

EXTENOVATIONS

VOL. 6, NO. 6—DECEMBER 1985

F O R A L L O F E X T E N S I O N

Pick-your-own

Agents, researchers, farmers see 'green' in blueberries

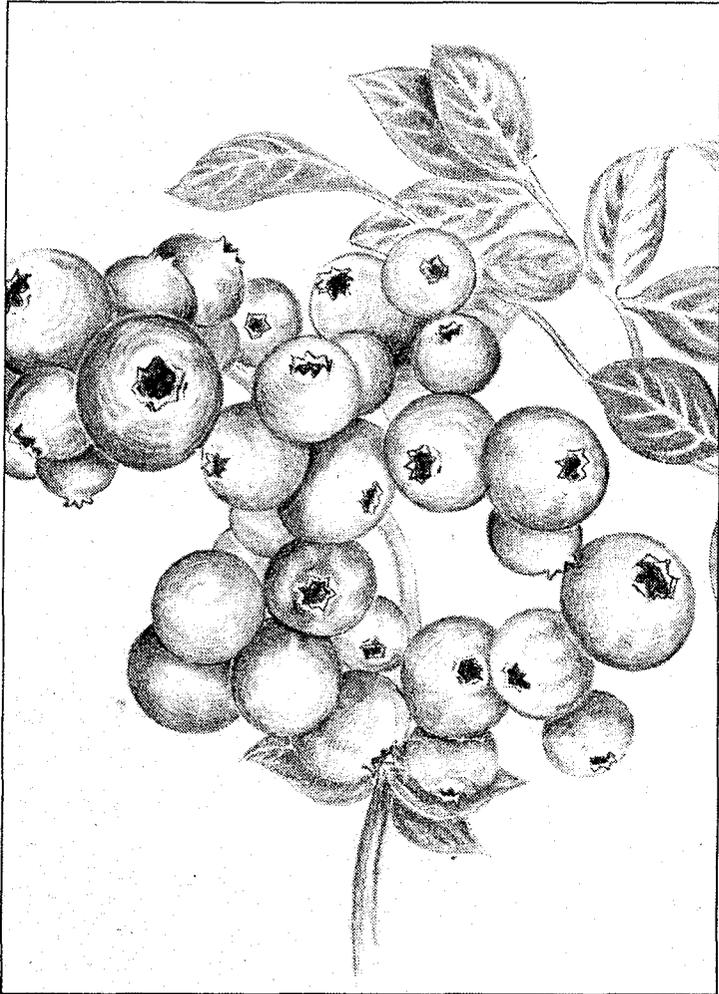
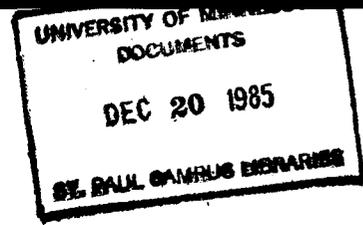


Illustration by John Molstad

Were money as plentiful as enthusiasm, it's likely quite a few Minnesota farmers would be finding their thrills on blueberry hill.

Dave Radford, former Northeast District area agent who's been involved since 1984 in an extension effort to start a commercial blueberry industry in Minnesota, says, "There's a lot of interest in blueberries. Northeastern Minnesota soils are perfect for them. About the only thing holding people back is the availability of money. Blueberries are a long-term investment—a well-managed planting can remain productive for years—and a big one. Plants large enough to set out cost about \$2 each, and you need 2,000 to plant an acre."

Radford and others see pick-your-own blueberries as a way farmers in economically depressed northeastern Minnesota can make more money. Yes, it costs a lot to start such a business, but returns can be substantial. And it's not just farmers who might benefit. The tourism industry will have one more drawing card if guests can pick all the blueberries they want without—it's hoped—having to contend with bears. And, around Duluth-Superior and the Twin Cities, pick-your-own blueberry operations hold considerable potential for farmers to make

money by offering residents a fun and rewarding outing.

No one would be excited about growing blueberries in Minnesota today had horticultural scientist Cecil Stushnoff not begun blueberry improvement work for the Minnesota Agricultural Experiment Station in the 1960s. He screened more than 25,000 seedlings (crosses between native lowbush blueberries, which are cold hardy in Minnesota, and highbush blueberries, which aren't) to find candidates for possible introduction.

After Stushnoff left the university, Dave Wildung, horticultural scientist at the North Central Experiment Station (NCES), took over his work. Wildung's research up to then had been on how to grow the new half-high hybrids. In 1983, he oversaw the introduction of a selection named 'Northblue'. This cultivar is the rock on which Minnesota's fledgling blueberry industry is founded. Plants survive temperatures as low as -35 degrees Fahrenheit and produce three to seven pounds of fruit each if protected by snow cover.

Horticultural scientist Jim Luby is now in charge of the blueberry improvement work and Wildung is continuing his cultural research. Luby says the station will

introduce another hybrid, 'Northcountry', next spring which should have commercial value. It ripens earlier than 'Northblue' (which will extend the picking season) and tastes more like a wild blueberry. Although plants yield less (generally, three to five pounds each) they don't grow as tall and may be less susceptible to winter injury.

In 1984, Radford and Wildung wrote a proposal for a \$32,700 grant, which the Governor's Council on Rural Development awarded to the Itasca Development Corporation (IDC) to establish a commercial blueberry industry. The proposal was submitted jointly by the IDC, the Itasca Greenhouse at Cohasset, the NCES and the extension service.

Radford says, "Our objectives the first year were to train agents, produce educational materials, interest potential growers and have the greenhouse produce 22,000 plants so 20 farmers could establish half-acre plantings in 1986."

Well, things don't always go as planned; in this case, they went better:

—In January, Wildung held a

BLUEBERRIES continued on page 4

Supplementary income helps farm families cope

Let's say a farm family has done everything possible to increase farm income and reduce expenses but still needs more income. Perhaps the farm is just too small to earn a family living. What might help is supplementing the family income by raising Christmas trees or vegetables—or running a dairy chore service.

Some families are running part-time businesses out of the home or farm. Roger Wilkowske and Dick Walter, county agents in Rice and Goodhue Counties, respectively, have developed a list of about 40 things farm families might consider to bring in some extra income.

"There's nothing magic about the list. None of the things may work for you, but something else may," Wilkowske says. "I'm always adding to it, and taking some things off when they no longer look practical," he says.

Some specialty crop and livestock ideas that may lead to supplemental income: Christmas trees (but remember there's no income for the first eight years!); U-dig-em nursery stock; pick-your-own strawberries or raspberries, or even blueberries (see related article); pickles for specialty supermarket outlets like Gedney's;

crops like squash and pumpkins (the University of Minnesota has an ABC program for asparagus, broccoli and cauliflower); raising and selling sweet corn; and a total farmers market.

"If you go into sweet corn, raise the best variety for your area and try to have the first corn of the season to sell," Wilkowske advises.

Other ideas include maple syrup (lots of trees go untapped); beekeeping and honey; livestock like geese, chickens, ducks or goats (goat milk for people with allergies); firewood to sell or for cutting on shares; raising hay for Canterbury Downs and providing a dairy chore service.

He knows someone who developed a specialty vegetable market by selling to local grocery stores, which advertise "locally grown" produce. "What this amounted to was finding a niche in the market," he adds.

Wilkowske knows of a young lady in southern Minnesota who's in constant demand to do substitute milking. "Too many dairy farm families don't take vacations because there's no one to fill in and do chores," he says.

He also stresses the importance of some common sense, practical marketing research. Many people can do their own market research. Wilkowske advises checking with places like the extension service, local library, Area Vocational Technical Institute (AVTI) and Small Business Administration (SBA).

For example, Wilkowske says the farmer in his community who's selling hay to Canterbury Downs first talked to people at the race track to find out what kind of hay they wanted.

There are many part-time businesses you can run out of the home or farm. These include raising bedding plants, nursery stock (a small greenhouse) and a lawn and landscape service.

Mechanical and electrical repair services can be good part-time businesses for farm families. "Many farmers have learned to do their own repairs and are very skilled," Wilkowske says.

Repair services can be set up for small appliances, small engines, bicycles, motorcycles, autos and tractors. Saw sharpening and key making are other possibilities.

Other ideas include: cleaning

businesses; ceramics and crafts; running a day care center; selling dried weeds; school bus driver; mail carrier; beauty parlor and hair care; seed corn salesman; dog kennels; house sitting; lunch wagons for auctions; popcorn wagons for your town; income tax services and real estate sales.

Also included are dressmaking, alterations, monogramming and mending; secretarial service; wake-up and reminder service; upholstering and refinishing furniture; renting farm buildings out and franchising. ■

—Jack Sperbeck

Also, in this issue of

EXTENOVATIONS

Extension food and nutrition specialist Joanne Slavin has toured Minnesota lecturing on nutrition and athletes. And, Slavin lives her life just as she tells her audience to do. Page 2.

Xia Yang, a Hmong 4-H'er living in Minnesota, tells a life-and-death story his family endured prior to their fleeing Laos. Page 3.

It's an atypical 4-H club. But, the 4-H Hennepin County youth group still has the typical fun and excitement of more traditional clubs, except that its involvement is theater arts. Page 4.

Anorexia nervosa is one of several eating disorders parents fear. Clay County HEFL agent Nancy Frosaker-Johnson discusses the documentary titled, "The Winning Weighs," that addresses these disorders. Page 4.



Regional workshops probe athletes' nutrition needs

To an athlete, pounds can mean two extra yards, two less seconds, one more pin or three perfect scores; in other words, for the young football player, swimmer, wrestler and gymnast who strive for excellence, weight can mean everything. It can also mean poor nutrition when weight control leads to abnormal eating habits, says food and nutrition specialist Joanne Slavin.

For the past year, Slavin has been touring the state and region in a series of extension workshops to inform parents, teachers and coaches about nutrition for athletes. Slavin is trying to get the message out that nutrition is as important to winning as weight. At best, she says, abnormal eating habits in young athletes can lead to fatigue, moodiness and poor performance—at worst, to excessive injury, hospitalization or even illness in later life.

The workshops were initiated last fall by three HEFL agents in the Northwest District: Nancy Frosaker-Johnson, Clay County,

Sharon Torbenson, Becker County, and Paula Pohlmeier, Douglas County. Nancy says the idea developed between them after a number of helping professionals—nurses, coaches, teachers—and parents within their counties expressed a need for more information on athletic nutrition and eating disorders (such as anorexia or bulimia). She says "Parents were concerned that the kids were not eating properly when the teams traveled long distances to compete, which is common in rural areas. Coaches wanted to know where they should stop to eat on those trips and had other questions such as how long to eat before competition."

Slavin says severe eating disorders like anorexia are rare in athletics but "strange" eating habits and bad dieting are not. Problems often arise when coaches over-emphasize weight loss and under-emphasize nutrition. "The wrestling coach might say for example, 'Don't do anything drastic, but if you can lose five pounds and make this lower

weight class we may have a chance at the state championship.' Unfortunately, the coach lacks the information on nutritional methods to help the athlete

letes, increasing the chances of degenerative diseases such as osteoporosis (a bone disease, caused by calcium deficiency, that afflicts 20 percent of white

and students. Barb Oseth, HEFL agent for W. Polk County, was in charge of the workshop and says "Over 100 parents came on Monday night and at least 20 coaches came to the 6:30 breakfast talk Tuesday morning." Slavin says the workshops have three objectives: to increase understanding of the special nutrient needs of various classes of athletes, to identify young athletes who are at risk of developing nutritional problems and to dismiss many of the myths associated with sports nutrition.

As a follow-up, Oseth says she is now scheduling a series of county meetings to show a video tape for those who were unable to attend at Crookston. The 30-minute video is called "Youth Nutrition Workshop: Nutrition and Athletes" and is available for purchase at \$50 or for weekly rental at \$6. It can be obtained in 3/4-inch tape (ask for HE-VH-2747) or 1/2-inch (ask for HE-VC-2745). The tape, which comes with a leader's guide, is of a workshop Slavin presented last year. ■

—John Colmey

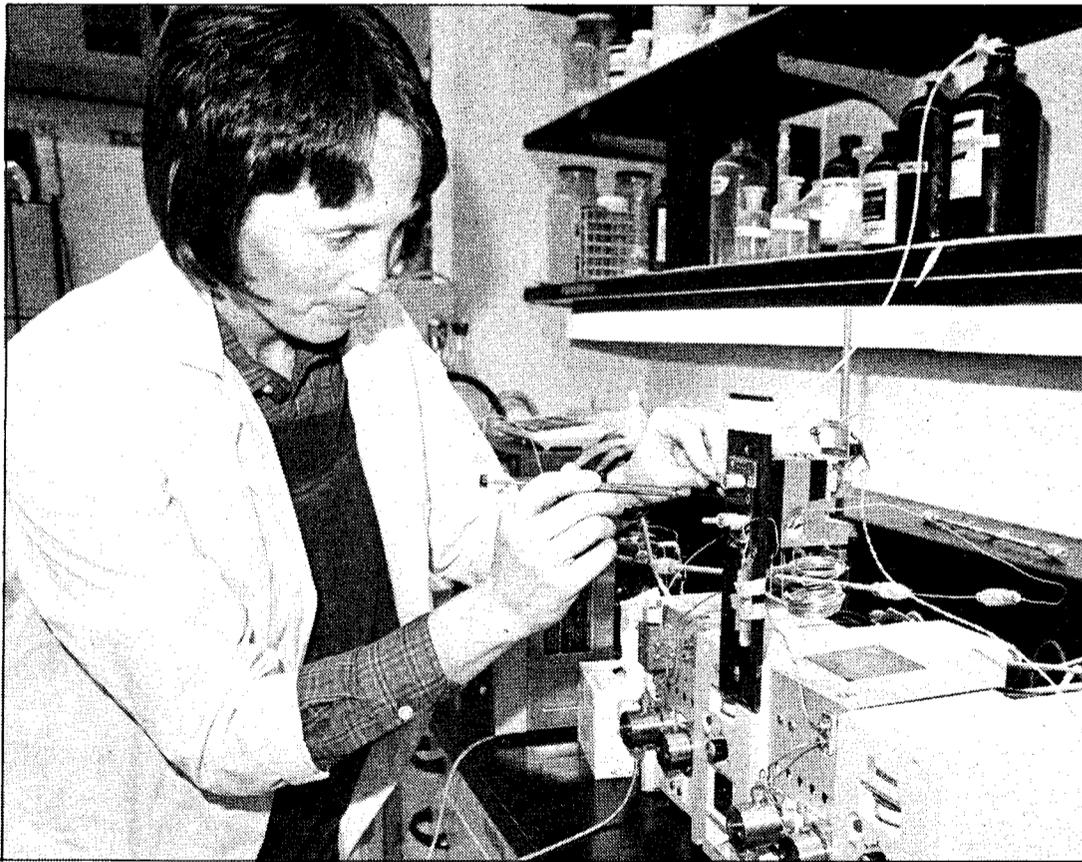
Parents were concerned that the kids were not eating properly when the teams traveled long distances to compete, which is common in rural areas.

—Joanne Slavin

lose weight and the athlete resorts to extremes such as 'sweating off' or laxatives." Slavin says bad eating habits can lead to mineral deficiencies in women ath-

women over 65 in the U.S.).

In a recent two-day district workshop in Crookston, Minnesota, Slavin spoke to parents, coaches



Joanne Slavin measures carbohydrate sources commonly used in exercise. (photo by Dave Hansen)

Joanne Slavin: woman on the go

It's hard to say where Joanne Slavin might be right now: possibly giving a workshop on nutrition in Minnesota, Wisconsin, Illinois or Colorado; possibly out jogging in preparation for a marathon, backpacking in a national park, or biking across Ireland; or maybe she's in her office, but don't bet on it because above everything else, Joanne Slavin is a woman on the go.

Slavin is also in demand. An assistant professor in Food Science and Nutrition and an extension specialist in sports nutrition, Slavin has been busy lecturing, researching and writing since coming to Minnesota in 1981. In the past four months alone she has written articles on "Caffeine and Sports Performance," "Calcium and Bone Development" and "Sports Anemia." To the question of which came first, sports or nutrition, she answers "sports."

Relatively tall as a child (she's five feet nine inches now) Slavin was a shoo-in for every basketball and volleyball team she tried out for. It seems she played every sport open to women, both in high school and at the University of Wisconsin, Madison, where she completed her undergraduate and graduate degrees. Initially a physical education major, Slavin transferred into nutrition after presenting her first talk

on calories in a sophomore speech class. "It struck me at the time there was no coordination between the athletic department and nutrition department even though nutrition and exercise are both necessary to good health."

She says her interest in college was primarily weight control because "all my professors were overweight." Her research into sports nutrition began after coming to Minnesota. Caught up in Minnesota's fervor for athletics, Slavin entered competitions in biking, running and cross-country skiing including the Birkenbener, Twin Cities marathon, Grandma's marathon in Duluth, and numerous bike races in the tri-state area. While she says her research and workshops have excluded competition this year, she never lets more than a day go by without doing something active. "I've decided that we always find time to eat, so we can always find time to exercise."

Slavin's own diet is simple: fruit, natural foods, lean meats. "I think the main thing is to prepare your own foods whenever you can." As a nutritionist, she has an added incentive to stay fit; "no one wants to listen to an overweight nutritionist," she says. Does she ever eat at McDonalds? "Sometimes, when I'm travelling, but I always order milk." ■

—John Colmey

EXTENOVATIONS

Vol. 6 No. 6
December 1985

Published bimonthly by the Director's Office, 240 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, MN 55108.

Managing editor Deedee Nagy
Production editor Richard Sherman
Designer Paul Lee
Photo editor Don Breneman

Produced by Communication Resources, 433 Coffey Hall.

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, national origin, handicap, age, or veteran status.

Hmong youth tells of life in Laos, ordeals endured by refugees

One of the most enlightening aspects of working with 4-H youth in the city of St. Paul is my interaction with Hmong. Each week I learn more of Hmong culture and grow to appreciate the stamina of these families who have gone through incredible experiences in their transition from Laos.

Xia Yang is a 15-year-old 4-H junior leader who teaches 12 younger 4-H'ers at the Dayton Presbyterian Church. He and a dozen other Hmong teens have been assisting county 4-H community program assistant Kao Xiong with six 4-H clubs and two soccer teams this year.

Xia's story is not unlike that of many Hmong families and could serve as a model of family strength for anyone.

Carmen Burrows
Ramsey County 4-H agent

Exodus From Laos

On November 19, 1960 the American CIA came to live with us in Laos. They loved us very much. They helped us a lot and fought the communists, but they lost in negotiations with the communists and had to return to the U.S.A. on May 14, 1975.

In Laos we used to farm and go hunting before the American withdrawal. Then the communists came to my valley and said, "Give all your guns to us." We were afraid, but we said that in two days we would give them up, because some of our men went hunting far away. But we hid

some guns and did not tell them, because we knew that these communists were very bad people, and hoped that when they did do something bad we could fight against them.

They made us work free for them. They wanted all the people in our valley to work on one big farm together, because they said that we are all family. We had to work so hard that we couldn't keep up. So the communists began killing our people. Because of this, we got mad and my dad and all his soldiers went and got the guns they hid and ambushed the communists.

From that time, February 2, 1976 we started moving through the jungle by night. We could not live in our valley any more. The communists were killing all allies of the U.S.A.

When we got to the jungle we cooked at night and were very careful. All the while, my dad and his soldiers continued to ambush the communists. They killed a lot of communists.

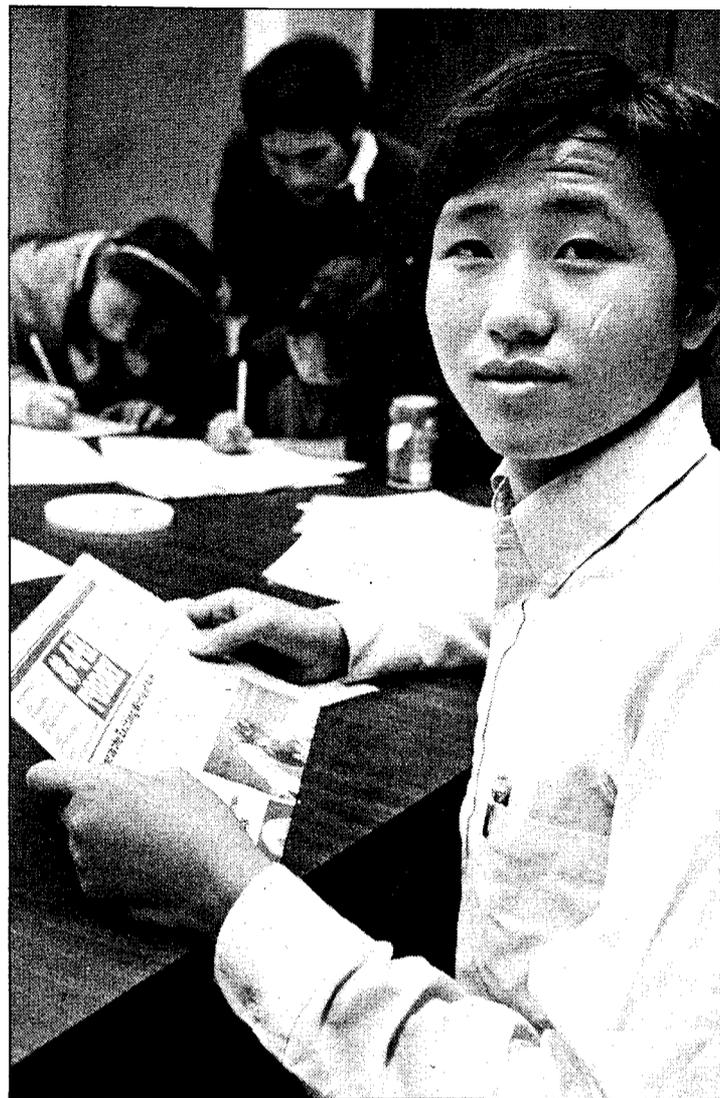
On May 15, 1979 we decided to move to Thailand. On the way, the communists ambushed us. We had 433 people, but the communists killed 40 people so we had just 393 people left.

We came to the river-border at night. We had to pay some Thai a lot for crossing the river because they were swindlers. They sent us to an island between Thailand and Laos and told us that it was the Thai mainland. We were happy and they were gone.

In the morning we saw that it was only an island, and the Thai police were on the other side of the river looking at us, because we were still illegal. So they came back to talk to us. They said, "How did you get here?" We couldn't tell them the truth because if they found out what we paid the Thai for crossing the river they might have killed all of us and found the Thai boatmen to kill them too. We just said, "We came here by raft." They couldn't let us in because they didn't believe us.

They let us stay on that island for four days. That day we were very hungry, had no food to eat; even berries and leaves were gone. Then the communists came on that evening and shot at us, but we were lucky; we didn't get hit. At that time we laid down low on the shore of the river. Everybody said, "Please don't shoot, we are your people." And the leader said, "Who is the leader?" My dad said, "We have no leader." They said, "So, you are the leader." They almost killed my dad right then, but at the same moment it started to rain harder and harder, so one of the communists said to their leader, "This is a sign that these are good people."

They took us back to a valley where there were Hmong. They put my dad in jail for six months. Then they let him come to live with my family again. For six more months they forced him to work hard labor in the mines, but just during the day. At night he came to sleep with us.



Xia Yang (photo by Don Breneman)

One day my dad found out that they were going to kill him, so he decided to escape to Thailand. On December 25, 1980 we escaped at night through the jungle to Thailand. This time, we only had 58 people, but we made it. On January 5, 1981, we arrived in

Ban Vinai. We decided to come to the U.S.A. On October 15, 1981 we transferred to Phanatnikhom where we learned some English. On March 17, 1982 we arrived in the U.S.A. We are happy here. ■

—Xia Yang
Ramsey County 4-H'er

In brief . . . In brief . . . In brief . . . In brief . . .



Singled out at Annual Conference for this year's Director's Awards to Distinguished Faculty were Delores Andol, Roseau County agent, and Bob Appleman, dairy specialist, pictured here with Pat Borich, who presented their citations to them at the annual awards banquet at Madden's.



Also recognized that night were two outstanding extension volunteers, shown here with their plaques. Marian Chase of Virginia at left and Karol Berglind of Ada. Chase is volunteer coordinator for the St. Louis County Social Service Department and has worked extensively with the volunteer budget consultant program in that area. Berglind was recognized for his long-time, active support of 4-H and other extension programs both in Norman County and statewide. (photos by Don Breneman)

Cindy Bigger, E. Otter Tail County, received the Personal Service Award at the annual University of Minnesota, Crookston alumni recognition banquet October 4. This award is presented to a UMC graduate or former student in recognition of service to the University of Minnesota.

Warren Roberson, Lake City (Wabasha County), was named the 1985 Minnesota conservation rancher in the National Soil and Water Conservation Awards program in September. ES-USDA administrator Mary Nell Greenwood commended Roberson's achievements in conservation and wise use of the nation's soil and water resources, citing him as an "excellent example of the stewardship ethic which is so important to American agriculture."

Three extension engineers—Don Bates, Roger Machmeier, Larry Jacobson—and John Anderson, Veterinary Medicine, were Blue Ribbon Award winners in the 1985 extension educational aids competition sponsored by the American Society of Agricultural Engineers. The specialists were recognized for entries in slides, circulars and publications categories.

CNRD area extension agent Roger Steinberg received a \$10,000 grant from ES-USDA to continue an educational effort regarding groundwater pollution in southeastern Minnesota. The grant will be used to develop publications and computer software and provide travel for Steinberg to report on Minnesota's educational efforts to state and local government staffs and extension personnel in other states.

Lorilee Sandmann, district program leader, HEFL, participated this past summer in the Institute for the Management of Lifelong Education at Harvard University. The intensive two-week program was designed for administrators in post-secondary institutions and more than half were continuing education professionals from around the country. She was the only Agricultural Extension Service participant in this year's institute and one of only two in the program's seven-year history. The institute's curriculum concentrated on adult development and learning, institutional strategy and leadership.

Jean W. Bauer, family resource management specialist, co-hosted a local reaction panel and semi-

nar on estate administration for the American Law Institute-American Bar Association's Video Law Review program this summer. The program originated in Washington, D.C. and was transmitted via satellite to 27 sites including Minneapolis where it was attended by attorneys. Bauer and Twin Cities attorney Glenn R. Ayers handled Minnesota-related questions and concerns in a session following the satellite transmission. They focused on estate handling and decision-making styles, particularly as they are used in times of stress and grief.

Daniel G. McPherson, deputy assistant secretary for science and education with the U.S. Department of Agriculture, recently spent a day on campus learning more about extension in Minnesota and Project Support efforts statewide. A Minnesota resident for many years, McPherson was a senior executive with General Mills. Since assuming his present duties in August, he has worked with Assistant Secretary Orville Bentley to provide leadership for USDA-funded extension activities throughout the county. Among the persons with whom he spoke during his visit were Dan Panshin, Russ Tall, Jeanne Markell, Vern Oraskovitch, Joyce Walker and Kathy Mangum.

Performing arts opens new doors to 4-H

A typical 4-H club it's not. It's 4-H for the performing arts.

It all began in 1982 when Hennepin County 4-H and the University of Minnesota's Agricultural Extension Service helped North Minneapolis put together what is now known as the American Variety Theatre Company 4-H clubs (AVTC).

From a group of 20, representing many cultures and low income and economically deprived families, it has grown to nearly 300 youth. There are year-round activities in dance, drama, mime, music, gymnastics, stage production and other forms of communicative/expressive arts.

"Their intensity is incredible" says Bill Svensgaard, Hennepin County 4-H agent. "They meet at least twice a week, more often three to four times. 4-H has no relevance to them unless it's that intense. It's the alternative to the street."

AVTC hasn't been going long enough to know what new talent from Minnesota it will supply to the world of entertainment. "We are linked closely with other performing arts groups in the Twin Cities area, and we have given many of them employment for the first time," says Svensgaard.

He calls it an unusual type of 4-H club. The kids decide when they are ready to begin another performance. They sit down, have busi-

ness meetings and if a typical 4-H'er walked in, it just wouldn't seem like a regular 4-H meeting.

Production director Nancy Willet says the program is based on youths' need to understand long-term commitments. If they follow through, something good happens—a reward. The performances are that reward.

Then up goes the image of core city youth: their self-confidence, self-image, self-disciplinary skills all rise. The performing arts program attracts the youths first. "Then they get hooked and want to do other things," says Svensgaard.

This is how it can work. A member who is part of a drama production may join a 4-H clothing project because of a need to sew a costume for the performance. Once in a project, they develop a trust for the whole 4-H organization. Here are chances to express their abilities and to increase their concern for others.

American Variety Theatre Company is operated by four full-time extension staff from Hennepin County. The program receives monies for full-time instructors because they put in too much time to be strictly volunteers. The volunteers then work with the instructors and extension staff as a support system for the kids. ■

—Kris Johnson



Innercity 4-H'ers from Hennepin County with an interest in the performing arts have appeared at the Minnesota State Fair and at noon open air programs in downtown Minneapolis. Their specialties include dancing and pantomime. (special photo)



Blueberry grower Ken Reender of Grand Haven, Mich., explains his propagation program to the Minnesota tour group. These two-year-old plants growing in gallon pots are the size that Michigan growers most often plant. Reender has 400 acres of highbush blueberries. (special photo)

Blueberries: a new Minnesota crop

continued from page 1

meeting at which 20 agents from the Northeast District learned about culture, propagation and other aspects of the blueberry business. He also developed a slide set and educational material on blueberry culture that agents could use for their spring meetings with farmers.

—During the spring, the agents held 14 county meetings, which were attended by about 400 people. Wildung also held a April meeting and a summer tour for growers at the Grand Rapids station. So far, about 50 farmers have indicated an intention to establish blueberry plantings and attend educational meetings.

—The Itasca Greenhouse began growing 'Northblue' plants from tissue-cultured plantlets. During 1985, it produced 24,000 plants. Ten growers were able to establish plantings (ranging up to two acres in size) during the growing

season—a year ahead of schedule—because the plants grew so fast. By next spring, the greenhouse and other suppliers may have as many as 20,000 plants ready for planting.

—In late July, district program leader Duane Schrader led a group of 16 extension personnel and one NCES technician on a tour of Michigan blueberry operations to learn about propagation, culture and marketing.

—Extension agents involved in the blueberry project and NCES staff completed a new slide-tape set to use in educating farmers about blueberry growing and marketing.

Itasca County extension director and CNRD agent Carl Wegner recently took over leadership of extension's role in the blueberry project from Radford, who retired this month.

"We've met our original goals," Wegner says. "We're looking at this from a three-year standpoint, and have applied to the governor's council for a second grant of \$29,000. We want to have another round of county meetings to generate interest in 1986, including some in the Twin Cities metro area, and establish a grower association. We want to help fund research on fall planting, winter protection systems and fertility. And, we want to find ways to produce plants for less and to learn more about pick-your-own marketing."

It's too early to tell whether blueberries will become a commercial venture in Minnesota, but if enthusiasm, interest and a strong start count for anything, this cooperative extension and experiment station effort has every chance of succeeding. ■

—Sam Brungardt

'Winning Weighs' documentary targets eating disorders

When her girlfriend lost weight, Lisa observed that everyone noticed and had something complimentary to say. If that was the road to popularity, Lisa was going to travel it, too.

But Lisa, then a high school sophomore, was on her way to anorexia—literally not eating, loss of appetite, a condition where the body starves from severe, self-imposed dieting. Luckily her parents recognized she had a problem and her minister found her professional help so her story has a happy ending. Now, more than six years later she says she's as recovered as anyone can be.

"Lisa was a practicum student in the Clay County extension office when she was in college at Moorhead," says Nancy Frosaker-Johnson, Clay County HEFL agent. She willingly shared her experiences in a video tape called "The Winning Weighs" filmed in Clay and Douglas Counties and in Apple Valley with a \$3,000 innovative grant Frosaker-Johnson and Sharon Torbenson, Becker County HEFL agent, applied for

through Director Pat Borich's office.

"The Winning Weighs" documentary is available for purchase at \$50 or weekly rental at \$6. It can be obtained either in 3/4-inch tape (ask for HE-VC-2744) or 1/2-inch (ask for HE-VH-2746).

Frosaker-Johnson says the idea for the documentary developed in 1984 while she was working on her master's in counseling at North Dakota State University, Fargo, with Patricia Halvorson, counselor at the NDSU Counseling Center. "Dr. Halvorson believes anorexia is reaching epidemic proportions among teens," she says. Frosaker-Johnson has helped develop support groups on campus and with Patricia A. Neuman has written a book, *Anorexia Nervosa and Bulimia—A Handbook for Counselors and Therapists*. Bulimia is the disease characterized by overeating—sometimes devouring the contents of a grocery bag in one sitting—and then purging. Both diseases become psychological disorders and its victims often don't realize they are ill.

Lisa says in the documentary that she wasted a year on dieting. She would buy candy bars daily, never eat them, but stash them away until she had a drawer full. At home she would run up and down stairs an hour at a time, exercising, driving her family wild, as she tried to burn up calories—calories that she had never eaten. Still, she was doing well in high school all this time.

Six counties—Becker, Clay, East Polk, West Polk, Mahnomon and Norman—are holding food and fitness workshops this fall. One topic deals with eating disorders and students are encouraged to attend. "We are sending letters to teachers and coaches to interest them in the videotape and how it might be used in classroom discussions on these subjects," says Sharon, a teacher before she became an extension worker. Channel 13 Prairie Public Television in Fargo and Channel 8 in Appleton are both interested in seeing the documentary for possible airing. ■

—Mary Kay O'Hearn