

There are Four Areas in Region 1

■ Southern

- Connecticut
- Long Island
- New York
- North Jersey
- Princeton-Central Jersey
- New Jersey Coast

■ Western

- Binghamton
- Buffalo
- Ithaca
- Rochester
- Syracuse



■ Northeastern

- Boston
- Maine
- New Hampshire
- Providence
- Worcester County

■ Central

- Berkshire
- Mid-Hudson
- Mohawk Valley
- Schenectady
- Springfield
- Green Mountain (VT)