TRAINING BURN IN MCCOOK TOMORROW
The McCook City and Volunteer Fire Department will be conducting a training burn in the 1400 block of West J Street in McCook on Saturday, December 8th. The training is scheduled to begin at 9:00 AM. A vacant residential structure located on the lot next to Master Carts LLC, the former Propes Golf Carts Sales & Service. Water will be supplied by a fire hydrant located approximately 300’ west of the site. The water supply hose will have West 14th and J Street blocked off during the training exercise. This training provides firefighters with the opportunity to learn different tactics in fighting structural fires under a more controlled environment than the actual structure fires that firefighters respond to. The process of gaining approval to utilize a structure for live fire training is a lengthy process that requires several permits and inspections prior to getting approval from the State Fire Marshal, State Department of Environmental Quality, Clean Air Division and the Department of Health and Human Services. The training is invaluable to the firefighters as it allows them to experience live fire conditions under a more controlled environment. The public is welcome to watch, however, we ask that you stay a safe distance away and avoid impeding traffic in the area. If anyone would like more information on this process, please contact the fire department at 308-345-5710 or email at firechief@cityofmccook.com.

COMPROMISES REACHED
A Capitol Hill lobbyist believes Nebraska farmers will be happy with the compromises reached on the Farm Bill. American Farm Bureau Federation Director of Congressional Affairs Andrew Walmsley says he’s anxious to see the final product from Senate and House negotiators, but he doesn’t expect to be surprised. “Hopefully, enough tweaking and refinements around the edges that we’ve improved a lot of the commodity programs,” Walmsley tells Brownfield Ag News. Walmsley says agricultural lobbyists succeeded in killing amendments which would have changed crop insurance. Senate-House negotiators reached tentative agreement on the new Farm Bill once expanded work requirements to the food stamp program passed by the House were dropped. Also, a last-minute attempt for wide-ranging changes to forestry management in wake of the deadly California wildfires have been softened considerably. It appeared the Farm Bill was on the verge of passing prior to the September 30th deadline.

OVER-MEDICATING
Cold and flu season has arrived and many people head to their local drug stores to stock up on over-the-counter medications. One common medication is acetaminophen, the active ingredient in Tylenol. University of Nebraska Medical Center’s College of Medicine Clinical Associate Professor Dr. Ally Dering-Anderson says many people don’t realize they are accidently over-medicating themselves if they are using several different medications to treat an ailment. Dr. Dering-Anderson says, “You have one product that treats sneezes and body aches and you have a second product that treats coughs and fever, what you have done has taken acetaminophen in three or four different products. It is almost impossible to do the math. I don’t think anyone takes a handful of a single drug. It is it is just in so many and without some help you can’t figure it out.”
The McCook Bison basketball teams suffered first round losses at the Goodland Topside Tipoff Tournament yesterday. The Bison boys fell 64-54 to Colby. Gabe Sehnert led the Bison with 14 points. The Lady Bison dropped the nightcap to Colby 42-13. Mackenzie Smith led MHS with seven points. The MHS girls will face Yuma today at 3 p.m. in a consolation semifinal. Pregame coverage on KICX starts at 2:45. The Bison boys will meet Norton in a consolation semifinal right after the girls game. The Cattle Trail Basketball Tournament continues today with the championship and consolation semifinals. All four championship semifinals can be heard on 103.9 The Hawk. The Bison wrestlers kicked off their season with a dual win over Cozad last night. The Bison head to the Southern Valley Invite today and the Holdrege Invite tomorrow. The Bison swimmers/divers will host Hastings and North Platte today at the YMCA pool.

Nebraska Head Coach and national championship quarterback Scott Frost is among a group of five 2018 inductees into the Orange Bowl Hall of Fame. Frost and the rest of the 2018 class will be honored at events surrounding the Capital One Orange Bowl. Frost quarterbacked Nebraska to a pair of Orange Bowl victories following the 1996 and 1997 seasons. A 42-17 win over Tennesse in the 1998 Orange Bowl capped a perfect 13-0 season and secured Nebraska’s fifth national championship. The win also closed Tom Osborne’s coaching career with a third national championship. Frost also led the 1996 Huskers to an Orange Bowl victory, defeating Virginia Tech 41-21 to close out the season with an 11-2 record.