



FRIDAY DECEMBER 5, 2025



**96.1 KICX**

### STOCKS

DOW	NASDAQ
72.05 TO 47,922.99	92.82 TO 23,597.96

### WEATHER



TODAY	SAT	SUN
Mostly Cloudy High 47	Partly Sunny High 50	Mostly Sunny High 38

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SHOW



**MONDAY-FRIDAY  
11-2**

**1300**  
The BIG Talker  
KBRL - McCook

# Newsflash

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

## PROTECT YOUR WELL-BEING THIS HOLIDAY SEASON

Southwest Nebraska Public Health Department (SWNPHD) is encouraging residents to take proactive steps to protect their mental well-being this holiday season, a time when emotional strain, stress, and crisis situations often become more frequent. While the holidays can bring joy and celebration, they can also magnify feelings of grief, financial pressure, loneliness, and family conflict. This can create moments when people feel overwhelmed, making early awareness and support especially critical. The holidays often intensify emotions both positive emotions and difficult feelings and having healthy coping strategies in place can make the season more manageable. "We encourage everyone to set realistic expectations for gatherings and celebrations," explains Kay Schmidt, Emergency Response Coordinator at SWNPHD. "Holiday moments do not need to be perfect to be meaningful. Planning for situations that may cause stress, such as crowded events or tense conversations, can help you remain grounded and keep your emotions from escalating."

## SCHOOLS RECEIVE OVERPAYMENT FROM TEEOSA

The Nebraska Department of Education overpaid three school districts this year because of a miscalculation in the state aid formula called TEEOSA. The error was within the "poverty allowance" for schools and districts participating in the Community Eligibility Provision of the National School Lunch Program. Omaha Public Schools put out a message last month about its \$30.5 million overpayment. Since then, Grand Island Public Schools officials said they received a \$3 million overpayment, and Southern School District in Wymore received roughly \$482,000 more than it should have. Southern Interim superintendent Virginia Moon said she isn't anticipating having to take drastic action like cutting staff, but it still hurts, especially as a smaller district. "Although for us, it's a very big number, because our budget isn't very big to start with," Moon said. "Even though Omaha Public and Grand Island had bigger cuts, it's about the same amount of their budget as it is of our budget, percentage-wise." Moon said the district's future state aid will be less due to the cut, changes in calculations and higher property valuations. In a statement last month, NDE Commissioner Brian Maher said the department has worked to correct the issue that caused the overpayments. "This error also means that many other districts that rely on equalization aid from the state received less than they should have," Maher said.

## SAVING SENIORS MONEY

On a mid-November morning, Rick Cuddeford talked with Medicare-eligible Nebraskans about their options at the Saving Seniors Money office in Lincoln. His one-on-one discussions were timely, as the year's open enrollment period ends on Dec. 7. "We don't push people one way or the other," Cuddeford said. "Our job is to educate people about both options, and then whatever they are comfortable with, we go with for their coverage." Cuddeford said Saving Seniors Money a group of independent insurance agents specializing in Medicare options has helped over 5,000 households find Medicare options that work for them through educational seminars, one-on-one meetings and phone calls. "When you do a good job, your name gets out there, and that's how we grow," Cuddeford said. There are two paths that older Americans can take to secure health care insurance: traditional Medicare or a private Medicare Advantage plan. Offering extra benefits and low monthly premiums, the lower upfront costs of Medicare Advantage plans can be appealing. But critics say choosing Medicare Advantage, which is seeing increased enrollment, can come with financial and health risks for many older Americans.

**1300**  
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WEEKDAYS  
8:05 AM  
12:45 PM  
ON YOUR  
BISON SPORTS  
STATION**

**96.1 KICX**

**Coaches  
Coffee Club**

**SATURDAY  
MORNINGS AT**



**96.1 KICX** **1300**  
The BIG Talker  
KBRL - McCook



## SPORTS

The McCook Bison winter sports teams play their first games and matches this weekend. The Bison basketball teams head to Chase County for their season openers tonight. Girls pregame coverage on KICX 961 and the KICX 961 YouTube channel begins at 6:05 with tip at 6:30. The Bison girls wrestling team will compete in today's Southwest Invite in Bartley. The Bison boys will travel to the Cozad Invite tomorrow. The Bison swimmers/divers will compete in the Hastings Invite tomorrow. The McCook Community College basketball teams will play at Eastern Wyoming in Torrington tonight and Laramie County CC tomorrow.

No. 11 Creighton Volleyball was pushed to the brink but survived to win its 21st straight match on Thursday evening, opening up NCAA Tournament play with a 3-2 victory over Northern Colorado. Scores of the Bluejay triumph were 25-12, 23-25, 23-25, 25-17, 15-8. Creighton (26-5) earns itself a Second Round match-up against Northern Iowa (26-5) after the sixth-seeded Panthers finished off their first reverse sweep in the NCAA Tournament since 2022 with a 15-25, 21-25, 26-24, 25-20, 15-10 win over Utah. Creighton defeated the Panthers at D.J. Sokol Arena on Sept. 14 to close out play at the Bluejay Invitational, but the Panthers are 22-0 since then. The top-ranked Nebraska volleyball team will play LIU in their first round NCAA tournament match tonight. The Huskers, who are making their 44th straight NCAA Tournament appearance and hosting the first round for the 40th time. The 4:30 p.m. match will feature San Diego (25-4) of the West Coast Conference and Kansas State (17-9) of the Big 12. Nebraska and LIU will begin 30 minutes after the conclusion of the 4:30 p.m. match. Friday's winners will meet in the second round on Saturday at 7 p.m. All first and second round matches will be streamed on ESPN+.

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## QUOTE OF THE DAY

Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.

~Norman Vincent Peale~



## TODAY'S PUZZLE

## HOME OF BISON SPORTS!



### ACROSS

- 1 Swamps
- 5 Powdered chocolate
- 10 Who fire fighters work for (abbr.)
- 12 Artist Chagall
- 13 Ritz
- 14 Gold (abbr.)
- 15 Thanksgiving \_\_\_\_
- 17 Marred
- 19 Epoch
- 20 Critical
- 21 Compass point
- 22 Relief
- 24 Not arms
- 26 Those who make the food laws (abbr.)
- 27 Behold
- 28 Part of doorway
- 29 Irish dance
- 30 Agency
- 32 Compelling
- 35 Build up
- 36 Pen fillers
- 37 Sloth
- 38 Writing liquid
- 39 Pill
- 40 Computer makers
- 41 Madagascar franc (abbr.)
- 42 Holy woman
- 43 Pole
- 45 Acmes
- 47 Sacred poem
- 49 Dover locale
- 50 Tiny amounts
- 52 Possessive pronoun
- 54 \_\_\_\_evated railroad
- 55 Set in
- 56 \_\_\_\_ Major (Big Dipper)

### DOWN

- 1 Bachelor of Music
- 2 Lout
- 3 Desire
- 4 Pit
- 5 Time zone
- 6 Ouch!
- 7 Delis
- 8 Sole
- 9 Precedes an alias
- 10 Matador's passes at bull
- 11 Ranch guy
- 16 Bow
- 18 V-shaped object
- 20 Former USSR's secret police
- 22 Loose gown worn at mass
- 23 Note of debt
- 25 Flightless bird
- 26 Fruit in cookies
- 28 Twitch
- 29 Wild cards
- 31 "Home, home on the \_\_\_\_"
- 32 Nervous system
- 33 Wrest
- 34 Dickens' Tiny \_\_\_\_
- 36 Charged particle
- 38 Force
- 39 Cleans
- 40 Lazy person
- 41 Vanish
- 42 Ne
- 44 Island
- 46 Roman twelve
- 47 Pacific Time
- 48 Married woman
- 51 Scottish "one"
- 53 Book of Samuel abbr.

