



## WELCOME HOME

by Master Sgt. Deb Schumer  
183rd Base Legal Office

Family and friends gathered at the Abraham Lincoln Capital Airport on Sunday, Aug. 16, to welcome home 15 members of the 183rd Security Forces Squadron. The team was returning from a more than six months deployment at Manas Air Base, Kyrgyzstan.

The team deployed in support of an Expeditionary Combat Support mission in early February. They have spent the last six months conducting security operations at Manas Air Base, which is a key logistical hub for Operation Enduring Freedom. Prior to their departure, they spent two weeks in Texas, conducting Expeditionary Skills Training.

The 15 Security Forces members served in a variety of duties while deployed. Some of the tasks included controlling security at entry points to Air Force areas, security of aircraft, base perimeter security operations, internal and external patrolling, training of force protection augmentees, and first responders to all incidents.

"We are very proud of the work these outstanding Airmen did while deployed to a very important location," said Col Michael A. Meyer, 183rd Fighter Wing Commander. "They provided a multitude of services with exceptional skill and expertise as they seamlessly integrated with their active duty counterparts. We are very happy that they will now be back with their families and friends. We are extremely grateful to their families and friends for the support they provided to our airmen during this long and important deployment."



Deanna Victor and son Marshall Victor, 4, anxiously wait for the arrival of Deanna Victor's husband Marc Victor from a six-month deployment to Kyrgyzstan Sunday, August 16, 2009, at the Abraham Lincoln Capitol Airport. (Jason Johnson/The State Journal-Register)



Lia Draper and husband Jason Draper stood embracing each other while waiting for baggage to be removed from Jason's plane Sunday, August 16, 2009. (Jason Johnson/The State Journal-Register)

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**Unit Training Assembly Schedule  
and pay dates**



**Duty Performed      Pays out (approx.)**

SEP 12-13	SEP 23
OCT 3-4	OCT 13
NOV 7-8	NOV 18

**PLEASE NOTE:** Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

**Attention!**

**The deadline for the  
OCTOBER issue of the  
Falcon's View SATURDAY,  
SEPT. 12, at 1700.**



**On Base Emergency**

**CALL 911 FOR ALL YOUR  
ON-BASE EMERGENCY NEEDS.**

**Important Contacts**

**Commercial (217) 757-1XXX  
on base use 3-digit Ext.**

- Main Gate..... 205
- Base Commander..... 219
- Base Operations..... 202
- 217th EIS Commander..... 700
- Pass and Registration ..... 481
- Recruiting..... 285
- Public Affairs ..... 267
- Customer Service ..... 308
- Military Pay ..... 225
- Clinic..... 221
- Safety ..... 237
- Chaplain ..... 367
- Wing IG .....770

**Toll Free Number  
1-800-392-1797**

**Are you Engaged?**

*by Senior Master Sgt. Brenda Korte  
Human Resource Advisor*

If so, congratulations! No I am not talking about a marriage proposal... I am talking about the way we operate at the 183rd. The theme carries over from last month – Execution through Engagement! Are we engaged with the people around us, with the 183rd, with the mission? We must remember to continue pushing the flywheel and ask ourselves:



“What did I do today to push on the flywheel?”

- What is your personal commitment to support and develop your Airmen to lead?
- What contributions are you making to engage your Airmen in preparing themselves for future possibilities?



- Do you lead so that your Airmen can tell their Airmen that you stood for something and you acted on it?

As an old fiscal year comes to an end and a new one begins, this is the ideal time to be engaged in the mission and become better Airmen. Many of us are taking on new roles and responsibilities, will be attending schools, and learning new material. We must engage ourselves in the process and execute the tasks set before us in order to be successful and be an integral part of the Air National Guard and the United States Air Force.

Posters and the tabletop displays in the Aerospace Dining Facility will be in place to remind us to Execute through Engagement!

# A Blessing to Others

by Lt. Col. Robert Barry  
183rd AOC Chaplain

A recent interview published in Defense Link quoted me as saying that my brief ministry at Landstuhl Regional Medical Center was “the best ministry I have ever had.” Not a peculiar thing to say, but one has to wonder what it is about Landstuhl that would make me say that.

One could obviously cite reasons such as being in southwest Germany in the summer, the beautiful scenery, German culture that is engaging and exciting or even German beer. But the real reason why this is the best ministry I have ever had is because I was privileged to provide some comfort and aid to wounded or sick warriors. Seldom have I ever had the opportunity to do so much good for those suffering and in distress. Doing whatever was in my means to aid and comfort them makes this the best ministry of my lifetime.

But there is another reason why this has been so good. A major primary reason why this has been such a superb ministry is because of the people who join me in caring for our sick and injured. The overwhelming number of these people are driven by an extraordinary devotion to help, cure and alleviate the suffering of the sick and injured. I have had the privilege of working with an extraordinary number of people whose devotion to helping, curing and alleviating the sufferings of others is extraordinary. What adds to the extraordinary character of this ministry is that these people are some of the important because these people are almost among the



most generous, considerate, patient gentle, intelligent and capable people I have ever met. They are not merely skilled physicians, technicians or administrators for beneath all that, they are individuals who genuinely blessings to others.

I mention this because being surrounded by these people shows us in a striking way what should strive to be: a blessing to others. Not asking what is going to bring the most satisfaction or advantage, we need to ask ourselves how can I be a blessing to others. We can certainly do this through our career choices, and certainly military service provides extraordinary opportunities to bring extraordinary blessings to others. Being a blessing to others has more to do with the attitude we bring to what we do than with what we do. Encouraging and helping others who confronting difficulties, going out of one's way to help them when need, praying for them in their sufferings are all ways of being a blessing to others, patiently accepting the weaknesses of others, forgiving others when they offend, guiding them through complex situations: all these are ways of being a blessing to others.

But these are only some ways of blessing others. As fall approaches, in your prayerful and reflective moments, think of ways you can be a blessing to others.

✠ ✠ **CHAPLAINS' INFORMATION** ✠ ✠

**Roman Catholic Chaplains:**

**Lt. Col. Robert Barry**  
3700 103rd Street  
Chicago, IL 60655  
phone: 773-296-3857  
email: RLBarry@worldnet.att.net  
or robert.barry@ilspri.ang.af.mil

**Lt. Col. Jeff Laible**  
316 S. Logan Street  
Lincoln, IL 62656  
phone: 217-732-4019  
email: Frlaible@  
holyfamilylincoln.com

**Base Chapel Office:**

Bldg. P-48, Room 302  
Phone 217-757-1367, DSN 892-8367  
Fax (217)757-1509

Religious Services  
Protestant Service:  
Saturday 1500hrs Chapel  
Catholic Mass:  
Saturday 1600hrs Chapel



## Arkebauer receives leadership award

Congratulations to Senior Master Sgt. Rex Arkebauer for being selected as this year's recipient of the Colonel Philip D. Quintenz Leadership Award. This award was established in honor of the late Colonel Quintenz who represented the 183FW with honor and distinction by his ability to lead and is presented annually to an outstanding enlisted airman in his memory. Col. Meyer selected Arkebauer for this prestigious award based on the recommendation of a committee composed of the Wing's First Sergeants who reviewed the packages

of each of the squadron's candidates based on their leadership, character, initiative, integrity, skill and judgment. Arkebauer currently serves as the NCOIC of the Materiel Management Flight, Logistics Readiness Squadron, where he is responsible for the storing, issuing, managing, inventorying, and inspecting DoD supplies and equipment at the Wing and is the primary liaison between customers and the Air Force Global Logistics Support Center (AFGLSC). During his off-duty time he actively supports the community by serving as the Vice-President of the Greenview School Board, a volunteer youth sports coach and as an adult leader in scouting. Arkebauer has consistently displayed the highest order of



professionalism and distinguished himself as one of the top performers at both the squadron and Wing levels.

## Labor Day History

## The history of Labor Day

*from www.history.com*

As the Industrial Revolution took hold of the nation, the average American in the late 1800s worked 12-hour days, seven days a week in order to make a basic living. Children were also working, as they provided cheap labor to employers and laws against child labor were not strongly enforced.

With the long hours and terrible working conditions, American unions became more prominent and voiced their demands for a better way of life. On Tuesday September 5, 1882, 10,000 workers marched from city

hall to Union Square in New York City, holding the first-ever Labor Day parade. Participants took an unpaid day-off to honor the workers of America, as well as vocalize issues they had with employers. As years passed, more states began to hold these parades, but Congress would not legalize the holiday until 12 years later.

On May 11, 1894, workers of the Pullman Palace Car Company in Chicago struck to protest wage cuts and the firing of union representatives. They sought support from their union led by Eugene V. Debs and on June 26 the American Railroad Union called a boycott of all Pullman railway cars. Within days, 50,000 rail workers complied and railroad traffic out of Chicago came to a halt. On July 4, President Grover Cleveland dispatched troops to Chicago. Much

rioting and bloodshed ensued, but the government's actions broke the strike and the boycott soon collapsed. Debs and three other union officials were jailed for disobeying the injunction. The strike brought worker's rights to the public eye and Congress declared, in 1894, that the first Monday in September would be the holiday for workers, known as Labor Day.

The founder of Labor Day remains unclear, but some credit either Peter McGuire, co-founder of the American Federation of Labor, or Matthew Maguire, a secretary of the Central Labor Union, for proposing the holiday.

Although Labor Day is meant as a celebration of the labor movement and its achievements, it has come to be celebrated as the last, long summer weekend before Autumn.

# E-mail identity theft

by Chief Master Sgt. Vic Wurtzler  
183rd Communications Flight

Spam and e-mail-laden viruses can take a lot of the fun and utility out of electronic communications. We used to tell you to only trust e-mail that comes from people you know. The problem is now even that can't be trusted. A favorite technique of spammers and other "bad guys" is to "spoof" their return e-mail addresses, making it look as if the mail came from someone else. In effect, this is a form of identity theft, as the sender pretends to be someone else in order to persuade the recipient to do something (from simply opening the message to sending money or revealing personal information).

E-mail spoofing involves simply setting the display name or "from" field of outgoing messages to show a name or address other than the actual one from which the message is sent. Many e-mail clients allow you to change the text displayed in this field to whatever you want. For example, when you set up a mail account in Outlook Express, you are asked to enter a display name, which can be anything you want. When you receive a normal USPS mail letter, you look to the return address in the top left corner as an indicator of where it originated. However, the sender could easily write any name and address there; you have no assurance that the letter really is from that person and address. E-mail messages contain return addresses the same way, but they can likewise be deliberately misleading, or "spoofed." Senders do this for various reasons, including:

- The e-mail is spam and the sender doesn't want to be subjected to anti-spam laws The e-mail constitutes a violation of some other law (for example, it is threatening or harassing)
- The e-mail requests information that you might be willing to give to the person the sender is pretending to be (for example, a sender might pose as your company's system administrator and ask for your network password), as part of a "social engineering" attack
- The sender is attempting to cause trouble for someone by pretending to be that person (for example, to make it look as though a political rival or personal enemy said something he/she didn't in an e-mail message)
- The e-mail contains a virus or Trojan and the sender believes you are more likely to open it if it appears to be from someone you know

Many times a virus or malicious logic attack will collect the E-mail addresses someone has saved in their E-mail contacts and then send the malicious logic to everyone using one of those contacts as the "from" address. Now, everyone is more likely to open the e-mail because they know the person in the "from" field. This is why you will sometimes get messages from some other E-mail server saying messages that you sent could not be delivered but you didn't send the message. When that happens, you can be pretty sure your address was used by a "spoofer." It doesn't mean you have a virus, but it does mean someone with your address saved probably does and you are at a greater risk.

If you have questions about this or anything else Communications related, call the Helpdesk at 241!!!! Or, you can always call me at 576!

## Septemeber Lunch Menu

served 1100-1300

catered



### Saturday

Fried chicken  
Au gratin potatoes  
Baked beans  
Macaroni salad  
Southern style green beans  
Salad bar  
Apple crisp

### Sunday

Homemade meatloaf  
Brown gravy  
Parsley buttered potatoes  
Green bean casserole  
Broccoli normandy  
Salad bar  
New York style cherry cheese cake

## What you should know about powers of attorney

by Master Sgt. Deb Schumer

183rd Base Legal Office

reference: [legalassistance.law.af.mil](http://legalassistance.law.af.mil)

### What is a Power of Attorney?

A power of attorney is a document that allows someone else to act as your legal agent. It can be used to allow a friend to sell your car, to let your spouse sell your house, or to authorize a relative to take your child to the hospital. It can create valid and legal debts in your name or it can authorize a person to pay off your debts.

### Are there different kinds of Powers of Attorney?

Yes. There are three types of Powers of Attorney: general, special and durable. A general power of attorney allows the person you name (your agent) to do any and all things that you could legally do, from registering a vehicle to selling a house. A special (limited) power of attorney lists a particular act or acts that the agent is authorized to do and limits the agent to what is listed. A durable power of attorney allows your agent to manage your own personal and financial affairs when you become incompetent, incapacitated and/or disabled, and will last as long as you are alive or until you revoke it. This latter category is particularly valuable to deploying military members because if you are taken prisoner of war or you are missing in action, you are considered "incapacitated" for purposes of a general power of attorney and only a durable power of attorney would be of use to your agent.

### What are some of the things a Special Power of Attorney can do?

You can use a special power of attorney to allow someone to do almost all legal actions that you can do yourself. For example:

1. Buy or sell real estate
2. Purchase a car or sell your furniture
3. Register your car
4. Sign your paycheck or withdraw money from your bank account
5. Admit your child to the hospital for needed

medical care

6. Sign your name to a lease or an agreement to connect utilities, such as electricity, gas or telephone service

7. Cash or deposit tax refund checks or transfer stocks and bonds.

### When does a Power of Attorney expire?

A general or special power of attorney should not be made indefinite. It is best to set a date for the power of attorney to expire.

### Why doesn't everyone have a Power of Attorney?

There can be disadvantages to having a power of attorney as well as advantages. A power of attorney can be very useful if you have one in effect when you need it. But a power of attorney can be abused as well. A husband who just separated from his wife might use the power of attorney she gave him to withdraw all the funds from her back account. A well-meaning elderly grandmother might give a power of attorney to a younger relative, only to discover that the relative squandered and spent the grandmother's assets. A power of attorney always has the potential for being a very helpful or a very dangerous document for those reasons. The important thing to remember is that you are going to be legally responsible for the acts of your agent. Therefore, you must exercise great care in selecting the person to be your agent.

### Does every business or bank have to accept my Power of Attorney?

No, every business or bank is free to accept or reject your power of attorney. Some businesses or banks require that the power of attorney be recorded while others do not. Some banks will accept only a special power of attorney. Some organizations only accept a power of attorney written on their form. The best rule is to check with the business or bank before obtaining or using a power of attorney to be sure that it will be accepted.

### What if I have other questions or specific problems I want help in solving?

Call the Base Legal Office during UTAs at ext. 491 to set up an appointment to get legal assistance from a Judge Advocate, or visit a civilian lawyer as soon as possible. Seeing a Judge Advocate or civilian lawyer early may not only solve a problem you have, it may also resolve or avoid a problem in the future.

## Blood drive

The 183rd Fighter Wing will host a blood drive during the September Unit Training Assembly in support of the Central Illinois Community Blood Center. The Central Illinois Community Blood Center is the only blood provider to 19 central Illinois hospitals, including Memorial Medical Center and St. John's Hospital.



CENTRAL ILLINOIS  
COMMUNITY BLOOD CENTER

*give what's in your heart.*

When: Saturday, Sept. 12

Time: 8 a.m. to 12 p.m.

Where: The "Bloodmobile" will be parked in front of Building P-48

Current members, retirees, and family members are encouraged to donate. Sixteen and 17 year olds are allowed to donate with parent's permission.

Walk-ins are always welcomed, but if possible please contact Chief Master Sgt. Devra Schoby at ext. 557 to schedule a time. If you have any questions about donating you can call the Blood Center 217-753-1530.

Together, let's make this year's blood drive a success.

## Commander's cup golf outing

Come out and join the fun.

This year's Commander's Cup Golf Outing will be Friday, Sept. 18, at the Oaks Golf Course in Springfield. The cost is \$65.00 per golfer which includes three mulligans, 18 holes of golf with a riding cart, beverages during golf, and food and beverages during the banquet dinner at the Riverton Eagles Club.

The outing will be a four person, best ball tournament with scramble format.

Registration will be from 8:00 a.m. until 10:00 a.m.

Shotgun will start at 10:00 a.m.

To register yourself or a team, contact Bernie Riddle, NDI Lab in Building P-17 or at ext. 220. He can also be reached on his cell phone at 217/652-2267. Please register and pre-pay by Sept. 15.



## Wreath laying ceremony

The wreath laying ceremony has been rescheduled for Saturday, Sept. 12, at 0900 by the static display.

Please remember if you know of any retiree that have passed away since the last ceremony held in October 2008 to contact Joe Ward, Family Readiness Manager, with the name so that he or she can be honored during the next wreath laying ceremony.

Everyone is encouraged to attend.

## Are you in reg?

*by Senior Master Sgt. Kim Piskacek  
183rd Wing First Sergeant*

In the short time I've been the Wing First Sergeant, I've had the pleasure of talking to Wing members before and/or after they attend a Senior NCO Promotion Board in the Wing conference room. I am consistently impressed by their professionalism, military bearing, and overall positive attitudes. Unfortunately, I also often notice uniform violations. As a First Sergeant, I feel I would be doing a member an injustice if I didn't bring the uniform discrepancies to their attention and assist in correcting the problem.

The most common discrepancy is the alignment of the name tag on the jacket of the service uniform. IAW AFI 36-2903, center the metallic name tag on the right side between the sleeve seam and the lapel. The bottom of the name tag will be parallel with the bottom of the ribbons. Too often I see the name tag higher than it should be.

Supervisors, coworkers, First Sergeants, and Wingmen, please take the time to look at an individual's uniform before they meet the board. Help our fellow Wing members look their best and be fully compliant at a high point in their career. Some day that will be you going up for the board and I'm sure you'll want the same courtesy provided to you.

You can earn \$2000.00 for any new enlisted individual and \$4000.00 for any officer that you bring to the Air National Guard.

To find out more, you can voluntarily apply online at [www.GuardRecruitingAssistant.com](http://www.GuardRecruitingAssistant.com) or by calling 866-566-2472.

# Patriots Day 2009

**U.S. Cellular**  
COLISEUM  
September 11, 2009  
Bloomington, Illinois

**Veterans Career Fair**  
12 Noon to 4:00PM  
Open to the Public

**Motorcycle  
Escort of  
150+ American  
Flags  
6:15PM**

**Employers Forum**  
11:00AM to 12 Noon  
Up to \$8,000 in Tax  
Credits when hiring  
a Veteran

**Reading the Names  
of Illinois lost Heroes  
since 9/11/2001 \*  
Military-Police-  
Firefighters  
5:45PM and 6:30PM**

**UH-1E  
Huey  
Helicopter  
on display**

**Hero Recognition  
Ceremony  
6:00PM to 8:30PM**

For more information visit [www.patriots-day.us](http://www.patriots-day.us)



## A perspective on fitness

by *Chief Master Sgt. Kent Sunderland*  
*Command Chief Master Sergeant of Illinois*

To say that I am a physical fitness nut would be a lie. To say that I think physical fitness is important and that we should all incorporate it into a pattern in our lives is true. I try to exercise three or four times a week as best I can. Is an exercise program important for National Guard personnel? Yes. Is physical exercise important for all people? A definite Yes! In fact, my full time employer has implemented a “Live Well, Work Well” program that encourages an overall healthier life style including exercising and better eating habits.

Command Sgt. Maj. John Starbody and I recently attended the National Guard Bureau Joint Senior Enlisted Leader Conference in Frankfort, Ky. At 0600 every morning, Sgt. Ken, a physical fitness trainer, led a 45 minute group exercise session for those who wanted to attend. Sgt. Ken leads the Operation Fit-to-Fight Physical Training program. The objectives of the program are to provide safe and specialized health and physical fitness programming in order to increase fitness levels, ready soldiers and airmen for the physical demands of combat, reduce fitness test failures and health-related injuries, and help prevent combat injuries and stress caused by fatigue.

My exercise behavior has typically been to do the exercises and running that prepare me to pass my annual ANG fitness test. I know that I should do more and I do at times, but not nearly as much as I should.

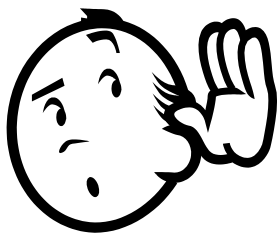


Although my doctor would say that anything I do is better than doing nothing!

So what happened that first morning with Sgt. Ken? At 0530, I met two of my Command Chief Master Sergeant counterparts and ran three miles. We made it back by 0600 for Sgt.

Ken’s 45 minute workout session. Working at the speed and intensity that each participant wanted, Sgt. Ken used upbeat music to lead us through about 25 different exercises that worked muscles all over the body. My heart rate elevated, my body parts moved quickly and a lot, and sweat rolled off! I thought to myself that every muscle in my body would be sore the next day! But that wasn’t the case. Then I realized that the program worked different muscles without over working any one muscle and that we worked lots of muscles moderately.

You can find more information about Sgt. Ken’s program on [nationalguard.com/fitness](http://nationalguard.com/fitness) or by reading about it in GX Magazine. Do yourself a favor and think more than just passing the fitness test. Think about a better fit person so you lead a better and healthier life style. Don’t get me wrong! You don’t have to be “Mr. Physical Fitness.” But maybe what you can be is somewhere between that and “just pass the fit test” person that I and many of you are.



**You’re talking. They’re listening.  
 Think OPSEC!**

## Promotions

**Colonel**  
Jonathan R. Payne

**Lieutenant Colonel**  
Jonathan C. Bachtold  
Richard R. Pietrykowski

**Captain**  
Anthony M. Franciskovich

**First Lieutenant**  
Alvin L. Ross

**Master Sergeant**  
Bradley D. Allen  
Loni K. Crowder  
Jennifer E. Donaldson  
Todd M. Langheim  
Leo L. Leonhard  
James H. Purdon  
Lanina M. Schnapp  
Ryan C. Scott

**Technical Sergeant**  
Kevin M. Auth  
Joshua L. Lehmann  
Anthony T. Moore  
Alex Q. Taylor

**Staff Sergeant**  
Justin E. Gary  
Michelle L. Lipscomb

**Senior Airman**  
Jessica C. Meadows  
Luke T. Seymour

## Retiree News

### Fall semi-annual retirees luncheon planned

Retirees of the 183rd Fighter Wing will be getting together to share stories of days-gone-by and catch up on what is new.

Every retiree is encouraged to attend and bring someone with you.

If you need more information or have questions, contact the Public Affairs office at 217-757-1267 or Mr. Walt Pierce at 217-787-1226.

**What:** Semi-Annual Retiree Luncheon  
**When:** Friday, Oct. 2, 2009, at 11:30 a.m.

**Where:** Diamond Buffet (formerly Shakey's Pizza and Buffet), 2441 S. MacArthur Blvd., Springfield.

**Cost:** \$7.50 per person covers a meal, drinks, dessert, and tax. (A gratuity basket will be available.)

### Retirees breakfast gathering

Come join the retirees for breakfast. Some are new, some are old, and some are even older than that, but it's always an enjoyable way to start the day. The monthly retiree's breakfast will be on Tuesday, Sept. 1, at King Pin Lanes on the corner of Sangamon Ave. and Dirksen Parkway. They say they meet at 8 a.m., but if you're not there by 7:30 a.m., the early birds have taken the good seats!

### New Retirees

**Master Sgt. Sharon Gabriel**  
Maintenance Squadron  
July 11, 2009

**Colonel Amy Walker**  
Medical Group  
July 11, 2009

**Senior Master Sgt. Kerri Klein**  
Headquarters  
July 14, 2009

**Lt. Col. Thomas Casson**  
Headquarters  
Aug. 1, 2009

**Tech. Sgt. David B. Shearer**  
Maintenance Squadron  
Aug. 1, 2009



## Welcome Aboard

### New Enlistees

Airman 1st Class Christopher F. Ford	183rd Security Forces Squadron	July 9, 2009
Airman 1st Class Derek L. Borjon	217th Engineering Squadron	July 16, 2009
Airman Basic Tyler G. Casson	183rd Communications Flight	July 16, 2009
Airman 1st Class Chaz R. Tribbet	183rd Force Support Squadron	July 16, 2009
Airman 1st Class Brandy E. Turner	183rd Maintenance Squadron	July 16, 2009
Staff Sgt. Jonathan R. Sutherland	Detachment 1	July 31, 2009

## BBQ and Food Safety

from U.S. Department of Agriculture  
www.USDA.gov

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining brightly, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing foodborne illness. Use these simple guidelines for grilling food safely.

### From the Store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into plastic bags.

Plan to drive directly home from the grocery store. You may want to take a cooler with ice for perishables. Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is above 90 °F.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.

### Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

### Marinating

A marinade is a savory, acidic sauce in which a food is soaked to enrich

its flavor or to tenderize it. Marinate food in the refrigerator, not on the counter. Poultry and cubed meat or stew meat can be marinated up to 2 days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

### Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 °F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

### Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

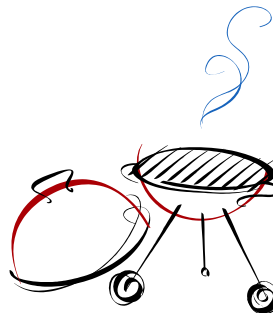
### Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and wet towelettes for cleaning surfaces and hands.

### Precooking

Precooking food partially in the



microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

### Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry

cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145 °F. Hamburgers made of ground beef should reach 160 °F. All cuts of pork should reach 160 °F. All poultry should reach a minimum of 165 °F.

NEVER partially grill meat or poultry and finish cooking later.

### Reheating

When reheating fully cooked meats like hot dogs, grill to 165 °F or until steaming hot.

### Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served — at 140 °F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

### Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90 °F), food should never sit out for more than 1 hour.

### Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

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