

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU. This is your group and newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to lose emails.

## Gluten Free in Central Arkansas, branch of GIG

[www.centralarkansasgig.org](http://www.centralarkansasgig.org)  
[www.gluten.net](http://www.gluten.net)

**September 2008**

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Please send any donations to our GFCA treasurer, Terri Murdoch. Make checks payable to GFCA.

[paul.terri@sbcglobal.net](mailto:paul.terri@sbcglobal.net)

11 Berwyn Dr  
Little Rock, AR 72227  
Phone: 501-312-1689

**Gluten Free 101** classes are held on demand. Please contact either Terri Murdoch or me for more information on classes in Little Rock. LaDonna Brock will be available for GF 101 in Conway. She can be contacted by email at [ladonnabrock@yahoo.com](mailto:ladonnabrock@yahoo.com) or by phone 501-733-9026

All **general meetings** are held in the community room of Whole Foods unless otherwise specified.

Whole Foods  
10700 N Rodney Parham Rd  
Little Rock, AR 72212  
(501) 312-2326  
For directions go to: <http://snipurl.com/3duie>  
[maps\_google\_com]

**Calendar for GFCA**

**Monday, September 15** - Gluten Free 101 for everyone. Are you new to GF living? Do you need a brush up on living GF? Do you have tips and hints to share and help others live GF? This meeting is for everyone. We can all learn from each other and we all have information and stories to share. This is an opportunity to sample new foods and meet new members.

**Monday October 20** - Jen Wright attended Gluten Free Baking International in Denver and the New York Culinary Institute. She will talk about the experience and share recipes and foods.

**There will be no formal meeting in November or December**

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## Meetings in Arkansas

Arkansas R.O.C.K. For information about the next meeting, you may contact Melanie at 479-582-9232 or email her at [melaniefaught@cox.net](mailto:melaniefaught@cox.net) This group is based in Fayetteville. There is also an active Yahoo group to join <http://health.groups.yahoo.com/group/ArkansasROCK/>

Gluten Free Fort Smith meetings are held at the St Bartholomew Episcopal Church. For more information, contact Wood, Cindy [cwood@Rheemac.com](mailto:cwood@Rheemac.com)

Hot Springs Village meetings are (almost) always held on the third Tuesday of the month, at 10:30am at Cranford's Grocery store on Highway 5 right outside of Hot Springs Village. There are two contact persons: Marcia Clark, 501-915-9024, [marciarclark@suddenlink.net](mailto:marciarclark@suddenlink.net) or Jeannie Shapley, 501-321-8171, [cjshapley@cablelynx.com](mailto:cjshapley@cablelynx.com)

NWA Celiac Support Group will meet Saturday, September 13th, 10:00 AM at the Southside Church of Christ on south Dixieland Rd, Rogers, AR. Contact Lynn Raveling at (479) 855-4311 or email [ljraveling@cox.net](mailto:ljraveling@cox.net)

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## Gluten Alerts

An alert from [www.clanthompson.com](http://www.clanthompson.com) ALL Genisoy protein bars now contain gluten. The company recently changed production facilities and the new facility requires that wheat germ be included in all of their protein bars.

Genisoy website does not yet reflect this change.

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This was posted on the Celiac Listserv: I do not know if the Arkansas Outbacks were using bread in the brown sugar.

*Gluten-Free Diners,*

*Gluten-Free Restaurant Awareness Program (GFRAP) and Gluten Intolerance Group of NA (GIG) would like to advise you what we have been doing to resolve the issue about bread being used in some brown sugar containers at*

*various Outback Steakhouse locations to prevent hardening of the brown sugar.*

*This issue came up a few months ago. As soon as we heard about it, we immediately contacted Outback Corporate offices and followed the chain of emails showing the corrective actions taken at that time.*

*Recently this issue has come up again. I sent the notices posted by Connie Sarros to Outback and again very promptly, they responded (on a Sunday - no less). I have continued to send every post on the subject and am addressing the issue at the top levels of Outback, all the way down to the local restaurant.*

*Since it has come to Outback's attention that this was not an isolated case, they are in communication with all restaurants to change this practice at a number of levels, including adding information into their regular communication and training channels. As with all things in large corporations, it takes time to see the change fully implemented - but they are working on it.*

*It is important that the local restaurants not only understand the potential dangers of this practice, but also follow the corporate policies set in place. GFRAP has a strong relationship with Outback regarding their menus and training. We communicate with them on a weekly basis. Rest assured this issue will be resolved.*

*GFRAP and the GFRAP participating restaurants appreciate feedback about your dining experiences and the program. Please feel free to send comments to:*  
[www.glutenfreerestaurants.org/feedback.php](http://www.glutenfreerestaurants.org/feedback.php).

*Cynthia Kupper, RD, Executive Director  
Gluten Intolerance Group of North America  
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[www.GLUTEN.net](http://www.GLUTEN.net); [www.GFCO.org](http://www.GFCO.org);  
[www.GlutenFreeRestaurants.org](http://www.GlutenFreeRestaurants.org)

This is an example of overlooked areas of possible contact contamination. Another example occurred at the 2007 GIG meeting in Virginia. The hotel, where the event was held, worked very hard to fix and serve safe GF meals. At

breakfast I noticed that the sausage was sitting on bread. It turned out that they always drained sausage on wheat bread. A simple mistake.

I have found living GF is a continuous learning experience. Staying in touch with others who live GF keeps me safe.

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**Recipe Corner** (Send in your recipes - we need more)

**Spicy Thai Basil Chicken**

By: Terri Murdoch

1 lb. of chicken  
Gluten free soy sauce (La Choy or unfermented Kroger brand)

Trim, wash and cut chicken in to bite size pieces. Marinate in GF soy sauce for about an hour or longer, if desired.

1 lb. long green beans, washed and trimmed  
1 red bell pepper, cut into bite sized pieces  
2 T peanut or vegetable oil, divided  
3 cloves garlic, crushed or chopped  
2 T GF soy sauce  
1 C fresh Thai basil, packed  
Juice from 1/2 of a lime  
3/4 t crushed red pepper  
1/2 t salt

Stir fry chicken in 1 T of oil until fully cooked; remove from pan. Add rest of oil and stir fry the green beans for about 4 minutes. Add garlic and red bell pepper. Cook until green beans are crisp tender. Add lime juice, soy sauce, red pepper, salt and chicken and toss well; cook for about 1 minute. Add basil and toss well.

Serve with cooked brown rice.

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**Restaurants**

**GF Pizza in Little Rock!** Now that is big news. Susan Holmes told me that the **US Pizza Salad Express** at 402 Louisiana St, Little Rock 72201, 501-374-5561 is serving a thin crust GF pizza with any topping for about \$7.00. The crust is a Food for Life rice tortilla. It is recommended that you call ahead as they sometimes run out of the tortillas. The GF pizzas take about 10 minutes. The person I talked to said that many customers

who are not GF, order the GF pizza because they find it less filling and takes half the time to make. If there is a demand, then the other US Pizza Co's will carry these pizzas. They are also looking into making their own GF crust. They are open for lunch on weekdays from 10am to 2pm.

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Cantina Laredo is a new Mexican restaurant located in the new shopping center at University and Markham. They say they have "gourmet Mexican food". There is a page of GF options available. The chips are made in a dedicated fryer and therefore GF. The red salsa is GF, but watch out. There is another salsa that is not GF and in the dimly lit restaurant, the sauces look slightly similar.

<http://www.cantinalaredo.com/>  
207 N. University, Suite #130  
Little Rock, AR 72205  
(501) 280-0407

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**Infertility and CD**

*The National Foundation for Celiac Awareness (NFCA) is seeking case studies of women who experienced infertility issues (trouble conceiving, miscarriages, birth defects, still births, etc.) prior to a diagnosis of celiac disease, and then after receiving a celiac diagnosis AND going gluten-free they were able to successfully conceive and maintain the pregnancy to term.*

*For the purposes of this particular study we are only identifying women who were able to conceive and carry to term (have a baby) after going gluten-free, when previously they had experienced infertility issues (when they had undiagnosed celiac). If your experience fits the criteria that we are seeking and you are interested in sharing your story, please send your narrative to Loretta Jay at [lorettajay@celiaccentral.org](mailto:lorettajay@celiaccentral.org). If you have any questions please also contact me at the same address.*

*Thank you very much!  
Loretta*

*Loretta Jay, M.A.  
Director of Project Development  
National Foundation for Celiac Awareness  
[lorettajay@celiaccentral.org](mailto:lorettajay@celiaccentral.org)  
[www.celiaccentral.org](http://www.celiaccentral.org)*

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### **Back to School**

Again this year Glutenfreeda has come up with a month of GF lunch ideas.

[http://www.glutenfreeda.com/sep08\\_b2school2008.asp](http://www.glutenfreeda.com/sep08_b2school2008.asp)

If you want more about school and GF issues go to

<http://glutenfreeandbeyond.org/forum/viewtopic.php?t=2475> You do not have to register to read this forum.

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### **New Groups?**

Increasing numbers of people are being diagnosed with gluten sensitivity/ceeliac disease as awareness grows. GFCA has been focused on adults since its start 4 years ago. Now, more and more children and families are going gluten free. I would love to hear from you if you are interested in a group that is focused on GF issues for children and families. I have had some moms express an interest in getting together with other moms. If you all write me and give me permission, I can send out an email so you can get in touch with each other. At the leaders meeting before the GIG meeting in June 2008, we talked about forming R.O.C.K. groups as part of our GIG groups. Let me hear from you - only you can make this happen.

Do you live in Conway? Are you interested in starting or helping start a GF support group? From time to time people from Conway have mentioned they would like a group. Again, if you are interested, email me and I will put you in touch with all the others who write.

I strongly support local groups and participation. It is through participation in celiac/gluten sensitivity support groups that we can make the biggest impact on our communities. Restaurants and grocery stores are beginning to listen to us. We can make a difference. We still have much to do.

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### **Articles and Abstracts**

#### **Tg6 Antibody Plays a Key Role in Celiac Disease-Related Neurological Disorders**

This early review found on celiac.com is about an article will be published in the Annals of Neurology. *"Thanks to a team of researchers based in Great Britain, doctors may soon have a powerful new diagnostic tool to help them in their efforts to combat the damage caused by celiac disease. Their new discovery concerns people with celiac disease who may also develop neurological disorders."*

Celiac disease that affects the intestine is usually diagnosed by looking for anti-tissue transglutaminase 2 IgA antibodies (Anti-TG2). There is evidence that dermatitis herpetiformis is associated with Anti-TG3 antibodies. Dr. Hadjivassiliou and others researchers now report a correlation between neurological problems related to gluten and IgA and IgG class antibodies to TG6. The complete review can be read here:

<http://www.celiac.com/articles/21637/1/Tg6-Antibody-Plays-a-Key-Role-in-Celiac-Disease-Related-Neurological-Disorders/Page1.html>

See you Monday,

Anne Luther  
681-5544 cell  
223-3981 home

Information in this newsletter is not medical advice. Please contact your medical team for diagnosis and treatment concerns.