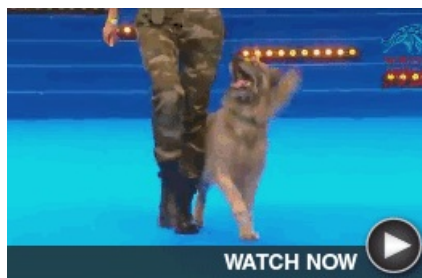


Two To View – A Couple Of Amazing Videos You Don't Want To Miss

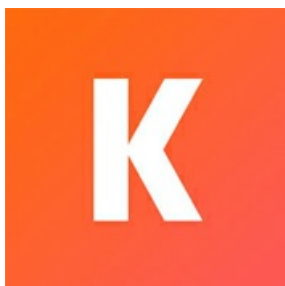


84-Year-Old "Super Athlete" Flo
She started in track and field at age 60 and is still going strong, winning medals and inspiring young athletes.



Military-Themed Dog Performance
This dog and trainer put on an impressive show including salutes, training exercises, and a simulated field rescue.

FREE Featured Apps – These Are Well Worth A Look



KAYAK
This award-winning app = can help you find flights, hotels, and cars. Use the measurement tool to check your carry-on for flights.

[Learn more...](#)



BigOven
With numerous search, = inspiration, and organizational tools, BigOven provides one convenient place for all your food planning.

[Learn more...](#)



First Aid
Use this American = Red Cross app to prepare for emergencies, address a medical situation, or find out where to call for help.

[Learn more...](#)

Cunningham Telephone & Cable – Local food pantries

LEND A HELPING HAND
Cunningham Telephone and Cable is giving back to our customers when they give to local food pantries!!

Bring 5 items into a local Cunningham office and we will give you \$5.00 credit on your next month's bill, up to \$15.00!!

Up to a \$15 Bill Credit

Cunningham
TELEPHONE & CABLE
Connect with Us!

OFFER ENDS DECEMBER 15TH

Stay Alert – Watch Out For Fake Retail Sites

As you start your holiday shopping, you'll no doubt be looking for great deals – that is, the best prices for the items you want to buy. Keep in mind, however, that some prices truly are too good to be true...

[CLICK HERE FOR ALL THE DETAILS.](#)



Go Pinterest-ing! – Cool Stuff To Pin On Your Pinterest Boards



[Dark Chocolate Pumpkin Truffles](#)



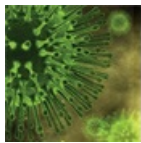
[Warm and Comforting Pumpkin-Carrot Soup](#)



[27 DIY Centerpiece Ideas For Fall Decor](#)

You haven't started pinning on Pinterest yet and you want to get started? If so, [click here](#).

Sites of the Month – Great Sites To Check Out In November



Fight The Flu

cdc.gov/flu/index.htm – This site provides information about preventing the flu, symptoms to watch out for, and what to do if you get the flu. You'll also find descriptions of current – and past flu seasons. Remember, the flu can lead to more serious illnesses like pneumonia, so be sure to get your flu shot.



HGTV Dream Home

hgtv.com – Visit this site to see images of the HGTV Dream Home 2019 currently being built plus a video of the gorgeous Montana spot where it's located. You can sign up for – email reminders to enter the HGTV Dream Home 2019 sweepstakes beginning on December 28.



Streaming TV Guide

tvguide.com/streaming/ – TV Guide has changed with the times, and now it's a great source for ideas on what to watch on Netflix, Hulu, and Amazon Prime. Check out lists of top movies – and shows, search for shows your friends are talking about, or read entertainment news. Sign up to create your own watchlist.



Money-Saving Tips

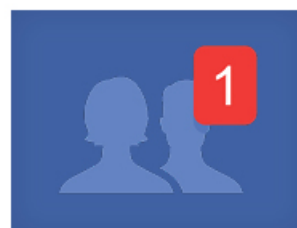
wisebread.com – Here you'll find advice for "living large on a small budget." Check out articles about credit cards, personal finance, best deals, and more. Read about planning a trip around – the world, how brand loyalty programs might cost you money, or money questions you should be able to answer by age 30.

Short Tutorial/FAQ – Several People Messaged Me Recently Saying They Got A Suspicious Facebook Friend Request And I Should = Forward The Warning To Others. What's Going On?

Question: A few of my Facebook friends sent me messages saying they got a Facebook friend request from me when we're already friends, and that I may want to check my account and forward the message to others. What should I do?

Answer: It's entirely possible that your friends did get a bogus friend request from someone...

[CLICK HERE FOR ALL THE DETAILS.](#)



We hope you found this newsletter to be informative. It's our way of keeping you posted on the happenings here. If, however, you'd prefer not to receive these bulletins, click [here](#).

Thanks for your business!

Thank You,

The Staff at NCKCN

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