

## weather report

**30°**

10:30 a.m.  
Monday



### Today

•Sunset, 4:27 p.m.

### Wednesday

•Sunrise, 7:03 a.m.  
•Sunset, 4:27 p.m.

### Midday Conditions

•Soil temperature 34 degrees  
•Humidity 92 percent  
•Sky cloudy  
•Winds north 22-30 mph  
•Barometer 30.07 inches and rising  
•Record High today 73° (1987)  
•Record Low today -12° (1924)

### Last 24 Hours\*

High Sunday 57°  
Low Sunday 20°  
Precipitation none  
This month 0.34  
Year to date 19.26  
Below normal 0.22 inches

### The Topside Forecast

Today: Mostly sunny with a 20 percent chance of snow before 11 a.m., a high near 33, winds out of the north at 5 to 15 mph and a low around 14. Wednesday: Sunny with a 20 percent chance of snow at night, a high near 39, winds out of the north at 5 to 10 mph and a low around 20.

### Extended Forecast

Thursday: Mostly cloudy with a 40 percent chance of snow, a high near 29 and a low around 12. Friday: Mostly sunny with a high near 29 and a low around 13. Saturday: Sunny with a high near 36 and a low around 15.

(National Weather Service)  
Get 24-hour weather info. at 162.400 MHz.

## local markets

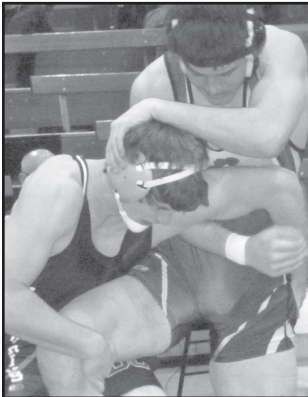


### 10:30 a.m.

Wheat — \$6.07 bushel  
Posted county price — \$5.85  
Corn — \$5.80 bushel  
Posted county price — \$10.58  
Milo — \$5.51 bushel  
Soybeans — \$10.06 bushel  
Posted county price — \$10.58  
Millet — \$11.50 hundredweight  
Sunflowers  
Oil current crop — \$28.20 cwt.  
Confection — no bid  
Pinto beans — \$28  
(Markets by Scoular Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)

## inside today

More local news, views from your Goodland Star-News



## Cowboys win dual

Cowboy Jason Cowan worked to get loose in his match with Baca County's Collin Sires. The match at 170 pounds was won by Cowan on a 6-0 decision on Friday night. See photo, story on Page 10.



# Time to get ready for Health Fair

The Sherman County Health Fair 2012 is planned for Saturday, Jan. 28, from 8 to 11:30 a.m. at the Northwest Kansas Technical College Student Union.

Tina Goodwin, Goodland Regional Medical Center director of marketing and volunteer services, said many of the vendors for the Health Fair will back this year including KU to do the free skin cancer and prostate screenings and the Lions mobile vision and hearing unit will be back.

More than 500 people attended the Health Fair this year, and Goodwin said 32 booths have been taken as of the end of November for next year's event. She said booth space is free and spaces remain available. Anyone interested in promoting their business, product or service need to contact her at (785) 890-6036 by Monday, Jan. 9. A booth request form is available on the hospital web site www.goodlandregional.com.

The Goodland Activities Center is sponsoring the Health Snack Food Cooking Contest in conjunction with the health fair. Sarah King, Activities Center director, said the idea is to add a way for people to be involved at the health fair.

She said the contest is being split into three age groups to encourage young people to enter. The age groups are infant to 11, 12 to 17, and 18 and over.

"If someone's baby puts cereal in a bag and brings it to the health fair we are going to accept it," she said. "We want to get people thinking healthy and feel this is a fun way to add to the event."

People may enter more than one recipe, she said, and the person is responsible to bring a typed or legible copy of the recipe along with the prepared health snack to the health fair at 8 a.m. on Saturday, Jan. 28.

The recipes will be judged and prizes

awarded in each age group. The prepared snacks will be judged equally on nutritional content, and taste appeal.

After the judge has sampled the entry, the rest will be sold at a bake sale with the proceeds going to the Sherman County Health Fair, King said.

Other information about the Health Fair is available on the hospital web site.

All blood draws will be done two weeks prior to the health fair from 7 to 9 a.m. each day of the week of Jan. 9 to 13, at the main entrance to the Goodland Regional Medical Center.

Costs for the blood profiles are: Chemistries, \$30; CBC only, \$10; A1c (Diabetes), \$15; PSA (Prostate), \$15; and TSH (Thyroid), \$15.

Fasting for 12 to 14 hours is recommended to assure an accurate cholesterol screening included in the blood chemistry profiles. The professional staff of the Goodland Regional

Medical Center laboratory will conduct the blood chemistry profiles and no appointments are necessary.

The digital rectal screening combined with the PSA, available at the blood draws prior to the health fair, are the best ways to screen for prostate cancer, Goodwin said.

The profiles will be available the day of the health fair for review with one of the Goodland Family Health Center physicians who will be on hand, Goodwin said, or the results can be mailed by providing a self-addressed and stamped envelope at the time of the blood draw.

Other services available prior to the Health Fair include free Carotid Ultrasound Screening by appointment, call (785) 890-6033; reduced cost Whole Body Mass Index Screening, great for weight training, by appointment, call (785) 890-6033; and Free Pulmonary Function Screening, Call (785) 890-6023 for an appointment.

## Grand prize drawing today

Today at 4 p.m. two lucky people will win \$500 and \$1,000 in the Goodland Merchants Christmas on Us grand prize drawing to be held in front of Central Elementary.



Wedermyer

The last \$50 instant prize was claimed by Jim Wedermyer Friday afternoon in the Christmas on Us merchant drawing matching his ticket number with numbers printed in the special merchant ads in Friday's *The Goodland Star-News*. Wedermyer got his winning ticket at Elliott's.

All the last minute tickets will be collected today to be included in the

drawing this afternoon.

All the tickets not drawn for instant prizes will be in the large tub for the grand and second prize drawings at 4 p.m. today at Central Elementary.

Winners must be present with their ticket to win the \$500 second prize or the \$1,000 grand prize.

Participating businesses are: Garcia's Home Furnishings and Appliance, Elliott's, Cowboy Corner Express, Jacque's Hallmark, Olde Westport Trading Company, Cochran Farm Supply, Gambino's Pizza, Casey's General Store and the Star-News.

## Santa visits kids in Goodland



Santa Claus talked to David Austin, 7, about what he wanted for Christmas Saturday afternoon at the Goodland Veterans of Foreign Wars Hall. Santa arrived on the antique Goodland fire truck and spent time talking to kids and handing out teddy bears and sacks of candy. Santa then visited the Good Samaritan Society, Goodland Regional Medical Center and Wheat Ridge Acres.

Photo by Tom Betz/The Goodland Star-News

## Water proposals ready for legislature

By Kevin Bottrell

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Indications are Gov. Sam Brownback's four proposals aimed at conserving the Ogallala Aquifer may have an easy time becoming law.

"I call them the governor's," Tracey Streeter, director of the Kansas Water Office, told a group at Colby Community College on Tuesday. "but a lot of folks had a hand in these things before they got to the governor."

The proposals started in Colby, he said, at the economic summit in July,

he said. There were more than 400 people at the summit. The Ogallala Aquifer Advisory Committee took their input plus online comments and after a lot of discussion and hard work, the committee made it's recommendations.

Gary Harshberger, chairman of both the Kansas Water Authority and the Ogallala committee, said they wanted to find recommendations that wouldn't cripple the state's economic output, but would provide mechanisms for conservation.

# Health insurance increase about 2 percent

By Tom Betz

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Sherman County commissioners heard a report Tuesday the county employee health insurance cost could increase about 2 percent when the plan renews in March.

Charles Krull area representative for Blue Cross and Blue Shield talked to the commissioners and explained the details of the increase and some options the county could consider in the next 60 days.

Rhonda Fernandez of Professional Insurance Consultants of Dodge City was at the meeting and she she will review the proposal Krull presented and may have some recommendations for the commissioners in the near future.

Sherman County Commissioner Cynthia Strnad asked Krull where the county was in regards to the insurance costs.

"The cost did not go up much," Krull said. "We got a good renewal."

He said the first thing that has to be established in the renewal process is whether the county will remain as a grandfathered program under the Health Affordability Care Act.

Currently Sherman County is a grandfathered group, and Krull said the renewal proposal includes the same benefits as this year. He said if the county were to change to a non-grandfathered group that

## County approves audit letter

At their meeting on Tuesday Sherman County commissioners handled a number of issues including approving a letter of agreement with the Larned audit firm.

In other business the commissioners:

- Approved a letter of agreement from Vonfeldt, Bauer and Vonfeldt of Larned for doing the county audit for the next year.

- Discussed the status of the Rocky Mountain Chipseal legal case pending in Denver. Enfield said he was wondering where the case was at and the possibility of changing to a less expensive law firm. He said the Denver attorneys are charging \$350 an hour, and said he had talked to a Goodland attorney who might be able to handle the case at a lower rate.

Strnad asked when the county could be done with the Denver lawyers.

"We have spent \$20,000," Enfield said, "and it is not done."

Rumpel said the first step was to move it into federal court and the Denver lawyers had done that. She said the attorneys are asking to have the case dismissed, and are waiting for a Denver federal judges decision on the motion to dismiss.

The next step, if it is not dismissed is to request the case be moved to Kansas. She said if the lawsuit is dismissed the next step would be for the county to consider filing suit against Rocky Mountain Chipseal in Kansas where the work was performed.

Strand said the commissioners ought to talk to Attorney Bud Cowan about what to do.

- The commissioners approved closing the county transfer station on Dec. 24, 25 and 26. They approved closing the transfer station on Dec. 31, Jan. 1 and 2.

- Approved a two-year agreement with the Kansas County Association Multi-Peril Pool for insurance. The commissioners agreed it would be nice to have local insurance, but felt the KCAMP program provided the county with a number of things unavailable through the local firms. She said KCAMP gives back money if there is extra premium paid and guarantees the rate will only go up by two percent.

- Opened bids for scrap metal at the transfer station. The two bids were from Danny Kane of Sharon Springs \$110 per ton and Alex West \$126 per ton. The commissioners approved the bid from Alex West.

- Approved an agreement between Sherman County and Attorney Bonnie Selby to allow her to be an independent contract person to assist in the county attorney's office after her retirement and the new county attorney has been appointed.

The commissioners approved the agreement with the understanding the money will come out of the county attorney's budget.

The commissioners adjourn about 11:30 a.m. They will meet today, and the last meeting of the year will be at 8 a.m. on Friday, Dec. 31.

"If you lose grandfathered status it is not the end of the world."

Krull said he had brought a non-grandfathered proposal as an alternative. He said it adds about 3 percent to the existing cost.

He said the medical inflation factor is not a problem for Sherman County as there is no deductible, and the county is not planning to raise the deductible.

He said on co-pays the county can increase those by \$5, but if they go higher the county would lose the grandfathered status.

He said the county cannot cut the county percentage more than 5 percent. It is now at 100 percent and the county would lose grandfathered status if it drops below 95 percent.

Under the non-grandfathered plan Krull said some of the preventative benefits are good and some look good on paper, but not in all cases.

An example was a colonoscopy that can be a preventative exam and be covered, but if the colonoscopy is for diagnostic purpose that is not covered.

Reviewing the current Sherman County employee health plan Krull said there is no deductible and pays 50 percent of all services except prescription drugs. He said when an employee reaches the \$1,500 out of

would mean adding more preventative benefits. "The President said if you like your insurance you can keep it," Krull said, "but you cannot make major changes. You cannot cut or reduce benefits and stay grandfathered. You cannot raise the co-insurance and stay grandfathered."