

weather report

31°



noon Monday

Today

Sunset, 5:12 p.m.

Wednesday

Sunrise, 6:48 a.m.

Sunset, 5:13 p.m.

Midday Conditions

- Soil temperature 25 degrees
- Humidity 59 percent
- Sky mostly sunny
- Winds west at 15 mph
- Barometer 30.27 inches and falling

• Record High today 67° (1934)

• Record Low today -13° (1914)

Last 24 Hours*

High Sunday	31°
Low Monday	20°
Precipitation	—
This month	.01
Year to date	.55
Above normal	.08 of an inch

The Topside Forecast

Today: Mostly sunny, high near 46, low around 18.

Extended Forecast

Wednesday: A chance of freezing drizzle, high near 30, low around 16. Thursday: Mostly cloudy, high near 32, low around 23. Friday: A 40 percent chance of snow, high near 29, low around 18. Saturday: A 20 percent chance of snow, high near 29, low around 14.

(National Weather Service)
Get 24-hour weather info. at 162.400 MHz.
* Readings taken at 7 a.m.

Health checkup gets 'high-five'



Renee Cook, an ultrasound technician at Goodland Regional Medical Center, checked the carotid arteries of Jo Hagney of St. Francis at the Sherman County Health Fair on Saturday at the Goodland Activities Center.

Photos by Tom Betz/The Goodland Star-News

About 500 people came to the Sherman County Health Fair Saturday morning at the Goodland Activities Center to check up on their health and watch a special basketball-handling demonstration.

Brenda McCants, director of marketing and volunteer services for Goodland Regional Medical Center, said on Monday the hospital had done 548 blood profiles for the health fair and 444 people showed up Saturday to collect their results.

She said they had about 500 people at the fair, plus a lot of kids who came to see Larry "Gator" Rivers' basketball exhibition.

Rivers, who played with the Harlem Globetrotters for 13 years, put on a demonstration of ball handling and did some ball exercises with some of the kids who attended the fair on Saturday. Friday night, Rivers put on a show at halftime of the Goodland-St. Francis basketball game.

Rivers told everyone he keeps in shape doing his ball handling, and encouraged everyone to eat healthy and exercise.

McCants said the hospital did 157 hearing screenings at the fair, up about 20 percent from last year.

People who attended could go over their blood results with by Drs. Travis Daise, Moe Shafei and David Younger, and there was a line to have the hospital radiology department do carotid artery screenings.

Booths included Doctors Morrison and Wahlmeier, the Regional Prevention Center, Prevention of Child Abuse and Neglect, TFI Family Services, Koons Funeral Home, Heartland Rural Counseling Services, Northwest Kansas Domestic and Sexual Violence Services, Big Brothers Big Sisters of Sherman County, Currier Drug, Bateman Funeral Home, Pioneer Health, the University of Kansas Area Health Education Center, Sherman County Health Department and departments from the hospital, which offered information about their services.

local markets

Noon

- Wheat — \$4.27 bushel
- Posted county price — \$4.43
- Loan deficiency pmt. — 0c
- Corn — \$3.84 bushel
- Posted county price — \$3.65
- Loan deficiency pmt. — 0c
- Milo — \$3.61 bushel
- Soybeans — \$6.45 bushel
- Posted county price — \$6.43
- Loan deficiency pmt. — 0c
- Millet — \$7 hundredweight
- Sunflowers
- Oil current crop — \$15.35 cwt.
- Pinto beans — \$19 (new crop)

(Markets by Mueller Grain, Sigco Sun, Frontier Equity Co-op and 21st Century Bean. These may not be closing figures.)

inside today

More local news and views from your Goodland Star-News



Cowgirls drop Indians

Kaylee Billinger put up a shot in the fourth quarter of the Cowgirls win Friday over the St. Francis Lady Indians, 51-36. Billinger had 9 points in the win for the Cowgirls. See photo, stories on Page 9.



Erin Floyd, 8, (left in left photo) stopped by the University of Kansas booth to play a Dance Revolution video game during the Sherman County Health Fair on Saturday. Sara Forsythe (right in left photo) and Heather Borrer (not pictured) helped kids as they tried to keep up with the fast-moving game, which required them to move their feet in time to the music and in step with a video shown on the wall (above). Borrer said the game is good exercise. She showed the kids how much they would have to do to burn off calories from different foods. Forsythe said the idea is to show the kids that "better" food are easier to burn off.

County cuts employee insurance deductible

By Tom Betz

The Goodland Star-News

Employees will be paying more for prescription drugs this year, but the out-of-pocket deductible on medical bills will drop by half, Sherman County commissioners decided on Wednesday.

The commissioners agreed to reduce the individual deductible from \$1,500 to \$750, and from \$3,000 for a family to \$1,500. The total premium for county health insurance will be \$610,453, up 6.2 percent or \$38,119, with the drop in the deductible.

Charlie Krull, area representative for Blue Cross and Blue Shield from Hays, told the commissioners the county faced changes similar to what he had explained to the city commission at a meeting on Jan. 22.

Krull said the county was one of a handful of self-funded insurance programs that Blue Cross and Blue Shield had decided to convert to fully funded insurance.

"Your group has been self-funded for 13 years," Krull said. "Blue Cross ... decided there are not enough of these groups with under 100 employees to continue covering

them. Over the years, the number of small groups has declined, and there are not enough left to have a large enough pool to cover the stop-loss expenses."

Krull said the fully funded program will not be much different for employees. He said it will reduce County Clerk Janet Rumpel's paperwork because she will not have all the federal paperwork to worry about. All that information will be stored in the Blue Cross and Blue Shield system, he said.

He said Blue Cross is reducing the number of program options from

2,500 to 59. Krull said the options he was showing the commissioners was the one closest to the county's existing plan.

The first option was with a deductible of \$1,500 for a single person and \$3,000 for a family. After the deductible is reached, he said, it is a 50-50 co-pay plan.

He said the lifetime benefit is \$5 million, and unmarried children are covered to age 23.

Commissioner Kevin Rasure, attending the meeting by speaker phone, asked Krull if there were any "subcaps" for some coverage. Krull

said there were lower lifetime limits for nervous and mental disorders.

He said one of the major changes is with accidents. The Blues will pay the first \$1,000 at 100 percent, and then will pay as part of the deductible and co-pay after that.

He said every plan will include a \$100 emergency room co-pay. Krull said the company figures the average emergency room visit costs \$537.

"We want to encourage people to use their doctors rather than emer-