

Rexford News

By Vicki Allison

The Back to School Community barbecue, sponsored by the Rexford Lions Club and the Golden Plains Booster Club, was well attended as fans were introduced to the 2008-2009 Golden Plains volleyball and football teams.

The Lady Bulldogs’ only home volleyball game will be Saturday, Sept. 13, with Tribune, Rolla and Dighton.

The first home game for the Bulldogs football is scheduled on Friday, Sept. 19, with Hill City.

The Shepherd fs Staff will be sponsoring its gFirst Annual Blast-

er, hadouble elimination trapshoot, Saturday, Sept. 13. Registration starts at 8 a.m. with the shoot beginning at 9 a.m. This is a charity event and church sponsored. For details, call Ron Boller at (785) 687-2565 or e-mail him at Kola464-bear@nestscape.net.

A Happy Birthday to Lane Purcell on Aug. 30. Lile and Ranell Lunsway celebrated an anniversary on Aug. 26

September birthdays: John Ray Gould on Sept. 10, Dick Sanford, Sept. 21, and Delores Dible, Sept. 22.

Some of us will be delighted to know that Bingo starts up again on the second Saturday of each month for those 50 and over.

Mark your calendars for Saturday, Sept. 13, at 7 p.m. and enjoy an evening out at the Red Barn.

Red Barn on-going activities: Monday, Barnswallows, 2to 5 p.m.; Wednesday, 10 a.m., Ladies Bible Study and 8p.m.; Come on Down, Thursdays, 2 to 5 p.m.; and Friday, Koffee Klatch, 9:30 to 10:30 a.m.

Until next time, make your week memorable.

Aging Expo scheduled Sept. 26

Staying fit is for everyone, no matter what your age, as fitness expert Dr. Jeffrey Burnett will tell you. Burnett, a faculty member in the Department of Health and Human Performance at Fort Hays State University, will present the keynote address at “Full Circle” – an Aging Expo, an all-day conference set for Friday, Sept. 26, at the Educational Service Center in Oakley. This year’s aging conference (sponsored by the K-State Research and Extension’s Full Circle Planning Committee and the Area Agency on Aging) has the theme “Growing Older. . . But Not Old”.

Burnett’s keynote address will explore how to be realistic about fitness as we age. He holds his bachelor’s, master’s and doctoral degrees from Texas A&M University-Commerce. Currently the director of the Wellness Center at Fort Hays State University, he is also certified in Health and Fitness through the world-renowned Cooper Institute for Aerobic Research in Dallas.

“People often want to change their diets and exercise routines,” he said, “but often they don’t realize that you don’t need a lot of equipment or radical changes – slight adjustments are best.”

Burnett will also offer a session during the conference titled “Sit and Be Fit,” which examines fitness



Home Time

By Tranda Watts
Multi-county Extension Agent

exercises one can do while sitting, whether you are in a wheelchair or must, for health reasons, spend considerable amounts of time seated.

Growing Older...But Not Old (Full Circle ...Aging Expo), which runs from 9:30 a.m. to 4 p.m. on Sept. 26, will explore some of the latest news and ideas on aging, lifestyle, health, and making important life decisions.

Conference sessions will cover a variety of topics, including physical fitness, aging and attitude, estate planning, funerals, bequeathing keepsakes, pet therapy, living wills and other advance directives, rhythm therapy, and other “surprise” topics to be announced.

The cost for advance registration, due Monday, Sept. 16, is \$25 per person or \$40 for two family members. The fee includes lunch, snacks and drinks, and all session handouts. Registration at the door will be \$35, and organizers cannot guarantee a

meal for those registering the day of the conference.

To register in advance, call Elizabeth Curry at the Northwest Area K-State Research and Extension Office in Colby, (785) 462-6281 or your local K-State Research and Extension Office in Northwest Kansas counties or districts and ask for registration information.

Watch for more information on speakers and conference session details in this newspaper as the date approaches.

For more information you may also e-mail: twatts@oznet.ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties.

Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

NOTICE OF BUDGET HEARINGS

LYON TOWNSHIP BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax to establish the maximum limits of the 2009 budget. Estimated Tax Rate* is subject to slight change depending on the final assessed valuations.

Fund	2007		2008		Proposed Budget 2009		
	Prior Year Actual Expenditures	Actual Tax Rate	Current Year Est. of Expenditures	Actual Tax Rate	Expenditures	Amount of 2008 Ad Valorem Tax	Est. Tax Rate*
General	2,510	3.855	3,500	4.788	3,350	2,787	5.448
Road	16,380	23.669	24,000	26.478	20,000	15,000	29.323
TOTALS	18,890	27.524	27,500	31.266	23,350	17,787	34.771
Total Tax Levied	17,501		17,712		17,787		
Valuation	635,877		566,518		511,539		

NOTE: Tax Rates are expressed in mills.

Trustee — Gerry McKenna

There is NO Debt Service for this Township.

Treasurer — Home of Lawrence Carter

Clerk — Greg Miller

OBERLIN TOWNSHIP BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax to establish the maximum limits of the 2009 budget. Estimated Tax Rate* is subject to slight change depending on the final assessed valuations.

Fund	2007		2008		Proposed Budget 2009		
	Prior Year Actual Expenditures	Actual Tax Rate	Current Year Est. of Expenditures	Actual Tax Rate	Expenditures	Amount of 2008 Ad Valorem Tax	Est. Tax Rate*
General	1,222		10,000		5,500		
Road	9,698	9.090	22,000	13.620	23,500	17,478	14.442
Spec Road		4.000					
TOTALS	10,920	13.090	32,000	13.620	29,000	17,478	14.442
Total Tax Levied	17,329		17,389		17,478		
Valuation	1,323,960		1,276,756		1,210,204		

NOTE: Tax Rates are expressed in mills.

Trustee — Mike Coleman

There is NO Debt Service for this Township.

Treasurer — Home of Gene Morford

Clerk — Ron Bryan

OLIVE TOWNSHIP BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax to establish the maximum limits of the 2009 budget. Estimated Tax Rate* is subject to slight change depending on the final assessed valuations.

Fund	2007		2008		Proposed Budget 2009		
	Prior Year Actual Expenditures	Actual Tax Rate	Current Year Est. of Expenditures	Actual Tax Rate	Expenditures	Amount of 2008 Ad Valorem Tax	Est. Tax Rate*
General	350		6,000		8,000		
Road	12,569	12.982	20,000	14.043	17,000	12,392	14.638
TOTALS	12,919	12.982	26,000	14.043	25,000	12,392	14.638
Total Tax Levied	12,280		12,324		12,392		
Valuation	945,958		877,814		846,586		

NOTE: Tax Rates are expressed in mills.

Trustee — Jim Abbey

There is NO Debt Service for this Township.

Treasurer — Home of Denise Abbey

Clerk — Brian Simonsson

PLEASANT VALLEY TOWNSHIP BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax to establish the maximum limits of the 2009 budget. Estimated Tax Rate* is subject to slight change depending on the final assessed valuations.

Fund	2007		2008		Proposed Budget 2009		
	Prior Year Actual Expenditures	Actual Tax Rate	Current Year Est. of Expenditures	Actual Tax Rate	Expenditures	Amount of 2008 Ad Valorem Tax	Est. Tax Rate*
General	1,223	1.758	7,050	2.644	7,000	3,223	2.090
Road	17,343	15.909	28,500	16.826	28,500	23,000	22.291
Spec Road		5.000	10,000	5.000	11,000	7,712	5.000
TOTALS	18,566	22.667	45,550	24.470	46,500	33,935	29.381
Total Tax Levied	25,174		25,843		33,935		
Valuation	1,129,817		1,075,405		1,542,385		

NOTE: Tax Rates are expressed in mills.

Trustee — Kenneth Carter

Treasurer — Home of Paul Nauer

Clerk — Lawrence Jennings

**Special Road Levy authorized to increase the 2009 Budget.

PRAIRIE DOG TOWNSHIP BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax to establish the maximum limits of the 2009 budget. Estimated Tax Rate* is subject to slight change depending on the final assessed valuations.

Fund	2007		2008		Proposed Budget 2009		
	Prior Year Actual Expenditures	Actual Tax Rate	Current Year Est. of Expenditures	Actual Tax Rate	Expenditures	Amount of 2008 Ad Valorem Tax	Est. Tax Rate*
General	1,254	0.977	3,000	1.592	6,250	5,096	1.330
Road	12,966	8.103	20,000	14.435	59,280	56,250	14.686
Spec Road		5.000	14,000	5.000	20,500	19,152	5.000
TOTALS	14,220	14.080	37,000	21.027	86,030	80,498	21.016
Total Tax Levied	18,165		23,978		80,498		
Valuation	1,294,371		1,140,437		3,830,179		

NOTE: Tax Rates are expressed in mills.

Trustee —Rick Hickert

Treasurer — Home of Betty Hickert

Clerk — Kent Ashley

**Due to rise in valuation which decreased levy - a resolution was adopted to increase the levy for 2009 budget.

It pays to advertise. Call Dave Bergling at 475-2206