

WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP NEWSLETTER



SEPTEMBER 2007

MEETING NOTICE:

Date: Saturday, September 8, 2007

Time: 2:00 p.m.

Location: Davis Community Library
6400 Democracy Blvd
Bethesda, MD. 20817
240-777-0922

Speaker: Jules Shepard
Author: "Nearly Normal Cooking For
Gluten-Free Eating"
Email: jules@nearlynormalcooking.com

As always, please feel free to bring gluten free snacks to share at the meeting. Please make sure to include brand names of products used in recipes and try to be considerate of members who have other food intolerances.

Please ensure that all ingredients in both homemade and store bought items are confirmed to be gluten free by the manufacturer and are prepared in a gluten free environment.

Next Meetings: See Schedule Inside

Message from the Chair

With school starting back and the air getting a little cooler, it is time to get back to a support group meeting and the swing of things again. I hope each of you had a great summer, a great vacation and are rejuvenated for the coming year.

My husband and I were visiting Dr. Fasano's lab at the Center for Celiac Research in Baltimore last Wednesday and had dinner with Dr. Fasano and Pam King, the Director of the Research Center. Every time I talk with him, I am so excited about the research that they are doing. They have a top notch laboratory and are doing great things to help us learn more about celiac and they are working on a pill to take as a prophylactic. In other words, you would take the pill about 15 minutes before eating

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DIRECTIONS

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 DC, GW Parkway, points east: Go west on the beltway to the exit for Old Georgetown Rd. North. Go about 1 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 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.)

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**Message from the Chair** *(continued)*

something with gluten in it to avoid having a gluten reaction. It can be used all the time if you choose to ignore the diet or you could use it on special occasions when you want to eat say a birthday cake or something like that. Or, when you eat out or in a situation where you do not feel safe about the food. They are in the second stage of clinical trials already. I hope you all will think of them when you want to make a donation to a very good cause. It takes a lot of money to do this kind of research. My husband who is a retired research scientist is very impressed with the facility, equipment and the work they are doing. I am so grateful that we have this going on so close to us.

Tentatively, we are schedule to have Dr. Fasano speak at our January 19, 2008 meeting.

Remember to refer friends or people that you meet who want to know about celiac to check out our website. About a year ago, we gave it a face lift, made it easier to navigate and added more helpful information. Our schedule for meetings for the next year was in our June newsletter and Adam will be adding it to our website soon. You can print out the June newsletter from the website or just view it if you want to know sooner.

I have received all of the surveys back and will be compiling the data and printing a new Survey booklet in the Fall. We will also update the website with the new survey. It has been such a help to visitors coming to the area and for newly diagnosed celiacs. It is great to be able to just direct them to the website. We get lots of compliments about the website, too. Thanks to Adam Kuhn for keeping our website in good order and for handling the online support group.

While I am at it, we should also give thanks to Linda Abravanel, our Treasurer, Otey Swoboda who mails out the newsletters before each meeting (lots of work), Irene Aslan who brings our hospitality supplies to each meeting and Vanessa Maltin for always having something newsworthy to put in our newsletters and for her help with putting on special events to make it more fun for us.

We are fortunate to have Jules Shepard as our speaker at this meeting. Check out her website: www.nearlynormalcooking.com to find out more about her. You can also order her book "Nearly

Normal Cooking for Gluten Free Eating" through Amazon.com or her website.

I look forward to the meeting and hope to see each of you there. I appreciate your help with coming a little early to help set up the tables and chairs and to help put them away at the end of the meeting.

Juanita A. Ohanian
Chairman, WACSSG
301-881-4020 (W)
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NEW R.O.C.K. LEADER

R.O.C.K. (Raising Our Celiac Kids), formerly chaired by Melonie Katz now has a new Chair. Melonie and her family moved out of the area due to her husband's new military assignment.

The new Chair is LINDA HICKMAN and her contact information is:

Email: lehickman@comcast.net or
ROCK_and_CD_Mom_in_MD@comcast.net

Phone: (410) 290-5224

New ROCK Northern Virginia/Metro DC Maryland chapter website:

http://groups.yahoo.com/group/NoVa_MD_DC_Metro_Area_ROCK

Please contact Linda if you have a child with celiac and would like to join her group





Clan Thompson's Mini-List

This Month's Tip: Most rice syrup is gluten free in the USA and Canada since it's usually made using bacterial or fungal enzymes. However, barley malt enzymes can also be used so rice syrup needs to be checked for gluten.

Manufacturers of the following products reported them to be GLUTEN FREE in the USA when we called them in July, 2007. Some of these products do not yet appear in the current SmartList but will be included in the next update. The USA SmartList contains verified gluten info on approximately 6,400 items. For more info, or to download a FREE DEMO, visit our CeliacSite at www.clanthompson.com

Al Fresco Fully Cooked Dinner Sausage - sweet Italian style

Al Fresco Fully Cooked Dinner Sausage - sweet apple

Al Fresco Fully Cooked Dinner Sausage - Buffalo style

Al Fresco Breakfast Sausage - Wild Blueberry

Wild Thymes Thai Chili Roasted Garlic Dipping Sauce

Wild Thymes Moroccan Spicy Pepper Dipping Sauce

Heinz Organic Ketchup

Heinz One Carb Ketchup

Jack Daniel's EZ Marinader -- Garlic & Herb Variety

Green & Black's White Chocolate Bar

White Wave Silk Live Smoothies (mango - peach)

Sonny's Bar-B-Q Sauce - Smokin

Amy's Kitchen Organic Cream of Tomato (reg. Or light sodium)

Amy's Kitchen Garden Vegetable Lasagna (made with rice pasta)

Schwan's Beef Tamales, 6 ct. (UPC: 1769600222)

Delimex Chicken Taquitos, 25 ct. (UPC: 1769600029)

Ore-Ida Deep Fries Crinkle Cuts (24 oz.) UPC: 1312000845

Ore-Ida Hash Browns (5 lb.) UPC: 1312000854

Lea & Perrin's Traditional Steak Sauce

Lea & Perrin's Worcestershire Sauce (original and for chicken)

Ore-Ida Golden Crinkles (32 oz.) - UPC 1312000286

Ore-Ida Golden Patties 9 ct. 20.25 oz. - UPC 1312000080

Dole Soft Serve - raspberry

Dole Soft Serve - orange

La Choy Beef Pepper Oriental Bi-Pack

La Choy Chicken Chow Mein Bi-Pack

Brown Cow Non Fat Yogurts - all flavors

Van Harden Cheese Crust Pizza - sausage

Old Wisconsin Summer Sausage - original

Buckhead Gourmet Raspberry Asian Sauce

Old Wisconsin Natural Casing Wieners

Cali Herb Medley Gourmet Seasoning

Hormel Fully-Cooked Entree Glazed Ham with maple and brown sugar

Starbucks Doubleshot

Rich Chocolate Ovaltine

McCain Smiles fun shaped potatoes

RedRum

See's Candies Licorice Medallions

McCain French Fries (straight and crinkle cut)

Necta Sweet

Powerade Mountain Blast

Clan Thompson's Celiac SmartLists are a series of programs which make it easy to find gluten information on thousands of items. Our SmartLists are the ONLY software that contains VERIFIED information, and a "Comments" field is included to provide even more information. Download a FREE DEMO, at <http://www.clanthompson.com/>

In addition, you may always subscribe online to our free email Newsletter which includes new Gluten Free food lists, The Cook's Corner, Ask the Doctor, Ask the Nutritionist and more.



Restaurants Recommended By Members

Rustico

827 Slaters Lane, Alexandria, Va 22314
703-224-5051

I went to Rustico last night and they do have gluten free pizza!! Unfortunately, I didn't get there until late and they had sold out of it so I can't report on how tasty it is.

Green Earth Goods

23341 Frederick Rd. (Rt. 355)
301-916-2035

Green Earth Goods opened a few months ago in Clarksburg, Md. It's right on Rt. 355 between Clarksburg Rd. and Stringtown Rd. They have a really large selection of gluten free foods--lots of pastas, some frozen entrees and breads, cookies, snacks, cake, bread and other mixes and licorice! They have foods I've not seen in other stores along with others I'm quite familiar with. It's great to have such a nice source out here in the country. Nice people too.

www.greenearthgoods.net

Laurel Health Food Store

131 Bowie Road, Laurel, MD 20707
301 498 7191
Mon - Fri 10 - 8; Sat 10 - 6

This grocery store has the largest and great variety of gluten free food I have seen anywhere. On my most recent trip for example, I found lasagna noodles, large pasta shells, at least three different frozen pizzas, and two kinds of biscotti - all gluten free. If you're at all near the area, it's really worth a visit. Be sure to bring a cooler for all the frozen food you will want to buy.

Please note, they are NOT open on Sundays. Also, from the road they are not very visible. What you will see from the road is a big Sunoco gas station and Captain Jerry's Restaurant. Laurel Health Food is behind Captain Jerry's restaurant in a strip mall.

Susan Lee

Lindt and Godiva chocolates

I LOVE chocolate so I decided to write to Lindt and Godiva to find out which of their chocolates are gluten free. Unfortunately the answer I got from both of them is - you cannot trust ANY Lindt or Godiva chocolate to be gluten free. Can you believe it. Due to their manufacturing process neither will guarantee that any one of their chocolates is gluten free. (Also Lindt uses barley malt in many of their chocolates.) What a bummer.

Susan Lee

Home Bistro

This is a company that will mail you frozen gluten free food. To find out which of their foods is gluten free, go to their website, www.homebistro.com, click on "Advanced Search" (in small letters under "Search") on the left hand side of the screen. You will then see a screen that says "Search" at the top. Under "Ingredients" choose "Does not contain" and enter "Wheat". You will then see about a dozen gluten free items they offer. I especially like their chocolate mousse. I suspect their other desserts are equally good.

Susan Lee

Tersiguel's

8293 Main Street, Ellicott City, MD 21043
410 465 4004

I cannot rave enough about this lovely French restaurant in Ellicott city.

This is the BEST value in fine dining in the entire Washington, DC metropolitan area. For only \$65 per person, you can get an eight (8) course chef's tasting menu. Or if you prefer, you can also order a la carte. They were wonderful about accommodating me. Just make reservations ahead of time - it also helps if you go there early in the evening (when they are not as crowded and can more easily accommodate special requests). Be sure to mention you have celiac disease. I also discovered that when I sent them e-mail at comments@tersiguels.com, they were very quick to respond. They checked with the chef to make sure the chef could prepare a tasting menu I could eat. My favorite included the duck with mushroom sauce; and the foie gras. For an extra fee, you can also get wine pairing which means with each course, you get a glass of wine chosen to compliment the food. It's simply awesome!

<http://www.tersiguels.com/>

Susan Lee

*Tenzo Artisan
Chocolate and Pastry*

is pleased to announce our next
monthly delivery in September.

Next delivery : **Saturday, Sept 15**

Delivery locations:
10-11 AM Springfield, Va
12-1 PM Rockville, Md

Please call or check our website for details and for our
latest menu!

www.TenzoArtisan.com
410.302.6233



BEYOND RICE CAKES

Special Investigation: Celiac Disease and Reproductive Health

By Vanessa Maltin, NFCA Director of Outreach & Programming

Beyond Rice Cakes is generally an upbeat lifestyle column, dedicated to making you laugh at the hilarious things that often happen to people with celiac disease. I strive every month to make you feel good about being on a gluten-free diet and find new and creative ways to impress your non-celiac friends with delicious recipes. However, this month, I'm going to be a little more serious and examine how celiac disease can drastically impact the reproductive health of both men and women. I hope that you'll read this article carefully and then talk to your family and friends about it, so that together, we can help all people in the United States with celiac disease that also suffer from reproductive health issues.

I am only 24 years old, but I am blessed to have already found three exceptional role models who I admire and respect more than I ever could have imagined. All three of them are women who experienced devastating pregnancy complications because they spent so many years with undiagnosed celiac disease.

Alice Bast

I met *NFCA Executive Director Alice Bast* in July 2004 during the National Institutes of Health Celiac Disease Consensus Conference. I was working as a news reporter for the Palm Beach Post newspaper and writing an article on celiac. In my editor's mind, this was a very slow news day. Little did I know, that it would turn out to be one of the most important news days of my entire life.

As Alice was explaining the basics of the disease to me, she mentioned that migraine headaches are a symptom of celiac. When she said this, I think I dropped my notebook and pen on the floor. I was in shock. I had suffered debilitating migraines my entire life and had tried every headache medication available, all to no avail. I immediately got tested and sure enough, I had celiac.

The week after I received my positive blood test, I called Alice to thank her and learn more about the disease. Alice told me her personal story of being diagnosed with celiac, a story that to this day still brings tears to my eyes to think about.

Alice first experienced symptoms of celiac disease after returning from a trip to Mexico and deciding with her husband to have a second child. The first six months of the pregnancy were uneventful. She felt healthy and her unborn baby was quite a little kicker! But suddenly, at the end of the second trimester, Alice was struck with severely debilitating diarrhea. Several times she visited her obstetrician, complaining that she had not had a formed stool in over a month. He told her not to worry.

Two weeks before her due date, the diarrhea had gotten out of

control and Alice continued to say that the baby was not moving correctly. Again, the doctor said that the baby was in a small space without much room to maneuver and that Alice shouldn't worry so much. Two days later, Alice told her husband that the baby was dead, that all movement had ceased. He put his head on her tummy and as Alice says, "the panic in his eyes confirmed my fears." They drove to the hospital where Alice delivered a full-term stillbirth child. Alice and Will named the baby Emily.

It took Alice several more years and a near second stillbirth baby before she was diagnosed with celiac disease.

CNN Newsroom Anchor Heidi Collins

Heidi Collins and I first met in person in November 2006 at the International Celiac Disease Symposium in New York City. We immediately bonded over gluten-free food and the desire to help all Americans with celiac disease get accurately diagnosed. And...of course, the need to improve gluten-free food options!

Heidi's passion for helping people with celiac disease comes from more than a decade of suffering debilitating symptoms and, like Alice, losing a child.

Heidi's constant health issues grew nearly intolerable when she moved to CNN's New York office. She continued visiting doctors until finally after 15 years of one health problem after another, her general practitioner diagnosed her with celiac disease. With one simple blood test, Heidi had found a diagnosis that would allow her to work toward a cure for her chronic medical conditions and an answer as to why her pregnancy had failed.

Connie Maltin, my mom

My mom and dad are the two most amazing people in the world. They are the most supportive, kind and generous people I know, making them the perfect candidates for parenthood. My parents were married in February of 1973 after my mom convinced my dad that she made the best cookies in America....little did my mom know that those delicious cookies would cause her and my dad some of the greatest devastation imaginable....miscarriage.

Because of my mom's celiac, it took nine years to successfully have a child, ME, and it was still a close call. I was born two months early and weighed only about three pounds.

To help other families prevent the devastation that Alice, Heidi and my mom experienced, here is some basic information on infertility and reproductive health that explains the link to celiac disease.

Celiac Disease and Infertility Link:

Over the last 10 years, several studies have examined the link between celiac disease and infertility and found that women suffering from unexplained infertility may have clinically silent celiac disease.

* One study conducted by physicians at Thomas Jefferson University Hospital in Philadelphia found that the rate of

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Reproductive Health *(continued)*

recurrent spontaneous abortion (RSAB) and infertility in celiac disease patients is at least four times higher than the general population. They suggested that patients who experience unexplained infertility or RSAB should be screened for celiac.

- * Another study from the Department of Medicine at Tampere University Hospital and Medical School at the University of Tampere Finland found that the rate of celiac disease among women reporting infertility was 4.1%. Although the exact reason for the increased risk remains unknown, the researchers suggested that female celiac patients who are not adhering to a gluten-free diet have a shortened reproductive period and early menopause. Males with celiac disease have shown gonadal dysfunction, which could also contribute to fertility complications.
- * The link between celiac disease and infertility is currently being evaluated by researchers at Molinette Hospital in Turin Italy. Early reports from their research suggest that the prevalence of celiac disease among women with unexplained infertility is 2.5% to 3.5% higher than the control population. They suggest that celiac disease represents a risk for abortion, low birth weight babies and short-breast feeding periods, all of which can be corrected with a gluten-free diet.

What is infertility?

Infertility is defined as the biological inability of a woman or man to contribute to conception. Many experts define infertility as not being able to get pregnant after at least one year of trying. Women who are able to get pregnant but then have repeat miscarriages are also said to be infertile. According to the National Center for Health Statistics, roughly 12% of women in the United States—up to 7.3 million—had difficulty getting pregnant or carrying a baby to term in 2002.

Although it is commonly believed that infertility is heavily related to female factors, only about one-third of cases of infertility actually stem from the woman. About one-third of cases originate with the male partner and the remaining cases are a combination of unknown factors or a mix of male and female complications.

Infertility in Women:

Most women who suffer from infertility have a problem with ovulation, meaning there is a complication with the eggs being released to be fertilized. Other causes of infertility include:

- * Ovulation issues
- * Problems with the uterus lining
- * Uterine fibroids
- * Blocked fallopian tubes because of endometriosis, ectopic pregnancy, or pelvic inflammatory disease.

Factors that increase a woman's risk of infertility:

- * Age
- * Diet
- * Athletic activity
- * Stress
- * Overweight or underweight
- * Smoking
- * Alcohol consumption
- * Sexually transmitted diseases (STDs)
- * Health problems that cause hormonal changes
- * Celiac Disease

Infertility in Men:

Infertility in men is generally caused by producing too few or no sperm. The problem may also be the sperm's ability to travel to the female's egg and fertilize it. This is typically caused by abnormal sperm shape that prevents it from traveling in the correct form.

Factors that increase a man's risk of infertility:

- * Alcohol consumption
- * Drugs
- * Toxins in the environment such as lead and pesticides
- * Smoking
- * Chemotherapy and radiation treatment for cancer
- * Celiac disease

Tests for Infertility:

- * Hysterosalpingography: Physicians use x-rays to check for physical problems of the uterus and fallopian tubes. They inject a special dye through the vagina into the uterus, which shows up on the x-ray. This will allow the physician to determine if the dye moves normally through the uterus into the fallopian tubes. With these x-rays, doctors can find blockages that may be causing infertility.
- * Laparoscopy: During this surgery doctors use a tool called a laparoscope to see inside the abdomen. The doctor makes a small cut in the lower abdomen and inserts the laparoscope. Using the laparoscope, doctors check the ovaries, fallopian tubes, and uterus for disease and physical problems. Doctors can usually find scarring and endometriosis by laparoscopy.

Treating Infertility:

There are several ways to treat infertility including:

- * Medicine (clomiphene, Human menopausal gonadotropic, follicle-stimulating hormones, gonadotropic releasing hormones, metformin, and bromocriptine).
- * Surgery
- * Artificial insemination or assisted reproductive technology.
- * Often times treatments are combined.

References:

- * National Women's Health Information Center (NWHIC)
- * American College of Obstetricians and Gynecologists (ACOG) Resource Center
- * American Society for Reproductive Medicine
- * Resolve: The National Infertility Association



LIFESTYLE

To Paris & Back: Learn to Make Gluten-Free Croissants

By Rachel Kay, NFCA Intern

Croissant. The word conjures up images of La Belle France and lazy Parisian mornings, people-watching on the Champs Elysées. These sweet, flaky, buttery delicacies have no enemies, except for perhaps your waistline. A friend of mine has said that croissants “are the best crescent-shaped things that can be digested,” and I couldn’t agree with her more.

Croissants have a notorious history, although most of it turns out to be more fiction than fact. Legend has it that croissants were invented in Poland to celebrate the defeat of a Muslim invasion at the Battle of Tours by the Franks in 732; the crescent shape representing the Islamic crescent. Another tale is that croissants were created by a noble baker in Budapest, Hungary in 1686 after he alerted the city’s military leaders of a Turkish attack. The only reward this baker asked for in return for his heroism was to create a pastry commemorating the fight. Some versions of this heroic baker take place in Vienna during the Turkish siege in 1863, or during the siege of Buda in 1686.

There is little likelihood that any of these stories are true, however. Croissants were almost definitely invented in France, no earlier than 1850. The first recipe for croissants was published in 1891, but these were nothing close to the flaky pastry that we are all familiar with today. The first recipe that we would all consider to be a croissant was published in 1905 in France, not Hungary or Austria.

Sadly, celiacs too often resign themselves to a croissant free lifestyle. They see freshly baked pastries neatly line up, waiting to be slathered with Nutella or dipped into coffee and think if only... Well, I am here to tell you that we can have our croissants and eat them too! Several weeks ago I swore to myself that I would make gluten free croissants, even if I had to deplete the city’s butter supply in the process.

Armed with \$15 of butter, eggs, and 3 different methods of attack I went into battle. Although croissants might not have been invented after the Battle of Tours in 732, gluten-free croissants would surely be created after battle in 2007.

While leaving the butter out on the porch to soften, I set to work mixing the dough. The yeast foamed magnificently and the dough even passed an early taste test by me and my sister. Very promising, considering that some gluten-free doughs are hardly edible before baking. I won’t bore you with details about the process of rolling the dough, a majority of croissant making time is spent waiting for the dough to chill in between periods of folding and rolling. The only difficulty that I had was that my dough

tended to crack instead of fold, so I took it out of the refrigerator about 5-10 minutes before I wanted to fold it so that the butter could soften and the dough would warm up. (A croissant-making travesty, but a gluten-free baker has to do what a gluten-free baker has to do).

The most exciting part of the whole process was waking up at 4am to roll the dough one last time and then cut it into triangles to form the final product. This is when the croissants started taking shape and I felt like I had actually accomplished the task I set out. And when I took my first bite of croissant it was buttery, flaky and crispy in all of the right ways. I forgot about the flour that had exploded all over the kitchen and the dining room, the bowls and spoons that were stuffed into the overflowing sink, the slightly burned croissants. I was in Paris, and it was certainly going Bon Jour.

I have no future as a pastry chef, or a baker. Waking up at 4am every day is not on my list of things to do in this life. But my success at creating gluten-free croissants has opened up a whole new world of cooking gluten-free, one without limits. Even though cooking with gluten-free flours is very different than using wheat flour, and many experiments end up more fit for the trash than human consumption, it should not stop you from trying. Any recipe can be made gluten-free, be it a casserole or a French pastry, so don’t be afraid to try!

Gluten-Free Croissants

It is important not to try and halve this recipe. If you really only want to eat half of what you can bake, bring some to share with your friends or family, they will love having freshly baked croissants and they won’t even notice that they are gluten free! Also, don’t be scared away by all of the directions for this recipe, most of it is just folding and rolling the dough, and waiting.

Ingredients:

1 1/2 cups whole milk, heated until warm (105°F-110°F)

1/4 cup packed light brown sugar

1 tablespoon plus 1/4 teaspoon active dry yeast (two 1/4 oz packages)

4 1/2 to 4 3/4 cups Pamela’s Baking and Pancake mix (feel free to experiment with other baking mixes), plus more for dusting

1 tablespoon kosher salt

1 1/2 cups (3/4 pounds) UNSALTED butter

Make dough:

1. Stir together warm milk, brown sugar, and yeast in a bowl and let stand for 5 minutes until foamy. (If the mixture doesn’t foam

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**Croissants** *(continued)*

then you must start again, try buying new yeast). Add flour and salt to yeast mixture and mix with a hand mixer or with a dough hook in a stand mixer on low speed for about 7 minutes.

2. Transfer dough to a work surface and knead by hand for 2 minutes, adding more flour as necessary to help the dough not stick. Form dough into a 1 1/2 inch thick rectangle and chill, wrapped in plastic, for 1 hour.

Prepare and shape butter:

3. Arrange sticks of butter horizontally, their sides touching, on a piece of plastic wrap. Cover with another piece of plastic wrap and pound the butter with a rolling pin to soften slightly (butter should be malleable but still cold). Roll out butter until it forms an 8- by 5- inch rectangle. Chill, wrapped in plastic wrap and a kitchen towel while rolling out dough.

Roll out dough:

4. Unwrap dough and roll out onto a lightly floured surface, dusting with flour as necessary, into a 16- by 10-inch rectangle (the dimensions do not have to be perfect). Arrange the dough with a short side nearest you. Place the butter in the center of the dough so that the long sides of the butter are parallel to the short sides of the dough. Fold the dough as like a letter: bottom third up over the butter, then the top third down over the dough.

5. Turn dough so a short side is facing you, then flatten dough slightly by pressing down horizontally with rolling pin across dough at regular intervals. Roll out the dough into a 15- by 10-inch rectangle. Be careful not to let any butter poke through the dough. Try to patch any holes with excess pieces of dough or pat flour on top of butter to cover.

Note: If the butter seems to be breaking into pieces beneath the dough rather than remaining solid, allow the dough/butter to warm a few minutes. If the butter becomes too soft, oozes while making folds or rolling, put the dough back in the refrigerator for several minutes.

6. After rolling dough fold the two short ends into the center and then close, like closing a book. Wrap the dough in a kitchen towel (please don't use a terry cloth towel) or in plastic wrap. Place dough in the refrigerator to chill for 1 to 2 hours.

7. Remove dough from refrigerator and roll out into a 10- by 15-inch rectangle. Fold dough into thirds, as like a letter, dusting with flour as necessary. Roll dough out again and fold short ends of dough into the center and close. Wrap dough and replace in refrigerator to chill for 1 to 2 hours.

8. Repeat step 7 one more time and then leave wrapped dough for 6-18 hours, or overnight. (8 hours is the best amount of time).

Cut and shape dough:

9. Roll out dough one last time into a 10- by 38-inch rectangle, until 1/4 inch thick. Making the dough 1/4 inch thick is crucial as it will determine the texture of the croissants. Trim irregularities to make the strip uniform in width. Using a pizza cutter or a knife, cut the strip lengthwise to make two 5-inch pieces. Cut the each strip into individual triangles. Roll each triangle into the traditional croissant shape by rolling the triangle from the bottom to the point. Make the rolls slightly loose so that the dough has room to rise.

10. Place the croissants on a baking sheet and allow to rise for 1 to 2 hours.

11. Preheat the oven to 425°F. Bake the croissants for 20-23 minutes. Start watching croissant in oven after 15 minutes as the butter can cause them to burn quickly. Allow croissants to cool on a rack for several minutes before serving.

12. Enjoy!!





The Online DC Area Support Group

Events and information of interest to people with Celiac Disease/ Sprue or parents of children with Celiac Disease in the Washington, DC, Northern Virginia or Suburban Maryland area.

To subscribe, send an email to the following address: DCCeliac-subscribe@yahoo.com
Or go to www.groups.yahoo.com/group/DCCeliac.
Or Subscribe on our website www.dcceliacs.com

The Online Celiac List-Serv Support Group

The LISTSERV THAT used to be on ST. JOHN'S site has moved to this address:

<http://listserv.icors.org/archives/ceciac.html>

It looks a little different but the information is the same

Submitted by Ruth Anne

The Center for Celiac Research

University of Maryland Center for Celiac Research is an institution engaged in clinical care, diagnostic support, education, and clinical and basic science research in Celiac Disease.

The paramount goal of the Center for Celiac Research is to increase the awareness of celiac disease in order to provide better care, better quality of life, and more adequate support for the celiac disease community. In order to achieve these goals the Center for Celiac Research has the following primary missions:

1. To support cutting-edge, innovative, interactive, multidisciplinary research in all aspects of celiac disease including (1) epidemiology research to establish the prevalence of the disease worldwide; (2) basic research (pathophysiology, autoimmune mechanisms,

inflammatory processes, genetics); (2) clinical research (clinical spectrum of celiac disease, association with other autoimmune diseases, complications including infertility, osteoporosis and malignant transformation); (3) challenges of treatment of the disease (psychological impact of the diagnosis on family dynamics and on the acceptance of the gluten-free diet, toxicity of traces of gluten in both symptomatic and asymptomatic patients);

2. Increase the awareness of the disease among (1) health care professionals including primary and subspecialty physicians, nurses, nutritionists and dietitians; (2) public and private health care providers; (3) food regulatory agencies; (4) legislators; (5) general population;
3. To provide state-of-the-art education opportunities for medical students, graduate students, post-doctoral fellows and visiting scientists in one or more of the broad areas outlined as mission 1; to offer educational exchange opportunities to international students, clinicians and scientists particularly from the developing countries
4. To provide consultation in the area of basic and clinical aspects of celiac disease, advise on the most appropriate algorithm for diagnosis and treatment of the disease
5. To implement the diagnostic tools for celiac disease including newly developed diagnostic strategies and international implementation of the standardization of these tools
6. To provide expert consultancy or committee membership to both national and international agencies as well as industry engaged in activities in celiac disease

For more information:

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CELIAC HOTLINE COMMITTEE:

Do you have a celiac question? Call a hotline member:

Bea Newell, Chevy Chase, MD	(301) 913-0014	Has CD and follows a Kosher diet
Daneille Clarke, Frederick, MD	(301) 620-0075	Has celiac disease Pianodc@aol.com
Pam Tufts, suburban VA	(703) 968-7192	Has Dermatitis Herpetiformis and CD PtTufts@erols.com
Hilari Moore, suburban VA	(703) 709-1465	Has CD and mother of celiac children hmoorefun@aol.com
Debbie Fickenscher, suburban MD	(301) 972-6045	Daughter w/ Down Syndrome and CD debbie.fickenscher@verizon.net
Joany Janicki	(301) 581-1155	Has celiac disease jcanicki@earthlink.net

MEMBER PARTICIPATION:

If you have any information that you would like to see included in the newsletter, such as local restaurants, new gluten free products you've found at your health food store, current medical information, or an article you would like to write for the newsletter on a personal experience, please forward it to:

Juanita Ohanian
12160 Nebel Street
Rockville, MD 20852
jaonebel@aol.com
301-881-4020



Washington Area Celiac Sprue Support Group

Postmaster: Please return undelivered copies to:
OTey SWOBODA, 4027 N. Stuart Street, Arlington, VA 22207

THE WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP

Membership dues are \$15 annually, renewable during the month of February each calendar year. The dues/membership form is on our website. The newsletter is published four times a year and provides support for celiacs, parents of celiac children, and patients with dermatitis herpetiformis. We currently have over 300 members within the Washington DC Metropolitan Area. Reproduction of any material is allowed, but please indicate the source. Membership information is solely for our members and is not to be used for any other purpose

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WACSSG Website: www.dcceliacs.com