



TUCSON KIDS ROCK!

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.

Liz Attanasio 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 themselves on a gluten-free diet due to celiac 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 season'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 American regional cooking influences, including 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 opportunity to try new restaurants that are pre-screened for GF menu selections. It also gives working members a chance to

attend a monthly Celiac support group where they can enjoy good company 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 develop 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 members 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 products 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 contamination. 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 recommended for drug treatment.

Arrowhead Mills Maple Buckwheat 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* indicate 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 aggravate abdominal symptoms."

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central time. www.csaceliacs.org.

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