



1980 • Our 38<sup>th</sup> Year! • 2018  
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**Health & Fitness**  
issue next week

## Democratic Congress hopefuls drew throng



About 200 people attended the candidates forum on Sunday at the Moreau Community Center in South Glens Falls. **Story, page 10.** Chronicle photo/David Cederstrom

## Frosts' week in Cuba

By Mark Frost  
Chronicle Editor

Our family — my wife Sandra, our sons Alexander and Max, Max's girlfriend Kira and I — spent New Year's week in Cuba.

Like Sandy's and my trip to India a year ago, it was a "vacation" that defies easy description.

Cuba, as you know, is a Communist country still headed by a Castro, Fidel's brother Raoul.

Government is omnipresent.

No commercial billboards are allowed. The only advertising is government messages.

I saw "¡SOCIALISMO O MUERTE!" painted on a roadside barrier.

"Socialism or Death," translated Erik, our good, smart, interesting guide for the week.

Like all the guides, Erik is a government employee.

When I asked about newspapers, he said there are only two. The government owns them.

Its message is that ordinary people thrive in Cuba because of the Revolution that ousted the dictator Batista on Jan. 1, 1959.

Ninety-four percent of people own their home or apartment, and pay no property tax, we were told. Education is free, including college. But Max asked how many people actually go to college and

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## Luke Dow: Reasons for arming LGPC officers 'ridiculous'

Editor:

I can understand what [Lake George Park Commission vice chairman] Ken Parker is trying to do. Protecting any law enforcement officers against potential threats is a reasonable worry. But the reasons that Mr. Parker stated for arming of the Park Commission officers on Lake George are just ridiculous.

**Letters to The Chronicle**

Here is why I say that:

1. The rules LGPC enforces are boating regulations, i.e. speed limits, navigation lights, pfd's, island permits, etc...I cannot think of a need for them to carry weapons. If there are any situa-

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## To her surprise, Kate's new baby is a girl!

By Kate Austin-Avon  
Chronicle Freelance

"Cory, his head is coming out! Catch him!" I shouted.

Gasps filled the room and my husband passed our new baby up to me.

I was confused. My son Alexander looked like an alien. Something was missing.

Elizabeth Anne Marie Austin-Avon was born on December 23.

We'd chosen not to find out her gender beforehand.

I have two boys, so I figured the best moment to come to terms with the fact that I'd never



Elizabeth — Ellie — was born Dec. 23.

have a daughter was when I'm falling in love with my new son — and reveling in the fact that he was no longer coming out of me.

Immediately I began to think of how hard it will be to raise a daughter, though. I've spent six years talking myself out of ever wanting one. There are so many

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**Villanova & Duke calling on Joseph Girard III**

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