

Extension offers online training

How's your garden growing? SDSU Extension is offering a series of Webinars for garden educators. Schoolteachers, afterschool and summer garden program leaders and helpers are all encouraged to participate in the Youth in the Garden webinars.

Webinars are typically scheduled for the second Wednesday of the month, however the next session will be held July 17 from 10-10:30 a.m.

To participate in the webinar, visit www.iGrow.org/events and click the link within the event posting.

Participants are encouraged to log in within 15 minutes of the specified time.

Chris Zdorovtsov, SDSU Extension Community Development Field Specialist will present ideas for incorporating history, geography and culture with "Social Studies in the Garden." Marjorie Zastrow, Nutrition Field Specialist will provide tips and ideas to provide children with healthy choices and ideas to involve them in food preparation activities during "Kids Food – Balancing Choices."

Save the date for this upcoming session:

Aug. 14, 10-10:30 a.m.: "Food Safety in the Garden," presented by Lavonne Meyer, food safety field specialist and "Science in the Garden," presented by Chris Zdorovtsov.

Sept. 11, 10-10:30a.m.: "Pick of the Harvest," presented by Marjorie Zastrow and "Physical Activity in the Garden," presented by Nikki Van Dyke, health and physical activity field specialist.

USD athletes named Academic All-Americans

University of South Dakota women's track and field athletes Bethany Buell and Alexa Duling were recently named to the Capital One Academic All-America Division I women's track and field/cross country first team. The team was selected in a vote by members of the College Sports Information Directors of America.

It's the first Academic All-America honor for both Buell and Duling. USD and Oregon were the only schools to have two athletes make the women's first team.

Buell, a psychology major with a 3.97 GPA, won the pole vault at the NCAA Outdoor Track and Field Championships last month to become USD's first champion at the Division I level. The junior from St. Louis, MO, tied the NCAA Outdoor Championship record with a vault of 14 feet, 7 1/4 inches (14-7 1/4), and had the top vault in the nation of 14-7 1/2.

Buell also earned first team All-America honors during the indoor season after placing sixth at the NCAA Indoor Championships in March.

Duling, who graduated with a 4.0 GPA from the business administration graduate program, received the 2013 Walter Byers Scholarship, which is awarded to one male and female athlete in recognition of academic achievement and potential future success. She will receive a renewable \$24,000 scholarship while attending the Arizona College of Medicine.

On the track, the Gregory, SD, native earned All-America honors in the 400-meter hurdles in 2012 and was the 2013 Summit League champion in the event. She qualified for the Olympic Trials in the event a year ago and competed at the NCAA West Region Preliminary Round this year.

University of South Dakota men's distance runner Jeff Mettler was recently voted to the Capital One Academic All-America Division I men's track and field/cross country second team by the College Sports Information Directors of America.

It's the first Academic All-America honor for Mettler, who is a junior with a 4.0 GPA in USD's kinesiology and sports sciences program. The Eureka, SD, native won Summit League track titles this past year in the indoor mile, the indoor 3,000-meters and the outdoor 3,000-meter steeplechase. Mettler also placed second at the Summit League Cross Country Championships last fall and was named this year's Summit League Scholar Athlete of the Year.

To be eligible for Capital One Academic All-America honors, a student athlete must be a varsity starter or a key reserve, maintain a cumulative GPA of 3.3 on a 4.0 scale, must have reached sophomore athletic and academic standing at the nominating institution and be nominated by his/her sports information director.

TV From Page 01

signed up for a sports and variety package may find RFD-TV on channel 131.

The star of the televised segment will be Pro Mags, a new gauge-wheel design that keeps planters debris-free.

The Hesla family discovered debris to be a constant and frustrating problem while planting corn on 40 acres of river-bottom tract land that Deb inherited several years ago near their home outside Wakonda.

The first spring Ron Hesla planted the field, the process was greatly hampered when wet soil stuck to his no-till planter gauge wheels.

That inspired Hesla to begin tinkering with a gauge-wheel design. Eric Hesla, the son of Rob and Deb and a student at the University of South Dakota, entered a family business plan

based on the design in the school's 2007 Extraordinary Idea Competition and won first place. That same year, he earned second place with the plan in the South Dakota governor's Giant Vision Student Competition.

Those honors and five years of successful on-farm testing convinced the father and son to market the device. The Heslas formally launched their business, Pro Mags LLC.

According to the company's web page, the Heslas made numerous discoveries about the planter plugging process during many years of testing, from the "rolling wedge" that can develop in-between two furrow-opening discs, to the trash and soil obstacle created by the frame-mounted scraper arms of conventional planters.

During the development of the gauge wheel, the Heslas designed and tested various wheel liners, trash-deflectors and scrapers, along with a variety of slot configurations to come up with the best designed combination of

products for effective planting in varied weather conditions.

The Pro Mags all-weather gauge wheel system attaches readily and easily to every major brand of planter with no modification(s) to the planter itself.

The gauge-wheel system is designed to work on all conventional seed planters and drills. The wheels are currently available in two thicknesses, 13 gauge and 11 gauge, both with a 4.5-inch width. While both are standard sizes, they are lighter in weight than similar products. No planter modification is required to use the Pro Mags gauge-wheel system.

As part of the gauge-wheel system, the Heslas designed a new universal scraper. It has a radial design that allows farmers to adjust the scraper blade to make contact anywhere along the edge of the opening disk.

Learn more about the Heslas' invention by logging on to www.promagsonline.com.

4-H public speaking contest awards up to \$1,000

4-H members from more than 40 South Dakota counties are invited to participate in a public speaking contest held Aug. 7 during the Sioux Empire Fair.

All 4-Hers who participate will receive five gate passes, five lunch tickets and \$20 to spend at the fair. The Contest provides 4-H members the opportunity to use their critical thinking, writing and speaking skills to tell an audience how CHARACTER COUNTS! fits into a 4-H project area, current event or a personal experience.

All contestants will present their speeches in morning rounds. There are two divisions, Juniors, (ages 8-13) and Seniors, (ages 14-19). Within these two divisions, the top two senior speakers and the top junior speaker at each judging station will advance to the championship round.

Prizes for the contest include: In the senior division, the first place winner receives a \$1,000 certificate of deposit and

the second place winner receives a \$500 certificate of deposit. In the junior division, the first place winner will receive a \$500 certificate of deposit and the second place winner will receive a \$250 certificate of deposit.

A Novice Junior and Novice Senior Division will be offered for contestants new to the 4-H CHARACTER COUNTS! Public Speaking Contest. \$100 cash will be awarded to the top speaker in both the Novice Junior and Novice Senior Divisions based on the points earned in the morning competition. Novice competitors will not advance to the championship round.

For more information on the SD 4-H CHARACTER COUNTS! Public Speaking Contest go to <http://igrow.org/events/4-h-character-counts-public-speaking-contest-sioux-empire-fair/>.

4-Hers may register on line at <https://sd.4honline.com>. The link for the

Registration Help Sheet <http://igrow.org/up/resources/01-4008-2013.pdf>

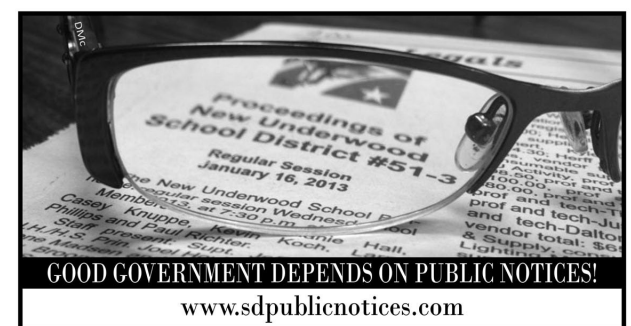
The contest is hosted by South Dakota 4-H CHARACTER COUNTS!, Sioux Empire CHARACTER COUNTS!, Sioux Falls Chamber of Commerce with generous sponsorship from First PREMIER Bank/PREMIER Bankcard.

Registration for the contest will close July 19. The 4-H CHARACTER COUNTS! Public Speaking Contest held during the Sioux Empire Fair is open to 4-H members in the following South Dakota counties: Aurora, Beadle, Bon Homme, Brookings, Brown, Brule, Campbell, Charles Mix, Clark, Clay, Codington, Davison, Day, Deuel, Douglas, Edmunds, Faulk, Grant, Hamlin,

Hand, Hanson, Hughes, Stanley, Sully, Hutchinson, Hyde, Jerauld, Buffalo, Kingsbury, Lake, Lincoln, Marshall, McCook, McPherson, Miner, Minnehaha, Moody, Potter, Roberts, Sanborn, Spink, Turner, Union, Walworth, and Yankton counties.

If you have any questions, please contact: Phil Olson, SD 4-H CHARACTER COUNTS! Regional Coordinator, at (605) 212-6175 or philip.olson@sdstate.edu.

CHARACTER COUNTS! is a trademark of the Josephson Institute of Ethics and operates in South Dakota under the leadership of the 4-H Youth Development program of SDSU Extension, Brookings, South Dakota 57007.



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