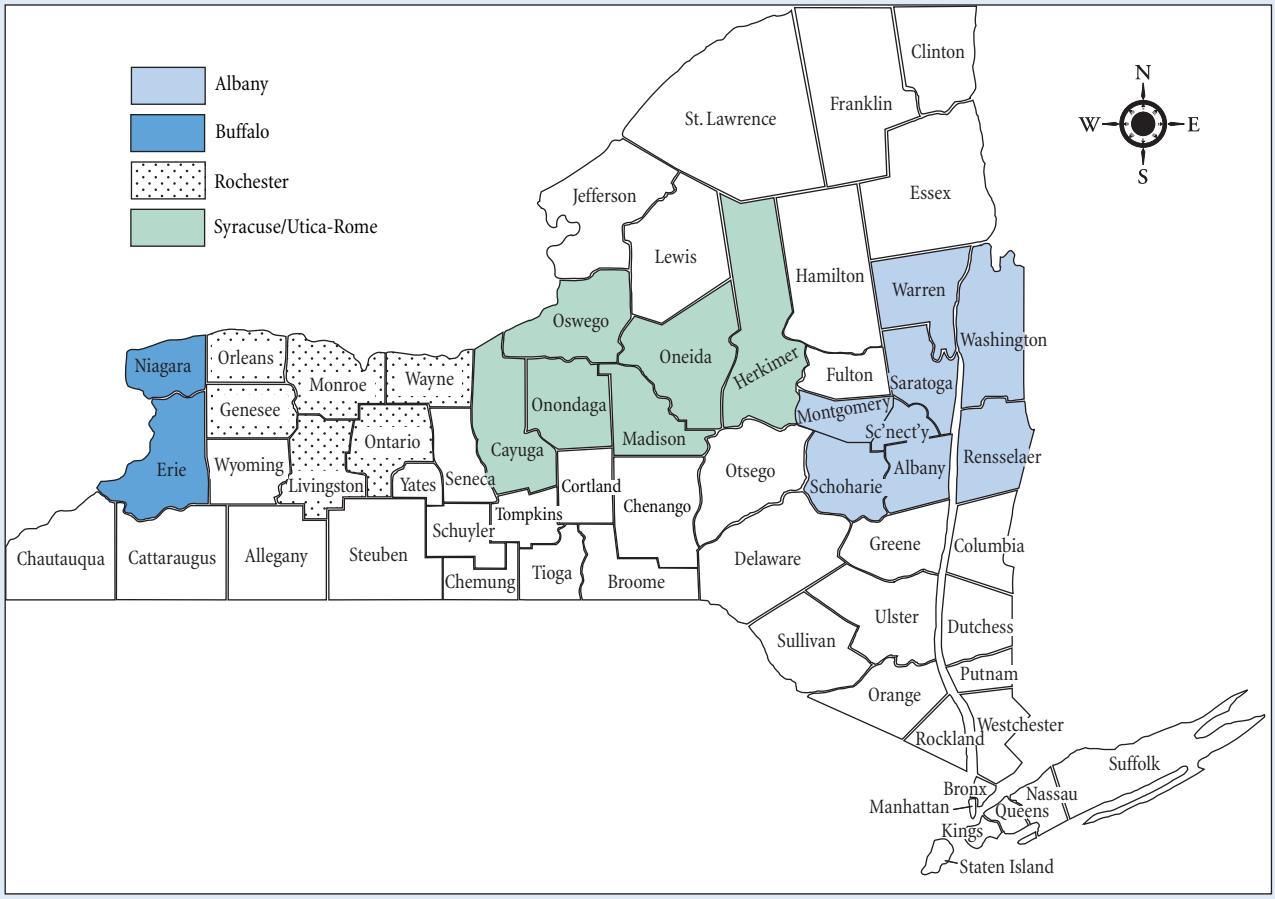Appendix A: Upstate New York Metropolitan Statistical Areas Examined