

# AUTISM

SEPTEMBER - OCTOBER 2008

ASPERGER'S DIGEST MAGAZINE

**Successful  
Social Skills  
Groups**

**Orchestrating  
an Effective Classroom**

**Basic Skills Checklists**

**Handling Meltdowns**

**Revisiting the 1:1 Para**

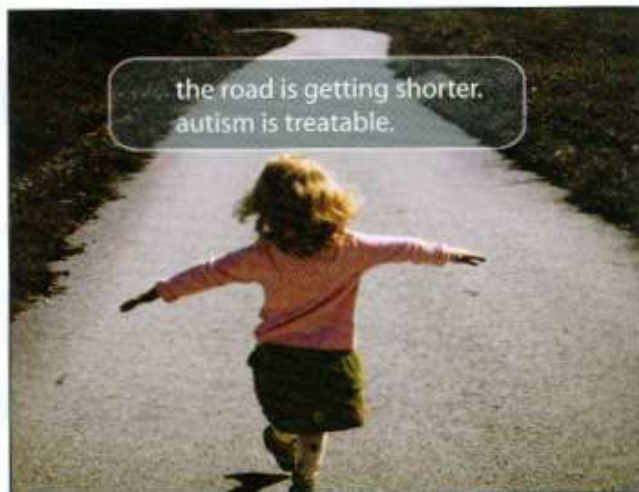
**Teaching the More-Challenged  
Child with Autism**





Art Now for Autism is an online exhibition and sale of art to benefit autism awareness and research. The second annual **in the community** event will be held during the month of October and will include some 50 artists from the U.S. and around the world, offering works in diverse mediums: painting, drawing, collage, photography, jewelry, fiber art and more. The project, started by Claudine Intner, an artist and a mother of child with autism, raises funds for Autism Speaks, a national autism awareness and research organization.

Preview the artists' works and find more information at the Art Now for Autism website, [www.artnowforautism.com](http://www.artnowforautism.com).



**DEFEAT AUTISM NOW! 2008 FALL CONFERENCE**  
*for parents, therapists, teachers, and clinicians*

- **october 23-26**
- **san diego, ca**
- **town and country hotel**
- **register @ [www.defeatautismnow.com](http://www.defeatautismnow.com)**

Defeat Autism Now!® is dedicated to educating parents and clinicians regarding biomedically-based research, appropriate testing and safe and effective interventions for autism. CME credits available for physicians.

## Mindful Snacking!

Snow even more healthful and delicious thanks to Arico Natural Foods' CEO, Angela Ichwan, who was inspired to launch her company when her niece, who has autism, was helped by a gluten free-casein free (GFCF) diet.

Our Digest "in-house taste testers" (aka, the staff and some friends!) sampled and fell in love with the soft, chewy "homemade" texture and flavors of Arico's cookies.

Sweetened with organic Agave nectar rather than sugar, the Triple Berry, Peanut Butter and Chocolate Chunk appealed to everyone, while we thought

the luscious Lemon Ginger and Almond Cranberry cookies were great "adult" flavors.

The bowls of Arico's Cassava Chips (cassava is a root veggie; twice as much dietary fiber as potatoes; the chips have 30-40% less fat!) disappeared before our eyes – especially Ginger on Fire. Yum!

Arico products are certified Kosher and Organic, are natural, nutritious, and GFCF. Find their cookies, chips and snack bars at Whole Foods Markets and

other natural/health food stores nationwide. Or purchase through their website, [www.aricofoods.com](http://www.aricofoods.com).



diet & nutrition