Notes from Nancy

by Wild West Extension District FACS Agent Nancy Honig

Fall Apples

I love that the fall features apples in so many different ways. Whether it is raw, in cobbler, or wrapped in caramel they are delicious! They are also a source of both soluble and insoluble fiber. Soluble fiber, such as pectin, actually helps to prevent cholesterol buildup in the lining of blood vessel walls, reducing the incidence of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just beneath the skin. Eating the skin also increases insoluble fiber content. Most of the apple's fragrance cells are concentrated in the skin, and as they ripen, the skin cells develop more aroma and flavor.

Remember once you have purchased your apples, that they like to be cool. If apples could pick their home, they'd choose one kept at 35-40 degrees F. with relative humidity of 80-90%. Since most of us don't necessarily have climate control for that type of environment, storing them in the refrigerator or in an unheated section of a basement will help keep your apples fresh. Apples do absorb odors, so be careful if storing them for a prolonged period in your garage. Fruit bowls are beautiful, but your apples won't stay crispy for long on the counter top.

I often get asked which apples are best. The answer depends on what you want it for. Do you want to bake with it, eat it fresh, turn it into applesauce? Do you like sweet or tart? The best apple really depends on the purpose, and then on your personal taste.

If you are baking, here are some recommended picks.

* Jonagold is tart with a honeyed sweetness. They are daughters of Jonathan and Golden Delicious, with the best of both worlds firm flesh and a sweet tart taste, and they hold up exceptionally well in the oven. They don't store well, however, so use them early in the fall at their peak.
* Honeycrisp is my personal favorite for everything. It has a very crisp texture and is guaranteed to hold firm when baked.
* Braeburn is a superbly crisp apple. It has a concentrated taste, and bakes up juicy but not mushy. They'll do well under heaps of streusel and cinnamon and still retain their apple flavor.
* Pink Lady (or Cripps Pink) are balanced between sweet, tart, and tannic notes. It will retain its distinct shape when baked.
* Granny Smith is one of the most popular baking apples and puts the American in apple pie. It's a tart and tangy apple with a firm flesh. If you don't like it quite so tart, add a splash of sweetness by pairing it with some slices of Honeycrisp in your recipe.
* Gala has a crisp bite and a mellow sweetness. The Gala complements any recipe you can even get away with using less sugar because of its natural sweetness. The crispness helps it retain its shape throughout baking so it doesn't get mealy.

So, enjoy the cool fall weather, and do a little baking with apples!

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.

BUYING OR SELLING A HOME?
Lisa LeNeve
Real Estate Agent
Let a professional licensed realtor walk with you every step of your sale or purchase.
Lisa is here to serve you. Give her a call today!
620-541-1029
lisa.leneve77@gmail.com
CallCory.com Real Estate Broker
Serving all of Southwest Kansas
620-624-4200 Liberal, Kansas

Market Report

At the Close Tuesday

Brought to you by:

Wheat	6.11
Milo	3.97
Corn	4.97
Soybeans	11.48

PATE AGENCY, LP
The Crop Insurance Specialists
Don Beesley, Agent
Office: 620-544-8068
Cell: 620-544-6888
Equal Opportunity Provider

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.

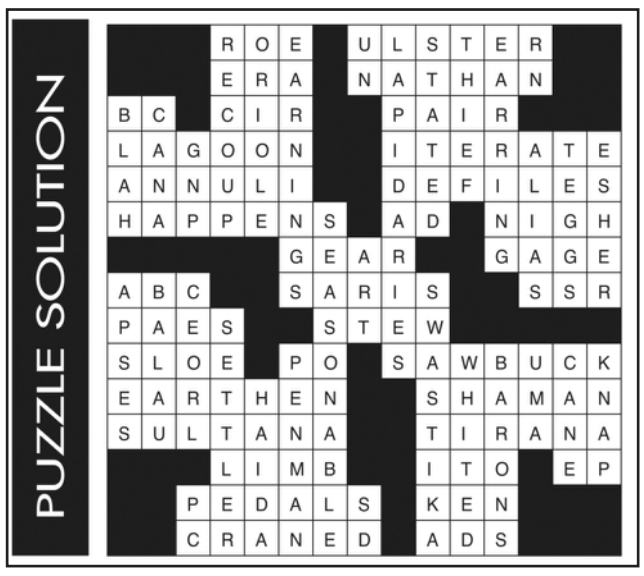


Leota Felix McBride joins her big brother Murphy and her parents Garrett and Erin Monday, September 21 in Colorado Springs, Co. Leota was born at 8:55 a.m. weighing five pounds 13 ounces and was 19.75" long. Grandparents are Tony and Rhonda McBride of Gunnison, Co., and Patricia Stock of Colorado Springs, Co. Great grandmother Evelyn Leota McBride of Hugoton is very proud to share her name with Baby Leo. The McBride family resides in Crested Butte, Co.



Aubrey has experienced 900 books in the Stevens County Library's 1,000 Books Before Kindergarten challenge. You're almost there Aubrey...keep it up!

Solution to the October 15, 2026 puzzle



Hermes is now printed at 3:00 on Tuesdays - so Deadline has to be strictly enforced 5:00 Mondays



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

Michael E. Collins, SC #07384
HOPE, MILLS, BOLIN, COLLINS & RAMSEY
607 North Seventh Street,
P.O. Box 439
Garden City, Kansas 67846
Phone: (620) 276-3203
Attorneys for petitioner