

Notes from Nancy

by Wild West Extension District FACS Agent Nancy Honig



Onions

Onions are among the most common and widely used vegetables in the world. They form the foundational base of cooking across almost every major culinary tradition on Earth. Onions play an important part in our culinary experiences whether they are baked, fried, caramelized, or sautéed. The reason why onions are so common is they are easy to grow and adapt well to many different types of soil and weather. They also have a long shelf life and store and travel well without spoiling quickly. Most importantly the have a deep flavor that adds a rich, savory taste and a sharp aroma that is perfect to build strong bases for soups, stews, and sauces.

Onions are rich in vitamins and minerals. They are a source of Vitamin C, also known as ascorbic acid, which is needed for growth and repair of body tissue. Onions are also high in fiber, which helps regulate our

digestive system. As an added bonus, they are low in fat and calories. One cup chopped onion provides 67 calories, 0 fat or cholesterol, 5 mg sodium, 16 grams carbohydrates, 2 grams dietary fiber and 1 gram protein.

When selecting onions, look for firm, hard onions. They should be dry and have small necks. The skin around the onion should be shiny and crackly in feel. Avoid onions that are wet or have very wet necks, those with thick, hollow, woody centers in the neck, or those with fresh sprouts. Store dried onions in a cool, dry place. Dry onions will last for 3 to 4 weeks.

Primary Types

Yellow: Golden brown in color with a papery skin. They are best used for cooked onions. When sautéed, they turn a dark brown color, which makes them an excellent choice for caramelizing. These onions are high in starch, a complex carbohydrate, and maintain their structure well after cooking. They have a high sulfur content can make them too pungent for some to eat raw.

Red: Have a purple, red skin and white rings of flesh They range in medium to large in size. The flavor is mild and sweet. The texture is crisp. They are good to eat raw and add color to dishes. These onions are great for grilling or pickling, but keep in mind that their color may bleed if cooked with other items, such as potatoes.

White: These are globe shaped with white flesh and white skin. They are sweeter than yellow onions. Yet, white onions can be used in place of yellow onions in a recipe. This variety has a clean, sharp flavor and firm texture. They can add a sweet flavor to other foods and can also be eaten raw. They are great

as slices on a hamburger, chopped for hot dogs, or used for onion rings. White onions are good in heated dishes, sautéed or as a side dish.

Vidalia: These are not the same yellow onions. They will be marketed as a Vidalia onion and are available fresh from April to June. They are mildly sweet in flavor and are good in salads, relishes or as a garnish. Their sweetness is due to their high simple sugar content, which contributes to their wonderful ability to caramelize easily. They have a yellow to tan outer skin and white flesh. If stored in a cool dry place, they can last up to 6 months.

Cutting tips:

* To reduce tearing up when cutting onions, first chill the onions for 30 minutes or 10 minutes in the freezer.

* Cut off the top and peel the outer layers, leaving the root end intact. The root end has the highest concentration of sulphuric compounds that make your eyes tear.

* Make parallel slices toward the root while leaving the root intact to stabilize the bulb, then dice.

With all of the great summer vegetables available right now, be sure and add some onions for a little added nutrition and lots of added flavor!

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Kansas Leaders Encourage Responsible Reporting During Suicide Prevention Month

As September marks Suicide Prevention Month and the fourth annual 988 Day (9/8), leaders from the Kansas Suicide Prevention Coalition are calling on media, journalists and community influencers across the state to adopt safe reporting practices that promote hope, recovery and access to care.

Research shows that media coverage plays a critical role in shaping public understanding of suicide experience. Unsafe reporting can contribute to contagion, increasing risk among vulnerable individuals. At the same time, responsible, solution-focused storytelling can reduce stigma, encourage help-seeking, and ultimately save lives.

Experts recommend following evidence-based guidelines from ReportingOnSuicide.org, which include:

- * Avoiding detailed descriptions of suicide methods or locations
- * Not sensationalizing or oversimplifying causes
- * Using non-stigmatizing, person-centered, hopeful language and imagery
- * Highlighting stories of hope, recovery, and resilience
- * Including crisis resources in all coverage

One of the most important resources to share is the Kansas 988 Lifeline, which provides free and confidential support 24/7 via call, text or chat.

Please continue to offer information about the Kansas 988 Lifeline in media stories about suicide or mental and behavioral health issues by using this tagline: If you or someone you know is struggling, call, text or chat with the Kansas 988 Lifeline for support, 24 hours a day, 365 days a year. Visit kansas988.org to get connected.

“Media coverage has the power to influence whether someone reaches out for help,” said Lisa Orrison, Vice President of the Kansas Suicide Prevention Coalition, “When stories emphasize that recovery is possible and that support is available, they can truly save lives.”

Throughout September, organizations across Kansas will engage communities through awareness campaigns, trainings, and outreach efforts focused on connection, prevention, and support. Media outlets are encouraged to take a solutions-oriented approach by highlighting local programs, sharing lived experiences responsibly, and reinforcing that help is accessible and effective.

*For media inquiries, interviews, or additional resources, please contact: Kane Sheek, Program Coordinator, Kansas Suicide Prevention Coalition ksheek@dccca.org 816-674-9821
Community Based Services - 913-222-8463 - ksheek@dccca.org
6950 Squibb Road, Suite 300, Mission, KS 66202
<https://kansassuicidepreventioncoalition.org/>*

Kansas Soybean Opens Applications for Immersive Leadership Training

The Kansas Soybean Association and Commission have opened applications for the Emerging Leaders Academy. The three-phase program immerses agricultural professionals in the soy-

bean industry, taking a close look at how organizations across the value chain interact and impact farmers.

ELA exposes participants to the organizations that serve farmers, the suppliers they work with, and the processors and end users who depend on their beans. At each phase, participants deepen their understanding of where crops go and how they’re promoted, building leadership and advocacy skills along the way.

“To start, I didn’t know much about Kansas Soybean; I couldn’t have explained the difference between the Association and Commission,” says Jason Unruh, Class 4 Emerging Leader. “Going through ELA gave me leadership training that was helpful back on my farm. It gave me a foundational knowledge of the Kansas soybean industry – and really the Kansas ag industry – and built my network across the state.”

Participants start by learning how their

checkoff and association work independently and together to build profit for farmers through investment and advocacy. In the second phase, they tour industry partners in Kansas to understand the state’s soybean supply chain. Stops are tailored to participants’ interests. This year’s class saw crush plants, a freight facility, and even the Frito Lay plant in Topeka to see how soybeans make their way from field to finished product.

Phase three takes participants to a United Soybean Board meeting to see the national and global impact of U.S. Soy. In addition to the ag supply chain beyond Kansas, they witness how the national soybean checkoff and association work on their behalf, and how other organizations such as Clean Fuels Alliance America and the U.S. Soybean Export Council advocate for stronger markets.

“After Emerging Leaders, I got the passion to talk to other people and to advocate,” says Jeremy

Olson, Class 2. “I think that’s going to be big in the years to come with what we’re facing in agriculture: the ability to communicate with not only ourselves but also the non-ag population.”

Ultimately, participants value getting off their farm to connect with others in the industry. Sam Heinen, a participant in the most recent Emerging Leaders class, says the opportunity to learn from other farmers changed the way he thinks.

“There’s more to life than farming,” Heinen says. “You have to leave and absorb new information, or your operation will never be as successful as it could be.”

The Emerging Leaders Academy is an opportunity not only to ask questions about the soybean checkoff and association, but to see the answers firsthand. Applications are due Nov. 1 and are open to anyone involved in agriculture and interested in soybeans. Visit kssoy.org/ela to learn more.

Stevens County Hospital Specialty Clinics Scheduled for September 2026

Open Monday - Friday 8:00 a.m. - 5:00 p.m.
Closed for lunch and holidays

Tele Health	Cardiology	Tues.	9/1
Dr. Freund	Cardiology	Thurs.	9/3
CLOSED FOR LABOR DAY		Mon.	9/7
Dr. Brown	Podiatry	Thurs.	9/10
Dr. Frankum	General Surgeon	Fri.	9/11
HPM	Pain Management	Mon.	9/14
Tele Health	Cardiology	Tues.	9/14
HPM	Pain Management	Mon.	9/18
Dr. Frankum	General Surgeon	Fri.	9/18
HPM	Pain Management	Mon.	9/21

Dr. Freund. For appointments, please contact his office at 620-272-2430.

Tele health visits with Dr. Farhoud will be available the first and third Tuesdays of each month from 1-4 pm. All visits will be scheduled through his office 316-686-5300.

For appointments with:

Dr. Brown, David Aranda, Dr. Frankum, Holistic Pain Management please call 620-544-8339

If you need more information, please call 620-544-8339.

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TALLADEGA NIGHTS
SAT, AUG. 29
7PM

THE ODYSSEY
FRI., SEPT. 4
&
SAT., SEPT. 5
7PM

PAW PATROL: THE DINO MOVIE
SAT., SEPT. 12
7PM
&
SUN., SEPT. 13
2PM

SPIDER-MAN: BRAND NEW DAY
LIVE ACTION
SAT., SEPT. 19
7PM
&
SUN., SEPT. 20
4PM

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PUBLIC NOTICE

(First published in The Hugoton Hermes, Thursday, August 20, 2026)

IN THE DISTRICT COURT OF STEVENS COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF BETTY JO BANGS, Deceased (Petition Pursuant to K.S.A. Chapter 59)

Case No. SV-2026-PR-000015

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on July 15, 2026, a petition was filed, and on August 11, 2026, an amended pe-

tition was filed in this Court by Robert A. Crane, an heir, devisee and legatee, and Personal Representative named in the "Last Will and Testament of Betty Jo Bangs," deceased, dated July 5, 2024, requesting the will filed with the petition be admitted to probate and record and Petitioner be appointed as Personal Representative, without bond.

You are required to file your written defenses to the petition on or before September 17, 2026, at 11:00 A.M. in the District Court, Stevens County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the

Estate within the later of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided bylaw, and if their demands are not thus exhibited, they shall be forever barred.

SUBMITTED BY:

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