

Festival Fever!

A blitz of weekend events

- Adirondack 'VetteFest
- LocalFest in Glens Falls
- Fiddlers Jam in Thurman
- The Washington County Cheese Tour
- Sandy Hill Days, Hudson Falls
- Wine & Food Fest at SPAC
- Details inside!



The Washington County Cheese Tour, Saturday and Sunday, Sept. 6 & 7

Adirondack Nationals car show in LG



The goal: Huge but controlled

Adirondack Nationals is Thursday to Sunday, Sept. 4 to 7 — Photo from last year, by The Chronicle's David Cederstrom.

By David Cederstrom
Chronicle Staff Writer

Some 1,500 hot rods, custom and classic cars, muscle cars and trucks, all vintage 1977 and older, are expected to descend on Lake George Village this weekend for the Albany Rods and Kustom's annual Adirondack Nationals car show. The event, centered at Fort William Henry, starts at noon Thursday, Sept. 4, and continues through Sunday, Sept. 7.

The car show is a bonanza for the village but also a bone of contention. Relations were strained after

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Aims to swim Lake George

► 7



Wants to set a Mustang record

► 8



Mixed Martial Arts returns! Iron Fist gym of Queensbury has several fighters on the 'Cage Wars 27' card at the Glens Falls Civic Center on Saturday, Sept. 6. Front: Trainer **Jay Ingleston** and boxing coach **Tony Keough**. Behind them: **Pat Norton** of Glens Falls (not fighting but trains with the team), **Andrew Winchell** of South Glens Falls (defending his title), **Don Griffen** of Granville and **Malinda Diffie Prieur** of Granville.

Chronicle photo/Cathy DeDe

Meet GF's Iron Fist fighters

By Cathy DeDe
Chronicle Managing Editor

When Cage Wars, the Albany-based Mixed Martial Arts promoter, returns to the Glens Falls Civic Center on Saturday night, Sept. 6, the 17-fight card will be stacked with eight local combatants — including one woman.

She's Malinda Diffie Prieur of Granville. She insists, "I'm really a sweetheart. We're all mellow people. People assume you're a fighter. It's the opposite. You save it for the cage."

Most of the locals train at Iron Fist gym, run by MMA trainer Jay Ingleston of Whitehall. He is

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