#### Aurora, Buffalo, Jerauld & Sanborn Counties **4-H Newsflash** HEAD HANDS HEALTH HEART Jerauld County Extension Office Aurora County Extension Office Sanborn County Extension Office PO Box 366 PO Box 397 PO Box 397 Wessington Springs, SD 57382 Plankinton, SD 57368 Woonsocket, SD 57385 (605)539-9471 (605)942-7754 (605)796-4380

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### From my desk to yours: Teaching Kindness...Here We Go!

It's February and we see Valentines on the shelves, chocolate hearts in the candy dish. But as parents and leaders of youth I share with you practical ways to foster empathy audra.scheel@sdstate.edu in children. The following is from "How To Teach Your Kids To Care About Other People" found at huffpost.com.

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As deep-seated divisions, vitriol and disturbing news fill headlines, many people are wondering what happened to the qualities of empathy and kindness in our society. In the same vein, many parents are wondering how to raise kids who will be a force for love and goodness in the face of bitterness and hate.

#### **Talk About Feelings**

"The gateway to empathy is emotional literacy," said Michele Borba, an educational psychologist and the author of numerous parenting books, including UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World. A simple way to foster emotional literacy is by promoting

face-to-face communication in the age of texting and smartphones. "Digital-driven kids aren't necessarily learning emotions when they pick emojis," Borba said. "Make

it a rule in your house to always look at the color of the talker's eyes because it will help your child tune in to the other person."

Another key aspect is teaching kids to identify their own

emotions early on. "Use emotional language with kids. Say things like, 'I see you're really frustrated,' or, 'I see you're really mad," Laura Dell, an assistant professor at the University of Cincinnati's School of Education, told HuffPost.

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"Before children can identify and empathize with other people's feelings, they need to understand how to process their own feelings," she continued. "Once they can identify their own emotion, they're better able to develop those self-regulation skills to control their own emotions - and then take the next step to understand the emotions of others."

"The gateway to empathy is emotional literacy," said Borba.

Ravi Rao, a pediatric neurosurgeon turned children's show host, believes parents should teach feelings as much as they teach things like colors and numbers.

"You'll see parents walking through the park and taking every opportunity to ask, 'What color is that man's jacket?' 'What color is the bus?' 'How many trees are there?'" he explained. "You can also practice emotion by saying things like, 'Do you see the woman over there? Does she look happy or does she look sad?""

Rao also recommends playing a "guess what I'm feeling" game at home by making happy or sad faces and asking your children to identify the emotion. "You just get their brains in the habit of noticing the signals on other people's faces."

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Public Presentation Update

Rodeo 2020 Teens for Jeans How to teach your kids about kindness contin...

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Audra Scheel

**Program Advisor** 

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# Rodeo Links and Updates

2020 Rodeo Rulebook: https://extension.sdstate.edu/sites/default/files/2020-01/P-00019.pdf

2020 Rodeo Policy and Procedure Document:

https://extension.sdstate.edu/sites/default/files/2020-01/P-00015.pdf

Finals Entry Packet (Due May 1): https://extension.sdstate.edu/sites/default/files/2020-01/MC-

#### 00746.pdf

Insurance Declaration Form (do not send in with finals packet):

https://extension.sdstate.edu/sites/default/files/2020-01/MC-00745.pdf

2020 Rodeo Approval Form (Due March 1):

https://extension.sdstate.edu/sites/default/files/2020-01/MC-00744.pdf



# Service Learning Project



**Teens for Jeans** Coordinated by the South Dakota

Donate your new or gently used jeans of all sizes to your local 4-H/SDSU Extension office by August 1, 2020!

> All donations will have a local impact! Visit extension.sdstate.edu/about for office locations.

#### About Teens for Jeans

- This project was selected by delegates in attendance of the 2019 Teen Leadership Conference.
- It is coordinated by the State 4-H Ambassador Program.
- This project strives to ensure that no one has to go without a pair of jeans!

#### What will this project look like in my county?

Each county office is encouraged to collect jeans to participate in the statewide community service project.

- Create a jeans drop off location at your county office or at different locations around your community.
- Once the box is full, count the jeans and record it on the 2019-

20.TeensForJeans CSProject ImpactReport.

If you are a club who would like to help with this state wide project please contact your county office so we can assist you!

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Once kids have a better sense of emotions and how things make them feel, you can ask them about the emotional perspectives of others. "You can ask things like, 'How do you think it made Tommy feel when you took his toy?' or, 'That made Mommy really sad when you hit me,''' said Borba.

#### Use Media To Your Advantage

Watching TV or reading books together presents another great opportunity to cultivate empathy, according to Madeleine Sherak, a former educator and the author of <u>Superheroes Club</u>, a children's book about the value of kindness.

"Discuss instances when characters are being kind and empathetic, and similarly, discuss instances when characters are being hurtful and mean," she suggested. "Discuss how the characters are probably feeling and possible scenarios of how the situations may have been handled differently so as to ensure that all characters are treated kindly."

Borba recommends engaging in emotionally charged films and literature like *The Wednesday Surprise*, *Charlotte's Web*, *Harry Potter* and *To Kill a Mockingbird*.

#### Set An Example

Parents need to walk the walk and model empathy themselves, noted Rao.

"Kids will pick up on more things than just what you say. You can say, 'Pay attention to other people's feelings,' but if the child doesn't perceive or witness you paying attention to people's feelings, it doesn't necessarily work," he explained.

Rao emphasized the importance of parents using language to convey their own emotional states by saying things like, "Today, I'm really frustrated," or, "Today, I'm really disappointed." They can practice empathy when role-playing with dolls or action figures or other games with kids as well. It's also necessary for parents to recognize and respect their children's emotions, according to Dell.

"For kids to show empathy to us and others, we need to show empathy to them," she explained. "Of course it's tough as a parent trying to get multiple kids to put on their clothes and shoes and get out the door to go to school in the morning. But sometimes it makes a difference to take that pause and say, 'I see it's making you really sad that we can't finish watching 'Curious George' this morning, but if we finished it, we wouldn't be able to make it to school on time, and it's really important to get to school on time.""

"It doesn't mean you have to give in to their wants all the time, but to recognize you understand how they feel in a situation," she added. **Acknowledge Children's Acts Of Kindness** "Parents are always praising children for what grades they got or how they did on a test. You can also boost their empathy by letting them know it matters to develop a caring mindset," said Borba, noting that when children do things that are kind and caring, parents can stop for a moment to acknowledge that.

"Say, 'Oh, that was so kind when you stopped to help that little boy. Did you see how happy it made him?" explained Borba. "So your child realizes that caring matters, because you're talking about it. They then begin to see themselves as caring people and their behavior will match it."

#### Make Kindness A Family Activity

Families can prioritize kindness with small routines like taking time at dinner every night to ask everyone to share two kind things they did, or writing down simple ways to be caring that they can all discuss together, said Borba. Playing board games is another way to learn to get along with everybody.

Borba also recommended volunteering together as a family or finding ways that your children enjoy giving back. Volunteering is another great way to promote empathy.

"If your kid is a sports guru, then helping him do arts and crafts with a less privileged kid might not be the best match, but you can find other opportunities for face-to-face giving that match their interests," she explained. "Help them realize the life of giving is better than the life of getting."

Families might also consider writing down their own mission statements, suggested Thomas Lickona, a developmental psychologist and author of <u>How to Raise Kind Kids: And Get Re-</u> <u>spect, Gratitude, and a Happier Family in the</u> <u>Bargain</u>.

"[It's] a set of 'we' statements that express the values and virtues you commit to live by — for example, 'We show kindness through kind words and kind actions'; 'We say we're sorry when we've hurt someone's feelings'; 'We forgive and make up when we've had a fight,'" he explained. Lickona also recommended holding everyone accountable to the family values at weekly family meetings centered around questions like, "How did we use kind words this week?" and, "What would help us not say unkind things even if we're upset with somebody?"

"When kids slip into speaking unkindly — as nearly all sometimes will — gently ask for a 'redo," he said. "What would be a kinder way to say that to your sister?' Make it clear that you're asking for a redo not to embarrass them, but to give them a chance to show that they know better. Then thank them for doing so." Another piece of advice from Lickona: Just look around. "Even in today's abrasive, angry, and often violent culture, there are acts of kindness all around us. We should point these out to our children," he said. "We should explain how kind words and kind deeds, however small - holding the door for someone, or saying 'thank you' to a person who does us a service - make a big impact on the quality of our shared lives."

### **AURORA COUNTY 4-H NEWS**

#### **4-H Leader/Parent Meeting**

Monday, February 17, 2020, 6 pm

Courthouse Community Room

2020 Officers

President—Sue Faulhaber

Vice-President— Tara Bush

Secretary—Cheryl Dethlefsen

Treasurer—Kama Bruns



Club Meetings/Events:

March 14, Country Kids Winterfest 11:30 am March 22, Country Kids Cookie Baking, 2 pm

Private Pesticide Applicator Trainings Aurora—Plankinton,4-H Bldg, 2/27/20, 9 am Jerauld—Wessington Springs, 4-H Bldg, 2/19/20, 9 am Sanborn—Forestburg, 4-H Bldg, 3/9/20, 9 am

# Teens for Jeans 4-H Youth Development Program Statewide Community Service Project.

Gather your new or gently used jeans of all sizes and take to your 4-H Club meeting or drop off at the Extension Office. This project is on-going until August 1, 2020.

VFW Auxiliary is partnering with 4-H on this project.

#### **2020 4-H Achievement Days**

July 30 — Display Exhibit Judging August 1 — Livestock Judging/Community BBQ

https://extension.sdstate.edu/south-dakota-4h/competitions-state-fair/state-fair

# Website to find resources for 4-H projects,

events, etc.

Aurora County 4-H Achievement Scholarships

Cheryl Moore Scholarship—\$250

Joyce Ehlers Scholarship—\$250

Eligible applicants must be a current, active Aurora County 4-H member for a minimum of three years and must be a graduating senior from high school by the end of the current 2019-20 4-H year.

Applications for this year are due to the Aurora County Extension Office by April 15, 2020. Guidelines can be found at the auroracounty4h.net website (bottom of first page) or the Extension Office.

The revised Aurora County 4-H Policy Book and other forms can be found on the county website.

www.auroracounty4h.net

Remember to re-enroll in 4hOnline for the 2019-2020 4-H year! The website can be found at https://sd.4honline.com.

Please try to do this as soon as possible. Thank you!

# **SD Jr. Point Show Listings**

March 6-8 Jackrabbit Memorial Show June 6 Hub City Livestock Expo June 7 Highway 12 Livestock Show June 20 Clark County Prospect Show July 23-26 SD Summer Spotlight Aug. 18 Turner County Fair Open Sheep Show Aug. 19 Turner County Fair Open Beef Show Aug. 10-16 Brown County Fair



# Quilting for Beginners RSVP to jerauld.county@sdstate.edu

Feb 25, 2020

Intro to Quilting with Pandi

Lutheran Church, Wessington Springs SD

5PM-6PM

Soup Supper Available?

Learn about different projects, tools, colors, and patterns.

You will pick a pattern this evening and then have time to shop for fabric before project day.

March 21, 2020

#### Table Runner Project Day

Lutheran Church, Wessington Springs SD

Instructor: Pandi Pittman

9AM-12 noon Adult/Youth Class

#### Potluck Lunch

1PM-3PM Finish Project (Youth strongly encouraged to have one adult with them. If they don't have someone let us know, and we will find them a mentor.)



# 2020 Changes to Livestock @ the State Fair

2020 Meat Goat Changes for the SD State Fair 4-H Division...

## Breeding Meat Goat Show will be split into two divisions

o Registered Breeding Meat Goats

- 4-H exhibitors are required to upload a copy of the animal registration papers (in their name, farm name, family name, or sibling name) to 4HOnline by July 1.
- Full blood and percentage animals will be shown together
- Will be shown by Date of Birth with Age Divisions as follows:
- Junior Doe 3 to under 6 months, 3/1/20 5/31/20
- Junior Doe 6 to under 9 months, 12/1/19– 2/29/20
- Junior Doe 9 to under 12 months, 9/1/19 11/30/19
- Yearling Doe 12 to under 16 months, 5/1/19 8/31/19
- Yearling Doe 16 to under 20 months, 1/1/19 4/30/19
- Senior Doe 20 to under 24 months, 9/1/18 12/31/18

Senior Doe – 24 to under 36 months, 9/1/17 – 8/31/18

Senior Doe – 36 months & over, Born prior to 8/31/17

o Commercial

Shown by weight

Must not have kidded by time of show

#### Schedule for Meat Goat Show

Thursday 8-11AM Check In Thursday 1PM Showmanship (Sr- Jr- Beg) Thursday 3 PM Registered Breeding Meat Goat Show Thursday 6PM FFA Sheep Show

Friday 8AM Commercial Show

Friday 11AM (Approximately) Market Goat Show (Doe/ Wether)

#### **4-H Beef Changes**

Change Showmanship time to 3:00 on Friday

The following breeds have been added:

#### Market beef only-

Miniature Steers with requirements as follows: steers must be registered in accordance with their appropriate breed, weigh between 500 and 1000 pounds, and be no more than 47" at the hip.

#### Breeding beef only-

Percentage Red Angus with requirements of: Registered as Category II or III.

Can't attend in your county? Please join us in another; 4-H programs & events are open to all youth!

## DISTRICT CALENDAR 2019–2020

<u>Feb.</u>		June 13-14	National Team Archery Qualifier and Coaches Work-
Feb. 15	State Match 1 SS Deadline	shop—Yankton SD	
Feb. 17	YQCA in Wessington Springs	June 24	Quad County Horse Show– Forestburg
<u>March</u>		June 20-28	Citizenship Washington Focus—Washington DC
Mar 15	State Match 2 SS Deadline	June 21-26 Island NE	4-H Shooting Sports National Championships– Grand
Mar 16	State Shoot Registration Opens	July	
Mar 28- Apr 2 National 4-H Conference– Washington DC		July 1	YQCA Completion Deadline
<u>April</u>		July 1	·
Apr 1	SD 4-H Scholarship Applications Due to State 4-H Office		Breed Registration Papers Due in 4honline.com
Apr 1	Shooting Sports Scholarship Applications Due to John	July 1	State Horse Show Registration Deadline
Keimig		July 20-22	State 4-H Horse Show
Apr 15	State Match 3 SS Deadline	July 23-26	SD Summer Spotlight
Apr 16	State Shoot Registration Deadline	July 30– Aug 1 Aurora Co. Achievement Days	
April 24-26	State 4-H Spring Shoot– Pierre SD	<u>Aug.</u>	
May		Aug. 1	SD 4-H Volunteer Hall of Fame Nominations
May 1	Rodeo Finals Packet Due to Kim Larson, 4-H Finals Ro-	Aug. 3-4	Jerauld-Buffalo Co. Achievement Days
deo Secr.		Aug. 6-8	Sanborn Co. Achievement Days
May 18	Science of Ag– Brookings SD	Aug. 11	State Fair and State Dog Show Deadline
June		Aug. 14-16	State 4-H Rodeo—Ft. Pierre SD
June 1	Livestock Ownership Verification Due in 4honline.com	Aug 29	State 4-H Dog Show
June 1	Horse Form & Horse Achievement Form Due in	<u>September</u>	
4honline.com		Sept. 3-7	South Dakota State Fair– Huron SD
June 1	Dog Project ID Affidavit and Vacc due in 4honline.com	<u>October</u>	
June 1	Late Rodeo Finals Packet Deadline Due to Kim Larson	Oct. 4-10	National 4-H Week
June 1 cable	Animal Project Lease Form due in 4honline.com if appli-	Oct. 8-11	Western Jr. Livestock Show
June 1-5	Teen Leadership Conference– Brookings SD		
June 14-20	Performing Arts Troupe Camp– Aberdeen SD		

#### **Volunteer Trainings scheduled for**

#### March 2020

Reminder of volunteer trainings coming up in March. All trainings will take place from 6:30pm-8pm local time. If you have volunteers who plan to attend, please send a list to Jenae with names and email addresses or have them contact her directly. This is to ensure that we have enough handouts for everyone.

March 2-Mitchell Regional Center

March 3- Sioux Falls Regional Center

March 9-Pierre Regional Center

March 10-Rapid City Regional Center

March 11-Winner Regional Center

- March 16-Lemmon Regional Center
- March 24-Aberdeen Regional Center

March 26-Watertown Regional Center

### South Dakota 4-H Scholarship Deadline

The deadline for submitting scholarship applications to the State 4-H Office is April 1, 2020. The

webpage has been updated with the qualifications and amounts for 2020-2021. Please share this information with your 4-Hers.

*Website:* <u>https://extension.sdstate.edu/event/south-dakota-4-</u> <u>h-scholarship-deadline</u>

#### **Public Presentations Update**

The following rule changes will be implemented starting in 2020:

- Maximum time limit deductions have changed for all Demonstrations, Public Speaking, and
- Illustrated Talks. They will now include a 3-point deduction for the first minute over, and an additional one point deduction per each minute after that.
- Senior age 4-H members must set-up the entirety of their presentation to include: supplies and digital presentation. If a senior 4-H member receives assistance from an adult, with the exception of extenuating circumstances to be determined by the event host, a 3-point deduction will occur to their overall score.
- The following registration change will start in 2020:
- 1. Teams participating in Public Presentations will have one member register the presentation via a team lot, at which point they will indicate their teammate(s) and desired time for the presentation.
- 2. Additionally, please make sure to emphasize to youth attending state that it is highly advised to bring their presentation on a flash drive, as internet is not a guarantee.

We are also looking for advisor suggestions for judges, so if you know of someone who would be a great fit, please contact Michelle May, Alina Krone-Hedman, or Hilary Risner with their information.



2020 Rangeland and Soils Days have been selected:

This year it will be held in Murdo, SD on June 9 and 10. As more infor-

mation is made available, it will be posted to the SD Society for Range Management website (<u>https://www.sdrangelands.com/</u>) and our Extension website.

#### Upcoming YQCA Training date!

FEB. 17 @ FARM & HOME SHOW WESSINGTON SPRINGS SD ELEMENTARY SCHOOL LIBRARY 10:30AM



60 MINUTES OF INSTRUCTION SIGN UP PRIOR TO ATTENDING

#### REQUIRED FOR ALL 4-H LIVESTOCK EXHIBITORS



Step 1 Go to <u>www.yqca.org</u>

Step 2 Click sign in with 4-H Online icon

Step 3 Select South Dakota 4-H Youth Development in drop the down menu

Step 4 Login with your 4-H Online credentials

**Step 5** Select the youth to sign up for a training

Step 6 Select the course applicable to youth's 4-H age

Step 7 Select which training the youth will attend

#### Step 8

Enter credit card to cover the \$3 fee. (Only applicable for the instructor led training) Each child will be a separate transaction



Audra Scheel 4-H Youth Program Advisor for Aurora, Buffalo, Jerauld, & Sanborn Counties Email: audra.scheel@sdstate.eduJerauld 4-H Office: 605-539-9471 www.igrow.org





# **2020 Private Applicator Testing**

- Feb 19-Jerauld Co Ag Bldg– Wess. Springs 9 a.m-12:00 p.m
- Feb 27-Aurora Co. Ag Bldg– Plankinton 9 a.m-12:00 p.m
- March 9-Sanborn Co Ag Bldg. Forestburg-19:00-12:00

COMMERCIAL APPLICATOR ON LINE AT THE EXTENSION OFFICE.













#### **Fruit Sales**

It's that time of year again! We will be selling 4-H fruit the month of February. Important things to know:

- It is important that you collect the money when a customer places an order.
- All checks should be made payable to "Sanborn County 4-H Leaders".
- Order forms and money are due to the Extension Office *by Tuesday, March 3rd.*
- Fruit will be delivered *on Saturday, March 28th.* Plan to come help unload the truck and to pick up your fruit for delivery.
- This year we will recognize our top sellers with a movie ticket for all their hard work. Let's see if we can sell 1,000 items for Sanborn County!

appy Valentine's Day

**New Logos for our County T-shirts** 

Did you know that we are currently looking for new logos for our two county t-shirts? Right now we are asking 4-Hers and parents to submit ideas for our Sanborn County 4-H Exhibitor t-shirt and for our Sanborn County Shooting Sports t-shirt.

Keep in mind that the 4-H clover should be included in your design. There are certain rules for how the clover can be used - bottom line is that it must be in the format of the official clover. There can be nothing over top of the clover, but the clover can go over other parts of the logo. The clover can be any color.

Deadlines for the new t-shirt logos are:

- Sanborn County 4-H Shooting Sports t-shirt deadline by February 15th.
- Sanborn County 4-H Exhibitor t-shirt deadline by March 31.



## SANBORN COUNTY 4-H NEWS

#### Win a free movie ticket!

Get a jump start on your 4-H projects and a chance to win movie tickets! For every exhibit completed between now and April 29th, 4-H members can enter their name in the drawing. All you need to do is show your 4-H project to a 4-H Leader or Sherryl at the Extension Office. On Thursday, April 30th, we will draw names out of the hat for several free movie tickets!

Join the fun and see how many projects you can get done!







Market Beef Weigh-in will be scheduled at the end of May along with sheep/swine/goat weigh-in.

The County Horse Show has been scheduled for Wednesday, June 24th at the 4-H Grounds in Forestburg.



4-H rodeo members... see all the info on page 2 of the newsflash!



#### 2020 Private Applicator Training Schedule:

2/19/20 Wessington Springs @ Jerauld County 4-H Ag Center—9:00 AM-12:00 PM

3/9/20 Forestburg @ 4-H Building-9:00 AM-12:00 PM

### JERAULD-BUFFALO COUNTY 4-H NEWS



Shooting Sports

# We are in full swing right now! Due to the late start this year, each week will be a postal.

Thank you to Dr. Tobin for sponsoring our t-shirts again this year!

> 2020 Achievement Days Monday August 3 (Livestock) & Tuesday August 4 (Static)

2020 Recognition Theme is Fall

## Thirty-One & Butter Braids

#### Fundraiser & Silent Auction

Sale Dates– Feb 10-24

Order Form Due Date-Feb 26

Pickup Date (Butter Braids)-Wed Mar 11

# 2020 Upcoming Events

Feb 10-24-Butterbraid Fundraiser

February 17-Farm and Home Show-Wess Springs Gym-Silent Auction

February 17-YQCA-10:30-WS Elementary Library

March 11-Butter Braid Delivery @ 4:30 at the Ag Building

April 6-Leaders Meeting @ 5:30-JC Courthouse

Re-enroll online for the 2019-2020-4-H year! www.4honline.com Prairie Hills 4-H Club Meeting Feb. 23 @ 1PM at the courthouse Demos: Riley Larson, Mason Schelske, Swayzee Dunsmore, Roesler, Poncelow, Braun, Burg, Wolter, Bruckner & Fagerhaug

Activity: CDM & Horticulture Skillathon Contest 2PM at Courthouse & 3 PM at Ag Building

# Farm, Home and Sports Show Schedule

We will be doing a SILENT AUCTION again this year.

Every Family is asked to donate an item

9:00-11:00 Prairie Hills 4-H Club

11:00-1:00 Buffalo Hills 4-H Club

1:00-3:00 Sandcreek Legends, Bad Nation Rustlers & Western Riders



J& B Shooting Sports is holding a raffle drawing for a Henry Golden Boy 22 Rifle

Contact a Shooting Sports member for tickets if you are interested in purchasing. Drawing March 29.

<b>Sanborn Co. Extension</b> PO Box 397 – 604 W. 6 <sup>th</sup> St. <i>Woonsocket, SD 57385</i> <i>Phone: 605-796-4380</i> <i>Email:</i> <i>audra.scheel@sdstate.edu</i> <i>sanborn.county@sdstate.edu</i>	botu Counties	te University adheres to AA/EEO guidelines in offer-	
<b>Jerauld-Buffalo Co. Extension</b> PO Box 366 Wessington Springs, SD 57382 Phone: (605)539-9471 EMAIL: audra.scheel@sdstate.edu jerauld.county@sdstate.edu	ALTONA Schuld-Buffalo & Sanborn Count	Extension South Dakota State University adheres to AA/EEO guidelines in offer- ing educational programs and services.	
<b>Aurora Co. Extension</b> PO Box 397 Plankinton, SD 57368 Phone: 605-942-7754 <i>Email:</i> <i>audra.scheel@sdstate.edu</i> <i>aurora.county@sdstate.edu</i>	Autora	SDSU Extensional programs and services.	