

## ■ CHAMPIONS

From Page 6



FFA Foundaton. 4-H and FFA youth, ages 14 to 18 who would like to participate in the National Land and Range Judging Contest have the opportunity to participate in qualifying Land and Range contests offered during summer and fall. Upcoming events are listed below.

South Dakota Rangeland Days - Chamberlain- June 23 & 24, 2015 - First place 4-H Range Team will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma;

South Dakota Soils Days - Chamberlain- June 23 & 24, 2015 - First place 4-H Soils Team will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma;

West Region FFA Land and Range Contest- Wall- First place Range and Land Teams will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma;

Central Region FFA Land and Range Contest- Wessington Springs- First place Range & Land Teams will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma;

South East Region FFA Land Contest - Dell Rapids- First place and second place Land Teams will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma; and

North East Region FFA Land and Range Contest - Webster- First place Range and Land Teams will go on to compete in the 2016 National Land & Range Judging Contest held in Oklahoma City, Oklahoma.

For more information about participating in 4-H or FFA range and land judging events contact your county SDSU Extension 4-H Program Advisor or your school's FFA chapter. For a list of SDSU Extension 4-H Program Advisors, visit the iGrow website.

■iGrow

# Annual Coalition on Aging

BROOKINGS, S.D. - Leacey Brown, SDSU Extension Gerontology Field Specialist is one of many speakers and panelists to speak during the Annual Coalition on Aging Spring Education Conference held May 19, 2015 at Active Generations in Sioux Falls (2300 W 46th St).

>Brown will be joined by Bobbie Jo Leggett, Director of Caregiver & Outreach Services, Active Generations to discuss aging services in South Dakota.

Other speakers and topics include: Dr. Jen Porter, with the University of South Dakota Beacom School of Business who will discuss Higher Education and Employer Partnerships: Securing the Future for an Aging Services Workforce; a panel on Healthcare and the Aging in South Dakota, hosted by Stephanie Rissler, with S.D. Public Broadcasting (SDPB) and featuring the following panelists: Clint Graybill, Director, Provider Network, Good Samaritan Society; Erik Nelson, Associate State Director of Advocacy, AARP South Dakota; Dr. Jen Porter, University of South Dakota Beacom School of Business; Leacey Brown, SDSU Extension Gerontology Field Specialist; and Dr. Rick Holm, with Avera Medical Group and host of "On Call."

For those unable to attend the conference, the Healthcare Issues Panel will be live-taped for the May 21 edition of SDPB "South Dakota Focus" and will air 8 p.m. (CDT).

Questions for the panel may be sent to the Coalition on Aging prior to the May 19, 2015 conference or submitted in person until 9:30 on the day of the conference.

Continuing education credits

The South Dakota Board of Social Work Examiners has approved this activity for .4 continuing education credits /4 Contact Hours. Attendance at the entire conference is required to obtain CEU's/Contact Hours.

Registration information

Registration and breakfast begins at 7:15 a.m. For those unable to attend this conference, the event will be live-taped by "South Dakota Focus" a production of S.D. Public Broadcasting.

The cost to attend this event is \$75 and will include breakfast and a "to go" lunch. You can register online at the Coalition on Aging website or contact Denise Bloomberg, Program Director at 605.310.3948

■iGrow

## Online and Hands-on Food Preservation Courses

BROOKINGS, S.D. - SDSU Extension recently modified its Food Preservation Mentor Program. What was a day-long course now includes online self-study courses and a half-day of hands-on canning with SDSU Extension staff.

Hands-on canning sessions will be hosted statewide beginning June 2, 2015.

"Today, everyone is so busy. This training fits better into our participants' lives," explained Lavonne Meyer, SDSU Extension Food Safety Field Specialist.

She explains that the online course modules, which include short videos and factsheets, are concise and designed for participants to fit into their schedule however works best for them. The hands-on canning sessions allow participants the opportunity to ask SDSU Extension staff questions in a comfortable environment while gaining the confidence through accomplishment.

Meyer will host the five Food Preservation hands-on canning sessions with Joan Hegerfeld-Baker, SDSU Extension Food Safety Specialist and SDSU Assistant Professor.

Before its online launch, Hegerfeld-Baker asked a class of college students to test the online portion of the

program. Only one student had prior experience canning. "We wanted to make sure that the online portion of the program would not overwhelm first-time canners," Hegerfeld-Baker said. "The students' said the factsheets and videos worked together well and did not take long to complete."

She added that participants can choose either or both of the programs: online modules or attend a hands-on session. They compliment one another very well. However, if they want to receive certification as a Food Preservation Mentor, participants must complete both portions of the program.

Hands-on Canning Sessions Begin June 2

The hands-on portion of the course includes training in the following:

1. Canning an acidified or acid food in a boiling water bath canner;
2. Canning a low-acid vegetable in a pressure canner; and
3. Canning jelly or jam in a boiling water bath canner.

Before attending the hands-on portion of the course, participants are encouraged to complete the online self-study modules however anyone interested in canning is invited to attend, even if they have not completed the online modules. Participants must

be 16 or older to attend.

Dates  
Redfield: June 2, 1 p.m. to 5 p.m. (CDT) at the Redfield High School (502 E. 2nd St.);

Watertown: June 3, 1 p.m. to 5 p.m. (CDT) at the Codington County Extension Office (1910 W. Kemp Ave.)

Sioux Falls: June 11, 1 p.m. to 5 p.m. (CDT) at the SDSU Extension Regional Center (2001 East 8th Street)

Chamberlain: June 16, 5 p.m. to 9 p.m. (CDT) at St. Joseph's Indian School (1301 N. Main Street)

Rapid City: June 18, 5 p.m. to 9 p.m. (MT) Pennington County Extension - Walter Taylor Building (601 E. Centre)

Registration:  
Registration for the hands-on portion of this program is \$35. To register, visit the iGrow events page or contact Lavonne Meyer at 605.782.3290.

Online Modules

There is no cost to access the online modules. Simply go to the iGrow website and click on Healthy Families - Food Safety. There you will find the "Home Food Preservation Self-Study Course." Register to access the course and begin learning the basics of home canning along with access to many tested recipes. Complete the whole course or pick and choose the learning activities you are most interested in.

Home Food Processor

Track

Module 1: General Canning Principles which includes information on the following: Using Heat Process; pH of foods; Boiling Water Bath and Pressure Canning; and Adjusting for Altitude.

Module 2: Canning Equipment which includes information on the following: Types of Canners; Jars, Lids, and Utensils; Using a Boiling Water Bath Canner; and Using a Pressure Canner.

Module 3: Acid Foods which includes information on the following: Fruits; Pie Filling; Fruit Syrups; and Jams and Jellies.

Module 4: Acidified Foods which includes information on the following: Acidifying Low-Acid Foods; Tomatoes and Tomato Products; Fermentation; and Pickling.

Module 5: Low Acid Foods which includes information on the following: Vegetables; Meats; and Soups, Stews, and Legumes.

Module 6: Freezing Foods which includes information on the following: Fruits; Vegetables and Meats.

Complete the modules that are of interest to you. If all modules are completed along with an evaluation, a certificate of completion is presented to you.

South Dakota Home Food

■ COURSES, Page 12

**SAVE NOW \$1950**  
with manufacture & utility Rebates up to

**Cool Cash** turn to the experts

Home Comfort...more than just Heating and Cooling

- Experienced Technicians
- Mobile Dispatching
- 24 Hour Emergency Service
- Planned Maintenance Agreement
- Financing Available

**Larry's HEATING & COOLING**  
920 Broadway, Yankton • 665-9461 • [www.larrysheatingandcooling.com](http://www.larrysheatingandcooling.com)

**HyVee HealthMarket**  
Change What You Eat - Change How You Feel  
Prices Good May 19 - June 1

**EARN 5¢ OFF PER GALLON**

**ON ANY REFRIGERATED KOMBUCHA**  
INCLUDES: GTS, LIVE, KEVITA, HIGH COUNTRY & REEDS

**New Horizon Fruit Snacks, Squeeze Pouches & Crunch Snacks**  
10% OFF regular price

**Bragg Organic Apple Cider Raw Vinegar**  
32 oz. bottle \$4.99

**Akronia Valley Aronia Juice**  
Antioxidant rich fruit Grown in South Dakota processed in Akron, Iowa  
2¢ OFF PER GALLON \$14.49

**World Peas**  
Gmo free snack that is trans fat and cholesterol free  
\$2.99 5.3 oz. pkg.

**Personal Nutrition Counseling**  
Come to Hy-Vee for individual nutrition counseling when you need a special diet or your physician recommends you make diet changes.

**Kenny Tomek**  
Hy-Vee Dietitian

- Weight Loss
- Heart Disease
- Diabetes
- Gluten-free and other food intolerances
- Other Nutrition concerns

**Charity Schantz**  
Hy-Vee Health Market Manager

## LARGE AUCTION

**TRACTORS - SKID LOADERS - PAY LOADER CONSTRUCTION - FORKLIFTS COLLECTOR TRACTORS & EQUIP. - COMBINES - HEADS - HAY & FEEDING EQUIP. - TILLAGE - PLANTERS - ASST. MACHINERY - TRUCKS - TRAILERS - FARM MISC.**

Our Spring Auction Event will be held at the Wieman Auction Facility located 1 mile south and 1/2 mile west on Highway 44 from Marion SD on:

**WEDNESDAY, JUNE 3RD 8:15 CST**

Lunch by Presbyterian Church Ladies

10 - 4x4 TRACTORS; 25 - MFD TRACTORS; 10 - 15 2WD TRACTORS; 6 - SKID LOADERS; 1 - PAY LOADER; 3 - TRACTOR-LOADER-BACKHOES; FORKLIFTS; 50 - COLLECTOR TRACTORS; COLLECTOR EQUIPMENT; 20+ COMBINES; 25+ CORN HEADS; 35+ FLEX HEADS; RIGID HEADERS; 10+ HEADER TRAILERS (NEW & USED); 10 - GRAIN CARTS; GRAIN HANDLING ITEMS; 40 - ROUND BALERS; SILAGE CUTTERS; MOCO'S; SWATHERS; GRINDER MIXERS; MANURE SPREADERS; PLANTERS; DRILLS; ROGATOR SPRAYER; SPRAYERS; LOADERS; TILLAGE EQUIP; MACHINERY; TRUCKS; TRAILERS; VEHICLES; ATV; MOWERS; MANY TIRES & FARM MISC.;

**Auctioneers Note:** A portion of the Auction will be available on [wiemanauction.com](http://wiemanauction.com) for online bidding with a 2.5% buyers' premium with a max of \$750.00 per item. Another large interesting sale! Bring a friend, come prepared. Misc. items start @ 8:15 w/ 3-4 rings. Machinery starts at 9:15 AM sharp with 2 auction rings all day, 3rd ring @ 11:00 will sell payloaders-construction items-forklifts-augers-vehicles-trailers-trucks. South Dakota sales tax will be charged. This ad is subject to additions and deletions. All consignments must have been approved by the Wieman's. We have excellent loading and unloading equipment. We appreciate your business. We are in our 67th year of selling. Honest and fair treatment to all. Financing and trucking available. Sorry we are full! Come prepared to Buy! If you are driving a good distance - call to make sure your item is here. (Welcome to the "Machinery Mall of South Dakota"). Our Next Auction is August 5, 2015!

**WIEMAN LAND & AUCTION CO., INC.**  
(SINCE 1949)

MARION SD 605-648-3111 or 1-800-251-3111  
AUCTION SITE: 605-648-3536 or 1-888-296-3536  
EVENINGS: Richard Wieman 605-648-3264  
Mike Wieman 605-297-4240 Kevin Wieman 605-648-3439  
Derek Wieman 605-660-2135 Gary Wieman 605-648-3164

For a detailed ad and some pictures call our office or visit our website at: [www.wiemanauction.com](http://www.wiemanauction.com)  
e-mail address: [wiemanauction@yahoo.com](mailto:wiemanauction@yahoo.com)

**find Buy Sell**

**REAL ESTATE RENTALS AUTOMOTIVE EMPLOYMENT MERCHANDISE COUPONS**

the Missouri Valley Shopper and [missourivalleyshopper.com](http://missourivalleyshopper.com) is your complete source for buying and selling.

Everything you need is just a click or call away!

Place an ad today by calling **605.665.5584**

**MV Shopper**