From the Desk of the Director

Thanksgiving: A Season of Gratitude

Take Charge of Your Health!

Prep & Freeze Pie Now!

Living Well Wednesday

Tax Strategies for Women in Ag

Upcoming: Farm Transition Conference

Welcome Tori Mock!

4-H Achievements

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6 4-H District Roundup
   ○ Welcome Tori Mock!
   ○ 4-H Achievements

7 Club Reports/Announcements

The West Plains Extension District is excited to welcome two new members to the team!

Tori Mock
4-H & Youth Development Agent
tmock@ksu.edu

Jessicalopez1@ksu.edu

Restaurant: Napolis
Color: Turquoise
Coffee: White Chocolate Mocha
Sonic: Unsweet Raspberry Tea

JESSICA LOPEZ
Finney County Office Professional & 4-H Program Support Specialist
jessicalopez1@ksu.edu

Restaurant: Casa Mariachi
Color: Black
Coffee: Vanilla/Caramel Iced Coffee
Sonic: Cherry Limeade

Scott County 4-H'er Maya Vance with Corny at West Plains District 4-H Fall Fest
### UPCOMING DISTRICT EVENTS

#### FALL 2023

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Venue/Details</th>
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<tbody>
<tr>
<td>11/1</td>
<td><strong>KSRE Garden Hour: Invasive Plants</strong> <em>(Zoom: 12PM - 1PM CST)</em></td>
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<td>11/1</td>
<td><strong>Living Well Wednesday: Teen Stress</strong> <em>(Zoom: 12PM - 1PM CST)</em></td>
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<td>11/2</td>
<td><strong>Pumpkin Succulent Class</strong> <em>(Grandstand Meeting Room: 6:30PM)</em></td>
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<td>11/2</td>
<td><strong>West Plains Extension Master Gardener Meeting</strong> <em>(Finney Extension Office)</em></td>
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<td>11/5</td>
<td><strong>Finney County 4-H Achievement Banquet</strong> <em>(Finney 4-H Building)</em></td>
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<td>11/10</td>
<td><strong>West Plains Extension District Offices Closed</strong> <em>(Veterans Day)</em></td>
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<tr>
<td>11/10</td>
<td><strong>Kansas Landowners Conference</strong> <em>(Manhattan)</em></td>
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<td>11/13</td>
<td><strong>West Plains Extension Board Meeting</strong> <em>(Scott City: 7PM)</em></td>
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<td>11/14</td>
<td><strong>Scott County Community Foundation Giving Day! Please support the West Plains District!</strong></td>
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<td>11/23-11/24</td>
<td><strong>West Plains Extension District Offices Closed</strong> <em>(Thanksgiving)</em></td>
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<tr>
<td>11/28</td>
<td><strong>Tax Strategies for Midwestern Farm &amp; Ranch Women</strong> <em>(Zoom: 6:30PM - 8PM)</em></td>
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#### DECEMBER

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<tr>
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<tbody>
<tr>
<td>12/5</td>
<td><strong>Tax Strategies for Midwestern Farm &amp; Ranch Women</strong> <em>(Zoom: 6:30PM - 8PM)</em></td>
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<tr>
<td>12/6</td>
<td><strong>KSRE Garden Hour: Beekeeping Basics</strong> <em>(Zoom: 12PM - 1PM CST)</em></td>
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<tr>
<td>12/6</td>
<td><strong>Living Well Wednesday: Baby Brain Development</strong> <em>(Zoom: 12PM - 1PM CST)</em></td>
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<td>12/11</td>
<td><strong>West Plains Extension Board Meeting</strong> <em>(Garden City: 7PM)</em></td>
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<tr>
<td>12/12</td>
<td><strong>Tax Strategies for Midwestern Farm &amp; Ranch Women</strong> <em>(Zoom: 6:30PM - 8PM)</em></td>
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<tr>
<td>12/25-1/1</td>
<td><strong>West Plains Extension District Offices Closed</strong> <em>(Christmas/New Year)</em></td>
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**Scott County 4-H Shooting Sports honoring US Military Veteran Supper**

**Sunday, November 12**
6:30 p.m.
Wm. Carpenter Bldg.
Scott County Fairgrounds

Scott County 4-H Shooting Sports would like to invite all active and inactive military and a guest to an **“Appreciation Supper”** in honor of your service to our country. Please join us.

RSVP Scott County Extension Office 620-872-2930

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*Cover Photo Credit: AnneMarie Photography*
November for many, is a month to give thanks for all that they have and to kick off the holiday season. Thanksgiving is a great time to reflect with gratitude of what we have been given and if you can, share what you have with others. Look for those who are alone and invite them to your table. Include them in your holiday plans. Do good for others by sharing and volunteering. There are many opportunities to do so in our communities.

For some though, the holidays can be depressing when you are alone. But, its not just the holidays that get us down. Season affective disorder (SAD) can make you feel down or give you the winter blues. According to the Mayo Clinic, SAD is a type of depression that’s related to changes in seasons and it begins and ends about the same times every year. Normally it can start in the fall and will continue into the winter months. A reduced level of sunlight may also be a cause of winter-onset of SAD. The changes decrease in sunlight may disrupt your internal clock and may cause a drop-in serotonin. Serotonin, is a brain chemical that affects moods. To help with this, light therapy, medication or psychotherapy might be administered. If you experience SAD, seek help. Stay busy, stay active and keep your mind busy to help beat back the depression. Winter is a long time to be sad, but the good news is that it often disappears when spring arrives. If you feel like you might be experiencing SAD, reach out for help.

AT HOME WITH CAROL ANN | CAROL ANN CROUCH

FROM THE DESK OF THE DIRECTOR

Whew! October for any Extension Office is busy, but in the West Plains Extension District, I think our agents are incredibly busy. We hosted a pancake feed, 48 hours of 4-H, record book judging, Achievement Banquets and annual re-enrollment, after school engagement programs, quilt classes, Master Gardener class and more. But November will be just as busy for our agents, and we appreciate all the volunteers and 4-H families that “Make the Best Better”!

And to make it better, we have a couple of new folks joining our team. Tori Mock will be join the West Plains Extension District as a 4-H agent and Jessica Lopez as our new Office Professional in the Finney Co. office. Please stop by and say hello!

-Carol Ann

Battling Seasonal Depression?

The University of Kansas, Watkins Memorial Health Center, suggests the following recommendations:

• Take regular walks outdoors.
• Eat healthy.
• Exercise regularly.
• Stay in touch with friends and family.
• Sit in a bright spot indoors.
• Utilize bright light therapy.
• Talk to your doctor.
• Reach out for help! Do not be afraid to contact crisis hotlines, or your local mental health counseling center.

Give Thanks

November for many, is a month to give thanks for all that they have and to kick off the holiday season. November and Thanksgiving is a great time to reflect with gratitude of what we have been given and if you can, share what you have with others. Look for those who are alone and invite them to your table. Include them in your holiday plans. Do good for others by sharing and volunteering. There are many opportunities to do so in our communities.

For some though, the holidays can be depressing when you are alone. But, its not just the holidays that get us down. Season affective disorder (SAD) can make you feel down or give you the winter blues. According to the Mayo Clinic, SAD is a type of depression that’s related to changes in seasons and it begins and ends about the same times every year. Normally it can start in the fall and will continue into the winter months. A reduced level of sunlight may also be a cause of winter-onset of SAD. The changes decrease in sunlight may disrupt your internal clock and may cause a drop-in serotonin. Serotonin, is a brain chemical that affects moods. To help with this, light therapy, medication or psychotherapy might be administered. If you experience SAD, seek help. Stay busy, stay active and keep your mind busy to help beat back the depression. Winter is a long time to be sad, but the good news is that it often disappears when spring arrives. If you feel like you might be experiencing SAD, reach out for help.
NOVEMBER IS NATIONAL DIABETES MONTH!
TAKE CHARGE OF YOUR HEALTH!

Diabetes affects about 37 million Americans at all ages. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Diabetes can damage your eyes, kidneys, nerves, heart and is linked to some types of cancer.

You can take steps to help prevent diabetes health problems.
Start by managing your ABCs of diabetes:

A1C Test  Blood Pressure  Cholesterol

Change your lifestyle by eating healthy meals, get more physical activity, get enough sleep and stop smoking. These steps can also reduce weight. If you need medications, take them on time. Seek mental health support to make your way through diabetes care. And always consult your medical professional for guidance. Learn more at www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month or www.k-state.edu/diningwithdiabetes/. (Source: ’You Asked It’ November 2023)

As the holidays approach, now is the time to plan for holiday meals. If the menu includes pie, make and freeze it now to save time for later. Here are some tips from Penn State Extension:

For unbaked pie, it is best to freeze the filling and crust separately for better crust quality later. The filling can be frozen in a freezer bag and placed in a pie pan to get the pie shape. When ready to use, unwrap the frozen filling, place in an unbaked pie crust. Add an extra 20-25 minutes of baking time.

For the crust, make the pie dough and roll into flat circles to freeze. Several pie crusts can be stacked with parchment paper or foil between the layers. Pie dough can be placed into pie pans and frozen in the pan.

When freezing a whole double crust pie, do not cut vents in the top crust in an unbaked pie before freezing. Make those cuts just before baking.

Fruit, pecan or pumpkin pie freezes best. Custard, meringue or cream pies do not freeze well. (Source: ’You Asked It’ November 2023).

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. Many of our topics touch on a wide variety of essential skills that empower you and your family to live, work, and thrive. The webinars are the first Wednesday of the month from 12:10PM - 1PM CST.

Fall Topics Include:

November 1st: Teen Stress and Anxiety: How Worried do Parents Need to Be?

December 6th: Rapid Development of Baby Brains and Why it Matters

Register Online: bit.ly/LWWFall23

If you cannot attend a webinar, no worries they are recorded and posted online: https://www.ksre.k-state.edu/fcs/livingwellwed/index.html
Tax Strategies for Midwestern Farm and Ranch Women is a three-part, online, Extension workshop produced in collaboration between women in agriculture programs in Kansas, Indiana, and Nebraska. It will focus on the basics of tax planning for farms and ranches. Keynote speakers will be broadcast virtually via Zoom. Attending this series offers you the chance to build your tax management knowledge and skills. Participants are encouraged to attend all three sessions.

**November 28th**
Class 1: Introduction
- Basic Tax Information: What are income taxes? What are income tax brackets?
- Who qualifies as a Farm for tax reporting purposes?
- What is a schedule F?
- Cash vs. Accrual Accounting
- Tax Documentation

**December 5th**
Class 2: Schedule F Basics
- How do you choose an accountant?
- What are common farm and ranch deductions?
- What other non-farm from/for AGI deductions should farmers and ranchers consider?

**December 12th**
Class 3: Advanced Topics
- 1099s
- Tax Strategies
- Shifting Income (pre-paid expenses, deferred payment contracts)
- Accelerated Depreciation
- Income Averaging
- Loan Forgiveness

Nov. 28, Dec. 5, & Dec 12 - 6:30-8PM CST via Zoom | Registration Fee: $30
Register Online: https://tinyurl.com/2023TaxStrategies

Are you interested in a Watch Party at the Finney County Extension Office? Contact Renee Tuttle (620-272-3670 or rstuttle@ksu.edu) by Nov. 21st. (There must be 5 attendees in order to host the ‘Watch Party’.)

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**Kansas Landowner Conference**

**November 10, 2023**
Manhattan, KS

Tailored to those who own agricultural land in Kansas, but do not reside on the land.

**KANSAS STATE**
Agricultural Economics

More Info: agmanager.info/landowner

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**Farm & Ranch Transition Conference**

March 6, 2024
Garden City, Kansas
NOTE FROM THE DESK OF TORI MOCK

Hi! My name is Tori Mock and I have been offered the wonderful opportunity of serving Scott and Finney Counties as one of your 4-H Extension Agents.

I graduated from Texas A&M in 2016 and have a background in feedlot management. My husband Jeremy moved to the Scott City area for his job with High Choice Feeders in 2021 and I followed in 2022 when I took a job at the Garden City FSA office.

In our free time my husband and I enjoy traveling, working with our cattle, and spending time with our two dogs. We have very much enjoyed being a part of both the Garden City and Scott City communities and I am looking forward to getting to know everyone in the West Plains 4-H District.

I have always had an interest in agriculture and have been involved in livestock operations with my family since childhood. I knew from a young age that I wanted a career in agriculture, but I also have a large variety of hobbies (quilting, cooking, art, and woodworking to name a few). I am so excited about the opportunities that extension offers to not only be a part of the agriculture community, but also to include many of the other activities in my life that bring me joy.

Some of my goals as a 4-H extension agent are to show the beauty of agriculture to those that are not actively involved in it, to be involved with mentoring our areas youth and to continue working to grow the wonderful 4-H program that you have built.

-Tori
FINNEY COUNTY 4-H: BEACON BOOSTERS

Beacon Boosters met on August 28, 2023. The club was to do a club exchange with Finney Flyers. Neither club had enough members for quorum. No business meeting took place.

Jake Knoll, Reporter

Beacon Boosters September 24, 2023 meeting was called to order at 6:12 p.m. by President Baylee Hutcheson. Roll call was “Are you happy to be back in school?” There were seven members and four parents present. The club members talked about their state fair projects and how they did. Members were asked to think about themes for the 2024 county fair to be discussed in October. Beacon Boosters is a co-host for the achievement banquet on November 5, 2023. The club discussed record books. Record books are due to Andrea by October 6, 2023. Reenrollment for the 2023-2024 4-H year starts October 1, 2023. The 4-H council will pay the enrollment fee if returning members are enrolled by October 31st. The club held officer elections for the 2023-2024 4-H year. The next meeting will be on October 23, 2023 at 6 p.m. at the Knoll house.

Jake Knoll, Reporter

FINNEY COUNTY 4-H: KOURAGEOUS KIDS

The Kourageous Kids meeting took place on October 8th at 4:00pm. 13 Members, 1 leader and 6 parents were present for the meeting. To the begin, members participated in a scrape painting activity which Cassy provided instruction on. Two motions were passed to bring a ThanksGiving meal to donate to need families, and for the club to enter a float in the Christmas Parade this December. The club members also brought supplies for an equine first aid kit to support the Magics Hope Therapeutic Horsemanship program. The meeting was adjourned by Jonathan around 6:00pm.

FINNEY COUNTY 4-H: HAPPY HUSTLERS

On October 8th, 2023, the Happy Hustlers 4-H club set to work on their “48 hours of 4-H” community service project. They had previously decided on fixing up the Extension office garden. They got the chance to show off their green thumbs. This group of kids and parents were led by Sara Gleason and Michael Roark. They all worked hard on planting new plants, freshening up the soil, and picking up fallen branches. They began by digging and raking, putting down drip lines and weed barriers, then followed by planting. They all really made a difference in the first impression of the 4-H Extension office. The Happy Hustlers got down and dirty, raked and swept, and planted and perfected. The kids got to learn new skills, and the parents got to watch their children bloom. If you would like to bloom, also, then please contact the Finney County Extension office. 4-H will allow you to grow, learn, and have fun! Start your own fun with 4-H.

Hailey Unruh, Reporter

Happy Hustlers 4-H Club

Mark your calendars for the Scott Community Foundation’s Annual Giving Day and please consider supporting the West Plains Extension District!