Kiwanis
Denton Breakfast Kiwanis Club

Vol. 60, No. 4 October 28, 2026

Honors - Oct. 28

Song: **Dylan Clark**
Pledges: **Steven Baringer**
Prayer: **Jerry Eastup**
Objects: **Joe McIntyre**

Club #K05278

DBK Board
Officers
Mark Fleitman
President
Paul Juarez
Vice President
Bill Watson
Secretary
Jerry Eastup
Treasurer
Joe McIntyre
Immediate Past President

Directors
Dylan Clark (2027)
Joe Holland (2027)
_____ (2027)
Betty Roberts (2028)
Suzanne Smith (2028)
Keith Wise (2028)

Contact Info
Kiwanis Club of Denton, Breakfast
304 El Paseo St.
Denton TX 76205-8564
Website:
dentonbreakfastkiwanis.com
Email:
lamplighter3@hotmail.com
(940) 391-3781

Meeting Location
Wednesdays, 7:00 am
Rudy's Bar-B-Q
520 S. Interstate 35E
at Teasley Ln.
Denton TX 76205

Denton Breakfast Kiwanis Club Foundation Inc.
304 El Paseo St.
Denton TX 76205-8564
FEIN: 82-4605159

Program
Key Club & LED Com
Jacob Liu

Last Week's Program
Gluten: Fact or Fantasy? - Bill Watson



Gluten, the protein in wheat, barley and rye, has become a real problem for certain people who have Celiac Disease or other conditions that cause them problems, our Secretary Bill Watson said on Oct. 21.

Celiac disease runs in families, and Watson said his wife, older daughter and older granddaughter have Celiac, an autoimmune condition triggered by gluten.

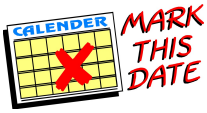
When someone with Celiac disease eats gluten, their immune system attacks the small intestine, damaging the villi in the lining that absorbs nutrients. The food is not digested properly, and the person cannot get enough nutrients no matter how much they eat.

Watson said Celiac disease affects an estimated one in 100 people, or 1 percent of the population, but only 30 percent of these are properly diagnosed. "You can go through life not knowing you have it," he said.

Symptoms include chronic diarrhea or constipation, bloating, gas, abdominal pain, and nausea. Non-digestive symptoms include fatigue, headaches, joint pain, low-grade fever, skin rash, hair loss, anemia, bone density loss, mouth ulcers, numbness and tingling in the extremities, mood changes, balance and cognitive impairment, and "foggy brain."

Someone with Celiac must avoid all foods, beverages, cosmetics, and medications that contain or are made with wheat, rye or barley, which means reading labels or prepared or processed foods and checking restaurant menus or asking servers to see what foods are gluten-free.

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- **44th Annual Turkey Roll Bicycle Rally**, Saturday, November 21
- **Kiwanis International Conv.**, Hilton Anatole, Dallas, June 16-19, 2027
- **T-O Dist. Conv.**, Grand Casino Hotel, Shawnee, Okla., July 21-24, 2027

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Most canned soups use gluten as a thickener, and salad dressings, deli meats, sausage and dairy products often contain gluten fillers and additives. Puddings and frozen desserts also contain gluten. "The general rule is if it contains the words cake or cookie, don't eat it," Watson said.

Just when he thought they had her diet figured out, Watson said his wife developed an added reaction to corn, which is in many medications and foods, including juices and soft drinks unless they specify cane sugar.

Watson has found that the "Find Me Gluten Free" app on his and his wife's phones has been very helpful.

The only Denton restaurants they have found that they can trust to have gluten-free and corn-free food, Watson said, are Texas Roadhouse with no seasoning on the meat, no croutons or salad dressing; Saltgrass Steakhouse if you request gluten-free bread; and specific items at Chiloso's. In Highland Village, Hillside Fine Grill, McAlister's, and Blue Goose are very accommodating.

Even a crumb of gluten or corn can set off a reaction in someone with Celiac disease, Watson said.

Reported by Betty Roberts

Trivia Night

Robson Ranch Clubhouse
Thursday, November 19 at 7 p.m.
Team members will pay $15 each.
If you are planning to attend, turn in your money by WEDNESDAY morning!



Turkey Roll

Saturday, Nov. 21

Starts at Denton High School

Make this a priority on your calendar! Watch for Signup Genius in your email.

Every member invite a guest to join us!

Announcements

Programs Coming Up:

Nov. 4 - Career Talk, Marine Ssgt. Brenden Cook; **Nov. 11** - Vietnam Veteran, John Roberts; **Nov. 18** - Turkey Roll Final Plans; **Nov. 25** - Texas A&M AgriLife, Steven Baringer; **Dec. 2** - Retail Adventures, Larry Pelzel, former Neiman-Marcus exec.; **Dec. 9** - Making People a Priority, Mark Moffett; **Dec. 16** - Who Gets Your Stuff? Leigh Hilton; **Dec. 23** - Special Speaker; **Dec. 30** - Old Courthouse Square Tour. **January** is also filled up.

Key Club Sign Party for Turkey Roll is Sunday, Nov. 1 at 1 p.m. at the Wise house, 4 Wellington Oaks Cir.

Election Day - Tues., Nov. 2 - VOTE!

First Thursty - Thurs., Nov. 5 at 6 pm at Smithers Smokehouse, 300 Hickory St.

Bag Stuffing for Turkey Roll is Sat., Nov. 14.

Trivia Night - Thurs., Nov. 19 at 7 pm at Robson Ranch clubhouse. **$15 due Wed., Oct. 28.**

Turkey Roll Bicycle Rally - Sat., Nov. 21

Program Ideas? Email Paul Juarez at pauljuarez777@gmail.com

Announcements? Email Bill Watson at lamplighter3@hotmail.com

In Memorium

Jim Hook passed away October 21. He was a DBK member 2008-15. Memorial gifts can be sent to Argyle UMC's benevolence fund.

Attendance October 21

Members: Baringer, Blanco, Deafenbaugh, Eastup, Ferguson, Fleitman, Holland, Johnson, Juarez, Miller, Moreno, Morrison, Reedy, Roberts, Smith, Watson, Wise, Zimmerer
Guests: Foster Marshall
Key Clubbers: DHS (4), GHS (0), RHS (1)

We Proudly Support Our Service Leadership Programs

Denton High Key Club
Guyer High Key Club
Ryan High Key Club