



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

August 2025

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Make-a-Will Month



Renae Riedy, Family and Consumer Sciences Agent

August is recognized as “Make-a-Will” month, a time to reflect on what we’ve been given and what we will pass along. If you already have a will, the importance of reviewing your estate planning documents regularly can not be overstated.

Once a person reaches 18 years of age, creating legal documents such as a will or advance health care directives are very important to relay your wishes should you not be able to do so for yourself. While sometimes it is hard to think about the reason for this topic, planning does not make the time come sooner where you may need these documents.

Join me on **September 3rd at 6:30 pm at the Geary County 4-H/Senior Center** for an educational presentation about these documents, such as wills, trusts, and advanced healthcare directives as well as how to start conversation, get organized

and understand goals of your legacy. A last letter of instruction will be discussed too. Cost is \$10 for materials, and you must preregister by August 29th to our office.

I will also be joining Barb Wunder with Johnson & Mass-Hinitt Funeral Home as she talks about preplanning—same presentation—**Sept 17 at 5:30pm or Sept 18 at 11:30 am** (contact Barb at 785-542-9201 for registration info). Per her literature, 88 decisions must be made shortly after a death occurs.

Planning, just like we do for other aspects of our life, will help this process hopefully go smoother and potentially at a lower cost, during an incredibly hard time for those left behind. I’ll be available to answer general questions about Medicare and other potential resources for end of life and discuss some documents available online to capture information to share with loved ones.

TYPICAL PARTS OF A WILL

**University of Minnesota Extension*

Naming a guardian and conservator

Most contain a provision naming a guardian and conservator for minor children. The guardian oversees the day-to-day physical care of the minor children.

Naming a personal representative

Another article names a personal representative to manage and handle the administration of your estate and your will. Often a spouse or family member is named to this position.

Distribution of property

Most wills have several articles which establish procedures for the distribution of property. These articles should take into account contingencies such as what if the spouse dies first, both spouses die together or the entire family dies.

Special family needs

Some wills provide special provisions regarding special family needs.

An Intern's Reflection on Summer Programming



Emma Hall (Littich), 2025 Geary County Summer Extension Intern

This summer, I had the opportunity to serve as the Geary County 4-H Engagement Intern where I had the opportunity to serve the youths of Geary County by providing curriculum based hands on learning experiences. Not only has this internship helped me to start to become the educator I always dreamed of being, it has also allowed me to give back to our Kansas 4-H program which as also played a huge role in my career.

As a recent Kansas State University graduate, this internship has allowed me to continue to practicing the skills I learned throughout my course work. One of the things I have been able to practice is adapting my work to different ages through my lesson planning but also how I make the content applicable to their lives. I have loved getting to work with ages 4 through 18, but how you plan content application for each of them is quite different.

Along with my work with various summer school partnerships,

I had the privilege of working with our 4-H families more this summer. It was great to build relationships with both the youths and adults. This was beneficial to my future career as I was looking for more experiences working with families, as this will be a huge part of teaching.

Overall, I think this internship is not only extremely beneficial to the youths of Geary County, but also is crucial for future educators. This program has helped me learn while teaching, and I believe that this is an invaluable opportunity that Geary County 4-H could continue to provide. I am so grateful for my experiences.

SUMMER IN NUMBERS

1210 Youth Reached

43 Hours of Youth Engagement

Stay Strong Stay Healthy Update



Renaë Riedy, Family and Consumer Sciences Agent

Stay Strong Stay Healthy Level 1 strengthening class will be taught again starting Aug 20 to Oct 8. This instructor-led, twice per week class is geared to older adults who want to retain or increase their strength and flexibility. After age 30, we naturally start to lose muscle mass—a use it or lose it situation. The class starts slower, with less repetitions and no extra weights, and progresses as we move through the sessions.

Each class is about an hour, and our office provides the weights. Once you complete this class, you will have

the opportunity to join in another group who is doing these exercises three days per week.

Remember, in addition to the recommended 30 minutes per day of aerobic exercise (walking, jogging, swimming, gardening, biking, dancing, etc.), stretching daily and exercises that target balance and strength are also recommended. The cost of the 16-session class is \$25. Please call our office to sign up before Aug 20.



**THANK YOU FOR YOUR SUPPORT OF THE 2025
GEARY COUNTY FREE FAIR!**

Fall Army Worms On the Move



Kyler Langvardt, Ag & Natural Resources Agent

Fall Armyworm, *Spodoptera frugiperda*, can damage several important Kansas crops as well as pasture, turf and home landscaping and is currently being reported across the state in various crops and pasture scenarios. The first fall armyworm flight into Kansas occurred during the first week of July in south central parts of the state and trap counts of adult moths continued to increase in those areas through July while moths also started showing up in the central and northeast part of the state in notable numbers.

There were scattered and treatable infestations of caterpillars in these areas during that timeframe. During this first two weeks of August, fall armyworm moths are noticeable statewide. Trap counts of moths are increasing dramatically in south central areas and reports of significant infestations in the central and eastern parts of the state have been reported.

Given these recent trap observations and reports of caterpillar outbreaks, scouting should continue until the first frost of the season for at risk crops and pasture. It is critical to scout often and treat, if needed, when the caterpillars are less than a half inch long. Larger caterpillars are harder to control and do the most damage. Recommended thresholds and products labeled for control of fall armyworm caterpillars (Table 1) can be found below.

Fall Armyworm Thresholds

Alfalfa: 1-2 caterpillars per square foot can destroy seedling alfalfa. 10-15 per square foot can destroy 12" tall plants.

Corn: damage to whorl stage in early summer is typically not a concern and will not impact yield. Bt corn may prevent ear damage.

Sorghum: damage to whorl stage in early summer is typically not a concern. 1-2 larvae/head during

flowering to soft dough reduces yield 5-10%.

Wheat: Larval "window-paning" in early planted wheat can be a concern. Very late second generation fall armyworm will be the biggest concern for wheat. If 25-30% of plants show damage, examine field frequently. Treat at 2-3 active larvae/ft.

Pasture/Brome: If damage is notable or there is window-paning, treatment may be warranted with 4 to 5 caterpillars per square foot.

Fall armyworms can impact your lawns and turfgrass as well. The caterpillars undergo six larval instars, or stages between molts. The first three instar caterpillars aggregate in groups, feeding on the underside of leaves, in leaf folds, or on leaf margins. Feeding damage results in turfgrass leaves having a tattered appearance. The last three instar caterpillars feed on leaves down to the crown of the turfgrass resulting in extensive damage that can kill the turfgrass. Check the soil surface where the leaves have been fed upon to detect piles of green frass or fecal deposits.



A. Young fall armyworm caterpillar; B. Older or fully-mature fall armyworm caterpillar. Fall Armyworms can be identified by the Y-Shaped marking on the head.

OVER 890 EXHIBITS WERE ENTERED BY 4-H MEMBERS AND COUNTLESS MORE BY OPEN CLASS PARTICIPANTS.

UPCOMING EVENTS:

Kitchen Restore Initiative

Kitchen Restore is a Live Well Geary County Food and Farm Council project that our extension staff has started. This project provides a kitchen kit that consists of baking, cooking and dishware items to people who are in need, based on a referral from a local agency. So, during these hot days in August when you are looking for an inside task, if you find you have some gently used kitchen items that you are ready to donate as you are decluttering, please keep this project in mind. Donation drop off is at the extension office.

100th Anniversary Celebration of Geary County Extension

Mark your calendars on October 9th to join our Extension office in the afternoon for a reception celebrating 100 years of Cooperative Extension in Geary County! Come and see our history on display, grab a sweet treat and cheers to many more years in the future. More details are to come.



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