UPSTATE NEW YORK'S ENTERTAINMENT MAGAZINE

VOLUME 6 ISSUE 5

OCTOBER 2025

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Extracts)

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An Interview With Mary Ann Casale

Fourth Coast Entertainment Media music teachers through grade school got a chance to talk to MARY ANN CASALE, a musician song writer that crosses genres from blues to country to folk from Potsdam, NY

Describe you as a person?

Creative, quirky, yet grounded. Introverted.

How long have you been perform-

Since I was in HS

What are your influences?

Eagles, Bonnie Raitt, John Denver, Dylan, Gordan Lightfoot, Joni Mitchell as well as the old-time blues fingerpicking guitarist/writers.

What type of band or musician are you? 'Genre'

Roots. I cross genres from blues to country to folk.

Where is your hometown and have you relocated?

New Hyde Park was my home town on Long Island. I moved to Potsdam for college and after a number of years away, have moved back and have been here for around 30 years.

What inspired you to become what you are?

My uncle who taught me guitar and

and HS

How did you get started as a band or a musician? "Tell a brief history of the band or you"

I started playing in small coffeehouses and "wine and cheese" places on Long Island. Played a bit in Colorado too. I joined a few bands and performed as a solo performer before joining up with bluesman, Tas Cru, singing and backing up his vocals on his albums and joining his band as well as performing as a roots duo.

If someone had never seen you perform, how would you describe your sound and stage presence to them?

Rootsy, bluesy, vocals and guitar. Since I perform mostly in a duo, we do a mix of originals and songs from 60s, 70s, and sometimes a few even from the 1920s and 1930s.

Tell us about your shows and why fans should be there?

Lyrics are just as important as the melodies. I think people, especially lately, need a break from the day to day stresses. My goal is to tell stories, paint pictures, that will take them away for an hour or two. I have been told from audience members that they can relate to my songs.

Continued on page 5



The Details That Make Or Break A Band

Christine Collins

I have watched bands with all the talent in the world lose everything in the span of a single set. It was not because the songs were bad. It was not because the crowd was indifferent. It was because of something so small, so avoidable, that it almost felt criminal. One night it was a band that walked onstage with guitars so painfully out of tune the sound engineer buried his face in his hands before the first chorus. Another night it was a group that decided their merch table should look like a garage sale gone wrong. Piles of wrinkled shirts, no prices, no one there to sell them. The music was there. The potential was there. But the details killed them.

Those details are what separate the artists who make it from the ones who burn out blaming everyone else. The audience wants to cheer for you. The community wants to support you. I have seen it again and again. Small towns with no budget somehow find money to start instrument lending programs. Teachers fight for arts grants so kids can pick up a bass or a trumpet instead of another detention slip. Nonprofits open their doors so teenagers can discover jazz, punk, metal, or whatever sparks them

thing larger. People want music. They want to help musicians. But if you cannot get the basics right, the community has nothing solid to build on.

I have been in this industry long enough to know that breaking the rules is part of the art. Every great act bends boundaries and shatters conventions. But here is the catch: if you do not know the rules first, you are not breaking them, you are just flailing. A band that storms into a venue and ignores their contract is not rebellious. They are unprofessional. A band that thinks showing up late is a statement is not edgy. They are just making sure they never get invited back. The line between genius and amateur is respect for the structure. Once you know it inside out, then you can destroy it with brilliance.

Scenes do not die because kids stop caring. They die because the people who could have mentored them kept their knowledge to themselves. They die because musicians forgot the value of showing up to community events, of standing behind a local fundraiser, of making sure the next wave had the tools to carry on. I have watched young players' eyes light up when someone takes five minutes to show into believing they belong to some- them how a soundboard works. That spark is where longevity begins. That spark is why scenes sur-

And the more you invest in the scene, the more the scene invests back. I have seen it happen in real time. A band that gave a workshop at a youth center ended up with an entire group of kids showing up to their next gig. A local act that showed up to play a benefit for a school band program was suddenly the one the town rallied behind when a regional festival came calling. Communities reward presence. They reward generosity. And in return, they give musicians something no algorithm can deliver: loyalty.

The hardest truth to accept is that most bands sabotage themselves. They blame the algorithm or the lack of industry support, but really it was their own carelessness that cost them the gig or the revenue stream. The guitar was out of tune. The set went twenty minutes too long. The merch looked like junk. The sound tech got treated like furniture instead of the god controlling the mix. These things are not small. They are the foundation. And if the foundation cracks, the house falls.

When I tell you the overlooked details make or break a band, I am not giving you theory. I am giving you the scars of watching it play out in real time. I am giving you the sound of silence that falls when a crowd loses faith in a band that had them in the palm of their hand ten minutes earlier. I am giving you the



Christine Collins

emails from promoters who will never book them again. I am giving you the memories of bands who could have gone far if only they had respected the basics.

Learn the structure. Respect the frame. Put in the effort to handle the parts that feel boring. Tune your instruments. Respect the set time. Fold your T-shirts. Shake the hand of the sound engineer and mean it. These things may feel small in the moment, but they are what make you memorable for the right reasons. Then, when it is your time to break rules, it will not be by accident. It will be by design. And that is the difference between being remembered for a single chaotic night and being the band that becomes a cornerstone of your scene.

The details are not the side story. They are the story. Ignore them, and you fade. Master them, and you leave a mark that lasts.

An Interview With Mary Ann Casale

What are your songs about?

What I see, what I feel and what I hope others can connect too. Love, loss, travel, fun times.

How receptive have audiences been to your musical creation? Very much so.

What's new in the recording of your music?

Less is more. I have less backing vocals, less instrumentation than in the past yet I still have a full band sound.

What are your biggest obstacles?

Fitting in a genre box. I gave up on that and my biggest obstacle has now brought me freedom since I don't see it as an obstacle any longer.

What is your method of marketing? Website, social media, some radio air-play, streaming, physical CDs (people still want those).

Describe your show, visual and musically?

Laid back visually. A couple of guitars, mandolin, resonator (Tas). Strong vocals.

Mary Ann Casale will be performing at The Strand Theater Watertown NY October 3, 2025

Album Debut Show with new music from the album "Where I Belong" as well as a taste of new music from Tas Cru upcoming release "I Might Give Out."

> More info about Mira: www.maryanncasale.com

The Stand Theater tickets at https://ticketpeak.co/harmonny/events











UNIVERSITY OF VERMONT October 12th @ 4 p.m.

UNIVERSITY OF TORONTO October 25th @ 7 p.m. **Exhibition**

LAKE SUPERIOR STATE UNIVERSITY October 31st @ 7 p.m.

> **MICHIGAN TECH** November 1st @ 7 p.m.

Tickets: \$14 reserved

\$10 general admission \$7 student / child

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By Terry and Kim Kovel

Antiques & Collecting

Pumpkin SpiceThe arrival of fall means two things: pumpkin spice in everything and jokes about pumpkin spice in everything. The flavor may have exploded in popularity during the last decade or so, but it's been around much longer than that. This tin by the Frank Tea and Spice Co., which sold for \$153 at Morford's Antique Advertising Auctions (AntiqueAdvertising.com), is proof.

The Frank Tea & Spice Company, probably best known as the inventor of Frank's Red Hot Sauce, was founded in Cincinnati in 1896 by salesman Jacob Frank and his brothers Emil and Charles. By the early 1900s, it was the fourth-largest manufacturer of spices in the United States. Pumpkin pie was well established by then. Indigenous Americans cultivated, cooked and ate pumpkin for thousands of years. British colonizers didn't take long to use this American vegetable the same way they did most other foods: putting it in pies.

The first known recipe for a "pumpion pye," as it was spelled then, is in a



Photo Credit: Morford's Antique Advertising

This vintage tin is a reminder that pumpkin spice was a well-loved flavor long before coffee shops started adding it to their drinks every fall.

17th-century British cookbook, but it's not quite the same as the pie we know today. The recipe instructs the cook to slice the "pumpion" and fry the slices, then bake them in a crust with apples and raisins. A recipe for custard-style pumpkin pie like the one we know today appeared in the first cookbook written and published

in 1796's "American Cookery" by Amelia Simmons. Favorite spices like ginger, nutmeg and cinnamon crept into these recipes by the 19th century, and this version of the pie has been gracing holiday tables ever since.

• I am looking for a buyer for a • leather jacket. It is handmade and signed with an old Bic pen "Hapiglop Woodstock."

A•Hapiglop was a leather shop
•in Woodstock, New York, in the 1960s and '70s. We have found out very little about them, but they apparently made and sold clothing like leather jackets and fringed suede vests that were popular with the hippie counterculture. Their clothing tags had "Hapiglop" written in a style that looked like handwriting. Any clothing in wearable condition can be sold, and vintage clothing is extremely popular right now. Leather often gets better with age; many buyers prefer the worn-in feel and distressed look of vintage leather jackets to new ones. Contact vintage clothing stores in your area to see if they are interested

in the jacket. Another possibility is selling online on a website like eBay or Etsy, or one of the popular clothing resale sites like Thredup, Poshmark or TheRealReal.

TIP: Never store an old painting on canvas flat and face up on the floor. The paint may crack at the stretcher. Store it upright.

CURRENT PRICES

Bottle, flask, wheat sheaf, eightpoint star on reverse, calabash shape, aqua, 19th century, 9 1/4 inches, \$65.

Rug, Navajo, Ganado style, column of three diamonds, cream, red, brown and black serrated trim, wool, mid-20th century, 46 x 30 inches, \$310.

Basket, round, lid, multicolor weavers, blue, red, yellow, teal, green, graduated, Penobscot Bay, 19th century, largest 13 1/2 x 18 inches, four pieces, \$2,250.

For more collecting news, tips and resources, visit www.Kovels.com

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by Tony Rizzo

HOLLYWOOD -- In 1982, I photographed Scott Strader, who was a guest star in "The Facts of Life," "Gimme a Break!" "CHiPS," "General Hospital," "Trauma Center," the original "Karate Kid" (1984), and "Different Strokes." ... Then nothing.

When he landed the lead role in the major film "Jocks" (1987) and was billed above "Law & Order" star Mariska Hargitay and "Shaft" legend Richard Roundtree, he thought: "Next stop ... stardom!"

But nothing came, and Strader knew he had to reinvent himself: "Acting is too uncertain, and you can't control your own destiny. I thought there must be something better! I had an idea about a healthy energy drink utilizing the iconic lotus flower. Blood, sweat and tears later, I came up with Lotus Plant Power, a healthier alternative to mainstream energy drinks like Red Bull."

Saying that Strader is a multimillionaire would be an understatement, but this month, he launches his newest drink: Plant Pop soda. He admitted, "Now the only acting I do is as a



PHOTO CREDIT: Courtesy of Lotus Plant Power Entrepreneur/former actor Scott Strader

real-life entrepreneur."

Our most recent James Bond, Daniel Craig, is back, and this time, he won't be kissing another man like he did in

column about the dog being allowed you at least tell people how to walk their dogs properly? -- Gary in Atlan-

DEAR GARY: Those are great obser-

ta, Georgia

"Queer" (which bombed). Instead, he'll be the top-line actor in the third "Knives Out" movie, "Wake Up Dead Man." It is due in theaters on Nov. 26 and hits streaming on Dec. 12. Josh Brolin, Glenn Close, Mila Kunis, Jeremy Renner, Andrew Scott and Kerry Washington co-star.

The former 007 has also been confirmed for director Greta Gerwig's "Narnia: The Magician's Nephew," opposite Carey Mulligan.

Dracula sucks again! This time, he's in love in French director Luc Besson's fantasy-horror romance "Dracula: A Love Tale," with Caleb Landry Jones playing the Prince of Darkness. Twotime Oscar winner Christoph Waltz co-stars, and the musical score was composed by "Beetlejuice Beetlejuice's" Danny Elfman. It is a smash in France already and will open here in 2026.

"The Naked Gun" (2025), which starred Liam Neeson and "Baywatch" babe Pamela Anderson, had soft ticket sales, so presto -- a romance was

vations. It's not unusual to see owners who let their dogs pull ahead or wander onto lawns and into shrubbery. My guess is that most feel their pets deserve a little freedom.

But dogs need structure and routine. Halfway leash discipline creates a half-obedient dog. When you and your dog are walking, you are walking. Not playing, not exploring.

explore -- but the time and place are important. Running free at a dog park or in a well-fenced yard is OK. Zigzagging all over the sidewalk and into the street ... not so much.

And as you pointed out, poor leash

leaked between its two stars! But it barely made its money back before the romance was dubbed a fake!

Kim Novak -- star of 31 major motion pictures including "Picnic," "The Man with the Golden Arm," "Pal Joey," and "Vertigo" -- was dubbed one of the last living legendary stars of the Golden Age of Hollywood when she received the Lifetime Achievement Award at the Venice Film Festival.

In 1956, she had a secret love affair with Sammy Davis Jr. (Interracial romances were taboo then.) But when her boss, Harry Cohn, head of Columbia Pictures, threatened Davis with a mob hit (yes, these things happened), they ended their romance.

Now 50 years later, Novak's worried that her biopic, starring Sydney Sweeney, will be more about her salacious forbidden affair with Davis than her illustrious career. It's called "Scandalous!" ... Ya think?

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matters

DEAR PAW'S CORNER: Your recent

was this dog not on a leash in the first place? Too often, I see people in my neighborhood who allow their dogs to run loose in the front yard, with no apparent barrier to them running into traffic. Too often, I see poor leash discipline, with dogs pulling far away from owners on a retractable leash -too far for them to reel the dog back if

I'm all for allowing dogs to run and

discipline is a huge safety issue. Owners must be able to control their dog. A sturdy, fixed leash is recommended for walking dogs of all sizes. A retractable leash is helpful at parks where dogs must be leashed but have space to safely explore. But I don't recommend them for walking or training purposes.

Send your tips, comments or questions to ask@pawscorner.com.

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Poetry

"Chasing October"

By James Oliver Ryan

October's weathering days Are Ghosting Summer Away

Trees are Burnished

Pumpkins Show the color of nature's touch An Autumn Breeze Encourages

Days Appear and Disappear

In a Halloween Rush

Halloween Consciousness Resides in Jack O Lanterns And October's Night Sky

In Chasing October Put your Bias Aside Chase the Mystic Side of Life Placed in Humankind

Send Your Poetry To: upnorthmonthly@gmail.com

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

Moderate ◆◆ Challenging HOO BOY!

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Super Crossword

ACROSS 1 Dish list success is 5 Attorney very close 110 Seize forcibly 10 Tidies up with 57 Bitter 111 Fizzle out, as conflicts an endeavor a broom 16 Even score 59 Totally wreck 116 New word

122 View with

19 Salt Lake City 61 "Ararat" actor team 20 Stock market Koteas 64 Indian gueen disaster 21 Audrey of 66 Escargot

60 Navy leader

78 Boat deck

wood

79 Suddenly

bright stars

Mary, say

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86 Considered

91 Collapse

95 Fierce look

- 67 Poking tools 22 Hostelry 71 Stop being 23 Arrive like noticed **75** Spyro rain
- 25 Goof-ups (jazz group) **76** Pipeline 26 Many a problems
- 27 Enclose as a yard **28** Fail to

TV ad

- complete a 81 Stray 84 Say a Hail 31 Brand of
- candy wafers 34 Lose power 35 Considering 36 Become a
- responsibility for 44 Grove growth
- Humphrey 46 Simile center 47 "Veni." in
- English 49 Home of the
- 98 **45** 1965-69 veep
 - 102 Be 107 Flag sewer
- 96 Holy city of Islam 97 - - Z (totally)
- offerer) 99 "Superfood" berry overlooked
 - org. 5 Most sore,

- 32-Down, cover-up
- 8 Query 121 Bullfight cry do it?" astonishment
- 123 Autumn 11 Time merged foliage. 12 Currency of happens at the starts of
 - eight answers in this school puzzle? 14 Left, at sea 15 Raw fish dish
- Set- -126 (sharp fights) 16 Gratuity 127 Car radiator holder
- protector 128 Baseball 18 Empower great Buck 24 Largest of 129 Bubble maker
- 130 Rubble Islands 29 Strange maker 131 Made 30 Going into tamperproof 32 See 6-Down
- 132 Surprise 33 Kick out attacks 133 Out of kilter
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- 36 Units of resistance 37 Opposite of day, in Dijon 38 Ski lift variety 39 Hot-rod
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- discovery 52 Perjurer, e.g. 53 Former U.N. 10 Baby on head Kofi "Family Guy" 54 Hauling cart
 - on a farm 55 Jungle den 56 "- En-Austria chanted"
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- 103 Red-tagged NBA 104 Part of USA 65 Oath reply 105 H.S. 17 Shoe part 67 Alan who played
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Saudi king

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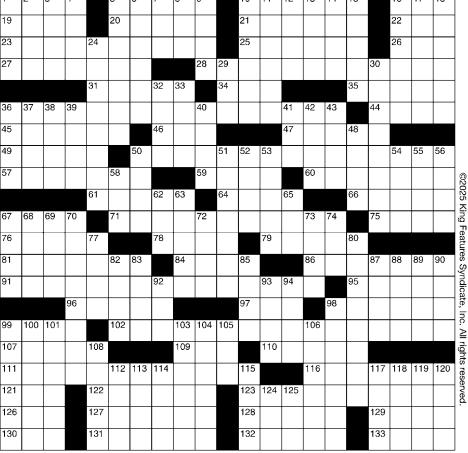
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- vodka Gasteyer 88 Bath powder 125 Luau handout





"None of the other dads had the nerve to try that, Pop!"

Chamber's Open-Air Market A Success Again

MADRID, N.Y. — The St. Lawrence Power & Equipment Museum in Madrid bustled with activity on Saturday as the St. Lawrence County Chamber of Commerce's Craft, Food & Wine Open-Air Market drew a large crowd eager to explore a wide variety of handmade goods, local food, and bev-

"We were very pleased with the visitor turnout for the 6th Annual SLC Chamber of Commerce Open-Air Market held on Saturday at the St. Lawrence Power and Equipment Museum in Madrid," Laura Pearson, the Chamber's Assistant Director and event organizer, said. "We had awesome volunteers who worked hard to help us have a successful event. We are very grateful to the folks at the St. Lawrence Power and Equipment Museum, who hosted us and volunteered all day, too. We also had wonderful event sponsors — Casella Waste Management, St. Lawrence Federal Credit Union, SeaComm Federal Credit Union, Cappello & Cappello, PC, Bill Rapp Chevrolet of Ogdensburg, Northern Credit Union, The White Silo, The Institute for Learning Centered Education, Stadium Sports Bar, A-No 1 Kitchen Buffet, Cutlers Custom Home Repair, Inc. and Yelle Realty, LLC. Not to mention our fantastic SLC Chamber staff who always work hard!"

More than 2,000 shoppers explored the more than 80 vendors spread throughout the Museum's extensive grounds.

Bright sunny skies, temperatures in the 60s and a light breeze made the first taste of Christmas shopping in



Vendors and shoppers enjoyed a beautiful autumn day on the grounds of the St. Lawrence Power and Equipment Museum in Madrid at the 6th annual St. Lawrence County Chamber of Commerce Craft, Food & Wine Open-Air Market.

2025 a pleasurable experience.

Many noted that the Open-Air Market has had a six-year run of remarkable weather.

"The Open-Air Market is always a fun and impactful event in many ways," St. Lawrence County Chamber of Commerce Executive Director Ben Dixon said. "We are so pleased to showcase the talented artisans of our region, introduce people to the heritage and historic treasure that is the St. Lawrence Power & Equipment Museum, and provide residents and visitors with a fun day and a chance to bring home some locally produced and unique items."

The St. Lawrence County Chamber

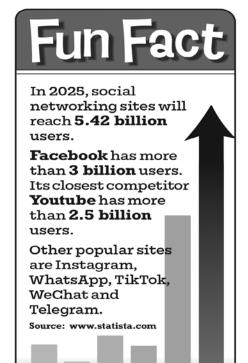
of Commerce staff is now working on its next big shopping opportunity, the Craft, Food and Wine Holiday Market. This highly anticipated annual event is scheduled for Saturday, Dec. 6, and Sunday, Dec. 7, from 10 a.m. to 4 p.m. at the Leithead Field House at St. Lawrence University in Canton.

The Chamber is seeking over 100 local artisans, food producers, and craft beverage makers to participate.

Last year's market attracted more than 4,000 customers, and organizers are expecting another large turnout this year, providing a fantastic opportunity for vendors to showcase their unique, handmade gifts, delicious foods, and artisanal wines and spirits.

Interested vendors must submit their applications by Friday, Nov. 14. To apply, please visit the application link https://tinyurl.com/3f2b2a4y or contact Laura Pearson at (315) 386-4000 ext. 6, or by email at Laura@slcchamber.org.

Vendors can also take advantage of special discounts on all STLC Chamber events by becoming an STLC Chamber of Commerce member. Enhanced members can further expand their reach by selling their products on ShopSTLC.com, the chamber's online marketplace. For more membership information, visit www.visitstlc. com/member-center.



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Hours: Monday-Friday 7am-3pm



Three Days Grace - Alienation

---Bill Bake

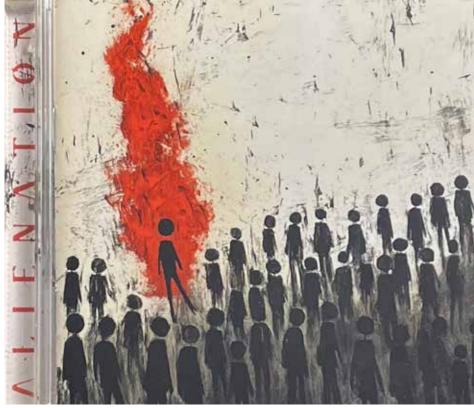
We go north to Canada for this month's review with a musical group that dominated the charts for pretty much a decade. Three Days Grace entered the rock scene in 2003 with their self-titled debut and followed with the release of eight more albums. The top of the charts was the norm with several albums reaching platinum level status. Their latest endeavor Alienation, distributed by RCA Records, is the first as a quintet, creating a unique situation for a rock n roll band. Former frontman Adam Gontier has rejoined the band after a hiatus of more than a decade. He is sharing the lead vocals with Matt Walst, who replaced him after his departure. Both musicians are also responsible for the rhythm guitar duties. The rest of the lineup are Barry Stock on lead guitar, bassist and backing vocalist Brad Walst and Neil

Sanderson who combines his talents on drums, keyboards and backing vocals.

Alienation may be the best album these hard rock icons have delivered. The band is firing on all cylinders blending their classic hard rock sound with a modern edge. The lead vocals provide intense deliveries with amazing harmonies and range. Gontier and Walst don't take turns on lead vocals, they layer their voices as one. Three Days Grace embodies an aggressive energy that jumps off the turntable. Barry Stock's epic lead guitar lines play over the magnetic rhythm guitar riffs of Walst and Gontier. The thundering bass lines of Brad Walst and high-powered drumming skills of Neil Sanderson along with previous mentioned musicians elevated this project to another level.

The songs are emotionally charged





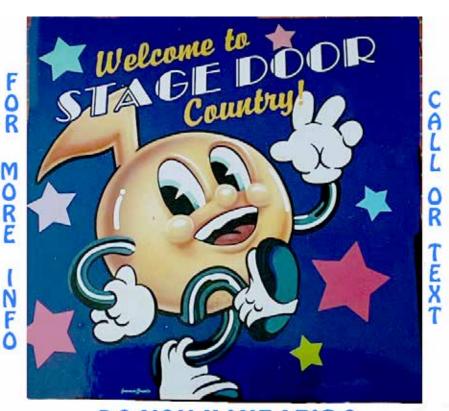
rooted in themes of social discord, personal transformation and resilience. Alienation is a nice mix of rockers and up-tempo melodic ballads. "Domination", "In Waves"," Death Wish", and "Another Relapse" are an onslaught of hard driving rockers. "May Day "opens with an allencompassing bass line, followed by a mixture of acoustic flavored guitar work and hard rocking rhythms. The ballads "Kill Me First", "Never Ordinary and "Don't Want To Go Home" are first rate with some nice tempo changes. "The Power" has pop sensibilities that are made for radio. Several of the tracks on Alienation could fit nicely on any rock format.

Three Days Grace have regenerated with a triumph return to position themselves front and center with the fans of alternative grunge and hard rock. The new album showcases the band's signature blend of emotional intensity and raw energy. It successfully fuses the hard rocking feel of Three Days Grace's early work with a more polished arena-sized passion of their later career.

As always, if you like what I like, you should take a test drive with the latest from Three Days Grace – Alienation, available on CD, Album, Download or your favorite Streaming Device. Check out several videos available on You Tube.



Photography by Stage Door Images. Check out our concert images and more at www.stagedoorimages.com as well as the Stage Door Image Facebook Page



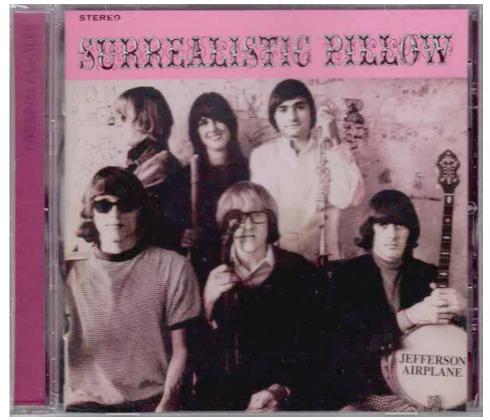
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Johnny B's Music Box

Jefferson Airplane: Eccentric Folkies



·--John Berbrich

Jefferson Airplane took flight in late summer of 1966, when vocalist Grace Slick joined the band. Lead singer Signe Anderson had gone out on maternity & never came back. With Grace now onboard, the classic lineup was complete: Grace Slick & Marty Balin on lead vocals, Paul Kantner on rhythm guitar & vocals, Jorma Kaukonen on lead guitar, Jack Casady on bass, & Spencer Dryden on percussion. Their first album w/ the new lineup, "Surrealistic Pillow," released in early 1967, practically defined the Haight-Ashbury hippie culture of the time. Grateful Dead, Big Brother & the Holding Company featuring Janis Joplin, Quicksilver Messenger Service, Moby Grape, & others helped to make San Francisco a real hippie mecca. But anyway, about "Surrealistic Pillow."

The name "Surrealistic Pillow" sup-

27

28

26

posedly comes from Grateful Dead guitarist & spiritual guru Jerry Garcia. Unsure of the meaning, if any. Jefferson Airplane is remembered as a radical anti-authoritarian band, but at this point they were not yet the self-proclaimed "forces of chaos & anarchy" of "Volunteers." "Surrealistic Pillow" has a sort of split in it, half being authentic 60s rockers, the other half sounding like eccentric folkies, songs that could have been recorded by radio bands like the Lovin' Spoonful & the Mamas & the Papas. The two big rock hits were sung powerfully by Grace—"Somebody to Love" & "White Rabbit." They are tight, concise, & potent. Grace Slick has got to be ranked in the Top Three Female Rock vocalists of all time, Janis Joplin being the second, & I can't think of the third. First off, her voice is powerful & cold, like an Ice Queen. Listen to how it shudders at the end of "Somebody to

7 PM

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30

Sarradizite Filles, along with the two Top 10 singles it produced, "Somebody to Love" and "White Rabbit"—timeless authors embodying the legendary spirit of 1967's Sumoter of Love—provided, for many, the mittal exposure to alternate Illiestyles, altered consciousness and alternative music. Four stray tracks received during the Philips execution of Somebody to Love" and "White Rabbit") finally find deer rightful frome as bornts tracks on this CD. Survadizite Pillou exmains not only the quintessential Jefferson Airplane album but one of the defining artistic works of the '80s.

1. She Has Furnay Cats
2. Somebody to Love
3. My Best Friend
4. Today
5. Comin Back to Me
6. 3/5 of a Mile in 10 Seconds
7. D. C. B. A.—25
8. How Do You Feel
9. Embryonic Journey
10. White Rabbit
11. Plastic Fantastic Lover

BONUS TRACKS
12. In the Morning
13. J.P.P. McStep B. Blues
14. Go to Her
15. Come Back Baby
16. Somebody to Love (mono single version)
17. White Rabbit (makes single version)
18. White Rabbit (makes single version)

18. White Rabbit (makes single version)

Love." Such steely emotive power. She can also sing sweet & quiet, but she doesn't fool me. That voice is a killer, waiting for an opportunity.

Jefferson Airplane was composed of an unusual number of strong personalities. Marty Balin sings some of the most achingly sad-beautiful love songs. "Today" creates a mood: it's melancholy, regretful, hopeful, uncertain—all those crazy things that people in love experience. Paul Kantner plays rhythm guitar, sings quite adequately, & writes some of their best songs, especially in the later albums. Jorma Kaukonen really set the standard for so many early rock psychedelic guitarists—not for speed, but for nuance. He makes it sing w/ sweetness, urgency, cacophony-whatever the song re-

guires. And Jack Casady was the first "name" bass player. He had the look: long blond hair, dark glasses, exotic outfits. He wielded the bass like thunder, wind, & water-blasting, throbbing, flowing. He may have been the first rock bass player fans knew by name. Leaving us w/ Spencer Dryden on drums. Dryden is the sort of drummer you seldom notice, because his work fits so well into the basic texture of the music. It doesn't stand out. He's not the bombastic sort of drummer. He's the fine technician who is always in the right place, keeping the beat & filling in whatever's required.

When you come right down to it, this is an album about Love, w/ a capital L.

Continued on page 11

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OCTOBER 3 DUELING PIANOS

OCTOBER 4 VAN HALEN NATION

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• OCTOBER 31 KISS HALLOWEEN

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Cowboy Junkies To Release More Acoustic Junk

Rare Album To Be Reissued With Added Tracks On October 24



Toronto, ONT (September 19, 2025)—Today, iconic Canadian band Cowboy Junkies have announced the release of More Acoustic Junk on October 24 via Cooking Vinyl. An expanded reissue of their stellar Acoustic Junk record (2009), More Acoustic Junk features five new acoustic recordings alongside five tracks from the original album - three of which have been remixed for this compilation - and celebrates Cowboy Junkies' iconic sound in stripped-down form. The album can be pre-ordered HERE..

Known for their haunting melodies and introspective songwriting, Cowboy Junkies' acoustic arrangements on this collection showcase the raw beauty and emotional depth that have captivated fans for decades.

Also today, a 2025 remix of Acous-

tic Junk album opener "In My Time of Need" will be available on all DSPs.

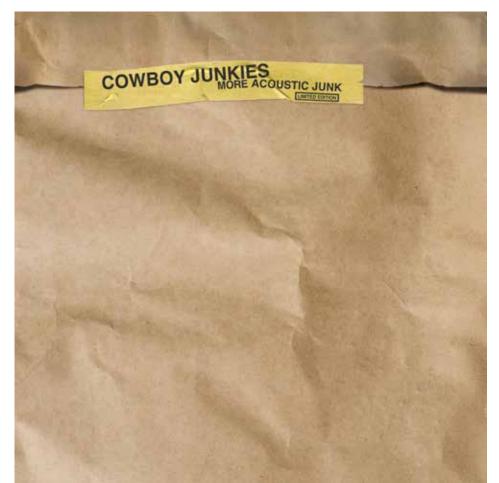
More Acoustic Junk Tracklist:

- 1. In My Time of Need*
- 2. Unanswered Letters
- 3. Angels In the Wilderness
- 4. Fairytale
- 5. Tired Eyes*
- 6. He Will Call You Baby*
- 7. Cutting Board Blues*
- 8. Rock and Bird
- 9. Something More Besides You
- 10. Cold Evening Wind*

* "In My Time Of Need", "Tired Eyes", "He Will Call You Baby", "Cutting Board Blues", and "Cold Evening Wind" have previously appeared on Acoustic Junk (2009).

Band personnel for More Acoustic Junk are Margo Timmins (vocals); Michael Timmins (Guitar); Jeff Bird (mandolin, harmonica, bass, percussion); Andy Maize (back-up vocals); Josh Finlayson (banjo); and Jaro Czerwinec (accordion). The album was produced, partially recorded and mixed by Michael Timmins. It was mastered by Philip Shaw Bova.

All songs were written by Michael Timmins and published by Paz Junk Music (North America) and Carthage Music (ROW); except for "In My Time of Need" (Rvan Adams, Barland Mu-



sic) and "Tired Eyes" (Neil Young, Silver Fiddle Music).

Additionally, on October 24, One Soul Now, Cowboy Junkies' ninth studio album, will be reissued via Cooking Vinyl, including for the first time on vinyl. That album is available to pre-order on limited edition yellow marble vinyl, a limited-edition card gatefold CD and digital.

Cape Vincent Arts Council Announces Winners Of Thousand Islands International Piano Competition

Pianists from Canada and across the U.S. took home prizes in their divisions in the 2025 Thousand Islands International Piano Competition for Young People, held in Cape Vincent September 5-7. Presented by the Cape Vincent Arts Council, the competition took place at Maple Grove Estate and was free and open to the public.

This year, fourteen pianists competed for cash prizes in three rounds of competition. They performed music by Chopin, J.S. Bach, and other classical composers and were judged by a panel of professional pianists/music educators against a professional-artistic standard. In addition to judges'

prizes, audience members could vote for their favorite performer in each division.

Winners were as follows:

Junior Division (high school age and younger)

Yunen Gu, 15, Oakville, Ontario, Canada - First Prize

Cindy Hu, 11, Manhasset, NY - Second Prize

Alexander Liu, 14, Short Hills, NJ -Third Prize and Audience Prize

Josephine Chow, 16, Austin, TX -Honorable Mention Senior Division (high school graduates up to age 26)

Frederick Huang, 19, Toronto, Ontario, Canada - Second Prize

Xiaolu Zhang, 23, Rochester, NY -Third Prize

Lillian Feng, 19, Los Angeles, CA -Honorable Mention and Audience Prize

(No first prize was awarded in this division)

Now in its 22nd year, the Thousand Islands International Piano Competition for Young People brings the joy of classical music to the Thousand Islands while showcasing the talents of up-and-coming young pianists from

the U.S., Canada, and abroad.

The Cape Vincent Arts Council is a 501(c)(3) non-profit organization consisting entirely of volunteers. It

is dedicated to providing opportunities for the public to enjoy and participate in cultural activities in and around Cape Vincent. In addition to the Piano Competition, among the events it sponsors are the Concerts on the Green series, the Stroll on Broadway, the Riverside Music & Arts Festival, summer art classes for children and adults, and a variety of literary and visual arts programs.



Photo Credit: Cape Vincent Arts Council

Junior Division Winners (left to right): Yunen Gu, 15, Ontario, Canada, First Prize; Cindy Hu, 11, Manhasset Hills, NY, Second Prize; Alexander Liu, 14, Short Hills, NJ, Third Prize/Audience Prize; Josephine Chow, 16, Austin, TX, Honorable Mention.



Photo Credit: Cape Vincent Arts Council

Senior Division Winners (left to right): Frederick Huang, 19, Ontario, Canada, Second Prize; Lillian Feng, 19, Los Angeles, CA, Honorable Mention/Audience Prize; Xiaolu Zhang, 23, Rochester, NY, Third Prize.



"The Fantastic Four: First Steps" (PG-13) -- Marvel Studios had a good start with the first film in Phase Six of their Marvel Cinematic Universe, bringing in \$518.8 million at the box office after an over \$200 million cost. It also became the ninth highest-grossing film of the year. Led by Pedro Pascal ("The Last of Us"), Vanessa Kirby ("Napoleon"), Joseph Quinn ("Gladiator II"), and Ebon Moss-Bachrach ("The Bear"), "First Steps" picks up as the Fantastic Four as they celebrate their fourth anniversary as a superhero team. In addition, Reed Richards, aka Mister Fantastic, and Sue Storm, aka Invisible Woman, are expecting a child and are left to wonder about their child's future and superpower capability. The cherry on top is a threat to Earth from the planet-devouring Galactus, who has

selected Earth as his next meal. Rent it now! (Fandango at Home)

"Hotel Costiera" (TV-MA) -- Jesse Williams ("Grey's Anatomy" and "Station 19") found his latest starring role as Daniel "DD" De Luca in this actiondrama series that hits streaming on Sept. 24. DD is a former Marine and half-Italian, so he decides to return to Italy, "the land of his childhood," and takes on a new job as a luxury hotel "fixer." Since DD acts as halfconcierge and half-bodyguard, he's immediately tasked with finding the hotel owner's daughter after she suddenly gets kidnapped. Known more for using his fists than his words, DD is more than up to the task and even has an eccentric team behind him to help him save the day. (Amazon Prime Video)

"The Savant" (TV-MA) -- This new crime-thriller series is inspired by a story that ran in Cosmopolitan and featured a woman nicknamed "The Savant," who attempted to infiltrate hate groups online to prevent domestic terrorism attacks. In the eightepisode series, the title character is portrayed by Academy Award winner Jessica Chastain ("George & Tammy"),



Photo Credit: Courtesy of Apple TV+ Jessica Chastain stars in "The Savant."

who goes by the name of Jodi Goodwin. During the day, Jodi is the average suburban mom to most, but by night, she's diving deep into the "darkest corners of the internet" to scour information from people who are actively planning attacks. A hunch drives Jodi to track down a man named Jason

(Pablo Schreiber), who seems to be orchestrating something more major than her previous cases. But infiltrating further might lead Jodi down a dark road that comes with horrible sacrifices. The first episode premieres Sept. 26, with new episodes dropping every Friday. (Apple TV+)

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Bananas on the Counter? Don't Toss Them --**Turn Them Into Healthy** Snacks You'll Love!

We've all been there: bananas left a little too long on the counter, spotted, soft and threatening to be tossed. But before you reach for the compost, know this -- those overripe bananas are actually a gift. They're naturally sweeter, super soft and perfect for whipping up quick, versatile snacks that can fuel busy mornings, afterschool hunger pangs or lunchboxes on the go.

Whether you prefer classic banana



PHOTO CREDIT: www.JasonCoblentz.com Banana bliss: simple, golden and ready to make your kitchen smell like happiness.

hits all the right notes: frugal, fabulous and healthy. A little tweak here -- like swapping in whole grain flour, cutting down the sugar or sneaking in chopped nuts -- makes your snack smarter without sacrificing flavor. The result? A treat that's portable, kid-approved and a win for your wallet.

Think of it as a back-to-school hack. Muffins in lunchboxes? Check. A slice of bread for a grab-and-go breakfast? Check. A wholesome snack while running errands? Double check.

The best part? They keep well, so you can make a batch ahead of time **QUICK & COZY BANANA MUFFINS**

and have a steady supply of snacks

Yield: 12 muffins

ready for the week.

Total Time: 35 minutes

1 1/2 cups whole wheat flour or allpurpose flour, or a mix

1 teaspoon baking powder

1 teaspoon baking soda

1/4 teaspoon salt

1 teaspoon ground cinnamon 1/4 teaspoon ground nutmeg

1 1/2 cups mashed bananas (3 or 4

ripe bananas) 6 tablespoons butter or coconut oil,

1 large egg, at room temperature 3/4 cup packed brown sugar

1 teaspoon vanilla extract

2 tablespoons milk of choice, dairy or plant based

Optional: 2 tablespoons demerara sugar to top muffins

Optional add-ins: 1 1/2 cup maximum, like nuts, chocolate or dried fruit Preheat your oven to 350 F and get a 12 count muffin pan ready -- spray it with nonstick spray or line it with

LAWYERS WHO NEED

CLIENTS, PROB'LY !!

cupcake liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Set it aside.

In a large bowl -- or the bowl of your stand mixer -- stir the bananas until smooth. Beat in the melted butter. egg, brown sugar, vanilla and milk until everything is well combined.

Gradually pour the dry ingredients into the wet, stirring gently until just mixed. If you're adding nuts or chocolate chips, fold them in now.

Spoon the batter into the muffin liners, filling each one nearly to the top. Pop them in the oven for 21-23 minutes, or until a toothpick comes out clean.

Let the muffins rest in the pan for 5 minutes before transferring them to a wire rack to cool.

To make banana bread: Preheat oven to 375 F. Grease a 9"Å~5" loaf pan with cooking spray. Prepare batter same as for muffins above. Fill pan with batter. Bake for 45-55 minutes. Let cool in the pan for 15 minutes before turning on a wire rack to cool.

To make mini muffins: Bake for 12-14 minutes at 350 F.

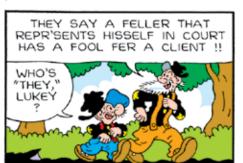
These treats stay fresh covered at room temperature for a few days -or pop them in the fridge for up to a week, or wrap and freeze for four months.

Next time your bananas get too ripe, don't panic -- bake! Rally the kids or enjoy a quiet moment for yourself, and turn them into treats that are healthy, budget-friendly and wonderfully versatile. That's frugal living in action: simple, nourishing and smart in the kitchen.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com

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MAGIC MAZE • BAD GUYS

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R E T S B O M U L D O O H Y G

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: THE BAD GUY IN A PLAY

Bandit Bully Burglar

Crook

Fiend Forger Gangster

Hoodlum

Hooligan Mobster

Swindler Thug Vandal Rogue Scoundrel

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Monday Music on the Lake 6 PM Bicentennial Park, Chaumont

Saturday, October 18th - 7 - 9 PM Summer Send-off SKIP STARR & THE RENDITIONS

At the Chaumont Fire Hall

Popular show band offering a fresh, fun take on timeless '50s and '60s rock-n-roll classics

The Lyme Performing arts Council is dedicated to providing live performances by skilled artists for the residents, both permanent and seasonal, of the Town of Lyme and surrounding communities.



The Monday Music on the Lake concert series is made possible with funds from the Statewide Community Regrants Program, a yegrant program of the New York State Council on the Arts with the support of thee Office

of the Governor and the New York State Legislature and administered by the St. Lawrence County Arts Council.



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We like classic rock and roll (50s on through to present day), southern rock, old country as well as new country.

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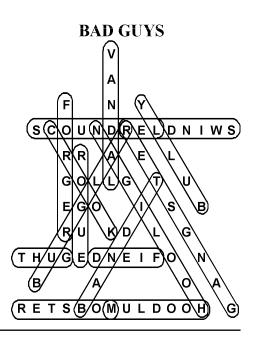
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SUDOKU Answer







- **Super** Crossword –

Answers																				
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Jefferson Airplane: Eccentric Folkies Continued From Page 7

Just about every song features successful Love or hopeful Love or despondent Love. Considering the title, "Embryonic Journey" is certainly about Love—plus it's an absolutely gorgeous & sweet acoustic guitar instrumental, flowing like amniotic fluid, written & performed by Kaukonen. In "Plastic Fantastic Lover," I think Balin is singing a type of love song to his TV set.

Cryptic lyrics. The first song on side one, "She Has Funny Cars," has nothing to do w/ motor vehicles. Then there's "3/5 of a Mile in 10 Seconds"; now, I've done the calculations, & this works out to precisely 216 miles per hour. Not sure what travels at exactly

that speed. But it's all surreal, right? None of this has to make sense, at least not to the monkey-brain, that analytical tyrant in the head. So much of Love is about feeling, & that's what they're singing about. Feelings—human need, human emotions. Like I said earlier about "Today"—it's hope, regret, uncertainty.

So check out this album. It's a superior start to a notable career. For as long as folks listen to Rock & Roll, they'll listen to "Somebody to Love" & "White Rabbit." Just those two songs would place a band in the R&R Hall of Fame. But this group, this album, offers so much more.

Lyme Performing Arts Council's "Summer Send-Off" Will Feature Oldies From Skip Starr & The Renditions

The Lyme Performing Arts Council invites the public to its "Summer Send-Off" Concert & Dance Party featuring Skip Starr & The Renditions on Saturday, October 18 from 7 to 9 p.m. at the Chaumont Fire Hall, 11385 State Route 12E.

The event is free and open to the public; donations are welcome. The Chaumont Volunteer Fire Department will have food and beverages for sale.

Skip Starr & The Renditions offer a fresh take on timeless '50s and '60s rock-n-roll classics. The band features Skip Starr, guitar/vocals; Rob LaClair, lead guitar/vocals; "Honey Bob" Laisdell, bass; and Chris Netto, drums.

The event is a follow-up to the Lyme Performing Arts Council's successful "Monday Music on the Lake" series in Chaumont over the summer.

LPAC's 2025 concert series is made possible with funds from the Statewide Community Regrants Program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by the St. Lawrence County Arts Council. Donations from the audience and businesses also support the series.

The non-profit Lyme Performing Arts Council (LPAC) is dedicated to providing live performances by skilled artists for the residents, both permanent and seasonal, of the Town of Lyme and surrounding communities. For more information, visit facebook. com/LymePerformingArts.



Encore!

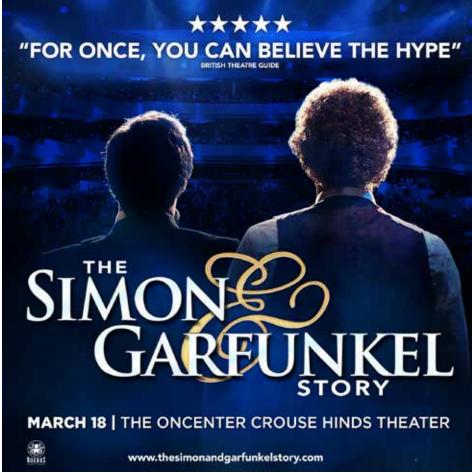
Global Phenomenon The Simon & Garfunkel Story Visits The Oncenter Crouse Hinds Theater On March 18, 2026

SYRACUSE - SEPTEMBER 15, 2025 - The internationally-acclaimed hit theater production The Simon & Garfunkel Story (www.thesimonandgarfunkelstory.com) returns to the road in 2026 and will visit nearly 60 U.S. cities including Syracuse's The Oncenter Crouse Hinds Theater. The immersive concert-style tribute show, complete with nostalgia-inducing, unforgettable hits, will recreate the magic and authenticity of Paul Simon and Art Garfunkel live on stage and chronicles the amazing journey of the iconic, GRAMMY-award winning act.

Tickets are on sale now and available can be purchased in person at the Solvay Bank Box Office at The Oncenter or online at www.ticketmaster.

"There's something truly special about seeing audiences connect to these iconic songs. The harmonies, lyrics, and the history create a powerful experience in theatres," says Dean Elliott, the show's creator and director. "Each performance feels like a shared celebration, and we're eager to deliver an exceptional show to long-time fans and new generations alike.

Fans aren't the only ones blown away by The Simon & Garfunkel Story. Art Garfunkel himself attended a previous performance, rushed the stage, grabbed the microphone, and declared, "What a great f----- show!" before leaving the audience in awe once again. If the legend himself is a fan, you know this is a tour you won't want to miss.



The Simon & Garfunkel Story covers the duo's humble beginnings as Tom & Jerry, to their incredible success as one of the best-selling music groups of the '60s, as well as their dramatic split in 1970. The Simon & Garfunkel Story culminates with the pair's famous "The Concert in Central Park" reunion in 1981 which had more than half a million fans in attendance. The show features a set list of nearly 30

songs and uses state-of-the-art video projection, photos, and original film footage. A full live band will perform all of the hits including "Mrs. Robinson," "Cecilia," "Bridge Over Troubled Water," "Homeward Bound" and many more complete with the unmistakably perfect harmonies that will transport audiences down memory

With more than 100 million album The British Invasion.

sales since 1965, Simon & Garfunkel's unforgettable songs and poetic lyrics poignantly captured the times made them one of the most successful folkrock duos of all time. Over the years, they won 10 GRAMMY Awards and were inducted into the Rock and Roll Hall of Fame in 1990. In 1977, the Brit Awards honored their "Bridge Over Troubled Water" album with Best International Album. In 2003, Simon & Garfunkel were awarded a Grammy Lifetime Achievement Award and the following year saw their "The Sound of Silence" awarded a Grammy Hall of Fame Award.

For more information about The Simon & Garfunkel Story, visit www. thesimonandgarfunkelstory.com.

ABOUT RUCKUS ENTERTAINMENT (Producers):

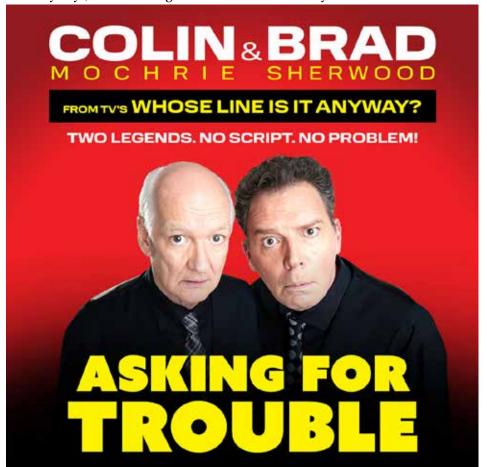
Ruckus Entertainment, based in Los Angeles and formed in 2022, brings together veteran entertainment producers Alison Spiriti, Justin Sudds, Dean Elliott and Ralph Schmidtke who are collectively responsible for producing over 100 touring productions seen by millions around the world. Their burgeoning production company brings audiences world-class concerts and live events and is focused on celebrating the history and music behind iconic, globally recognized musical artists. Current productions include The Simon & Garfunkel Story, The Life and Music of George Michael, and

Colin Mochrie And Brad Sherwood:

Asking For Trouble Tour Comes To The Oncenter Crouse Hinds Theater On April 12, 2026

SYRACUSE - Get ready for an evening of sidesplitting laughter as Colin Mochrie and Brad Sherwood, the dynamic duo from TV's "Whose Line is it Anyway?," take the stage in a onenight-only uproarious live show, Colin Mochrie & Brad Sherwood: Asking for Trouble, April 12, 2026, at The Oncenter Crouse Hinds Theater.

Known by TV audiences for their



work on The CW Network program, Colin and Brad take the stage live and improvise new material every night from audience suggestions and participation-- transforming the audience's suggestions into an unpredictable evening of non-stop comedy gold.

No script? No problem! "Asking For Trouble" is a wild rollercoaster ride of hilarity, where two improv legends prove they are still the best in the

Get ready for a night of non-stop laughter that the whole family can enjoy. Tickets for Asking For Trouble go on sale Friday at 10am and can be purchased in person at the Solvay Bank Box Office at The Oncenter or online at www.ticketmaster.com.

Learn more at colinandbradshow.com. **About Mills Entertainment**

Mills Entertainment, a live entertainment content studio, collaborates with top talent and property holders to create unforgettable live experiences. With full global distribution and partnerships worldwide, our specialty is taking shows from concept to stage, serving as the complete solution in realizing the vision. www.millsentertainment.com



1.GENERAL KNOWLEDGE: The children's novel "Black Beauty" is about what kind of animal?

2. MOVIES: Which actor narrates the 1980s film "Stand by Me"?
3. GEOGRAPHY: Which world city

is home to Saint Basil's Cathedral?

4. U.S. CITIES: Which major U. city sits on top of a working salt mine that has been operating since 1910?

5. LITERATURE: What is the name of the country where "The Hunger Games" takes place?

6. MATH: How many sides does a trapezoid have?

7. ASTRONOMY: How long does it take for light from the Sun to reach Earth?

8. ANIMAL KINGDOM: How many legs does a lobster have?

9. TELEVISION: Which TV drama always begins with a meeting and the warning, "Let's be careful out there"? 10. LANGUAGE: How many letters

are in the English alphabet? Answers

1. A horse.

2. Richard Dreyfuss.

3. Moscow, Russia. 4. Detroit, Michigan.

5. Panem.

6. Four. 7. 8 minutes, 20 seconds.

9. "Hill Street Blues."

10.26.

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