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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.



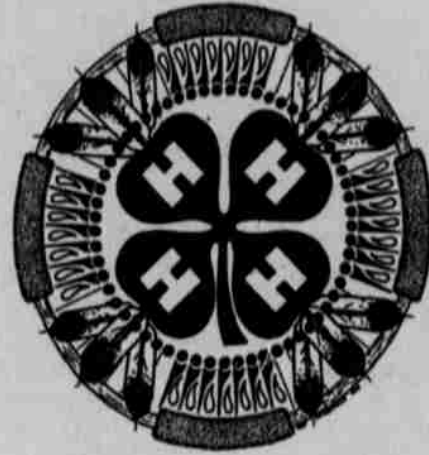
The Clover speaks

by Arlene Boileau and Minnie L. Red Dog

Happy New Year To One and All
 All the Holidays are over and the Christmas Vacation is has passed, now is the time to really get to studying and bring those grades up. Ever wonder why it is important to stay in school? Ask yourself this question "What do I want to do after I graduate from high school?" "What is my GPA? With this GPA, will I be able to go to college or a vocational school?" "Will I need to take additional classes to accomplish my dreams?" With all these questions to answer. Where do I start? Who will help Me? This may seem like a really hard bunch of questions to answer, but they are not the ones to be answered. The first question you must answer is "What do I want from my life?" "How will I get there?" So the answers are within you, take time to think it over. Before you know it high school will be over so ask yourself "What do I want for my future?"

4-H Camp Information: Round Lake 4-H Camp Dates are June 26th to June 30th 2000, Round Lake is located in the Sisters area by Suttle Lake. The cost will be \$95.00 with limited scholarships available. The 4th-6th graders may apply for slots. There will be more information in March 2000.

Warm Springs 4-H Wilderness Enrichment Camp at Peters Pasture Dates: session one August 6th-12th, 2000, session two



August 14th-20th, 2000. Cost of camp will be \$40.00 with scholarships available, limited slots first come first serve, last day to apply for a slot is July 21, 2000.

A Happy Home
 4 cups of Love, 2 cups Loyalty, 3 cups Forgiveness, 1 cup Friendship, 5 spoons of Hope, 2 spoons of Tenderness, 4 quarts of Faith, 1 barrel of Laughter. Take love and Loyalty, mix thoroughly with faith, Blend it

with tenderness, Kindness and Understanding

Okay "Lil Chief" lets make Nachos at home today. For mild nachos, make this without the chilies or keep them in for a robust flavor. Use one or both cheeses.

1. You will need: Tortilla chips—2 ounces, Grated mild or medium Cheddar—1/3 (one-third) cup., grated Monterey Jack cheese—1/3 (one-third) cup, green onion, thinly sliced—one whole onion, Green or black olives sliced —4 olives, Chopped green chilies or Jalapeno peppers canned or fresh, Salsa—1/4 (one-quarter) cup, Sour cream—1/4 (one-quarter) cup.

2. Get a cookie sheet, measuring cups, oven mitts, and a wire rack.

3. Turn on oven to 350 degrees, Crowd tortilla chips on the cookie sheet. Sprinkle with both the cheeses, the green onion and sliced olives. If you are using the green chilies or Jalapeno peppers, scatter them over the nachos. Bake on the center rack in the oven for about 3 minutes to melt the cheese. Use the oven mitts to remove the cookie sheet to the wire rack.

4. Serve with the salsa and/or sour cream to use as a dip. Serves one person.

Natural Resource notables

Commercial Hemp Production Comes to Hawaii

Commercial hemp production is slowly making its way back to American soil. For many centuries hemp (*Cannabis sativa* L.) has been cultivated as a source of strong stem fibers, seed oil, and strong psychoactive drugs in its leaves and flowers. Environmental concerns and recent shortages of wood fiber have renewed interest in hemp as a raw material for a wide range of industrial products including textiles, paper, industrial oils (the first diesel engines ran with hemp oils), and composite wood products.

Hemp is an herbaceous annual that develops a rigid woody stem ranging from 3 to 19 feet tall. Hemp stalks have a woody core surrounded by a bark layer containing long fibers that extend nearly the entire length of the stem. Plant breeders have developed hemp varieties with increased stem fiber content and very low levels (non-intoxicating) of delta-9-tetrahydrocannabinol (THC), the psychoactive ingredient of marijuana. As early as 1545, the Spaniards introduced commercial hemp to South America. North American hemp production began around 1645 in the northeast. There are no records that hemp was ever a commercial crop in Oregon, however, experimental crops were attempted in the 1890's and the 1930's. Generally, crops failed here due to lack of irrigation. The USDA hemp-breeding program moved from Corvallis to Wisconsin in 1937. In that same year, the U.S. Congress passed the Marijuana Tax Act of 1937, which placed all hemp production under control of the U.S. Treasury Department, partly as an effort to eliminate production of the drug marijuana. Legal restrictions were relaxed during World War II, when government programs relied on increased hemp production in the Midwest to meet needs. Fiber hemp production has been negligible since that time, after which legal restrictions were reinstated and less expensive tropical fibers and synthetics became available.

A 1998 publication by Daryl T. Ehrensing of the OSU Dept. of Crop and Soil Science, Feasibility of Industrial Hemp Production in the United States Pacific Northwest, focuses on the marketing and cropping re-

quirements of the plant (that's where most of this info comes from). Mr. Ehrensing



concludes that, while the PNW is suited for commercial hemp production in many areas, the venture will not be economically feasible until laws and marketing trends change to allow more hemp processing centers closer to the area.

Slowly but surely, that reality is changing. This past fall, Canadian farmers from British Columbia to Quebec harvested their first commercial hemp crops in 50 years. This past Tuesday, the Governor of Hawai'i proclaimed December 14th as "Industrial Hemp Day" in Hawai'i. The U.S. Drug Enforcement Agency issued the permit for the Hawaii Industrial Hemp Project this year, the first of its kind in over 40 years. The project has been made possible by funding from several private sources, including Alterna, a company that specializes in hemp seed oil products.

Is industrial hemp production a possibility for us here at Warm Springs? The answer is yes; however, it'll be a while before anything actually happens. We need irrigated sites with good soil fertility, and we need the proper government permits to do it. It is a possibility for us here, and definitely within the scope of self-determination and sovereignty. Marketing and processing centers will need to be developed in order for this to be a viable economic venture—but it appears that hemp is on its way back into production on the American landscape—and we may be able to be a part of that trend.

HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent



With all the media attention on the Y2K bug and the new millennium, it could easy to overlook some events that will take place regardless of what century it is. Like... filing taxes. It won't be long before the mail carrier starts delivering tax forms and envelopes marked "Important Tax Information Enclosed."

To make tax preparation easier, designate a place—a file folder, a drawer, a shoebox—to store them as they arrive. Having them easily accessible in one location will lessen your frustration as you begin completing your tax return. If you have moved during the year, be sure that you have given your change of address to your employer and financial institutions that will be sending you tax statements. Also send the address change to the Internal Revenue Service center where you filed your last return.

Be on the look out for an annual statement from Social Security. Effective October 1999, workers 25 years of age and over who do not already receive Social Security benefits will receive statements about three months before their birthdays. If you were born in April, your statement will arrive in January 2000. The statement gives you an opportunity to make sure your earnings are accurately recorded on your Social Security record. Accuracy is important because the Social Security benefits you eventually receive are based on your wage record. In addition, the statement provides an estimate of your retirement, disability and survivor benefits, which is important information as you plan your financial future.

While you are taking care of finances, why not make a New Year's Resolution to organize all your records? How often have you spent hours

searching for an automobile title, a bank account or credit card number, a sales receipt? Have you had heated discussions about a bill you thought you paid? A repair record on your car? If so, a well-designed storage system for your personal papers and records may help.

Knowing where to find personal papers and records saves time and eliminates anxious searching during a crisis. In addition, if someone else needs to manage your affairs, an organized record system will be extremely helpful to them. We may be in the computer age, but paper records are still important to you and your family.

Organizing a system for storing records is important for new households as well as established ones. It's all a matter of knowing which records are important, the reason they might be needed, how long to keep them, and how to organize the system for easy access.

Preserving records in an organized filing system helps:

- Make records easier to find
- Protect you from someone else's mistake
- Provide necessary information about past transactions
- Enable you to furnish proof of events and transactions
- Protect you in case official records are destroyed
- Save hours of searching.

All you really need is a specific place to keep records, a mechanism for keeping them up-to-date, and a person willing to be responsible for the system. An OSU Extension publication, "Organizing Your Family Records," EC 1302, contains more details about how to create an effective record storage system and may be obtained from

the OSU Extension office.

How about making a second New Year's resolution to review your financial plan? Take some time to review your income and expenses. If your expenses are higher than you would prefer, it might be time to change some of your spending habits. If you carry cash, you are likely to spend it. Likewise, if you have an ATM card that gives you access to cash, you are more likely to buy things. An easy way to reduce spending is to not carry cash and limit the use of your ATM card.

Studies show that people using credit cards spend about a third more than those using cash do. If possible, don't carry credit cards with you. If you do carry credit cards, set a maximum amount that you will charge. This should be no more than you can afford to pay when the bill arrives. Keep a record of all credit card purchases, so you know exactly how much you have charged.

Avoid putting day-to-day items such as gasoline and meals on your credit card unless you are certain you will pay the credit bill in full and not incur interest charges. Paying interest on day-to-day expenditures increases the cost of those items.

If you are interested in learning more tips on financing, MONEY 2000 may be just what you are looking for. MONEY 2000 is a personalized money management program that assists you in developing your own spending plan and is available at the OSU Extension office.

Have a Happy Money-Managed and Organized New Year!

Check This Out!

If you are interested in going on an exchange or have gone on an exchange, the National 4-H Youth Technology Corps wants to know! We will put your "ad" or story on one of these sites. So please use the Exchange Ads Form to let us know about your exchange request.

Sweden Exchange
 Date: 2000/2001
 Willing to host? yes
 E-mail address: helenalinde@yahoo.com
 Number of participants: 10-25
 Ages of participants: Adults (18-30), Kids (11-12)

Earth's atmosphere heating at alarming rate

by Zach del Nero

"The warmest November on record – global warming?"

In 105 years of record-keeping in the lower 48 United States, November 1999 was the warmest November on record. This trend continued into December throughout the country – in New York, the average temperature was 5.7 degrees above normal. This fall, hunters in Montana and Idaho were having problems getting their kills processed in time before the meat started turning because of warm temperatures. 1998 and 1999 are two of the warmest years on record around the world – according to Federal scientists. So – why is this happening? Are we experiencing global warming? Many scientists have theorized that the

earth's atmosphere is heating up at an alarming rate. The main effect of this appears to be climatic change, and the problems associated with it. So, what's the difference between "climate" and "weather?" The main difference is time. "Weather" occurs in the short term – like a storm that rolls in. "Climate" is the long-term trend of conditions, for example – central Oregon's "climate" is characterized by hot, dry summers and cold, wet winters. Now, with the effects of global warming, central Oregon's "climate" could change – altering the natural systems that we rely on.

I remember my friends and I would be surfing at Florence or Newport and laugh about global warming – "sound good to me – the water is freezing! Maybe with global warming we can get some of that Hawaiian water!" The fact is, we don't know what the long-term effects will be. More than likely, the effects will be drastic in the short term for virtually every kind of life on the planet. We have learned a lot about the fate of the dinosaurs and many scientists theorize that asteroids hit the earth, causing a global climatic change and killing off a good share of earth's plants and animals.

I once saw a cartoon in the paper, it was a picture of a guy running his car inside the garage and suffocating – the caption read "Greenhouse gases – get it?" The idea is that all over the world, human populations are exploding. More people means more forests are cut down, more fuel is burned, more resources are used, more natural systems are disrupted. Common sense tells me that the earth can only give so much. We must relearn ways of life such as the basic rule, and convince lawmakers in Salem and Washington, D.C. to do the same. Gasoline burning vehicles are probably the worst thing there is for global warming. We have to search the world for oil, fight wars to keep our "pipelines" open, clean up huge spills and accidents like the Exxon Valdez or the one last winter on Beaver Creek, and the emissions from vehicle exhaust actually burn holes in the protective ozone layer of the earth – the one and only protective shield we have.

If we truly believe in working for the seventh generation, then we must act now. Learn what you can do to reduce fossil fuel use, pollution, and to promote common sense in managing America's resources. We are the most powerful nation in the world today – we must continue to lead the world in ideology as well as strength.

Satellite Events

OSU Extension hosts a series of educational satellites developed by the U.S. Department of Education.
 Smart from the Start- January 18
 Powerful Middle Schools - February 15
 Nurturing Readers - March 21
 Multiplying Excellence - April 18
 Connecting with Youth - May 16
 Learning Everywhere - June 20
 Programs will be offered in the 1st floor classroom of the Education Building from 5PM-6 PM. Contact OSU Extension @ 553-3238 if you are interested in attending.

4-H offers several programs international or within the USA

Exchanges!
 Travel, learn, and have a great time!

How? 4-H exchanges are a great opportunity to experience life in a different part of the nation or even world!

For exchanges in the United States, counties usually put together a group of enthusiastic and willing 4-Her's. The county then puts out an "ad" with a date, saying that they have a group wanting to do an exchange. When a county responds, willing to be a host, the plans are finalized!

The exchange group can spend from a week to a month learning from experience as well as various tours. But, the best part is that next year

the host group gets to visit their exchange group's country! International exchanges are also available to 4-Her's.

IFYE

This program enables 15-19 year-olds to visit a foreign country for 5-6 weeks during the summer or host a family from another country.

4-H Japanese Exchange

Have you ever wanted to visit Japan for a month? Families with children from 12-17 can participate. Host families are encouraged to involve their new family members in a variety of activities, while maintaining normal family routines.

STOCKMAN'S ROUNDUP: Industry trends, opportunities and risk management



by Bob Pawelek
 OSU Livestock Agent

Long-term price trends on fed cattle, feeder cattle, calves wholesale beef prices and futures have all turned higher.

According to the Cattle Marketing Information Service, the industry should stabilize in 2000 and then grow through 2003 as a result of the financial incentive of higher-priced and profitable calves. Following are some though points, trends and strategies for the cow-calf producer to consider during the next few years:

It's finally "payday!" Cow-calf producers should be solidly profitable during the

next four years. Maximizing numbers and production should be emphasized during this time frame.

Managing cull cows will pay extra dividends in the years ahead. Slaughter-cow prices will bring a higher percentage of the fed-cattle market than any time the last five years. Look for slaughter-cow prices to trend higher and follow strong market seasonals.

The next several years can be best characterized as a "sellers' market." Producers are encouraged to be patient when pricing their inventory. In general, time will be your ally. Remember there is excess capacity chasing a declining supply of cattle.

Expect continued movement toward value-based pricing. With technology, processors will be able to do a better job of measuring true value differences, price spreads should widen.

The cycle high in calf prices is not likely to occur before 2002 or 2003 and producers may be profitable through 2004. This die is pretty well cast!

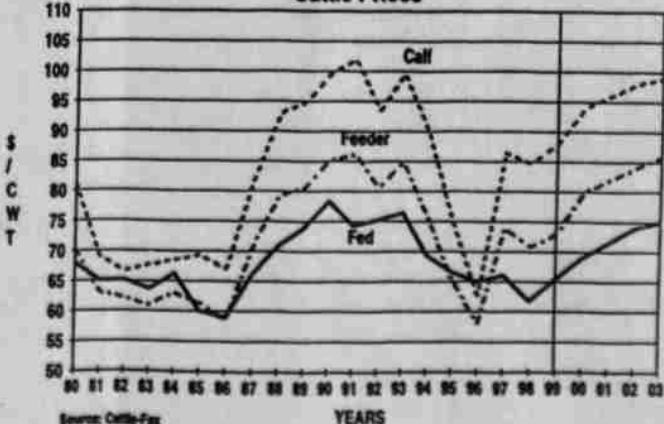
More cow-calf operations are expected to become part of an alliance or cooperative marketing venture during the next several years. More and more producers that depend on the cattle business for their livelihood are considering numerous opportunities that would allow them to be compensated for what is produced instead of receiving the average price.

Market Share of Meat Spending

	1980	1985	1990	1998	1999
Beef	53.9	50.3	45.4	39.8	40.0
Pork	26.9	26.2	27.0	29.5	28.4
Chicken	16.1	19.5	23.1	26.3	27.4
Turkey	3.1	4.0	4.5	4.4	4.2

Beef's share of total meat spending grew slightly during 1999. Beef's market share will likely decline during the next several years due to smaller beef supplies. Retail beef prices are not expected to increase enough to offset declining supplies.

Cattle Prices



Cattle prices will trend higher during the next several years. Higher prices are not a guarantee of better profits for anyone but cow/calf operators. Prices should challenge all-time highs during the next three years if demand remains near 1999 levels.