



Lancaster Area Celiacs

# LAC Quarterly

Volume III No. 2

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

April 2008

## January Meeting Recap

The January meeting gave us a medical overview of Celiac Disease, presented by Dr. M. Azim Qureshi, a pediatric gastroenterologist from Hershey Medical Center. There was a great turn out, making for some close quarters, but we were all able to squeeze in and learn from Dr. Qureshi's presentation. Our vendors included Good EatZ, a gluten-free baker from Sinking Spring, and Gluten Free Source, a total gluten-free grocery store in Dillsburg. They both provided us with samples to try and Gluten Free Source handed out gift certificates to some of the members as door prizes.

Dr. Qureshi's presentation, Celiac Disease At a Glance, reviewed the genetics, symptoms, diagnosis and treatment of Celiac Disease. He told us that it used to be considered a rare disorder typically seen in infants and essentially limited to Europe. Today, however, we know that it is wide spread in the US with an occurrence of 1:133 in healthy individuals, 1:40 in people with symptoms, 1:22 in 1st degree relatives and 1:39 in 2nd degree relatives. For every known Celiac in the US, there are 53 undiagnosed patients. There are several genes involved in Celiac, but the most consistent is known as HLA-DQ. If you don't have HLA-DQ2 or DQ8, you don't have Celiac. Dr. Qureshi also told us that CD has 2 types: Classic with GI effects or Asymptomatic with silent or latent ef-

fects. These effects include the skin rash Dermatitis Herpetiformis, dental enamel defects, osteoporosis, short stature, delayed menstruation, anemia, liver damage, arthritis, type 1 diabetes, thyroiditis and several other conditions. Screening for asymptomatic individuals should be based on genetic probability. If Celiac Disease goes untreated, it can lead to carcinoma, non-Hodgkin's lymphoma, infertility, osteoporosis, stunted growth, or other autoimmune diseases. Dr. Qureshi ended by reminding us that the gluten free diet is a lifelong commitment that is vital to the continued health of a Celiac.

Beverly and Loren from Gluten Free Source told us about their store., which only carries gluten free food. You can walk through their store, pull anything off the shelf and know it's gluten free! Rick from Good EatZ also described his gluten free cookies, rice crispy treats, breads, and more! He also gave us some more information on how to store gluten free flours. He said that it is best to refrigerate them to keep them fresh.

Thank you to everyone, including members, The Grainless Baker, and Great Harvest Bread Co, who provided refreshments for the January meeting. Please plan to bring a snack or drink to the April meeting so everyone can see how much great gluten free food is out there.

### January Vendors

#### Better Batter Gluten Free Flour

[www.betterbatterglutenfreeflour.com](http://www.betterbatterglutenfreeflour.com)  
(814) 312-0419  
[betterbattergff@hotmail.com](mailto:betterbattergff@hotmail.com)

#### Good EatZ

[www.goodeatz.org](http://www.goodeatz.org)  
(610) 670-4885  
[goodeatz@comcast.net](mailto:goodeatz@comcast.net)

#### The Gluten Free Source

[www.glutenfreesource.com](http://www.glutenfreesource.com)  
(717) 432-5100  
[contact@glutenfreesource.com](mailto:contact@glutenfreesource.com)

### What is Gluten Free?

#### Old Criteria:

Less than 200 parts per million

#### Current Criteria:

Less than 20 parts per million

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## Gluten-Free Food Co-Op



If you're looking for ways to save money on the gluten free products you use everyday, remember our Gluten Free Food Co-op with Garden Spot Distributors. Garden Spot sells our members food by the case in order to receive lower prices. They have also supplied us with many samples for our meetings and newly diagnosed patients. A portion of the money we spend on the products comes back to our group, so remember them when you're making your shopping list.

If you'd like to get some products from the Co-op, but don't think you can use a whole case, let us know. We can split cases between members if we get enough interest for popular products such as Glutano Tagliatelli Noodles or Conte's Pastas.

Please see our website, [www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org) for the April Specials and a link to the Garden Spot website. If you'd like a list mailed to you please contact John Bridgen.

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To place an order, contact John Bridgen by **Monday, April 14, 2008:**

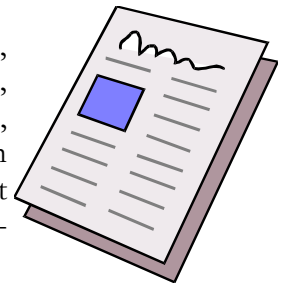
Phone: (717) 367-9308 or E-mail: [cobrajb@embarqmail.com](mailto:cobrajb@embarqmail.com)

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## Monoglycerides and Diglycerides: Are They Safe?

Typically mono- and diglycerides have been considered questionable ingredients for celiacs. They appear on many food labels, but how does the gluten-free eater know when they are safe? New labeling laws have taken the guess work out of it for us.

allergens (eggs, wheat, fish, milk, peanuts, tree nuts, or shellfish), then the additive must be listed on the label.



Mono- and diglycerides are merely fats made from oil (usually soybean, sunflower, cottonseed, or palm oil) and glycerin. They are added to products to prevent the separation of ingredients, helping to stabilize the consistency of processed food products, and to help baked goods stay fresher longer.

If you do not see "wheat" listed on the label of a food product made in the United States, then the mono- or diglyceride is gluten-free.

Article source: March 2008 Newsletter by Connie Sarros

Note: Connie Sarros' Newsletter is a free monthly publication with helpful hints on living gluten free.

Sign up by emailing Connie at [gfcobook@hotmail.com](mailto:gfcobook@hotmail.com).

Occasionally the 'glycerides' are mixed with a miniscule amount of an additive. But the FDA has ruled that if that additive is one of the 8 most common food

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Better Batter Flour will be taking pre-orders that will be delivered to the April meeting. Contact Sue Polachak by April 1st to place an order at 392-6971  
or  
[spolachak@comcast.net](mailto:spolachak@comcast.net)

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## Bob & Ruth's Gluten Free Dining & Travel Club

Bob & Ruth's Gluten Free Dining & Travel Club will host a special event called "Going Out to Eat & Traveling Gluten-Free Workshop" on Sunday April 13, 2008 from 1:00 pm—5:00 pm at the Giant Food Store in Camp Hill. This seminar will cover topics such as

exploring other cultures' diets and dealing with kids' menus, and will feature a chef talk. RVSP by April 8, 2008 to [info@bobandruths.com](mailto:info@bobandruths.com) or (410) 939-3218. Cost is \$10 for travel club members, \$20 for non-members.

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## University of Maryland 2008 Celiac Walk/Run

The University of Maryland Center for Celiac Research will be hosting the 7th Annual 5K Walk/Run for Celiac Disease on Sunday, May 4, 2008 in Baltimore, MD. The event will be held at the Clarence "Du" Burns Arena and will feature a 5K run/walk, silent auction, gluten free refreshments and vendor fair, children's activities, and a raffle for a variety of prizes.

Organizers are looking for walk/run participants and volunteers to help coordinate the event. Registration/check-in begins at 8:00 am and the walk/run begins at 9:00 am.

If you are interested in attending as a walker, runner, or volunteer, register

online at [www.kintera.org/faf/home/default.asp?ievent=263746](http://www.kintera.org/faf/home/default.asp?ievent=263746). To coordinate transportation with other members, contact George and Becky.

Many of you will remember Pam Cureton from the University of Maryland Center for Celiac Research, who spoke at our August 2007 meeting. The proceeds from this event will help Pam, Dr. Fasano, and their colleagues continue to provide valuable services to celiac patients, their families, and other celiac institutions. Come out and support this worthwhile cause!

Questions? Contact Carolyn Weglein at [celiacwalk@yahoo.com](mailto:celiacwalk@yahoo.com).



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## Is Jowar Flour Gluten Free?

Have you seen jowar (or jawari or juwar) flour at your favorite health food store lately? Good news, you don't have to add this one to your list of flours to avoid because it is gluten-free! It's sometimes used in baking and you might have already seen it in your gluten-free store travels. It's more commonly known in America as sorghum and sorghum flour. It's a great source of nutrition, more so than many other flours, and is an excellent addition to your favorite gluten-free bread recipe. If you're frying foods, also try it as a coating to give a nice crisp taste.

You can find Jowar at most health food stores and even some regular grocery stores. To save money on the flour, try checking out an Indian market, if you don't mind buying foods processed abroad. The flour will stay fresh for up to four months when stored in an airtight jar.

Article source: March 2008 Newsletterette by Connie Sarros

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## Gluten Free Foods at a Store Near You

At the April 21st meeting, we will be conducting a survey to determine which gluten free foods you would like to see in your local grocery stores. While we are fortunate to have many health food stores in our area that provide gluten free food, many members cannot travel to these locations and would benefit from their local grocery stores carrying their favorite products.

At the meeting, we will distribute the survey and ask you to return it to us before you leave. Please come prepared with a list of your favorite gluten free brands and products and where you like to shop. After the results are compiled, we will provide this information to the managers of the stores you choose.

**According to Dr. Chaitan Kholsa of Stanford University, "After sugar, gluten is the second-most prevalent food substance in Western civilization."**

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## Spring 2008 Restaurant Review

### LongHorn Steakhouse

LongHorn Steakhouse has a new gluten-free menu they developed in cooperation with GIG (Gluten Intolerance Group). The menu is fairly extensive and has a good variety of options including salads, steaks, chicken, ribs, and sides. The menu notes that you should ask for all items to be prepared in separate containers and on freshly cleaned food contact surfaces. Any special exceptions to the standard menu entrees are noted next to the meal. Sorry, the fries aren't gluten free.

We went to LongHorn on a Saturday night with a large party, so it was quite busy, making the service a little slow, and even more so with a gluten-free meal thrown into the mix. Remember to ask for the GF Menu because the manager knew about it, but the server didn't. I ordered the Sierra Chicken, which is grilled and topped with a tomato basil salsa and the flavor was excellent. It comes with fresh vegetables and rice pilaf, which is in fact gluten free. Overall the food was great, but try it out when it's not so busy.

## ROCK:Help for Gluten Free Kids

Having Celiac Disease as an adult is tough enough, but having it as a child is even tougher. Parents, if you are looking for some help in getting through those tough times or even finding foods your kids will actually eat, contact our local ROCK chair, Janelle Gregory.

ROCK, which stands for Raising Our Celiac Kids, is a national organization whose goal is to support the parents of children with Celiac Disease. Gluten free foods often are not geared towards kids, making it difficult to find foods that kids like, give them some variety, and help them get nutrients since their foods aren't usually enriched. The ROCK group is a great chance for parents to bounce ideas off of each other and share recipes that their kids actually eat. It also provides the kids with the opportunity to get to know other kids with Celiac.

ROCK's next event will be a picnic in late spring or early summer. Stay tuned for more details.

Janelle Gregory: [janellegregory@verizon.net](mailto:janellegregory@verizon.net)

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## Eating Gluten-Free and Vegan May Help Rheumatoid Arthritis

A new study in Sweden looked at using diet modification to treat the symptoms of rheumatoid arthritis. For years patients with RA have been using diet modification to help reduce swelling in their joints, however, this study provides clinical support for something patients have found beneficial for so long. One of the most popular diets to treat RA is the vegan diet free of gluten. The vegan diet is an extremely strict version of the vegetarian diet that eliminates all animal products such as meats and eggs, and byproducts such as dairy products, standard gelatin, etc. By eliminating these products in addition to gluten, the body is thereby ingesting less food that can cause immune system responses in the gut. The study showed that this translated into less joint swelling for patients who were on the diet than those on other diets. While more studies need to be done, these results suggest an inherent connection between the gut immune system and joint inflammation.

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## LAC Meeting Space

If you've been to any of our meetings since August 2007, you have undoubtedly noticed the beautiful space that the Heart of Lancaster Regional Medical Center has provided for us. The hospital staff has been very supportive to us in letting us use their facilities and in providing logistical support for our meetings. However, in order to accommodate more of our members, we have been trying to find a meeting location that is closer to Lancaster City. Many of our members live in southern Lancaster County, and have to travel an hour or more to attend meetings at our current location. So far, we have been unable to find a space that accommodates all of our needs without requiring a large fee. **If you know of any meeting locations like a church, college, community center, etc that can accommodate us, please contact George and Becky at [lancasterareaceliacs@yahoo.com](mailto:lancasterareaceliacs@yahoo.com) or (717) 367-9257. The ideal space will accommodate 100 people and several vendors, and be either free of charge or have a very low fee for space rental. Thanks in advance for your help in supporting ALL of our members!**

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## Recipe of the Quarter

### Roasted Vegetables on Broiled Polenta

1 sweet or red onion, chopped  
1 heaping cup of cut broccoli florets  
A handful of grape tomatoes  
1 1/2 cups of slaw mix (shredded cabbage)  
1 green bell pepper, cored and sliced  
1 red or yellow bell pepper, cored and sliced  
2-3 carrots, sliced into sticks  
1 zucchini squash, sliced into half moons  
1 yellow squash, sliced into half moons  
6 cloves of garlic, chopped  
Extra virgin olive oil

Herbs

Sea salt and ground pepper

Balsamic vinegar

A roll of cooked polenta

Goat cheese, or feta, crumbled

Preheat the oven to 400°F. Drizzle veggies with olive oil and toss with a sprinkle of sea salt, some dried herbs of your choice, fresh ground black pepper and a dash or two of balsamic vinegar.

Throw the pan into the hot oven on a center rack, and roast until almost done- about 30 to 40 minutes. Make sure you stir once or twice during the roasting to make sure all the veggies are coated and cooking evenly.

When the veggies are almost done, cover the pan with foil and move the pan to a lower rack.

Slice a roll of cooked polenta into fairly thin slices. Lay the slices on a baking sheet and brush with olive oil. Set the oven to Broil. Place the baking sheet with polenta on the higher oven rack, and broil until the polenta is sizzling and starting to get crispy around the edges.

Divide polenta slices among three or four plates. Top with roasted vegetables. Scatter crumbled goat cheese.

<http://glutenfreegoddess.blogspot.com/>

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## Member Recommended Restaurants

Looking for a good place eat? Check out some of these places recommended by our members:

- Willow Valley Family Restaurant, Willow Street
- Miller's Smorgasbord, Ronks
- Rice and Noodles, Lancaster
- Longhorn Steakhouse, Lancaster
- Black Gryphon, Elizabethtown
- Isaacs, all locations

See even more restaurants on our website.

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## Product News

### Envelopes and Stamps

According to the Envelope Manufacturer's Association, remois-tenable adhesives are derived from corn starch, not wheat or rye gluten. Additionally in a recent issue of *Gluten-Free Living*, associate editor Amy Ratner contacted envelope glue manufacturers as well as the United States Postal Service, to find out if these glues are gluten free. Both sources confirmed that their adhesives are in fact gluten free.

### Mount Joy Darrenkamp's Market

Member Jack Miller has been working tirelessly with management at the Darrenkamp's Market in Mount Joy to help them learn what kinds of gluten free items to stock. Now, this store is stocking a large selection of gluten free foods. Thanks, Jack, for your efforts to help all celiacs in the area gain greater access to gluten free food!

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## New LAC Website

Be sure to visit our new website:

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

It has information on everything from a biological explanation of celiac disease, to gluten free tips, to local restaurant and grocery store recommendations. If there's one you'd like to share with the group, let us know and we'll put it on the website.

Many thanks to our new webmaster, John Bridgen, Jr for his hard work and creativity!



## Celiac 101 Class

If you are newly diagnosed or just need help surviving on a gluten free diet, this is the class for you. It will give you insight on where to shop, what to look for, what to do at restaurants and time for lots of questions.

For more information contact: Eileen @ 717-687-9460 or Sandy @ 717-392-1675

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## April Meeting Preview

Date: Monday, April 21, 2008  
Time: 6:30 PM - 8:30 PM  
Location: Heart of Lancaster Regional Med Center  
1500 Highlands Drive  
Lititz, PA 17543  
Speaker: Dr. Paul D. Allegretti, DO  
Gastroenterologist  
Lancaster Gastroenterology, Inc.  
Topic: Follow Up Care  
Vendors: Gluten Free 4 Me  
Nu-Skin Health & Beauty Supplies  
Willow Valley Family Restaurant  
(tentative)

Dr. Allegretti recently relocated to Lancaster after spending most of his medical career in Philadelphia. He has received numerous awards for his research and published articles and will talk with us about what follow up care is needed for patients with Celiac Disease. Come prepared with your questions!

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## Calendar



### April 1

Pre-orders for Better Batter Flour due to Sue Polachak at 392-6971 or spolachak@comcast.net

### April 13      **1:00 PM—5:00 PM**

***Bob & Ruth's Gluten Free Dining and Travel Club: Going Out to Eat and Traveling Gluten Free Workshop***

Giant Food Store, Camp Hill, PA  
Register by April 8, 2008 to info@bobandruths.com

### April 14

Co-op orders due to John Bridgen at 367- 9308 or cobrajb@embarqmail.com

### April 21      **6:30 PM - 8:30 PM**

***LAC Meeting***

Heart of Lancaster Regional Medical Center,  
Lititz (Cafeteria)

### August 25      **Time TBD**

***LAC Meeting***

Location and speaker TBD

## LAC Updates

Looking for more information on food specials, gluten-free events and the latest in celiac research? Be sure to check out our bi-weekly e-mail updates. Many e-mail providers consider these types of e-mails spam, so be sure to add our e-mail address to your contacts and mark us as a safe sender.

If you have e-mail and don't already receive our updates, please let us know and we will sign you up!  
lancasterareaceliacs@yahoo.com

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## Donations and Volunteers

Thank you again to all of those who have donated their time and money to our group. Your help keeps us going so that we can continue to educate ourselves and the world around us about Celiac Disease. With your support we can pay for paper, mailings, speakers, ink, copying, etc. Your time allows us to run programs and make our meetings friendly and inviting to everyone. We have over 220 members on our list, so when everyone gives a few dollars at our meetings, it goes a long way toward allowing our group to continue in the future.

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## Committee

**Chairs:**            **George & Becky Maag**  
208 Old Hershey Road  
Elizabethtown, PA 17022  
Phone: (717) 367-9257  
Email: lancasterareaceliacs@yahoo.com

Advertising:	Doris Jenkins
Brochures:	Patti Eitner
Food Co-Op:	John Bridgen
Fundraising:	Richard McKenna
Minutes:	Sue Francis
ROCK Chair:	Janelle Gregory
Samples:	Mike Schreiner
Special Projects:	Sue Polachak
Webmaster:	John Bridgen, Jr.

Celiac 101	Eileen Mauskapf
	687-9460
	Sandy Stine
	392-1675