



Psychology Internship Training Program Bath VA Medical Center

Bath Veterans Affairs Medical Center
76 Veterans Ave, Bath, NY 14830
(607) 664-4000 ext. 43935
<http://www.bath.va.gov>

**MATCH Number Program Code: 234411
Applications Due: November 7, 2016**

Accreditation Status

The pre-doctoral internship program at the Bath VA Medical Center in Upstate NY is a newly-funded VA internship site that is a member of APPIC but is not accredited by the APA. In accordance with VA Psychology Qualification standards, interns who have successfully completed an internship at the VA, even if not yet accredited, ARE ELIGIBLE for VA Postdoctoral Fellowships or VA employment.

Introduction

The Bath VA Medical Center Pre-doctoral Internship provides qualified doctoral candidates generalist training with a variety of psychiatric, medical, and geriatric patients in residential and outpatient settings. Internship graduates are prepared for professional practice in VA facilities as well as a wide range of health care settings, including medical centers and non-VA hospitals that primarily serve adults.



Bath VA Medical Center



Keuka Lake, located seven miles north of the Bath VA

Training Settings

Bath VA provides primary and behavioral health care throughout a rural seven-county area of southern New York and northern Pennsylvania. Patients are served at two additional community-based outpatient clinics. Training takes place at the main hospital and the Domiciliary, all conveniently located at the main campus. Interns are provided a private office with a dedicated computer and phone.

Aims

The Bath VA Psychology pre-doctoral internship follows a scholar-practitioner model to prepare interns as competent entry-level psychologists, serving as clinicians for an adult population. We believe that psychological practice and scholarly inquiry are symbiotic and mutually informing, and emphasize learning-by-doing. Interns will acquire knowledge and develop skills in the following areas: ethics, diversity, consultation, assessment, evidence-based practices, and foundational personal and professional skills.

We emphasize a generalist approach that aims to develop proficient diagnosticians with the ability to practice both short and long term therapeutic strategies using individual and group approaches. In addition to core training rotations in outpatient mental health and substance use, interns are provided exposure to a number of specialties (e.g., primary care, neuropsychology, PTSD clinic). As a result, interns are provided a strong foundation for future specialization at the post-doctoral level.

Clinical practice at the Bath VA is informed by research and interns have the opportunity to receive training in evidence-based treatments, including cognitive-behavioral interventions, problem-solving therapy, acceptance and commitment therapy, cognitive processing therapy, and prolonged exposure therapy. We expect interns to think critically, to generate and test hypotheses related to their clinical work and become educated consumers of clinical research.

Our focus at the Bath VA is clinical practice and excellent service delivery in a setting where self-reflection and mentoring is valued. The intern is guided through training from a developmental approach; interns will begin by observing their supervisors' clinical work, will advance to conducting assessment and therapy while receiving in-vivo supervision and feedback, and graduate to junior colleague status within each clinical rotation.

Our training program is sensitive to individual differences and diversity and is predicated on the idea that psychology practice is improved when we develop a broader and more compassionate view of individual differences. In our efforts to train culturally aware and competent psychologists, our program integrates diversity-focused training in the forms of clinical supervision, didactic seminars and clinical case conferences. Our program faculty has expertise working with patients from various racial/ethnic groups, sexual/gender orientations, religious affiliations, and age groups.

By the conclusion of the internship year, interns are expected to demonstrate competency in the following areas:

- 1. Research** - Consistent with our Scholar-Practitioner Model, Interns will demonstrate the ability to integrate scientific literature findings into the clinical conceptualization process and apply empirically-based services in both therapy and assessment contexts.
- 2. Ethical and Legal Standards** - Interns will increase awareness of ethical and legal standards related to the provision of clinical Psychology in general and within a VA setting. This will include an emphasis on providing ethical care with appropriate cultural and diversity competencies. Interns will demonstrate knowledge and implementation of ethical standards of the APA and relevant local and federal laws.
- 3. Individual and Cultural Diversity** - Interns will demonstrate awareness of the need to identify and consider cultural diversity and individual differences and integrate it within the clinical and professional setting. They will have a mature understanding of issues related to ethnic, cultural, gender, and sexual diversity.
- 4. Professional Values, Attitudes, and Behaviors** - As professional identity is constantly evolving at the Internship level of practice, the Bath VAMC Internship will foster the Intern's ability to operate within, and contribute to, an interprofessional team. This will be accomplished by emphasizing appropriate, professional behavior towards staff, Veterans, and other individuals in the treatment setting. The Internship develops skills in maintaining a sense of balance and self-care, a professional demeanor in times of stress, and effective time-management in both administrative and clinical duties.
- 5. Communication and Interpersonal Skills** - Interns will display effective interpersonal and communication skills with patients, their families, and staff. They will show an ability to form supportive and appropriate working relationships with patients and staff.
- 6. Psychological Assessment** - Interns will develop skills in conducting intake interviews (including a biopsychosocial history); administering, scoring, and interpreting

psychological assessment instruments; integrating standardized assessment tools with interview information; writing comprehensive reports tailored to the unique needs of the setting; and providing appropriate feedback to patients and families.

7. Intervention - Interns will develop the ability to provide professional entry-level skills in psychotherapy and interventions for various mental health conditions, including individual and group psychotherapy. This will include the timely documentation of services provided, appropriate case conceptualization, identification of treatment goals, identification of crisis needs, and interprofessional collaboration.

8. Supervision - The Bath VAMC provides didactic and simulated training in supervision. Interns will learn about theories and supervision competencies, display an ability to provide effective feedback and detect and adapt to the developmental level of supervisee.

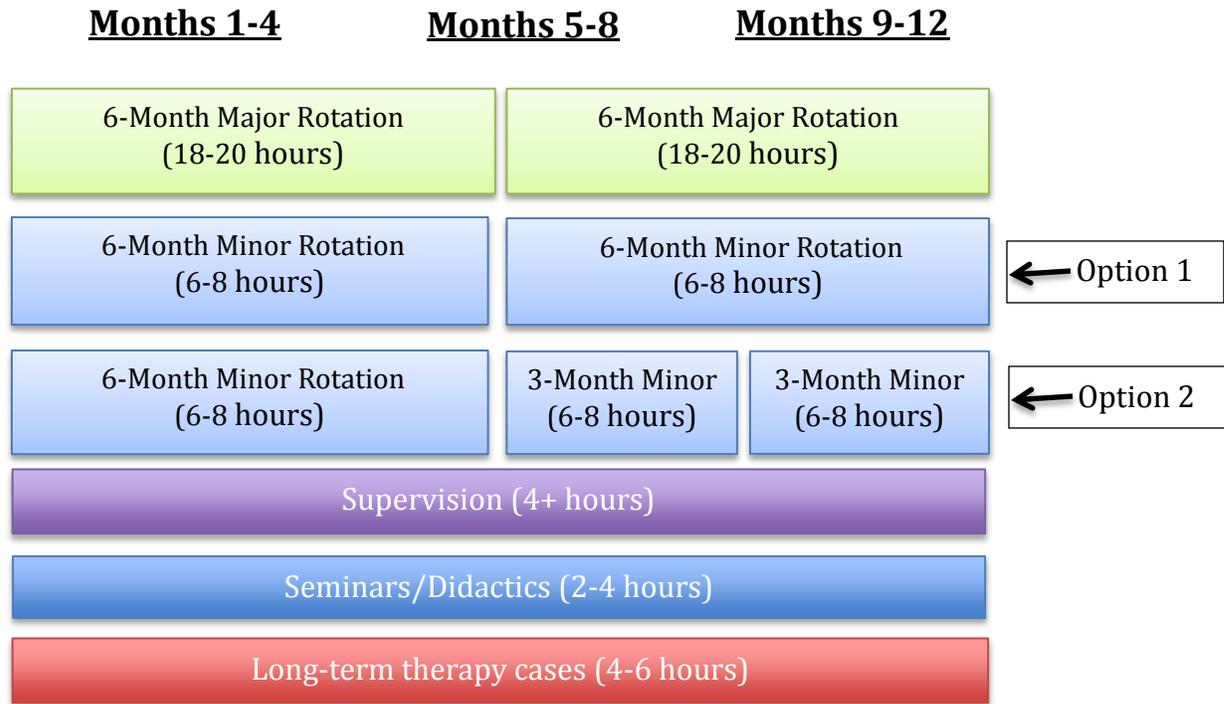
9. Consultation and Interprofessional/Interdisciplinary Skills - Interns will develop clinical skills within the context of interdisciplinary teams. They will demonstrate an ability to effectively consult within interdisciplinary teams, develop rapport and open communication with non-psychologist staff, and be able to seek and integrate feedback from other disciplines appropriately.

Program Structure

Our Internship offers full-time, generalist training in the practice of professional Psychology within a multidisciplinary Veterans Affairs Medical center with rural outpatient clinics. Psychology interns are required by VA Central Office to complete 2080 hours of internship training during the 12-month internship year (including all approved leave time). For the 2017-2018 training year, the Bath VA Psychology Internship will offer two positions, each providing generalist training with the option to continue to explore areas of interest further throughout the year via minor rotations. Interns will be required to provide long-term psychotherapy for four patients at the Domiciliary or Outpatient Mental Health clinic for the year. Interns are required to spend at least 25% of their time performing clinical activities, for a minimum of 500 clinical contact hours over the course of the internship year. Each week, interns will receive a MINIMUM of two hours of individual, face-to-face supervision with their major rotation supervisor, one hour of individual, face-to-face supervision with their minor supervisor, and one hour of group supervision with the Training Director. This is in compliance with APA standards. Many rotations offer more than the required four hours, due to programmatic structure, and/or additional team meetings and consultations that occur as part of the training experience. Figure 1 is an example of training structure.

Rotations: Major rotations last for six months each, resulting in two semesters, and include General Mental Health and the Domiciliary. Major rotations will comprise 18-20 hours of the intern's week. Interns choose among various minor rotations for each of the semesters. These combined experiences account for approximately 6-8 hours/week.

Figure 1. Training Structure



MAJOR ROTATIONS

General Mental Health

The Behavioral Health Outpatient Clinic (BHOC) provides a range of outpatient mental health services to veterans reflecting a broad spectrum of mental health diagnoses and concerns. Most common diagnoses include PTSD and depressive disorders, followed by substance use and other serious psychiatric disorders (e.g., psychosis, bipolar disorder). The BHOC multidisciplinary team is comprised of psychiatrists, psychologists, psychiatric nurse practitioners, social workers, nursing case managers, and medical support assistants. Treatment team meetings involving all outpatient clinical staff, as well as representatives from PRRC and MHICM teams and the Suicide Prevention Coordinator, are conducted on a twice-weekly basis to collaboratively discuss and address complex treatment concerns. Interns will have the opportunity to engage in individual and group psychotherapy, psychological and cognitive assessment, frequent formal and informal consultation with the multidisciplinary team, and consultation with other medical professionals within the facility. Interns will participate in educational seminars, and will have the opportunity to learn a number of empirically-based treatments, such as problem solving therapy, cognitive behavioral therapy, cognitive processing therapy, prolonged exposure therapy, and acceptance and commitment therapy.

Substance Use Treatment

The Domiciliary Residential Rehabilitation Treatment Program (DRRTP) is a 187-bed residential treatment program that serves veterans who are dealing with issues such as substance abuse, mental health, homelessness, and unemployment. The Domiciliary

provides a residential, rehabilitative, therapeutic environment with a goal of successfully reintegrating veterans back into the community. The DR RTP patient population is comprised of a culturally diverse group of veterans with dual diagnosis (substance use disorders as a co-morbidity of another mental illness). Interns will have the opportunity to engage in individual and group psychotherapy, psychological and cognitive assessment, and consultation with professional staff. Interns will also have the opportunity to learn a number of evidence-based treatment modalities such as cognitive-behavioral therapy for chronic pain, mindfulness-based relapse prevention, cognitive-behavioral therapy for depression, cognitive processing therapy, and motivational interviewing.

MINOR ROTATIONS

Interns have the option of extending their major rotations throughout the internship year and/or participating in the minor rotations below, which will be reflected in their individualized training plan. Dependent on interest and availability, other clinical opportunities may be available, and tailored to the intern's needs.

Health Psychology

The Home Based Primary Care Program (HBPC) provides services to homebound veterans dealing with numerous and complex medical issues. The patient population is comprised of an older adult population; average age is 75 years and nearly one-third struggle with cognitive deficits. HBPC patients often need skilled services, case management, and assistance with activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily living. In that regard, all patients are provided comprehensive care from a close-knit interprofessional team of psychologists, social workers, nurses, nurse practitioners, physical therapists, and dieticians. Interns will have the opportunity to engage in individual psychotherapy for patients and caregivers, psychological and cognitive assessment (with particular emphasis on adjustment to medical difficulties and capacity), and frequent formal and informal consultation within the interprofessional team. Interns will also participate in monthly HBPC case conferences and monthly education seminars, and will have the opportunity to learn a number of time-limited empirically-based treatments, such as problem-solving therapy and cognitive behavioral therapy, in addition to motivational interviewing and acceptance and commitment approaches.

Neuropsychology

Interested interns have the opportunity to learn about and provide neuropsychological clinical interviews, selection of appropriate neuropsychological assessment instruments, test administration, scoring, report writing, and how to provide patient feedback. In addition, there may be opportunities to perform evaluations for medical or decision-making capacity, as well as capacity to live independently.

PTSD

This minor rotation (six-month rotation) offers the intern exposure to the assessment, diagnosis, and treatment of veterans in recovery from PTSD. There are opportunities to understand the dual-diagnosis aspects of PTSD, the role of cultural variables in conceptualization and treatment, and the accumulated effects of trauma across the lifespan behaviorally, interpersonally, and intrapsychically. The intern will gain experience in evidence-based psychotherapies for PTSD, such as cognitive processing therapy and prolonged exposure therapy, and in the role of a psychologist as a treatment provider, interdisciplinary team member, and consultant.

SUPPLEMENTAL EXPERIENCES: Depending on their interest, interns may have additional learning opportunities within the Psychosocial Rehabilitation and Recovery Center (an intensive outpatient treatment program), Suicide Prevention Program, Integrated Mental Health, End of Life Services, the Homeless Program, Community Living Center, and Bariatric Surgery.

Seminars (4 hours): Instruction in a wide range of clinical and professional issues takes place in the weekly Special Topics Seminar. Topics typically covered in the seminar include psychopathology, treatment-specific interventions, and areas of professional development. A Diversity Seminar series meets monthly. Finally, interns may be given authorized time to attend regional and national professional conferences and continuing education workshops.

Evaluation of Interns: Interns will undergo individualized planning and periodic reassessment of goals. At the beginning of each six-month rotation, interns will describe their individual learning goals in that placement. At the mid-point of each major rotation (i.e., at three months), interns evaluate themselves, as well as the placement, in order to identify those factors that help or hinder the attainment of their own training goals. Concurrently, supervisors will written evaluations of interns' performance, with consideration for the interns' stated goals, the standard of practice in the clinical setting, and the exit criteria of the pre-doctoral internship program. Formal, written evaluations will be conducted at the mid-and end-points of each major rotation, for a total of four written evaluations throughout the year.

PSYCHOLOGY FACULTY

Dr. Erin Shae Johns is a licensed clinical psychologist, serving with the Domiciliary Residential Rehabilitation Treatment Program (DRRTP). Dr. Johns earned her Ph.D. in Clinical Psychology and M.S. in Clinical Psychopharmacology from Nova Southeastern University. She completed her pre-doctoral internship in clinical/military psychology at Brooke Army Medical Center in San Antonio, TX, where she was commissioned as an Active Duty officer in the Army. She utilizes motivational interviewing, cognitive behavioral, cognitive processing therapy, prolonged exposure and other evidence based treatment modalities to treat military and veteran patients with PTSD, depression, and suicidality.

Dr. Jim Kittleson serves as Chief of Psychology. In addition to duties as Chief of Psychology, Dr. Kittleson serves as licensed clinical psychologist for the Behavioral Health Outpatient Clinic. His clinical interests and duties include neuropsychological and psychological assessment, as well as therapy with individuals who struggle with symptoms of PTSD, depressive disorders, other anxiety disorders, and co-morbid substance use and mood disorders. Dr. Kittleson earned his Psy.D. in Clinical Psychology at Wheaton College, Wheaton, IL. He completed his pre-doctoral internship at the Department of Veterans Affairs Western NY Healthcare System, Buffalo, NY, and his post-doctoral fellowship in the Federal Bureau of Prisons at the Federal Medical Center, Rochester, Minnesota. He has been board certified in Clinical Psychology by the American Board of Professional Psychology since 2010. Dr. Kittleson has participated in VA approved grant research in the area of traumatic brain injury and he has co-authored articles related to traumatic brain injury.

Dr. Carlie Phillips is a licensed clinical psychologist in the Behavioral Health Outpatient Clinic, serving as the PTSD/SUD Specialist. Dr. Phillips earned her Psy.D. in Clinical Psychology from Spalding University in Louisville, Kentucky. She completed her pre-doctoral internship and post-doctoral training at the Lexington VA Medical Center in Lexington, Kentucky. Dr. Phillips specializes in the assessment and treatment of PTSD and comorbid disorders, integrating both cognitive-behavioral and interpersonal theories and interventions. She provides evidence-based treatments to veterans in individual and group settings and is a certified provider in cognitive processing therapy and prolonged exposure therapy. Her clinical and research interests include trauma, anxiety disorders, exposure-based therapies, and post-deployment readjustment in OEF/OIF/OND veterans. Recent presentations have included topics such as assessment of trauma, treatment considerations and approaches with comorbid substance use and PTSD, and mental health protective factors in veterans returning from Iraq and Afghanistan.

Dr. Elaine M. Rivas is a licensed clinical psychologist at the Bath VA serving with the Behavioral Health Outpatient Clinic. Dr. Rivas earned her Ph.D. in Clinical Psychology from University of Tennessee, Knoxville, and completed her pre-doctoral internship at NYU Bellevue Hospital Center in New York, New York. She has been trained in psychodynamic psychotherapy, motivational enhancement therapy, acceptance and commitment therapy, and cognitive processing therapy. Her clinical interests include diagnostic assessment and working with individuals with personality disorders, severe and persistent mental illness, and posttraumatic stress disorder.

Dr. Danielle L. Terry is the Director of Training for the Bath VA Medical Center Pre-Doctoral Internship program, and serves as the licensed clinical psychologist for the Home Based Primary Care (HBPC) program. In this capacity, she provides time-limited behavioral therapy, using motivational interviewing, cognitive behavioral, and acceptance and commitment approaches. Dr. Terry earned her Ph.D. in Clinical Psychology from Syracuse University and completed a behavioral health pre-doctoral

internship at Geisinger Medical Center in Danville, Pennsylvania. Her current clinical interests include health psychology, end-of-life issues, and bereavement. Dr. Terry's published research has encompassed the areas of alcohol and tobacco use, and media use and multitasking.

Dr. Anastasia Zyuban serves as a licensed clinical psychologist at the Center's Domiciliary Residential Rehabilitation Treatment Program (DRRTP). In this capacity, she provides individual and group psychotherapy, psychological and cognitive assessment, and consultation to professional staff concerning clinical assessment findings and appropriate intervention and treatment plans. Dr. Zyuban earned her Ph.D. in Clinical Psychology from Long Island University, Brooklyn, and completed her pre-doctoral internship at Creedmoor Psychiatric Center, Queens, New York. While her background is mostly relational and psychodynamic, she also provides a number of evidence-based treatment modalities in both the group and individual setting. These include cognitive-behavioral therapy for chronic pain, mindfulness-based relapse prevention therapy, cognitive-behavioral therapy for depression, cognitive processing therapy, and motivational interviewing.

APPLYING TO THE PROGRAM

OUR APPIC INTERNSHIP MATCHING PROGRAM CODE IS 234411.

Our internship program is using the APPIC Application for Psychology Internship (AAPI) to enable you to complete one application for all sites that are participating in the APPIC uniform application process. The AAPI is available through the APPIC web site. Please go to the APPIC web site at www.appic.org for more information about accessing and completing the online application.

Please be aware that the "Academic Program's Verification of Internship Eligibility and Readiness" form must be submitted ELECTRONICALLY to the internship site by your graduate Director of Clinical Training. Instructions regarding this part of the application process are contained in the online AAPI.

Our program participates in the APPIC match and applications must be submitted through the online AAPI (which can be found at the APPIC website: www.appic.org). Deadline for application is November 7th. No mail or email application materials will be accepted. It is required that applicants include: curriculum vitae and three letters of recommendation. All candidates are to be certified by their Directors of Training that they are academically ready to start internship. Applicants curriculum vitae and three letters of recommendation should also be submitted through the online AAPI. Applicants are encouraged to complete the application as early as possible so that ample time will be available for application review.

Selection Procedures and Interviews

Our internship program utilizes a two-part selection procedure. Completed applications are initially reviewed by the Training Director. Current enrollment in an APA or CPA-approved graduate program, completion of the dissertation or doctoral project proposal, and United States citizenship are all required for entry into our internship program. After initial review, applications that are still under consideration are reviewed by additional Staff Psychologists and then ranked according to applicants' number of practicum hours, assessment experience, variety of practicum placements, and letters of recommendation. Applicants' responses to essay questions on the AAPI are used to gauge the "goodness of fit" between the student and our training site. We seek applicants who have a strong academic foundation from their doctoral program, and who have mastered basic skills in standard assessment and intervention techniques from their practicum experiences. The majority of our patients are adults who present with combined medical and psychiatric symptoms, and we prefer applicants who demonstrate an interest in this population through their past exposure to similar training experiences and articulation of their future career goals.

As part of the application process, we hold interviews by invitation only. On-site interviews are not required but are highly recommended as an opportunity to interact with our faculty and campus. If you cannot arrange to come in person, we will attempt to schedule a telephone or video interview.

Applicants invited for an interview will be notified by December 9, via e-mail. We will also contact applicants via e-mail who are not being invited for interviews by December 9. If you do not have an email address, you will need to phone Dr. Terry (Training Director) at (607) 664-4000 x43935 to inquire into your status.

If you are invited for an interview, we will ask that you make a firm commitment to one of two dates that will be identified in the notification email, or to make arrangements for pre-scheduled video or phone interview. **Failure to attend a scheduled interview date or to take part in a scheduled video or phone interview will result in your application being withdrawn from further consideration.** If you are invited for an interview, plan on being at the Bath VAMC from 9 AM until approximately 1:30 PM on the day of your visit. You will be joining other applicants in a group format during the morning hours in meetings with the Training Director and taking a tour of the facility. During the afternoon, you will be meeting with pairs of Staff Psychologists for individual interviews. Individual interviews are evaluated according to several factors, including your responses to questions about difficult situations you've handled in the past, questions about difficult diagnostic dilemmas and treatment challenges, and how well our site meets your training needs and interests.

Our program is participating in the APPIC Computer Match Program so you will need to obtain an Applicant Agreement Package from National Matching Services, Inc to register for the Match. You can download the Applicant Agreement form at

www.natmatch.com/psychint. If you do not register, you will not be eligible to match with any APPIC programs. We recommend that you carefully review the official APPIC Match Policies and the Internship Matching Program Schedule of Dates, with are also available at www.appic.org.

Finally, it is important to note that a CERTIFICATION OF REGISTRATION STATUS and CERTIFICATION OF U.S. CITIZENSHIP are required to become a VA Intern. The Federal Government requires that male applicants to VA positions who were born after 12/31/1959 must sign a Pre-appointment Certification Statement for Selective Service Registration before they are employed. It is not necessary to submit this form with the application, but if you match with this Internship and fit the above criteria, it will be required. All Interns will have to complete a Certification of Citizenship in the United States prior to beginning Internship. We will not consider applications from anyone who is not currently a U. S. Citizen.

If you have questions regarding APPIC procedures, their telephone number is (202) 347-0022. The telephone number for the American Psychological Association is (202) 336-5979. The number for National Matching Services is (416) 977-3431.

For your application to be complete, we must receive the following materials through APPIC by 11/7/16:

- **Online APPIC Application for Psychology Internship (AAPI)**
- **Your Curriculum Vitae—to be submitted as part of AAPI**
- **Three letters of recommendation—to be submitted as part of AAPI**
- **Graduate school transcripts—to be submitted as part of AAPI**
- **Your Academic Program Verification of Internship Eligibility and Readiness Form—to be submitted by your Director of Clinical Training as part of AAPI**
- **Cover letter (no longer than two pages) addressing how your experiences to date and current career goals make you a good fit for the training offered at Bath VAMC**

Requests for further information should be directed to:

Danielle L. Terry, Ph.D., Director of Training
Bath VA Medical Center
76 Veterans Ave, Bldg 32
Bath, NY 14810
E-mail: Danielle.Terry@va.gov

All materials must be submitted electronically as part of the online AAPI.

Please read all relevant instructions carefully to ensure that transcripts, letters of recommendation, and the Academic Program Verification of Internship Eligibility and Readiness forms are submitted in a timely manner. Applications that are not completed by 4:00 EST on 11/7/16 will not be considered, even if portions of the application have been submitted prior to that date and time.

This internship site abides by the [APPIC policy](#) that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. Additionally our program follows the APPIC policy on nondiscrimination, in regard to race/ethnic background, age, gender, sexual orientation or disabilities. You are encouraged to read or download the complete text of their regulations governing program membership and the match process from APPIC's Website. The Federal Government is an Equal Opportunity employer.

The Bath VAMC encourages applications from individuals with diverse backgrounds and with a variety of experiences. As an equal opportunity training program, the Internship welcomes and strongly encourages applications from all qualified candidates, regardless of racial, ethnic, religious, sexual orientation, disability, or other minority status. This agency provides reasonable accommodation to applicants with disabilities where appropriate. If you need reasonable accommodations for any part of the application or hiring process, please notify Dr. Terry by telephone or email. Determinations on requests for reasonable accommodation will be made on an individualized basis. We do not require self-disclosure of sensitive personal information during our interviews.

Bath and the Finger Lakes Region



The Bath VA is located in the city of Bath, New York, at the heart of the beautiful Finger Lakes region. With a population of over 12,000, Bath is surrounded by quaint small towns, rural agricultural areas, and small city communities.

The Finger Lakes is well known as wine country, and the scenic area provides opportunities for numerous outdoor activities, including kayaking, sailing, hiking, swimming, x-country and downhill skiing, snowshoeing.

Bath is also located near numerous scenic parks including the “Grand Canyon of the East” at Letchworth State Park (ranked the #1 State Park in the Nation in 2015), beautiful Watkins Glen State Park, and Ithaca’s gorges. The city of Watkins Glen, less than an hour from Bath, is also home to Watkins Glen International, the sports car racing facility and host of the United States Grand Prix. Bath is also only a half hour drive from the historic city of Corning, home to the Corning Glass Museum, and the Rockwell Museum of Art. Bath is only a short drive from larger cities such as Rochester, Buffalo, and Binghamton.

Cost of living: The average rent is \$536 per month, and the average cost of a home is \$86,156. On-station housing for interns may be available at a monthly rate, and is dependent on availability.

Climate: Bath experiences four distinct seasons, with an average snowfall of 47 inches per year.

Transportation: Although there is a local bus route, the majority of people get to and from Bath VA by car.

Local Attractions:

[Letchworth State Park: "Grand Canyon of the East"](#)

[Corning Museum of Glass](#)

[The Rockwell Museum](#)

[Finger Lakes Wine Country](#)

[Watkins Glen State Park](#)

[Ithaca Gorges](#)

[Greek Peak Mountain Resort](#)

[The New York State Fair](#)

[Finger Lakes Boating](#)

[Auto Racing and Nascar](#)