

# SDSU Extension Forums at 2015 Dakotafest

**BROOKINGS, S.D.** - SDSU Extension will host several forums to benefit South Dakota growers and their families during 2015 Dakotafest held Aug. 18-20 inside the SDSU Extension Pavilion located on the Schlaffman Farm, Mitchell.

The topics range from Precision Ag Technologies, Climate and Grain Outlooks and Top Ten Ways to Run More Cows on the Same Grass to Tax Savings for Farm Families and new Opportunities for Beginning Farmers & Ranchers.

Organized in a discussion format, these forums provide participants with the opportunity to have their questions answered by SDSU Extension and South Dakota State University staff as well as other industry experts.

"Dakotafest is a wonderful opportunity for our staff and faculty to interact directly with producers and discuss issues relevant to our state's agriculture industry," said Karla Trautman, SDSU Extension Associate Director.

New location same great information

Forums will be held in the SDSU Extension Pavilion in its new location in booth 600, located on the corner of 6th Street and the West Entrance (for Dakotafest regulars, its the road which leads past the ribeye sandwiches on the way to the northwest corner.)

Also inside the SDSU Pavilion, the iGrow kiosk will provide digital information to the public on the wide range of SDSU Extension resources and tools available online through the iGrow webpage.

2015 SDSU Extension Forum Schedule

Tuesday, August 18, 2015, Show Hours: 9 a.m. - 5 p.m.

9:30 a.m. Rainfall Simulator and Pasture and Cropland Soil Health, presented by Jeff Hemenway (NRCS), Stan Boltz (NRCS) and Pete Bauman, SDSU Extension Range Field Specialist

10 a.m. Daily Weather Briefing & Climate Outlook, presented by Laura Edwards, SDSU Extension Climate Field Specialist

10:30 a.m. Precision Ag Technologies, presented by Nic Uilk, Ag & Biosystems Engineering Instructor and Aaron Franzen, Ag & Biosystems Engineering Instructor

11 a.m. New Opportunities for Beginning Farmers & Ranchers, presented by Merlin Neumiller, SDSU Extension Beginning Farmer & Rancher Program Manager and Robin Salverson, SDSU Extension Cow/Calf Field Specialist

11:30 a.m. Top Ten Ways To Run More Cows on the Same Grass, presented by Warren Rusche, SDSU Extension Cow/Calf Field Specialist

Noon Free SDSU Ice Cream

1 p.m. Grain Market Outlook, presented by Jack Davis, SDSU Extension Crops Business Management Field Specialist

1:30 p.m. Current Topics in Agriculture, presented by Alvaro Garcia, SDSU Extension Agriculture & Natural Resources Program Director

2 p.m. Tax Savings for Farm Families, presented by TASC AgriPlan NOW

Wednesday, August 19, 2015, Show Hours: 9 a.m. - 5 p.m.

9:30 a.m. Rainfall Simulator and Pasture and Cropland Soil Health, presented by Jeff Hemenway (NRCS), Stan Boltz (NRCS) and Pete Bauman, SDSU Extension Range Field Specialist

10 a.m. Daily Weather Briefing & Climate Outlook, presented by Dennis Today, South Dakota State Climatologist & SDSU Extension Climate Specialist and Laura Edwards, SDSU Extension Climate Field Specialist

10:30 a.m. Nozzle Selection for New Crop Technologies, presented by Amanda Bachmann, SDSU Extension Pesticide Education & Urban Entomology Field Specialist

11 a.m. Precision Ag Technologies, presented by Nic Uilk, Ag & Biosystems Engineering Instructor and Aaron Franzen, Ag & Biosystems Engineering Instructor

11:30 a.m. Top Ten Ways To Run More Cows on the Same Grass, presented by Warren Rusche, SDSU Extension Cow/Calf Field Specialist

Noon Free SDSU Ice Cream

1 p.m. Avian Influenza Update, presented by Russ Daly, Professor, SDSU Extension Veterinarian, State Public Health Veterinarian

1:30 p.m. Grain Market Outlook, presented by Jack Davis, SDSU Extension Crops Business Management Field Specialist

2 p.m. Current Topics in Agriculture, presented by Alvaro Garcia, SDSU Extension Agriculture & Natural Resources Program Director

Thursday, August 20, 2015, Show Hours: 9 a.m. - 4 p.m.

9:30 a.m. Rainfall Simulator and Pasture and Cropland Soil Health, presented by Jeff Hemenway (NRCS), Stan Boltz (NRCS), Pete Bauman, SDSU Extension Range Field Specialist

10 a.m. Daily Weather Briefing & Climate Outlook, presented by Dennis Today, South Dakota State Climatologist & SDSU Extension Climate Specialist and Laura Edwards, SDSU Extension Climate Field Specialist

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## Series Highlights Dementia Prevention Research

**BROOKINGS, S.D.** - It is commonly thought that memory loss is a side effect of old age. In fact, it is the result of disease or trauma. Science tells us brain health, like heart health, can be impacted by the decisions we make every day. Researchers Michael C. Patterson and Roger Anunson who study brain health have developed an easy to follow model using the term 'cog wheels' to refer to pieces of brain health. Each cog wheel contains factors that either increase or decrease our risk of developing dementia and memory loss.

The cog wheels include: Physical Exercise and Movement; Mental Stimulation; Stress Management; Social Engagement; Sleep and Mental Rest; Diet and Nutrition and Spirituality and Purpose.

SDSU Extension Gerontology Field Specialist, Leacey Brown, in collaboration with Nikki Prosch, SDSU Extension Health & Physical Activity Field Specialist and Andrea Bjornestad, Assistant Professor & SDSU Extension Mental Health Specialist; are compiling a series of online articles to describe these cog wheels for iGrow.

This series will provide more information about each cog wheel and offer tips on how to reduce the risk of developing dementia and memory loss. "Patterson and Anunson compiled most of the research on brain health and developed an easy to follow model on how we can reduce our risk of developing dementia and memory loss," Brown said. "Preventing memory loss as we age is top of mind of many South Dakotans. This series provides the information to anyone interested in prioritizing memory health."

Brown reminds readers that people can still develop dementia, even if they engage in all the behaviors known to protect against dementia and memory loss. ■iGrow

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'00 Sunflower 8781 650BU Grain Cart, New Lower Auger	\$12,500

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**MV Shopper**  
Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

2			1	6	
8			2	5	
5	1		4		2
	2				
		3		4	
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CHALLENGING CH BOOK 59 #6

Last Tuesday's Solution

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