

# WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP MEETING NOTICE

**Date:** Saturday, September 18, 1999

**Time:** 2:00 p.m.

**Location:** Davis Community Library, 6400 Democracy Blvd, Bethesda, MD 20817, 301-897-2203.

**Topic:** The beginning of an ongoing informal discussion of quality of life issues and insights on eating out, maintaining friendships and relationships, travel, etc.

Food, Food and More Food! We will have samples of Pamela's cookies ([www.pamelaproducts.com](http://www.pamelaproducts.com)), Blue Diamond Nut Thins courtesy of Golden Walnut Specialty Foods (800-445-3957), brownies from Gifts of Nature ([www.glutenfreefoods.com](http://www.glutenfreefoods.com)), and entrées from Menu Direct's line of mail order frozen entrees.

We will also have gluten free lists available from the following food manufacturers: Cadbury, Hain, Bearitos, Ritter Sport, Campbell's, Recket & Coleman, Kraft, Thai Kitchen, Mott's, Lee Kum Kee, Mezzetta Co., Safeway, Louis Rich, Mead Johnston, Nestle Confections, A Taste Of Thai, Odense, Zotz, Cybros, and Honees.

As usual, please feel free to bring gluten free snacks and recipes to share with other members. We hope to see you there!

*New members, mentors, and others interested in helping the newly diagnosed* are invited to come at **1:00 PM** for a more personal one-on-one question and answer session.

## **DIRECTIONS:**

***From Maryland, points east:*** Go west on the beltway to the exit for Old Georgetown Rd. North. Go about ¾ mile to the traffic light at Democracy Blvd. (Wildwood Shopping Center is on right) turn left onto Democracy Blvd. Davis Library is on the left at the end of the first long block. Make the first left onto Bells Mill Road.

***From Maryland, points north:*** Go south on Rt. 270. Take the right hand spur and exit onto Democracy Blvd. East. Go past the flashing yellow light and two stop lights to library on right, at Bells Mill Rd. (One block before Old Georgetown Rd.)

***From Virginia, Dulles Toll Road, points west:*** Take the beltway to Rt. 270 spur. Take the first exit off 270 spur to Democracy Blvd. East. Pass the flashing yellow light and two stop lights to the library on the right, at Bells Mill Road (one block before Old Georgetown Rd.)

\*\*\*\*\* **DUES SCHEDULE REMINDER** \*\*\*\*\*

During the recent reorganization of the Chapter, the policy for the payment of dues has been changed. All dues for each calendar year will be accepted **ONLY** during the **month of February**. This new policy will simplify the administrative confusion of having to coordinate individual renewal dates.

New members who join after the month of February will submit their first dues payment in February of the following year. If you have questions concerning this new policy please contact Andrea Howe. A call for dues will be announced in the newsletters prior to each February date.

### **MESSAGE FROM THE CHAIR:**

It has been a very busy summer! We welcomed 18 new members since our last meeting. Some newly diagnosed and some new to the area. A few of you may have received phone calls asking to be a mentor. I have been matching newly diagnosed members with more experienced ones. Celiacs Helping Celiacs!

The new Member Package is in need of updating. I have begun the process, but much needs to be decided, researched, typed and copied. The Membership Committee will be helping with this, but I will need some more members to volunteer. We are also in need of some volunteers in Maryland and DC to head up a phone tree.

The picnic held in June was lots of fun, as well as the kids Taco Party in July. Recipes are included in this newsletter. We will have other functions coming up throughout the year, so mark your calendars and plan to attend.

Our group is now on the World Wide Web! How exciting to have our own web site and chat room/message board. Many of you may not have a computer or internet access at home – you might want to check out your local library or mall. Often they have terminals for use by the public. It is just amazing to see how much information is out there about Celiac Sprue and Dermatitis Herpetiformis. Many food manufacturers now post the gluten free status of their products on their web sites.

Celiac Disease seems to be getting a lot of media attention lately. My Organic Market had a summary about the disease and diet requirements in their monthly newsletter, several magazines and newspapers across the country have had full length articles, and channel 7 NBC in Chicago recently did a story about the new magazine, *Sully's Living Without*, and Celiac Disease. There was even a radio program featuring Drs. Fasano and Green. For a copy of the tape, call 1-888-31radio, and ask for program #268. Why not contact your local newspaper and ask them to do a story about us?

Hope your summer has been wonderful and I will see everyone on September 18<sup>th</sup>.

Sincerely,  
Andrea Howe  
301-972-9263 andrea.r.howe@gte.net

### **CHAPTER NEWS AND ADMINISTRATIVE NOTES:**

The WACSSG web site is now up and running! The address is: [www.erols.com/stataid/dcceliacsupport.htm](http://www.erols.com/stataid/dcceliacsupport.htm)  
Our goal in maintaining this site is to serve as a clearinghouse for local information for those of us who live in the DC area, and for others who might be travelling to our area who are looking for local restaurants and health food stores. We also hope to keep archived copies of the newsletter on the site. We will try to keep all the information current, so if you have any recommendations or information you would like to see on the site, please contact Andrea Howe, or Joany Janicki @ 202-364-9703  
[jcjanicki@aol.com](mailto:jcjanicki@aol.com).

There is an internet chat site devoted to children and young adults with Celiac Disease called Club Celiac that is available 24 hours, but with specific meeting times at 2-4 PM Saturday afternoons. The site address is: [www.geocities.com/enchantedforest/glade/2715/chat.html](http://www.geocities.com/enchantedforest/glade/2715/chat.html). For more information or questions send an email to: [clubceliac@geocities.com](mailto:clubceliac@geocities.com).

The Baltimore Food Fair on May 2<sup>nd</sup> was a great success, and we thank those of you who were able to participate. There were close to 200 attendees and 85 blood screenings were conducted. Carol Fenster (author of several gluten free cookbooks, including her latest, *Special Diet Celebrations*), gave an informative presentation about the various diets people are on, those medically necessary and those of a voluntary basis. The event raised over \$1100 for the Center for Celiac Research, and offered a variety of tasty samples from several gluten free vendors.

***We are in the process of compiling the roster of WACSSG members and will have copies available at the November meeting. If you do NOT wish your name and address to be included in the list, please contact Andrea Howe at 301-972-9263 ([andrea.r.howe@gte.net](mailto:andrea.r.howe@gte.net)) before October 15<sup>th</sup>.***

*There will be a membership committee meeting on October 16<sup>th</sup> at 2pm. for anyone interested in helping to update the new member packet. This is a very important goal for our group and we need all the help we can get in compiling the most accurate information possible. Your assistance would be greatly appreciated. We would also like to discuss ways to reach Celiacs in our community who may not know that our group exists. The meeting will take place at Andrea Howe's home in Germantown. If you would like to attend, or have ideas but will be unable to attend, please contact Andrea at 301-972-9263.*

The parent chat we are sponsoring has also been a success. We have invited parents from all over the country to join and the message board has had 40 visitors. Mostly the chats are 3-4 moms at a time exchanging ideas. The message board and chat room is open to anyone, not just parents, anytime. The web site is: [www.delphi.com/wacssgparents.start](http://www.delphi.com/wacssgparents.start)

### **LOCAL AREA RESTAURANT INFORMATION:**

The ***Vegetable Garden***, a vegetarian Chinese restaurant in Rockville, Maryland, has many items on its menu that can be made gluten free. George, the General Manager of the restaurant writes: "...we do use wheat free Tamari low sodium soy sauce for our cooking, we also have a lot of wheat free dishes to choose from. The best way to find out our cooking style is to come to see us, our main menu lists all of the ingredients in each different dish, and everyday we deal with quite a few people who don't eat wheat products. We will accommodate your requests and I'll personally assist you. Hope to see you soon and thank you for your interest in our restaurant." The restaurant's web site is: [www.thevegetablegarden.com](http://www.thevegetablegarden.com) 301-468-9301. Make sure you emphasize the importance of cleaning cooking pans and utensils.

Thanks to the efforts of Bob and Ruth's Dining and Travel Club, ***The Austin Grill*** is the first restaurant in the DC/ Baltimore area to offer a Gluten Free Friendly Menu. The restaurant offers traditional Mexican style food. Samples of their gluten free items include the Austin Wings (marinated in a dry rub and charcoal grilled) served with a gluten free ranch dressing, grilled seafood and Texas rib eye steak. Almost all of the cooking is done from scratch, and no distilled vinegar is used. The flan, which varies each night, includes sweet potato and coconut. Ask for the gluten free menu, which will be a regular menu marked with a GF for gluten free items, and a MGF on items that can be modified to be gluten free.

An “X” is placed next to those items not gluten free. There are locations in Baltimore, Springfield, Alexandria, Bethesda, and Glover Park, DC.

If you are in the mood for a crab feast this summer, check out the **Bethesda Crab House**, in Bethesda, Maryland. The restaurant uses J.O Spice for their seasoning, locally made in Baltimore, and gluten free. They do NOT boil their crabs with beer or vinegar, a common cooking technique in the Chesapeake Bay area. 301-652-3382.

**Outback Steakhouse** – Fish, steak, and chicken can be prepared without spices and butter. Salads are available, but ask them to be prepared without the croutons or cheese.

**Long John Silvers** – The corn, baked potato, green beans, coleslaw, side and garden salads and all salad dressings are gluten free. Their french fries and battered products are NOT gluten free.

### **LOCAL AREA NEW PRODUCT INFORMATION:**

(The following products have been purchased at My Organic Market in Rockville, Maryland. If you find them at your local health food store, please contact Joany Janicki, 202-364-9703 (jcranicki@aol.com), so we can update this information.)

**Amy’s Kitchen** has a new frozen entree - an Asian noodle stir fry that is wheat and gluten free. It is made with brown rice noodles and wheat free tamari sauce. Amy’s Kitchen, P.O. Box 449, Petaluma, CA 94953.

**De Boles** makes their own version of “mac and cheese” made with rice pasta shells and a powdered cheese. For information, contact De Boles, a subsidiary of Arrowhead Mills, Inc., Box 2059, Hereford, TX 79045, 800-749-0730.

**Lundberg Family Farms** has come out with a line of brown rice, gluten free, Kosher pastas in a variety of shapes and vermicelli. Contact Lundberg Family Farms, PO Box 369, Richvale, CA.

**Road’s End Organics** makes a dairy free and gluten, wheat free, “mac and cheese”, made with brown rice pasta and cheese substitute. Contact Road’s End Organics, Inc., 120 Pleasant St. Suite E-1, Morrisville, VT 05661, 877-CHREESE. [www.chreese.com](http://www.chreese.com).

**Arrowhead Mills** has come out with a new wheat free cereal, Sweetened Rice Flakes, made with brown rice, sugar, maple syrup and honey. Arrowhead Mills, Inc. Box 2059, Hereford, TX 79045.

**Belo Foods, Inc.** makes frozen gluten free english muffins in regular and raisin cinnamon. Contact Belo Foods, Inc. Waterbury, CT. 203-756-1100. [www.belofoods.com](http://www.belofoods.com).

### **NATIONAL PRODUCT INFORMATION:**

**Johnsonville** sausage products are gluten free, except for the products that contain beer. The company can be contacted over the internet by sending an email to: [kwelsch@johnsonville.com](mailto:kwelsch@johnsonville.com). (As of 6/99)

**Smithfield** Ham is gluten free, unless the label has listed isolated soy protein or hydrolyzed soy protein as an ingredient. Internet contact is: [troywilkinson@smithfieldpacking.com](mailto:troywilkinson@smithfieldpacking.com). (As of 6/99)

**Knorr** chicken and beef bouillon cubes are gluten free. Knorr is a Best Food company. (As of 5/99)

Pepito corn tortillas are gluten free. The company can be reached at 800-579-3324. (As of 6/99)

Banana Boat sun products (including Bug & Sun) are gluten free, except for the Aloe Vera Thera Body Lotions. (As of 5/99)

Nutella Hazelnut Spread is both gluten free and kosher. (As of 4/99)

New Real Lemonade Concentrate is gluten free, but does contain sulfites. (As of 6/99)

Malt-o-Meal Corn Burst Cereal is gluten free (As of 6/99)

McCormick's Old Bay Seasoning is gluten free (As of 6/99)

J.O Spice Crab seasoning is gluten free (As of 6/99)

**A WEDDING RECEPTION: GOURMET AND GLUTEN FREE,** by Mary Perry, Treasurer.

My daughter Lauren was diagnosed as a celiac when she was a senior in college. In the beginning we felt overwhelmed by all of the new dietary rules and restrictions. However, this didn't last long. With the gentle yet strong and knowing support of Carolyn Harlow and the WACSSG, the dogged determination of Mary Perry, and the ability to go with the flow of my daughter Lauren, we soon had learned all of the rules and many of the workarounds.

Then, in the summer of '98 Lauren and her fiancé Jonathan set their wedding date – May 29, 1999. Now, we had sort of mastered the art of eating well, while eating gluten-free, for our family, friends, and small groups. But a wedding! At her cousins' weddings, Lauren had to have special menu items prepared just for her; it was obvious that she was "not like everyone else." Well, it wasn't going to be like that at her wedding; at her wedding, everyone else was going to be just like her!

She set out in search of a beautiful setting for the wedding and reception and found it at Poplar Springs in Casanova, VA (on the outskirts of Warrenton). The owner of Poplar Springs was the caterer, Festive Foods (4980 Wyaconda Road, North Bethesda, MD 20852, 301-230-2700). The very able wedding coordinator there provided Lauren and Jon with seemingly endless offerings of food from which to choose. They waded through the lists, eliminated the selections wherein gluten was integral to the selection, and prioritized their favorites, hoping that the chefs could customize their selections as needed to eliminate the gluten and make creative substitutions. And voila!

**Hors d'oeuvres**

Applewood Grilled Bacon Wrapped Scallops

Grilled Portabello Mushroom Polenta topped with Chevre, Spinach and Roasted Peppers

Pan Seared Ahi Tuna atop cucumber with Wasabi Ginger Glaze

**Dinner**

Salad of Baby Spinach, Fresh Oranges, Grilled Portabello Mushrooms, Applewood Smoked Bacon and Roasted Shallots Dressed with a Tangerine Chive Vinaigrette

Pinwheels of Grilled Free Range Chicken, stuffed with Tallegio Cheese, Spinach and Roasted Yellow Peppers with a Fresh Oregano Glaze

Szechuan Seared Chilean Sea Bass with Cilantro

Carmelized Purple Passion Potatoes accented with Crushed Sea Salt, Pink Peppercorns & Roasted Garlic

Tender Asparagus spiced with Lemon Basil Butter  
Texas Black Bean & Corn Melange with Cilantro, Key Lime, Roasted Pepitas and a Light Chipolte Dressing  
Freshly Baked Raisin-Walnut, Sun-dried Tomato and Sourdough Rolls and Country Breads with Whipped Sweet Butter (This was the one exception made for the non-celiacs!)

**Dessert**

A circular staircase cake with the layers separated from one another and all decorated with the same candied rose petals, etc. All the layers but one were citrus framboise; the special layer was cheesecake with no bottom crust. Lauren and Jon's guests actually had two wedding cakes, and just loved being spoiled with both!

So not only was Lauren's diet unrestricted at her own wedding, but perhaps equally if not even more important - she educated all of her guests. The food received rave reviews and everyone learned that gourmet and gluten-free are not mutually exclusive.

**CFCR SEROLOGIC STUDY UPDATE (CFCR internet update as of June 1, 1999)**

**Research Update:**

Currently, the Center for Celiac Research is involved in two critical areas:

Multi-Center Serological Screening Study to determine the prevalence of Celiac Disease in the United States; and

New Diagnostic Assay to develop a non-invasive diagnostic test for Celiac Disease.

**1) Serologic Screening Study**

We have tested 3,076 samples as part of the Multi-Center Serological Study for the prevalence of Celiac Disease in the United States. Our preliminary findings indicate that 6.8% of first-degree relatives and 4.7% of second-degree relatives of celiacs test positive for the disease. These results are similar to those reported previously in Europe, suggesting that Celiac Disease is currently under-diagnosed in the United States.

We are extremely encouraged by these preliminary findings; however, many more subjects need to be screened to put the study into full operation. Your financial help is pivotal to accomplish our goals.

**2) New Diagnostic Assay**

Our scientists have been able to develop a more sensitive, non invasive, and specific test for Celiac Disease based on the use of tissue transglutaminase. We were able, for the first time, to clone the human transglutaminase gene. By using this tool, we have developed a new diagnostic tool that may eventually allow us to make definite diagnosis of Celiac Disease without an intestinal biopsy.

**Blood Screening Update:**

Blood screenings of first and second-degree relatives have been conducted in New York, North Carolina, New Hampshire, California, Pennsylvania, Washington, Maryland, Texas, and Rhode Island.

Screenings are scheduled for Billings, Montana June 19<sup>th</sup>, Louisville, Kentucky September, 18<sup>th</sup>, and Vermont (to be scheduled in Oct/ Nov.)

**Web Site:**

Thanks to the sponsorship of Dietary Specialties, we are very excited to announce that the Center for Celiac Research will have a web site. The domain name will be www.celiaccenter.org and should be on line by June 21<sup>st</sup>.

**Fund Raising Update:**

As of June 1, 1999, the University of Maryland’s Center for Celiac Research has received approximately \$340,000 in contributions and pledges. We thank all of you who have made a contribution or pledge.

The Center was very fortunate to receive three significant pledges/contributions over the past four months which helped boost our contribution total by more than \$100,000 since our last update. Although this is a significant increase, we must keep the momentum going.

For now, we cannot rely on any outside financial assistance. So please, help us to help you. Remember we are not asking you to make a contribution, but to make an investment in the well being of every celiac – now and in the future.

**What you can do:**

- 1) If you have not made a pledge or contribution, please consider making one at this time. Please make checks payable to the UM Foundation, Inc. Center for Celiac Research, Attn: Pam King, 700 W. Lombard St. Room 206, Baltimore, MD 21201 These funds are administered by the University of Maryland Foundation, Inc.
- 2) If possible, increase your current pledge or make another gift at this time.
- 3) Discuss the importance of this study with fellow celiacs, relatives, friends or whoever might be in a position to help. Ask them to contribute.
- 4) Organize discussions and/or fund-raising efforts with your local support group.
- 5) Help us to identify possible organization, companies, trusts or foundations that might be in a position to help. Please contact Pam King at 410-706-8021 if you have any questions or need any assistance.
- 6) Send contributions to the Center for Celiac Research in honor or in memory of a friend or loved one.

**NINTH INTERNATIONAL SYMPOSIUM ON CELIAC DISEASE (from the internet)**

The University of Maryland’s Center for Celiac Research, the University of Chicago’s Medical Center, and the University of California, San Diego are pleased to announce joint sponsorship of the 9th International Symposium on Celiac Disease. The symposium will be held August 10-13, 2000 at the Marriott’s Hunt Valley Inn, Hunt Valley, Maryland.

The medical program to be presented will discuss the most advance knowledge of the genetic, immunological, and diagnostic aspects of Celiac Disease. In addition, a panel of international experts will discuss new frontiers for the treatment and prevention of Celiac Disease.

Celiacs from around the world will be given the opportunity to compare the practical aspects of living with Celiac Disease in different countries and cultures at a full day session.

Registration information and costs will be available in August and will be posted on the web site.

**\*\*\*\*\* SUMMER RECIPE EXCHANGE \*\*\*\*\***

The following recipes are from the WACSSG Picnic in June and the Kids Taco Party in July:

### ***Marinades for the Grill:***

#### ***1. Chicken Marinade – (Lynn Robbins)***

½ cup orange juice  
½ cup GF soy sauce  
several tablespoons of cornstarch to thicken  
garlic and ground ginger to taste

#### ***2. Meat Marinade–(Andrea Howe)***

1 pound of chicken or other meat  
2 Tbs. GF soy sauce  
2 Tbs. Sherry (*Holland House*)  
2 Tbs. sesame Oil  
2 Tbs. Water  
Mix and marinate for at least  
30 minutes

#### ***Potato Salad Dressing - (Lynn Robbins)***

½ plain yogurt  
½ GF mayonnaise

#### ***Vegetable Salad- (J.O. Demeo, CSA 3<sup>rd</sup> Ed.***

*PIC* sweet frozen vegetables  
*Wishbone* Italian Dressing

#### ***Harold's Best Banana Muffins – (Andrea Howe, recipe from the internet)***

3 medium sized bananas, very, very, ripe  
¾ cup sugar  
1 egg, slightly beaten  
1/3 cup oil  
1 ½ cups Bette Hagman's rice flour mix  
1 tsp. Baking soda  
1 tsp. Baking powder  
½ tsp. Salt  
1 tsp. Xanthan gum

Mash the bananas, add the sugar and the slightly beaten egg. Mix well. Add in the oil. In a separate bowl add all the dry ingredients. Mix well. Add the dry ingredients to the banana mix. I add ½ cup of chocolate chips. You could also add ¼ cup raisins and ¼ cup walnuts. Makes 12 muffins or 48 mini muffins. Bake at 375 F. for 20-23 minutes. (Only 12-15 minutes for mini muffins.)

#### ***Mexican Lasagna – (from the internet)***

1 package corn tortillas  
1 can refried beans (*Ortega*)  
1 can (8oz) tomato sauce (*Hunts*) or GF salsa  
Monterey Jack cheese (*Land o Lakes*), shredded  
1 lb. Ground beef  
1 package taco seasoning mix (*Ortega*)

Prepare beef according to package directions and set aside. Mix refried beans with tomato sauce. Place a little of bean mixture in bottom of pan. Layer tortillas, beef, cheese and beans until all used up, leaving a little bean mix and cheese for the top. Bake in a 350 F. oven until bubbly. (approximately 30 minutes.) Serve with taco fixins.

#### ***Taco Party!***

Tacos were prepared using *Ortega* taco shells and taco seasoning (*Ortega*) for the beef. The toppings were lettuce, tomatoes and shredded *Land O Lakes* cheddar cheese. Tortilla chips with salsa and a

Mexican Lasagna were also served. Dessert consisted of *Edy's* vanilla, chocolate and cherry chocolate chip ice creams and *Snickers* ice cream bars, along with *M&M's*.

### **GLUTEN FREE SHOPPING GUIDES:**

There are two commercial shopping guides available to Celiacs that are updated on a yearly basis and well worth the investment:

1. TCCSSG (Tri County Celiac Sprue Support Group in Michigan) \$10  
Mail requests to TCCSSG Shopping Guide, 34638 Beechwood Street, Farmington Hills, MI 48335.  
Email Jim Lyles at 2002214@mcimail.com
2. CSA (Celiac Sprue Association, United States of America) \$8  
Mail requests to PO Box 31700, Omaha, NE 68131-0700, 402-558-0600

### **MAKE TRAVEL EASIER:** (provided by Arnold Ostrom)

When I travel by car I take a Coleman portable electric cooler with me stocked with gluten free foods and drinks. The cooler plugs into my car's cigarette lighter. When stopping at a motel or hotel I plug the cooler into an AC adapter which allows the cooler to run on AC current. A full and chilled cooler may be unplugged overnight and still remain cold.

Home refrigeration has come a long way since the days of the icebox and the block of ice. But when we travel, we go back to the sloppy ice cooler with its soggy and sometimes spoiled food. Now, however, for the price of a good cooler and one or two seasons of buying ice (or about five family restaurant meals), all the advantages of home cooling are available for you electronically and conveniently.

There are two brands of portable electric coolers. One is made by the Coleman, Co., and the other by Comtrad Industries. I have a 32 quart cooler made by the Coleman, Co. which has proven to be very dependable. The Coleman Co., makes three sizes of portable electric coolers-16 quart, about \$75, 32 quart, about \$96, and 40 quart, about \$105. The AC adapter is \$38. All Coleman portable electric coolers can be ordered directly from the company at 800-835-3278. Comtrad Industries has two sizes of portable electric coolers – 30 quart, about \$99, and 7 quart, about \$79. The AC adapter is \$49. Comtrad Industries portable electric coolers can be directly ordered at 800-992-2966.

### **NDDIC:**

The NDDIC or National Digestive Diseases Information Clearinghouse is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institute of Health under the U.S. Dept. of Health. Our own Bea Newell is a NDDIC Panel Member representing CSA/USA. The NDDIC has a free fact sheet on Celiac Disease that can be ordered by calling 301-654-3810. The fact sheet is also available on the internet at [www.niddk.nih.gov](http://www.niddk.nih.gov).

### **PUBLICATIONS:**

Bette Hagman has just published a new book! *The Gluten-Free Gourmet Bakes Bread: Bette Hagman's Better Breads – Wheat Free, Gluten Free and Wonderful*, 1999. Henry Holt & Co., Inc. ISBN 0805060774.

\* **DISCLAIMER:** As always, the information contained in this newsletter is provided solely for the benefit of the reader without endorsement or recommendation. Please verify all information.