

0:05 Show Intro

Story 1 – 41 sec

<https://www.nytimes.com/2020/10/27/nyregion/nxivm-cult-keith-raniere-sentenced.html>

Infamous cult leader Keith Raniere, referred to as Vangaurd by his followers, has been sentenced to 120 years in federal prison for sex trafficking and a litany of other crimes committed by Raniere who founded the international self-help group Nexium whose main base of operation was in Albany.

Raniere touted himself a genius with one of the highest I.Q. scores in the world. In reality, prosecutors have said, he graduated with a 2.26 grade point average from Rensselaer Polytechnic Institute in Troy, N.Y.

Story 2 – 1 min 52 sec

<https://wnyt.com/schenectady-new-york-news/glenville-police-growing-beards-to-help-fight-muscular-dystrophy-finlay-and-cullen-gilbert-schenectady-county/5915468/?cat=10114>

<https://abcnews.go.com/Health/wanted-movember-shave-november/story?id=26654042>

The Glenville Police Department is growing beards for the fight against muscular dystrophy. Each member will donate \$50 to the cause. They are honoring Finlay and Cullen Gilbert of Glenville, who both have the disease. Nearly \$7,000 was raised at a similar event last year.

While raising financial support for those struggling with muscular dystrophy has drawn local attention, using facial hair to bring attention to health needs has gained popularity over the last decade. The month of November has become associated with two health-based awareness movements centered around men's health issues. Movember began in Australia in 2003 to raise awareness for prostate and testicular cancers, according to the Movember Foundation, a nonprofit that raises millions each year. For Movember, participants drastically alter their appearance by changing their facial hair- either by growing it out or reshaping it into something noticeably different to draw people's attention. From there, men can take the opportunity to explain why they're growing a mustache, or side chops, or a goatee and start talking about men's health. The Movember campaign is now in 21 countries.

No-Shave November is another popular facial hair movement where men are encouraged to "donate their face" to grow hair and raise awareness for cancer. The idea is for men to use the money they would typically spend on shaving and grooming to donate to the campaign to help educate other men about cancer prevention and to provide aid to those fighting a cancer battle. No-Shave November was founded on Facebook in 2009, but last year began a partnership with the American Cancer Society. The movement also encourages women to show their support by not shaving their legs for the month of November.

To support the Glenville police officers who are raising money for the two local brothers with muscular dystrophy, contact the Glenville Police Benevolent Association or the muscular dystrophy Association.

STORY 3 – 1 min 26 sec

<https://wnyt.com/capital-region-comeback/cuomo-coronavirus-new-york-state/5915613/?cat=10114>

<https://wnyt.com/capital-region-comeback/new-coronavirus-travel-restrictions-begin-in-new-york-gov-cuomo-coronavirus-pandemic-/5915415/>

<https://wnyt.com/health/social-distancing-practices-study-partisan-divide/5913978/>

As the economy in New York state continues to slowly reopen, coronavirus cases across the state have risen slightly higher from less than 1% of the population several weeks ago to 1.42% this week, which is down from 1.8% earlier in the week. As the numbers continue to hover around a 1% positivity rate, the governor has implemented new travel restrictions in the state. While he announced that there will be no further quarantine list for people coming and going from the state, Under the new system, travelers must be tested within three days before coming to New York, and must quarantine for at least three days after getting to New York, and get a test on the fourth day, both of which must be negative. The new rules do not apply to people in Connecticut, Pennsylvania, New Jersey, and Massachusetts.

And A new study reveals a link between politics and the pandemic. Researchers from Yale and NYU looked at geotracking data from 15 million smartphones between March and May of this year, finding that people living in counties that voted for Donald Trump in the 2016 election were 14% less likely to socially distance than those in counties that voted for Hillary Clinton.

STORY 4 – 2 min 01 sec

<https://www.news10.com/news/local-news/albany-rensselaer-and-schenectady-counties-all-report-no-covid-cases-linked-back-to-gyms/>

Gyms and fitness center across the region are enjoying a moment of “I told you so” to New York State as they celebrate being open for two months without a single COVID case being connected to any gym facility. Albany County confirms there hasn’t been a single coronavirus case across the entire county that links back to a gym. The same goes for Schenectady County and Rensselaer County, according to their respective county managers and executives.

Rensselaer County Executive Steve McLaughlin said that it never made sense to limit gyms from reopening for so long when by their design, they’re meant to help boost wellness and the immune system, which is key when fighting COVID. The gyms have been closed for far too long, McLaughlin said and they have proven that there are no COVID problems at gyms which is the case all across the country. There’s been really nothing.”

One of the reasons gyms are set apart from other reopened businesses is because even before COVID, gyms needed to be kept constantly clean. With many gyms seeing over 1000 people a day throughout 24 hours of operation in addition to being spread out, wiping down machine and wearing masks, things appear to be slowly coming back to normal.

According to McLaughlin, one issue that got lost in the COVID noise was that for a lot of cancer survivors, diabetics, and people that are obese, who each have major risk factors if they get COVID, They need gyms to maintain their health and maintain their life and that because Some have limited mobility where they need to be in the pool or on a machine to maintain their fitness, not everyone can exercise outdoors.

Should a case of COVID occur, gyms more than restaurants and other businesses who accommodate strangers, will have an easier time with contact tracing because names on a gym’s membership list make it far easier to locate visitors. Capacity restrictions remain an issue, with gyms being limited to 30 percent capacity while restaurants are operating at 50% capacity. Although gyms across the region as well as leaders in various counties have reached out to the Cuomo administration to address capacity issues, there has been no word on any adjustments to the rule.

Story 5 – 5 min 28 sec

<https://www.timesunion.com/news/article/Biden-wins-Albany-Schenectady-counties-Trump-15700596.php?IPID=Times-Union-HP-CP-Spotlight>

<https://www.democratandchronicle.com/story/news/politics/albany/2020/11/05/ny-absentee-count-republican-democrat/6161809002/>

<https://www.timesunion.com/news/article/Election-night-Congressional-Races-New-York-19-15698854.php>

<https://www.timesunion.com/news/article/Trump-seeks-to-stop-voting-but-only-counting-15700294.php>

<https://aclj.org/aclj/jay-sekulow-live-election-results-analysis-tonight-9pm-et>

As expected, former Vice President Joseph Biden easily defeated President Donald Trump in New York state’s presidential race, but in the Capital Region the two men split the most populous counties in the are, according to unofficial election results from ballots counted so far. Biden won in Albany and Schenectady counties while Trump had sizeable leads in Rensselaer and Saratoga counties. In Albany County, Biden got 60 percent of the votes counted while Trump received 37 percent. The margin was closer in Schenectady County where Biden took 52 percent of voted counted to Trump’s 45. But the president reversed the trend in Saratoga County, taking 51 percent of the votes counted to Biden’s 46 percent. Trump won easily in Greene, Schoharie, Warren and Washington counties while Biden got 51 percent of the vote in Columbia County.

In fact, Republican candidates fared relatively well on Election Day in true blue New York, picking up significant leads in key congressional and state legislative races despite Democrat Joe Biden cruising to an easy win in the state’s presidential contest. Statewide, local elections officials reported receiving at least 1.4 million absentee ballots through Tuesday with thousands more expected to trickle in over the coming days, provided they were

postmarked by Election Day. It all means the GOP will have to withstand a barrage of absentee ballots in order to win any close election this year in New York.

In fact in several local races, Republican candidates have refused to concede in races where absentee ballots have not yet been counted. This includes the race between Liz Joy and Democrat incumbent Paul Tonko. Although 99% of ballots have been counted, that does not include absentee ballots. To date, there are still 75,222 uncounted ballots in the race between Tonko and Joy.

New York does not allow local boards of elections to count absentee ballots before Election Day, in part because the state has to check to ensure an absentee voter didn't also cast an in-person ballot. In that situation, the in-person ballot would count and the absentee would not. The Republican party in the state of New York has been preparing for the upcoming absentee ballot counts, which will require a team of lawyers dispersed throughout the state to oversee the counting process and object to any ballots with potential errors. Liberal media outlets, however, have been declaring victories for Democrat candidates without including any additional numbers from absentee ballots.

Locally, U.S. Rep. Antonio Delgado of the 19th Congressional District on Wednesday claimed victory over his Republican challenger, Kyle Van De Water, in a race that may still be too close to call. Van De Water has refused to concede until all legal votes are counted. And while U.S. Rep. Elise Stefanik, of the 21st District marched to victory in her closely watched North Country rematch against Democrat Tedra Cobb, Liz Joy has refused to concede the race to Paul Tonko until all legal votes are counted.

President Donald Trump's campaign filed lawsuits Wednesday in Pennsylvania, Michigan and Georgia, laying the groundwork for contesting battleground states as he slipped behind Democrat Joe Biden in the hunt for the 270 Electoral College votes needed to win the White House. Trump, addressing supporters at the White House early Wednesday, talked about taking the undecided race to the Supreme Court. Though it was unclear what he meant, his comments evoked a reprise of the court's intervention in the 2000 presidential election that ended with a decision effectively handing the presidency to George W. Bush.

Jay Sekulow, founder of the conservative group the American Center for Law and Justice said he and a vast legal team of experts have been planning for this exact situation ever since the numerous cheating scandals that came to light in 2016 when Donald Trump trounced Hillary Clinton to become the 45th president. According to Jay Sekulow, tallying votes comes down to the legality of the vote itself as many eye witnesses across the US saw multiple illegal events at their polling places including on the spot voter registration, failure to show ID, marking ballots with Sharpie and votes turning up in the names of dead people.

In a statement after the elections, Liz Joy, who continues to await the counting of mail in and absentee ballots in the Capital Region, said, "We ran our Congressional Campaign for NY20 for 19 months+ straight. We have been relentless in standing up for innocent life from the womb to the elderly, a strong economy for our U.S. and Upstate small businesses, healthcare choices, safety/security and our men/women in law enforcement, religious liberties, Second Amendment and our Constitution! She also said she is aware that the media has declared Paul Tonko the winner and has given him the victory, but she said she will not concede the race until every legal vote has been open and counted.

At this time, Absentee ballots in New York State are not all in, and won't be counted until November 10th.

Story 6 – 1 min 14 sec

<https://www.newyorkupstate.com/news/2020/11/swine-cam-viewer-saves-pregnant-pigs-from-fire-at-upstate-ny-farm.html#:~:text=A%20%E2%80%9Cswine%20cam%E2%80%9D%20viewer%20is,to%20watch%20them%20give%20birth.>

While most of America can't look away from the ongoing election drama, and anxiety and stress continues to rise, some are finding other things to watch, like the "swine cam" at June Farms in West Sand Lake. In fact, an astute "swine cam" viewer is being credited with saving a sounder of pregnant pigs from a barn fire at the Upstate New York farm.

June Farms, is running a livestream of two Gloucestershire pigs, Lucy and Ethel, to allow people to watch them give birth. A woman, located 60 miles away in Dutchess County, was watching over the weekend when she noticed smoke in the barn that quickly turned into a fire. Ethel the pig had apparently knocked over a heat lamp that sparked flames behind the pig.

The watcher Laura Palladino called 911, but was routed to the Dutchess County 911 dispatch who were understandably confused at first, but were eventually able to contact June Farms Owner Matt Baumgartner and farmhands who quickly got the fire under control with a fire extinguisher before emergency officials arrived on the scene. June Farms said afterwards that "Ethel is doing very well and is about to give birth to

piglets any day. For those hoping for a distraction from election anxiety, the swine cam is currently streaming for free on YouTube.

Story 7 - 2 min 00 sec

<https://www.news10.com/news/local-news/old-mohawk-carpet-mills-factory-falling-apart-amsterdam-mayor-searches-for-solutions/>

The city of Amsterdam is struggling to find the owner of a decrepit building that was once the crown jewel of the city. The Old Mohawk Carpet Mills Factory was once a source of great pride and symbol of accomplishment for the Carpet City and now it's barely standing having been reduced to an eyesore and is posing a serious safety hazard. Wear and tear and weather now have left most of four floors on one side completely collapsed.

Amsterdam mayor Michael Cinquanti says the safest thing would be to tear it down, but that's just not possible, since it's nearly impossible to find the owners. Although the city has sent numerous citations, notifications and claims and has even gone to court, Cinquanti says everything keeps coming back as undeliverable. He noted that while there is a possibility the company, which lists an address in Long Island, may have gone under and doesn't exist anymore, he says it's also very possible those in charge are running an elaborate scam where the owners claim possession of a supposedly high value property in order to secure a loan. Meanwhile, he said, the abandoned and crumbling building burden their city, taking of taxpayers, and even putting people's lives in danger.

Cinquanti says the owners of record have not paid property taxes since acquiring the land and buildings around 2005, and the city has had to put up fences, send in police and drone patrols to keep people out of the property which is rotted, fire damaged, weathered and, financially speaking, completely worthless.

In spite of the troubles, however, Cinquanti said while portions of the building are a total loss, it is possible to redeem several newer portions and repurpose them for city use and benefit saying he doesn't want to give up on structures that are safe and filled with history. Despite its low value, Cinquanti says it would cost \$15 to \$20 million to knock it down. That would be more than half of the city's overall budget and the city plans to continue to hunt down the owners and make them take responsibility and if that fails, the city of Amsterdam will then get the state attorney general involved and request aid from the EPA.

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