



Five Questions Every Grill Master Should Answer

Do you know the recommendations for safely handling your food, utensils and grill?

“What’s for dinner?” I asked my neighbor, who was opening the cover of his grill in the backyard next to ours.

“I’m making ribs,” he replied. I went inside to get some gardening gloves so I could continue my yardwork. Suddenly, I wanted grilled food, too.

When I returned, the aroma of grilled food was wafting toward me. “That smells really good already,” I noted.

“I’m just burning off the residual food,” he said. I chuckled in embarrassment.

That afternoon, I headed to the grocery store. My husband is the outdoor chef in our house, so I usually plan the menus. I decided we were having chicken and veggie kabobs on the grill.

July is National Grilling Month, so firing up the grill is a way to enjoy the warmth of summer days without warming up the kitchen.

If a researcher were to ask questions about your food safety habits while grilling, what would they report?



Julie Garden-Robinson
Food & Nutrition Specialist

A 2025 nationwide study conducted by Kansas State University and published by the National Institutes of Health examined the self-reported grilling habits of 1,024 consumers ages 18 and older from four regions of the U.S. The researchers intentionally selected a 70% male to 30% female ratio to reflect the trend that men cook on grills more often than women do.

Most respondents (77%) were white and between 36 and 65 years of age (50%). Nearly three-fourths rated their grilling skills better than average. About two-thirds grilled all year.

Now let’s examine a few of their topics and see how you or the grill master in your home handles food. Then you can compare your responses to the national results.

Answer the questions, then see what the researchers found.

1) Do you wash poultry before you grill it? Should you?

About 78% reported washing



Firing up the grill outside is a way to enjoy the warmth of summer days without heating up the kitchen. (Pixabay photo)

poultry before grilling; however, washing poultry is not recommended because of the risk of spreading germs such as Salmonella, Campylobacter and E. coli around your kitchen through splashing water droplets. Proper cooking destroys these bacteria.

2) Do you wash utensils after turning or moving meat on a grill?

Only 19% of males and 29% of females immediately washed their utensils after turning or moving meat on the grill. More of the females got this one right: using clean utensils is a way to reduce the risk of cross-contamination. Consider bringing extra tools with you to the grill to avoid going back to the kitchen. Don’t forget to clean the food thermometer.

Unfortunately, only 20% of the male grill masters and 28% of the female grill masters used a food

thermometer, by the way.

3) Do you clean the grates on the grill before grilling? How about after grilling?

Cleaning the grill is recommended. About 86% of respondents cleaned the grill before grilling, while 61% cleaned the grill after grilling. Further, 95% used a grill brush or a sturdy utensil.

Note: Grill brushes can shed bristles, which could be consumed and cause medical emergencies. Instead, consider grill scrapers without bristles.

4) When thawing food in the refrigerator, on which shelf do you place the thawing food (top, middle, bottom)?

Of the respondents who thawed poultry in the refrigerator, which

is recommended, the responses were mixed. About 26% placed poultry on the top shelf, 32% on the middle shelf and 39% on the bottom shelf.

When thawing food, thaw raw meat below ready-to-eat foods (bottom shelf) to avoid uncooked juices dripping onto other foods. Even better, place the thawing food in a pan on the lowest refrigerator shelf to collect any juices.

5) When transporting the food from the grill to the serving area, do you bring a clean plate, pan or dish to retrieve the grilled food?

This question produced encouraging results about the poultry grill masters: 90% of males and 92% of females used a clean plate to retrieve the food. Using the same

plate can lead to some dangerous “secret ingredients” (bacteria) on the food.

The survey had 50 questions, so this is just a snapshot. Regardless of what you grill this summer, do it safely. Instead of a recipe, this week I provide some links with more grilling information from North Dakota State University Extension. This includes safe minimum internal temperatures, recipes and tips to keep food safe from a store to your grill to your dinner table.

Quick Facts: Becoming the Grill Master (ndsu.ag/grilling-26)

Quick Facts: Grill Something Different (ndsu.ag/grill-different)

Try Adding Some Fruits and Vegetables to Your Grilling Menu (ndsu.ag/grillhealthy-26)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
B.M., DOB: 06/21/2013

TM Child Welfare	)	SUMMONS
Petitioner(s)	)	CASE# JV-
VS	)	CW-25-15009
Nicole Thiefoe, mother	)	
Jesse Malaterre, father	)	

TO: Nicole Thiefoe:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 10:00a.m., to defend against the REQUEST FOR A REVIEW HEARING in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 24th day of June, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220
(#42, 43, 44)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
M.A-H., DOB: 05/08/2022
A.A-H., DOB: 08/15/2020

TM Child Welfare	)	SUMMONS
Petitioner(s)	)	CASE# JV-
VS	)	CW-23-15035
Steve Anton, father	)	

TO: Jerry Amyotte Jr.:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 9:30a.m., to defend against the REQUEST FOR A REVIEW HEARING in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 24th day of June, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220
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Dakota Gardener



Landscape fabric is not meant to be used as a long-term solution for weed control. (NDSU photo)

By Emily How,
Horticulture agent
NDSU Extension – Ward County

Weeds are always a problem in the garden or an ornamental landscape. There are always more weeds than there is time to weed, and with the amount of rain that we have received

as of late, they are growing, well, like weeds.

As a solution to the weed problem, many gardeners will turn to weed barriers to prevent them from emerging. There are many types of weed barriers: landscape fabric (woven and nonwoven), mulch and cardboard, just to name the most common. Of

these, landscape fabric has the worst reputation by far. Claims of poor permeability for both water and air, difficult maintenance, removal issues, disposal problems and reduced soil fertility – why is this even an option at garden centers?

Before we are too hard on all landscape fabric, I should mention that there is a difference between woven and nonwoven fabrics and plastic sheeting. Plastic sheeting, or simply sheets of plastic, has been discouraged from use in landscapes since around the 1990s. Meanwhile, non-woven and woven landscape fabrics are still widely available. Both fabric types are made from polypropylene, allowing water and air to permeate the fabric and reach the soil. Non-woven landscape fabric has a feltlike texture created by heat-bonding or needle-punching the fibers together. Woven fabrics have interlocked fibers, creating greater strength and durability.

Both types have a purpose in the garden. When I started my garden and needed to remove a heavy weed bed, I opted for the nonpermeable plastic sheeting to kill all the weeds in the area. However, when I was done with this step, I replaced it with the more permeable, nonwoven landscape fabric to help keep the weeds down during the first two growing seasons in that new location. After the second season, I felt that the fabric had served its purpose and it was removed.

Here is where the problem with landscape fabric lies: it is not meant to be used as a long-term solution for weed control. Over time, organic material can build up on the fabric, creating an environment for weeds to germinate. Some weeds, such as thistles and dandelions, have a strong taproot that can break through the fabric. And because of the fabric, these weeds can sometimes be more difficult to pull, as they are held in place by it.

Every year, the Ward County Master Gardener group lays woven landscape fabric for the Hunger Free Garden. This garden grows all summer with minimal weeding requirements and at the end of the season the fabric is removed and stored for use the following year. This is sustainable for a group of volunteers, but because I have more time to dedicate to my garden – which is also half the size of the Hunger Free Garden – I have replaced the landscape fabric with wood mulch.

There is no perfect solution for

keeping a weed-free landscape. Know that each type of weed barrier has a downfall — even wood mulch, compost or leaves can lead to different problems. Whether it’s a fabric weed barrier or a natural mulch, all are acceptable options and serve their intended purpose. So, when shopping at the garden center, consider your garden needs to determine the best weed barrier option.

INVITATION FOR BIDS

JULY 16, 2026, 11:00 A.M. CENTRAL LOCAL TIME, BELCOURT, ND:

CONSTRUCTION OF THE GREEN ACRES LAGOON RENOVATION ON THE TURTLE MOUNTAIN RESERVATION, ROLETTE COUNTY, NORTH DAKOTA

The Turtle Mountain Band of Chippewa will accept bids from qualified contractors for the construction of the Green Acres Lagoon Renovation project on the Turtle Mountain Reservation, Rolette County, North Dakota

Sealed bids will be accepted until 11:00 A.M. Central Local Time, July 16, 2026, at which time a public bid opening will be held at the conference room of the Turtle Mountain Public Utilities Commission, 1001 Chief Little Shell st. Belcourt, ND 58316.

PLANS AVAILABLE FROM TRIBE: A bid package may be obtained from the Turtle Mountain Public Utilities Commission, PO Box 490, Belcourt, North Dakota, 701-477-6159, ATTN: Kenneth J. Azure. A nonrefundable fee of \$125 will be charged for each bid package or an emailed pdf will be made available upon request at no charge by contacting Kenneth J. Azure, puckenny@utma.com. Additionally, a bid package may be obtained from the Quest Construction Data Network (www.questcdn.com), Project Number TM2026-CSL-1. Delivered bids will be read during the bid opening.

A copy of a valid Contractor’s license for the state in which the work resides or Certification of Renewal thereof issued and registration of Indian owned firm from TERO shall be supplied at the time of bidding and enclosed in the required Bidder’s Bond envelope.

ENGINEER: Indian Health Service, DSFC, Minot, ND.

INDIAN PREFERENCE: In the evaluation of the bids, the Owner may, within funding limitations, give preference up to the amount of 10% above the lowest total bid, to qualified Indian owned firms. The qualified Indian owned firms must register with the local TERO Office prior to the bid opening.

PROJECT DESCRIPTION: The scope of work includes furnishing all labor, equipment and materials for the construction of the following:

- Rehabilitation of an existing waste water treatment system consisting of a 9.1 acre primary cell and 8.1 acre secondary cell, a new 3.43 acre constructed wetland, new wetland access road, cut volume for constructed wetland site work is 21,250 cubic yards, wetland inlet and outlet flow control structures, 1,823 feet of 8-inch PVC SDR 21 gravity sewer main, new inlet manhole and connection to existing sewer force main, new lagoon structures, removal and abandonment of existing lagoon structures, 4,000 cubic yards of rip-rap, removal of existing fence, 4,580 linear feet of new chain link fence, and other related items to complete the project as shown on the plan drawings and stated in the specifications

CONTRACT DURATION: Contract will proceed with available funding from the date of the Notice to Proceed and shall be complete with the entire work ready for use no later than Two Hundred Fifty (250) calendar days after the Notice to Proceed.

