



Lubbock County 4-H News



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March - April, 2015

LUBBOCK COUNTY 4-H IS ON FACEBOOK

Be sure to become a “Fan” of the Lubbock County 4-H Facebook page. Visiting the page will help remind you about upcoming 4-H activities and events. Our page will also inform you about meeting changes, cancellations or notices. For example, if you are signed up for recordbook training (or thinking about attending) and we have “bad or iffy” weather - check the facebook page to see if we are still going to have the meeting. This will hopefully save extra phone calls, missing the meeting or coming to the office and finding out the meeting was cancelled. We hope this will become a more efficient way to communicate with each of you!

4-H AWARDS AND RECOGNITION

Parents and Leaders, please mark your calendars for **Wednesday, April 22 at 5:30 pm** for the next Awards and Recognition Committee Meeting. We will begin plans for the County Achievement Banquet. The meeting will be held at the County Extension Office.

4-H Project Forms

Just a reminder that 4-H’ers need to complete at least one project form, found in your 4-H Handbook in order to receive a project and year pin at the County 4-H Achievement Banquet in August. These forms may be picked up from the Extension Office. *Once forms and projects are completed, they need to be turned in to club managers or to the County Extension Office.



Let us know if you have questions about completing these forms. The forms are also at the website under 4-H publications.

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March & April Calendars

4-H TEENS

Teen Council

The March 4-H Teen Council Meeting will be held on Monday, **March 23** at 7:00 pm (tentative) at the County Extension Office following the County Fashion Show. April's meeting will be at the County Extension Office on **April 20** at 7 pm (following County Roundup and Photography Awards). Just a reminder that we will elect 2015-16 officers at the April meeting. All 4-H'ers age 13 and older are invited to participate in Teen Council activities. If you would like more information about this group, please give Ronda a call at 775-1740.

District 4-H Council Officer Applications

Senior age 4-H'ers may want to consider running for an office on the District 4-H Council. To run, you must submit an officer application to District by mid-April, elections will be conducted at State 4-H Roundup. Please contact us if you are interested, applications are available from the County Extension Office.

LUBBOCK COUNTY 4-H T-SHIRTS

The Lubbock County 4-H Teen Council still has 4-H t-shirts for sale. They are Navy blue, with a Superman/4-H type motif, they are \$10 each. You may contact the Extension Office to purchase a t-shirt.



YOUTH LEADERSHIP OPPORTUNITIES

There are several leadership opportunities which are available for youth to assist with. 4-H'ers participating will assist Ronda at these specific activities. If you are interested, give her a call to find out exact details (775-1740).

FINANCIAL MANAGEMENT SERIES FOR TEENS AND YOUNG ADULTS

The Lubbock County Office of the Texas A&M AgriLife Extension Service will offer a financial management class for teens and college students to learn about basic financial management. The series will be held on Wednesdays from **5:30 - 7:30 pm, March 25, April 1 & 8** at the Lubbock County Office of the Texas A&M AgriLife Extension Service, 916 Main Street, Suite 201. Sessions will cover the following topics: goal setting/needs vs. wants,

budgeting, credit, insurance, and financial institutions. Cost for the series is \$20 which includes class materials and refreshments. *Pre-registration is due by March 25*; please call 775-1740 to register or for more information.

4-H PARENT LEADERS ASSOCIATION

All parents and leaders are invited and encouraged to attend the Parent Leaders Meetings which are held monthly. This month's meeting will be on **Monday, March 23** at 7:00 pm (tentative), at the County Extension Office, following the County Fashion Show. April's meeting will be held on **April 20** at the County Extension Office at 7 pm (following County Roundup and Photography Awards). If you really want to know what all is going on in the Lubbock County 4-H program or if you just want to get involved, then plan on attending these meetings. Make sure that your club is represented so your club will know what all is going on. Spring gets really busy and there are many opportunities for both youth and adults to participate in. So, don't be left out and get involved today!

4-H CLUB MANAGER TRAINING

We will have a 4-H Club Manager training on **Wednesday, April 22** at 6:30 pm at the County Extension Office. The training topic for the meeting will be on keeping teens involved in 4-H.

DISCOVER SCIENCE - POSTER CONTEST

Details for the Discover Science Technology Poster Contest are now available on the Texas 4-H Website. There are some changes to this year's competition, so you definitely want to check out the details. Entries are due to state *May 26* and must be scanned and submitted electronically through the Extension Office. Please contact Ronda by the *May 1* if you are interested in competing in this event which is held during State 4-H Roundup. Both Intermediates and Seniors are eligible to compete.

JUDGING TEAMS/CONTESTS

4-H'ers are reminded that if they are interested in participating on a judging team, they need to call the Extension Office to sign up and find out about practice schedules. County teams will be determined prior to participation at the District Contest. District 4-H Judging Contest dates are: tentatively set for:

- Dairy - **March 27**
- Horse - **April 10** - West Texas A&M at Canyon (This is a Friday contest)
- Soil - **April 18** - Lubbock
- Livestock - **April 25** - Texas Tech
- Wool - **April 28** - Texas Tech (tentative)

Other District Contests:

- Rifle - **April 11** - Levelland
- Grass ID - **May 2**
- Archery - **May 16** - Floyd Co.

If you are interested in participating on a judging team and you have not signed up yet, you need to do so immediately. Practices are getting started and you don't want to miss out.

Horse Judging

The County 4-H Horse group is being conducted with the Shallowater 4-H judging group. They are meeting on Sunday afternoons in Shallowater. If you are interested in participating, please contact Ronda for more information. The District Horse Judging Contest will be held in Canyon on Friday, April 10.

Livestock Judging

If you would like to participate in Livestock Judging, please contact Robert Scott, CEA-Agriculture, at the Lubbock County Extension Office 806-775-1740.

4-H Soils Judging Contest

The 4-H Soils Judging Contest is one of the Texas 4-H Roundup events, and thus, includes competitive events at District and State levels. In this project, 4-H members learn about soil characteristics such as soil texture, structure, slope, drainage, and suitability for cultivation. This knowledge is helpful for people involved in: agriculture, real estate appraisal, construction, soil and water conservation, geology, and other professions.

Practice is typically on Wednesdays after school during March to early-April. If you are interested in participating in this project, contact Mark Brown, CEA-Agriculture, at the Lubbock County Extension Office 806-775-1740.

Grass ID

If you are interested in learning about native grasses, and competing in a Grass ID contest at District 4-H Roundup on May 2, contact Mark Brown at the Lubbock County Extension Office at 806-775-1740.

CAMPS, CAMPS, CAMPS

Summer Camp Sign-Up

Registration and payments must be made utilizing 4-H Connect. The following summer camp dates and costs are tentative:

South Plains 4-H Leadership Camp, **June 2-4** \$160
Registration opens April 20
Youth Ages 9-13 South Plains College, Levelland

South Plains 4-H Power Camp, **June 26-29** \$175
Registration opens June 8
Youth Ages 13-19 Cloudcroft, New Mexico

Prime Time #1, **July 19-22** \$230
Youth Grades 5-8 Texas 4-H Center, Brownwood

Prime Time #2, **July 22-25** \$230
Youth Grades 2-5 Texas 4-H Center, Brownwood

Prime Time Extreme, **July 27-30** \$230
Youth Grades 8-11 Texas 4-H Center, Brownwood

Horizons, **June 28 - July 2** \$280
Youth Grades 4-8 Texas 4-H Center, Brownwood

**South Plains 4-H Leadership Camp
Counselor Applications**

Senior age 4-H'ers age 15-18 are invited to apply to serve as camp counselors at South Plains Leadership Camp. Counselors must be available from **May 31, June 1-4**, to plan and conduct camp activities. To apply, counselors must submit an application to the District 4-H Specialist. Applications are due to District by *mid-April (due date not available yet)*.

County 4-H Camp at Texas 4-H Center

Three sessions will be offered this year for County 4-H Camp at the Texas 4-H Center.

Session I - **June 29-July 1**, youth \$180/adult \$85;

Session II - **July 6-8**, youth \$180/adult \$85;

Session III - **July 8-11**, youth \$230/adult \$110.

Registration information is available on the Texas 4-H Center Website.

We must also have adults who will volunteer to serve as chaperones for this event. If you are interested in attending camp please call Ronda to find out about reserving your spot.

Lamb and Goat Camp

Howard College will be conducting Lamb Camp - **June 7-9**, and Goat Camp - **June 14-16**. Cost is \$85 and applications are currently being accepted, until each camp is full. Registration is available on the Howard College website; just google Howard College Lamb Camp.

Texas Brigades Wildlife Leadership Camp

4-H'ers may submit applications to be considered to attend either of the Texas Brigades Wildlife Camps. Tuition is \$400 per camp, which covers meals, lodging and supplies. Applications are due by *March 15*.

Rolling Plains Bobwhite Brigade, **June 13-17**, near Coleman;

South Texas Bobwhite Brigade, **June 26-30** at McCoy;

Bass Brigade, **July 7-11**, outside of Santa Anna;

South Texas Buckskin Brigade, **June 14-18**, Uvalde;

Ranch Brigade, **July 14-18**, Santa Anna;

North Texas Buckskin Brigade, **July 19-23**, Santa Anna;

Water Fowl Brigade, **July 19-23** at Tennessee Colony

Application information is available at

www.texasbrigades.org



Texas 4-H and Youth Development Program is excited to announce the opportunity in the 2015 National 4-H Congress in Atlanta, Georgia. National 4-H Congress will be held **November 27th - December 1st** at the Hyatt Regency. Youth from all over the United States attend this premiere leadership event. Youth between the ages of 14 and 18 on September 1 of the year they are applying are eligible.

National 4-H Congress is the flagship event of the National 4-H program. Each year a National Design Team of Extension educators, 4-H youth, and 4-H adult volunteers analyze current youth issues and determine the most effective ways to address them. The program combines a variety of fun and exciting educational, recreational and networking opportunities. The program combines sessions, seminars, discussion groups, and a service learning experience. The nation's most outstanding community leaders, speakers, and educators present the most current and timely information available. *Applications should be submitted through 4-H Connect from March 1-31, 2015.* Cost to participate is approximately \$1,500.

4-H Conference Center Summer Staff Opportunities for College Students

Do you want a summer job where you can play with kids, swim, dance, and have fun while gaining valuable leadership experience? Consider applying for a Texas 4-H Center Summer Staff position. The 4-H Conference Center provides an opportunity for you to work in an atmosphere where you will not only impact the lives of young people, but also learn a lot about yourself and make life-long friends. Each position provides valuable leadership training, work experience, fun and profit for individuals who truly desire to be part of a positive summer experience for over 2,500 youth.

Requirements of applicants:

- Successful completion of one year of college or other work by *June 1, 2015*
- Be enthusiastic, creative, hardworking and dependable
- Be able to get along with others and work as a team

If are interested in being a part of the summer staff at the 4-H Center, please visit our website at: <http://texas4hcenter.tamu.edu> to fill out an application.

4-H CLOVER PROJECT

It isn't too late to get involved in the 4-H Clover meetings. Our next meeting will be held on **Tuesday, March 24** at 5:30 pm; our topic will be the Public Speaking Project. For April, we will meet on **Tuesday, April 21** at 5:30 pm, with the topic being community service. Come and join the fund. The Clover meeting is for youth ages 5 to 8 who are interested in learning more about 4-H.

ROUNDUP

County 4-H Roundup

April 20 has been scheduled for County 4-H Roundup. Presentations will begin at 5:00 pm; an awards ceremony will be held following all presentations. This event will be held at the County Extension Office. All 4-H participants must sign up by *April 9* by calling the Extension Office, 775-1740. 4-H'ers needing a special judging time, must notify Ronda as soon as possible. Alternate judging will be held, for any 4-H'ers who absolutely cannot participate on April 20, providing there is not competition in the designated category. ***Please remember that 4-H'ers must be eligible according to school U.I.L. rules in order to participate. For competition categories please refer to the State 4-H Roundup Guide available from the County Extension Office or the State 4-H Website.*** This will be the same evening as the PLA and Teen Council Meetings.

District 4-H Roundup

District 4-H Roundup will be held on **Saturday, May 2 in Levelland**. Senior contestants placing first, second or third at District will be eligible to advance to State 4-H Roundup which will be held **June 8-12** here in College Station. (Except for Fashion Show, Food Show and Share-The-Fun).

“How to Do An Educational Presentation” Information Meeting

4-H'ers and parents interested in learning more about the Public Speaking Project should plan on attending this meeting. Information provided at this meeting will assist 4-H'ers and their parents in writing, presenting and preparing visuals for educational presentations, (formerly known as method demonstrations or illustrated talks); as well as covering information about the public speaking contest and share-the-fun's. Share-the-fun categories include: Celebrate 4-H, choreographed routines, poet/prose, vocal and musical/band. The meeting will be held on **Tuesday, March 10 at 6 pm** at the County Extension Office. This project provides youth an excellent opportunity to develop public speaking skills, even if they hate to talk in front of others. 4-H'ers will present their prepared presentations at **“County 4-H Roundup”**. Participants will advance to District 4-H Roundup, which will be held on May 2.

PLEASE RSVP BY MARCH 9 IF YOU PLAN ON ATTENDING THE MEETING. (775-1740).



4-H Has Talent

April 1 is the deadline to enter “4-H Has Talent.” If you are interested, do not miss your chance to be a star - at State 4-H Roundup. Entry information is available on the Texas 4-H website. <http://texas4-h.tamu.edu/4htalent/>

4-H RECORDBOOKS

A County 4-H Recordbook Workshop for Beginners will be held on **Tuesday, March 31** beginning at 5:45 pm, and **Thursday, April 9** at 5:45 pm. The workshops will be held at the County Extension Office Conference Room. Please RSVP by March 30 at Noon if you plan to attend, or if you will be late to the meeting.

District and State Recordbook Judging

Attention all 4-H Leaders, if you would like to judge Recordbooks at State or District, please contact Ronda for application information. State applications are due by *May 1st* and District are due *June 1st*. This is one of the best ways to learn more about recordbooks.

4-H PROJECTS



CLOTHING AND TEXTILES PROJECT ACTIVITIES

4-H Clothing Project

If you are interested in the Fashion Show, Fashion Storyboard, Clothing workshops, the Clothing tour or “Duds to Dazzle” be sure to read the 4-H Clothing Project Newsletter which was mailed the week of February 13th. If you missed it, it is also posted on the County website under Newsletters.

Upcoming dates: **March 23** - County Fashion Show, **March 30** - County Duds to Dazzle (don't forget to check out the registration deadlines).

County 4-H Fashion Show

We will have the County 4-H Fashion Show on **Monday, March 23** at the County Extension Office, in conjunction with the Parent Leaders and Teen Council meetings. Entry materials may be picked up at the County Extension Office and are due back by *March 13*. First place winners at County will advance to the District Contest on **April 14** in Lubbock.

Please remember that 4-H'ers must be eligible according to School U.I.L. rules in order to participate.

Clovers, Juniors, Intermediate and Seniors may compete. Judging will begin at 5:00 pm. If a specific judging time is needed, please call in ASAP. A clothing project newsletter was mailed to all families in February; more detailed information was included in that newsletter. The newsletter may also be found on the County website

<http://lubbock.agrilife.org/files/2015/01/CTprjnwltr15.pdf>

District 2 Fashion Show Narrator Contest

4-H'ers may apply to serve as narrators for the District 2 4-H Fashion Show. Application and audio tape is due by *March 31*, to the Bailey County Extension Office.



HEALTHY LIFESTYLES PROJECT

Last year, Lubbock County had a great participation in the Healthy Lifestyles contest at District and State. We will again be having practices for this competition for juniors, intermediates and seniors. (Intermediate and Seniors may also compete at State since this is a non-qualifying competition.)

We will have weekly practices beginning **April 7 at 5:30 pm** at the County Extension Office. Please RSVP by *April 7* to Ronda if you plan to participate. Other meeting dates will be scheduled at the April 7th meeting.

FOOD AND NUTRITION PROJECT

Texas 4-H Recipe Rally

In the Recipe Rally, 4-H'ers are challenged with selecting, creating and/or altering a recipe and submitting a video of themselves demonstrating the preparation of the recipe. Recipes should be a healthy main dish that is tied to the theme "Bringing Texas to the Table." Entries must be submitted via YouTube uploaded to the online entry form at http://texas4-h.tamu.edu/healthy_lifestyles/, by April 1. This event is no longer a contest, but a leadership and education program. Selected recipes will be featured in the Dinner Tonight 4-H Cooking School held on June 9th at State 4-H Roundup. Please contact Ronda for more details.



4-H ENTOMOLOGY PROJECT



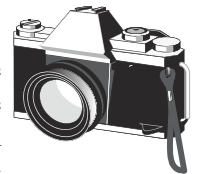
The 4-H Entomology project will begin meeting on Wednesdays beginning on **March 25 from 5:15-6:15 pm**. Meetings will be conducted by Clinton Smith at their house, 6301 77th. Please contact RSVP to 775-1740 by *March 24* to sign up; so that study packets can be prepared for you. This project is open to junior, intermediate and senior age 4-H'ers. If you like bugs and learning all about them, then this project is definitely for you!



4-H PHOTOGRAPHY PROJECT

4-H Photography Contest

Complete rules and guidelines for the Senior and Junior/Intermediate Photography Contests are available from the County Extension Office; or may be obtained from the County Website under publications at: <http://lubbock.agrilife.org/>



JUNIOR CONTEST INFORMATION: Entries for the County Junior 4-H Photography contest are due to the County Extension Office by Monday, March 23.

1st place entries at county, will then advance to the District Junior Photography Contest. County Awards will be presented during County 4-H Roundup on **April 20**.

Please review the categories and entry information for specific guidelines. They are located on the county website or from the County Extension Office.

First Place entries will advance to District and are due by *March 31*.

- Participants may enter only 1 photo in each category and class (for a maximum of 14 entries)
- Junior Entries must be 4"x6" and may be mounted on photographic mount board or thin white foam board cut to same dimension. (Not required to be mounted for County, but must be for District.)
- Photo's must be dry-mounted

- Entries must use the photography label and release form and attach it to the back of the photo entry. Labels may be downloaded from the District 4-H website.

<http://d24-h.tamu.edu/>

Please read the D2 photo rules and guidelines to see specific requirements for each category. Information is available on the County website under publications - 4-H.

The categories and class requirements are due for both Junior/Intermediate and Senior entries.

CLASSES:

1. People; 2. Animals-Wildlife; 3. Animals-Domestic; 4. Marine/Aquatic; 5. Elements of Design; 6. Nature & Landscape; 7. Plant/flora; 8. Details & Macro; 9. Digital Darkroom; 10. Theme - Inspiration; 11. Night Photography; 12. Food; 13. Dominant Color; 14. Catch-All; 15. Storyboard

SENIOR CONTEST INFORMATION: Entries for the County Senior 4-H Photography contest are due to the County Extension Office by **Monday, March 23**. County Awards will be presented at 7 pm at County 4-H Roundup on **April 20**. 1st place entries at county, will then advance to the State 4-H Photography Contest.

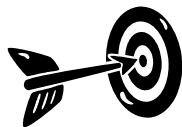
For County, any size of photo may be entered, however the 1st place winner will have to email their photo to 4hevents@ag.tamu.edu - you will be given instructions for this as needed.

- Participants may enter only 1 photo in each category and class (for a maximum of 15).

The photography label/release must be attached to each photo. Please refer to the State guidelines for specific category information. They are located on the county website or from the County Extension Office.



AIMING FOR THE BULL'S EYE



4-H Trap & Skeet (Shotgun) Project

Plans are currently being made for the 4-H Shotgun project this summer. This project had to be terminated several years ago due to the closing of the South Plains Gun Club, but was re-instated last year. Participation may be limited based

on availability of adequate shooting facilities as well as number of certified shooting sports coaches.

This project involves such shotgun games as Trap, Skeet, and 5-stand sporting clays. The District Contest is scheduled for **June 26-27**. Participants should be able to provide their own shotgun (usually 12 or 20 gauge), and ammunition. This project is moderately expensive, with most participants spending at least \$20 per week for ammunition and round fees, plus event registration.

If interested, contact the Lubbock County Extension Office at 806-775-1740, to place your name on the 4-H Shotgun interest list. The estimated time frame will be late April through August.

North Region 4-H Shooting Sports Coach Training

The Texas 4-H Shooting Sports program relies on certified volunteers to conduct project practices and District/State competitive events. If you are interested in being a certified Shooting Sports Coach, contact Mark Brown at the Lubbock County Extension Office at 806-775-1740. Mark serves as the agent coordinator for 4-H Shooting Sports in Lubbock County.

A 4-H Shooting Sports Coach training for all disciplines is scheduled for **March 28-29** in Lubbock. Registration closes **March 12**. The cost for the training is \$120.



2015 Junior Beef Challenge

Through this program, youth learn about the cattle feeding industry and compete for scholarships and prize money. Specific program information is available at <http://www.tcfa.org/jfbc/index.html>

4-H HORSE PROJECT

Futurity Horse Project Nominations

All 4-H Futurity nominations are due to the County Extension Office by **April 15**.



4-H'ers must be 12 years old in order to nominate a futurity project. Please contact Ronda for more information; complete information is not currently available.

Horse Validation

Just a reminder that 4-H'ers planning on showing/competing in the District Horse Show or the Big 5 Horse Shows must validate their horses by April 15; late application of \$20 per horse is accepted through May 1.

If you validated horses last year, they are still in the system, you will just need to reactivate them this year. For new families or new horses you will have to upload 3 pictures (front, left and right side views) and registration papers to the website. There is also still a \$10 validation fee per horse - which is paid online this year. Please do not wait until *April 15* to complete this! Contact Ronda for more information. We will have validation instructions posted on the County website under Publications - 4-H

Big 5 Horse Show Association

For information about the Big 5 Horse Association, please visit their new website: <http://big5horseshow.com/>. Members can sign up and pay for Membership and Show Registration on line. Registration is due by *March 7, 2015*. Visit their website for rules and show dates; a late registration is also accepted for an additional charge.

VETERINARY SCIENCE PROJECT

Veterinary Science Certification

4-H'ers age 12-18 are invited to join the County Veterinary Science 4-H Project group. Meetings are held monthly and include Vet Science lessons as well as tours. 4-H'ers who complete the lesson series and required observation of veterinarian skills will be able to take the Vet Tech test for certification. It will take approximately 3-5 years to complete the requirements for certification. Our next meeting will be held on **Wednesday, March 18**. We are currently waiting on confirmation of the tour. *Please RSVP by Friday, March 13 if you would like to attend and you will be given specific tour information.* There is an annual \$10 registration fee for this project.

KAY'S KORNER

Measles and the Vaccine (Shot) to Prevent It

The best way to protect against measles is to get the measles-mumps-rubella shot (called the MMR shot). Doctors recommend that all children get the MMR shot.

Why should my child get the MMR shot?

The MMR shot:

- Protects your child from measles, a potentially serious disease (and also protects against mumps and rubella)
- Prevents your child from getting an uncomfortable rash and high fever from measles
- Keeps your child from missing school or childcare (and keeps you from missing work to care for your sick child.)

Is the MMR shot safe?

Yes. The MMR shot is very safe, and it is effective at preventing measles (as well as mumps and rubella). Vaccines, like any medicine, can have side effects. But most children who get the MMR shot have no side effects.

What are the side effects?

Most children do not have any side effects from the shot. The side effects that do occur are usually very mild, such as a fever or rash. More serious side effects are rare. These may include high fever that could cause a seizure (in about 1 person out of every 3,000 who get the shot) and temporary pain and stiffness in joints (mostly in teens and adults).

Is there a link between the MMR shot and autism?

No. Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

What is measles?

Measles is a serious respiratory disease (in the lungs and breathing tubes) that cause a rash and fever. It is very contagious. In rare cases, it can be deadly.

What are the symptoms of measles?

Measles starts with a fever that can get very high. Some of the other symptoms that may occur are:

- Cough, runny nose, and red eyes
- Rash of tiny, red spots that start at the head and spread to the rest of the body
- Diarrhea
- Ear infection

Doctors recommend that you child get 2 doses of the MMR shot for best protection. Your child will need one dose at each of the following ages:

- 12 through 16 months
- 4 through 6 years



Infants 6 months to 11 months old should have 1 dose of MMR shot before traveling abroad.

Is it serious?

Measles can be dangerous, especially for babies and young children. From 2001-2013, 28% of children younger than 5 years old who had measles had to be treated in the hospital.

For some children, measles can lead to:

- Pneumonia (a serious lung infection)
- Lifelong brain damage
- Deafness
- Death

How does measles spread?

Measles spreads when a person infected with the measles virus breathes, coughs, or sneezes. It is very contagious. You can catch measles just by being in a room where a person with measles has been, up to 2 hours after that person is gone. And you can catch measles from an infected person even before they have a measles rash. Almost everyone who has not had the MMR shot will get measles if they are exposed to the measles virus.

Where do measles cases in the United States come from?

Measles disease can come into this country when unvaccinated U.S. residents travel internationally or foreign visitors to the United States are exposed to measles in another country and travel into the United States. The risk of getting measles may be very high for unvaccinated U.S. residents who travel abroad. The reason for this high risk is because measles is common in other parts of the world, including countries in Europe, Asia, the Pacific, and Africa. Worldwide, about 20 million people get measles each year. When people with measles travel into the United States, they can spread the disease to unvaccinated people including children too young to be vaccinated.

How many measles cases are there in the United States each year?

From 2001 to 2013, the number of measles cases reported in the United States ranged from 37 to 220. However, in some years like 2014, there were more measles cases than usual. In 2014, 644 people from 27 states were reported as having measles. Most of these people got measles in the United States after being exposed to someone who got measles while in another country. So far in 2015, more than 100 people in the U.S. have been reported to have measles. Most of the cases are part of a large, on going outbreak linked to an amusement park in California. For more information, see <http://www.cdc.gov/measles/cases-outbreaks.html>.

Where can I learn more about the MMR shot and my child?

To learn more about the MMR shot, talk to your child's doctor, call 1-800-CDC-INFO, or visit

www.cdc.gov/vaccines/parents.

The Centers for Disease Control and Prevention, American Academy of Family Physicians, and American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended schedule.


Source: Centers for Disease Control and Prevention

<http://www.cdc.gov/vaccines/vpd-vac/measles/downloads/PL-dis-measles-color-office.pdf>

Parents and 4-H'ers:

If you have questions about the Lubbock County 4-H program, need assistance or need more information about an event, activity or project, please give us a call.

We're here to serve you, but you must let us know when you need assistance or have special interest areas.



Ronda Alexander
County Extension Agent, 4-H
Lubbock County

Lubbock County Extension Staff
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(806) 775-1740 Fax: (806) 775-1758

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CEA-Family & Consumer Sciences

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Robert Scott
CEA-Agriculture

The information given herein is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Extension Service is implied.

We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Texas A&M AgriLife Extension Service Lubbock County 4-H MARCH 2015</p>						<p>NOTE: Not all dates are listed on this calendar.</p>
1	2	3	4	5	6	7 ●9:30am-12noon Fashion Storyboard Workshop ●Big 5 Horse Show Association Registration Due
8 Daylight Savings Time - move clocks up 1 hour 	9 ●Call CEO if attending "How to do an Educational Presentation" program	10 ●5:30 pm Final Photography project meeting ●6:00 pm "How to do an Educational Presentation", CEO	11	12	13 ● <u>DEADLINE</u> - Co. Fashion Show entries due to CEO by 5pm ●RSVP if attending 3-18 Vet Science Meeting.	14
15	16	17 Happy St. Patrick's Day! 	18 ●Vet Science Tour. RSVP for Tour locations	19 ●2-5pm Co. 4H Clothing Tour. RSVP for Tour locations	20	21
22	23 ●ENTRIES DUE FOR JUNIOR & SENIOR PHOTO CONTEST, CEO ● 5pm County 4-H Fashion Show, CEO ● 7 pm PLA & Teen Council Meetings, CEO	24 ●5:30 Clover Project Meeting, CEO ●Call CEO to sign up for Ento practice	25 ● Call CEO if attending Financial Management series ●5:15-6:15 pm 4-H Entomology Project Practice ●5:30-7:30 Financial Management Series	26	27 ●District Dairy Judging Contest	28
29	30 ●RSVP by Noon if attending Beginner Recordbook workshop on 3-31 or 4-9 ● Co. Duds to Dazzle Contest	31 ●5:45 pm Beginner 4-H Recordbook Workshop, CEO ●Application due for D2 Fashion Show Narrator Contest				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Texas A&M AgriLife Extension Service Lubbock County 4-H APRIL 2015				<i>NOTE: Not all dates are listed on this calendar.</i>
			1 ●5:30-7:30 Financial Management Series ●Deadline to enter 4-H Has Talent	2	3 COUNTY HOLIDAY Good Friday - CEO Closed	4
5 	6	7 RSVP if attending tonights practice. ●5:30 Healthy Lifestyles practices, CEO	8 ●5:30-7:30 Financial Management Series	9 ●5:45 Beginner Recordbook Workshop, CEO	10 ●District Horse Judging Contest, Canyon	11 ●District Rifle Contest, Levelland
12	13	14 ●a.m. District Duds to Dazzle ●District 4-H Fashion Show	15	16	17	18 ●District Soils Judging Contest
19	20 ●5pm County 4-H Roundup & 4-H Photo Awards, CEO ●7 pm PLA & Teen Council meetings, CEO	21	22 ●5:30 Awards & Recognition Committee Mtg, CEO ●6:30 4-H Club Manager Training, CEO	23	24	25 ●District Livestock Judging Contest, TTU
26	27	28 ●District Wool Judging Contest	29	30	May 1 - Contact Ronda if interested in Discover Science - Poster Contest 2 - District Grass ID Contests 2 - District 4-H Roundup, Levelland 16 - District Archery Contest, Floyd Co.	