

# WEST PLAINS EXTENSION DISTRICT

# NEWSLETTER



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

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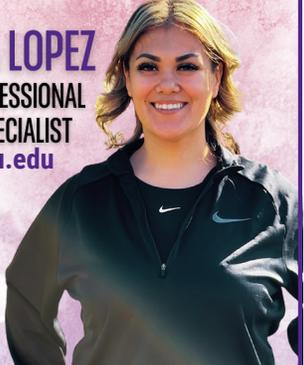
**WELCOME TO THE TEAM!**

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

*Favorites:*  
**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

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

**OFFICE HOURS:**  
MONDAY - FRIDAY | 8 AM - 5 PM

**FINNEY COUNTY OFFICE:**  
620-272-3670

**SCOTT COUNTY OFFICE:**  
620-872-2930

**OFFICE PROFESSIONALS:**  
COZETTA O'DEA & JESSICA LOPEZ



**JANET HARKNESS**  
4-H & YOUTH DEVELOPMENT  
JLP27@KSU.EDU

**CAROL ANN CROUCH**

DISTRICT DIRECTOR  
CCROUCH@KSU.EDU



**JENNIFER LASALLE**  
FAMILY & COMMUNITY WELLNESS  
JLASALLE@KSU.EDU



**RENEE TUTTLE**  
AGRICULTURE & HORTICULTURE  
RTUTTLE@KSU.EDU



**TORI MOCK**  
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# UPCOMING DISTRICT EVENTS

FALL  
2023



## NOVEMBER

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

## DECEMBER

- **12/5: Tax Strategies for Midwestern Farm & Ranch Women** (Zoom: 6:30PM - 8PM)
- **12/6: KSRE Garden Hour: Beekeeping Basics** (Zoom: 12PM - 1PM CST)
- **12/6: Living Well Wednesday: Baby Brain Development** (Zoom: 12PM - 1PM CST)
- **12/11: West Plains Extension Board Meeting** (Garden City: 7PM)
- **12/12: Tax Strategies for Midwestern Farm & Ranch Women** (Zoom: 6:30PM - 8PM)
- **12/25-1/1: West Plains Extension District Offices Closed** (Christmas/New Year)



EMMAUS HOUSE DONATION



*Thanksgiving*  
Food Drive

Please join Happy Hustlers 4-H Club by bringing non-perishable food items to donate to the Emmaus House for Thanksgiving.

Finney Co. 4-H Achievement Banquet  
Sunday, Nov. 5, 2023  
12:30pm :: 4-H Building

You are invited to the  
2023 Finney County  
4-H Achievement Banquet

\*\*\*\*\*

Sunday, Nov. 5, 2023  
12:30 pm :: 4-H Building

\*\*\*\*\*

Please RSVP to Jessica at the Finney County Extension Office by Monday, Oct. 30, 2023. Please call to RSVP at 620-272-3670 or online at <https://tinyurl.com/23FiCo4HBanquet>

\*\*\*\*\*

**\*\*Meat is provided. Please bring a side dish or dessert of your choice.**

Scott County 4-H Shooting Sports  
honoring US Military

★ ★ ★ **Veterans  
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**

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 West Plains Extension two weeks prior to the start of the event at 620-272-3670/620-872-2930. 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.

\*Cover Photo Credit: AnneMarie Photography



## 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 Gardner 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"!

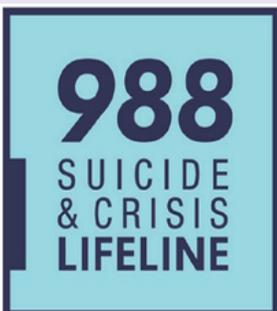
And to make it better, we have a couple of new folks joining our team. Tori Mock will be join the West Plains Extension District as a 4-H agent and Jessica Lopez as our new Office Professional in the Finney Co. office. Please stop by and say hello!

*-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.



If you or someone you know needs support now,  
CALL OR TEXT: 988  
CHAT: 988lifeline.org

Talk with us.



## 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.**

THANKSGIVING: A SEASON OF GRATITUDE



## 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:

- A** A1C Test
- B** Blood Pressure
- C** 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](http://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month) or [www.k-state.edu/diningwithdiabetes/](http://www.k-state.edu/diningwithdiabetes/). (Source: 'You Asked It' November 2023)

**PREP & FREEZE NOW, SAVE TIME FOR LATER!**



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

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](http://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>



MARK YOUR CALENDARS FOR THE UPCOMING TAX STRATEGIES WORKSHOP

# TAX STRATEGIES FOR MIDWESTERN FARM AND RANCH WOMEN

NOV. 28 | DEC. 5 | DEC. 12



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](mailto:rstuttle@ksu.edu)) by Nov. 21st. (There must be 5 attendees in order to host the 'Watch Party'.)

## 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](http://agmanager.info/landowner)

SAVE THE DATE

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*

## Congratulations Scott County 4-H Council



President: Brinlie, Vice President: Kate,  
Treasurer: Megan, Secretary: Avry,  
News Reporter: Waylon, Parliamentarian: Brody

## Trap Team Scott County 4-H Shooting Sports



# Scott County 4-H 2022-2023 Community Awards

### 4-H Volunteers



*Angie Radke &  
Amy Ricker*

### 4-H Alumni



*Lori Vasquez*

### Friend of 4-H



*Scott Coop*

### Extension Appreciation



*Scott & Teresa Noll*



### 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?" Therewere 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 6p.m. at the Knoll house.

Jake Knoll, Reporter

### 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

### 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.



Happy Hustlers 4-H Club

Giving Day is an effort to encourage donations to local funds impacting the Scott Community.

## ANNUAL GIVING DAY

**TUESDAY, NOVEMBER 14, 2023**

We invite you to participate in the 7th Annual Scott Community Foundation Giving Day!

You can donate by giving in person at 424 S. Main, or online at [www.scottcf.org](http://www.scottcf.org)



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