



THE VOICE
Anne Arundel County Chapter
of the
Autism Society of America
January 2008 **Volume 12, Issue 6**

President's Message

AACC-ASA meetings are held the last Tuesday evening of each month at Ruth Parker Eason School, 648 Old Mill Road, Millersville. Meetings begin at 7:00 pm.

The meetings begin with introductions and general announcements, along with time for open discussion. A refreshment break is followed by a discussion led by the guest presenter.

Ample time is allowed for questions and follow-up discussion, as well as further opportunity for group support and socialization.

New members and new ideas are always welcome.

I hope everyone enjoyed a happy and healthy holiday, and is ready to start the new year with renewed energy and spirit.

Our January meeting will feature a discussion about successful strategies for **preparing students to transition to a new school, program, or placement**. It will be led by **Mary Barbera** and **Roxanne Sporrer**, Special Education resource teachers/specialists with our school system. Ms. Barbera primarily works with younger students (pre-school and kindergarten) and Ms. Sporrer primarily works with secondary students (middle and high school). I encourage parents and other family members, as well as professionals and other service providers, to join us on January 29th.

I want to provide one final reminder about the **'Evening with Deborah Lipsky'** on **Thursday January 10th at 7:00 pm** at Meade Senior High School auditorium that we are sponsoring in partnership with the Parent-Teacher Association of Old Mill Middle South. Ms. Lipsky will present "An insider's perspective on autism and Aspergers Syndrome". Please remember that no RSVP or reservation is required and that a donation of \$10 at the door is suggested. For further information, please contact **Nancy Snyder** at **(410) 969-7000**. I look forward to seeing everyone there!

Chapter networking/support/resource guide

To help you locate the information and resources that you need, we have developed a guide that is available on our web site at <http://www.aaccasa.org/images/NetworkingGuide11-07.pdf>. The guide consists of a list of chapter member volunteers who are available to provide information and assistance to family members, friends, professionals, and service providers.

The guide is still under development, and many of the topics do not as yet include names and contact information. We are seeking additional chapter members who are willing to share their time and expertise. If you have experience with any of the topics and would like to provide information and assistance, please contact **Alison Hamilton** at **(410) 451-8015** or hamilton@verizon.net. The guide will be updated as our list of chapter member volunteers for each topic becomes more complete.

Sensory Processing Disorder parent support group

On **Sunday January 6th at 7:00 pm**, the Sensory Processing Disorder parent support group will meet at OT Ventures on Horned Owl Court in Ellicott City. The meeting will feature a discussion led by Andrea Goldberg, MS, CCC-SLP about how to facilitate pragmatic (social) language skills. For further information or to RSVP, please contact **OT Ventures** at **(443) 812-6396** or ot_ventures@hotmail.com.

Phone line:
(410) 923-8800

Web site:
www.aaccasa.org

Next meeting:
Tuesday,
January 29th
7:00 pm

Happy New Year!!



Parent support group

On **Wednesday January 9th** from **6:30 - 8:00 pm**, a parent support group will be held at the Hannah More School for parents of students with a range of disabilities including those in the emotional area, autism spectrum disorders, ADHD, learning disabilities, and health impairments. The support group, co-facilitated by professionals, is designed to offer parents a confidential, supportive climate to share experiences and knowledge with each other, to develop problem-solving and coping strategies and to inspire hope. The group is not limited to parents of students who attend the school. For further information or to RSVP, please contact **Bob Brown**, Staff Social Worker, at **(443) 881-2034** or **rbrown@hannahmore.org**.

Autism support group

On **Monday January 14th** from **6:30 - 8:00 pm**, an autism support group meeting will be held at the Judy Center on Main Street in Grasonville. The purpose of the group is for families, caregivers and professionals in the upper Eastern Shore area to make connections, share experiences, and learn about local resources. The meeting will include a presentation by Rebecca Rienzi, Director of Outreach and Community Partnerships with Pathfinders for Autism. She will provide information about several of their projects addressing a range of lifespan issues – from improved developmental screening techniques for pediatricians to training those who assist adults with autism in vocational training and employment. She will also provide information on the Pathfinders for Autism Resource Center. For further information, please contact **Jennifer Doege**, Parent Coordinator, Partners for Success at **(410) 758-3693** or **Diane Lane**, Family Navigator, at **(443) 480-2966**.

Autism support group

On **Monday January 14th** from **7:00 - 9:00 pm**, an autism support group for families in the southern portion of our county will be held at Mayo Elementary School (media center) on Mayo Ridge Road in Edgewater. For further information, please contact **Tammy LeBow** at **(410) 336-6104**.

Presentation on stress and focus

On **Monday January 14th** from **7:30 - 9:00 pm**, **Individual Differences in Learning** will host a presentation entitled **“Body work for relaxation and focus”**. It will be led by Liz Clark, a yoga instructor, Jamie Levine, an occupational therapist, and John Wysong, an acupuncturist, and held at the Linden Linthicum Church in Clarksville. The presenters will discuss ways that children can use their body to relieve anxiety, provide stress management, and improve mental focus. For further information or to RSVP, please contact IDL at **info@gifteddifferentlearners.org**

Aspergers Syndrome support group

On **Wednesday January 16th** from **7:00 - 9:00 pm**, the **Anne Arundel County Asperger Support Group** will hold their monthly meeting at St. Martin's in the Field Church on Benfield Boulevard in Severna Park. For further information, please contact **Sue Hayward** at **(410) 544-6661** or go to **http://www.aacaps.org**.

Tour of Asperger program

On **Thursday January 17th** at **10:00 am**, the **Ivymount School** on Seven Locks Road in Rockville will host a parent tour of their program for students with Asperger Syndrome in grades 2 - 8. For further information or to RSVP, please call **Lenore Gladstone** at **(301) 469-0223 x 143** or go to **http://www.ivymount.org/asperger.html**.

AA-SECAC meeting

On **Thursday January 17th** at **7:00 pm**, the **Anne Arundel County Special Education Citizens' Advisory Committee** will hold their monthly meeting at the Board of Education building on Riva Road in Annapolis. The goal of SECAC is to develop partnerships and facilitate discussion between parents, families, community leaders, organizations, educators and administrators to enhance services and opportunities available to students with disabilities and/or special needs, and to advocate for positive changes in special education within Anne Arundel County Public Schools. For further information, please contact AA-SECAC at **(410) 224-3122** or **AASECAC@fastmail.fm**.

Presentations about Asperger Syndrome

The **Ivymount School's Model Asperger Program** is hosting a series of free lectures for parents, professionals, and other care providers. The presentations will be held from **7:00 - 9:00 pm** at the school on Seven Locks Road in Rockville. The schedule for this series is as follows:

Thursday January 17th

“Promoting self-regulation in children with Asperger Syndrome: Ideas about the regulation of sensory information, stress, sleep, and attention”

Thursday February 7th

“Ready for college? Supporting students with Asperger Syndrome at the university level”

Tuesday March 18th

“Practical approaches to building independence in young people with Aspergers Syndrome”

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Presentations about Asperger Syndrome

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Thursday April 10th

“Problem solving and flexible thinking for the classroom and everyday life”

For further information or to RSVP, please contact **Lenore Gladstone** at (301) 469-0223 x 143 or LGladstone@ivymount.org.

Aspergers Syndrome support group

On **Monday January 21st at 7:00 pm**, a meeting for individuals and families affected by Aspergers Syndrome and other autism spectrum disorders will be held at the Severn Covenant Church on Gambrills Road (in the 2nd floor of Fellowship Hall) in Severn. For further information, please go to <http://aspergers.meetup.com/243>.

Special event for children with autism and their siblings

On **Wednesday January 23rd, Bounce Around** at 899 Airport Park Road in Glen Burnie will hold four special one-hour sessions for the dedicated use of children with an autism spectrum disorder and their siblings, ages 1 - 16. The one-hour sessions, with a maximum of 25 children per session, will be held at **1:00 pm, 2:00 pm, 5:30 pm, and 6:30 pm**. The facility provides a large play arena, filled with a variety of inflated moon-bounce type equipment on which the children can bounce, slide, crawl and climb. The facility also provides a designated 'quiet area' room where the children can go to relax and enjoy a break with water or juice. The fee is \$5.50 per child for the one-hour session. Adults who wish to actively participate and use the equipment during the one-hour session may do so for a fee of \$11, but there is no charge for adults who are supervising their children.

There are several guidelines that must be followed in order to ensure a successful and safe event: (1) participants must wear socks and cannot wear belts or jewelry or bring any sharp objects; (2) parents or responsible adults must stay at the facility during the session - this is not a drop-off program; (3) the weight limit is 200 pounds per person; (4) no food is allowed in the facility - only water and juice which can be consumed only in the 'quiet area' room; and (5) a signed indemnity/liability waiver form is required for each participant. This form is available at the facility and can be completed and signed upon arrival for the session; it is also available on their website (<http://www.glenburniebouncearound.com>) and can be completed and signed in advance and brought to the facility at the time of the session.

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Reservations are required for these sessions and will be accepted through the morning of the event on a space-available basis. For further information, to make reservations, or to get directions, please call **(410) 768-8288**. When making a reservation, be sure to indicate that you are calling for the special 'autism day' event and provide your name, phone number, how many children will be participating, and the specific time-slot you are requesting.

Book Friends

On **Wednesday January 23rd from 6:30 – 8:00 pm**, **Book Friends** will hold their meeting at the public library located on McKinsey Road in Severna Park. Book Friends is a community book club for persons with or without a disability who are 18 years of age and older. For further information or to reserve a seat, please contact **Chrystal Irving** at **(443) 867-7032**.

Presentation on children with special needs

On **Thursday January 24th from 6:30 - 8:30 pm**, the **School Social Workers of Anne Arundel County** will host a presentation entitled **“What’s behind my child’s diagnosis?”** as part of their monthly parent group meeting at the North County Library on Eastway in Glen Burnie. For further information, please call **(410) 437-2400 ext. 451** or **(443) 770-5120**.

Polar Bear Plunge

On **Saturday January 26th** the **12th Annual Maryland State Police Polar Bear Plunge** will be held at Sandy Point State Park. The proceeds from this event will largely be used to implement the Special Olympics Young Athletes Program in Maryland – an innovative program that provides early intervention for youngsters (ages 2-7) with intellectual disabilities. For further information or to register, please go to <http://www.plungemd.com> or call **(410) 789-6677 x 503**.

Therapeutic/Adaptive Recreation programs

The **Anne Arundel County Department of Recreation and Parks, Division of Therapeutic/Adaptive Recreation**, offers a wide variety of programs. The upcoming schedule is as follows:

After school recreation for children: Children ages 5 - 13 participate in group games, crafts, and sports to develop social skills, broaden recreational interests, and improve physical fitness. It is held at Central Special on Mondays, Wednesdays, and Fridays from 3:00 – 6:00 pm beginning January 28th; Ruth Eason on Tuesdays, Thursdays, and Fridays from 3:00 – 6:00 pm beginning January 29th, and Marley Glen on Mondays, Wednesdays, and Fridays from 3:45 – 6:00 pm beginning January 28th.

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Teen club for youth with developmental delays: Teens (ages 13 – 21) get together with peers for dancing, games, parties, and socialization. It is held at Ruth Eason and Central Special on Fridays from 6:30 – 9:00 pm beginning February 1st.

Young adult social club: Young adults (age 18 and up) get together with peers for fun, socialization, and other planned activities. It is held at Marley Glen on Fridays from 6:30 – 9:00 pm beginning on February 8th.

Saturday recreation program: Children ages 6 - 16 develop social skills, play adaptive sports, create arts and crafts, and participate in other special activities. It is held at Central Special and Ruth Eason on Saturdays from 10:00 am – 2:00 pm beginning February 2nd.

Swim programs: Youth and adults with disabilities participate in instructional swim classes. Classes for beginners (ages 3 – 6 and 6 – 12) and adults are held at Ruth Eason on Tuesdays and Thursdays beginning February 19th, and classes for advanced beginners (ages 10-16) are held at the North Arundel Aquatic Center on Wednesdays beginning February 20th.

For further information, please contact **Wendy Scarborough** at **(410) 222-7311 x 3554**. Information and registration forms are also available at <http://www.aacounty.org/recparks>.

Family day in Annapolis

On **Tuesday February 5th** from **9:00 am – 1:30 pm**, the **Maryland Coalition of Families for Children's Mental Health** will host their 8th annual Family Day in Annapolis for Children's Mental Health. The event provides an opportunity to share concerns about children's mental health issues with Maryland legislators. For further information or to register, please call **(410) 730-8267** or go to <http://www.mdcoalition.org>.

Fundraising raffle

The **Howard County Autism Society** and **Harley-Davidson of Maryland** are raffling a 2007 FXD Dyna™ SuperGlide motorcycle. Tickets are \$100 each or 3 tickets for \$250. Only 1,000 tickets will be sold. Tickets can be purchased at the Harley-Davidson of Maryland Showroom on Troy Hill Drive in Elkridge or online at <http://www.howard-autism.org>. The drawing will be held at the Pieces of the Puzzle Gala on April 5th.

Participants sought for research study

Dr. Stewart Mostofsky at the **Kennedy Krieger Institute** is recruiting children with autism and typically developing children ages 8 – 12 to participate in an MRI study of brain development. The study involves 2 days of computer games, paper

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and pencil tasks, and a Magnetic Resonance Imaging scan of the brain. Participants will receive free IQ testing and report, and will be paid \$50 for their time. For further information, please contact **Jessica O'Brien** at **(443) 923-9254** or **ObrienJ@kennedykrieger.org**.

Participants sought for research study

Kristen Kalymon, a doctoral student in psychology who is currently completing her internship at the PDD clinic of the **Kennedy Krieger Institute** at the **Johns Hopkins School of Medicine**, is recruiting participants for her dissertation study. She is seeking parents of preschool-age boys and girls (2 - 4 years old) who have challenging behaviors at home, such as disobeying rules, yelling and kicking, or not getting along with siblings and friends. Interested parents will participate in an experimental program, called Positive Beginnings, which will help them learn about young children's development and learn ways to deal with their problem behaviors. Participating parents will gain skills to handle their children's disruptive and aggressive behaviors. All parents will attend 2-hour training sessions once a week for four consecutive weeks. In addition, parents will complete rating scales and observations to evaluate the training program. Training sessions will be held at a local public library. Parents may receive an honorarium up to \$40 for their participation. Child care will be provided. For further information, or if you are interested in participating, please contact **Ms. Kalymon** at kalymon@kennedykrieger.org or **(443) 923-2975**.

Participants sought for research study

The **National Institutes of Health (NIH) Infant Brain Imaging Study (IBIS) Network** is conducting a research study of brain overgrowth in autism. Previous studies have shown that the onset of brain overgrowth and autistic behavior both occur toward the end of the first year of life. They are seeking approximately 500 infant siblings of children with autism for MRI scans at 6, 12 and 24 months of age at four sites around the country, including the University of North Carolina in Chapel Hill. For further information, please go to <http://www.ibis-network.org> or call **(800) 793-5715**.

Participants sought for research study

The **Riesenhuber Laboratory** in the **Department of Neuroscience** at **Georgetown University Medical Center**, in cooperation with **Children's National Medical Center** and its **Center for Autism Spectrum Disorders**, is conducting a behavioral and fMRI study investigating face recognition and perceptual learning in autism spectrum disorders. Participants are sought to help develop a computational model of object recognition and learning in the brain. They are seeking adults (age

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18-60) who have been diagnosed with an autism spectrum disorder or adults who have a relative with an autism spectrum disorder and who themselves have traits or characteristics of an autism spectrum disorder. Participants must have normal or corrected-to-normal vision (glasses/contacts) and cannot have medical implants such as a pacemaker or orthodontic braces.

The study will consist of two sessions, the first for paperwork and diagnostics, which may take place at the Rockville Outpatient Center for Children's National Medical Center, and the second for behavioral and fMRI measurements on the campus of Georgetown University in Washington, DC. In the behavioral portion of the study participants will watch images presented on a computer screen and respond by pressing buttons. In the fMRI portion participants will be asked to lie still in a large device that measures brain activity while they watch and respond to images. Participants will be paid \$20 per hour for behavioral and \$40 per hour for fMRI testing. Free parking and reimbursement for travel expenses will be provided.

For further information, please contact the Lab at visionlab@georgetown.edu or (202) 687-7837. Information is also available at <http://maxlab.neuro.georgetown.edu>.

Therapy groups

OT Ventures on Horned Owl Court in Ellicott City is offering the following classes during the winter session of their weekly therapy groups, beginning the last weekend in January:

Get your engine going: This new group is based on the philosophy of the Alert Program. Music, games, and a variety of sensory strategies are used to educate children on how to monitor their own "engine levels" to self-regulate their behavior.

Munch bunch: These oral motor feeding groups for children ages 3 - 10 introduce activities that increase tolerance of food tastes, textures, and smells while improving oral motor development. Activities focus on simple food preparation, eating, and oral motor skills, while facilitating language, etiquette, and socialization. Strategies for home are emphasized.

Socialites: Each session addresses all areas of a child's development, including socialization, gross motor and fine motor development, sensory processing, pre-writing and/or writing skills, and oral motor skills. Children are grouped by age and skill level.

Write-on: Handwriting groups utilizing Handwriting Without Tears, a multi-sensory approach to writing. Writing groups are tailored to children of all ages and skill levels, including Pre-Writing, Printing, and Cursive.

All groups are led by an Occupational Therapist. For further information, please contact **Jamie Levine** at (443) 812-6396 or ot_ventures@hotmail.com.

Aspergers/Autism book club

Parents are invited to join a new Aspergers/Autism book club. The club is starting the first reading in January and discussion in February. The first book is "**Becoming Remarkably Able**"; it can be obtained at <http://www.1shoppingcart.com/app/?af=697636>. The discussion will occur on the All Things Aspergers yahoo group website at <http://health.groups.yahoo.com/group/AllThingsAspergers>. For further information about the book club, please go to <http://www.AllThingsAspergers.com>.

New website about dietary interventions

Talk About Curing Autism (TACA) has a new website to help families using dietary interventions. The site includes information on dieting on a budget, menu plans, research articles, recipes, how to get started, tips for picky eaters, where to shop, cooking classes, time savers, hidden dangers, and ingredients and substitutions. For further information, please go to <http://gfcf-diet.talkaboutcuringautism.org/index.html>.

Employment course

Partners in Employment is a free six-hour self-study course designed to help people with developmental disabilities find meaningful jobs and plan a career. Course participants will create a resume or portfolio of their strengths, skills, and interests; learn how to network and identify potential employers; prepare for an interview; and understand the hiring process. For further information, please go to <http://www.partnersinpolicy.com/employment/index.html>.

New on-line handbook for transitioning youth

Service Coordination has a new section on their website (<http://www.servicecoordinationinc.org>) devoted to the transitioning youth process which provides overall information as well as specific information for each county. Topics include Social Security, DORS, future and estate planning, and post-secondary education, as well as a detailed glossary of frequently used terms and acronyms.

New publication for parents

The **HSC Foundation**, in partnership with **George Washington University's Graduate School of Education and Human Development**, has a new brochure entitled "**Partnering with your child's school: A guide for parents - information and resources for families of children with health and/or mental health care needs**". It is designed to help parents of children who have been diagnosed with health or mental health care needs to learn about available resources and to develop a partnership with their children's schools. For further information, please go to <http://www.hscfoundation.org/whatwedo/family-supports.php>.



New publication about secondary school students with autism

The **National Center for Special Education Research at the Institute of Education Sciences** has released a new publication about the National Longitudinal Transition Study-2 (NLTS2) entitled **“Facts from NLTS2: Secondary school experiences of students with autism”**. The publication provides a national picture of the secondary school experiences of students with autism using data from the NLTS2. This study has a nationally representative sample of more than 11,000 students with disabilities. Approximately 1,000 youth with autism are included in the sample. The publication provides information on such topics as the courses taken, instructional settings, the nature of the curriculum and instruction, teacher perceptions, and the types of accommodations and supports provided for students with autism. It is available at <http://ies.ed.gov/ncser/pubs> or <http://ies.ed.gov/ncser/pdf/20073005.pdf>.

New publications about disclosure for youth with disabilities

The U.S. Department of Labor’s **Office of Disability Employment Policy (ODEP)** has three new publications about disclosure, as follows:

“The why, when, what, and how of disclosure in an academic setting after high school” is available at <http://www.dol.gov/odep/pubs/fact/www.htm>.

“Youth, disclosure, and the workplace: Why, when, what, and how” is available at <http://www.dol.gov/odep/pubs/fact/ydw.htm>.

“Entering the world of work: What youth with mental health needs should know about accommodations” is available at <http://www.dol.gov/odep/pubs/fact/transitioning.htm>.

Program for students with special needs attending college

College Living Experience (CLE) provides intensive assistance with academic, independent living and social skills for college students with autism spectrum disorder, Attention Deficit Hyperactivity Disorder, Asperger’s Syndrome, non-verbal learning disorders and other learning disabilities. Students live together in apartments near the local CLE offices and student centers while taking classes at community colleges, vocational schools, or universities. CLE professional staff members work closely with students to provide structured tutoring sessions, independent living skills training, and social outings. For further information, please go to <http://www.cleinc.net> or contact **Patricia Giner**, national director of admissions, at **(800) 486-5058**.

New website on college options for students with disabilities

The **Postsecondary Education Research Center Project**, coordinated by **TransCen**, has launched a web site that provides information and resources on college options for students with intellectual disabilities. The site provides answers to frequently asked questions related to developing or expanding services for students with intellectual disabilities in college settings. It also provides access to a free on-line evaluation tool that allows users to evaluate aspects of programs or services for students with intellectual disabilities on college campuses. This self-assessment tool provides users with the opportunity to create an itemized action plan that can be used to address areas in need of improvement. For further information, please go to <http://www.transitiontocollege.net>.

Family-to-Family Health Information Center

The **Parents' Place of Maryland** serves as the **Family-to-Family Health Information Center (F2F HIC)** for our state. They help families of children and youth with special health care needs and the professionals who serve them. Because these health care needs are chronic and complex, parents and caregivers are often challenged with finding the resources to provide and finance health care for their children. The F2F HIC is staffed and run by parents themselves, and as parents, they have traveled through the maze of services and programs designed to help these children and youth. The staff at the F2F HIC understands the issues that families face, provides advice, offers a multitude of resources, and taps into a network of other families and professionals for support and information.

The F2F HIC provides assistance in a variety of ways, including support and referral through direct telephone, e-mail or in-person contact, training through workshops, advocating for and connecting families with resources, running listservs and websites, and developing newsletters and family-friendly publications. Typical questions that they answer include:

- Where can I get information to help me choose a health plan that's good for my child with special health care needs as well as the rest of my family?
- What are the eligibility requirements for Medicaid and how do I apply?
- Where can I get assistance to understand which services my present health plan does and does not cover?
- Is my health plan required to pay for my child's therapies?

For further information, please call the **Parents Place of Maryland** at **(410) 768-9100** or **(800) 394-5694**.



Gluten-free and Casein-free recipes from Doris Smith

Brown Sugar & Spice Pumpkin Bars

These bars are simple to throw together, and turn out moist and chewy. Add raisins or dried cranberries, if you like. You will need:

- 2 large free-range organic eggs
- 1/3 cup extra light olive oil or vegetable oil
- 1 cup light brown sugar, packed
- 1 cup pumpkin puree [canned is fine]
- 2 teaspoons vanilla extract
- 1-3/4 cups Pamela's Ultimate Baking Mix - or a gluten free flour mix with 1 teaspoon baking powder, 1/2 teaspoon baking soda, 3/4 teaspoon salt, and 3/4 teaspoon xanthan or guar gum added
- 1 teaspoon cinnamon
- 1/2 teaspoon Pumpkin Pie Spice [or a blend of nutmeg, cloves, allspice, ginger]
- 1/3 cup finely chopped walnuts or pecans

Preheat the oven to 350 degrees F. Grease a 9x13-inch baking pan or line the pan with greased parchment or foil. Beat the eggs till blended; add the oil and beat to combine. Add the brown sugar and beat until smooth. Add the pumpkin, beat till smooth; add the vanilla, beat to combine. Add the baking mix and spices and beat just until the batter is smooth. Add in the nuts and stir by hand to combine.

Dump the batter into the baking pan and spread evenly. Bake in the center of a preheated oven for about 20 to 25 minutes, until the bars are firm, and a wooden pick inserted into the center emerges clean. Cool on a wire rack. Frost when cool.

Brown Sugar & Spice Frosting

You will need:

- 4 tablespoons butter or buttery non-dairy spread such as Smart Balance
- 1/4 cup packed light brown sugar
- 2 tablespoons apple cider or orange juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 teaspoons vanilla extract
- 2 cups powdered sugar, as needed

Spoon the butter, brown sugar and cider into a small saucepan and heat through on medium heat, stirring constantly. When the mixture is smooth and hot and begins to bubble, remove the pan from heat and allow it to cool a bit.

Pour the brown sugar mixture into a mixing bowl. Add the vanilla and spices, and beat. Begin adding the powdered sugar a little at a time and beat until smooth; add more sugar as needed to thicken the frosting. Frost the bars. Makes 15 to 18 bars.

Dark Chocolate Brownies

- 5 ounces Belgian dark chocolate
 - 1/2 cup butter or vegan margarine (Smart Balance)
 - 2 organic free-range eggs
 - 1 cup packed light brown sugar
 - 1/2 rounded cup almonds, processed into a fine meal
 - 1/4 cup brown rice flour
 - 1/2 teaspoon fine sea salt
 - 1/4 teaspoon baking soda
 - 1 teaspoon vanilla extract
- Optional:
- 1/2 cup chopped pecans or walnuts
 - 1/2 cup extra semi sweet chocolate chips for the top

Preheat the oven to 350 degrees F. Line an 8x8-inch square baking pan with foil and lightly oil the bottom. Melt the dark chocolate and butter in a large Pyrex cup in the microwave until you are able to stir it together easily. Set aside.

In a mixing bowl, beat the eggs on medium high till frothy. Add the brown sugar and beat until the mixture is smooth. Add the melted chocolate mixture into the egg-sugar mixture a little at a time - incorporate it slowly - and beat well for a good minute. The chocolate will look smooth and glossy. In a bowl, combine the dry ingredients: almond meal, rice flour, fine sea salt and baking soda; whisk together. Add the dry flour mix into the chocolate mixture and beat well for a minute. Add the vanilla, beat another half a minute or so. You now have your brownie batter. If you are adding nuts, stir in the nuts by hand and spread the batter into the prepared baking pan. Shake the pan to even out the batter. Layer the semi-sweet chips over the top and press them in slightly, if adding.

Bake in the center of the oven for 33 to 35 minutes, or until the brownies are set. Don't overcook. Cool on a wire rack and remove from the pan by gripping the foil edges. Chill before cutting. Makes 9-12 servings.

Ham, Chicken or Turkey Croquettes

- 3 tablespoons CF margarine or oil
- 1/3 cup sweet rice flour, arrowroot or cornstarch
- 1/2 teaspoon salt
- 1 cup CF milk
- 2 cups coarsely chopped cooked meat
- 1 tablespoon finely chopped onion or onion flakes
- 1 egg (or use CF milk instead)
- 1/2 cup fine GF crumbs

Melt margarine/oil and blend in flour. Add salt and milk and cook over low heat until thick, stirring constantly. Cool. Add meat and onion. Chill. Shape into round croquettes. Dip in egg (or milk if egg intolerant) then in crumbs. Let stand a few minutes. Fry in deep hot oil (375 degrees) for 7-8 minutes or until brown. Drain on paper towels. Makes 12 croquettes.



Anne Arundel County Chapter
 Autism Society of America
 P.O. Box 1304
 Millersville, MD 21108

Postage
 here

**** Chapter News and Notes ****

We have available **autism awareness puzzle ribbon lapel pins** and **car magnets**, and **autism puzzle piece bracelets** and **wristbands**. They can be purchased at our meetings or by using the order forms at <http://www.aaccasa.org>.

We participate in Affiliate Programs with **Future Horizons** and **Autism Asperger Publishing Company**. Through these programs, when you follow the link at <http://www.aaccasa.org> to their web sites to make purchases, our chapter receives a portion of the purchase price.

Our **lending library** is located at the **Partners for Success Resource Center**, Oakwood Elementary School, Portable "B", 330 Oak Manor Drive, Glen Burnie. To see a full listing of the items available from our lending library, as well as related items available from the Partners for Success library, please go to <http://www.aaccasa.org>. To request an item, please contact Partners for Success at **(410) 222-3805** or partnersforsuccess@aacps.org. They will provide information about the various ways in which library materials can be obtained.

Subscribe to our **e-mail action alert** by sending a message through <http://www.aaccasa.org>. It is an easy way to learn the latest information about Federal, State, and local legislative initiatives, lobbying efforts, or other action items related to autism and disabilities.

**Anne Arundel County Chapter
 Autism Society of America
 P.O. Box 1304, Millersville, MD 21108
 (410) 923-8800 <http://www.aaccasa.org>**

President: Linda Carter-Ferrier
Co-Vice Presidents: Alison Hamilton and Jill Zaukus
Treasurer: Mindy Wise
Secretary: Jean Dunaway

Board members: Doug Shade
 Ellen MacAlester
 Roxanne Sporrer
 Lynne Markowitz
 Diana Phillips
 Laura Phipps
 Claudine Intner
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