Notes from Nancy

by Wild West Extension District FACS Agent Nancy Honig

Oil's Well That Ends Well

This month my programming has been focused on vinegars and oils. The final program will be taught at the Stevens County Library October 15 at 6:00 p.m. If you miss that, stop in the Extension office and pick up a handout from the program with lots of great information and some recipes using different cooking oils and vinegars.

A big part of the program dealt with facts and myths related to seed oils as part of your daily diet. Concerns stems from the harmful changes that potentially occur during the processing and cooking of these oils. Many seed oils undergo high-temperature industrial processing that can introduce harmful oxidation products or trans fats. Although most seed oils are refined using heat and chemical solvents, leftover chemicals like hexane are almost entirely removed before the oil reaches the bottle, remaining well below safety limits. Regarding hexane, for example, the average person's intake of any possible residual traces of this chemical in oils and other foods is dwarfed by exposures from other sources, such as gasoline fumes.

Seed oils can also be processed by mechanically extracting oil from seeds through cold processing or expeller pressing, without the use of chemical solvents. These are usually labeled as "cold pressed" or "expeller pressed" but often have lower smoke points, shorter shelf lives, and are more expensive.

While it is true that seed oils are often found in many of the processed foods we eat, seed oils aren't the key reason why many of these foods are associated with health issues such as heart disease or diabetes. Most of the processed foods that contain seed oils are foods high in added sugars, sodium, and saturated fats that have little to no nutritional value, which can increase risk for heart disease or diabetes if consumed in large amounts over time.

It is true that soybean and canola oils are commonly used in fast food and other restaurant and prepared foods because they're inexpensive. Repeatedly heating unsaturated oils up to high temperatures creates trans fats and other harmful substances. The problem is factories and restaurants don't change their oil often enough to get rid of those compounds, which likely contributes to the strong link between frequent fried food consumption and heart disease. So, using soybean and canola oil at home in small amounts is not the same as eating deep fried foods from your favorite fast food restaurant, or eating a bag of potato chips!

It is important to store it properly to prevent it from going rancid. Basically, all oils need to be stored in a cool, dark place. Oil does not have extremely long shelf life. Extra Virgin Olive Oil (EVOO) should be used within three months because delicate fats degrade faster. Vegetable and Canola Oil: Lasts about six months when kept in a cool, dark place. Nut and Seed Oils (Walnut, Sesame): Keep in the refrigerator after opening and use within six months. Avocado Oil: Lasts 6 to 8 months in the pantry, or up to 12 months if refrigerated. Look closely at best by dates for oils before purchasing!

Regardless of which oil you choose to use be sure and use moderately. Like all dietary fats, seed oils are best used in moderation and as part of a diet that emphasizes whole foods — such as fruits, vegetables, whole grains and lean proteins — while limiting highly processed products. For more information on oils stop by the Wild West Extension office in Hugoton at 114 East 5th Street.

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer, and is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability or a dietary restriction please contact your local extension office.



Clayton and Joe have experienced 300 books in the 1,000 Books Before Kindergarten challenge at the Stevens County Library. Way to go Clayton and Joe!

CITY COUNCIL

From page 1

Mayor Rome made a recommendation to appoint Martin Daharsh to the vacated position on the golf course board with term to expire in April 2027. The Council approved the recommendation to appoint Martin Daharsh to the vacated position on the golf course board.

The Council voted to allow the school to utilize the golf course for school sanctioned activities.

The Resolution 2026-2 A RESOLUTION ADOPTING FEE SCHEDULE FOR FOREWINDS GOLF COURSE was approved.

The Resolution 2026-3 A RESOLUTION ADOPTING GOLF COURSE SUPERINTENDENT JOB DESCRIPTION was approved.

The Council voted to move Braden Harbour to a salaried position effective October 12, 2026.

Motion was made and seconded to approve Resolution 2026- 4 ADOPTING THE KANSAS HOMELAND SECURITY REGION C HAZARD MITIGATION PLAN.

Council voted to approve Ordinance 867 AN ORDINANCE AMENDING SECTION 2-105 OF THE CODE OF THE CITY OF HUGOTON, KANSAS, REGARDING THE KEEPING OF ANIMALS BY ALLOWING CERTAIN ANIMALS NOT PREVIOUSLY ALLOWED IN THE CITY LIMITS.

Council voted to approve Ordinance 868 AN ORDINANCE AMENDING CURRENT LONGEVITY PAY PROGRAM, ESTABLISHING A NEW LONGEVITY PAY PROGRAM FOR ELIGIBLE CITY EMPLOYEES; ESTABLISHING ELIGIBILITY REQUIREMENTS AND A LONGEVITY PAY SCHEDLE; PROVIDING FOR THE CALCULATION OF BASE PAY RATES; AND PROVIDING FOR THE PAYMENT OF LONGEVITY PAY.

Attorney Foreman updated the council on ERISA attorney finding on the continued health insurance for the retirees. It was a consensus of the council to have the ERISA attorney draft a new ordinance. Clerk Baeza will work with Blue Cross Blue Shield on a Health Reimbursement Arrangement.

Convention and Tourism board met September 8 and made the following requests for funds:

Neal Gillespie, $84.88, Meal Reimbursement

Rooster Round Up, $1250.00, 2026-2027 Rooster Roundup

Wheat State Showcase, $4000.00, 2026 Race Contribution

The Council voted to approve the requested funds to be paid out of Convention and Tourism Fund.

Claims against the city were presented and audited. The Council approved the motion that Appropriation Ordinances No. 2303 and 2304 be passed.

The meeting adjourned.

HOUSE CONCURRENT RESOLUTION No. 5004

A PROPOSITION to amend section 1 of article 5 of the constitution of the state of Kansas to require individuals to be citizens of the United States, at least 18 years of age and a resident of the voting area in which such person seeks to vote in order to vote in this state.

Be it resolved by the Legislature of the State of Kansas, two-thirds of the members elected (or appointed) and qualified to the House of Representatives and two-thirds of the members elected (or appointed) and qualified to the Senate concurring therein:

Section 1. The following proposition to amend the constitution of the state of Kansas shall be submitted to the qualified electors of the state for their approval or rejection: Section 1 of article 5 of the constitution of the state of Kansas is hereby amended to read as follows:

"§ 1. **Qualifications of electors.** ~~Every~~(a) *No person shall be deemed a qualified elector unless such person:*

(1) *Is* a citizen of the United States ~~who~~;

(2) has attained the age of eighteen years; and ~~who~~

(3) *except as provided in subsection (b) or (c),* resides in the voting area in which ~~he or she~~ *such person* seeks to vote ~~shall be deemed a qualified elector~~.

(b) Laws of this state relating to voting for presidential electors and candidates for the office of president and vice-president of the United States shall comply with the laws of the United States relating thereto. A citizen of the United States, who is otherwise qualified to vote in Kansas for presidential electors and candidates for the offices of president and vice-president of the United States may vote for such officers either in person or by absentee ballot notwithstanding the fact that such person may have become a nonresident of this state if ~~his or her~~ *such person's* removal from this state occurs during a period in accordance with federal law next preceding such election.

(c) A person who is otherwise a qualified elector may vote in the voting area of ~~his or her~~ *such person's* former residence either in person or by absentee ballot notwithstanding the fact that such person may have become a nonresident of such voting area during a period prescribed by law next preceding the election at which ~~he or she~~ *such person* seeks to vote, if ~~his~~ *such person's* new residence is in another voting area in the state of Kansas."

Sec. 2. The following statement shall be printed on the ballot with the amendment as a whole:

"*Explanatory statement.* This amendment would clarify that only a person who is a citizen of the United States is eligible to vote in this state.

"A vote for this proposition would clarify that only a person who is a citizen of the United States is eligible to vote in this state.

"A vote against this proposition would make no change to the constitution of the state of Kansas, and the language concerning voter qualifications would remain the same."

Sec. 3. This resolution, if approved by two-thirds of the members elected (or appointed) and qualified to the House of Representatives and two-thirds of the members elected (or appointed) and qualified to the Senate, shall be entered on the journals, together with the yeas and nays. The secretary of state shall cause this resolution to be published as provided by law and shall cause the proposed amendment to be submitted to the electors of the state at the general election in November in the year 2026, unless a special election is called at a sooner date by concurrent resolution of the legislature, in which case the proposed amendment shall be submitted to the electors of the state at the special election.

GCCC to host Butler Community College Fiber Optics Boot Camp

Garden City Community College will host a Certified Fiber Optics Technician Boot Camp offered by Butler Community College's Workforce Education program November 9–13, 2026, providing Southwest Kansas residents with an opportunity to gain industry-recognized fiber optics training and certifications.

The intensive, accelerated boot camp is designed for individuals with little to no prior experience and provides three Fiber Optic Association-sanctioned certifications in five days.

The training includes three foundational fiber optics courses:

- Certified Fiber Optics Technician
- Certified Fiber Optics Specialist/Splicing
- Certified Fiber Optics Specialist/Testing & Maintenance

The cost includes comprehensive study materials, textbooks, and exam fees for all three courses. The training is designed to provide participants with hands-on experience and essential industry skills for careers in fiber optics and telecommunications.

"Bringing specialized workforce training opportunities to Southwest Kansas helps connect individuals with skills that are in demand across a variety of industries," said Chuck Pfeifer, Dean of Technical Education and Workforce Development at GCCC. "We are pleased to partner with Butler Community College to make this training available locally."

The standard course fee is $3,149. Special pricing may be available for Kansas residents who are unemployed or underemployed. A corporate rate is also available for employees. Individuals interested in special pricing must complete a form for consideration.

Space for the boot camp is limited. Registration and additional information are available through the Butler Community College Workforce Education website.

For more information or questions, contact Butler Community College Workforce Education at 316-323-6118 or workforce@butlercc.edu.

DID YOU KNOW?

The National Cancer Institute notes that some cancer cells can avoid detection by a person's immune system. A recent study from researchers with the Massachusetts Institute of Technology and the Dana-Farber Cancer Institute found that cells can turn on a gene called SOX17 in the early stages of colon cancer. That gene allows the cells to become essentially invisible to the immune system. While that might sound discouraging, the discovery might bode well for treating future cases of early stage cancer. Researchers behind the study feel if they can find a way to inhibit the SOX17 gene, then they might be able to prevent colon cancer in patients susceptible to developing it. The ability to inhibit the gene also could help stop colon cancer before tumors enlarge and the disease advances into later stages.

Submitted by Metro Editorial Service.

PUBLIC NOTICE

(First published in The Hugoton Hermes, Thursday, October 8, 2026) 3t

IN THE DISTRICT COURT OF
STEVENS COUNTY, KANSAS

In the Matter of the Estate of LARRY DWAYNE QUILLEN a/k/a LARRY D. QUILLEN, deceased
(Pursuant to K.S.A. Chapter 59)

Case No. SW-2026-PR-000027

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this Court by Carol J. Quillen, mother and sole heir of Larry Dwayne Quillen a/k/a Larry D. Quillen, deceased, requesting: Descent be determined of the following described real estate situated in Stevens County, Kansas, to-wit:

The surface and surface rights only in and to a parcel of land located
in the southwest quarter (SW/4) of section thirty (30), township thirty-one (31) south, range thirty-seven (37) west of the 6th P.M., being more particularly described as follows: From a 8''x8'' concrete block being accepted as the southwest corner of said section 30, south 89 degrees, 55 minutes, 33seconds east, along the south line of section 30, a distance of 1,610.00 feet to the Point of Beginning of this parcel; thence north 00 degrees, 04 minutes, 27 seconds east, perpendicular to the south line of said section 30, a distance of 683.08 feet to a #5 rebar w/plastic cap set as the northwest corner of this parcel; thence south 89 degrees, 55 minutes, 33 seconds east, parallel with the south line of said section 30, a distance of 132.29 feet to a #5 rebar w/plastic cap; thence south 35 degrees, 52 minutes, 24 seconds east, a distance of 456.03 feet to a #5 rebar w/plastic cap being the northwest corner of the Deanna Quillen parcel; thence south 00 degrees, 04 minutes, 27 seconds west, perpendicular to the south line of said section 30, and along the west line of said Deanna Quillen parcel, a distance of 313.90 feet; thence north 89 degrees, 55 minutes, 33 seconds west, along the south line of said section 30, a distance of 400.00 feet to said Point of Beginning. Said parcel contains 5.14 acres, more or less

and

Commencing at the southwest corner of the southwest quarter (SW/4) of section thirty (30), township thirty-one (31) south, range thirty-seven (37) west of the 6th P.M., Stevens County, Kansas; thence S87°59'30''E along the south line of said quarter, a distance of 1,610.00 feet to the southwest corner of a parcel described in Book 225, page 54 in the Register of Deeds Office in Stevens County, Kansas; thence N02°00'31''E along the west line of said parcel, a distance of 683.08 feet; thence S87°59'29''E, a distance of 132.29 feet to the Point of Beginning of parcel to be described; thence S33°57'08''E along the northeasterly line of said parcel, a distance of 456.01 feet to the northwest corner of a parcel described in Book 218, Page 424 in the Register of Deeds Office in Stevens County, Kansas; thence N50°27'49''E along the north line of said parcel, a distance of 125.97 feet; thence N37°46'12''W, a distance of 371.58 feet; thence N87°59'29''W, a distance of 124.32 feet to the Point of Beginning. Said parcel contains 1.06 acres, more or less

and any personal property and any other Kansas real estate owned by the decedent at the time of death, and that such property be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses to the petition on or before the 5th day of November, 2026, at 9:30 o'clock a.m. in the City of Hugoton, 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.

Carol J. Quillen, Petitioner

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