



## Upstate New York Distribution Points

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Adirondack Daily Enterprise	Saranac Lake	NY	Newspaper
Cortland Standard	Cortland	NY	Newspaper
Daily Freeman	Kingston	NY	Newspaper
Daily Sentinel	Rome	NY	Newspaper
Daily Times	Watertown	NY	Newspaper
Democrat & Chronicle Times Union	Rochester	NY	Newspaper
Democrat and Chronicle	Rochester	NY	Newspaper
Empire Sports	West Seneca	NY	Radio
Evening News	Buffalo	NY	Newspaper
Evening Telegram	Herkimer	NY	Newspaper
Evening Telegram	Malone	NY	Newspaper
Finger Lakes Times	Geneva	NY	Newspaper
Gazette	Schenectady	NY	Newspaper
Herald-Journal-Post-Standard	Syracuse	NY	Newspaper
Hudson Register-Star	Hudson	NY	Newspaper
Journal	Ithaca	NY	Newspaper
Journal	Poughkeepsie	NY	Newspaper
Journal News	Nyack	NY	Newspaper
KNEC	Newburgh	NY	Radio
Massena Courier-Observer	Massena	NY	Newspaper
Messenger-Post Newspapers	Pittsford	NY	Newspaper
Metro Networks News	Latham	NY	Radio
Niagara Gazette	Niagara Falls	NY	Newspaper
Observer	Dunkirk	NY	Newspaper
Observer-Dispatch	Utica	NY	Newspaper
Olean Times-Herald	Olean	NY	Newspaper

Oneonta Daily Star	Oneoq	NY	Newspaper
Palladium Times	Oswego	NY	Newspaper
Post-Star & Times	Glens Falls	NY	Newspaper
Poughkeepsie Journal	Poughkeepsie	NY	Newspaper
Press & Sun-Bulletin	Binghamton	NY	Newspaper
Press-Republican	Plattsburgh	NY	Newspaper
R News/Time Warner Communications	Rochester	NY	Television
Rochester Times Union	Rochester	NY	Newspaper
Salamanca Press	Salamanca	NY	Newspaper
	Sarasota		
Saratogian	Springs	NY	Newspaper
Sentinel	Rome	NY	Newspaper
Star-Gazette	Elmira	NY	Newspaper
Sun Bulletin	Binghamton	NY	Newspaper
Syracuse Community Radio Inc	Syracuse	NY	Radio
The Buffalo News	Buffalo	NY	Newspaper
The Buffalo News	Niagara Falls	NY	Newspaper
The Citizen	Auburn	NY	Newspaper
The Corning Leader	Corning	NY	Newspaper
The Daily Gazette	Schenectady	NY	Newspaper
The Daily Mail	Catskill	NY	Newspaper
The Daily Messenger	Canandaigua	NY	Newspaper
The Daily News	Batavia	NY	Newspaper
The Daily Star	Oneonta	NY	Newspaper
The Evening Sun	Norwich	NY	Newspaper
The Evening Times	Little Falls	NY	Newspaper
The Evening Tribune	Hornell	NY	Newspaper
The Ithaca Journal	Ithaca	NY	Newspaper
The Journal	Ogdensburg	NY	Newspaper
The Journal News	White Plains	NY	Newspaper
The Journal-Register	Medina	NY	Newspaper
The Leader	Corning	NY	Newspaper
The Leader-Herald	Gloversville	NY	Newspaper
The Malone Telegram	Malone	NY	Newspaper
The New York Times	Albany	NY	Newspaper
The New York Times	White Plains	NY	Newspaper
THE Observer-Dispatch	Utica	NY	Newspaper
The Oneida Daily Dispatch	Oneida	NY	Newspaper
The Palladium-Times	Oswego	NY	Newspaper
The Post-Journal	Jamestown	NY	Newspaper
The Post-Standard	Albany	NY	Newspaper
The Post-Standard	Auburn	NY	Newspaper
The Post-Standard	Baldwinsville	NY	Newspaper
The Post-Standard	Camillus	NY	Newspaper
The Post-Standard	Chittenango	NY	Newspaper
The Post-Standard	Fulton	NY	Newspaper
The Post-Standard	Ithaca	NY	Newspaper
The Post-Standard	Manlius	NY	Newspaper
The Post-Standard	Syracuse	NY	Newspaper

The Post-Star	Glens Falls	NY	Newspaper
The Record	Troy	NY	Newspaper
The Recorder	Amsterdam	NY	Newspaper
	Saratoga		
The Saratogian	Springs	NY	Newspaper
The Times Union	Albany	NY	Newspaper
The Times-Herald	Olean	NY	Newspaper
	Washington,		
Time Warner Cable Syracuse	DC	NY	Television
Time Warner Cable, Cable 6 TV	Middletown	NY	Television
Times Herald-Record	Middletown	NY	Newspaper
Times Union	Albany	NY	Newspaper
	Saratoga		
Times Union	Springs	NY	Newspaper
Times Union	Troy	NY	Newspaper
Times-Record	Troy	NY	Newspaper
	North		
Tonawanda News	Tonawanda	NY	Newspaper
Union Sun & Lockport Journal	Lockport	NY	Newspaper
WAAL-FM	Binghamton	NY	Radio
WABT-FM	Schenectady	NY	Radio
WAER-FM	Syracuse	NY	Radio
WALF-FM	Alfred	NY	Radio
WALL-AM	Poughkeepsie	NY	Radio
WAMC-FM	Albany	NY	Radio
WAMK-FM	Albany	NY	Radio
WAQX-FM	Syracuse	NY	Radio
WASB-AM	Hamlin	NY	Radio
Watertown Daily Times	Watertown	NY	Newspaper
WATN-AM	Watertown	NY	Radio
WAUB-AM	Geneva	NY	Radio
WBBS-FM	Syracuse	NY	Radio
WBDB-FM	Ogdensburg	NY	Radio
WBEE-FM	Rochester	NY	Radio
WBEN-AM	Amherst	NY	Radio
WBFO-FM	Buffalo	NY	Radio
WBGT-TV	Rochester	NY	Television
WBLK-FM	Buffalo	NY	Radio
WBNG-TV	Binghamton	NY	Television
WBNG-TV	Johnson City	NY	Television
WBNR-AM	Beacon	NY	Radio
WBNY-FM	Buffalo	NY	Radio
WBPM-FM	Poughkeepsie	NY	Radio
WBRV-AM	Lowville	NY	Radio
WBSU-FM	Brockport	NY	Radio
WBTA-AM	Batavia	NY	Radio
WBUF-FM	Buffalo	NY	Radio
WBU-TV	Utica	NY	Television
WBWZ-FM	Poughkeepsie	NY	Radio
WBXL-FM	Baldwinsville	NY	Radio

WCBA-AM	Corning	NY	Radio
WCBA-FM	Corning	NY	Radio
WCBS-TV	White Plains	NY	Television
WCDB-FM	Albany	NY	Radio
WCDB-FM	Albany	NY	Radio
WCDO-AM	Sidney	NY	Radio
WCDO-FM	Sidney	NY	Radio
WCEL-FM	Albany	NY	Radio
WCGR-AM	Geneva	NY	Radio
WCHN-AM	Oneonta	NY	Radio
WCIZ-FM	Watertown	NY	Radio
WCJW-AM	Warsaw	NY	Radio
WCKM-FM	Glens Falls	NY	Radio
WCKR-FM	Hornell	NY	Radio
WCLI-AM	Corning	NY	Radio
WCMF-FM	Rochester	NY	Radio
WCNY-TV	Syracuse	NY	Television
WCOT	Utica	NY	Radio
WCSS-AM	Amsterdam	NY	Radio
WCTW-FM	Hudson	NY	Radio
WCVF-FM	Fredonia	NY	Radio
WCVM 1580 AM/Internet	Morrisville	NY	Radio
WCZX-FM	Poughkeepsie	NY	Radio
WDBA-FM	Bath	NY	Radio
WDBA-FM	Bath	NY	Radio
WDCX-FM	Buffalo	NY	Radio
WDX-FM	Rochester	NY	Radio
WDLA-FM	Walton	NY	Radio
WDLC-AM	Port Jervis	NY	Radio
WDNY-AM	Dansville	NY	Radio
WDOS-AM	Oneonta	NY	Radio
WDST-FM	Woodstock	NY	Radio
WDTU	Delhi	NY	Radio
WDWN-FM	Auburn	NY	Radio
WDWN-FM	Auburn	NY	Radio
WECK-AM	Buffalo	NY	Radio
WECK-AM	Buffalo	NY	Radio
WEDG-FM	Buffalo	NY	Radio
WEGQ-FM	Schenectady	NY	Radio
Wellsville Daily Reporter	Wellsville	NY	Newspaper
WELM-AM	Elmira	NY	Radio
WENT-AM	Gloversville	NY	Radio
WENY-AM	Corning	NY	Radio
WENY-FM	Corning	NY	Radio
WENY-TV	Horseheads	NY	Television
WEOK-AM	Poughkeepsie	NY	Radio
WEOS-FM	Geneva	NY	Radio
WETD 90.7 FM \"The Leap\"	Alfred	NY	Radio
WETM-TV	Elmira	NY	Television

WETM-TV	Elmira	NY	Television
WFGB-FM	Lake Katrine	NY	Radio
WFKL-FM	Rochester	NY	Radio
WFKP-FM	Poughkeepsie	NY	Radio
WFLK-FM	Geneva	NY	Radio
WFLR-AM	Dundee	NY	Radio
WFLR-FM	Dundee	NY	Radio
WFLY-FM	Latham	NY	Radio
WFNP-FM	New Paltz	NY	Radio
WFRG-FM	Marcy	NY	Radio
WFSO-FM	Olivebridge	NY	Radio
WFXF-FM	Rochester	NY	Radio
WFXL-TV	Albany	NY	Television
WFXV-TV	Utica	NY	Television
WGGO-AM	Salamanca	NY	Radio
WGHQ-AM	Kingston	NY	Radio
WGHQ-AM	Poughkeepsie	NY	Radio
WGIX-FM	Ogdensburg	NY	Radio
WGMC-FM	Rochester	NY	Radio
WGMM-FM	Corning	NY	Radio
WGNY-AM	Newburgh	NY	Radio
WGNY-FM	Newburgh	NY	Radio
WGR-AM	Buffalo	NY	Radio
WGRF-FM	Buffalo	NY	Radio
WGRZ-TV	Buffalo	NY	Television
WGRZ-TV	Buffalo	NY	Television
WGSU-FM	Geneseo	NY	Radio
WGY-AM	Lantham	NY	Radio
WHAM-AM	Rochester	NY	Radio
WHAM-AM	Rochester	NY	Radio
WHAM-TV	Rochester	NY	Radio
WHAZ-AM	Cohoes	NY	Radio
WHCU-AM	Ithaca	NY	Radio
WHDL-AM	Olean	NY	Radio
WHEC-TV	Rochester	NY	Television
WHEC-TV	Rochester	NY	Television
WHEN-AM	Syracuse	NY	Radio
WHHO-AM	Hornell	NY	Radio
WHLD-AM	Buffalo	NY	Radio
WHRL-FM	Albany	NY	Radio
WHRW-FM	Binghamton	NY	Radio
WHTT-FM	Buffalo	NY	Radio
WHTT-FM	Buffalo	NY	Radio
WHUD-FM	Beacon	NY	Radio
WHUG-FM	Jamestown	NY	Radio
WHVW-AM	Poughkeepsie	NY	Radio
WHWK-FM	Binghamton	NY	Radio
WIBX-AM	Marcy	NY	Radio
WICB-FM	Ithaca	NY	Radio

WICY-AM	Malone	NY	Radio
WICZ-TV	Binghamton	NY	Television
WICZ-TV	Vestal	NY	Television
WIFF-FM	Elmira	NY	Radio
WIII-FM	Cortland	NY	Radio
WINR-AM	Vestal	NY	Radio
WIRD-AM	Saranac Lake	NY	Radio
WIRQ-FM	Rochester	NY	Radio
WIRY-AM	Plattsburgh	NY	Radio
WITR-FM	Rochester	NY	Radio
WIVB-TV	Buffalo	NY	Television
WIVB-TV	Buffalo	NY	Television
WIVT-TV	Binghamton	NY	Television
WIVT-TV	Binghamton	NY	Television
WIXT-TV	Syracuse	NY	Television
WIZR-AM	Johnstown	NY	Radio
WJFF-FM	Jeffersonville	NY	Radio
WJLJ-AM	West Seneca	NY	Radio
WJQZ-FM	Wellsville	NY	Radio
WJTN-AM	Jamestown	NY	Radio
WJYE-FM	Buffalo	NY	Radio
WKBW-TV	Buffalo	NY	Television
WKBW-TV	Buffalo	NY	Television
WKIP-AM	Poughkeepsie	NY	Radio
WKLI-FM	Latham	NY	Radio
WKNY-AM	Kingston	NY	Radio
WKPQ-FM	Hornell	NY	Radio
WKRT-AM	Cortland	NY	Radio
WKSE-FM	Buffalo	NY	Radio
WKSN-AM	Jamestown	NY	Radio
WKTV-TV	Utica	NY	Television
WKTV-TV	Utica	NY	Television
WKXP-FM	Poughkeepsie	NY	Radio
WKXZ-FM	Oneonta	NY	Radio
WLEA-AM	Hornell	NY	Radio
WLIM-AM	Pomona	NY	Radio
WLNA-AM	Beacon	NY	Radio
WLPW-FM	Saranac Lake	NY	Radio
WLSV-AM	Wellsville	NY	Radio
WLVL-AM	Lockport	NY	Radio
WLVY-FM	Elmira	NY	Radio
WLZW-FM	Marcy	NY	Radio
WMAR 88.1 FM	Poughkeepsie	NY	Radio
WMCB 660 AM	Buffalo	NY	Radio
WMCR-FM	Oneida	NY	Radio
WMHR-FM	Syracuse	NY	Radio
WMHT-TV	Troy	NY	Television
WMML-AM	Queensbury	NY	Radio
WMNY-AM	Buffalo	NY	Radio

WMRV-FM	Vestal	NY	Radio
WMSA-AM	Massena	NY	Radio
WMXW-FM	Vestal	NY	Radio
WNBF-AM	Binghamton	NY	Radio
WNBF-AM	Binghamton	NY	Radio
WNBZ-AM	Saranac Lake	NY	Radio
WNED-AM	Buffalo	NY	Radio
WNED-FM	Buffalo	NY	Radio
WNED-TV	Buffalo	NY	Television
WNER-AM	Watertown	NY	Radio
WNKI-FM	Elmira	NY	Radio
WNLO-TV	Buffalo	NY	Television
WNSS-AM	Syracuse	NY	Radio
WNTQ-FM	Syracuse	NY	Radio
WNVE-FM	Rochester	NY	Radio
WNYF-TV	Watertown	NY	Television
WNYO-TV	Buffalo	NY	Television
WNYS-TV	Syracuse	NY	Television
WNYT-TV	Albany	NY	Television
WNYT-TV	Albany	NY	Television
WOEN-AM	Olean	NY	Radio
WOKR-TV	Rochester	NY	Television
WOLF-AM	Syracuse	NY	Radio
WOLF-FM	Syracuse	NY	Radio
WONY 90.9 FM	Oneonta	NY	Radio
WPBS-TV	Watertown	NY	Television
WPDH-FM	Poughkeepsie	NY	Radio
WPDM-AM	Potsdam	NY	Radio
WPGI-FM	Elmira	NY	Radio
WPHR-FM	Syracuse	NY	Radio
WPIG-FM	Olean	NY	Radio
WPKF-FM	Poughkeepsie	NY	Radio
WPSA-FM	Paul Smiths	NY	Radio
WPTZ-TV	Plattsburgh	NY	Television
WPXY-FM	Rochester	NY	Radio
WPYX-FM	Latham	NY	Radio
WQNY-FM	Ithaca	NY	Radio
WQRT-FM	Salamanca	NY	Radio
WQYQ-FM	Queensbury	NY	Radio
	Washington		
WRCK-FM	Mills	NY	Radio
WRCR-AM	Nanuet	NY	Radio
WRGB-TV	Schenectady	NY	Television
WRGB-TV	Schenectady	NY	Television
WRKL-AM	Ponona	NY	Radio
WRNQ-FM	Poughkeepsie	NY	Radio
WRNY-AM	Utica	NY	Radio
WROC-TV	Rochester	NY	Television
WROC-TV	Rochester	NY	Television

WROW-AM	Latham	NY	Radio
WRPI-FM	Troy	NY	Radio
WRRB-FM	Poughkeepsie	NY	Radio
WRRV-FM	Poughkeepsie	NY	Radio
WRUB	Buffalo	NY	Radio
WRUR-FM	Rochester	NY	Radio
WRVO-FM	Oswego	NY	Radio
WRWD-AM	Poughkeepsie	NY	Radio
WSFW-AM	Geneva	NY	Radio
WSIV-AM	East Syracuse	NY	Radio
WSKG-FM	Binghamton	NY	Radio
WSLB-AM	Ogdensburg	NY	Radio
WSLU-FM	Canton	NY	Radio
WSNN-FM	Potsdam	NY	Radio
WSPK-FM	Beacon	NY	Radio
	Saratoga		
WSPN-FM	Springs	NY	Radio
WSRK-FM	Oneonta	NY	Radio
WSTM-TV	Syracuse	NY	Television
WSTM-TV	Syracuse	NY	Television
WSUC 90.5 FM	Cortland	NY	Radio
WSUL-FM	Monticello	NY	Radio
WSYR-AM	Syracuse	NY	Radio
WSYR-AM	Syracuse	NY	Radio
WSYR-TV	East Syracuse	NY	Television
WSYT-TV	Syracuse	NY	Television
WTBQ-AM	Florida	NY	Radio
WTC3	Dryden	NY	Radio
WTEN-TV	Albany	NY	Television
WTEN-TV	Albany	NY	Television
WTKO-AM	Ithaca	NY	Radio
WTKV-FM	Syracuse	NY	Radio
	Washington		
WTLB-AM	Mills	NY	Radio
WTMM-AM	Schenectady	NY	Radio
WTNY-AM	Watertown	NY	Radio
WTOJ-FM	Watertown	NY	Radio
WTOP-TV	Oswego	NY	Television
WTRY-FM	Latham	NY	Radio
WTSS-FM	Buffalo	NY	Radio
WTVH-TV	Syracuse	NY	Television
WTVH-TV	Syracuse	NY	Television
WUHF-TV	Rochester	NY	Television
WUTQ-AM	Utica	NY	Radio
WUTR-TV	Utica	NY	Television
WUTV-TV	Buffalo	NY	Television
WUTV-TV	Grand Island	NY	Television
WVBR-FM	Ithaca	NY	Radio
WVCR-FM	Loudonville	NY	Radio
WVCR-FM	Loudonville	NY	Radio

WVIN-FM	Bath	NY	Radio
WVKR-FM	Poughkeepsie	NY	Radio
WVOA-FM	East Syracuse	NY	Radio
WVOR-FM	Rochester	NY	Radio
WVOS-AM	Ferndale	NY	Radio
WVOS-FM	Liberty	NY	Radio
WWKB-AM	Buffalo	NY	Radio
WWLE-AM	Newburgh	NY	Radio
WWLF-AM	Syracuse	NY	Radio
WWNY-TV	Watertown	NY	Television
WWSC-AM	Glens Falls	NY	Radio
WWSE-FM	Jamestown	NY	Radio
WWTI-TV	Watertown	NY	Television
WWTI-TV	Watertown	NY	Television
WWWS-AM	Buffalo	NY	Radio
WWYL-FM	Binghamton	NY	Radio
WXPB-FM	White Plains	NY	Radio
WXRL-AM	Lancaster	NY	Radio
WXXA-TV	Albany	NY	Television
WXXA-TV	Albany	NY	Television
WXXI-AM	Rochester	NY	Radio
WXXI-FM	Rochester	NY	Radio
WXXI-TV	Rochester	NY	Television
WXXI-TV*	Rochester	NY	Television
WYBG-AM	Massena	NY	Radio
WYDC-TV	Corning	NY	Television
WYJB-FM	Latham	NY	Radio
WYLF-AM	Penn Yan	NY	Radio
WYRK-FM	Buffalo	NY	Radio
WYSL 1040	Rochester	NY	Radio
WYXL-FM	Ithaca	NY	Radio
WYYY-FM	Syracuse	NY	Radio
WZAD-FM	Poughkeepsie	NY	Radio
WZCR-FM	Hudson	NY	Radio
WZNE-FM	Rochester	NY	Radio