Prairie Doc Perspective: Is It Real or Fake?

Prairie Doc ®
Perspective
By the late
Richard P. Holm, MD

It is miraculous to consider how much access and exposure we have to information through our computers, phones, televisions, radios and newspapers. Unfortunately, we need to be on guard because too much of this buzz can be false information.

Marketing (sales) can be good and important as it moves commerce, and I'm not saying industry doesn't sponsor credible scientific research. However, marketing can be harmful when selling a weight-loss program that gives false hope, when peddling virility pills that are ineffective or when pushing an outrageously expensive drug that should be used only after first-line medicines are tried. Advertisements can and should be based on truth, but my cynical side sees the words "truth in advertising" as an oxymoron, like "seriously funny," "awfully good" or "found missing." Indeed, marketing motives can be as different from evidence-based science as corn syrup is to leafy green vegetables.

Before sharing or relying on information found online ask yourself the following things:

1. What is the purpose of this website/and or advertising and who owns it?

2. Who wrote the information. is supplying the information and reviewed it?

3. When was the information written and updated?

4. Does this website or ad offer quick and easy solutions and/or miracle cures for your health problems?

It has been our desire and goal at Healing Words Foundation to find and help spread health information that is not influenced by marketing or sales. What is known today as Prairie Doc® media started in the 1980s with newspaper articles, expanding in the 1990s with a local talk AM-radio show, in 2003 with a television show. We feel blessed to have such wonderful talents and gifts allowing us to bring our unbiased and credible public health information to the people.

The mission statement of the Healing Words Foundation and all Prairie Doc® programming is *enhancing health and diminishing suffering by communicating useful information, based on honest science, provided in a respectful and compassionate manner.*

This is a call for all of us to be careful and critical. We don't have to be influenced by false or misleading news but rather need to choose our sources of information carefully. Let this be a time of truth.

The late Dr. Rick Holm and his partner Joanie Holm founded Prairie Doc Programming and continue to follow its mission through the Healing Words Foundation. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc®, a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

(GILLILAND Continued from page 1)

- A valid Kansas hunting license

A certification of sanity (or a willingness to surrender it)

- A bottle of hot sauce and maybe a flask or two of Grandma Waltons recipe (for courage)

*Season Dates:

- September 1st to November 30th, or until all hunters have fled in terror (the season can be lengthened if the jackalope population explodes.)

*Bag Limit:

- One Jackalope per hunter, or as many as you can outrun (this will also increase with time.)

*Hunting Hours:

- Dawn to dusk, or whenever you get the chance to shoot one (this rule is obviously pretty flexible.)

*Permitted Weapons:

- Rifles, shotguns, or a really strong pair of running shoes

- No using glitter bombs or rainbow-colored lassos (they just make the Jackalope more elusive)

*Jackalope Identification:

- If it has antlers, whiskers, and a mischievous grin, it's a Jackalope!

- If it's just a rabbit in a onesie with a pair of horns tied to its head, and ridden by a leprechaun, you're the victim of a prank

*Harvesting:

- Once you've caught your Jackalope, perform the traditional "Jackalope Dance" to honor your prey

- Then, and only then, can you claim your prize (a pat on the back and a great story) Plus, I hear fried jackalope tastes just like chicken.

*Penalties:

- Failure to comply with regulations will result in a mandatory viewing of "The Jackalope Whisperer" documentary

- Repeated offenses will require a hunter to wear a "I'm with Stupid" t-shirt on their next hunt

Remember, hunting Jackalope is a Wyoming tradition and may soon become popular here in Kansas too! Good luck, and may the odds be ever in your favor!

Steve can be contacted by email at stevengillil-and@gmail.com.

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State of Kansas
Special District

2025

NOTICE OF BUDGET HEARING
The governing body of
Valley Township Cemetery District
Reno
will meet on September 13, 2024 at 6:00 PM at 11009 E Longview RD for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied.
Detailed budget information is available at 6807 South Willson Rd, Burton, KS and will be available at this hearing.

BUDGET SUMMARY

Proposed Budget 2025 Expenditures and Amount of 2024 Ad Valorem Tax establish the maximum limits of the 2025 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.

FUND	Prior Year Actual for 2023 Expenditures	Prior Year Actual for 2023 Actual Tax Rate*	Current Year Estimate for 2024 Expenditures	Current Year Estimate for 2024 Actual Tax Rate*	Proposed Budget for 2025 Budget Authority for Expenditures	Proposed Budget for 2025 Amount of 2024 Ad Valorem Tax	Proposed Budget for 2025 Estimated Tax Rate*
General	6,363	0.303	7,781	0.281	14,890	5,765	0.277
Debt Service							
Totals	6,363	0.303	7,781	0.281	14,890	5,765	0.277
					Revenue Neutral Rate**		0.256
Less: Transfers	0		0		0		
Net Expenditure	6,363		7,781		14,890		
Total Tax Levied	5,794		5,765		xxxxxxxxxxxxxxxxxxx		
Assessed Valuation	19,085,792		20,468,949		20,790,333		

Outstanding Indebtedness,

	2022	2023	2024
Jan 1,			
G.O. Bonds	0	0	0
Revenue Bonds	0	0	0
Other	0	0	0
Lease Pur. Princ.	0	0	0
Total	0	0	0

*Tax rates are expressed in mills.
**Revenue Neutral Rate as defined by KSA 79-2988

Rolanda Kretchmar
Treasurer

State of Kansas
City

2025

NOTICE OF HEARING TO EXCEED REVENUE NEUTRAL RATE AND BUDGET HEARING

The governing body of
City of Willowbrook
will meet on September 11, 2024 at 7:00 PM at the Willowbrook Pool for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds, the amount of ad valorem tax and the Revenue Neutral Rate.
Detailed budget information is available at 777 Willowbrook and will be available at this hearing.

BUDGET SUMMARY

Proposed Budget 2025 Expenditures and Amount of Current Year Estimate for 2024 Ad Valorem Tax establish the maximum limits of the 2025 budget.
Estimated Tax Rate is subject to change depending on the final assessed valuation.

FUND	Prior Year Actual for 2023 Expenditures	Prior Year Actual for 2023 Actual Tax Rate*	Current Year Estimate for 2024 Expenditures	Current Year Estimate for 2024 Actual Tax Rate*	Proposed Budget for 2025 Budget Authority for Expenditures	Proposed Budget for 2025 Amount of 2024 Ad Valorem Tax	Proposed Budget for 2025 Estimated Tax Rate*
General	241,341	94.157	366,933	55.636	381,825	199,486	53.636
Debt Service							
Library							
Special Highway			5,001		5,504		
Repayment	74,295		155,943				
Non-Budgeted Funds	32,954						
Totals	347,734	94.157	666,377	55.636	387,329	199,486	53.636
						Revenue Neutral Rate**	53.963
Less: Transfers	0		0		0		
Net Expenditure	347,734		666,377		387,329		
Total Tax Levied	103,523		103,523		xxxxxxxxxxxxxxxxxxx		
Assessed Valuation	1,749,963		1,765,664		1,849,453		

Outstanding Indebtedness,

	2022	2023	2024
January 1,			
G.O. Bonds	0	0	0
Revenue Bonds	0	0	0
Other	0	0	0
Lease Purchase Principal	0	0	0
Total	0	0	0

*Tax rates are expressed in mills
**Revenue Neutral Rate as defined by KSA 79-2988

Frank Alexander
City Official Title: City Clerk

80± Acres of Tillable Land
ON IVY RD & N. 200TH RD, MINNEAPOLIS, KS 67467



Online-Only Bidding

Bidding Opens
Tuesday, Sept. 17th at 2:00 PM

Bidding Closing
Wednesday, Sept. 25th at 2:30 PM

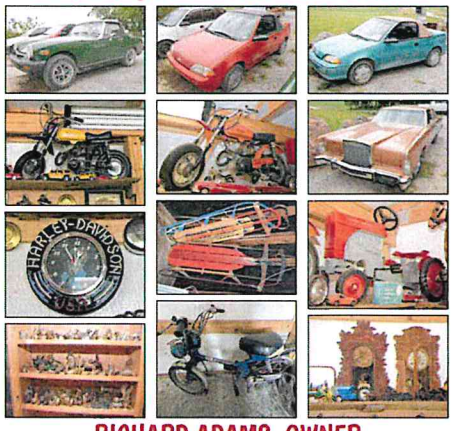
- NW ¼ S21-T11-R02W
- Possesion After Fall Harvest
- 1 Mile S. of State Lake
- 4 Miles to Bennington
- Opportunity for Investment or Ag. Production





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Valley Twp Cemetary
N

State of Kansas
Special District

2025

CERTIFICATE

To the Clerk of Reno, State of Kansas
We, the undersigned, officers of
Valley Township Cemetery District

certify that: (1) the hearing mentioned in the attached publication was held; (2) after the Budget Hearing this budget was duly approved and adopted maximum expenditures for the various funds for the year 2025; and (3) the Amount(s) of 2024 Ad Valorem Tax are within statutory limitations for the 2025 Budget.

Table of Contents:		Page No.	2025 Adopted Budget: Budget Authority for Expenditures	Amount of 2024 Ad Valorem Tax	Final Tax Rate (County Clerk's Use Only)
Allocation MVT, RVT,16/20M Vehicle Tax		2			
Schedule of Transfers		3			
Statement of Indebt. & Lease/Purchase		4			
Fund	**K.S.A.**				
General	15-1015	5	14,890	0.277 5,765	.277
Debt Service	10-113				
Totals		xxxxxxxxxx	14,890	5,765	
Budget Hearing Notice		6			County Clerk's Use Only
Combined Rate - Budget Hearing Notice					
RNR Hearing Notice					
Neighborhood Revitalization Rebate					Nov. 1, 2024 Total Assessed Valuation

20,792,694
Value dropped

Revenue Neutral Rate	0.276
Does budget require a resolution to exceed the Revenue Neutral Rate?	NO

Assisted by:
Lindburg Vogel Pierce Faris

Address:
PO Box 2047
Hutchinson, KS 67504-2047
Email:

Attest: _____, 2024

County Clerk

Governing Body

FILED
SEP 17 2024
Donna Patton
COUNTY CLERK

Valley Township Cemetery District
Reno

2025

Allocation of MV, RV, 16/20M, Commercial Vehicle, and Watercraft Tax Estimates

2024 Budgeted Funds	Tax Levy Amount in 2024 Budget	Allocation for Year 2025				
		MVT	RVT	16/20M Veh	Comm Veh	Watercraft
General	5,765	362	8	10	10	3
Debt Service	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
Total	5,765	362	8	10	10	3

County Treas Motor Vehicle Estimate 362

County Treas Recreational Vehicle Estimate 8

County Treas 16/20M Vehicle Estimate 10

County Treas Commercial Vehicle Tax Estimate 10

County Treas Watercraft Tax Estimate 3

MVT Factor 0.06279

RVT Factor 0.00139

16/20M Factor 0.00173

Comm Veh Factor 0.00173

Watercraft Factor 0.00052

2025

Valley Township Cemetery District
Reno

Schedule of Transfers

Expenditure Fund Transferred From:	Receipt Fund Transferred To:	Actual Amount for 2023	Current Amount for 2024	Proposed Amount for 2025	Transfers Authorized by Statute
None					
	Totals	0	0	0	
	Adjustments*				
	Adjusted Totals	0	0	0	

*Note: Adjustments are required only if the transfer is being made in 2024 and/or 2025 from a non-budgeted fund.

Valley Township Cemetery District
Reno

STATEMENT OF INDEBTEDNESS

Type of Debt	Date of Issue	Interest Rate %	Amount Issued	Amount Outstanding Jan 1, 2024	Date Due		Amount Due 2024		Amount Due 2025	
					Interest	Principal	Interest	Principal	Interest	Principal
General Obligation:										
Total G.O.				0			0	0	0	0
Revenue Bonds:										
Total Revenue				0			0	0	0	0
Other:										
Total Other				0			0	0	0	0
Total				**0**			**0**	**0**	**0**	**0**

STATEMENT OF CONDITIONAL LEASE-PURCHASE AND CERTIFICATE OF PARTICIPATION*

Items Purchased	Contract Date	Term of Contract (Months)	Interest Rate %	Total Amount Financed (Beginning Principal)	Principal Balance On Jan 1, 2024	Payments Due 2024	Payments Due 2025
None							
			Total	**0**	**0**	**0**	**0**

***If leasing/renting with no intent to purchase, do not list--such transactions are not lease-purchases.

Valley Township Cemetery District
Reno

2025

FUND PAGE FOR FUNDS WITH A TAX LEVY

Adopted Budget **General**	Prior Year Actual for 2023	Current Year Estimate for 2024	Proposed Budget Year for 2025
Unencumbered Cash Balance Jan 1	7,633	7,945	7,532
Receipts:			
Ad Valorem Tax	5,671	5,765	xxxxxxxxxxxxxxxxx
Delinquent Tax	213		
Motor Vehicle Tax	428	379	362
Recreational Vehicle Tax	10	7	8
16/20M Vehicle Tax	11	8	10
Commercial Vehicle Tax	12	9	10
Watercraft Tax		0	3
LAVTR		0	0
In Lieu of Taxes		0	0
Sale of Lots	330	1,200	1,200
Interest on Idle Funds			
Neighborhood Revitalization Rebate			0
Miscellaneous			
Does misc. exceed 10% of Total Receipts			
Total Receipts	**6,675**	**7,368**	**1,593**
Resources Available:	**14,308**	**15,313**	**9,125**
Expenditures:			
Mowing	3,000	4,770	4,770
Legal Publications	390	261	261
Professional Services	590	300	300
Tree and stump removal	2,000	-	1,800
Cemetery Improvements	-	2,000	2,000
Insurance	350	400	400
Other	33	50	50
Cash Forward (2025 column)			5,309
Miscellaneous			
Does misc. exceed 10% Total Expenditures			
Total Expenditures	**6,363**	**7,781**	**14,890**
Unencumbered Cash Balance Dec 31	7,945	7,532	xxxxxxxxxxxxxxxxx
2023/2024/2025 Budget Authority Amount:	23,911	16,071	14,890
		Non-Appropriated Balance	
		Total Expenditure/Non-Appr Balance	14,890
		Tax Required	5,765
	Delinquent Comp Rate:	0.0%	0
		Amount of 2024 Ad Valorem Tax	5,765

CPA Summary

State of Kansas
Special District

2025

NOTICE OF BUDGET HEARING

The governing body of

Valley Township Cemetery District

Reno

will meet on September 13, 2024 at 6:00 PM at 11009 E Longview RD for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to levied.

Detailed budget information is available at 6807 South Willison Rd, Burrton, KS and will be available at this hearing.

BUDGET SUMMARY

Proposed Budget 2025 Expenditures and Amount of 2024 Ad Valorem Tax establish the maximum limits of the 2025 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.

	Prior Year Actual 2023		Current Year Estimate for 2024		Proposed Budget Year for 2025		
FUND	Expenditures	Actual Tax Rate*	Expenditures	Actual Tax Rate*	Budget Authority for Expenditures	Amount of 2024 Ad Valorem Tax	Proposed Estimated Tax Rate*
General	6,363	0.303	7,781	0.281	14,890	5,765	0.277
Debt Service							
Totals	6,363	0.303	7,781	0.281	14,890	5,765	0.277
						*Revenue Neutral Rate***	*0.276*
Less: Transfers	0		0		0		
Net Expenditures	6,363		7,781		14,890		
Total Tax Levied	5,794		5,765		xxxxxxxxxxxxxxx		
Assessed Valuation	19,085,792		20,468,949		20,790,333		

Outstanding Indebtedness, Jan 1,	2022	2023	2024
G.O. Bonds	0	0	0
Revenue Bonds	0	0	0
Other	0	0	0
Lease Pur. Princ.	0	0	0
Total	0	0	0

*Tax rates are expressed in mills.

***Revenue Neutral Rate as defined by KSA 79-2988*

Rolanda Kretchmar
Treasurer

Valley Twp Cemetary

VG
9/17/24

Special Districts

(Cemetery, Fire, Community College, Library Districts, Water Districts, etc)

Certificate Page (signed by governing body)	✓
Allocation ofMV, RV, 16/20M, commercial and watercraft tax estimates	✓
Schedule of Transfers	✓
Statement of Indebtedness	✓
Statement of Lease Purchase	✓
Library Grant Page (if applicable)	N/A
All Applicable Fund Pages	✓
Published Notice of Budget Hearing	✓
Proof of Publication	✓
Published Notice of RNR Hearing (if applicable)	N/A
Neighborhood Revitalization (if applicable)	N/A
TIF (if applicable)	N/A
Resolution to exceed RNR approved by governing body (if applicable)	N/A
Certified Roll Call Vote on resolution to exceed RNR (if applicable)	N/A