

# Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

## Central Kansas Extension District

[centralkansas.ksu.edu](http://centralkansas.ksu.edu)

**March - April 2025**

*District Extension Agent:*

**Lisa Newman**

Family & Community  
Wellness

**Melissa Schrag**

Family Resource  
Management



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for the latest news and events from  
Central Kansas Extension District.

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## **Walk Kansas 2025 – Celebrating 25 Years of Health & Fun!**

Mark your calendars for the much-anticipated return of the Walk Kansas program, kicking off on March 30 and concluding on May 24. This annual statewide initiative underscores the transformative impact of physical activity and healthy eating on overall well-being.

### **Program Highlights:**

- **Team Formation:** Rally your friends or family as teams of up to six members, with one designated as the captain. Embrace flexibility, as each team member records their weekly activities, be it walking, yoga, or any chosen exercise.

- **Global Connection:** Through the magic of technology, teams can unite across borders, fostering bonds with family or friends residing in different parts of the world. Our Walk Kansas community extends its warm welcome to participants from around the globe!

### **Registration Details:**

- **Registration Opens:** March 4

- **Cost:** A nominal fee of \$10 per person opens the door to a wealth of health benefits.
- **Apparel:** Elevate your experience with exclusive Walk Kansas apparel, available for purchase directly from our website.

For additional information and registration, visit <https://www.walkkansas.org/>, or reach out to Lisa Newman at [lmnewman@ksu.edu](mailto:lmnewman@ksu.edu). Feel free to call the Salina office at 785-309-5850 or the Minneapolis office at 785-392-2147.

### **Choose Your Challenge and Walk with Us!**

*Alternative Option: Solo Route available for individuals without a team.*

# Babysitting Clinic

March 18 9AM-Noon  
Minneapolis Public Library  
519 Delia Ave

OR

March 20 9AM-Noon  
Salina Family Healthcare Center  
651 E Prescott Rd

Registration Fee: \$5



**SPACE IS LIMITED. REGISTER ONLINE:  
[HTTPS://TINYURL.COM/CKDBABYSITTING](https://tinyurl.com/ckdbabysitting)  
BY MARCH 12.**

The Business of  
Babysitting

Health and Wellness  
Intro to First Aid/CPR

Development  
and Activities



**Are you interested in becoming a babysitter? Join K-State Research and Extension along with community partners to learn about the responsibility of babysitting.**

**FOR AGES 11-15**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (Lisa Newman) two weeks prior to the start of the event at (785-309-5850 or [lnnewman@ksu.edu](mailto:lnnewman@ksu.edu)). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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# LIVING WELL WEDNESDAY

K-State Research and Extension Statewide Webinar Series

Living Well Wednesday is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences (FCS) professionals from across the state of Kansas. The winter 2025 series (January – March) has begun and we invite you to join us from 12:10–1 p.m.

Register for all webinars in this series here: <https://tinyurl.com/4hed9rfz>

## **March 12: Pinchin' Pennies in the Kitchen**

Food prices have risen 25% since 2020, making grocery shopping more expensive. This webinar will offer practical tips to save money, such as stocking your pantry, using unit pricing, and preparing homemade meals like casseroles, soups, and stir fry. It emphasizes simple, cost-effective strategies that can help reduce food expenses.

## **April 9: Money Habitudes**

Six Money Habitudes will be explored, which can help individuals, couples, or families build self-awareness and understanding about their financial perspectives.

## **Simply Produce**

Simply Produce is a produce bundle program between Central Kansas District and Gene's Heartland Foods in Minneapolis.

Community members can purchase produce bundles containing fresh fruits and vegetables for \$15 at any register located at Gene's in Minneapolis. Contents in the monthly bundles do vary from month to month.



March purchase dates: March 13-18. Pick-up date and time: Friday, March 21, 12-12:30 p.m.

April purchase dates: April 10-15. Pick up date and time: Friday, April 18, 12-12:30 p.m.

Purchasing location: Gene's Heartland Foods located at 218 W 3rd, Minneapolis.

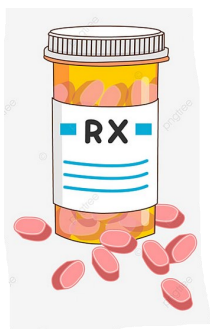
Pick up location: Community Bible Church located at 929 N. Rothsay, Minneapolis.

## National Ag Day

Agriculture affects every aspect of our lives. From food, to clothing, to renewable fuel and much more.

National Ag Day will be March 18, 2025 with the theme of **Agriculture: Together We Grow.**

The website (<https://www.agday.org/>) has many tools and information on how to promote the event and ideas to plan activities centered around agriculture. Event flyers, logos, social media tools, radio scripts and an essay contest are a few of the ways to participate in this event.



## Updates to the Medicare Part D Price Negotiations

The U.S. Department of Health and Human Services (HHS) has announced the addition of 15 more drugs to Medicare Part D price negotiations. This move could lead to cost savings in 2027 for individuals who rely on these medications.

- **Semaglutide** (marketed as Ozempic, Rybelsus, Wegovy): Used for managing type 2 diabetes and chronic weight management.
- **Fluticasone furoate, umeclidinium, and vilanterol inhalation powder** (Trelegy Ellipta): Prescribed for chronic obstructive pulmonary disease (COPD) and asthma.
- **Enzalutamide** (Xtandi): Treats metastatic castration-resistant prostate cancer.
- **Pomalidomide** (Pomalyst): Used in the treatment of multiple myeloma.
- **Palbociclib** (Ibrance): Addresses HR-positive, HER2-negative advanced or metastatic breast cancer.
- **Nintedanib** (Ofev): Treats idiopathic pulmonary fibrosis and other interstitial lung diseases.
- **Linacotide** (Linzess): Prescribed for irritable bowel syndrome with constipation and chronic idiopathic constipation.
- **Acalabrutinib** (Calquence): Used for antle cell lymphoma and chronic lymphocytic leukemia.
- **Deutetrabenazine** (Austedo): Manages chorea associated with Huntington's disease.
- **Fluticasone furoate/vilanterol** (Breo Ellipta): Treats COPD and asthma.
- **Linagliptin** (Tradjenta): Used for type 2 diabetes management.
- **Rifaximin** (Xifaxan): Addresses irritable bowel syndrome with diarrhea and hepatic encephalopathy.
- **Cariprazine** (Vraylar): Prescribed for schizophrenia and bipolar I disorder.
- **Sitagliptin/metformin** (Janumet, Janumet XR): Combines medications for type 2 diabetes treatment.
- **Apremilast** (Otezla): Treats psoriatic arthritis and plaque psoriasis.

K-State Agricultural Economics presents

# Finances and the Farm:

## An online class to enhance your farm management skills

An applied approach to developing and using farm financial statements for management decision-making for farmers and ranchers of all types

**This is a self-paced course you can take when it is convenient for you!**

This course can be taken for education only or to fulfill FSA borrower's requirements.

**Seven Lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise Budgets, Cash Flow, Goal Setting and Managing Family Living Expenses**

### Participants will:

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Choose either Cattle & Crops or CSA & Farmers Market case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation

- Learn how to make changes to avoid financial difficulties

### Registration Fee:

- \$300 for FSA credit class
- \$100 for education only



**Approved for FSA Borrower's Training Credits in Colorado, Illinois, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, Oklahoma, South Dakota, and Wyoming**

Taught by Robin Reid, K-State Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

**Register online for FSA Credit or Education Only:**  
**[www.AgManager.info/Events](http://www.AgManager.info/Events)**

**KANSAS STATE**  
Agricultural Economics



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



NORTH CENTRAL  
EXTENSION  
RISK  
MANAGEMENT  
EDUCATION

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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Robin Reid, (785) 532-0964 or Director of Affirmative Action, Kansas State University, (TTY) 785.532.4807. K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernie Minton, Director.

**Finances and the Farm**—Farms face daily decisions about their operations including new equipment and crops, pricing and risk management strategies. Kansas State University’s Agricultural Economics Department offers its Finances and the Farm online course to help producers develop strong financial skills to make informed decisions that impact the farm's bottom line.

“The need to manage farm financials may be greater than ever before because of historically high input costs and lower commodity prices, creating uncertain profitability margins,” K-State extension farm economist Robin Reid said. “The Finances and the Farm online class provides education for managing financial risk of the farm business; focusing on good recordkeeping as the foundation, using those records to develop financial statements, conducting benchmarking and performance analysis on those statements, and then using that information to make management decisions.”

The course covers seven lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise Budgeting, Cash Flow, Managing Family Living Expenses, and Goal Setting. During the course, participants will:

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Use a case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Two case farms available: Row Crops and Beef Cattle, and Vegetable, Egg and Honeybee Farm
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation
- Learn how to make changes to avoid financial difficulties

Taught by Reid and K-State farm analyst LaVell Winsor, the course was first launched in 2021. It has been recently updated to provide a more interactive learning experience for participants.

Participants watch short videos, go through an interactive review of the content, do an interactive activity, and then work through a quiz where they are inputting numbers into a financial statement and doing performance analysis, so they are able to apply what they are learning in the videos. Participants are also then given resources such as paper sheets and Excel documents to develop financial statements for their own operations. The course is self-paced, which means participants can take up to six months to complete the material, though it is recommended that participants make a schedule to complete it in 2-4 weeks.

“This course is designed with the learner in mind, with the convenience of completing this course at their own pace, from their home or office,” Winsor said.

The cost is \$100 (education only), or \$300 if the participant wishes to receive Farm Service Agency borrower’s training financial credit. It is approved for participants to receive FSA Borrower’s Training Financial Credits for Kansas, Colorado, Illinois, Iowa, Missouri, Montana, Nebraska, North Dakota, Oklahoma, South Dakota, and Wyoming. Coursework will be graded, and a certificate will be provided upon successful completion of the final exam. [Registration](#) is available online.

Previous participants have appreciated the breadth of information learned from the program.

“The course did a good job of covering the broad points of farm financials. It helped me to learn more financial terms. The class was able to offer a fairly wide variety of options for most operations on how to

manage finances. I felt that all the information was communicated accurately and clearly,” a previous participant said. Another said, “This was so good. Having not owned a farm for a decade, and now going through approval to finally find a smaller farm, I only wish I had known about this course prior to completing my USDA paperwork and financials. It is that imperative, and the \$300 cost is nominal compared to the amount of information received, the resources and reference, and of course the templates provided. I am thoroughly impressed and so thankful this program is out there!”

More information is also available by contacting Reid by email, [robinreid@ksu.edu](mailto:robinreid@ksu.edu), or 785-532-0964.

**Keep Your Pets Safe in Bitter Cold Weather:** As temperatures continue to fluctuate, don't forget about your furry friends! Cold weather can be dangerous for pets, leading to frostbite, hypothermia, and other health risks. Keep them indoors as much as possible, protect their paws from ice and salt, and make sure they have warm shelter and access to unfrozen water. Avoid leaving pets alone in cars during freezing temperatures, and always check under your vehicle for animals seeking warmth. For more winter pet safety tips, check out the American Red Cross guidelines. Stay warm and keep your pets safe this season!



### **FAFSA Drop-In Event hosted by KASFAA**

Need help filling out the FAFSA? Join a virtual FAFSA drop-in event to receive help from financial aid professionals across the State of

FAFSA Drop-In Event

Date: Thursday, March 13, 2025

Time: 5:00 PM to 7:30 PM

Zoom Link:

<https://us02web.zoom.us/j/7126926233?omn=81444750904>

Zoom Meeting ID: 712 692 6233



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**Central Kansas Extension District**

**Salina Office**

K-State Polytechnic  
2218 Scanlan Ave  
Salina, KS 67401-8196

**Address Service Requested**

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

**Salina Office**

K-State Salina  
2218 Scanlan Ave.  
Salina, KS 67401-8196  
785-309-5850  
Fax: 785-309-5851

**Minneapolis Office**

Courthouse  
307 N. Concord, Suite 190  
Minneapolis, KS 67467-2129  
785-392-2147  
Fax: 785-392-3605