FROM THE PUBLISHERS: JUNE 2004

It's summer time in the Capital Region. We are pleased to bring you this simple guide to the best in entertainment, amateur leagues and sports action in the area.

This second edition of the Journal include some perspectives on the music scene in Albany, Schnectady and Saratoga as top entertainers hit the region, including Sting, Eric Clapton, Clay Aiken, The Four Tops & The Temptations and Van Halen.

We have a new feature challenging golfers to attack the **Top Five Toughest Holes**. There's a preview of the upcoming baseball season for the **Valley Cats**, a report on the **Albany Conquest in 2004** and a look at the **Sirius Watkins Glen NASCAR Race** in August.

We also provide readers with an up close and personal interview with **Conquest Head Coach Rick Buffington** who is returning to the Capital region after his debut as the Firebirds head coach in the early 1990's.

There's a "gate raiser" article for the upcoming **2004 Saratoga Raceway Season.** Horse fans are looking forward to Belmont Stakes winner, **Birdstone**, race for the winner's circle as he returns to his home track.

So enjoy the **Capital Region Sports, Amateur Leagues and Entertainment Journal**, and have fun this summer.

