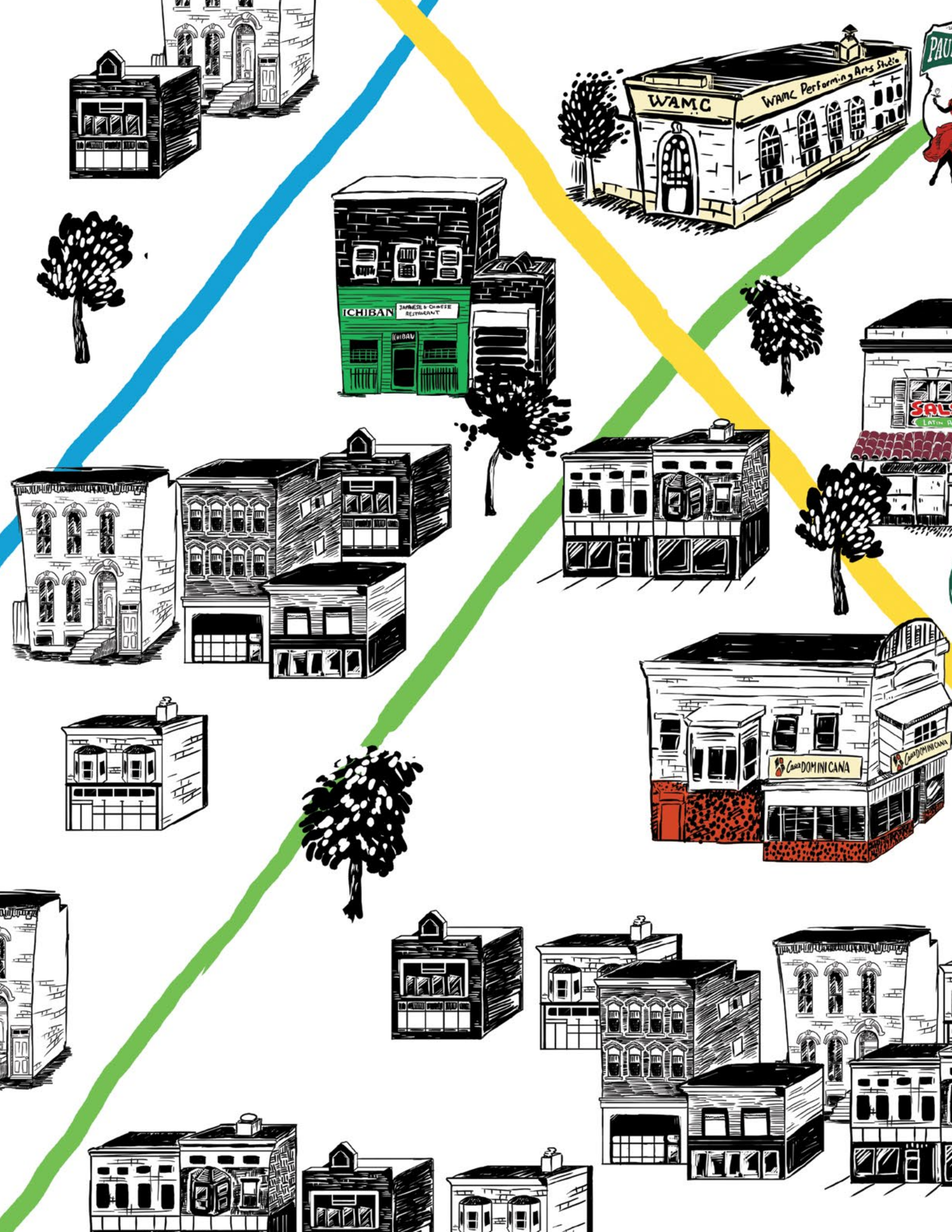
### **Rock N’ Roll Brunch at the Low Beat, monthly**

Touted by critics as one of bright spots in Albany’s dining scene, the monthly Rock ‘N’ Roll at The Low Beat has quickly become an institution. Chef Josh Coletto puts together a different brunch menu every month, featuring fresh ingredients from local producers, and served with a dollop of good live music. For more information: [www.thelowbeat.com](http://www.thelowbeat.com)

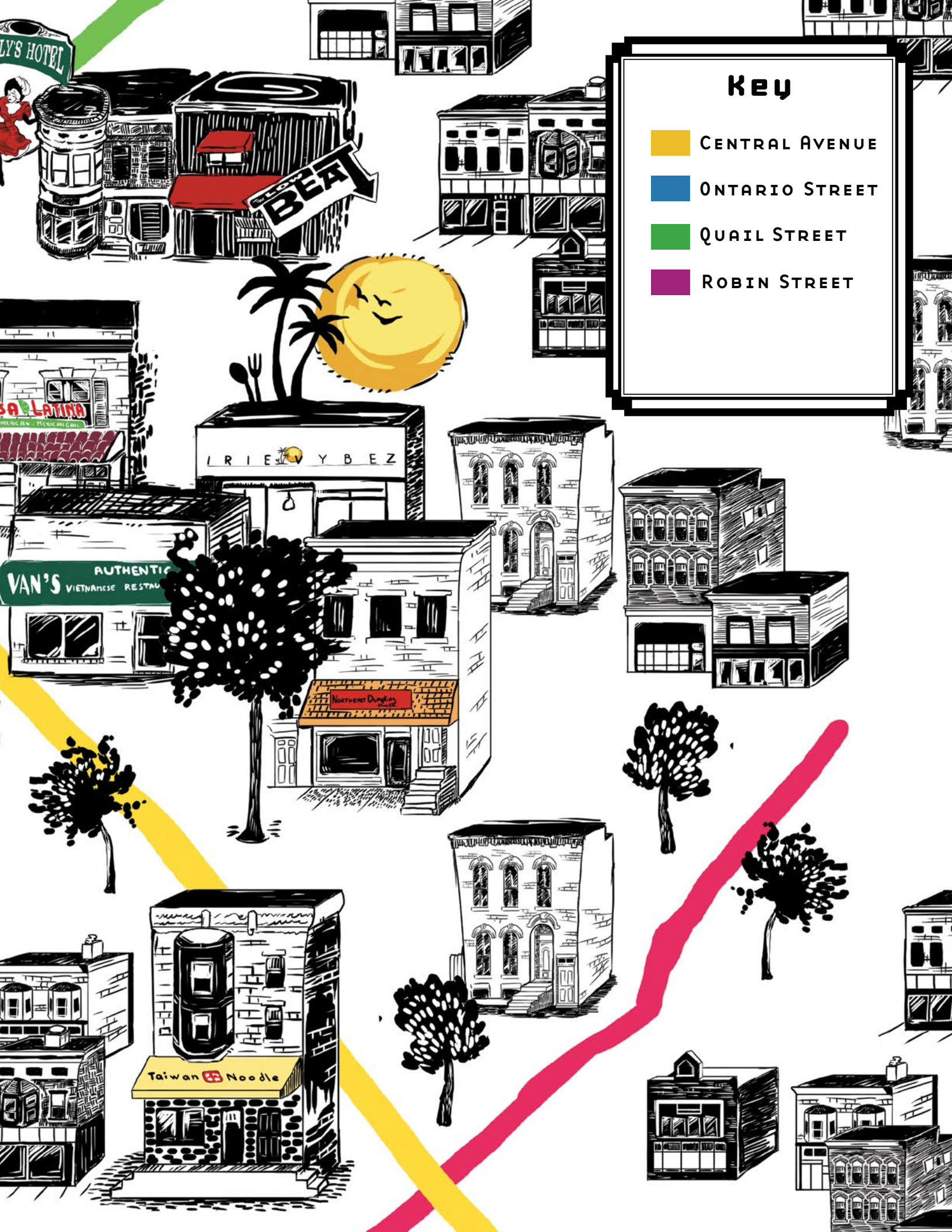
### **The Nitty Gritty Slam, first and third Tuesday of the month**

The Nitty Gritty Slam is the official poetry slam of Albany. Part hip-hop, part heroics, this semi-monthly competition features a mix of local literati and poets from around the country, who now book stops in albany to perform at NGS when they are on tour. The NGS has been fortunate enough to send two teams to the National Poetry Slam, and each year, it sends poets to other regional events to compete. For more information: <http://nittygrittyslam.com>









# KEY

-  CENTRAL AVENUE
-  ONTARIO STREET
-  QUAIL STREET
-  ROBIN STREET

LY'S HOTEL

BEAT

sa Latina

VAN'S AUTHENTIC VIETNAMESE RESTAURANT

IRIE Y BEZ

North East Dumpling

Taiwan Noodle

# Venues and Performers

*Our arts venues bring you the very best in entertainment, with one of a kind performances you won't find anywhere else.*

## The Linda, WAMC's Performing Arts Studio

339 Central Avenue, Albany, NY

(518) 465-5233

<http://www.wamcartarts.org/>

The Linda, WAMC's Performing Arts Studio is a multi-purpose facility located at the corner of Central Avenue and Quail Street in Albany, New York. The 210-seat (365 capacity) performing arts studio hosts a diverse selection of events including concerts, debates, lectures, films, and other activities, many of which will be broadcast throughout WAMC's seven-state listening area and online at [www.wamc.org](http://www.wamc.org).

## The Women's Building

373 Central Avenue, Albany, NY

(518) 462-2871

The Women's Building is an affirming space for women to gather, organize, socialize and work together. The Women's Building hosts community events that focus on connecting various communities across color, gender, and class lines, and is also home to Holding Our Own and She Breathes blog.

[www.holdingourownonline.org](http://www.holdingourownonline.org)



## The Low Beat

335 Central Avenue, Albany, NY

(518) 432-6572

[www.thelowbeat.com/](http://www.thelowbeat.com/)

Opened in February 2014, The Low Beat is a place for local and indie bands to get their footing. Offering great food, great beer, great music, and a fun "unhip" atmosphere. With lunch specials, friendly staff and events going on every night, The Low Beat is proud to be the home of the "mid-town" sound.





## **WAMC Northeast Public Radio**

318 Central Avenue, Albany, NY

1-800-323-9262

[www.wamc.org](http://www.wamc.org)

WAMC/Northeast Public Radio is a regional public radio network serving parts of seven north-eastern United States, and broadcast right from the midst of Central Avenue's Midtown Grid. The station offers a mix of programming including news and national and locally-produced shows.

## **ArtPartners/Tsehaya & Co.**

103 Ontario Street, Albany, NY

(518) 432-9968

[www.dancealbany.org](http://www.dancealbany.org)

ArtPartners/Tsehaya & Company, Inc. is a community-based dance company located at a converted firehouse in Albany's West End. Each summer, the program also hosts an international delegation of dancers from the Ajkun Ballet Theatre who offer workshops at the studio.

[www.albanydance.org](http://www.albanydance.org)

## **Pauly's Hotel**

337 Central Avenue, Albany, NY

(518) 426-0828

[www.paulyshotel.com](http://www.paulyshotel.com)

Pauly's Hotel has the distinction of being city's oldest tavern, and also Albany's home for jazz and blues. This historic bar offers live music five nights a week, hosting local and nationally acclaimed musicians beneath the 200-year old pressed tin ceiling. Pauly's truly is your neighborhood juke joint.

## Urban Guerilla Theatre

Urban Guerrilla Theatre are craftsmen in poetry and spoken word. They host monthly showcases, featuring fashion, art, and music at The Linda.

[www.urbanguerilla.wix.com](http://www.urbanguerilla.wix.com)

## Albany Poets

Albany Poets is a local organization dedicated to promoting the poets and poetry of upstate New York. Albany Poets host open mics, poetry readings, slams, music, and spoken word events, and host the annual Albany Word Fest each spring.

[www.albanypoets.com](http://www.albanypoets.com)

## International Center for the Capital Region

The International Center helps the Capital Region engage with the world and promote international understanding by hosting international visitors and delegations and promoting professional and cultural exchanges. Each year, the Center hosts a series of cultural events, designed to celebrate cultural diversity and raise awareness about global issues.

[www.iccralbany.org](http://www.iccralbany.org)

## Knickerbocker Film Fest

A citywide film festival in the heart of New York State's Capital City featuring short films made by local filmmakers, and screened at local theaters, including The Linda.

[www.knickfilmfestny.com](http://www.knickfilmfestny.com)

## Pine Hills Review

Established in 2014, Pine Hills Review is the literary magazine of The College of Saint Rose's MFA in Creative Writing Program. They publish artful, honest, and compelling work of new and established writers, from fiction, nonfiction, and poetry, to visual art, interviews, and experimental, cross-genre work, and hold regular readings at The Low Beat.

[www.pinehillsreview.strose.edu](http://www.pinehillsreview.strose.edu)

## Upstate Independent Filmmakers Network

Upstate Independents (UI) consists of filmmakers, actors, screenwriters, who meet the first Tuesday of every month at The Linda, to network and screen their work. [www.upstateindependents.com](http://www.upstateindependents.com)

## B3nson Recording Company

A local music collective and recording company. More like a family than a business, B3nson's music projects are characterized as much by their innovation as by their singular sense of humor. The group hosts a popular monthly event at The Low Beat, and it's always fun.

[www.b3nson.net](http://www.b3nson.net)

## Built4BBQ

Built4BBQ is a collection of musicians from the Empire State, who have banded together in the name of good tunes and good times. From recording, to mixing, mastering, and promoting, this company does it all, and grills up a mean scene at their monthly event at The Low Beat.

[www.built4bbq.com](http://www.built4bbq.com)



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1-800-323-9262

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## ArtPartners/Tsehay & Co.

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[www.dancealbany.org](http://www.dancealbany.org)

## The Women's Building

373 Central Avenue, Albany, NY

(518) 462-2871

# Restaurants

## Afghan Kabob Express

305 Central Avenue

(518) 487-4159

## Casa Dominicana

260 Central Avenue, Albany, NY

(518) 427-1290

[www.casadominicana.com](http://www.casadominicana.com)

## Ichiban Restaurant

338 Central Avenue, Albany, NY

(518) 432-0358

[www.ichibanjapanesechinese.com](http://www.ichibanjapanesechinese.com)

## Irie Vybez Restaurant

313 Central Avenue, Albany, NY

(518) 487-4844

[www.irievyez.com](http://www.irievyez.com)

## New Yorker Pizzeria and Pasta

328 Central Avenue, Albany, NY

(518) 465-0101

[www.newyorkerpizzeriapasta.com](http://www.newyorkerpizzeriapasta.com)

## Northeast Dumpling House

299 Central Avenue, Albany, NY

(518) 433-2658

[www.northeastdumplinghouse.com](http://www.northeastdumplinghouse.com)

***What's happening on the Grid?  
With so many great groups visiting the Grid,  
you never know what's happening...***

# Restaurants

## NY Supreme Steamers II

212 Central Avenue, Albany, NY  
(518) 462-2100

## Salsa Latina

315 Central Avenue, Albany, NY  
(518) 426-7050  
www.misalsalatina.com

## Shining Rainbow

209 Central Avenue, Albany, NY  
(518) 396-3881  
www.shiningrainbow.com

## Taiwan Noodle

218 Central Avenue, Albany, NY  
www.taiwannoodle.net

## The Low Beat

335 Central Avenue, Albany, NY  
(518) 432-6572  
www.thelowbeat.com

# Markets

## Van s Vietnamese Restaurant

307 Central Avenue, Albany, NY  
(518) 436-1868

www.vansrestaurant.com

## Breakthrough African Market

284 Central Avenue, Albany, NY  
(518) 426-1363

## Brother Grocery & Deli

323 Central Avenue, Albany, NY

## Halal Market

264 Central Avenue, Albany, NY  
(518) 426-4194

## Medina Halal Mart

284 Central Avenue, Albany, NY

## R&A Grocery Store

265 Central Avenue, Albany, NY  
(518) 436-8475

## Tay Market

290 Central Avenue, Albany, NY  
(518) 915-1752

