



THURSDAY NOVEMBER 16, 2017

Newsflash

www.highplainsradio.net 308-345-5400 openline@highplainsradio.net

96.1 KICX

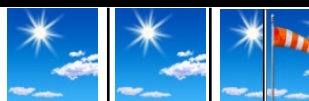
1300
The BIG Talker
KBRL - McCook

103.9
THE HAWK
The Classic Rock Experience

STOCKS

DOW	↓	NASDAQ	↓
138.19 TO		31.664 TO	
23,271.28		6,706.21	

WEATHER



Today	Fri	Sat
Mostly Sunny	Mostly Sunny	Sunny/Breezy
High 63	High 68	High 49

MONTHLY MEETING LAST NIGHT

The Mid-Plains Community College Board of Governors met in North Platte for their monthly meeting last night. The Board accepted a clean audit report for 2016-17 as presented by Kevin Sylvester of Dana F. Cole and Company LLP. The Board also approved the low bid of \$167,700 from Dowhower Construction to renovate/update the appearance of the fascia on the McDonald-Belton Building, mechanical building and well house to match the two-tone stucco appearance of the newer Health and Science Center on NPCC's South Campus. They approved the base bid of \$303,856, plus, to install wet insulation at a cost of \$2.64 per square foot and replace perimeter nailers at \$3.50 per linear foot, as needed, from Weathercraft Roofing for the three flat roofs on NPCC South Campus: McDonald-Belton building, mechanical building and well house. All three flat roofs have reached the point of needing replaced. All were last re-roofed in 1994. Bid specifications for a 60-mil, fiberglass, reinforced rubber EPDM ballasted system were sent to licensed Firestone/ Carlisle commercial roofing contractors in MPCC's service area.

TODAY IS THE GREAT AMERICAN SMOKEOUT

The Great American Smokeout is November 16th. Southwest Nebraska Public Health Department supports the American Cancer Society's annual event which encourages smokers to make a plan to quit smoking. "The CDC shows that about two out of three smokers want to quit smoking cigarettes" states Helena Janousek, Health Educator with Southwest Nebraska Public Health Department. "In the SW health district 16.2% of adults smoke compared to 17.4% of Nebraskans and 7% chew compared to 4.7% Nebraskans." Tobacco kills people – there's no "safe" way to smoke or chew tobacco. Quitting tobacco has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Even one day of no tobacco use can make a difference in the health of an individual. There is help for Nebraska residents of all ages who want to quit. Nebraska Tobacco Quit Line telephone coaches help callers quit smoking or chewing tobacco. Coaches work with each individual caller to develop a plan for when and how to quit their tobacco use. Call 1-800-QUIT-NOW to access the Nebraska Tobacco Quit Line. Per the CDC, in the more than 50 years since the Surgeon General's first report on smoking and health, cigarette smoking among US adults has been reduced by approximately half. Nonetheless, since 1964, the year of that first report, an estimated 20 million person have died because of smoking. Smoking remains the leading preventable cause of disease, disability and death in the US.

ANNUAL LIGHT PARADE ON THE BRICKS

Christmas is really just a few short weeks away and it's nearly time for the annual Light Up the Bricks Parade. The McCook Area Chamber of Commerce reminds everyone to participate in the Light Parade which is scheduled for Friday, December 1 at 6:30 p.m. Entries are to line up at approximately 6:00 pm on East 1st Street South of H Street. High Plains Radio will award winners with advertising packages for First, Second and Third places. For more information, you may contact the Chamber at 345-3200 or e-mail at info@mccookchamber.org. Entry forms are available at the Chamber office at 203 West 2nd or on our website at www.mccookchamber.org. Santa will be riding the McCook Fire Truck in the Light Parade and looks forward to all the kids coming to see him. However, this year, he has to scoot right on out of McCook overnight but will be flying back into the airport Saturday morning at 10 am. Bring the kids to see him there.

CHECK OUT OUR WEBSITE!



highplainsradio.net

The latest Newsflash and Trading Post are on the new website!

HIGH PLAINS RADIO

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The Bison Debit Card is available with any personal MNB checking account. The \$20 initial card fee includes a \$10 donation to the school and instant access to your card that same day!

Every time you sign with the Bison Debit Card for a signature based purchase, MNB will donate \$.05 to McCook Public School!

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WALK-IN HOURS

MONDAY - FRIDAY

7 AM - 5 PM

SATURDAY

8 AM-10 AM

NO APPOINTMENT NECESSARY

1401 EAST H STREET
344-4110



SUNDAY NOV. 19
@ 2:25 P.M.
VS
THE BENGALS

1300
The BIG Talker
KBRL - McCook



LOG ON NOW



ARMADA MEDIA CORPORATION

www.highplainsradio.net



NEWS, SPORTS, WEATHER 24/7 AND FIND US ON FACEBOOK

QUOTE OF THE DAY

"The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW."

Shannon L. Alder

SPORTS

The Nebraska football team split practice time inside the Hawks Championship Center and outside on the Ed and Joyanne Gass practice fields for roughly two hours on Tuesday evening in full pads. Defensive Coordinator Bob Diaco spoke with the media after practice about Penn State running back Saquon Barkley. "He is the total package," Diaco said. "He's got contact balance, great speed, great vision, powerful runner, big thick bodied guy, he breaks tackles, he makes you miss, he can jump over you. And you know what is fun to watch, is his pass protection. He's an aggressive blocker. He's the absolute total package. One of the best backs that has been in the league in some time. There's been some great ones, when I played Penn State they had a great back, the years we played, Ki-Jana Carter, so I mean, Eddie George, Tyrone Wheatley, Ezekiel Elliot, and Saquon. He's right in the company of some greats, at least during my time." Kickoff is at 11 a.m. on FS1.

McCook Community College sophomores Megan Orth, Jessica Mahan and Dylann Bylund each made the All-Region team. Orth and freshman Ryan Maddera made the Region IX South all-tournament team. In addition the Lady Indians were awarded the Shelia R Worley Sportsmanship Award at the Region IX south tournament in Scottsbluff. Orth, a 5-10 outside hitter from Falcon High School (Colorado) had 408 kills on the season, which ranked 13th in the nation. She ended the season with 272 digs, 18 aces, and 30 blocks. Mahan, a 5-4 libero from Pink Creek High School in Colorado Springs was sixth in the nation with her 64 ace serves and 10th in the nation with 593 digs. She also had 77 assists. Bylund, a 5-6 setter/right-side hitter had 676 assists and 227 kills on the season along with 30 aces, 293 digs and 60 blocks. Maddera, a 6-1 outside hitter from Greeley West High School, Colo., had 363 kills, 19th best in the nation. She also had 72 blocks.

Looking for Love? Find it at the McCook Humane Society!

Advertisement for McCook Humane Society including contact info: 100 South Street, 345-2372, Hours: M-F: 2-5, Sat: 12-4



TODAY'S PUZZLE



HOME OF BISON SPORTS FOR 39 YEARS!

- ACROSS
1 Capital of Western Samoa
5 Hand shovel
10 Like
12 Loan
13 Green melon
15 Orbit part
17 Jeweled headdress
18 Sporty car brand
19 Kidnappers want
20 Hotels
22 Above the ground
23 Actinium (abbr.)
24 A toe
26 Recede
29 Winter sport
31 Radioactivity unit
32 ___ Lanka
33 Fast plane
34 Female monarchs
37 Oklahoma (abbr.)
38 Hurt one's toe
40 Origin
42 Musical productions
44 Walk
45 Cafes
46 Made bigger, with "up"
48 Beater
50 Poetic "evening"
52 Strontium (abbr.)
53 Not as wet
54 Cincinnati baseball team

- DOWN
1 Alabama (abbr.)
2 Fancy feathered birds
3 Data
4 Doted
5 That girl
6 Poet Edgar Allen
7 Comes before a vowel
8 Small item
9 Looking at
10 Air (prefix)
11 Played in the water
14 Hurries
16 Merry
18 Hoard
19 What a poem does
21 Rubs clean
25 Ball holder
27 Woven in emblem on cloth
28 Cycled
30 Its own
34 Celestial radiation emitter
35 Memo
36 Wave rider
39 Time-tested
41 Put a rope through a hole
42 Chances of winning
43 Look
46 Stinger
47 Stray
49 Scale note
51 Nova Scotia (abbr.)

