



# Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

Volume 5, Issue 4

online at [WWW.SouthernArizonaCeliacSupport.org](http://WWW.SouthernArizonaCeliacSupport.org)

March 2007

*DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.*

## PillCam® a powerful diagnostic tool.



DR. TAMURA— holding a PillCam capsule

**About 75 people attended our January 27<sup>th</sup> general meeting at Marshall Auditorium.** Dr. Wataru Tamura's fascinating Power Point presentation, featuring actual photos from

PillCam® capsule endoscopies, was the main focus of this meeting.

He began his informative talk with, **"The celiacs in the audience will know more than I do, or know**

**more than any gastroenterologist does. That's the issue."** Dr. Tamura explained that many doctors just treat symptoms and are not interested in finding the root cause of those symptoms. He does not like to use pills to suppress symptoms because of the side-effects of most drugs.

Another problem with getting an accurate diagnosis is that most doctors will only suspect and test for CD if a certain constellation of symptoms is present. However, there is no 'typical' presentation of celiac disease. Everyone will have different symptoms.

According to Dr. Tamura, a complete diagnosis needs blood work, endoscopy/colonoscopy *and* PillCam® to determine *exactly* what is

wrong with the patient. He made the case for the PillCam® being cheaper in the long run because then so many other tests are not required. However, most insurance companies will only pay for it if the patient has had all other tests and is still losing blood. The capsule endoscopy costs about \$1,000 when not reimbursed by insurance.

He went on to show slides of patients who had **negative** blood work and **negative** endoscopy but then the PillCam® would show celiac involvement in the last foot or so of the small intestine, where the endoscope cannot reach. Dr. Tamura stressed that there is enormous variability in the symptoms as well as the appearance of each person's damaged intestine.

(Please see **PillCam** on page 6)

## March 24th general meeting has it all!

**GF baked goods for sale from a 'real' bakery!** Plus, an interesting talk and presentation from CSA's new president-elect! So, how can you miss the **general meeting scheduled for Saturday, March 24<sup>th</sup> 9 a.m. at the Marshall Auditorium, TMC campus.** (See website or the last issue of the *Digest* for a map to the Marshall Auditorium.)

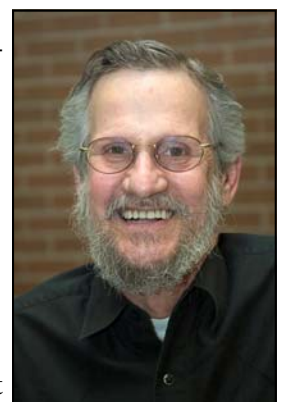
Lynn Rae Reis, Author of **What, No Wheat?** and owner of ***Gluten Free Creations*** (see ad page 6) in Phoenix, has agreed to send GF baked goods for SACS to sell. We will be selling her items at the same price they go for in her bakery, but she has

offered to allow SACS to keep any profits from the sale. Thanks, Lynn!

The featured speaker for the meeting will be Bill Eyl, president-elect of CSA. Bill is a dynamic speaker and will discuss the upcoming CSA Conference in September, as well as help us understand the role of CSA National in the life of the average celiac.

Please bring a treat to the meeting to share with others. Include the wrapper if you purchased the completed dish, or make a complete list of ingredients if you made the dish yourself. Set the ingredients list next to the dish. If feasible, bring copies of the recipes to share.

We need to display ingredients because many SACS members come with a variety of food sensitivities. You do not have to be a member to attend, and you certainly do not have to bring a GF dish to share. Everyone is welcome.



**BILL EYL**  
CSA/USA president-elect is featured speaker.

# Firecracker serves GF meals at Roundtable

Those who attended the Roundtable Feb. 28 got to sample six gluten-free Firecracker Bistro GF dinners. Chris Maynard, the restaurant's general manager, arrived mid-session with two sacks of food for the SACS session. He passed around plastic-wrapped flatware, small paper plates, napkins and GF menus after setting the aluminum pan dinners family style down the center of the meeting table.



Chris Maynard told those attending that Firecracker Bistro, located in Plaza Palomino at Swan and Fort Lowell, is well versed in G-F meals. The aroma of the dinners blotted out much of what Chris said, as the forks were unwrapped and ready.

The Roundtable session, led by

Vicki Holmes, already was in abundant good spirits, as the attendees had been sampling a bucket of eegee's frozen strawberry slush (courtesy of Vicki Holmes), set on a side buffet, er, counter. We also found out that eegee's fries are safe to eat. Meanwhile the table also was laden with GF sweet and salty snacks, both home-made and store bought, carried in by those attending.

Among the more than 30 people there for the meeting were new and prospective members as well as long-standing members who know that this sort of cornucopia doesn't happen at every Roundtable, but you never know. Roundtables meet at 1 p.m. every fourth Wednesday (except Nov. and Dec.) at Ward 6 City Hall, 3202 E. First St., a block east of Campbell.

## Lunch Bunch dines at Lotus Garden



DARRYL WONG, owner of Lotus Garden

The Lunch Bunch met Friday, March 9<sup>th</sup> for another fun and delicious luncheon at Darryl Wong's Lotus Garden Restaurant.

We were able to eat family style and sample a wide-variety of appetizing dishes as Darryl personally came out and noted down what ingredients people did not like or were sensitive to. Beef with Snow Peas, Beef with Broccoli, Shrimp Fried Rice, and Sweet and Sour Chicken were just some of the dishes he prepared especially for us.

Later that day, at the SACS Board meeting, we unanimously voted to have our July board changeover meeting at the Lotus Garden because of the excellent service,

quiet ambience and delicious food. The Lotus Garden is located at 5975 E Speedway Blvd. and open 11:30 to 10 p.m. Since over 80% of their food is made to order from primary ingredients, they can easily substitute ingredients. Make sure you contact Darryl Wong personally via his cell phone (907-2427) before you come in so he can oversee the food preparation. Take out service is offered.

A gift shop and an extensive selection of wine and spirits are also available.

The next Lunch Bunch meeting (pending confirmation) will be Friday, April 13<sup>th</sup> at Casa Molina, 3001 N Campbell Ave. See their website at [www.casamolina.com](http://www.casamolina.com) for more information.

### Chapter 15 Notes

Costco has *Rice Works* crisps labeled gluten free. The 16 oz. bag sells for \$4.99, and the salsa verde flavor is delicious. They taste somewhat like Lundberg rice chips but are not nearly as expensive.

The use of Prilosec in conjunction with calcium carbonate decreases calcium absorption in women over age 65, putting them at a higher risk of developing osteoporosis, according to researchers at the University of Minnesota. Check with your doctor if you are taking Actonel/Fosomax for Osteopenia/ Osteoporosis and also taking Prilosec or Nexium—even if you are not yet 65.

Member Bea Faye Kitter is now living in Devon Gables Nursing home (6150 E. Grant Road) in room 6A. If you are in the area, drop by for a few minutes just to say hello. She would certainly appreciate it.

What are your favorite GF Energy bars? Send your nominations to the website address or to the newsletter editor. We need to have a taste-tested list to share with everyone.

Have a good or bad experience at a local restaurant You can input your restaurant review at <http://www.southernarizonaceliacsupport.org/dining/admin/insert.php> or go to the Dining Page and select 'Add a Restaurant'.

Kellogg's 'wheat free' cereals contain malt flavoring The malt flavoring is produced by a natural malt process from barley and corn. These cereals are *not safe* to eat for celiacs.

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central Time. Their URL is: [www.csaCeliacs.org](http://www.csaCeliacs.org).

Membership changes? Notify us via the website or call 742-4813.

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# SACS Medical Advisory Board brings expertise to group



**Geri Bazzel, RN**  
St Joseph's Hospital  
Celiac

**Mrs. Bazzel is a Registered Nurse** currently working as a Clinical Coordinator in the Intensive Care Unit at St. Joseph's Hospital in Tucson. She completed her Associates Degree in Nursing at Arizona Western College in Yuma, Arizona

in 1990 and obtained her Bachelor's in Nursing from Grand Canyon University in Phoenix, Arizona in July of 2006. She is currently pursuing a Master's in Nursing Leadership, also through Grand Canyon Univ.

After completing her Bachelor's program, she began development of an in-service on Celiac Disease designed for health care workers. Her plan is continue to develop this in-service and to start by presenting it to the staff at the hospital where she works. "We need to increase health care providers' knowledge of this disease."

"The biggest stumbling block to diagnosis is lack of awareness of the disease among health care providers. As the disease can present with a myriad of symptoms and testing is relatively inexpensive, we must en-

courage health care providers not to hesitate to screen for celiac.

The biggest problem in getting people to follow the diet is that people tend to focus on what *they cannot eat instead of what they can eat*. "I will admit that I was somewhat depressed for the first day or two after being diagnosed, but then, while shopping for gluten free products one day, a little light came on and I realized that I make food choices every day, now my food choices were just different. For me, it has not been as much trouble as it may be for other celiacs as, if I get even a small amount of cross-contaminated food, my gut hurts and my head swims. I still have acute awareness to just how sick I was."

**Dr. Luce is currently in private practice** as a Periodontist at Southern Arizona Dental Specialties here in Tucson. She received her D.D.S. Degree from the University of Texas Health Science Center at Houston in 2001, following her M.S. in 2005 at that school.

She says she became interested in celiac disease due to awareness of her own gluten intolerance. "The best way I can increase celiac awareness is to increase the awareness of this disease to my colleagues--the pediatric dentists. Out of the dental specialists, these individuals have the best opportunity to identify children with this disease, since they are most likely to identify and diagnosis dental hypoplasia, a possible effect of celiac disease."

Karen says that she believes that the major stumbling block to getting people diagnosed is that "the

symptoms are so subtle, or non-existent. Physicians, for the most part, seem unaware, and are unlikely to test for celiac, or to even bring it into a possible differential diagnosis."

As for getting celiacs to follow the diet? "It is difficult to get people to eat healthy in general. There are several things in the way. For example: a). It is culturally unacceptable not to eat wheat as it is in everything around us in our culture, even in church. b). It is difficult for the lay person to understand what food items actually contain wheat. Many people even assume that wheat is only in "wheat" bread, and the white bread is not wheat. Many people I speak with assume that giving up wheat means giving up rice and potatoes. Also, education is lacking. Once a person is feeling better, they will go back to the old diet, not perceiving there is a need



**Karen Luce, D.D.S.,  
Periodontist**  
Southern Arizona Dental  
Specialties  
Gluten-Free

to stick to the diet.

Until there is a major change within our society, it will be difficult for the majority of people to stick to such a diet."

More members are featured on the following pages



**Erin Overgard, Registered Dietician**  
Healthsouth Rehabilitation Hospital (Northwest)  
Celiac

**Ms. Overgard is currently a Registered Dietician** working at the HealthSouth Rehabilitation Hospital of Southern AZ in Tucson where she often works with celiac patients. She received a Bachelor of Science degree at the University of Arizona followed by her Dietetic Internship from California State University at Fresno.

Erin says “I became interested in CD after being diagnosed in 2003 with the disease. Right now, to increase awareness about CD, I have tried to educate other healthcare workers I encounter about the

prevalence of this disease and its symptoms.”

When asked about what she thought the major stumbling block to getting people diagnosed, Erin answered, “The major stumbling block is the doctor’s unwillingness to test for this disease – most likely due to unawareness of the prevalence of the disease.”

She believes the major problem to getting people to follow the gluten free diet is, “proper diet education and the lack of GF specialty foods in grocery stores or restaurants.”

**Mrs. Schuller received her B.S.** in Food and Nutrition Science from the University of Arizona in 1970, then completed her Internship at Walter Reed Army Hospital to meet requirements to become a Registered Dietician. Employed at St Joseph’s Carondelet for 21 years, Nancy is currently the Clinical Lead Dietician there.

She relates that she became interested in CD in 1996, when SACS member Diane Perrine came to the hospital to tell dieticians how difficult it was for her husband to get diagnosed. “I began going to the support group meetings and was embarrassed to hear that dieticians and the medical professionals knew little about CD. She than began going to National support group meetings (attending five to date) and one International Sympo-

sium.” She, herself, was diagnosed in 2004 and sees an ever-increasing number of celiacs in her practice.

Nancy believes the major stumbling block to getting a diagnosis of CD is “convincing the medical profession that CD is as prevalent as it is and that it doesn’t have to have classic GI symptoms. Also, convincing the doctors that an EGD (AKA esophagogastroduodenoscopy) with small bowel biopsy is necessary and is very important.”

As a dietician, she is on the front-line of helping newly-diagnosed celiacs with their diet and believes that the major issues with trying to get people to follow their diet stems from “not being able to introduce a new patient to the best GF products soon enough. This is why I encourage

new members to join the support groups and visit the specialty stores around town.”



**Nancy Schuller, Registered Dietician**  
St Joseph’s Hospital  
Celiac



**Diane Sheehey, Pharmacist**  
Fry’s Pharmacy  
Celiac

**Mrs. Sheehey graduated from** the University of Arizona College of Pharmacy in 1988 and has worked in hospital, home health care, rehabilitation and retail pharmacy. She currently works for Fry’s Pharmacy.

Diane became interested in CD when she attended Dr Fasano’s lecture in January 2005 “and was fascinated with his work...I also attended Dr. Hoggan’s lecture at our March 2005 meeting and read his book. My celiac awareness increases at the pharmacy when I encounter patients with problems that

might be related. Also I discuss celiac with my co-workers since I eat differently than people I work with.”

She believes that the biggest reason that people are not diagnosed is that “the medical community is not educated in this disease”. As to following the diet, she believes the main difficulty there it is related to “guidance about what to eat and where to obtain the food.”

More members are featured on the following pages



**Wataru Tamura, M.D.,**  
**Gastroenterology**  
Foothills Gastroenterology  
Practicing gastroenterologist

**Dr Wataru Tamura graduated** from the Keio Gijuku University

School of Medicine in Tokyo, Japan. He is in private practice as a gastroenterologist at Foothills Gastroenterology, a group practice located adjacent to Northwest Medical Center Oro Valley.

Dr Tamura states that he became interested in CD “after finding quite a few people with atypical/not-classic presentations. With the help of clinical suspicion and capsule endoscopy correlation, I have diagnosed more this past year 2005-6 (18 months) than the preceding 10 years in practice combined. I am definitely looking for it in EVERY patient, because it will be a lifelong cure.”

When asked about what he believes to be the major stumbling block in getting a CD diagnosis, Dr Tamura

states that physicians “only suspecting celiac sprue with classic textbook symptoms that, in real life, people do not have. No one is really classical. Medical education is a real problem.”

He believes that getting celiacs to follow the gluten-free diet is “never a problem, once you convince them that it is a food-component intolerance problem that has systemic consequences, and that prescription medications are just masking the symptoms to get by; most people would do anything to feel better and get the hell off prescription medications.”



**Roccie Zappia, Pharmacist**  
Target Pharmacy  
Celiac

**Mr. Zappia attended Northern** Arizona University and then graduated from the University of Arizona College of Pharmacy. He teaches at the College of Pharmacy rotations for Midwestern University ( Chicago College of Pharmacy) as well as for the U of A’s College of Pharmacy. He states that ALL of his students must complete a paper on celiac disease.

Rocky says he became interested in CD in 2002 when he discovered he is a celiac. He believes the major stumbling block to getting a CD diagnosis correlates to “getting the information to the medical community. Sometimes we are slow to change.” As to getting celiacs to follow their gluten-free diet? He says, “Some people are good listeners.”



**Georgina Rubal, Pharmacy**  
**Doctoral Candidate 2008**  
University of Arizona College of Pharmacy  
Celiac

**Ms. Rubal is currently pursuing** her Doctor of Pharmacy degree at the University of Arizona and will graduate this year. Prior to that, she earned her Bachelor of Science in

Nutritional Science from the U. of A., and she is currently working as a pharmacy intern for University Physicians Healthcare. She has also completed pharmacy internships in Puerto Rico.

Georgina has no memory of being diagnosed with celiac disease as she was just a toddler when her parents found that she was not growing as she should. Her parents, Viola and Ted Rubal have been consistently active in SACS for the last twenty years and have done so much to support Georgina and the group. They made sure Georgina was knowledgeable about her diet and accompanied her to many national CSA conferences.

Besides running the raffles and coordinating Walk events, Georgina served as the SACS president for two years and is currently our past-

president.

She believes that the greatest stumbling block to timely diagnosis of this disease is a “lack of awareness and how common and prevalent it is in the community at large.”

As for why people do not adhere more closely to the GF diet, she states, “People don’t really understand the consequences of what can happen to their bodies if they don’t follow the diet. If they truly understood, they would be more willing to try their best to follow the diet.”

*The biographical profiles of MAB members and some of the photos were contributed by Cheryl Wilson.*

**barley, rye, triticale,  
spelt and most oats  
contain gluten**

## 85+ and Celiac?



Phoenix Wheeler and other interested celiacs are forming a study group to explore the feasibility of founding a GF residence facility for celiacs who can no longer live independently or who need short-term living assistance.

The group's first meeting was held Feb. 24<sup>th</sup> and ten people attended with Emily Bentzen taking notes. The next meeting will be at B'nai B'rith Manor on Pantano, 370 N. Pantano Rd., Sunday, March 18<sup>th</sup> at 2 p.m.

Patty Vallance, who has had extensive experience in community activism and is on the board of directors of the Manor, will chair this meeting. Contact her at [cvallance@earthlink.net](mailto:cvallance@earthlink.net) 250-8113 or 731-0804 for more information.

Other facilitators in the group are: Phoenix Wheeler, Jeannine Faidley and naturopathic physician, Garrett Smith.

## Mary Louise's chocolate muffins

Long-time member Mary Louise Catura is now living in Wisconsin and has founded a new CSA chapter there. But she still found time to email this muffin recipe, which, she claims, will calm a chocolate craving without the caloric cost of a brownie.



½ C. chocolate chips  
¼ C. chopped nuts

Preheat oven to 375 F and grease a 12 cup muffin pan. (I used the large foil baking cups and sprayed them with Pam)

In large bowl combine flour cocoa, sugar xanthan gum, gelatin coffee granules cinnamon, salt and baking soda.. Add milk, coffee, eggs, vanilla, and oil and mix well. You may use electric mixer on medium speed. Gently stir in choc chips and nuts.

Divide batter evenly among muffin cups and bake 20-25 minutes till tops of muffins are firm. Serve slightly warm so chocolate chips are still soft.

I remove mine from the pan and wrap each one in a sandwich bag and freeze. Since I don't like frozen chocolate chips, I microwave on defrost for a few minutes. They are not as rich as the brownies but still very good to satisfy a sweet tooth .

1 C. GF flour  
1 C. unsweetened cocoa powder  
1 C. packed light brown sugar  
1 tsp xanthan gum  
1 tsp instant coffee granules  
1 tsp unflavored gelatin powder  
1 tsp cinnamon  
1 tsp salt  
½ tsp baking soda  
½ C. milk (any kind)  
½ C. warm, brewed coffee  
2 eggs  
¼ C. Canola oil or melted butter  
1 tsp. vanilla

In order to offset increased printing and mailing costs, the **Celiac Digest** is accepting advertising on a limited basis. The costs are for one year (six issues).

Business card size = \$60

1/4 Page = \$150

1/2 Page = \$300

Contact Connie Beuerlein at [connie@chbdesignlink.com](mailto:connie@chbdesignlink.com) or 520.615.9494 for details.

## PillCam®

(Continued from page 1)

tine. Some might have huge, deep scars on the lining and others would have just a few 'shiny' patches (indicative of loss of villi – the lining that absorbs food).

He said that patients should seek a diagnosis when their symptoms are at their very worst as the condition of the intestine can change daily.

Dr. Tamura feels like he is really learning from his patients, and he is not afraid to admit he doesn't know what's wrong with someone.

In the audience that day was Jeanne Gee, the CSA representative here to lay groundwork for the upcoming September conference.

She was so impressed by Dr. Tamura's presentation that he is going to be invited to present at the CSA Conference in September. Some of the most prestigious researchers in celiac disease will present papers at this conference.

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### Pima County Fair

April 19-28 contact Cheryl Wilson [rhranchaz@earthlink.net](mailto:rhranchaz@earthlink.net) if you can help host the booth for a 3-hour shift. It's fun!



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# Medical news to use

## Brain disease and CD

Neurologic dysfunction may be the sole presenting symptom of celiac disease, according to Dr. Marios Hadjivassiliou, a neurologist at the Royal Hallamshire Hospital in Sheffield, England.

Speaking at an international symposium on celiac disease, Dr. Hadjivassiliou reported that his neurology clinic has followed 312 patients with gluten sensitivity who presented with neurological dysfunction. The majority of them had gluten ataxia but others had peripheral neuropathy, gluten encephalopathy (severe headache) and gluten myopathies (muscle or muscle tissue disease).

His previous research has found that gluten ataxia is the single most common cause of spo-

radic, idiopathic *ataxia* (inability to coordinate voluntary muscle movements; unsteady movements and staggering gait)—accounting for 40% of sporadic, idiopathic ataxias and 21% of all ataxias “These patients have limb and gait ataxia, and one-third will also have an enteropathy (disease of the intestinal tract),” he said.

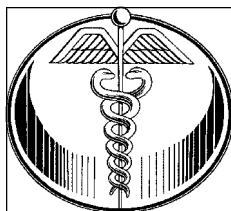
He has also shown that patients with gluten ataxia improve or stabilize within a year of starting a strict gluten-free diet, even in the absence of gut disease. “However, the sooner you intervene, the better,” he said. “About 60% of these patients will have atrophy of the cerebellum shown on MRI, and there is loss of Purkinje cells, which is not reversible.”

However, neuropathies are still common in treated celiac patients, he added. “If you screen adults with established celiac disease, one-quarter of them will have evidence of neuropathy despite a gluten-free diet.” Also, “To recognize the neurological impact, you have to appreciate that [gluten sensitivity] is a systemic disorder.”

His experience is that many gluten-sensitive neurological disorders have an age of onset in the mid-50s. Many patients have no gastrointestinal symptoms, but serologic tests for IgG and IgA antigliadin antibodies are positive. And, two-thirds of these patients will have *normal* small bowel biopsies.

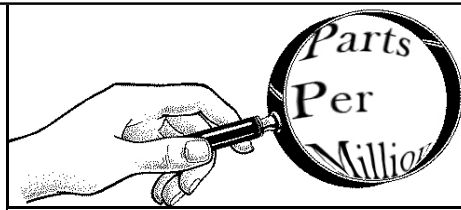
Dr. Hadjivassiliou also states that the prevalence of CD is more like 1 in 100 people than 1 in 133 and that continued gluten exposure may trigger the ‘sister’ autoimmune diseases.

*The entire article is much more complex and comprehensive than the summary above. If you want the unedited report emailed or snail-mailed to you, contact the newsletter editor (see contacts for email/phone) and request a copy.*



## Leadership Contacts

For email and phone contact info on any SACS' leaders, please email this website.



Is it GF or not GF? That is the question. CSA is holding out for 0 parts per million (ppm) while the European community allows a product to be labeled GF if it tests within the 20-200 ppm range.

So, what is a part per million? Try to visualize a stack of pennies one mile high (5,280 feet high) with **one** dime slipped in somewhere. That slim dime is the one ppm. Or, for the maximum allowed, it would be 200 dimes slipped in on the one-mile-high stack.

Another way to visualize a one ppm is adding three inches on the top of Mt. Everest for each ppm ‘allowed’. Or, for cooking, that’s **one ppm = 1/8 tsp** per 3,375 cups flour and for **200 ppm it’s 25 teaspoons** per 3,375 cups of flour.

The main argument against the 0 ppm is that we would, effectively, have no products made with any kind of flour as one cannot test for what is not there. And, to be absolutely safe, **all** of the flour would have to be ‘tested’, which would make it prohibitively expensive. Plus, testing it destroys the sample!

According to a Finish study, a celiac consuming around 10 oz of flour with a 100 ppm allowed gluten would have 30 mg of gluten intake (about 1/30 of a teaspoon). They could find no mucosal damage at that amount. That doesn’t mean **you** won’t have symptoms as the severity of the gluten reaction is **not** correlated with the damage done to the intestines. Moreover, if one includes up to 10 oz of pure, nutrient-poor carbs in a daily diet, the gluten damage might be the least of that body’s worries.

The bottom line? You have to set your own rules for your own body

Roundtable  
4th Wednesday of each month



## GF pizza in Tucson?

A piping hot rumor has it that *Picazzo's Gourmet Pizza* is scouting for sites in the Tucson area with an eye to opening a restaurant here.

There is no official announcement, but you can encourage general manager Dennis Daniel to open a Picazzo's in our fair city by filling out a customer response survey when you visit a Picazzo's out of town.

In the spirit of self-sacrifice, your editor visited the Tempe location and found that Picazzo's is selling GF deserts *and* pizza dough to go, also.

They have restaurants in Sedona, Tempe and Scottsdale. Their Tempe location is 440 W. Warner Rd. Suite 101 while the Scottsdale restaurant is located at 7325 Frank Lloyd Wright (8) Blvd.

## Mark your calendar

(See SACS Leadership box Page 3 for phone numbers/email addresses )

**March 14-** 11:00 a.m. to Noon: Free talk on gluten issues by Cheryl Wilson at Sprouts at 7665 North Oracle Rd

**March 17-** 9:30 a.m.: GF Cooking Class. See website calendar.

**March 18** – 2 p.m. Meeting to discuss GF residence facility at The Manor on Pantano, 370 N. Pantano Rd. Call/email Patty Vallance for more details. cval-lance@earthlink.net, 250-8113 /731-0804

**March 19-** 6:30 p.m.: KENNETH FINE, MD - JCC (Jewish Heritage Room) NE Corner of River Road and Dodge Blvd.- FREE ADMISSION Talk will be on food related inflammatory issues in the body.

**March 23-** 9:30 a.m.: GF Cooking Class. See website calendar.

**March 24-** 9:00 a.m. to Noon: Marshal Auditorium, TMC campus. General Meeting - Bill Eyl, President Elect, CSA will be here. Baked goods sale from *GF Creations* in Phoenix.

**March 28-** Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**March 31-** 9:30 a.m.: GF Cooking Class. See website calendar.

**April 13** - Lunch Bunch, noon: Casa Molina , 3001 N. Campbell Ave.

**April 19-29-** DAILY: SACS BOOTH AT THE PIMA COUNTY FAIR - contact Cheryl Wilson rbranchaz@earthlink.net if you can help host the booth for a 3-hour shift. Volunteers work in pairs.

**April 25-** Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**April 27-** 9:30 a.m.: GF Cooking Class. See website calendar.

**May 19** - 9:00 a.m. to noon: Marshall Auditorium, TMC Campus ANNUAL FOOD FAIRE -.Bring your appetite only as vendors send food.. SILENT AUCTION, so bring your checkbook.

**May 23** -Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**June 27-** Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**July 25** - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**August 22** - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**September 26** - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

**September 28-30** - CSA Annual Conference, Westward Look Resort, Ina/Oracle.

Southern Arizona Celiac Support  
Chapter 15, CSA/USA  
P.O. Box 0905  
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ADDRESS CORRECTION REQUESTED

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Sharing advice for a gluten-free life.