

*PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.*

### A Message from Partners of WHA President

## District Meeting Recap



Mark Schaefer

It seems it was only yesterday when the Partners of WHA state leadership was touring Wisconsin, and now we enter the last month of summer.

Thank you for the invitations to your spring district meetings. The state leadership enjoyed each visit and left with new ideas for success. It is incredible the diverse leadership talent we have in our district and local organizations, and during the meetings, we heard stories of how you give to your hospitals and communities. Sheree encouraged several of these ideas to be submitted for consideration to the W.A.V.E. committee. Sometimes we may think of the service hours we give, gifts to the hospitals, or scholarships. However, you should think of the positive effect you have on your local communities. Health care is the fabric of who we are, and the effect you have is unparalleled. Spring meeting breakout sessions also provided many ideas that can bring enhancements to Partners of WHA and each of our local organizations. Look for all of your ideas in a future edition of *Reaching Out*.

Advocacy is another of our core strategies. Did you enjoy attending Advocacy Day? Hundreds of red, white, and blue showed off Partners volunteers attending this WHA event. We wish to thank WHA for including us. I heard from several state legislators and hospital administrators about the effect advocacy health volunteers bring to their communities. The State Partners leadership team also attended the American Hospital Association convention held in Washington DC. Several days allowed us to partake in workshops and speaking conferences, which gave us ideas we can share with our local organizations. Also, we had a day to visit Capital Hill, with hospital presidents and CEOs along with Steve and Jenny from WHA. Our U.S. Congressmen and senators warmly greeted us as they see the importance of Wisconsin health care. The main point we heard is that whichever party wins the elections in November, health care as we know it will change, and that includes Medicare. We all have the chance to be a factor on how the present and future generations receive their health care. Please stay current by reviewing materials from Partners of WHA Public Policy Chairperson Diane Westbrook, along with the WHA website

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### A Message from the President-Elect

## Convention News

Greetings everyone! In a little over two months, we all depart for our annual convention in Madison at the beautiful Marriott West.

By now, I hope everyone has received their registration packet and are in the process of selecting the workshops you will be attending and reviewing the outstanding list of speakers confirmed for this event. Plus we will be presenting honor points, giving out the WAVE awards, and honoring the Best of the Best.

Over the past few months Pat Freeders, Convention Chairperson, and her committee have wrapped up the final details for the convention and believe me, we are all in for a great time! Not only have they attended to the details on planning, but they are working to offer "fun" too. Great job convention committee!

Now, don't forget a silent auction item, bring your hospital displays, buy raffles tickets, and practice your favorite "Eagles" tune for lip synching on Tuesday night. Let the fun begin and please do stop by my reception for dessert on Wednesday after dinner.

Together, we will continue to move forward! See you in October.

Sue Lynch, President-Elect  
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Email: kells52@aol.com



Sue Lynch

***A Message from the President***  
***...continued from page 1***

([www.wha.org](http://www.wha.org)) and join many of your fellow Partners volunteers in joining HEAT. (Health Education Advocacy Team).

And even though we may be sweltering now, the fall season and our convention will be here before you know it. Attend "Soar with an Eagle," Partners of WHA 2012 Convention, October 16-18 at Marriott Madison West. I encourage you to review the packet materials to gain a greater understanding of the convention, and its value to you and your health organization. Pat Freeders, 2012 Convention Chairperson, and the entire convention planning committee are looking forward to presenting a vast program of speakers and workshops.

We heard of several ways to finance attendance at the convention which may include fundraising, scholarships, district, and hospital help.

Stay cool and enjoy summer. In a few months, the conversation will change from how hot it is to how cold it has become. God Bless!

*Mark D. Schaefer, President*  
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## **Awesome Anagrams**

### ***When you rearrange these words:***

DORMITORY becomes DIRTY ROOM

ASTRONOMER becomes MOON STARER

DESPERATION becomes A ROPE ENDS IT

THE EYES becomes THEY SEE

THE MORSE CODE becomes HERE COME DOTS

SLOT MACHINES becomes CASH LOT IN ME

ANIMOSITY becomes IS NO AMITY

ELECTION RESULTS becomes LIES – LET'S RECOUNT

SNOOZE ALARMS becomes ALAS! NO MORE Z'S

A DECIMAL POINT becomes I'M A DOT IN PLACE

THE EARTHQUAKES becomes THAT QUEER SHAKE

ELEVEN PLUS TWO becomes TWELVE PLUS ONE

## **Come "Soar with an Eagle"**

***October 16 - 18, Middleton, WI***

Before we know it, October will be here and it will be time to "Soar with an Eagle" at the 2012 Partners Annual Convention. The convention committee began planning the convention as soon as last year's was wrapped up and has worked very hard put together a convention you won't forget.



First, we took a quick look at the comments you made on your evaluation forms and then made a few changes. We added an additional workshop on Tuesday (you attend two workshops on Tuesday) and kept the one on Wednesday. We added a trivia quiz to the hospital display and worked hard on obtaining more vendors.

The workshop committee made sure there were topics for personal growth and ideas for you to take back to your hospital and use them in either new programs or enhancements for current programs.

Registration information was mailed to local presidents and directors of volunteers in early July. I hope you have had the opportunity to review the contents and are encouraging your members to attend. As you know, convention is a time to renew old friendships and make new ones, listen to what others have been doing, share your ideas, and go home with projects to implement or to enhance the things you are already doing.

Our opening speaker will be Heather Whittaker, an author and volunteer advocate with a passion for leadership, who will help you discover the three basic principles of success in life. Her topic is "Love 'Em or They'll Leave." Our closing speaker will be Patricia Lorenz who is an internationally-known inspirational art of living speaker and the author of 13 books. She is one of the top contributing writers to the "Chicken Soup for the Soul" books. Her topic: "Humor for the Health of It" will help you discover simple ways to put loads of laughter into your daily life.

In between all of this, we will honor our WAVE winners, announce the Best of the Best, have an education session with Jennifer Boese, and listen to a wonderful CEO panel regarding important health care issues.

Hope your road leads to Middleton!

*Pat Freeders, 2012 Convention Chair*  
[pat.freeders@gmail.com](mailto:pat.freeders@gmail.com)

# WHA President's Report

## WHA Launches "Protect Hospital Care" Advocacy Campaign Two Action Steps You Can Take Right Now to Help



For over a year hospitals have been the target of proposals cutting payments under the Medicare and Medicaid programs. As volunteers and strong supporters of your local hospitals, the Wisconsin Hospital Association (WHA) needs your help to fight back against more Medicare cuts. Many of you have helped already by contacting Members of Congress, but, unfortunately, our work isn't done.

**What faces hospitals over the next 6+ months?** Late in 2012 (and into 2013), Congress will need to find billions of dollars to address several significant fiscal issues. One of the places they continue to look at for these "savings" is Medicare and Medicaid payments to hospitals. **This is why the WHA launched our comprehensive, multi-pronged advocacy strategy: "Protect Hospital Care: Oppose Payment Cuts."** As supporters of your local hospitals, we know you'll want to engage with us in this advocacy campaign.

**WHA** WISCONSIN HOSPITAL ASSOCIATION, INC.

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**Protect Hospital Care: Oppose Federal Payment Cuts**

**Protect Hospital Care: Oppose Payment Cuts**  
WISCONSIN HOSPITAL ASSOCIATION

*For over a year hospitals have been the target of proposals cutting payments under the Medicare and Medicaid programs. Those proposals – including dozens of varying options – have bubbled up during Congressional deficit and debt ceiling talks, during negotiations to find offsets for other extenders, throughout the federal budget process, and from commissions tasked with finding savings. All of these proposals will continue to be seen as future options for savings in late 2012 and into 2013. To say hospitals are seen as a target during this time of economic uncertainty and ballooning federal budgets is an understatement.*

**WHA Contact:**  
Jenny Boese  
Vice President of External Relations & Member Advocacy  
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jboese@wha.org

Here are two things you can do right now to help:

**1. Log onto our newly-created "Protect Hospital Care" web page to find the information and resources you need to begin advocating on behalf of your hospital.** The web page is: <http://www.wha.org/protecthospitalcare.aspx>. We have decided to password protect this page, but the user ID and password are simple: **User ID: advocacy / Password: whagrassroots.**

**2. Join WHA's Grassroots Team, HEAT.** We'll be calling on our over 2,200 HEAT advocates over the coming months to speak up on behalf of hospitals against further Medicare cuts. To make sure you hear about what is happening and how you can help, you'll want to become a HEAT member if you're not already. It's simple and it's free. Log on to [www.wha.org/heat-sign-up-now.aspx](http://www.wha.org/heat-sign-up-now.aspx) or call/email WHA's Jenny Boese at 608-268-1816 or [jboese@wha.org](mailto:jboese@wha.org).

We will need everyone speaking up for hospitals in order to fight back against continued Medicare payment cuts. I encourage you to stand with your hospital as we work together to "Protect Hospital Care."

Steve Brenton, President  
Wisconsin Hospital Association



## Bios for 2013 Partners Election

Here are the bios for Partners of WHA elected officers for 2013 as presented by the Nominating Committee, which includes Ann Bergmann, Joann Kuntz, and Pudge Kimbel. However, nominations from the floor at the annual convention will be accepted.

### Bonnie Olson, President-Elect

Who am I? I am Bonnie Olson, known as the “hat lady.” It is an honor to be placed on the ballot as President-Elect. I have been a volunteer with Partners of Sacred Heart Hospital in Eau Claire since 1996 and I am a lifetime member of St. Joseph’s Partners in Chippewa Falls.

My entire professional life was working in Surgical Services for 48 plus years. For West Central District, I have served six years as Community Health Education Chair. My experience at the WHA Partners level has been four years as Community Health Education Chair and two years as Treasurer.

If elected, my goal would be to help the Partners President keep members informed or ‘in the know.’ Volunteer Partners can expect more communication through social media channels keeping all the channels updated in a timely manner. Volunteers working together achieve more. Understand, believe, and practice that ALL VOLUNTEERS ARE IMPORTANT!

Now is the time to work together as volunteers to ensure that Wisconsin Hospitals have the ability to maintain the kind of access necessary to care for their patients and communities.



*Bonnie Olson*

### Dorothy Revnew, Secretary



*Dorothy Revnew*

I wasn’t always a Wisconsin resident. In 1989, I moved to the Oconomowoc area from Michigan due to a job change for my husband. The medical field, health issues, and hospitals have always been a major interest to me. I worked as a registered nurse for several years on the medical floor, but mainly in surgery. However at the present time, my nursing status is inactive.

Shortly after moving to Oconomowoc, I joined the Oconomowoc Memorial Auxiliary. I started volunteering in the Admitting Department and continue to do so at the present time. As a member of the Oconomowoc Memorial Auxiliary Board, I served on many committees and chaired several of them. I was the Auxiliary President from 2003-2005. I am now serving my second term on the auxiliary board. At the present time, I’m on the Strategic Planning and Scholarship committees. I’m also Membership Chair along with being Oconomowoc Memorial Auxiliary Secretary.

I have also worked on registration for the Oconomowoc Memorial Hospitals Annual Cancer Walk. Recently, I was elected to Oconomowoc Memorial Hospital’s Public Membership.

It was a special honor and privilege to be elected as the Southeastern District Chair-Elect and then the Southeastern District Chair. During this time, I also served on the Committee of Three and the Wave Award committee. I was Partners of WHA Convention Chair in 2010.

At the present time I’m Partners of WHA Secretary and also a member of the Finance, Strategic Planning, and By-laws committees.

I have held many offices in Kettle Moraine Golf League and am a poll worker at the elections.

I am the mother of seven – six boys and one girl. Nineteen children call me “Grandma” – 15 boys and four girls. God called my husband (the love of my life) home in 2002, one week after our 40th anniversary.

Some of the things I enjoy are reading and golfing, but most of all, the time I spend with family, grandchildren, and friends.

### Ralph Spindler, Treasurer

I am a retired consulting engineer with 35 years experience in the heating and air conditioning field. I began volunteering at Elmbrook Memorial Hospital, Brookfield, as a front desk volunteer team leader in 1998 and continue to do so at the present.

Shortly after I began volunteering, I joined the Elmbrook Hospital Auxiliary and served as its president from 2003 - 2005. I was elected as the Elmbrook Hospital Auxiliary Treasurer in 2007 and I continued to serve in that position. I also served for a year as an interim bookkeeper for the auxiliary’s gift shop in 2008 during the regular bookkeeper’s absence. Besides my service on the



*Ralph Spindler*

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### ***Bios for 2013 Partners Election ...continued from page 4***

auxiliary's board, I was appointed to the Elmbrook Memorial Hospital Foundation and served on that board for two and a half years.

I was elected as the Partners of WHA Southeast District Secretary/Treasurer and was re-elected in 2012 for another term.

At the state Partners of WHA, I was appointed as parliamentarian in 2007 and served for two terms in that position and served three terms on the By-laws Committee. I was elected as the state Treasurer for the 2011-2012 term of office and I am presently chair of the Finance committee and a mentor of the Strategic Planning By-laws committee.

I am single, have a younger brother, and "Uncle Ralph" to ten nieces and nephews. In my spare time, I am active on my local parish's buildings, grounds, and cemetery committees and in charge of our monthly Sheepshead Card Night. I also serve on my local parish's St. Vincent de Paul conferences as its vice president.

*Ann Bergmann, Partners of WHA Past President  
abergmann@centurytel.net*

## **WAVE Committee Reviewing Award Applications**

The committee is happy to see the number of applications for the Wisconsin Award for Volunteer Excellence, or WAVE Award. We received 29 applications this year. Looking back through the years of the award, I noticed that in 2009 there were 13 applications. This shows that this is a growing program and more and more volunteer organizations are taking the time to apply and the pride you all have in your programs to benefit your hospitals and communities.

The committee will review the applications and select the winners by early August. The winners will be contacted by the end of August and the awards will be presented at the Partners of WHA Annual convention in Madison this October.

Good luck to all of you who took the time to submit an application. Even though we can't select all of the great projects for this award, remember that your efforts are a benefit to your hospital, community, and the Partners organization.

Thank you all for the wonderful work you do!

*Sheree Schaefer, 2012 WAVE Chair  
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## **U.S. Supreme Court Rules on Health Reform**

Recently the Supreme Court ruled on the constitutionality of the Patient Protection & Affordable Care Act (PPACA). The Court ruled PPACA constitutional. Here is a quick summary of the Court's ruling on three of the questions it addressed and what those may mean for Wisconsin.

1. **Constitutionality of Individual Mandate** – The Court found it constitutional to require all individuals to purchase health insurance. The interesting part is that the Court decided constitutionality based on the federal government's taxing and spending powers, not on the power to regulate interstate commerce, as had been anticipated.
2. **"Coerciveness" of Medicaid Expansion** – The Court found that PPACA's requirement that states expand their Medicaid programs or risk losing all federal Medicaid funding was "coercive." In effect, the Court said that a state may choose whether to expand its Medicaid program and receive an enhanced federal Medicaid match rate for the newly-eligible individuals. Should a state choose not to expand, it will not risk losing existing Medicaid funding.
3. **Applicability of Anti-injunction Act (AIA)** – The Court found the AIA does not apply and that the lawsuit against PPACA was properly before it. (Under the AIA, a court of jurisdiction cannot hear pre-enforcement challenges to monetary extractions.)

What does this all mean for Wisconsin? Unfortunately, the ruling creates new questions for Wisconsin on how or if to administer certain portions of PPACA. The two most watched/questioned are what Wisconsin will decide to do with health insurance exchanges and with the Medicaid expansion. WHA Executive Vice President Eric Borgerding provides insight into the two issues in a recent column available at:

[www.wha.org/Data/Sites/1/pubarchive/valued\\_voice/vv7-6-12.htm#5](http://www.wha.org/Data/Sites/1/pubarchive/valued_voice/vv7-6-12.htm#5)

WHA will closely monitor and engage over the coming weeks on Wisconsin's approach to both Health Insurance Exchanges and Medicaid.

*Jenny Boese, Vice-President, External Relations & Member Advocacy  
Wisconsin Hospital Association*

## Twelve Individuals Nominated for Best of the Best Administrative Award

A total of 12 administrators have been nominated for the 2012 Best of the Best Award. The nominations are all extremely well done and it will be difficult to choose just one.

The nominations that were received by the June 22 deadline have been sent to the committee members for their evaluation. The results from each committee member were then sent to the committee chair for a compilation of the respective scores. The award winner will be determined by the middle of August and will be notified at that time. The recipient will be honored and presented with the "Best of the Best" award at the Partners of WHA Convention on Wednesday, October 17, 2012 in Madison, with the local Partners present.

Thank you to the Partner/auxiliary organizations for submitting the name of the administrator from their hospital or medical center who they feel are deserving of the 2012 Best of the Best Award.

Also, special thanks to the committee members for their time and commitment to scoring the nominations. This year's committee members are:

- Mr. Bill Calhoun, (last year's recipient), Mercy Medical Center, Oshkosh
- Ms. Joan Cook, (West Central District), Eau Claire
- Ms. Donna Ness (Northwestern District), Barronett
- Ms. Julie Steiner (Western District), Viroqua

Good luck to all the nominees!!

*Jan Molaska, 2012 Best of the Best Award Chair  
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## Tick Removal

Recently, a pediatrician stated that to remove ticks at this time of the year when it's difficult to get to one between your toes, on your back, in your hair, etc. is to apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20); the tick will come out on its own and be stuck to the cotton ball when you lift it away. Unless someone is allergic to soap, it is not damaging in any way.

## Community Health Education Report

It's the good old summertime!  
Summer is my favorite season!

Dehydration occurs when you lose more fluids than you take in and your body doesn't have enough water and other fluids to carry out its normal functions.

Monitor your fluid loss during hot weather, illness, or exercise, and drink enough liquids to replace your loss. When the heat index is high, people need to stay hydrated. Water with lemon or lime and lemonade are good choices for beverages. However, Gatorade or a similar beverage helps replenish vital nutrients and refuels the body. You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

"If precautions are not taken, persons outside could suffer from heat exhaustion and potentially heat stroke. Heat-related illness can be life threatening," as stated by the Weather Service, and warned that "temperatures within vehicles can become lethal in a few minutes. Never leave children or pets in vehicles."

**How to make an ice pack:** pour 1 ½ cups water and ½ cup of rubbing alcohol in a ziplock freezer bag (quart size); seal the bag and toss it in to the freezer. **Label bag!!** The alcohol will keep the water from freezing solid, leaving you with a moldable slush.

The latest research gathered by the American Diabetes Association states that the following are the 11 best foods for fighting diabetes: 1. beans 2. dark leafy greens 3. sweet potatoes 4. citrus fruit 5. tomatoes 6. whole grains 7. fat-free yogurt 8. berries 9. skim milk 10. nuts 11. fish (cold water fatty fish such as salmon, the kind high in Omega-3 fatty acids). These foods are all rich in calcium, potassium, fiber, and magnesium, and vitamins A, C, and E, which appear to be the nutrients that are most effective.

Eat slowly and enjoy good food with people you love. This reduces the most common stress hormone (cortisol) which stimulates sugar to be stored as fat. Eat in a relaxed setting and your body uses the food more effectively, making digestion and life more enjoyable. Enjoy a lower-sodium, lower fat diet.

Eat healthy and exercise, so we can be together in October at the Partners convention.

*Bonnie R. Olson, CHE Chair  
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*Bonnie Olson*

## Public Policy Education Report

As you know, hospitals nationwide have been the target of Medicare and Medicaid cuts for over a year. As volunteers in our hospitals, we have spoken up against these proposals by responding to WHA HEAT action alerts, talking with our Members of Congress, and more.

As we look toward the end of 2012 and into 2013, the Wisconsin Hospital Association anticipates more cuts will be proposed, and therefore, launched an advocacy campaign called "Protect Hospital Care." Our hospitals need our help in this effort! To do so, please log on to WHA's newly-created webpage to learn more: [www.wha.org/protecthospitalcare.aspx](http://www.wha.org/protecthospitalcare.aspx). (User ID: **advocacy** Password: **whagrassroots**)

The best way to stay up to speed on the Protect Hospital Care effort is by becoming a HEAT grassroots advocate. Please contact me for more information at [d-westbrook@sbcglobal.net](mailto:d-westbrook@sbcglobal.net) or log onto [www.wha.org/heat-sign-up-now.aspx](http://www.wha.org/heat-sign-up-now.aspx).

Joanne Sampson, PPE Chair for the Southern District, has challenged all the local groups in her district to increase HEAT membership to at least 25%. Kudos to Joanne!!

Good News....The federal Agency for Healthcare Research and Quality ranked Wisconsin #2 in the nation for Health Care Quality!

An outstanding group of Wisconsin Hospital leaders have accepted the invitation to be a part of the CEO Panel discussion at convention! The Panel discussion will be Wednesday, October 17 at 10:30 AM with the following people:

- Eric Borgerding, Executive VP of Government Relations at WHA, will facilitate the discussion.
- Sandra Anderson, President, St. Clare Hospital & Health Services, Baraboo
- Dr. Frank Byrne, President, St. Mary's Hospital, Madison
- Dan Neufelder, President & CEO, Affinity Health Systems, Menasha
- Terrance Brenny, President, Stoughton Hospital, Stoughton

This is your opportunity to submit questions to be considered for the panel! Please send them to me several weeks before the convention so that they can be shared with the panel members ahead of time.

Don't forget that this is an election year! Wisconsin's primary has been moved up to August 14 and the general election is November 6, 2012. The last day to register for the general election is October 6. The earlier date of the primary stems from a federal law approved in October 2009 that requires states to give military and overseas voters more time to receive, consider, and submit absentee ballots. Lawmakers have other electoral changes they are considering including Voter ID legislation and a proposal to move the presidential primary from February to April so that Wisconsin has more influence in the presidential race. More importantly...DON'T FORGET TO VOTE!!

*Diane Westbrook, PPE Chair*  
 W10399 880th Avenue, River Falls, WI 54022  
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*Diane Westbrook*

## A Walk With My Granddaughter

I was out walking with my granddaughter. She picked up something off of the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that.

"Why?" my granddaughter asked.

"Because it's been on the ground; you don't know where it's been, it's dirty, and probably has germs, and sometimes germs make little girls sick and not feel good" I replied.

At this point, my granddaughter looked at me with total admiration and asked, "Grandma, how do you know all this stuff? You are so smart."

I was thinking quickly and said to her. "All grandmas know stuff. It's on the Grandma Test. You have to know it, or they don't let you be a grandma."

We walked along in silence for two or three minutes, but she was evidently pondering this new information.

"Oh....I get it," she beamed. "So if you don't pass the test you have to be the grandpa."

"Exactly," I replied with a big smile on my face.



## Around the State

### **Aurora Lakeland Medical Center Volunteer Services, Elkhorn:**

"No One Dies Alone" is a program where volunteers provide a reassuring presence to patients who are expected to die or are critically ill, have no friends or family present, and would otherwise die alone. Shifts are generally four hours. This is a neat service and would give a lot of satisfaction to the volunteer!

### **Memorial Health Center Volunteers, Medford:**

Recently this auxiliary celebrated 50 years as an organization – way to go!

### **St. Mary's Superior Auxilians, Superior:**

This group combined three fundraisers all in one day in May – book, bake, and popcorn sale. Then in August, they will do a jewelry, accessory, and bake sale again. That is one way to satisfy the public, hospital staff, volunteers, and visitors!

### **Partners with Saint Joseph's Hospital, Marshfield:**

Patients at Ministry Saint Joseph's Hospital received a special Valentine's present in February thanks to a donation from Figi's of Marshfield. Five hundred potted red amaryllis bulbs were delivered to the hospital and were given by volunteers to hospital patients, radiation oncology patients, those receiving home-delivered meals, and House of the Dove patients.

### **Oconomowoc Memorial Hospital Volunteers, Oconomowoc:**

Recently, a harpist was provided by the volunteers for the patients on the Medical/Surgical floor of the hospital. The manager of this floor said it was a wonderful and soothing addition to the patients. Also, Easter Egg baby buntings were sewed for the OB Department for the newborns along with coordinating hand-knit caps. Cute babies always put a smile on everyone's faces!

## All About Sugar



All sugars come from sugar cane or sugar beets, whether it be for baking or drinking in liquids.

Granulated sugar is characterized by snow-white crystals and is the most used in the kitchen primarily for baking. Other names for this sugar are table or white sugar.

Cube sugar is made from damp granulated sugar pressed into molds and dried.

Superfine sugar is very fine crystals that dissolve quickly and leaves no grainy texture. These sugars are used for caramel, meringues, and drinks and

can be known also as bar sugar or caster sugar.

Powdered sugar is actually granulated sugar that has been ground to a powder and then mixed with cornstarch. Another common name for this is confectioners' sugar or icing sugar.

Brown sugar is moist and contains some of the molasses that comes from boiling sugar cane or sugar beets. The moisture causes brown sugar to clump and harden. Light brown sugar has less molasses than dark. Light brown is usually used for baking and condiments, while dark is commonly used for gingerbread and baked beans.

Turbinado sugar is raw sugar made from sugar cane extract. The light brown granules have a slight molasses flavor and can be substituted for regular brown sugar and also in beverages.

Demerara sugar is raw sugar similar to turbinado and very popular in England and the tan-colored granules can be sticky. It is commonly used in hot drinks and cereal.

## Reaching Out Deadlines

<u>Issue</u>	<u>Deadline</u>
November 2012	Mon., October 15, 2012
February 2013	Tues., January 15, 2013
May 2013	Mon., April 15, 2013
August 2013	Mon., July 15, 2013
November 2013	Tues., October 15, 2013

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