

PKU Press

SPRING 2003

A Periodic Newsletter Published By The PKU Organization Of Illinois



Organization of Illinois

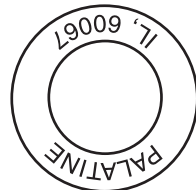
2003 Calendar of



DATE	EVENT	LOCATION	TIME	HOST/CONTACT
February 8	<i>Cooking Club</i>	Thornton Vicinity	1-4 pm	Dee Pratscher 708-877-2761
April 26	<i>Metabolic Family Picnic</i> <i>Metabolic Family Picnic</i>	Eastern MO/Southern IL Clayton, MO		Nancy Brody Nancy_Brody@ssmhc.com
April 27	<i>New Parent Coffee</i>	Barrington Hills	1:00 pm	Jayne Markham 847-382-8955
May 17	<i>Cooking Club</i>	Redeemer Lutheran Church 651 E.166th St., South Holland, IL	1-4 pm RSVP by May 10	Dee Pratscher 708-877-2761
	<i>Discovery Day</i>			Hazel Vespa 773-880-4486
May 12, 13, 14 May 19, 20, 21	<i>Dominick's Benefit Days</i> <i>Jewel Shop-N-Share</i>	Coupons inside this issue of the Press or on the website		Joe Annunzio 847-838-2706
June 22	<i>Northern Illinois Swim</i>	Schaumburg Water Works	5-9 pm	Kristen Leaf 847-265-8275
July 19	<i>Cooking School</i>	Wheaton, IL	1-3 pm	Lisa Hughes 630-653-6807
July 27	<i>Central Illinois Picnic</i>	Bloomington, IL	1:00 pm	Mary Jane Kimbrell 309-827-4706
August 2	<i>Cooking Club</i>	Redeemer Lutheran Church 651 E. 166th St. South Holland, IL	1-4 pm RSVP by July 26	Dee Pratscher 708-877-2761
Sept. 26-28	<i>PKU Family Camp</i>	Lake Bloomington, Hudson		Michele Kowalski 773-745-4541 Bruce Kimbrell 309-827-4706
October 18	<i>Pumpkin Fest</i>	Round Barn Farm 24115 S. US Hwy 52 Manhattan, IL	1-4 pm RSVP by Oct. 1	Dee Pratscher 708-877-2761
November 1	<i>Annual Meeting & Cookie Exchange</i>	Rush Hospital	9 am	info@pkuil.org or voicemail
November 8	<i>Cooking Club</i>	Redeemer Lutheran Church 651 E. 166th St. South Holland, IL	1-4 pm RSVP by Nov. 1	Dee Pratscher 708-877-2761
Nov. 17, 18, 19 Nov. 17, 18, 19	<i>Jewel Shop-N-Share</i> <i>Dominick's Benefit Days</i>			Joe Annunzio 847-838-2706
Dec. 8, 9, 10 Dec.15, 16, 17	<i>Dominick's Benefit Days</i> <i>Jewel Shop-N-Share</i>			Joe Annunzio 847-838-2706

For more information on these events: - Call our voicemail at (630) 415-2219 - Email us at info@pkuil.org
- Watch for updates in the PKU Press - Check our web site www.pkuil.org

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PKU ORGANIZATION OF ILLINOIS
P.O. BOX 102
Palatine, Illinois 60078-0102

The **PKU PRESS** is published three times a year as a service of the PKU Organization of Illinois. In conjunction with the three Illinois clinics, we are working together to provide information, offer support, highlight achievements, and provide services for the benefit of the PKU community. We welcome your input and ideas. Requests for additional copies or correspondence should be addressed to:

PKU PRESS Editor
P.O. Box 102, Palatine, IL 60078-0102
email: info@pkuil.org

2003 PKU Organization of Illinois Officers

Jim Critchfield - *President* Joseph Annunzio - *Treasurer*
Angela Koster - *Vice-President* Gina Annunzio - *Secretary*

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Bruce Kimbrell, James Leaf, Kristen Leaf, Jayne Markham

2003 PKU Organization of Illinois Honorary Members

Anne Kozek, Hazel Vespa

kidz corner

Encourage your kids to write short articles to be included in the PKU Press! They could be about anything related to their management of the PKU diet, great school/sport accomplishments or just anything at all. Please e-mail them to rcaro19@comcast.net. The next PKU Press deadline for inclusion in the summer/fall newsletter is June 15th.

DEAR P.K.U. PRESS,

IT'S REALLY NOT THAT HARD HAVING P.K.U. SURE ONCE IN A WHILE THE OCCASIONAL OH I REALLY WANT FRENCH FRIES OR SHERBET BUT EVEN I CAN CONTROL THAT! BUT THAT DOES NOT MEAN THAT SOME PEOPLE CANNOT CONTROL IT .IN FACT I, KNOW A COUPLE OF PEOPLE WHO HAVE TROUBLE CONTROLLING THEIR P.K.U. THAT TAUGHT ME A VALUABLE LESSON. TAKE CARE OF P.K.U!

FROM ELENA CARO - AGE 9

ANNOUNCING A COOKING EXTRAVAGANZA !!!

Need a little encouragement to get going, how about a friend to understand how much effort it can be, are you looking for something new to create for your finicky eater, or do you just need a day of power cooking? Whatever your need come find help, support, and compassion while you cook your way to a fully stocked freezer.

DATE: May 17, 2003
TIME: 1:00 pm - 4:00 pm
PLACE: 651 E. 166th Street, South Holland
Redeemer Lutheran Church Kitchen
R.S.V.P: by May 10th to Dee Pratscher 708-877-2761
B.Y.O: take home containers, measuring spoons and cups, calculator, scale, recipes &/or cookbook



A menu itinerary will be distributed to you once everyone has responded along with any other needed items or details. If there is something you do well, or lack the knack for a particular dish please share when you call. Every attempt will be made to address the triumphs and concerns of those in attendance. Together we will help each other stock our shelves and have a little fun in the process.



BOOK ORDER FORM

The Low Protein Food List for PKU, first printed in 1995, has undergone a major update for a new Second Edition. The book is now available from SHS North America.

The new book is substantially different than the original version, with hundreds of new food items added and others deleted that are no longer being made. Even with the extensive deletions, the new edition is 30 pages longer than the original book. Given the many changes that we have made, you will want the new version, whether or not you have a copy of the original book.

Also new to the second edition is an Index, which is available on the National PKU News web site (www.pkunews.org). The Index is available for handy downloading and printing. In addition, any corrections and changes to the book will be available on the website in the Diet Related Information section.

The books are distributed by SHS North America. To place your order, please complete the form below and mail it to SHS (SHS North America, P.O. Box 117, Gaithersburg, MD 20884). You can also order from SHS by telephone at 1-888-567-7646.

BOOK TITLE, QUANTITY AND COST

The Low Protein Food List for PKU, (Second Edition, 2002) @\$50

Shipping Within continental U.S., add \$5.00 PER BOOK; Canadian orders, add \$7.00 PER BOOK; International orders, add \$10.00 PER BOOK.

@\$5 @\$7 @\$10 Tax Washington state residents add \$4.45 tax WA Tax

Total Payment _____

METHOD OF PAYMENT

Check or Money Order payable to SHS North America (drawn on US funds only)

Mastercard Visa American Express

Card # _____ Exp. Date _____

Signature _____

SHIPPING ADDRESS No P.O. boxes, please. Federal Express will not deliver to a P.O. box.

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Print form and send order to: SHS North America, P.O. Box 117, Gaithersburg, MD 20884

WHICH CHEWING GUM IS SAFE?

By: Anne Kozek, RD,MS,LD
Dietician
University of Illinois
at Chicago

As with any food item in the stores, each time you look at the gum section, there seems to be a new gum. Many of these new chewing gums are not sugar-free yet they still have aspartame (phe) added to them. It seems to be added to the regular chewing gums that claim "Longer Lasting Flavor". Following is a listing of gums that do and do not contain phe. This list is accurate as of 3/15/2003. I recommend you always check the package each time before purchasing the gum to make sure the manufacturer has not changed the ingredients.

CHEWING GUM WITH PHENYLALANINE

- WinterFresh
- Double Mint
- Freedent - all flavors
- Wrigley's Long Lasting WinterFresh
- Wrigley's Long Lasting Juicy Fruit
- Wrigley's Long Lasting DoubleMint
- Wrigley's Orbit - all flavors
- Wrigley's Extra - all flavors
- Wrigley's Eclipse - all flavors
- Juicy Fruit Bubble Tape
- Bubble Tape-Grape and Sour Blue Raspberry
- Sour Apple, and Bubble Gum
- Stick Free - all flavors
- Ice Breakers - all flavors
- CareFree Koolerz - all flavors
- Trident Sugar Free - Bubble Gum, Fresh Mint Spearmint and Original flavor
- Trident White - all flavors
- Ice Breakers Unleashed-all flavors
- Dentyne Ice - all flavors

CHEWING GUM WITHOUT PHENYLALANINE

- "Ouch" Bubble Gum
- Double Bubble
- Wrigley's Long Lasting Big Red
- Wrigley's Long Lasting Spearmint
- Trident Sugarless Cinnamon
- CareFree Whitens Teeth Spearmint
- CareFree Whitens Teeth Big Bubble
- Dentyne Cinnamon
- CinnaBurst
- MintaBurst
- Bubblicious-Strawberry Splash and Watermelon Wave
- Bazooka
- Crush Bubble Jug Bubble Gum
- Sidewalk Chalk Bubble Gum
- Razzles Bubble Gum



Cooking Days

by Dee Pratscher

The last class held in February yielded a very nice turn out. Moms, grandmas, and a few helpers attended. We created soup, sausage, ravioli, zucchini lasagna, artichoke casserole, nuggets, breadsticks, broccoli quiche, zucchini quiche, green bean casserole and garlic-mashed potatoes. Unfortunately, the artichoke casserole was found in the freezer as attendees were leaving so only a few people were able to take those home to taste test.

Terry Grossmeyer graciously donated tinfoil meals-on-wheels trays, which provided excellent TV Dinner containers. One dinner variety we made was lasagna, green bean casserole and breadsticks. Which will simply be pulled from the freezer direct to the oven and heated at 350 for 20 minutes or so. TV Dinners are essential to the PKU mom on the go. It provides excellent meals with no preparation time. They can be heated easily by the babysitter or taken on an overnight. Once eaten, the tray can be resealed to measure and record the leftovers.

The containers can be ordered from your local Gordon Food Center (GFC) by the case. They have one large area divided from two smaller sections. The cardboard top fashions a silver-coated interior and a paper like exterior. It is perfect for recording exactly what is inside and the phe amounts. Thank you Terry for providing the containers and tater tots.

As with every cooking day, I provide everyone attending with the recipes we create, some helpful hints and ideas, a selection of my favorite recipes not found in the cookbooks, as well as few samples of the latest or greatest products on the market. This time was Cambrooke Foods: *new* cheese wizard cheese spread, which is similar to traditional cheese-wiz, cheese slices, cream cheese, and artisan rolls.

In making our breadsticks helpers formed the dough into stick shape due to time. However, I believe it is essential for every parent to feel comfortable and confident in working with the low protein dough. It can be the most frustrating to learn, making it an even higher priority for everyone to have the knack of baking bread, rolls, pizza crusts, English muffins, bagels and all of the bread basics. Bread is a major component of the low protein diet and as

we know the earlier tastes and textures are introduced the better accepted they are among children.

I am considering a "All About Breads" cooking day. The next class is set for May however which is the start of picnic and barbecue season. Early summer is a nice time to have a supply of those outdoor foods on hand. As well as a great time to find new refreshing ideas of summer pot luck dishes everyone can enjoy, including our PKU kids. Those responding to attend will decide what the focus will be so if you are interested in attending please consider what your need is and advise me when responding. Perhaps we'll do a combination.

I extend a personal invitation to anyone/everyone looking for a little help, friendship, or simply some power-cooking time to attend a cooking day. The next date is set for May 17th at 1:00 in South Holland. Check the website www.pkuil.org for future dates. Cooking Day dates are already listed in the calendar section through the end of the year. I look forward to cooking with you!

2003 SWIMMING PARTY

Come join us in an evening of fun
At the Schaumburg Water Works.

When:

Sunday, June 22nd, 2003

5:00 p.m. to 9:00 p.m.

Where:

Schaumburg Water Works
505 N. Springengrove Road
Schaumburg, IL
(847) 490-7015

For more information contact
Kristen at (847) 265-8275

The versatility of a PKU recipe

By Jodi Caro

As a mother of an only child with PKU, like many of you I am often searching for ways to increase the versatility of recipes – particularly those which produce large quantities. I recently made a batch of Tortillas (Chappathis in Indian Cuisine) which produced a dozen beautiful tortillas. My daughter ate a few the first day I made them but after several days the tortillas became a bit chewy and my daughter announced she was bored of them (sound familiar?). I was reluctant to toss out my handiwork and decided to try something different. I cut each tortilla with a pizza cutter into nice little triangles. I then fried the triangles in enough vegetable oil to cover them (about 1-2 inches) well heated for approximately 2-3 minutes or until they turn a light brown. I drained each batch on paper towels and sprinkled them generously with salt and Voila – nacho chips! They were crispy but sturdy enough to hold up to salsa. They were great warm (we all tasted them!) but the real test came several days later. The nacho chips passed with flying colors as they remained crispy and salty in an airtight container. The best part of all – my daughter is still eating them! Below is the recipe I used which I picked up at a PKU Organization of Illinois Event:

TORTILLAS/CHAPPATHIS

This is a very versatile bread that is quickly prepared since it doesn't have any yeast and hence no rising (waiting) time. This is called Tortillas in American cuisine and Chappathis in Indian cuisine. These tortillas can be used as a wrap for burritos, enchiladas or even to make chips (when fried or baked).

Mixing instructions:

Mix all the ingredients in a bowl and add enough water to the mixture to make a stiff dough. Knead for 3-5 minutes to make a smooth dough, pliable enough to roll into balls. Divide the dough into 12 equal parts. Using a rolling pin roll each ball into a thin tortilla (dusting baking mix so that the dough doesn't stick) measuring 8 inches in diameter. Heat the griddle or a frying pan and cook one at a time using the following method. Place on rolled tortilla on the hot pan and cook for 30 seconds on one side. Turn it to the other side and cook on the other side until small bubbles appear on the surface. Repeat the cooking and turning process until both the sides of the tortilla are covered with small bubbles indicating the tortilla is cooked. Remove from the pan and smear the cooked tortilla with little bit of melted margarine. The smeared margarine keeps the tortilla soft. Cook all the tortillas similarly and keep wrapped in a cloth towel to keep them soft longer. Serve with Indian curries or as a wrap or use it with filling to make burritos.

PHE content: Per recipe – 149 mg Per serving – 12 mg

DOUGH PREPARATION: 10 MINUTES

TORTILLA PREPARATION: 2-3 MINUTES PER TORTILLA

Reminder!

Andrew Craig Scholarship Application

This year the PKU organization will again award two \$1,000 scholarships to two qualifying individuals with PKU.

The individuals with PKU have to be enrolled in an accredited college, university, or vocational school in the fall of 2003 and do not need to be newly enrolled. A student may win more than once, but not in consecutive years.

For the application and more information, **after July 1st**, please visit our website: www.pkuil.org; call Kate Chovanec at 847-854-4778; or write to the PKU Organization of Illinois, P.O. Box 102, Palatine, IL 60078-0102.

CAMBROOKE FOODS

Cambrooke Foods is fresh with new ideas and foods for 2003! Watch for our e-mail messages which will announce NEW Cambrooke products, or, take a moment and visit our web site for new recipes using our products to create more delicious meals for your family.

Cambrooke's Rewards Club will appeal to our regular monthly customers who are looking for convenience, a chance to give back to the Metabolic Community and rewards for their customer loyalty.

Here's how it works. Club members will have the opportunity to maintain a standard monthly order which can be altered during the course of the month as needed. Members will receive free samples of new products as they are introduced. At the end of a twelve-month period of continuous enrollment (with a one month "vacation break" if needed), they will receive 5% credit toward future food purchases (of their twelve month food total) and a check for the same 5% amount will be donated in their name to *PKU News* to support ongoing food product research. For Cambrooke's Rewards Club information, e-mail us at CambrookeClub@Cambrookefoods.com or call us at: (866) 4 LOW PRO / (866) 456-9776 (option 6).



A Recipe Challenge for you this Spring: Share with us an original great tasting recipe which uses three or more Cambrooke Foods products, with permission to be posted on Cambrooke's website. If we publish

your recipe, you will receive a \$10.00 Cambrooke Foods gift certificate. If yours is selected as the best recipe entry based on taste, the number of products used and originality, you will receive a \$100.00 Cambrooke Foods Gift Certificate. Deadline for recipe entries is May 30, 2003. We will announce the winner in early June via e-mail.

Rugelah is back due to popular demand – for a limited time! These Eastern European specialties are small rolled pastries made from a very rich, low protein cream cheese and sweet butter dough. The delicate, flaky pastry encloses a raspberry filling. You will absolutely love this decadent dessert! Order while supplies last.

We are ALWAYS open to serve you. Call toll-free (866) 4 LOW PRO / (866) 456-9776 or visit our website at www.cambrookefoods.com. If this is not convenient, you can mail, e-mail or fax your orders to us at mykitchen@cambrookefoods.com - (630) 839-7413 (fax), 2 Central Street, Framingham, MA 01701.

Pampered Chef Fundraiser

On January 31, Angela Koster, Vice President of the PKU Organization, hosted a Pampered Chef party. This was no ordinary party though; it was a Pampered Chef fundraiser for our organization. There were laughs, cooking, demonstrating of gadgets, and, of course, tons of food. The party raised over \$250. Thanks to Annemarie Janeway, the Pampered Chef representative, and all the people who ordered items. Great big THANKS to Angela for opening her home, cooking and baking a lot of food, and hosting this event.

PKU Organization of Illinois 2003 Central Illinois PICNIC

DATE: Sunday, July 27, 2003 Time: 1:00 am - 4:00 PM

LOCATION: 16036 Inverrary Lane, Bloomington, IL
This is south of Bloomington

Directions & Map will be provided upon RSVP.

- **RSVP if attending:** (309) 827-4706 or bakimbrell@aol.com by July 25.
- **Host:** Mary Jane Kimbrell
- **Provided:** PKU and non-PKU main dish. We will determine menu as we get responses, drinks, tableware, cups.
- **Bring:** PKU dish labeled with Phe count per serving and non-PKU dish Swimsuit (if you would like to swim).

The PKU Organization of Illinois Comparative Results of Operations for the Years Ended December 31, 2002 & 2001 Cash Basis

	General Fund	MPKU Fund	Education Fund	Research Fund	Spec. Assist Fund	Total 2002		Total 2001		
Receipts:										
Fund Raising:										
Jewel Shop & Share	\$ 275.24	\$ -	\$ -	\$ -	\$ -	\$ 275.24	1.0%	\$ 134.86	0.5%	
Dominick Benefit Days	90.14	-	-	-	-	90.14	0.3%	-	0.0%	
Meijer Give Away Program	620.16	-	-	-	-	620.16	2.3%	-	0.0%	
Pampered Chef Fund Raiser	-	-	-	-	-	-	0.0%	-	0.0%	
Annual Appeal	1,135.00	-	-	-	-	1,135.00	4.1%	1,532.00	5.9%	
Donations	1,913.00	-	-	4,725.00	2,000.00	8,638.00	31.5%	10,025.54	38.3%	
Annual Meeting Raffle	10,879.00	-	-	-	-	10,879.00	39.6%	7,335.00	28.0%	
Subtotal Fund Raising	14,912.54	-	-	4,725.00	2,000.00	21,637.54	78.8%	19,027.40	72.7%	
Event Receipts:										
Annual Meeting Registration	1,800.00	-	-	-	-	1,800.00	6.6%	1,720.00	6.6%	
Annual Meeting Sponsors	1,450.00	-	-	-	-	1,450.00	5.3%	500.00	1.9%	
PKU Camp Registration	670.00	-	-	-	-	670.00	2.4%	555.00	2.1%	
Subtotal Event Receipts	3,920.00	-	-	-	-	3,920.00	14.3%	2,775.00	10.6%	
Other Receipts:										
PKU Directory Advertising	1,225.00	-	-	-	-	1,225.00	4.5%	-	0.0%	
Product Sales to Members at Cost	72.50	-	-	-	-	72.50	0.3%	286.00	1.1%	
Other Cash Receipts	590.52	-	-	-	-	590.52	2.2%	4,098.90	15.7%	
Subtotal Other Receipts	1,888.02	-	-	-	-	1,888.02	6.9%	4,384.90	16.7%	
Total Receipts	20,720.56	-	-	4,725.00	2,000.00	27,445.56	100.0%	26,187.30	100.0%	
Disbursements:										
Annual Meeting 2000 Carry Over	-	-	-	-	-	-	0.0%	7,232.37	21.6%	
Annual Meeting 2001 Carry Over	4,809.50	-	-	-	-	4,809.50	13.9%	1,482.40	4.4%	
Annual Meeting 2002 To Date	6,754.19	-	-	-	-	6,754.19	19.5%	-	0.0%	
Donations & Grants	1,250.00	-	2,000.00	7,225.00	1,713.55	12,188.55	35.2%	12,538.52	37.4%	
PKU Press	3,087.12	-	-	-	-	3,087.12	8.9%	3,558.00	10.6%	
Winter Swim	399.74	-	-	-	-	399.74	1.2%	-	0.0%	
New Parent Coffees	50.00	-	-	-	-	50.00	0.1%	-	0.0%	
Discovery Days	350.00	-	-	-	-	350.00	1.0%	469.18	1.4%	
Cooking Club	-	-	-	-	-	-	0.0%	-	0.0%	
Cooking School	149.89	-	-	-	-	149.89	0.4%	174.53	0.5%	
Central Illinois Picnic	-	-	-	-	-	-	0.0%	70.46	0.2%	
Southern Illinois Picnic	145.00	-	-	-	-	145.00	0.4%	161.21	0.5%	
Halloween Party	459.00	-	-	-	-	459.00	1.3%	330.48	1.0%	
PKU Camp	2,468.20	-	-	-	-	2,468.20	7.1%	2,482.92	7.4%	
PKU IL Directory	1,808.00	-	-	-	-	1,808.00	5.2%	-	0.0%	
Fund Raising	16.91	-	-	-	-	16.91	0.0%	2,426.06	7.2%	
New Parent Packets	-	-	-	-	-	-	0.0%	581.27	1.7%	
"Understanding PKU" Pamphlets	-	-	-	-	-	-	0.0%	570.00	1.7%	
Administrative/Overhead	1,905.34	-	-	-	-	1,905.34	5.5%	1,434.66	4.3%	
Total Disbursements	23,652.89	-	2,000.00	7,225.00	1,713.55	34,591.44	100.0%	33,512.06	100.0%	
Other Adjustments	(36.16)	-	-	-	-	(36.16)		0.30		
Transfers Between Funds	(2,000.00)	-	2,000.00	-	-	-		-		
Net Surplus/(Deficit) for the Year	\$ (4,968.49)	\$ -	\$ -	\$ (2,500.00)	\$ 286.45	\$ (7,182.04)		\$ (7,324.46)		

Papi's Perspective

Summer is almost here! It is time to get busy with the backyard honey do list and get ready for a great summer. Fortunately, I don't have to go far to do my favorite summer activity in Chicago, since it can be done right in the backyard. Yes, I can go outside to cook on the grill without having to put on 3 layers of clothes and navigate through the snow. I wanted to share some thoughts on grilling some enticing foods that are low in protein: fruits on the grill.

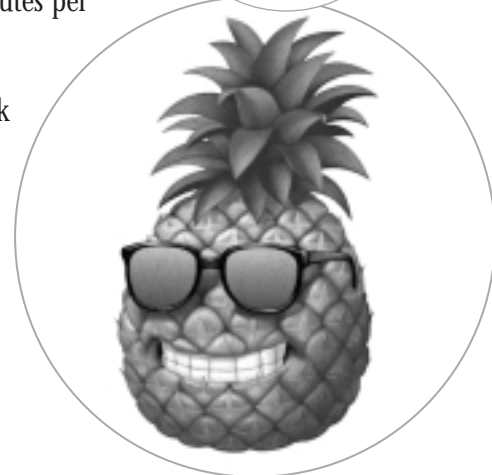
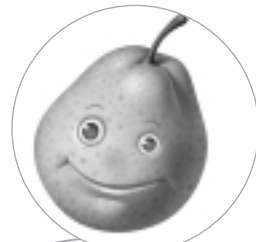


Grilled fruits are delicious and add pleasure to any meal. During grilling, a fruit's flavor and sweetness intensify, and it picks up an appetizing smoky taste. If you enjoy grilled fruit as much as I do, you may consider investing in a grill basket, so your fruits don't end up down with the coals. All grilled fruits, whether cut or whole, should be brushed lightly with mild olive oil or other vegetable oil to prevent them from sticking to the grill and drying out. Once the fruits are removed from the fire, revive their vibrancy by brushing them again with a bit of olive oil or softened butter. By doing so, you will not only add extra flavor but also give them a glorious look.



Following is a quick guide to grilling specific fruits. The cooking times are approximate and will vary depending on how hot the fire is and the degree of doneness you and your child prefer.

- **Bananas and Ripe Plantains:** Halve the un-peeled fruit lengthwise. Grill the banana halves, cut side down, until they are golden in color, about 2 minutes. Flip them and grill 2 minutes longer.
- **Fruit halves (soft fruits such as apricots, figs, guavas, mangoes, nectarines, kiwis, peaches, pears and plums):** Grill the fruit cut side down to start, turning once, and continue to grill until the fruit is soft but not mushy. Test for doneness after grilling for 2-3 minutes per side.
- **Melons (cantaloupe, honeydew and papaya):** Halve, peel, and remove the seeds from the fruit. Cut each half into 1/2 inch-thick wedges. Grill until the pieces are soft but not mushy, about 2 minutes per side.
- **Oranges (or grapefruit):** Peel, then slice the oranges 1/2 inch thick. Remove the seeds. Grill until the orange slices are soft but not mushy, about 2 minutes per side.
- **Pineapple:** Peel, then slice a whole fresh pineapple into 1/2 inch-thick rings. Grill until the pineapple slices are light golden, about 2 minutes per side.



Be creative, get the kids involved, have fun. Happy grilling and have a great summer!

Reference: Fruit Cookbook, by Nicole Routhier; Workman Publishing, 1996.

The PKU Organization of Illinois would like to acknowledge and thank the following participants in the 2002 Annual Appeal. The 2002 Annual Appeal raised \$1,135.

Those who contributed \$100 to \$500:

- Mr. & Mrs. Brad & Angela Koster
- Mr. Lindsay Earnest
- Mr. & Mrs. Mark & Mary Schoenbrun

Other generous contributors:

- Mr. & Mrs. Craig Weber
- Mr. & Mrs. Theodore Dec
- Mr. & Mrs. Jerry Cielak
- Mrs. Elizabeth Stephens
- Mr. & Mrs. John & Tina Stalzer
- Mr. & Mrs. Joseph & Trisha Siok
- Mr. & Mrs. Robert & Karen Michael
- Mr. & Mrs. Daniel & Beth Burke
- Follett Corporation
- Resurrection Health Care ProCare Centers

Thank You!

The 2002 Parent Directory Acknowledgement

The PKU Organization of Illinois would like to acknowledge the efforts of **Angela Koster** for her work in collecting and updating the information for the new directory and **Dee Pratscher** for her fund raising efforts in support of the new directory. Dee raised \$1,225 to help fund the printing of the 2002 Parent Directory.

Many thanks,
The PKUIL Board.

Dominick's BENEFIT DAYS SLIPMONDAY, TUESDAY AND WEDNESDAY,
05/12/03 THRU 05/14/03

000989

ARE DOMINICK'S BENEFIT DAYS FOR:

DATE:

P. K. U. ORGANIZATION OF ILLINOIS

OPERATOR NUMBER	STORE NUMBER	ENTER SUB TOTAL AMOUNT OF PURCHASE DOLLARS	CENTS
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

THANK YOU FOR SHOPPING
AT DOMINICK'S

CUSTOMER'S SIGNATURE

1

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The Officers and Directors of the PKU Organization of Illinois would like to thank **Kimberly Galen** for her many years of hosting the Cooking School for the Organization. Kimberly's willingness to share many successful recipes and cooking tips has proven to be of great benefit to many parents and patients who have to prepare meals for the PKU diet.

However, it is now time to pass on the reins and **Lisa Hughes** has graciously volunteered to host the 2003 Cooking School. The event will be held on Saturday, July 19th from 1-3 p.m. at the Hughes' house (1N251 Redwing Drive in Wheaton, IL). See the flyer on this issue for more details.

The PKU Organization of Illinois would like to acknowledge and thank the following contributors for 2002. The Organization raised \$8,638.02 in donations in 2002.

*thank you!**thank you!*

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- Automatic Switch Company

THOSE WHO GAVE \$1,000 TO \$2,000:

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- Mrs. Rosalie Stimac
- State Farm Companies

THOSE WHO GAVE \$100 TO \$500:

- Mr. & Mrs. Michael & Mary Mullen
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- Mr. & Mrs. George & Shirley Tighe
- Mr. Stanley Mikita
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