



## TUCSON KIDS ROCK!

**Liz Attanasio**

By **LIZ ATTANASIO**  
**The next gathering**  
 of the Raising Our  
 Celiac Kids  
 (ROCK) group will  
 be held on Saturday  
 Oct. 9 from 10 a.m.  
 to 1p.m.. Arrive anytime between 10  
 and 1 and stay as long as you like.  
 Gluten-free snacks and goodies will be  
 served and lots of information will be  
 exchanged.

ROCK is a support group for chil-

dren and their families who find them-

selves on a gluten-free diet due to ce-  
 liac disease or gluten intolerance. At  
 ROCK gatherings, we discuss topics  
 that are important to our children, like  
 birthday parties, school lunches and  
 peer pressure.

Parents need the support and kids  
 love meeting and playing with other  
 children who are just like themselves.  
 For more information on ROCK or  
 directions to the meeting, phone Liz at  
 877-9181.

## GF Diners schedule meal at Kingfisher Bar & Grill

**The Kingfisher Bar & Grill**, 2564  
 East Grant Road, is the site of this sea-  
 son's first Gluten-Free Dining Club  
 meeting September 15, 6:30 – 8 p.m..  
 The Kingfisher Bar & Grill specializes  
 in seafood, rotisserie meats, and poultry,  
 drawing from a wide variety of Ameri-  
 can regional cooking influences, includ-  
 ing the Southwest and Northwest. You  
 don't need reservations to attend, but  
 they are appreciated. Call Karen  
 Keating at 885-4828 to RSVP.

The Dining Club outing is an opportu-  
 nity to try new restaurants that are pre-  
 screened for GF menu selections. It also  
 gives working members a chance to

attend a  
 monthly Ce-  
 liac support  
 group where  
 they  
 can enjoy  
 good com-  
 pany and GF

food while eating out. If you are a new  
 Celiac, the practice of ordering GF from  
 a restaurant menu is very helpful, too.

If you can't make it to the Kingfisher  
 this month, plan on attending other GF  
 Dining Club dinners October 20 (PF  
 Chang's) and November 17 (Jonathon's  
 Cork.)



## SACS Board

(Continued from Page 1)

Rubal, president, and \$300 to subsidize  
 each of three other SACS members.  
 The delegates will report on conference  
 topics and product information at the  
 November SACS meeting.

► Lori Davies informed us about the  
 conference on Celiac Disease that was  
 to be held by the National Institutes of  
 Health (NIH) in Bethesda, Maryland,  
 June 28-30, 2004.

► Jeannine Faidley, past president, said  
 that one of our chapter goals is to de-  
 velop a group to assist Celiac patients in  
 hospitals. This group would prepare and  
 deliver GF meals during the patient's  
 stay, and advocate for GF foods from the  
 hospital kitchen. She reminded mem-  
 bers to be sure to inform the chapter if  
 they are hospitalized so that GF food can  
 be made available during their stay.

**Roundtable every fourth  
 Wednesday - 1 p.m.**

## Chapter 15 Notes

**Envelope glue** said GF by National  
 Starch & Chemical Company. "The  
 food and pharmaceutical starch prod-  
 ucts we supply are refined from dent  
 corn, waxy corn or tapioca." You may  
 still want to use a damp sponge to  
 moisten the glue as bugs like to nibble  
 on envelope glue, too.

**Got gluten in your meds?** Contact  
 Poison Control to find out. Online  
 sources and/or printed materials are  
 often not updated regularly, so it's  
 unwise to rely totally on them..

**Blood tests** do not always detect  
 very low levels of gluten contamina-  
 tion. If you're having symptoms, do  
 your detective work.

**Hypo- and hyper- thyroidism** are  
 common in Celiacs and more common  
 in women than men. New guidelines  
 mean prior tests showing just' low'  
 thyroid function are now recom-  
 mended for drug treatment.

**Arrowhead Mills Maple Buck-  
 wheat Flakes Cereal** is labeled  
 "Wheat Free--Made with Non-Gluten  
 Ingredients" on the front panel. **BUT**  
 ..."no gluten ingredients" does not  
 mean it is gluten free. Arrowhead  
 Mills processes *other* grains in the  
 same place. Eat at your own risk.

**Shrimp may trigger** a delayed DH  
 outbreak due to a type of iodine in the  
 outer vein. Contact Cleo Anderson  
 (207-6874) for more information.

**Blood calcium levels** do *not* indi-  
 cate the health of your bones as the  
 body *must* maintain a certain level of  
 calcium in order to sustain life. If  
 necessary, the body will take calcium  
 from your bones. Insist on a bone  
 density test to ascertain bone health.

**Sorbital and fructose** may cause  
 some digestive problems in certain  
 individuals according to an article in  
 the National Library of Medicine  
 "... malabsorption of fructose and/or  
 sorbitol may be the cause of or aggra-  
 vate abdominal symptoms."

**CSA/USA:** 877-272-4272, 8 a.m. to  
 3 p.m. Central time. [www.csaceliacs.org](http://www.csaceliacs.org).

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 Mary Louise Catura at 298-1038.