



UNIVERSITY OF  
FLORIDA

E X T E N S I O N

Institute of Food and Agricultural Sciences

Hendry County Extension

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# SOUTH FLORIDA VEGETABLE PEST AND DISEASE HOTLINE

February 15, 2010

**“When will it end?” is the question that many growers are asking as the unusually cold and wet weather affecting South Florida continues into February.** For the past few weeks, with the exception of a few days in the 70’s, frontal passage accompanied by showers followed by cold temperatures has been the rule. In interior sections, light patchy frost was reported on several mornings over the past two weeks.

**All areas received significant precipitation ranging from just over an inch to over four inches.** Rain coupled with foggy mornings and heavy dews has kept diseases active on plants that managed to survive the freeze.

**As damage estimates come in from the freeze in January it is now apparent that vegetable producers were clobbered and damages could easily surpass \$500 million dollars.**

## FAWN Weather Summary

Date	Air Temp °F		Rainfall (Inches)	Ave Relative Humidity (Percent)	ET (Inches/Day) (Average)
	Min	Max			
<b>Balm</b>					
1/09 – 1/27/10	35.57	76.95	2.11	78	0.07
<b>Belle Glade</b>					
1/09 – 1/27/10	37.04	82.08	1.26	80	0.08
<b>Clewiston</b>					
1/09 – 1/27/10	35.43	83.21	1.42	79	0.08
<b>Ft Lauderdale</b>					
1/09 – 1/27/10	43.14	83.61	4.28	75	0.08
<b>Fort Pierce</b>					
1/09 – 1/27/10	37.07	82.22	1.52	78	0.08
<b>Homestead</b>					
1/09 – 1/27/10	36.64	80.71	2.51	81	0.08
<b>Immokalee</b>					
1/09 – 1/27/10	35.35	82.94	2.67	78	0.08

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**In some places where crops were survived, plantings were starting to green up and look vigorous but after the heavy winds and cool temps of the past few days growers are report some wind burn.**

**Cabbage, escarole, herbs, lettuce, oriental greens, radishes and strawberries are coming to market as well as very light volumes of green beans, eggplant, pepper, tomato, and sweet corn.**

**The short-term forecast from the National Weather Service in Miami indicates that a reinforcing cold front will bring several cold nights with possible near freezing temps in the middle of the week. Daytime highs will run only in the 60s to around 70 degrees.**

**For additional information, visit the National Weather Service in Miami website at <http://www.srh.noaa.gov/mfl/newpage/index.html>**

## **Insects**

### **Leafminers**

**Growers and scouts around Immokalee report that leafminers are widespread and are present in high numbers in some places affecting a variety of crops including most young watermelons. Growers report that it has been so windy that getting good coverage with foliar applied materials has been difficult.**

**On the East Coast reports indicate that leafminers are active in many crops, eggplants, peppers, tomatoes, basil, squash and cukes, lettuces and Chinese vegetables. In eggplants, new infestations are bypassing older heavily mined leaves and are working their way up through expanded leaves. In some places along 441, growers indicate that on pepper and tomato you can not see the mines for the bacterial spot!**

**Around Manatee County, leafminer pressure is low.**

**Reports from Homestead indicate that leafminer remain a problem on a variety of crops.**

### **Aphids**

**In the Glades, respondents note that aphid numbers have been climbing for the past week; both green peach and potato aphid have been found on Chinese cabbage, leaf and head lettuce as well as radish and celery plantings.**

**Over in Palm Beach County, reports indicate that aphids are not bad, except on organic farms in the Loxahatchee area where they are at moderate level on peppers, tomatoes, and eggplants.**

**Around Immokalee, aphids have been pesky with growers reporting some large colonies of green peach on peppers.**

**Reports from Manatee County note that aphids are causing problems on peppers, cabbage and greens.**

### **Whiteflies**

**Around SW Florida, whiteflies remain low at mostly less than 1 per plant and no nymphs but they are around and growers in some locations reports that they have started to build back.**

**Reports from Palm Beach County indicate that whiteflies have been active after the cold days in January and never really went away even during the cold days. Some pepper fields and tomato fields have high numbers of whiteflies but virus remains low.**

## Worms

**Around Southwest Florida, growers have found some so armyworms after full moon but numbers beginning to subside and no real problems have been reported.**

**On the East Coast, reports indicate that worm pressure has been very light some scattered southern armyworm egg masses.**

**Strawberry growers in Hillsborough County indicate a few worms a coming back.**

## Spider mites

**Around Plant City, a few mites are present in strawberries.**

## Pepper Weevils

**Around Palm Beach County pepper weevils are reportedly bad in some locations.** Reports indicate they are bad in some places and low in others.

**In Southwest Florida, pepper weevils survived the cold and they are searching for new food sources.**

## Thrips

**Around Palm Beach County, thrips populations are back a bit at 5-11 adults per flower, most of them are FL native species and WFT count 0-4 adults per flower depending on the location.** January going into February is the time for growers to beef up their WFT monitoring, as the warmer season is not too far away, and there are always some warm-day stretches even before the warm season arrives.

**In other areas thrips remain very low.**

## **Diseases**

### Bacterial leaf spot

**Growers and scouts in Palm Beach County report that bacterial spot is increasing in recent warmer days with morning fogs, while the old diseased leaves still show the dried/fried look.** There is heavy pressure along the 441 Corridor and peppers and tomatoes are suffering. Pepper varieties that are race 1, 2, 3 resistant are proving to be no match to this level of disease pressure.

**Around Immokalee bacterial spot is a problem in pepper and tomato survivors.**

**Reports indicate that bacteria is also coming on hard in strawberries that were irrigated every night for almost two weeks for freeze protection**

### TYLCV

**Around SW Florida, TYLCV was pretty high before the freeze and remains a serious threat with all of the old damaged fields around that had some virus present before the freeze as they have a few live leaves in the field for the emerging SLW to feed on before they migrate into a younger field.**

**Growers and scouts around Palm Beach report that TYLCV has reached 2-5% infection rate on tomato plants in some fields.**

**TYLCV is also low around Homestead with only a few scattered plants here and there.**

### **Late Blight**

**Late blight that was reported in Hendry County perished with the crop that it was found on.**

**No new disease development was reported from Homestead.**

### **Target Spot**

**Reports from Palm Beach County indicate that target spot is widely present on tomato.**

### **Powdery mildew**

**Powdery mildew is present on eggplant and to a lesser extent on peppers around Palm Beach County.**

**Around Homestead powdery mildew is on the rebound on surviving squash.**

### **Phytophthora**

**Reports from Palm Beach County indicate that problems with Phytophthora are increasing in areas where growers held a prolonged high water table to battling the cold. In places 1 - 5% peppers and eggplants are blighted and going down.**

### **Pythium**

**Pythium is also taking out young plants around SW Florida where water tables were held high.**

## **News You Can Use**

### **Cooler and Mostly Drier than Normal January across South Florida**

The main weather event in January was the extended period of cold temperatures between January 2nd and January 13th. During this time, a total of 17 individual daily record low temperatures and record low maximum temperatures were set at the four primary climate sites (Miami, Fort Lauderdale, West Palm Beach and Naples).

The cold episode reached its peak impact during the weekend of January 9th and 10th and extending into Monday, January 11th in the wake of a second arctic cold front moving through the region. Saturday, January 9th was noted by falling temperatures in the 40s, clouds and rain, with even unverified reports of sleet and snow. Sunday, January 10th was the coldest day of the outbreak, with low temperatures below freezing over most of south Florida, including parts of the east coast beaches, followed by high temperatures failing to reach 50 degrees over most of the area. The coldest morning occurred on Monday, January 11th when temperatures once again dipped to below freezing over most of south Florida.

In all, freezing temperatures were registered on 5 to 7 days over the Lake Okeechobee region and interior portions of southwest Florida.

Records for consecutive number of cold days were set in several locations. Following is a summary of these records for the four primary climate sites in south Florida:

West Palm Beach:

- Average 12-day temperature of 49.9 degrees between Jan 2 and Jan 13 is lowest on record for any 12-day period (previous record 50.9 degrees set from January 16-27, 1977).
- Set new record of 12 straight days of lows at or below 45 degrees (previous record 9 set in Jan 1956).
- Tied record of 12 straight days of lows below 50 degrees (previously set in Jan 1956 and Dec 2000-Jan 2001).
- Set new January record of 5 total days of high temperatures below 60 degrees (old record 4 days in 1940, 1958 and 1970).

Naples:

- Average 12-day temperature of 48.8 degrees between Jan 2 and Jan 13 is lowest on record for any 12-day period (previous record 51.3 degrees set from January 9-20, 1981).
- Set new record of 13 straight days of lows below 50 degrees (previous record 12 days in Dec 1980/Jan 1981 and Feb 2006).
- Set new record of 12 straight days of lows at or below 45 degrees (previous record 8 set in Jan 1977).
- Set new January record of 6 total days of high temperatures below 60 degrees (old record 4 days in 1956, 1958 and 1970).

Moore Haven:

- Average 12-day temperature of 46.4 degrees between Jan 2 and Jan 13 is lowest on record for any 12-day period (previous record 46.5 degrees set from January 21-February 1, 1940).

Fort Lauderdale:

- Tied record of 12 straight days of lows below 50 degrees (previously set in Jan 1956).
- Tied January record of 10 total days of high temperatures at or below 65 degrees (previously set in 1940).
- Average 12-day temperature of 52.1 degrees between Jan 2 and Jan 13 is the third lowest on record for any 12-day period and the coldest such period since 1940 (record 51.1 degrees ending February 1, 1940).

Miami:

- A return to seasonal to above seasonal temperatures took place for most of the remainder of the month, with temperatures deficits relative to normal shrinking from 15 degrees to between 4 and 6 inches below normal by the end of the month. Nevertheless,
- January 2010 ranks as the coldest January since 2003 for virtually all of south Florida. Miami Beach recorded its third-coldest January on record, with West Palm Beach recording its 7th coldest, Naples its 5th coldest and Moore Haven its 8th coldest January on record.

Here are average January 2010 temperatures and departures from normal for select locations: Location	January 2010 Avg Temp	Departure From Normal	Rank
Miami Int'l	64.1	-4.0	17th coldest
Fort Lauderdale Int'l	63.3	-4.2	13th coldest
Palm Beach Int'l	60.6	-5.6	7th coldest
Naples Regional	59.8	-4.5	5th coldest
Miami Beach	61.8	-6.1	3rd coldest
Moore Haven	57.3	-5.4	8th coldest

## Precipitation

January precipitation ranged from 0.5 to 1.5 inches below normal over most of the eastern half of south Florida, and within a half inch of normal over the western half of south Florida including the Lake Okeechobee area.

The dry air associated with the cold outbreak during the first half of the month limited the rainfall during this period, but a return to warmer temperatures along with low pressure systems in the middle to upper levels of the atmosphere led to an increase in rainfall during the second half of the month.

Following are January rainfall totals and departures from normal in inches for selected locations, along with the total and departure from normal precipitation for the dry season of 2009-2010 so far: Location	January 2010 Rainfall	January Departure From Normal
Miami Int'l	0.89	-0.99
Fort Lauderdale Int'l	1.37	-1.57
Palm Beach Int'l	2.03	-1.72
Naples Regional	1.65	-0.36
Miami Beach	0.88	-1.56
Moore Haven	1.88	-0.16
Devils Garden	2.45	+0.08
The Redland	2.44	-0.13
Immokalee	2.10	-0.23
Clewiston	1.62	-0.76
Palm Beach Gardens	3.28	
Oasis Ranger Station	2.44	
LaBelle	1.99	-0.32
Marco Island	1.62	
Homestead	0.95	
Brighton	0.62	
Hollywood	1.99	-0.30

Location	Nov 2009 thru Jan 2010 Rainfall	Nov-Jan Departure From Normal
Miami Int'l	6.87	-0.62
Fort Lauderdale Int'l	13.56	+3.40
Palm Beach Int'l	13.06	+0.62
Naples Regional	6.71	+1.18
Miami Beach	10.36	+2.62
Moore Haven	5.47	-0.12

## Outlook for February-April

The Climate Prediction Center's outlook for February through April calls for an increased likelihood of cooler and wetter than normal conditions. This is consistent with the typical El Niño pattern of more Gulf of Mexico storm systems which provide additional dry season rainfall along with cloud cover and cooler daytime temperatures. These Gulf storms also have the potential to produce severe weather, including tornadoes, as was the case during El Niño episodes in 1998 and 2003.

For the latest south Florida weather information, including the latest watches, advisories and warnings, please visit the National Weather Service Miami Forecast Office's web site at [weather.gov/southflorida](http://weather.gov/southflorida).

## **Obama budget seeks cuts in farm subsidies**

WASHINGTON -- Crop and farm-trade subsidies would be shaved under the Obama administration's fiscal 2011 budget proposed Monday.

Resurrecting previously failed money-saving ideas, the White House wants to cut payments to wealthy farmers and shrink an overseas marketing program favored by California fruit and vegetable farmers.

If Congress goes along, reducing the Market Access Program and curtailing subsidies for crops like cotton and rice could save taxpayers tens of millions of dollars.

"It's time we put our fiscal house in order," Agriculture Secretary Tom Vilsack said.

The budget does include an increase for habitat restoration and water supply efforts centered around the Sacramento-San Joaquin Delta, a record \$429 million for agricultural and food research, and enhanced spending for certain trade-promotion efforts.

Proposed cuts, though, attract more Capitol Hill attention.

The administration wants to eliminate California's special \$10 million earmark that pays farmers to retrofit diesel engines. The budget also eliminates Agricultural Research Service facility construction.

Congress largely ignored many similar budget-cutting arguments raised last year. The administration seems ambivalent about items like the Market Access Program, which helps groups like the California Kiwifruit Commission fund overseas marketing.

The president proposes cutting Market Access Program spending from \$200 million to \$192 million, and then to \$162 million the next year.

On Monday, the Office of Management and Budget argued that the Market Access Program's "economic impact is unclear and it does not serve a clear need."

Only last week, though, Vilsack called the program "more important than ever" as he announced millions of dollars in grants for 17 California farm groups, including the California Asparagus Commission, the California Prune Board and the California Table Grape Commission.

"I think we have to look at the proposed cut with concern," said Edward Beckman, executive director of the Fresno-based California Fresh Tomato Growers. "We have an industry that's export dependent."

This year, the fresh tomato group is sharing a \$900,000 Market Access Program grant with a similar organization in Florida.

The administration also proposes cutting the conventional crop subsidies known as direct payments. In 2005, the most recent year for which figures are available, California farmers received \$169 million in direct payments.

Obama proposes reducing the maximum direct payment to \$30,000, down from the current \$40,000. Obama also proposes cutting off direct payments to farmers with annual farm income over \$500,000. The current cutoff is \$750,000. California lawmakers have resisted similar income-testing reductions, reasoning that it would unfairly penalize the state's large and efficient farmers.

By Michael Doyle, Bee Washington Bureau

## **Food safety regulations eat away at small farmer wallets**

Recent outbreaks of foodborne illnesses have some grocery stores demanding tougher safety regulations, but the standards may make it more difficult for East Tennessee farmers to stay in business.

"We're trying to get ready for this food safety on fruits and vegetables," Steve Longmire said, pointing to construction on a new packing facility for his Grainger County tomatoes.

Longmire remembers growing tomatoes with his grandfather.

His family has been in the tomato growing business since the 1940s, but a lot has changed since then.

"All the plugs we do out there need to be this kind - weatherproof," Longmire said.

That's because the facility needs to be hosed down daily in order to pass a food safety audit now required by one of the vendors where Longmire sells his tomatoes.

Another requirement is that produce cannot be exposed to open air once it's packed.

"What they're doing on the front of the dock is enclosing it to where the trucks, when they back up, won't be loaded into open air," Longmire added.

The food safety audits are becoming a common requirement for major grocery stores, following outbreaks of E. coli and salmonella.

The audits don't differentiate between large industrial farms and small family farms like Longmire's, so small farmers are having to make major changes to the way they've grown, packed, and sold their produce for years.

"They're looking at every single section of their operation and basically having to change it," said Grainger County UT Extension Agent Anthony Carver said.

For Longmire, it's coming at a baseline cost of \$150,000, which doesn't include hiring a new employee to oversee all the paperwork that's required.

"We're going to do whatever it takes to get in line with it, but it's hard," Longmire said. "For years and years, we've looked after our stuff. We're getting classified the same as a guy who grows 500 or 1,000 acres. Here we are growing 15 acres. To the best of my knowledge, no one's gotten sick off our product and same with Grainger County."

Right now, all the work is a choice, but it may soon become mandatory for everyone.

Both the U.S. House and the Senate are working on legislation that would make food safety audits mandatory for everyone who sells produce.

"If this comes down to the small producers, they'll stop producing, because they will not go into debt hundreds of thousands of dollars to comply. They can't afford to do so and continue to be a farmer," Carver said.

Alison Morrow, 2/9/2010, WBIR.com, Knoxville, Tennessee

## **New H-2A Rules Announced**

WASHINGTON — U.S. Secretary of Labor Hilda L. Solis today announced a new rule regarding the H-2A program. The Labor Department will publish in the Feb. 12 edition of the Federal Register, a final rule governing the labor certification process and enforcement mechanisms for the H-2A temporary agricultural worker program. The final rule is being published to strengthen worker protections for both U.S. and foreign workers and to ensure overall H-2A program integrity. The rule will be effective March 15, 2010.



The H-2A nonimmigrant visa classification applies to foreign workers coming to or already in the U.S. to perform agricultural work of a temporary or seasonal nature. The U.S. Department of Homeland Security may not approve an H-2A visa petition unless the Department of Labor, through its Employment and Training Administration, certifies that there are not sufficient U.S. workers qualified and available to perform the labor involved in the petition and that the employment of the foreign worker will not have an adverse effect on the wages and working conditions of similarly employed U.S. workers.

Additionally, through its Wage and Hour Division, the department enforces the terms and conditions of the labor certification and enforces worker protections.

"This new rule will make it possible for all workers who are working hard on American soil to receive fair pay while at the same time expand opportunities for U.S. workers," said Secretary Solis. "The actions that we have taken through this rulemaking also will enable us to detect and remedy different forms of worker violations."

During fiscal year 2009, employers filed 8,150 labor certification applications requesting 103,955 H-2A workers for temporary agricultural work. The Department of Labor certified 94 percent of the applications submitted for a total of 86,014 workers.

This final rule is the result of the department's review of the policy decisions underlying a previous revision of the H-2A regulations, published in late 2008. The department's review focused on the process for obtaining labor certifications, the method for determining the H-2A Adverse Effect Wage Rate, and the protections afforded to both the temporary foreign workers as well as the domestic agricultural workforce. The final rule includes stronger mechanisms for enforcement of the worker protection provisions required by the H-2A program.

Overall benefits of the final rule include increased wages for workers and greater access to the domestic labor market. The new rule ensures that U.S. workers in the same occupation working for the same employer, regardless of date of hire, receive no less than the same wage as foreign workers; provides more transparency by creating a national electronic job registry where job orders will be posted through 50 percent of the contract period; and protects against worker abuses by prohibiting cost-shifting from the employer to the worker for recruitment fees, visa fees, border crossing fees and other U.S. government mandated fees.

To [view a fact sheet](http://www.dol.gov) and more information about the benefits of the new H2A Rule, visit: <http://www.dol.gov>.

## **Exotic Fish Kills**

Many of you have heard about or seen fish dying in Florida ponds, lakes, and streams. When the water or air temperatures fall below a critical level (scientifically termed their lower lethal temperature) for a particular species, they will die. Humans, for example, can die due to hypothermia, when their body core temperature falls below a critical level.

As a result of Florida having a sub-tropical climate and several years of mild winters, quite a few exotic tropical fish species have become established or extended their range further into North Florida.

This year, we have record-setting cold temperatures. Our nighttime low temperatures have been very low, and our daily high temperatures have also been lower than normal. When this occurs, our water temperatures rapidly fall, often below the lethal temperature for many species. This combination of a recent history of mild winters combined with an unusually cold winter has resulted in large die offs of tropical fish such as blue tilapia ([http://www.myfwc.com/WILDLIFEHABITATS/Nonnative\\_FW\\_Tilapia.htm](http://www.myfwc.com/WILDLIFEHABITATS/Nonnative_FW_Tilapia.htm)) and suckermouth catfish ([http://www.myfwc.com/WILDLIFEHABITATS/Nonnative\\_FW\\_SuckermouthCatfishes.htm](http://www.myfwc.com/WILDLIFEHABITATS/Nonnative_FW_SuckermouthCatfishes.htm)), among others.

In addition to exotic fish species, some of our native (indigenous) aquatic species are also prone to cold-weather-induced kills. Gizzard and threadfin shad often die during cold weather. In Florida, we also have the Florida subspecies of the largemouth bass, which have evolved in Florida's subtropical climate. Florida largemouth bass will often die due to low water temperatures, while the 'Northern' largemouth bass survives. Marine species, such as our common snook, tarpon, and sea trout, are also currently dying, especially if they are located in shallow areas that experience rapid drops in water temperature.

Even if fish don't immediately die due to the cold, they will often become stressed, which can make them more susceptible to future illnesses (such as bacterial and fungal infections). Some of these fish may later die, if their illnesses are severe. Even if they don't die, many may have temporary sores on the exterior parts of their bodies.

There are other reasons as to why fish die. To learn more about cold-induced and other types of fish kills, see our Florida LakeWatch Extension circular #107 (A Beginner's Guide to Water Management – Fish Kills), which can be found at <http://edis.ifas.ufl.edu/fa104>

If you want additional information on this phenomena, go to <http://fishweb.ifas.ufl.edu/Cichra/Cichra.htm>

**South Florida Vegetable Pest and Disease Hotline** – if you get the hotline second hand from another source you may be missing the Quotable Quotes and The Lighter Side – to subscribe direct – email [gmcavoy@ufl.edu](mailto:gmcavoy@ufl.edu)

## Up Coming Meetings

<b>February 22, 2010</b>	<b>Restricted Use Pesticide License Training and Testing</b>	
	<b>Core</b>	<b>8 AM – Noon</b>
	<b>Private</b>	<b>1 PM – 5 PM</b>

Hendry County Extension Office  
1085 Pratt Boulevard  
LaBelle, Florida

Call 863-674-4092 to register - \$20 fee with lunch included.

<b>February 6, 2010</b>	<b>Vegetable Growers Meeting</b>	<b>12 PM - 2 PM</b>
	<b>Watermelon insect and virus control and pesticide update</b>	

UF/IFAS Southwest Florida Research and Education Center  
SR 29 North  
Immokalee, Florida

Call 863-674-4092 to register

<b>March 9 – 10, 2010</b>	<b>20<sup>th</sup> Annual Greenhouse Tomato Short Course</b>
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Mississippi State University  
Eagle Ridge Conference Center  
Raymond, Mississippi

See agenda at <http://greenhousetomatosc.com>

Contact Dr Rick Snyder at 601-892-3731 or [RickS@ra.msstate.edu](mailto:RickS@ra.msstate.edu)

## Opportunities

### Seed Sales Rep Needed

Harris Moran Seed Co. is seeking a sales representative to manage customers in the South Florida area. A bachelor's degree and five years in the agriculture industry lead the list of requirements.

Please send resume to Harris Moran Seed Co., P.O. Box 4938, Modesto, CA 95352 or via e-mail to [hr@hmclause.com](mailto:hr@hmclause.com).

### Farm Land for Lease

Farm Land for lease in LaBelle area – contact Clyde Lavender at 863-673-2338

Quality agricultural land with easy access to SR 710 and SR 76. 1000+/- acres, available in Martin County for lease, or possible joint venture production of vegetable crops, bio-fuels, etc. Call John Merritt at 863-699-6090.

## Websites

**The UF/IFAS Vegetable Production Handbook for Florida 2010- 2011** is now available on-line at <http://www.hos.ufl.edu/vegetarian/10/Jan/Vegetable%20Production%20Handbook%202010-2011.html>

**AgroClimate** is an interactive website with climate, agriculture, and forestry information that allows users to assess resource management options with respect to their probable outcomes under forecast climate conditions. AgroClimate uses crop simulation models along with historic and forecast climate data to allow decision makers to compare changes in probable outcomes under different climate conditions. - <http://agroclimate.org/>

**2008 Farm Bill Programs and Grants** - this website provides a “quick-guide” to federal programs and grants for farmers, ranchers, food entrepreneurs, and the researchers, educators and community groups who serve them. Go to <http://sustainableagriculture.net/publications/grassrootsguide/farm-bill-programs-and-grants/>

## Quotable Quotes

“Wise men speak because they have something to say; Fools because they have to say something.” – Plato

“It is only the dead who have seen the end of war” – Plato

To the world you may be just one person, but to one person you may be the world.” – Brandi Synder

“Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think. Christopher Robin to Pooh” – AA Milne

“This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, Love to complete your life.” - Anon

## On the Lighter Side

Ole & Sven

Ole and Sven die in a snowmobiling accident, drunker than skunks, and go to Hell. The Devil observes that they are really enjoying themselves. He says to them 'Doesn't the heat and smoke bother you?'

Ole replies, 'Vell, ya know, ve're from norderm Minnesoota, da land of snow an ice, an ve're yust happy fer a chance ta varm up a little bit, ya know.'

The devil decides that these two aren't miserable enough and turns up the heat even more. When he returns to the room of the two guys from Minnesota, the devil finds them in light jackets and hats, grilling Walleye and drinking beer.

The devil is astonished and exclaims, 'Everyone down here is in wretched misery, and you two seem to be enjoying yourselves?'

Sven replies, 'Vell, ya know, ve don't git too much varm veather up dere at da Falls, so ve've yust got ta haff a fish fry vhen da veather's dis nice.'

The devil is absolutely furious. He can hardly see straight. Finally he comes up with the answer. The two guys love the heat because they have been cold all their lives. The devil decides to turn all the heat off in Hell. The next morning, the temperature is 60 below zero, icicles are hanging everywhere, and people are shivering so bad that they are unable to wail, moan or gnash their teeth.

The devil smiles and heads for the room with Ole and Sven. He gets there and finds them back in their parkas, bomber hats, and mittens. They are jumping up and down, cheering, yelling and screaming like mad men.

The devil is dumbfounded, 'I don't understand, when I turn up the heat you're happy. Now it's freezing cold and you're still happy. What is wrong with you two?'

They both look at the devil in surprise and say, 'Vell, don't ya know, if hell iss froze over, dat must mean da Vikings von da Super Bowl.'

## **HANDBOOK FOR GOOD LIVING IN 2010**

### **Health:**

1. Drink plenty of water
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

### **Personality:**

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.

15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree....

### **Society:**

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

### **Life:**

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change...
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.

### **Last but not the least:**

40. Please Forward this to everyone you care about, I just did

**Note: State and local budgets cuts are threatening to further reduce our funding – if you are receiving currently receiving the hotline by mail and would like to switch over to electronic delivery – just drop me an email. It is much quicker and you will get the hotline with in minutes of my completing it and help conserve dwindling resources at the same time. Thanks to those that have already made the switch.**

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