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# Community Profile

The Grand Forks/East Grand Forks area is a place for families to grow and learn together, where families play ball in the backyard and kids rollerblade in the streets. The area is a place for families to thrive and inspire.

People are a little kinder here. Neighbors are happy to lend each other a hand, and strangers say hello. Families are a little stronger here, too. It's all thanks to a community spirit that brings our cities together for many unique celebrations like First Night and Cats Incredible and events like Art Fest and the Potato Bowl. It's a better place, thanks to the

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JLG Architects, GGF Convention & Visitor's Bureau, RR Farm Network, City of Grand Forks, Chuck Kimmerle – UND, Sam Reznicek – GGF Country Club, GF Air Force Base, Altru Health System, Good Samaritan Society, SPA, ND Museum of Art*

people. We invite you to experience it for yourself.

Welcome to picture-perfect neighborhoods, where turn-of-the-century Victorian homes meet modern architecture. Clean streets lie under broad canopies of shade trees. Children still open lemonade stands and adults actually still stop to buy a glass. We cherish our safe communities. We believe that, in a place where neighborhoods are still neighborly, the American dream really can come true.

Our communities offer an environment with the great amenities offered in larger urban areas and the safety and convenience of a small community. The Grand Cities area is impressively cosmopolitan, boasting a regional population of over 97,000.

Grand Forks and East Grand Forks are largely residential. Most of the people who work here also live here, and the predominant form of housing is single-family homes.

Some of the features that make the cities a great place to live are diverse educational opportunities, safety and low crime rate, parks and theaters, and a cost of living considerably lower than that found in large cities.

Greater Grand Forks offers excellent educational opportunities. Grand Forks is home to the University of North Dakota (UND), renowned as being among the nation's best medium-sized doctoral-research universities. UND is one of only 40 universities in the nation to have both a medical school and a law school. East Grand Forks is home to one of two campuses of Northland Community and Technical College, offering certificates, diplomas, degrees, general-education transfer courses, and workforce training and continuing-education programs.

The Grand Forks/East Grand Forks area has a strong and varied faith community. Nearly 50 faith structures adorn our cities, representing more than 16 religions and denominations.

No matter what you're looking for, you've come to the right place. Here you'll find diverse cultural, entertainment, educational, recreational and employment opportunities. You'll also find people you'll be proud to call "friends."





### Grand Forks Air Force Base

Located 14 miles west of Grand Forks, the Grand Forks Air Force Base is home to about 2,000 people. Our communities have hosted the Grand Forks Air Force Base for nearly 50 years. The base employs more than 3,000 military personnel and civilians, with an annual payroll of about \$130 million and a total economic impact in the community of over \$433 million.

In 1998 and 2005, our communities were presented with the Abilene Trophy, the Air Mobility Command's highest honor for recognizing community-based relationships and support. The Grand Cities continue to set the standards and are a model around the country for ideal community-military relations and partnerships. The base was awarded the Air Force Outstanding Unit Award for 2004–2005.

The Grand Forks Air Force Base is home to the 319th Air Refueling Wing. The base has been actively involved in the global war on terror, including participation in homeland defense and Operations Enduring Freedom and Iraqi Freedom, with its members continually deploying overseas.

Grand Forks Air Force Base is currently in a transition process of changing the base's mission from an aerial refueling mission to an Unmanned Aerial System (UASs) mission. The base is expected to receive the Predator MQ-1 and the Global Hawk RQ-4.

Currently, the Department of Homeland Security fly's and operates their Predator's from Grand Forks Air Force Base.

The base offers free tours to groups, maintains a speaker's bureau, and conducts the very popular Friends & Neighbors' Day biannual open house. There are educational opportunities available at the base as well. The education center offers several degree programs from accredited universities across the country — many of which are open to the general public.

The Grand Cities are proud neighbors and partners with the men and women serving at the Grand Forks Air Force Base. The positive relationships we have built have had lasting impacts, as a number of retirees choose to call our community home and are active residents of the Grand Forks/East Grand Forks area.

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# Economy & Commerce

## Public Safety

The cities of Grand Forks and East Grand Forks pride themselves on being very safe places to live. Both Grand Forks and East Grand Forks have a crime index much lower than the national average.

East Grand Forks and Grand Forks both have police departments that are involved in their respective communities. In East Grand Forks, a police department of over 20 officers works closely with the local schools on a variety of programs. The department provides officers to speak to community groups that make a request.

In Grand Forks, a force of nearly 80 officers includes seven community resource officers who are assigned to wards in the city. The Community Service Bureau's philosophy is to interact in a positive way with citizens to not only reduce crime, but also improve the quality of life for everyone.

In addition to normal police duties, the Grand Forks police department administers numerous community involvement programs. These programs include everything from a Neighborhood Watch Program and block parties to refugee

training, landlord training and the CounterAct drug awareness program.

## Diversity and Growth

Grand Forks and East Grand Forks offer many diverse businesses the opportunity for success and steady growth. This is revealed throughout the communities, from the downtown areas lying on either bank of the Red River of the North, to the outlying Industrial Park in Grand Forks, to the American Crystal Sugar plant in East Grand Forks.

There are approximately 2,500 businesses in the area, employing over 35,000 people. Businesses range from small to very large, and many of them were started right here in the community. Large employers that form a regional base include Altru Health System and the University of North Dakota, as well as numerous banking and financial service concerns and agricultural processing plants. Grand Forks enjoys a 3.8% unemployment rate, much lower than the 9.1% national average.

Although the larger employers tend to be more well-known and have a more readily apparent economic impact, the importance of the small businesses cannot be discounted. Of the nearly 3,500 businesses in the area, nearly half employ less than five people. The region supports these small businesses in a number of ways. Grand Forks is home to two business incubators dedicated to encouraging entrepreneurship and innovation in the region.

The Grand Forks Industrial Park continues to grow and includes over 30 businesses, ranging from a recently expanded Amazon.com call center to Cirrus Design, a manufacturer of light aircraft to LM Windpower, a manufacturer of blades for wind turbines. In East Grand Forks, agricultural processing is one of the main employment sectors.

## Shopping and Dining

The retail sector is strong and growing in Grand Forks and East Grand Forks. Grand Forks is home to the Columbia Mall with Macy's and Sears as anchor stores, The Grand Cities Mall and a number of other shopping districts. The community continues to attract numerous retailers to the area. The Market Place shopping area is home to a Super Target, Gordman's, Lowe's and Best Buy. Nearby are a Sam's Club and Super Wal-Mart as well as Kohl's, Old Navy and Bed, Bath and Beyond. In downtown East Grand Forks, you'll find Cabela's "destination retail store." In addition to offering quality outdoor merchandise, this recently

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Left to Right: Lloyd Kuster, Leella Drees, Rick Robinson, Derek Beaudry, Connie Klíner, Chris Griffin, Julie Varian, Todd Borchardt, John Botsford

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renovated 60,000-square-foot show-room is an educational and entertainment attraction, featuring a décor with museum-quality animal displays, huge aquariums and trophy animals featured in realistic re-creations of their natural habitats.

Across the street from Cabela's is a 15 screen theater with stadium seating, rocker seats with movable arm rests. When choosing a restaurant, be assured that everything from fine dining to a quick meal on the run can be found on either side of the river. Across the street from Cabela's in East Grand Forks you'll also find "restaurant row," a collection of restaurants and pubs all with outdoor seating along the Red River. While in East Grand Forks, explore the great cuisine of Mama Maria's Italian Restaurant or Little Bangkok's Thai menu. In Grand Forks, you'll love the great menus and creative dishes of Sander's 1907, Giuseppe's Italian Restaurant, The Toasted Frog and teppanyaki dining at Fuji's Japanese Steakhouse. You'll also find hometown favorites like the Red Pepper, Italian Moon, JL Beers, The Green Mill and everyone's favorites, Olive Garden, Ruby Tuesday, and Texas Roadhouse. If you'd rather grab a quick burger or pizza, variety still abounds. Grand Forks and East Grand Forks have strong family values, and everyone can appreciate the fun pizza places, family restaurants, fast-food and fine dining places that can be enjoyed by all.

### Local Leadership

The Grand Cities have a growing

economy with strong business leaders. Local and regional businesses are very involved in the community, showing a strong spirit of volunteerism and support for a continued quality of life that keeps most from leaving our area and is one of the driving forces for families returning to our area. There is so much to appreciate in our cities, and there are many innovative and entrepreneurial partnerships in the works to enhance opportunities and foster future diverse growth.

### Greater Grand Forks Young Professionals

The local Young Professionals Group, made up of 20 to 40-somethings in the area, is host to many social, professional, cultural and philanthropic events throughout the year. All are a fantastic way to grow your network of friends and professional colleagues, while engaging you in the wonderful attractions of the Greater Grand Forks region.

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Their mission is that 'We enhance our community, create connections, and invest in each other.' The organization believes that the voice of many is louder than the voice of one, and they aim to shape and improve the YP culture here in Grand Forks/East Grand Forks. The group is growing and now enjoys a full time paid director.

### Agriculture

There are over 2,500 farming operations, with a value of over \$600 million in production, in Grand Forks County, North Dakota, and Polk County, Minnesota. The Red River Valley, part of the bed of the ancient Lake Agassiz, is known to have some of the most fertile soil in the world. The soil conditions in the area make this perfect farmland for



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Industry and consumer demands for high-quality products have led our region and the agriculture industry into the technology age. Common technologies found within a tractor cab include auto-steer, which allows a farmer to reduce overlapping field operations, reducing fuel expense and soil compaction. Another tool in the tractor may be variable rate technology (VRT) and real time kinematic (RTK). Together these technologies allow a farmer to treat each inch of a field as a unique field, and apply the appropriate amount of seed, fertilizer or herbicide to maximize production with minimal inputs. Farmers are working hard to raise a bountiful, high quality product, with a minimal amount of inputs, expense, and environmental impact.

Agriculture is not just about farming anymore, though. The Grand Forks region is home to the U.S. Department of Agriculture's Human Nutrition Research Center, a world leader in mineral nutrition research for more than 20 years. The University of North Dakota also houses the Upper Midwest Aerospace Consortium (UMAC), whose Crop and Range Alert System promotes the use of geo-spatial technologies that improve economic competitiveness in the region while also providing environmental benefits.

The Grand Forks/East Grand Forks community is also the birthplace of the nation's first sugar beet farming cooperative. American Crystal Sugar, owned by 2,900 shareholders who raise 500,000 acres of sugar beets, is the nation's largest producer of beet sugar. The vote by cooperative members to purchase the company was made at a meeting held in Grand Forks in 1973.

## Something for Everyone

Grand Forks and East Grand Forks provide an abundance of activities for everyone in the family during any season. We are lucky to have four distinct seasons and are able to take advantage of the many recreational and sporting events each season brings.

In the winter, families enjoy snowmobiling, hockey and cross-country skiing; in the summer, they participate in fishing, biking and swimming. Giving





the family an opportunity to cheer the home team to victory, the University of North Dakota offers a variety of sports, including several teams that hold national championship titles. A variety of high school and youth sports are available as well.

We invite you to relax by enjoying one of our many parks, taking a walk or riding your bike on interesting paths, taking in one of many annual community-wide events in the Grand Cities, or playing on one of our scenic golf courses.

System-wide, there is an array of opportunities for adults and kids to participate in sports. The two communities offer hockey, baseball, tennis, soccer, football, curling and many other activities.

Our communities enjoy well over 50 parks and recreational facilities, including indoor and outdoor skating rinks in both Grand Forks and East Grand Forks, an indoor playground in Grand Forks, and tennis courts and ball fields in both communities. Many of the parks have warming houses, restroom facilities and playground equipment.

### The Greenway

Located along the Red and Red Lake Rivers, the Greenway encompasses almost 2,200 acres of open, natural space and offers year-round recreational activities, including boating, golf, cross country skiing, three disc golf courses and birding. The Greenway is 365 days of the year and is home to many annual events and festi-

vals. An integral part of a comprehensive flood-protection project, the Greenway also offers over 20 miles of asphalt trails connected by two pedestrian only bridges. A campground, located in downtown East Grand Forks features 98 campsites including 70 electric sites with full service hookups (sewer and water). Set in an urban area, the campground is within walking distance to many outdoor recreational opportunities as well as shopping, entertainment and dining facilities.

### Year-Round Fun!

#### WINTER

#### Cross-Country Skiing

Groomed cross-country ski trails are available in Lincoln Drive Park. The Grand Forks Park District sponsors an annual "Greenway Ski Days," offering families an opportunity to try out cross-country skiing with free rentals and ski clinics. The weekend starts with a candlelight ski on Friday evening, followed by a full day of activities on Saturday. Not interested in cross-country skiing? You'll also have an opportunity to try out snowshoeing. Lincoln Drive Park also offers sledding and ice skating.

#### Ice Skating

If ice skating is your idea of a great way to spend an afternoon or evening, Grand Forks and East Grand Forks are perfect for you. There are 11 neighborhood ice skating rinks in Grand Forks and another seven in East Grand Forks. Many of the outdoor rinks have access to warming houses, too. Not so big on the great outdoors for your skating pleasure? Not a problem. In

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# Recreation & Festivals



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East Grand Forks, there are two indoor skating arenas, and in Grand Forks, there are four. Some of these facilities offer some recreational skating time, and all offer ice rentals.

## Snowmobiling

Snowmobile enthusiasts have an opportunity to enjoy their sport right in the cities of East Grand Forks and Grand Forks. There are groomed trails and numerous trails located near the two communities. Local snowmobile clubs host fun runs for families several times each winter. With an average of 60 inches of snowfall each year, snowmobiling is a popular pastime from December through March.

## Indoor Opportunities

Too cold to enjoy the great outdoors? The Grand Forks Park District offers some recreational activities that can be enjoyed indoors, too. Besides the indoor skating rink, the Park District owns the First Season Community Center, an indoor center with a playground and other youth activities that is open during the winter season for a small fee. The Grand Forks Park District also operates the Center Court Fitness Club, with five indoor tennis courts and four racquetball courts. The recently renovated YMCA also offers numerous fitness and training classes. The Grand Forks Park District, YMCA and Altru Health System have joined to create the "coming soon" Choice Health & Fitness Center. The new fitness center will be 159 Thousand square feet located within a 42 acres recreational park. It will contain two basketball courts, a zero entry fun pool with two large slides, a dumping bay and a three lane lap pool. The new facility will have more than 15 thousand square feet of cardio and fitness areas with state of the art equipment. It will have a room specifically for rowing and another for cycling, a Kids Zone, 2 family party rooms, community spaces and a

healthy food deli. It contains one of the largest indoor walk/run tracks in the Midwest. With 6 indoor tennis courts, Choice Health & Fitness will also be home to UND women's and men's tennis. Partners providing services within the facility will include Altru Health System and the USDA Human Nutrition Research Center.

East Grand Forks is home to the newly expanded River Cinema 15, offering fifteen screens with stadium and rocker seating, located near "restaurant row" in East Grand Forks.





## SUMMER

### Parks Facilities

Summer outdoor parks facilities include over 30 tennis courts, swimming pools in communities, many playground facilities, splash parks and basketball courts in numerous neighborhood parks.

### Dog Park

The spacious dog park offers dog owners a safe, legal opportunity to exercise their pets off leash within the city limits. Currently licensed dogs can romp freely under their owners care in the large fenced dog park located in Lincoln Park.

### Golf

For the golfing enthusiast, there's no need to go far. Grand Forks and East Grand Forks feature five golfing facilities, four of which are public courses.

King's Walk is a world-class golf experience. Designed by Arnold Palmer and his design team, it's the only PGA-rated course in North Dakota or Manitoba. Characterized by rolling terrain with mounds, moguls, native grasses, Austrian pine trees and lakes, this is a

public, daily-fee facility available for group outings, special events or golf lessons.

Two other 18-hole golf courses are available, one on each side of the river. Grand Forks Country Club is a private membership organization.

Valley Golf, located in East Grand Forks, offers a unique 18-hole layout that challenges all levels of golfers. The course has a beautiful setting for any type of group function, from a company golf outing to wedding receptions. A pro shop, driving range, snack bar and banquet facilities with a full bar are some of the services offered.

Also within our communities are two public nine-hole golf courses. Ray Richards is a full-service, nine-hole, par 36 course designed by renowned landscape architect Robert Bruce Harris of Chicago and owned by the University of North Dakota.

Lincoln Golf Course was established in 1909, making it one of North Dakota's oldest golf facilities. Originally, the 18-hole, par 71 golf course ran along the Red River of the North. Because

of the flood of 1997, the course has been renovated to a nine-hole, par 35 layout.

### Disc Golf

Fast becoming a very popular sport in Grand Forks and East Grand Forks, disc golf is a great way to spend an afternoon outdoors. Grand Forks Park District developed one of the first disc golf courses in the state of North Dakota. The 18-hole course is located in Lincoln Drive Park and is free to use. On any given sunny afternoon or evening, you'll find many people enjoying a round of disc golf.

### Racing at River Cities

Friday night is race night in the Grand Cities. The River Cities Speedway is one of the nation's best quarter-mile dirt tracks. Featuring outlaw sprints, late models, super stocks, street stocks and Midwest modifieds, River Cities Speedway has racing every Friday from the middle of April through the middle of September.

### Bicycling

The communities of Grand Forks and East Grand Forks have over 43 miles of designated bike trails, with additional trails being paved as part of the Greenway project. When completed, the multi-purpose asphalt trails within the Greenway will measure over 20 miles on both sides of the Red River, with two multi-use, non-motorized bridges connecting the trails on the two sides.



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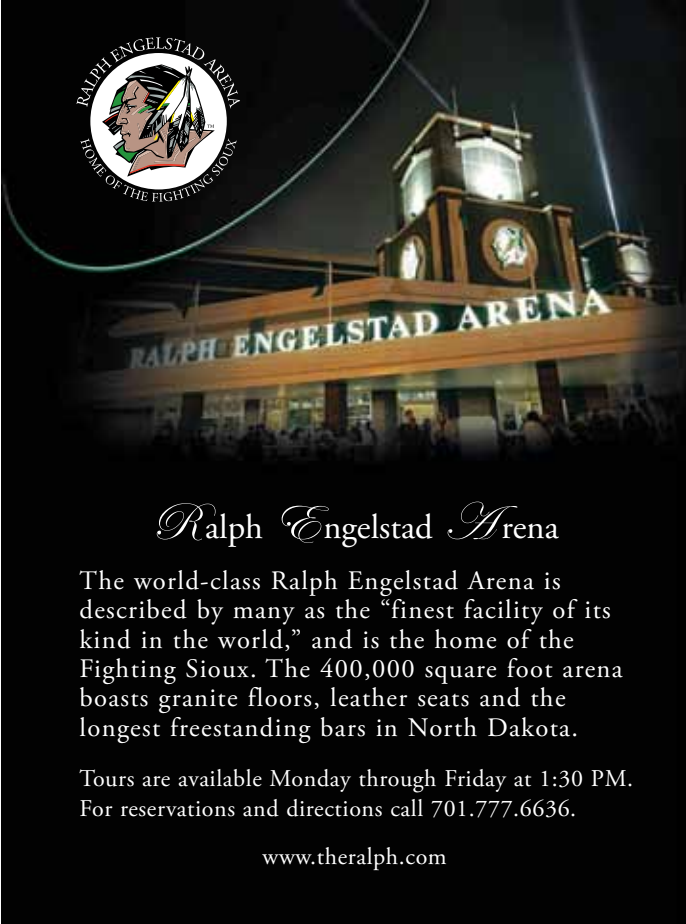
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# Recreation & Festivals



The image shows the exterior of the Ralph Engelstad Arena at night. The building is illuminated, and the name "RALPH ENGELSTAD ARENA" is visible on the facade. A circular logo in the top left corner features a Native American figure and the text "RALPH ENGELSTAD ARENA HOME OF THE FIGHTING SIOUX".

*Ralph Engelstad Arena*

The world-class Ralph Engelstad Arena is described by many as the “finest facility of its kind in the world,” and is the home of the Fighting Sioux. The 400,000 square foot arena boasts granite floors, leather seats and the longest freestanding bars in North Dakota.

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## Fishing

Whether you're looking to put your boat in the water or fish from the shore, opportunities abound in Grand Forks and East Grand Forks. Channel catfish are the Red River's claim to fishing fame, but the Red River and the Red Lake River boast over 70 species of native fish. With four boat ramps within the two cities, it's convenient to get your boat in the water. There are also plenty of shore fishing areas for those who want to keep their feet on dry ground.

## Boating

Whether it's trolling for fish on the Red River or just enjoying a day in a canoe or kayak, there are four boat ramps right along the Greenway: two in East Grand Forks, and two in Grand Forks.

## Camping

How many urban areas have a campground? As part of the Red River State Recreation Area in East Grand Forks, a new campground offers 72 campsites, including 48 electric sites with full-hook-ups. Campers have plenty of access to multi-purpose trails for walking and biking, picnic areas, and two rivers for fishing and boating. The campground's unique setting in an urban area offers visitors access to both outdoor recreational opportunities and shopping and dining facilities within walking distance.

## Festivals and Fairs

### Catfish Days

Each year, people from all over the country come the beginning of August to “Cats Incredible” Catfish Days, a nationally known fishing tournament on the Red River. During the event, 250 anglers in 125 teams compete to earn cash prizes. Approximately 10,000 people attend this event, which provides two day festival with activities for the whole family along the banks of the river in East Grand Forks.

### Heritage Days

In East Grand Forks, you'll want to take in Heritage Village. This historic village works to preserve the history of the Northern Red River Valley. During Heritage Days, held the third week of every August, steam engine threshing machines, museum displays, demon-





strations and much more await your visit. Weekend tours are available. Facilities are available for class and family reunions.

### ArtFest

Introduce your senses to 150+ artists, unique food vendors in 2 food courts, and 2 days of live performances at the Grand Cities Art Fest held in early June in downtown Grand Forks and East Grand Forks.

Art Fest is a diverse gathering of artistic talent, food and entertainment that highlights our region's unique culture. You can shop for fine art and homemade crafts, spark your kids' imaginations with child-centered craft making, experience live, local music and see Town Square come alive as artists turn raw materials into original masterpieces at "Arts in Action" – all framed by the scenic banks of the Red River of the North.

### Grand Forks County Fair

Each July, the Grand Forks County Fair and Exhibition is held at the fairgrounds in Grand Forks. The Grand Forks County Fair features 4-H exhibits, a livestock show, commercial exhibits, home arts exhibits and a carnival with concessions.

### Equipment Rentals

Whether it's summer or winter activities

that have you excited about enjoying the outdoors in the area, there are a number of local businesses that provide rental equipment, from skates and skis for the winter to bikes and canoes for the summer.

### Organized Recreational Programming

In addition to all the opportunities for recreation on your own, Grand Forks and East Grand Forks both offer numerous year-round youth and adult organized sports opportunities for all ages.

### University of North Dakota

Envy of the Hockey World

At over 400,000 square feet, Ralph Engelstad Arena features a suite level

with 48 luxury suites and 2 mini suites. The ice level has state-of-the-art locker and training rooms for UND, with a huge weight-training area, players' lounge and classroom/study area. The main concourse level has a lobby for ticket sales, administrative offices, the Sioux Shop and a spacious 'traditions area' featuring trophies, photos, and All-Americans.

The arena seats just fewer than 12,000 and is typically at capacity for UND men's hockey games. Wide, spacious concourses serve a variety of stadium food and treats and are complete with television monitors. Thanks to the private donation of Ralph Engelstad, the University of North Dakota has a facility that is truly the envy of all the NCAA and the world! In 2009, the Ralph opened a new full-service hockey training facility: The Hockey Academy at Ralph Engelstad Arena. The Hockey Academy staff consists of former UND and professional hockey players that facilitate training to area athletes of all ages and skill levels.

Besides UND hockey, Ralph Engelstad Arena was instrumental in bringing the 2005 World Junior Hockey Championship to Grand Forks and has also played host to a number of events



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# Athletic Events

including the 2008 Men's World Curling Championship and concerts such as Brad Paisley, Carrie Underwood and more!

## Court Sports

Opened in August 2004, the Betty Engelstad Center is the home to UND men's and women's basketball and volleyball. "The Betty" seats 4,000 and has some of the same amenities as "the Ralph." There are four regulation-size basketball courts and four regulation-size volleyball courts. Behind the scenes, there are three team locker rooms, a players lounge, and a study area and classroom space.

## Gridiron Action

Maybe football's your favorite spectator sport. Grand Forks' premier events center/convention facility, the Alerus Center, is home to UND football. In addition, the Alerus Center has the largest exhibit hall between Seattle and the Twin Cities. With seating of over 13,000 for football or soccer and up to 22,000 for entertainment events, it offers space for a variety of events. Besides the main arena, the Alerus Center also offers convention facilities for meetings of various sizes.

## Varsity and Community Sports

The University of North Dakota features women's and men's hockey, basketball, world-class swimming and diving, and other varsity sports. With its beautiful facilities, UND is the place to root for the home team. UND also sponsors the Sioux Kids Club, an opportunity for grade school students to meet their favorite players and attend occasional games for free.

Each year, various sports camps for area youth take place on the campus of UND. These include basketball, hockey, swimming, volleyball and football camps. UND staff provide

instruction and position sessions, with an emphasis on small-group instruction and good sportsmanship.

## High School Sports

Grand Forks and East Grand Forks public and private schools offer varsity sports, including football, hockey, volleyball, basketball, soccer, tennis, track, wrestling, golf, dance and gymnastics. No matter what time of year it is, fans of all ages can find a sporting event to cheer.

## Health Care

### Altru Health System

Altru Health System is an integrated health system with headquarters on a 90-acre medical campus in Grand Forks. At Altru Health System, over 3,700 employees, 180 physicians, 65 nurse practitioners and physician assistants and 400 volunteers work as a team for the benefit of each patient.

Altru's facilities include a 262-bed acute care hospital, a 34-bed rehabilitation facility, a free-standing cancer center, and a 170-unit retirement living facility. Altru has long been committed to providing high-quality services and has had several "firsts" for North Dakota.

Altru Health System was named first member of the Mayo Clinic Care Network.

Altru Cancer Center is the first in the region to offer TomoTherapy HiArt, the most advanced radiation cancer treatment in the region. They were also the first oncology provider in the state to provide prostate seed implants, 3D Conformal Radiation Therapy and High-Dose Rate Brachytherapy.

Altru's Heart Services was the first in North Dakota to implement biventricular pacing and intravascular radiology, and was among the first providers in the region to offer implantable cardioverter defibrillators.

Altru's Diabetes Center was the first comprehensive, coordinated clinic for people with diabetes and their families in our region. Altru's Diabetes Center is dedicated to a team approach in





treating diabetes and is committed to educating healthcare providers throughout the Upper Midwest.

In addition to their specialties, Altru works closely with the University of North Dakota School of Medicine and Health Sciences, Mayo Clinic, and the North Central Cancer Treatment Group on several medical research projects each year.

### Doctors Hospital

Scheduled to open early in 2012, Doctor's Hospital will offer a full line of medical services in a 65 bed acute care hospital led by well seasoned healthcare professionals. Physicians Hospital System, the parent organization for Doctors Hospital, ranks at the top in measurable levels of satisfaction.

Services that Doctors Hospital offer include: advanced obstetrics with the newest in luxury private labor and delivery rooms, twelve-bed intensive care unit, surgical suites for pre-op, post-op and out-patient, state of the art operating rooms, laboratory and radiology services, all private rooms on the medical surgical units as well as

physical therapy, respiratory, and specialized orthopedic and spine services.

### Cancer Center of North Dakota

The Cancer Center of North Dakota (CCND) is located next to Doctor's Hospital on Aurora Medical Park in Grand Forks. CCND opened in 2005 and offers medical oncology and radiation oncology services as well as diagnostic services. CCND offers state of the art technology in radiation oncology with its Varian radiation treatment system. Their medical oncology treatment area is designed so patients may be treated and monitored in a warm and caring atmosphere. CCND offers oncology and hematology treatment services to the Grand Forks/East Grand Forks and regional areas.

### Other Services

Although Altru Health System is the largest health provider in the communities, Grand Forks and East Grand Forks offer a wide variety of other health services.

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# Health Care

## Richard P. Stadter Psychiatric Center

Richard P. Stadter Psychiatric Center is a psychiatric hospital located on the Aurora Medical Park campus. The 62,000 square foot hospital provides extensive evaluation and intensive psychotherapeutic-oriented treatment services for children, adolescents, and adults. Patients seeking the hospital have come from as far as Arizona, California, and the East Coast.

## Aurora Medical Park

Aurora Medical Park is an independent multi-specialty medical facility built in 2006 to serve the people of North-eastern North Dakota and Northwestern Minnesota. The 100,000 sq. ft., state-of-the-art medical facility is home to a number of independent practices, from primary care to specialty care as well as a lab, pharmacy, imaging center and physical and occupational therapy services.

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### Sanford Clinic

East Grand Forks is home to Sanford Health. This past year, Sanford Health took a major step forward in East Grand Forks, adding more services plus another location.

With seven Family Medicine providers, Sanford East Grand Forks Clinic offers easy access to primary care for all ages. Their new location on offers Occupational Medicine, Physical Therapy, HealthCare Accessories and more.

Specialty Services and Outreach services now include Urology, Reproductive Medicine, Oncology, Surgery (including Bariatric), ENT (Ear, Nose and Throat), Podiatry, OB/GYN and Allergy. Proud to be part of the community,

### Edgewood Vista

East Grand Forks is home to Edgewood Vista. The facilities at Edgewood Vista are specially designed with the Alzheimer's resident in mind. Resident facilities include private bedrooms and bathrooms with a central kitchen, dining room and living room. The property also offers its own hair salon, aviary, and large rooms for family tasks like preparing meals and setting the table.

In addition to the residential facility, Edgewood Vista also offers Adult Day Care and Respite Care, providing a safe place for individuals to stay while

their caregivers take a break.

### Valley Memorial Homes

Valley Memorial Homes has been offering services to the community since 1924. Services are provided to enhance the quality of life for those we serve. A full continuum of care is provided through a variety of programs and services offered within our five facilities.

Services offered are senior apartments at Country Estates; assisted living at Wheatland Terrace, and skilled nursing and memory care at Woodside Village. These services are offered on the 4000 Valley Square campus. Other services offered are basic care and assisted living at Tuft Manor, and skilled nursing and transitional care at Valley Elder-care Center.

Overall, Valley Memorial Homes provides services to over 511 residents and tenants. Valley Memorial Homes is a Christian, non-profit organization affiliated with 26 Lutheran congregations in Grand Forks and the outlying area.

### Good Samaritan Society – Heritage Grove

The Good Samaritan Society – Heritage Grove offers both senior housing and assisted living services in three interconnected buildings — Heritage Maples, Heritage Oaks and Heritage Pines — in East Grand Forks, Minn.

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# Senior Living

The 55-plus community features elegant one- and two-bedroom apartments that provide both efficiency and convenience. Each apartment is carefully planned to maximize space and comfort. Security is enhanced with an emergency system, 24-hour staffing and controlled access to all buildings. The apartment buildings include spacious common and dining areas, meeting rooms, lounges, beauty salons, wellness rooms and a chapel. This senior community is in a beautiful neighborhood close to shopping and restaurants. Coordinated transportation is available for events and shopping.

## Grand Forks Senior Center

The mission of the Grand Forks Senior Center (GFSC) is assisting older adults in living healthy and independent lives. The GFSC provides many services which allow older adults to remain in their own homes or apartments. Some of these services are meals in a social setting at five locations

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- Physical therapy, respiratory, specialized orthopedic and spine services.



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throughout Grand Forks, frozen meals, Meals on Wheels, foot care, medication setup, and others. For older adults who are still quite active, the GFSC has a wide array of activities, volunteer opportunities, and trips. The Resource department of the GFSC connects older adults to services in the community which prolong the time these adults can remain in their homes.

### **Parkwood Senior Living**

Parkwood Senior Living is a 172-unit senior living facility owned by Altru Health System and located on the Altru campus. Parkwood offers residents a variety of services from which to choose, including independent living private apartments, assisted living, basic care, and adult day services. Parkwood maintains 132 independent living/assisted living apartments and 40 basic care studio apartments. Each service offers its own special touch to make life more enjoyable and provides residents the opportunity to renew old friendships and make new ones. Apartments feature a kitchenette and private bathroom.

Parkwood's assisted living, basic care, and adult day services are registered with the State of North Dakota. The assisted living program gives residents and their families the peace of mind of knowing that caring Parkwood staff are available 24 hours a day to provide security as well as supportive and preventive health care. Residents live in their own smoke-free apartment where their right to privacy, choice, dignity and individuality are emphasized.

### **Music, Theater & Ballet**

The University of North Dakota's music department and the Greater Grand Forks Symphony often host local and visiting musicians and offer a variety of musical events. There are choral groups, including a local Children's Choir and Master Chorale; a steel drum band; wind ensembles; and a full symphony orchestra.

The Alerus Center and the Ralph Engelstad Arena have both hosted many nationally known performers, including Tim McGraw, Brittany Spears, Sugarland and Carrie Underwood. World-class performances by musicians and theater groups can be found at the Chester Fritz Auditorium and the North Dakota Museum of Art.

The Grand Forks area has a long history of public theater. The Firehall Theater, the Empire Arts Center and UND's Burtness Theater all host a variety of performances every year. In East Grand Forks, the Community Performing Arts Center offers both school and community performances. Whether your preference is a musical, drama or comedy, you'll find something to your taste right here in the Grand Cities. If you want to be a part of the fun, and not just watch, there are opportunities for all ages. From grade school through high school, area youth have the opportunity to participate in the Summer Performing Arts (SPA) program. An eight-week summer arts program, SPA produces a number of theatrical performances each year. For more experienced actors, the Firehall Theater holds a number of performances each year, with auditions open to anyone, while the Crimson Creek

Collegiate Players offer young adults the opportunity to participate in a number of shows each summer.

If dance is what you're looking for, Grand Forks is home to the North Dakota Ballet Company, which offers performances as well as classes for all ages. Dance etc! has been providing Dance education for the Grand Forks community for 53 years. They offer classes in Jazz, Tap, Ballet, and hip hop. Dancers also perform at two yearly recitals, and many events throughout the community.

### **Museums, Visual Arts & History**

The North Dakota Museum of Art is located on the campus of the University of North Dakota and attracts artists and visitors from across the country and around the globe. The museum also offers a summer art program for children, featuring painting, sculpture and other activities. The Hughes Fine Arts Center displays works of local and regional artists. Muddy Waters Clay Center is a non-profit community clay studio serving the Grand Forks area. They offer year-round, high-quality ceramic arts classes and activities for adults and children, gallery events, and outreach opportunities. Commu-

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# Culture & Entertainment

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If owning your own art appeals more to you, there are many opportunities here for that, too. The North Dakota Museum of Art has a museum shop that's open year-round and also

hosts two art auctions during the year, featuring numerous artists and styles. In the summer sun, the downtown area along the Greenway becomes a shopping mecca for those looking for art.

If history is what you're looking for, in addition to East Grand Forks' Heritage Village, you can visit the Grand Forks County Historical Society's Myra Museum. It's home to displays about the history of the region and features a number of historical buildings right on the property.

## Literature

The literary scene in our region is expansive. For over 35 years, the UND Writer's Conference has drawn over 300 famous writers. This annual event is one of the only writer's conferences in the nation that is free and open to the public. During the five-day event there are readings, panel discussions, lectures, films and a community writer's workshop. The North Dakota Quarterly is a literary journal whose roots extend back to the early days of the University of North Dakota. One of the famous "little magazines" that have been the traditional seed beds of talented writers, it puts UND on the map while contributing to the nation's cultural and artistic life.

Readings of fiction, non-fiction and poetry can be found in bookstores, the North Dakota Museum of Art and at local coffee shops. Children can also get in the act with story time at libraries in Grand Forks and East Grand Forks. Our public libraries strive to connect the community, enrich the mind, and inspire the imagination. Visit the Library soon for your information, technology, and entertainment needs!

## Celebrate The Night

Each New Year's Eve, Grand Forks and East Grand Forks areas ring in the New Year at Celebrate the Night. It's a unique, entertaining and safe way to spend New Year's Eve, with entertainment and activities at the Alerus Center. Enter-

tainment options are available for the entire family. For one admission price, you can enjoy performances from regional talent. There are fun activities for the kids, and the evening closes with a fireworks display.

## Local and International Culture

The possibilities to learn about local and international cultures abound in



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the area. At the UND International Center, you can choose a night to learn about a different country and feast on that culture's delicacies. Each year, the International Center also hosts a Feast of Nations Celebration that offers international food and entertainment. Native American culture is a strong part of the community, with an annual Wacipi (pow-wow) and educational forums on Native culture during Time-Out Week.

### Real Estate

Along with an excellent quality of life, Grand Forks and East Grand Forks enjoy a high quality of housing. Our local builders have been recognized nationally for the quality of work they provide.

Whatever your personal preference and price range, you'll find a wide variety of homes in the Grand Forks and East Grand Forks area. We have a number of new housing developments, from affordably priced homes to luxurious developments. You can find condos, town houses and twin homes. From choosing a Victorian home in the heart of the city to having a new home built to your specifications, it's all available right here. Whether you're a first-time homebuyer or a house-shopping pro, Grand Forks and East Grand Forks offer many beautiful homes. If you're looking to build that dream home, you'll find a wide variety of builders ready and willing to work with you.

Our oldest neighborhoods date to the 1880s and are found along the river. Four historic districts are listed on the National Register of Historic

Places. The Near Southside and Riverside historic districts are primarily residential areas with a mix of design styles from Queen Anne and American Foursquare to Craftsman and Mechanics' Cottages. The Downtown Historic District shows our roots as a "river town;" architectural styles range from early "boomtown" structures to Tudor Revival and Moderns, spanning a period from 1880 to the mid-1950s. The University of North Dakota Historic District encompasses the central campus and most of the sorority and fraternity houses. UND has one of the largest collections of Collegiate Gothic architecture in the United States.

Our local lenders offer excellent financing programs, including V.A., F.H.A., conventional, American Dream and first-time homebuyers programs. You can also find down payment and closing cost assistance programs.

If you're not quite ready for home ownership right now, you'll find over 10,000 rental units in Grand Forks and East Grand Forks, with more construction under way all the time. There's a housing option available for everyone in our growing community. You'll have no problem finding the home of your dreams.

One of the main factors contributing to a great quality of life in the Grand Forks/East Grand Forks area is the education system. The two communities offer extensive, high-quality educational opportunities, from preschool through advanced degree programs and everything in between.

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# Education

## Public and Private Education

Grand Forks and East Grand Forks offer primary and secondary education in different configurations.

In East Grand Forks, four schools serve the 12 grades, with one school for grades K–2, another for grades 3–5, a third for grades 6–8, and a 9–12 high school. Overall, East Grand Forks Public Schools educate over 2,000 young people each year.

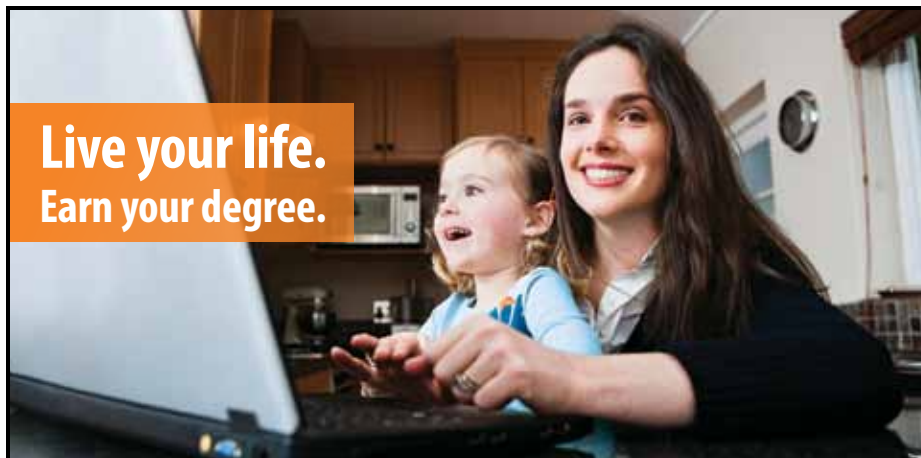
In Grand Forks, a total of 12 elementary schools serve grades K–5, while four middle schools serve grades 6–8

and two high schools and one alternative high school serve the 9–12 school population. Including the Grand Forks Air Force Base, these schools serve over 7,600 students.

Parochial education is also available in our community. Sacred Heart School in East Grand Forks serves pre-K through 12th grade in a Catholic setting. In Grand Forks, two Catholic schools, Holy Family/St. Mary's and St. Michaels, provide education through grade 6. In addition, Riverside Christian School in East Grand Forks offers pre-K through grade 8 education.

Several students from each high school qualify annually as Merit or Presidential Scholar candidates, and Grand Forks students' ACT scores are higher than both state and national averages.

The School for the Blind, located in Grand Forks, provides services for students and adults with visual impairment. Its mission is to function as a statewide comprehensive resource and to work cooperatively with related agencies in providing a full range of services to all people who are blind or visually impaired, including those with multiple disabilities.



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## Higher Education

Higher education in many forms can be found in Grand Forks and East Grand Forks. The University of North Dakota and Northland Community and Technical College are two of the main institutions in the area providing students with growth, learning and the skills to help them discover their vocational and employment possibilities.

## University of North Dakota

With a focus on academic excellence, innovation, and creativity, the University of North Dakota is creating the "Exceptional UND." UND is committed to teaching and learning; research, scholarship, scholarly activity and creative work; and engaged service and designed to help build a strong future – for the region and the world.

UND is built on a strong foundation of liberal and fine arts, where students learn to learn, think, and be creative. Nationally ranked by Washington Monthly, U.S. News & World Report, Princeton Review, and others, the University is known for teaching and expertise in rural medicine, entrepreneurship, energy and environment, health and life sciences, and technology. They've established an international reputation for research and scholarship, notably in the health sciences, nutrition, energy and environmental protection, aerospace, and engineering.

UND enrolls nearly 14,700 students in more than 200 fields of study, from baccalaureate through doctoral and professional degrees, including law and medicine. In addition, the University offers more than 40 degree and graduate certificate programs through distance education. Each year, the university has more than 21,000 registrations in online academic courses and other non-academic activities, including workforce development, conferences, professional certificates,

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# Education

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components, the university is also home to a number of outreach facilities, including the Energy and Environmental Research Center, the Upper Midwest Aerospace Consortium, two technology incubators, the Northern Plains Indian Law Center, and more.

## Northland Community and Technical College

Northland Community and Technical College (Northland) is a comprehensive community and technical college with campuses in East Grand Forks and in Thief River Falls, Minnesota. NCTC offers certificates, diplomas and degrees.

The East Grand Forks campus offers programs in health, business, liberal arts, and technology and trades. The campus specializes in offering health-related career opportunities. Students can also take advantage of over 22 associate of applied science degrees, with articulation agreements with Bemidji State University, Minnesota State University Moorhead and the University of North Dakota.

Northland Community and Technical College students are as diverse as their interests. Some students are recent high school graduates, some are employees interested in expanding or updating their skills, some are taking courses for personal enrichment, and some are getting the education they never got after high school. Overall, the East Grand Forks campus enrolls over 1,750 students and employs 75 faculty members.

## University of Mary

The University of Mary offers a satellite location in Grand Forks with a flexible program to meet unique needs. The University of Mary has been a leader in adult education since its founding. They recognize the major obligations of family, work, and community as you pursue advanced study. U-Mary addresses these needs by offering accelerated programs that meet one night a week or online 24/7.

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### Grand Forks Air Force Base

In addition to the traditional learning opportunities found at UND and NCTC, the Grand Forks Air Force

Base offers college degree programs designed for working adults. The Grand Forks Air Force Base Education Office works with eight fully accredited universities to offer nearly 50 degree programs. Enrollment in the programs offered through the Grand Forks Air Force Base is over 6,000 each year.

The programs at the Grand Forks Air Force Base feature eight-week-long semesters and a carefully designed sequential offering of courses that permits students to complete one full year of college by attending classes as little as two evenings per week during 10

months of the year. Students can obtain associate's and master's degrees in just two years and baccalaureate degrees in four.

Educational opportunities in the Grand Forks and East Grand Forks region bring growth, life, learning and employment to the area, and we pride ourselves on the quality and reach of our schools.



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# Alphabetical Listing

## **Vicki Ericson**

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3774 22nd Ave S  
Grand Forks, ND 58201  
701-795-2508

## **1st Liberty Federal Credit Union**

**Richard Stahlberg**  
**589 Holzapple**  
**Grand Forks AFB, ND 58204-1098**  
**(701)594-5515**  
**Fax: (701) 594-5510**  
**www.1stliberty.org**

## **1st Liberty Federal Credit Union**

**Tom Swanson**  
**3197 S. 17th Street**  
**Grand Forks, ND 58201**  
**(701)772-9519**  
**Fax: (701) 772-2797**  
**thomas.swanson@1stliberty.org**  
**www.1stliberty.org**

## **1st Realty of GGF, Inc**

Darrell Dallum  
515 DeMers Avenue  
Grand Forks, ND 58201-4528  
(701)772-1000  
Fax: (701) 772-1111  
darrell@1st-realty.com  
www.1st-realty.com

## **1st Realty of GGF, Inc -**

**David Blumkin**  
David Blumkin  
515 DeMers Ave  
Grand Forks, ND 58201-4528  
(701)772-1000  
Fax: (701) 772-1111  
david@1st-realty.com

## **4th Street Eatery**

Elaine Olson  
151 S 4th St  
Grand Forks, ND 58201  
701-787-8583  
info@prairieharvest.net  
www.prairieharvest.net

## **5-Star Collision & Glass Center**

Craig Amiot  
1239 Dyke Avenue  
Grand Forks, ND 58203-3436  
(701)775-3454  
Fax: (701) 775-3523  
fivestar@midconetwork.com

## **A & L Siding & Home**

**Improvement Center**  
Jeff Heath  
1505 11th Ave. N.  
Grand Forks, ND 58203-2316  
(701)775-0980  
Fax: (701) 746-5427  
hthjff@yahoo.com  
www.anlsiding.com

## **A Transmission City**

John Tibiatowski  
2115 DeMers Ave.  
Grand Forks, ND 58201-4164  
(701)772-5700  
Fax: (701) 772-7495

## **AAA Quality Cleaners**

Mark & Suzanne Bjornstad  
409 Terrace Drive  
Grand Forks, ND 58201-7658  
(701)746-5326  
aaaqualitycleaners@yahoo.com  
www.aaaqualitycleaners.com

## **AALTOS - Canad Inns**

Tyler Skavlem  
1000 S. 42nd Street  
Grand Forks, ND 58201  
(701)792-1957  
www.canadinns.com

## **Aatrix Software**

Steve Lunseth  
523 North Washington  
Grand Forks, ND 58206-5129  
(701)746-6801  
Fax: (701) 746-4249  
stevel@aatrix.com  
www.aatrix.com

## **Abra Auto Body and Glass**

Deron Pederson  
2151 32nd Ave. S  
Grand Forks, ND 58201  
(701)795-1700  
Fax: (701) 787-7460  
dpederson@abraauto.com  
www.abraauto.com

## **ACE Security Services**

Denny Magnusson  
PO Box 5125  
Grand Forks, ND 58208  
(701)741-2306  
dennymag@gra.midco.net

## **Achieve Therapy & Fitness**

Jeff Barta  
1425 S Columbia Road  
Grand Forks, ND 58208-2938  
(701)746-8374  
Fax: (701) 780-0885  
jbarta@achieve-therapy.com  
www.achieve-therapy.com

## **ACME TOOLS**

Dave Straus  
1705 13th Ave. N.  
Grand Forks, ND 58208-3720  
(701)746-6481  
Fax: (701) 746-2857  
dstrauss@acmetools.com  
www.acmetools.com

## **Ad Monkeys**

Scott Telle  
1165 S Columbia Rd., Ste. F  
Grand Forks, ND 58201-4007  
(701)795-5805  
Fax: (701) 795-5705  
scott@admonkeys.com  
admonkeys.com

## **AdFarm**

Joni Butterfield  
33 3rd Street, Suite D  
Grand Forks, ND 58201  
701-371-9154  
Fax: 701-746-8067  
joni.butterfield@adfarmonline.com  
www.adfarmonline.com

## **Advance Chiropractic Clinic**

Dr. Kevin Gruhot  
2840 19th Avenue South  
Grand Forks, ND 58201-5957  
(701)772-2670  
Fax: (701) 772-2706  
dgruhot@advancechiro.com

## **Advance Electric, Inc**

Kent Anderson  
715 7th Avenue N.  
Grand Forks, ND 58203-3200  
(701)746-5222  
Fax: (701) 746-6341  
kent@advanceelectricinc.net

## **Advanced Business Methods**

Kari Jensen  
875 North 42nd Street  
Grand Forks, ND 58203-1918  
(701)746-0394  
Fax: (701) 772-1119  
kjensen@abmnow.com  
www.abmaos.com

## **Advanced Drainage Systems**

Joe Balestri  
16234 13th St NE STE 2  
Buxton, ND 58218  
701-847-3111  
Fax: 701-847-3033  
joe.balestri@ads-pipe.com  
www.ads-pipe.com

## **Advanced Engineering & Environmental Svc.**

**Shawn Gaddie**  
**4050 Garden View Drive, Suite 200**  
**Grand Forks, ND 58201**  
**(701)746-8087**  
**Fax: (701) 746-0370**  
**Shawn.Gaddie@ae2s.com**  
**www.ae2s.com**

## **Advantage Healthcare Net**

Wade Johnson  
2100 S. Columbia Rd., Ste. 104  
Grand Forks, ND 58201-5895  
(701)772-0471  
Fax: (701) 772-0984  
wjohanson@advhn.com  
advantage-healthcare.net

## **Affinity Builders LLC**

Jeff Weber  
5537 East Prairiewood Dr  
Grand Forks, ND 58201  
701-314-0061  
jweber@gra.midco.net

## **AFLAC**

Kirk Motl  
2534 17th Ave. S., Ste. D-103  
Grand Forks, ND 58201-5215  
(701)772-4921  
Fax: (701) 772-4922  
kirk\_motl@us.aflac.com  
www.aflac.com

## **AFLAC - Judy Ingvalson**

Judy Ingvalson  
2534 17th Ave S  
Grand Forks, ND 58201  
701-741-4841  
Fax: 7017724922  
judy\_ingvalson@us.aflac.com  
aflac.com

## **Aflac - Maxine Bachmeier**

Maxine Bachmeier  
3441 6th Ave NE  
Northwood, ND 58267  
218-779-4696  
maxine\_bachmeier@live.com  
www.aflac.com

## **Aflac - Shari Hanson**

**Shari Hanson**  
**2375 5th Ave NE**  
**Northwood, ND 58267**  
**(218)791-8667**  
**jensville@gtwireless.com**  
**www.aflac.com**

## **Aflac - Tim Everett**

Tim Everett  
802 18th St NW  
East Grand Forks, MN 56721  
701-215-4271  
Fax: 701-772-4922  
tim\_everett@us.aflac.com  
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## **AFLAC- Patty Hajostek**

Patty Hajostek  
218-289-4949  
Fax: 877-468-8117  
patty\_hajostek@us.aflac.com  
www.aflac.com

## **Ag Country**

Jean Johnson  
2424 32nd Ave S  
Grand Forks, ND 58208-3570  
(701)775-3193  
Fax: (701) 787-6659  
jean.johnson@agcountry.com  
www.farmcreditnetwork.com/

## **Agri Valley**

Bob Bina  
2002 N. Washington St.  
Grand Forks, ND 58203-1449  
(701)772-4873  
Fax: (701) 780-0750  
robert.bina@chsinc.com

## **AgriData, Inc**

David Hager  
4300 James Ray Drive  
Grand Forks, ND 58202-8372  
(701)746-8580  
Fax: (701) 746-8681  
david@agridatainc.com  
www.agridatainc.com

## **Airman & Family Readiness**

**Center**  
Cheryl Anderson  
319 fSS, Bldg 207  
Grand Forks AFB, ND 58205-6319  
(701)747-6436  
Fax: (701) 747-4171  
cheryl.anderson@grandforks.af.mil

## **Alerus Center**

**Cheryl Swanson**  
**1200 42nd St. S.**  
**Grand Forks, ND 58201-3733**  
**(701)792-1200**  
**Fax: (701) 746-6511**  
**cswanson@alruscenter.com**  
**www.alruscenter.com/**

## **Alerus Financial**

Jennifer Newman  
401 Demers Avenue  
Grand Forks, ND 58206-6001  
(701)795-3200  
Fax: (701) 795-3378  
rnewman@alrusmail.com  
www.alrusfinancial.com

## **Alerus Financial (Banksouth)**

Jennifer Johnson  
2300 S. Columbia Rd  
Grand Forks, ND 58201  
(701)795-3200  
jejohanson@alrusmail.com

## **Alerus Financial (Express)**

Matt Zimmer  
516 DeMers Ave  
Grand Forks, ND 58201  
(701)795-3200  
mzimmer@alrusmail.com

## **Alerus Financial (Hugo's)**

Sherry Levenseller  
Hugo's  
Grand Forks, ND 58201  
(701)795-3200  
slevenseller@alrusmail.com

## **Alerus Financial (Northwood)**

Breana Schlosser  
503 Washington St  
Northwood, ND 58267  
(701)587-5101  
bschlosser@alrusmail.com

## **All About Moving, Inc.**

Trevor Kittelson  
830 S. 48th Street  
Grand Forks, ND 58201  
(701)772-4100  
Fax: (701) 772-4101  
trevor@all-aboutmoving.com  
www.all-aboutmoving.com

## **All Reasons Self Storage, LLC.**

Paul Eggebraaten  
3000 S 38th St.  
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www.allreasons.com/

## **Alliegiant**

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8360 S Durango Dr  
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matthew.seli@allegiantair.com  
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Al Decker  
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alsgrillandcatering@hotmail.com  
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## **Altru Clinic Pharmacy**

**Kelly Hulst**  
**1000 S Columbia Road**  
**Grand Forks, ND 58208-3115**  
**(701)772-4875**  
**Fax: (701) 780-6577**  
**gfcpharmacy@qwestoffice.net**  
**www.gfcpharmacy.com**

## **Altru Health Foundation**

**Jon Green**  
**2501 DeMers Ave.**  
**Grand Forks, ND 58206-6002**  
**(701)780-5837**  
**Fax: (701) 780-5609**  
**jgreen@altru.org**  
**www.altru.org**

## **Altru Health System - Clinic**

**Kim Pelling**  
**1000 S Columbia Road**  
**Grand Forks, ND 58206-6003**  
**(701)780-5976**  
**Fax: (701) 780-1631**  
**kpelling@altru.org**  
**www.altru.org/**

**Altru Health System - Hospital**  
**Dave Molmen**  
1200 S. Columbia Road  
Grand Forks, ND 58206-6003  
(701)780-5000  
Fax: (701) 780-6641  
dmolmen@altru.org  
www.altru.org

**Altru Home Services**  
**Jody Anderson**  
1200 S. Columbia Road  
Grand Forks, ND 58206-6011  
(701)780-5888  
Fax: (701) 780-5849  
janderson@altru.org  
www.altru.org/

**Altru Hospice**  
**Joyce Bulman**  
1380 S. Columbia Rd  
Grand Forks, ND 58206-6011  
(701)780-5258  
jbulman@altru.org

**Amazon.com**  
**Pete Boudreaux**  
1550 48th St. S.  
Grand Forks, ND 58201-3819  
(701)787-3601  
Fax: (701) 787-3501  
petebo@amazon.com  
www.amazon.com/

**American Cancer Society/  
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vicki.schatz@cancer.org  
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Fax: 701-746-4177  
jfulton@amfam.com

**American Federal Bank**  
Pam Knudson  
140 Gateway Drive NE  
East Grand Forks, MN 56721-1625  
(218)773-9711  
Fax: (218) 773-4710  
pknudson@americanfederal.net  
www.americanfederalbank.com

**American Federal Bank - GF**  
Pam Knudson  
2551 S Columbia Rd  
Grand Forks, ND 58201  
(701)775-1133  
Fax: (701) 775-8713  
pknudson@americanfederal.net  
www.americanfederalbank.com

**American Legion Post #157**  
Jim Donken  
1009 Central Ave NW  
East Grand Forks, MN 56721-1610  
(218)773-1129  
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**American Red Cross**  
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2602 12th St N  
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(701)364-1800  
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**Ameriprise Financial**  
Roger M. Hodnefield  
3425 S. Washington St. Suite A  
Grand Forks, ND 58201-7101  
(701)746-5429  
Fax: (701) 746-1701  
roger.m.hodnefield@ampf.com  
www.ameriprise.com/

**Ameriprise Financial -  
Debbie Albert**  
Debbie Albert  
3425 S Washington St Suite A  
Grand Forks, ND 58201  
(701)746-5429  
Fax: (701) 746-1701  
debbie.r.albert@ampf.com  
www.ameripriseadvisors.com/  
debbie.r.albert

**Amundson Family Funeral Home**  
Philip Amundson  
2975 S. 42nd St.  
Grand Forks, ND 58208-2012  
(701)772-7070  
Fax: (701) 772-1948  
phil@amundsonfuneralhome.com  
www.amundsonfuneralhome.com

**Amundson, Roger D.D.S.**  
Dr. Roger Amundson  
2600 DeMers Ave.  
Grand Forks, ND 58201-4100  
(701)772-0171  
www.rogeramundsondds.com/

**Anchor Marketing**  
Kerry Heid  
2726 17th Avenue South  
Grand Forks, ND 58208-3573  
(701)787-8230  
Fax: (701) 787-8233  
kerryh@anchorwebsite.com  
www.anchorwebsite.com

**Anderson Appraisal Service, Inc.**  
Peggy Boettner  
311 Kittson Avenue  
Grand Forks, ND 58201-4765  
(701)772-4700  
Fax: (701) 775-5919  
peggy.aaps@midconetwork.com

**Anderson Brothers  
Auto Body Shop**  
Scott Anderson  
2010 Washington St. N.  
Grand Forks, ND 58203-1449  
(701)772-1122  
Fax: (701) 772-9514  
andersonbros@prodigy.net

**Anderson Steel Erection & Crane  
Service**  
Rodney & Jane Severson  
214 Cleo Ct  
Grand Forks, ND 58201-7547  
(701)775-7079  
Fax: (701) 775-7079  
andersonsteel@gra.midco.net

**Anne Carlsen Center Community  
Services**  
Christy Kindsvogel  
2860 10th Ave N, Suite 400  
Grand Forks, ND 58203  
(701)757-4200  
Fax: (701)7574208  
christy.kindsvogel@annecenter.org  
www.annecenter.org

**Annie's Cards & Gifts**  
Beverly Witt  
3731 32nd Ave. S.  
Grand Forks, ND 58201-5909  
(701)787-5613

**Anytime Fitness**  
Molly McWilliam  
3750 32nd Ave. S., Ste. 108  
Grand Forks, ND 58201-5998  
(701)772-0208  
grandforks@anytimefitness.com

**Applebee's**  
Greg Remz  
2851 South Columbia Road  
Grand Forks, ND 58201-6007  
(701)795-5688  
Fax: (701) 795-9977  
greg.remz@nglobe.com

**Applegren Construction**  
Nate Applegren  
1015 N 51st St., Ste. B  
Grand Forks, ND 58203-1881  
(701)746-6978  
Fax: (701) 746-5773  
nate@applegrenhomes.com  
http://www.applegrenhomes.com/

**Appraisals & Real Estate  
Research**  
Joan L. Johnson  
308 2nd Avenue N #301  
Grand Forks, ND 58203-3730  
(701)746-9147  
Fax: (701) 746-4631  
jjohnson@integraonline.com

**Aqua Pure Water Solutions**  
Michael Noland  
416 Gateway Dr  
Grand Forks, ND 58203  
701-772-5221  
Fax: 701-772-7160  
michaeldnoland@yahoo.com  
www.aquapure-water.com

**Area Community Credit Union**  
Ryan Palm  
2800 South Washington Street  
Grand Forks, ND 58201-6748  
(701)772-2690  
Fax: (701) 775-4253  
rpalm@gfaccu.com  
www.gfaccu.com/

**Artistic Floral**  
Kathy Benda  
4318 Walnut St  
Grand Forks, ND 58201  
(218)779-1884  
kathy\_benda@hotmail.com  
www.artisticfoodandfloral.com

**ArtWise**  
Martha Keifenheim  
1016 20th St. S.  
Grand Forks, ND 58208-2654  
(701)787-4260  
Fax: (701) 746-2320  
mkeifenheim@gfschools.org  
www.artwise4kids.com

**Asche Insurance Agency**  
Rick Asche  
1521 24th Ave S  
Grand Forks, ND 58201  
701-772-1138  
Fax: 701-775-9721  
yoaschey@aol.com

**Ashley Furniture HomeStore**  
Travis Finseth  
3201 32nd Ave South  
Grand Forks, ND 58201  
(701)746-8089  
Fax: (701) 746-8785  
travis.finseth@furnitureoutletsusa.com

**Associated Construction  
Engineering, Inc**  
Cody Bartholomew  
406 DeMers Ave  
Grand Forks, ND 58203  
(701)757-1229  
codyb@acemt.com  
www.acemt.com

**Assurity Finance &  
Development, LLC**  
Jon Ramsey  
305 S. 4th Street  
Grand Forks, ND 58206-5926  
(701)795-1110  
Fax: (701) 746-9547  
jon.ramsey@assurityfd.com  
www.assurityfd.com

**AT&T**  
Tracy Foy  
3750 32nd Ave.S. Suite 105  
Grand Forks, ND 58201-5998  
(701) 775-4287  
Fax: (701) 787-0343  
tracy.foy@att.com  
www.att.com

**Auto Finance Super Center**  
Bob Mullen  
2251 32nd Ave. S.  
Grand Forks, ND 58201-3602  
(701)772-6274  
Fax: (701) 746-7917  
bob@bobmullen.com

**Auto Value Express**  
Kevin Schuh  
1709 Dyke Ave  
Grand Forks, ND 58201  
701-775-1134  
Fax: 701-775-8688  
kevin.schuh@autovaluelink.com  
www.autovalueexpress.com

**Autrey Law Firm**  
Shawn Autrey  
110 N 3rd St  
Grand Forks, ND 58201  
701-772-2255  
Fax: 701-772-2763  
sladakota.msn.com  
www.autreylaw.com

**Avis Rent A Car**  
Shari Storbakken  
Grand Forks Airport  
Grand Forks, ND 58203-8900  
(701)775-0688  
Fax: (701) 775-0689  
avis@gfwireless.com  
www.avis.com

**Axis Clinic, PC.**  
Mary Lynn Berntson  
1451 44th Ave S  
Grand Forks, ND 58201-3434  
(701)732-2947  
Fax: (701) 732-2945  
mberntson@axisclinicnd.com  
www.axisclinicnd.com

**B & N Oil Company**  
Greg Nelson  
604 S Washington  
Grand Forks, ND 58201  
701-772-5565  
Fax: 701-772-5573  
mr.tire@integraonline.com

**Backspin Productions**  
Mike Haman  
PO. Box 12042  
Grand Forks, ND 58208  
701-757-4300  
mike@backspinproductions.com  
www.backspinproductions.com

# Alphabetical Listing

## Badman Design

David Badman  
18 S 3rd St  
Grand Forks, ND 58201  
701-746-7300  
dave@badman.com  
www.badman.com

## Bank Forward

Jeff Watson  
1301 Ralph Engelstad Arena Dr  
Grand Forks, ND 58203  
(701)738-8700  
Fax: (701) 738-8701  
jeff.watson@bankforward.com  
www.bankforward.com

## Bank Forward

Jeff Watson  
3350 S. Columbia Rd, Suite A  
Grand Forks, ND 58201  
(701)738-8700  
Fax: (701) 738-8701  
jeff.watson@bankforward.com  
www.bankforward.com

## Barb Lander

Barb Lander  
3210 Cherry St., Apt. 24  
Grand Forks, ND 58201-7671  
(701)775-4447

## Becker Marketing Consultants

Richard Becker  
3633 Lynwood Circle  
Grand Forks, ND 58201  
(218)779-5736  
Fax: (701) 777-2339  
richb7742@aol.com

## Beckstead's Auto Repair

Kevin Folk  
1319 9th Avenue South  
Grand Forks, ND 58201-4345  
(701)746-6758  
Fax: (701) 780-9712

## Behl's Photography

Bruce Lysne  
802 Demers Avenue  
Grand Forks, ND 58201-6715  
(701)772-9431  
behlspho@rvv.net  
www.behls.net

## Bergstrom Electric, Inc.

Cliff Moen  
Highway 81 North  
Grand Forks, ND 58208-3152  
(701)775-8897  
cmoen@bergstromelectric.com  
www.bergstromelectric.com/

## Bert's Truck Equipment

Wayne Gregoire  
2506 Business Highway 2  
East Grand Forks, MN 56721  
(218)773-1194  
Fax: (218) 773-1840  
wayne@bertstruck.com  
www.bertstruck.com/

## Best Buy Co., Inc.

Torrie Enget  
3751 32nd Avenue South  
Grand Forks, ND 58201-5909  
(701)775-2784  
Fax: (701) 792-4002  
torrie.enget@bestbuy.com  
www.bestbuy.com/

## Betaseed

Duane Bernhardson  
1500 S 40th Street  
Grand Forks, ND 58201-3734  
(701)792-3241  
Fax: (701) 795-5001  
dbernhar@betaseed.com  
www.betaseed.com/

## Big D's Bar & Grill

Chad Klinek  
2015 Library Circle  
Grand Forks, ND 58201  
701-757-3825  
Fax: 701-757-3826  
fargoatm@yahoo.com  
www.bigdsbarandgrill.com

## Big Jim's East Side Tire

Jim Hiebert  
111 Gateway Drive  
Grand Forks, ND 58203-2422  
(701)775-7045  
Fax: (701) 773-2730  
bigjimstiregf@yahoo.com

## Big Jim's Tire Up North

Crystal Mutscher  
122 North Main St  
Drayton, ND 58225  
701-454-3500  
crystal\_bigjims@midconetwork.com

## Biliske Group

Dennis Biliske  
2702 17th Ave S  
Grand Forks, ND 58201  
701-757-4015  
dennis@biliskegroup.com

## Biolife Plasma Services

Gina Towers  
4770 Technology Circle  
Grand Forks, ND 58203-0600  
(701)772-7447  
Fax: (701) 746-8019  
gina\_towers@baxter.com  
www.baxter.com/

## Black Gold Potato Sales

Bob Hoffert  
4575 32nd Avenue South  
Grand Forks, ND 58201-3305  
(701)772-2620  
Fax: (701) 772-0749  
bhoffert@blackgoldpotato.com  
www.blackgoldpotato.com/

## Blockbuster Video

Jay Seeger  
525 DeMers Avenue  
Grand Forks, ND 58206-5117  
(701)795-502x14  
jays@ncmgcompanies.com

## Blue Cross Blue Shield of ND

**Russ Prochko**  
**2810 19th Avenue S**  
**Grand Forks, ND 58208-2516**  
**(701)795-5340**  
**Fax: (701) 795-5398**  
**russ.prochko@noridian.com**  
**www.bcbsnd.com**

## Blue Moose Bar & Grill

David Homstad  
507 2nd St NW  
East Grand Forks, MN 56721-1798  
(218)773-6516  
Fax: (218) 773-3547  
bluemoose@midconetwork.com  
www.thebluemoose.net/

## Blue Stone Photography

Dan Dybwad  
2376 Keystone Ct  
Grand Forks, ND 58201  
(701)795-0310  
bluestone@gra.midco.net  
www.bluestonend.com

## BNSF Railway Company

Peiter Hjertstedt  
1796 DeMers Ave.  
Grand Forks, ND 58201-4209  
(701)795-1255  
Fax: (701) 795-1240  
peiter.hjertstedt@bnsf.com

## Boardwalk Bar & Grill

Jane Moss  
415 2nd St NW  
East Grand Forks, MN 56721  
(218)399-3000  
Fax: (218) 399-3001  
boardwalkbargrill@midconetwork.com

## Boldmethod, LLC

Aleks Udris  
667 DeMers Ave Suite 2001  
Grand Forks, ND 58201-4500  
(701)775-8608  
Fax: (866) 208-5939  
aleks@boldmethod.com  
www.boldmethod.com

## Bon Voyage Travel Leaders

Bonnie Haley  
2100 S Columbia Road Ste 118  
Grand Forks, ND 58206-5295  
(701)772-6313  
Fax: (701) 772-3347  
bonnie@bonvoyagetravelnd.com  
www.bonvoyagetravelnd.com/

## Bonzer's

Jon Bonzer  
420 DeMers Avenue  
Grand Forks, ND 58201-4508  
(701)775-0365  
Fax: (701) 775-0628  
bonzers@midconetwork.com

## Border States Electric Supply Co.

Sue Ouellette  
2104 Mill Road  
Grand Forks, ND 58208-4220  
(701)772-3477  
Fax: (701) 772-9561  
info@border-states.com  
https://www.borderstateselectric.com/

## Border States Trophy & Awards

Tim Riopelle  
312 2nd Avenue North  
Grand Forks, ND 58203-3708  
(701)772-0070  
Fax: (701) 772-0070  
sales@borderstatetrophy.com

## Bosh Enterprises

Mark Williams  
PO Box 12585  
Grand Forks, ND 58208-2585  
(701)775-5525  
markw@gfwireless.com

## Boy Scouts of America

Myron Barnes  
1701 Cherry Street  
Grand Forks, ND 58201-7343  
(701)775-3189  
Fax: (701) 775-0862  
mhbarnes@nlbsa.org

## Braaten Cabinets

Ray Otterson  
2600 DeMers Ave. Suite 104A  
Grand Forks, ND 58201  
(701)795-9797  
Fax: (701) 232-3971  
sales@braatencabinets.com  
braatencabinets.com

## Braaten's Quality Auto Service Inc.

Craig Price  
210 N Washington St Suite 3  
Grand Forks, ND 58203-3481  
701-795-5164  
Fax: 701-738-0038  
cprice014@gmail.com  
braatensauto.com

## Brad Durick Outdoors LLC

Brad Durick  
1640 King Cove  
Grand Forks, ND 58201  
701-739-5808  
braddurick@gmail.com  
www.redrivercattfish.com

## Brady, Martz & Associates, P.C.

Ron Johnke  
401 Demers Avenue, Suite 300  
Grand Forks, ND 58208-4296  
(701)775-4685  
Fax: (701) 795-7498  
johnke@bradymartz.com  
www.bradymartz.com

## Brekke Tours & Travel

Char Brekke  
802 N. 43rd St.  
Grand Forks, ND 58203-1999  
(701)772-8999  
Fax: (701) 780-9352  
tours@brekкетours.com  
www.brekкетours.com/

## Bremer Bank

**Russ Erickson**  
**3100 S Columbia Road**  
**Grand Forks, ND 58208-3118**  
**(701)795-4532**  
**Fax: (701) 795-4568**  
**rwerickson@bremer.com**  
**www.bremer.com/**

## Bremer Bank (N. Washington)

**David Willprecht**  
**921 N. Washington St**  
**Grand Forks, ND 58203**  
**(701)795-4570**  
**dpwillprecht@bremer.com**  
**www.bremer.com**

## Brian's Flooring, Inc.

Brian Deziel  
1622 Central Ave NE  
East Grand Forks, MN 56721-1335  
(218)773-3130  
Fax: (218) 773-6406  
briansflooring@invisimax.com

## Britton Transport, Inc.

Dave Britton  
1119 North 42nd Street  
Grand Forks, ND 58208-3337  
(701)772-6681  
Fax: (701) 746-6493  
dave@brittontransport.com  
www.brittontransport.com

## Brown Corporations

**Nick Brown**  
**1168 12th Street NE**  
**Grand Forks, ND 58201**  
**(701)772-0265**  
**Fax: (701) 775-9587**  
**nickb@bcbp.com**  
**www.bcbp.com/**

## Bud & Ralph's Appliance Service

Jane Nelson  
1555 North 42nd Street  
Grand Forks, ND 58203-0809  
(701)772-7106  
Fax: (701) 772-2077  
janenelson@gra.midco.net

## Budget RV

Mike Johnson  
5200 Gateway Dr  
Grand Forks, ND 58201  
701-772-7233  
budgetrv@invisimax.com

## Bun Lounge

Harry Bushaw  
1708 Mill Road  
Grand Forks, ND 58203-1534  
(701)772-4366  
Fax: (701) 780-9271  
hbnov@midconetwork.com

## Burris Carpet Plus, Inc

Don Burris  
2307 S Washington  
Grand Forks, ND 58201  
701-787-5216  
Fax: 701-738-0015  
carpetplus2003@yahoo.com  
www.burriscarpetplus.com

## Business Essentials

John Richardson  
7 N. 3rd St.  
Grand Forks, ND 58203-3713  
(701)775-5503  
Fax: (701) 775-5505  
jrichardson@businessessentials.biz  
www.businessessentials.biz/

## Business Specialties, CPAs

Dona Wambsganss  
3001 A 32nd Ave S  
Grand Forks, ND 58201  
(701)772-2491  
Fax: (701) 772-3592  
donacpa@polarcomm.com  
www.donacpa.com

## C & R Cleaners & Laundry

Don Larsen  
1010 North Fifth Street  
Grand Forks, ND 58203-2498  
(701)775-5336  
Fax: (701) 775-6271  
crcleaners@invisimax.com  
www.crcleaners.com

## C F Industries

Ron Boonstra  
Highway 81 N  
Grand Forks, ND 58208-3251  
(701)772-3471  
Fax: (701) 780-0906  
dcfgka@cfindustries.com

## C.L. Linfoot Company

Bill Widman  
4805 DeMers Avenue  
Grand Forks, ND 58208-2816  
(701)775-3961  
Fax: (701) 775-2194  
bwidman@cllinfootco.com

**Cabela's**

Kimberly Fiala  
210 DeMers Avenue  
East Grand Forks, MN 56721-1850  
(218)773-0282  
Fax: (218) 773-0283  
kimberly.fiala@cabelas.com  
www.cabelas.com/

**Caldis, Tingum & Tingum, Ltd**

Kirk Tingum  
217 South 4th Street  
Grand Forks, ND 58206-5267  
(701)772-5511  
Fax: (701) 775-2529  
ktingum@qwestoffice.net

**Cambridge Property Mgmt**

Brad Stenberg  
2603 7th Avenue S #12  
Grand Forks, ND 58201  
(701)775-8670  
Fax: (701) 775-8664  
brad.cpm@midconetwork.com

**Camrud, Maddock, Olson & Larson Ltd**

Dawn Ostenson  
401 DeMers Avenue, Suite 500  
Grand Forks, ND 58201  
(701)775-5595  
Fax: (701) 772-3743  
dostenson@camrudlaw.com  
www.camrudlaw.com

**Canad Inns**

**Kelly Berntsen**  
**1000 S. 42nd St**  
**Grand Forks, ND 58201-3927**  
**(701)772-8404**  
Fax: (701) 772-1320  
cidcgfguestservices@canadinns.com  
www.canadinns.com

**Cancer Center of North Dakota**

Kolleen Wick  
1451 44th Ave. S., Unit E  
Grand Forks, ND 58201-3434  
(701)787-5800  
Fax: (701) 787-5802  
kolleen.wick@cancercenternd.com  
www.cancercenternd.com

**Capital Resource Management**

David Evenson  
3001B 32nd Ave. S., #3  
Grand Forks, ND 58201-6068  
(701)746-6729  
Fax: (701) 746-5224

**Caribou Coffee**

Tim Knight  
2400 South Washington  
Grand Forks, ND 58201  
7017753668  
sm1137@cariboucoffee.com  
www.cariboucoffee.com

**Cariveau Brothers Construction**

Steven Cariveau  
19251 440th Ave SW  
East Grand Forks, MN 56721-9260  
(218)773-9225

**Caulfield Studio**

Robert Caulfield  
13 N. 3rd Street  
Grand Forks, ND 58203-3713  
(701)746-0078  
Fax: (701) 746-8230  
caulfieldstudio@qwestoffice.net

**CD Communications**

Clarence Dawes  
5606 1st Ave. N.  
Grand Forks, ND 58203-2504  
(701)746-1001  
Fax: (701) 746-7150  
cdcommunications@cdcomm.net  
www.cdcommunications.net/

**Celebrity Ballroom**

Bill Korol  
4220 5th Ave N  
Grand Forks, ND 58203  
(701)772-8134

**Cellular Communications**

Rob Flannigan  
2600 DeMers Ave., Ste. 104  
Grand Forks, ND 58201-4100  
(701)795-1513  
Fax: (701) 795-9857  
rob@cellcominc.com  
www.cellcominc.com/

**Genex - Gateway Drive**

Robert Eckert  
3635 Gateway Dr  
Grand Forks, ND 58203-0825  
(701)775-3917  
b1inc@midconetwork.com

**Center Court Fitness Club**

Julie Kirkeby  
1600 32nd Ave. S.  
Grand Forks, ND 58201-6722  
(701)746-2790  
Fax: (701) 746-2793  
jkirkeby@centercourtfitnessclub.com  
www.centercourtfitnessclub.com/

**Century 21, Red River Realty**

Laurel Haake  
1726 South Washington, Suite 51  
Grand Forks, ND 58201  
(701)746-0303  
Fax: (701) 746-0306  
laurelhaake@aol.com  
www.redriverrealty.net

**Century 21 - Cheryl Tupa**

Cheryl Tupa  
1726 S. Washington St., Ste. 51  
Grand Forks, ND 58201  
(701)739-1601  
cheryltupa@aol.com

**Century Electric, Inc.**

Brian Harris & Greg Mattson  
915 S.48th St.  
Grand Forks, ND 58201-3829  
(701)746-8727  
Fax: (701) 775-1132  
brianh@centuryelect.com

**Century Properties, Inc.**

Judd Stauss  
1800 5th Ave. NE  
East Grand Forks, MN 56721-0558  
(218)773-3466  
Fax: (218) 773-7980  
jstauss@centurypropertiesegf.com

**CenturyLink**

Terry VanWatermulen  
409 First Avenue North  
Fargo, ND 58102  
(701)241-3322  
terry.m.vanwatermulen@centurylink.com  
www.centurylink.com

**Charles Bridgford, D.D.S.**

Kim Weber  
117 N. Washington St., Ste. D  
Grand Forks, ND 58203-3498  
(701)746-0485  
Fax: (701) 746-6201  
bridgforddental@midconetwork.com

**Chiro Rx Ltd**

Phillip Berg  
2625 24th Ave S  
Grand Forks, ND 58201-6180  
701-746-7979  
Fax: 701-746-9758  
dr.berg@hotmail.com  
www.chiorx.com

**Choice Financial - S. Washington**

Wayne Zink  
4501 S. Washington St  
Grand Forks, ND 58201  
(701)738-4300  
w.zink@choicefinancialgroup.com  
www.choicefinancialgroup.com

**Choice Financial Group**

Wayne Zink  
1697 S. 42nd St.  
Grand Forks, ND 58201-3740  
(701)746-6010  
Fax: (701) 746-9961  
w.zink@choicefinancialgroup.com  
www.choicefinancialgroup.com

**Circle of Friends Humane Society**

Arlette Moen  
4375 N. Washington St.  
Grand Forks, ND 58203-3817  
(701)775-3732  
gfhumane@yahoo.com  
www.gfpets.com/

**Cirrus Design**

Tom Haggy  
1400 S. 48th St.  
Grand Forks, ND 58201-3814  
(701)787-5229  
Fax: (701) 787-0495  
thaggy@cirrusdesign.com  
www.cirrusdesign.com

**Citizens Community Credit Union**

Tammy Fischer  
1215 N 42nd St  
Grand Forks, ND 58203  
(701)662-8118  
Fax: (701) 746-2040  
tammyf@citizens-cu.com  
www.citizens-cu.com/

**Citizens Community Credit Union- Hugos**

Tammy Fischer  
1925 13th Ave N  
Grand Forks, ND 58203  
(701)746-6196  
tammyf@citizens-cu.com  
www.citizens-cu.org

**Citizens Community Credit Union- Wal-Mart**

Tammy Fischer  
2551 32nd Ave S  
Grand Forks, ND 58201  
(701)772-9960  
tammyf@citizens-cu.com  
www.citizens-cu.org

**City of East Grand Forks**

Scott Huizenga  
600 DeMers Ave.  
East Grand Forks, MN 56721  
(218)773-2483  
Fax: (218)773-9728  
shuizenga@ci.east-grand-forks.mn.us  
www.egf.mn/

**City of GF Assessor's Office**

Mel Carsen  
255 North 4th Street  
Grand Forks, ND 58206-5200  
(701)746-2611  
Fax: (701) 746-0136  
mccarsen@grandforksgov.com

**City of GF Engineering Dept.**

Al Grasser  
255 North 4th Street  
Grand Forks, ND 58206-5200  
(701)746-2630  
Fax: (701) 787-3744  
agrasser@grandforksgov.com

**City of GF Finance & Admin. Services**

Saraj Jerath  
255 North Fourth Street  
Grand Forks, ND 58206-5200  
(701)746-2620  
Fax: (701) 787-3740  
sarajjerath@grandforksgov.com  
www.grandforksgov.com

**City of GF Fire Dept.**

Peter O'Neill  
1124 DeMers Avenue  
Grand Forks, ND 58201-4322  
(701)746-2566  
Fax: (701) 746-2530

**City of GF Human Resource Dept.**

Darryl Hovland  
255 North 4th Street  
Grand Forks, ND 58206-5200  
(701)746-2667  
dhovland@grandforksgov.com  
www.grandforksgov.com

**City of GF Office of Urban Develop.**

Greg Hoover  
1405 1st Ave. N.  
Grand Forks, ND 58203-3484  
(701)746-2545  
Fax: (701) 746-2548  
ghoover@grandforksgov.com  
www.grandforksgov.com

**City of GF Planning Dept.**

Brad Gengler  
255 North 4th Street  
Grand Forks, ND 58206-5200  
(701)746-2655  
Fax: (701) 746-3755  
bgengler@grandforksgov.com

**City of GF Police Department**

John Packett  
122 South Fifth Street  
Grand Forks, ND 58206-5548  
(701)787-8000  
Fax: (701) 780-8253  
jpacket@grandforksgov.com

**City of GF Public Health Emergency Management 151 S 4th St., Ste. N301 Grand Forks, ND 58201-4718 (701)787-8100**

**Fax: (701) 787-8145**  
dshields@grandforksgov.com  
www.grandforksgov.com/  
publichealth

**City of Grand Forks**

Mayor Michael R. Brown  
255 N. 4th Street  
Grand Forks, ND 58206-5200  
(701)746-2607  
Fax: (701) 787-3773  
mbrown@grandforksgov.com  
www.grandforksgov.com

**City of Grand Forks- Sanitation**

Jim Gierszewski  
724 N. 47th St  
Grand Forks, ND 58203-1812  
(701)746-2570

**Clayburgh, Ben**

Ben Clayburgh  
1626 Belmont Rd  
Grand Forks, ND 58201-7310  
(701)775-8080  
Fax: (701) 775-6523  
benclayburgh@undalumni.org

**Clear Channel Communications**

Pat McLean  
505 University Avenue  
Grand Forks, ND 58203-3545  
(701)746-1417  
Fax: (701) 746-1410  
patmclean@clearchannel.com  
www.clearchannel.com

**C'Mon Inn**

Jared Erickson  
3051 32nd Avenue South  
Grand Forks, ND 58201-6021  
(701)775-3320  
Fax: (701) 780-8141  
gfcmoninn@midconetwork.com  
www.cmoninn.com/

**Coldwell Banker - Forks Real Estate**

Patsy Dombovy  
2750 S. 26th St., Ste. C  
Grand Forks, ND 58201-6432  
(701)772-8106  
Fax: (701) 772-8109  
patsydv@forksrealestate.com  
www.forksrealestate.com/

**Cole Paper Company**

Randy Spitzer  
201 N. 8th St.  
Grand Forks, ND 58203-3632  
(701)746-4531  
Fax: (701) 746-4533  
rspitzer@colepapers.com  
www.colepapers.com

**Columbia Mall**

Bill Reid  
2800 South Columbia Road  
Grand Forks, ND 58201-6030  
(701)746-7383  
Fax: (701) 772-3537  
bill@shopcolumbiamall.com  
www.shopcolumbiamall.com

# Alphabetical Listing

## **Comeau Electric, Inc.**

Paul Comeau  
614 S. 18th St.  
Grand Forks, ND 58201-4247  
(701)775-4608  
Fax: (701) 775-4600  
paul.comeauelectric@invisimax.com

## **Comfort Inn**

Ryan Stradone  
3251 30th Ave. S.  
Grand Forks, ND 58201-6000  
(701)775-7503  
Fax: (701) 775-7503  
gm.nd003@choicehotels.com

## **Comfort Keepers**

Mary Beth Martin  
2100 S Columbia Rd, Ste 212  
Grand Forks, ND 58201-5860  
(701)738-0006  
Fax: (701) 738-0007  
marybethmartin@comfortkeepers.com  
www.comfortkeepers.com

## **Commercial Printing/ Morgan Printing, Inc.**

Jennifer Erickson  
910 Central Ave NE  
East Grand Forks, MN 56721  
(218)773-2577  
Fax: (218) 773-8957  
jennifer@morganprinting.com

## **Community Contractors, Inc.**

Craig Tweten  
4297 16th Ave. N.  
Grand Forks, ND 58208-3593  
(701)772-2111  
Fax: (701) 772-7049  
rdeschene@communitycontractors-  
inc.com

## **Community Foundation of GF, EGF & Region**

Kristi Mishler  
620 DeMers Ave.  
Grand Forks, ND 58201-4531  
(701)746-0668  
Fax: (701) 772-3018  
kmishler@gofoundation.org  
www.gofoundation.org/

## **Community Options**

Bryan Wetch  
3551 S 20th St, Suite A  
Grand Forks, ND 58201  
(701)772-1715  
Fax: (701) 223-2843  
tomr@coresinc.org  
www.communityoptions.org

## **Community Safety Net**

Corey Desjarlais  
276 Cavalier Street  
Pembina, ND 58271-0559  
(800)665-6167  
Fax: (204) 224-4410  
corey@communitysafetynet.com  
www.communitysafetynet.com/

## **Community Violence Intervention Center**

Kristi Hall-Jiran  
211 S. 4th St.  
Grand Forks, ND 58201-4737  
(701)746-0405  
Fax: (701) 746-5918  
Kristi@cviconline.org  
www.cviconline.org/

## **Conlin's Furniture**

John Knutson  
1605 S Washington St.  
Grand Forks, ND 58201-6333  
(701)775-0475  
Fax: (701) 775-3244  
john\_knutson@conlins.com  
www.conlins.com/

## **Consignit**

Tamara Hennessy  
1720 S Washington  
Grand Forks, ND 58201  
701-757-2333  
Fax: 701-757-2334  
consignitgf@hotmail.com

## **Construction Engineers**

Kurt Eickhof  
200 N 69 St  
Grand Forks, ND 58208-3378  
(701)746-0472  
Fax: (701) 772-1808  
kurt@ConstructionEngineers.com  
www.constructionengineers.com

## **Cornerstone Ag Services Inc.**

Jennifer Otteson  
PO Box 128  
Buxton, ND 58218  
218-791-9113  
Fax: 701-847-3160  
jen@costoneag.com  
www.cornerstoneagservices.com

## **Corporate Technologies LLC**

Mark Lawson  
2000 44th St SW., Ste. 100  
Fargo, ND 58106-9022  
(701)893-4000  
Fax: (701) 277-0012  
mark.lawson@gocorpstech.com  
www.gocorpstech.com/

## **Cost Cutters**

Bob Wedin  
1726 S. Washington St.  
Grand Forks, ND 58201  
(701)775-3478  
Fax: (701) 775-8971  
rwed@msn.com

## **Cost Cutters**

Robert Wedin  
2475 32nd Ave. S., #4  
Grand Forks, ND 58201  
(701)772-1488  
Fax: (701) 775-8971  
rwed@msn.com  
www.costcutters.com

## **Country Inn & Suites**

Eric Kendall  
3101 South 42nd Street  
Grand Forks, ND 58201  
(701)757-2200  
Fax: (701) 757-2219  
cx\_grks@countryinns.com  
www.countryinns.com/grandforks/nd/

## **Countrywide Sanitation**

Rachel Gornowicz  
PO Box 5551  
Grand Forks, ND 58206-5551  
(701)772-3344  
Fax: (701) 775-8512  
rachel@countrywidesanitation.com

## **CPS, Ltd. Engineering/Land Surveying**

Mike Korman  
308 2nd Ave. N.  
Grand Forks, ND 58203-3730  
(701)746-7459  
Fax: (701) 746-8948  
mkorman@cpsnd.com  
www.cpsnd.com

## **Crosstown Lounge**

Brad Beauchamp  
308 Demers Ave.  
Grand Forks, ND 58203  
701-757-0162  
Fax: 701-757-0162  
crosstownlounge@gmail.com

## **Culinex**

Bart Nelson  
513 10th Ave. N.  
Grand Forks, ND 58203  
(701)746-8471  
Fax: (701) 775-0046  
bnelson@goculinex.com  
www.goculinex.com

## **Culver's of Grand Forks**

Chris Nielson  
3451 32nd Ave. S.  
Grand Forks, ND 58206-5273  
(701)772-9199

## **Curtis Fischer Tax Services**

Curtis Fischer  
3525 S Washington  
Grand Forks, ND 58201  
(701)775-8060  
cfischertax@gmail.com

## **Curtis Tanabe, D.D.S.**

Dr. Curtis Tanabe  
1197-A Columbia Rd. So.  
Grand Forks, ND 58201-4033  
(701)775-4751  
Fax: (701) 746-4931

## **Custom Aire, Inc.**

Scott Boettner  
1318 12th Avenue S  
Grand Forks, ND 58201  
(701)775-5522  
Fax: (701) 775-5521  
sboettner@customaire.net  
www.customaire.net

## **Custom Stripes, Inc.**

Brian Perreault  
20123 430th Ave SW  
East Grand Forks, MN 56721-9248  
(218)773-7157  
Fax: (218) 773-4205  
bperreault@yahoo.com

## **D.J. Burris Quality Carpet Cleaning**

D.J. Burris  
618 25th Ave S  
Grand Forks, ND 58201  
(701)746-5889

## **Dahl Funeral Home**

Dan Dahl  
2029 Central Ave. NW  
East Grand Forks, MN 56721-2701  
(218)773-2971  
Fax: (218) 773-9127  
fh.stennes@midconetwork.com  
www.stennesfuneralhome.com

## **Dak-Minn Blood Bank**

Mark Jensen  
1200 So. Columbia Rd.  
Grand Forks, ND 58201-4036  
(701)780-5344  
Fax: (701) 780-1473  
msjensen@altru.org  
www.dakminnbloodbank.org/

## **Dakota Boys and Girls Ranch**

Cheryl Westfall  
2017 DeMers Ave.  
Grand Forks, ND 58201-8624  
(701)775-7805  
Fax: (701) 787-8270  
lattedahgirl@yahoo.com  
www.dakotaranch.org/

## **Dakota Carrier Network**

Evan Hass  
3901 Great Plains Dr. S.  
Fargo, ND 58104-3916  
(701)364-1300  
Fax: (701) 280-1166  
ehass@dakotacarrier.com  
www.dakotacarrier.com/

## **Dakota Commercial & Develop- ment Inc. - Jerry Youngberg**

Jerry Youngberg  
615 1st Ave N  
Grand Forks, ND 58208-4010  
(218)779-5544  
Fax: (701) 772-2654  
jerry@jerryyoungberg.com  
www.JerryYoungberg.com

## **Dakota Commercial & Development, Inc**

Kevin Ritterman  
615 1st Ave N  
Grand Forks, ND 58208-4010  
(701)772-3101  
Fax: (701) 772-2654  
kriterman@dakotacommercial.com  
www.dakotacommercial.com

## **Dakota Fire Protection**

Teresa Washburn  
1710 N Washington Street  
Grand Forks, ND 58206-5327  
(701)772-8820  
Fax: (701) 772-7932  
teresaw@dakotafire.com

## **Dakota Harvest Bakers**

Paul Holje  
17 N. 3rd St.  
Grand Forks, ND 58203  
(701)772-2100  
Fax: (701) 772-2116  
paul@dakotaharvest.com  
www.dakotaharvest.com

## **Dakota Mailing & Shipping Equipment, Inc.**

Joe Engh  
4141 38th St. SW, Ste. 1A  
Fargo, ND 58104  
(701)451-0663  
Fax: (701) 235-2720  
Joe@Dakotamailing.com  
www.dakotamailing.com

## **Dakota Metal Fabrication Inc**

Jason Hanson  
312 3rd St  
Manvel, ND 58256  
(701)696-1501  
jason@dakotametalfab.com  
www.dakotametalfab.com

## **Dakota Sales/Budweiser**

Randy Kieffer  
1916 DeMers Avenue  
Grand Forks, ND 58208-2209  
(701)746-0341  
Fax: (701) 772-1811  
randy.kieffer@dakotasales.net

## **Dakota Science Center**

Laura Munski  
1701 Cherry Street  
Grand Forks, ND 58206-5023  
(701)772-8207  
lmunski@yahoo.com  
www.dakota-science.org/

## **Dakota Supply Group**

Clair Zirnheit  
715 South 48th Street  
Grand Forks, ND 58208-4757  
(701)746-7373  
Fax: (701) 772-8730  
czirnheit@dsginc.biz

## **Dakota TV & Appliance**

Earl Schneider  
2218 32nd Ave. S.  
Grand Forks, ND 58201-6549  
(701)772-5533  
Fax: (701) 775-0490  
dakotatv.brandsource.com/  
**Dakota Valley Lumber**  
Wes Cameron  
4551 S Washington Suite F  
Grand Forks, ND 58201  
(218)281-1170  
wes.cbc@midconetwork.com

## **Dakota Venture Group**

Jon Musselwhite  
4200 James Ray Dr  
Grand Forks, ND 58203  
(701)738-4822  
sschettler@dakotaventuregroup.com  
www.dakotaventuregroup.com

## **Dakotaland Autoglass**

Bruce Leiran  
2475 S Washington  
Grand Forks, ND 58201  
701-775-0588  
Fax: 701-795-7925  
bruce.leiran@dakotalandautoglass.com

## **Dakotas Chapter NECA**

Ed Christian  
2901 First Ave. North  
Fargo, ND 58102-3001  
(701)293-1300  
Fax: (701) 293-1301  
www.smart-wire.com

## **Dale Carnegie Training**

Kim Jordahl  
40523 Wren Loop  
Battle Lake, MN 56515  
(218)864-4006  
kjordahl@eidebailly.com  
www.northdakota.dalecarnegie.com

## **Dance, Etc!**

Hovi Straus  
899 2nd Ave. N.  
Grand Forks, ND 58203-3612  
(701)775-3476  
hs-hs@live.com

**Daniel Scheffer D.D.S.**

Cathy Scheffer  
3001 B 32nd Ave S Suite 1B  
Grand Forks, ND 58201  
(701)775-7005  
Fax: (701) 746-9755  
dstooth@qwestoffice.net

**David Thompson - Attorney At Law**

David C. Thompson  
321 Kittson Avenue  
Grand Forks, ND 58206-5235  
(701)775-7012  
Fax: (701) 775-2520  
dct@rvv.net

**Daydreams Specialities**

Jola Streifel  
1501 11th Ave. N.  
Grand Forks, ND 58203-2301  
(701)746-1963  
Fax: (701) 746-1963  
jola.daydreams@midconetwork.com

**Days Inn**

James Land  
3101 S. 34th Street  
Grand Forks, ND 58201-5904  
(701)775-0060  
Fax: (701) 775-0060  
gfdaysinn@live.com  
www.daysinn.com/

**Dean Foods N.C., Inc./Land O'Lakes**

Charles Stein  
122 Main Ave. S.  
Thief River Falls, MN 56701-0046  
(218)233-8609  
Fax: (218) 233-0240  
charles\_stein@deanfoods.com  
www.deanfoods.com/

**Deaton's Mailing Systems, Inc.**

Doug Cameron  
1206 Center Avenue  
Moorhead, MN 56560  
(218)236-5008x135  
Fax: (218) 284-5930  
doug@deatons.com  
www.deatons.com

**Decorating Concepts & Design**

Ann Runck  
2600 Demers Ave. Suite 104B  
Grand Forks, ND 58201  
(701)772-0246  
Fax: (701) 772-1770  
decor8@invisimax.com

**Deitz Companies**

Marijo Deitz-Whitcomb  
3111 S Washington St Suite D  
Grand Forks, ND 58201  
(701)775-2195  
Fax: (701) 746-5927  
mjdtz@yahoo.com  
www.iwantthat.biz/

**Dell-Comm, Inc.**

Sharon Luney  
616 S. 15th St  
Grand Forks, ND 58201  
(701)780-2086  
Fax: (701) 787-0029  
sharon.luney@dell-comm.com  
www.dell-comm.com/

**DeMers Dental**

**Chelsea Erickson, DDS**  
**706 DeMers Avenue**  
**East Grand Forks, MN 56721-1842**  
**218-773-7474**  
**Fax: 218-773-8859**  
**demersdental@midconetwork.com**  
**www.demersdental.com**

**DeMers Dental**

**Paul Stadem, DDS**  
**706 DeMers Avenue**  
**East Grand Forks, MN 56721-1842**  
**(218)773-7474**  
**Fax: (218) 773-8859**  
**pstadem@hotmail.com**  
**http://www.demersdental.com**

**Dennie's Delivery Inc.**

John Iverson  
920 25th Ave. S.  
Grand Forks, ND 58201-7043  
(701)775-9401  
Fax: (701) 775-9401  
dsdsevice@qwestoffice.net

**Denny's**

Jim Weisz  
3770 32nd Ave. S.  
Grand Forks, ND 58201  
(701)757-7526  
Fax: (701) 838-6323  
dennysforks@yahoo.com

**Development Homes, Inc.**

Sandi Marshall  
3880 S. Columbia Road  
Grand Forks, ND 58201-3523  
(701)335-4000  
Fax: (701) 335-4004  
smarshall@developmenthomes.org  
www.developmenthomes.org/

**Dietrich Bus Service**

Darrell Boucher  
Hwy 2 West  
Grand Forks, ND 58208-2577  
(701)772-0601  
Fax: (701) 746-6134  
sandyb45@hotmail.com

**Docu-Shred, Inc.**

John Thorson  
2116 10th Street SE  
East Grand Forks, MN 56721  
(701)795-1126  
Fax: (218) 893-2205  
john@docushredinc.com  
www.docushredinc.com

**Doctors Hospital**

**Albert Pilkington**  
**4550 South Washington St.**  
**Grand Forks, ND 58201**  
**(701) 775-2000**  
**Fax: (701) 775-8230**  
**albert@physicianshospitalsystem.net**  
**www.doctorshospitalgrandforks.com**

**Dog Mahal Doghaus/Ojata Records**

Jeremy Swisher  
308 DeMers Ave  
Grand Forks, ND 58201  
218-779-6863  
upauat@msn.com  
www.dogmahaldoghaus.com

**Drees Farming Association**

Bob Drees  
7200 South 55th Street  
Grand Forks, ND 58201-9108  
(701)772-2509  
Fax: (701) 775-0189  
dfa@invisimax.com

**Drees, Risky & Vallager, Ltd.**

Randall Kiefel  
1405 Library Circle  
Grand Forks, ND 58201-6399  
(701)746-4466  
Fax: (701) 772-6659  
randykiefel@drvlt.com  
www.drvltd.com

**Drummer's Diesel, Inc.**

Larry Drummer  
1422 Gateway Drive NE  
East Grand Forks, MN 56721-2613  
(218)773-1009  
Fax: (701) 773-6535  
larry@drummersdiesel.com  
http://www.drummersdiesel.com/

**Dusterhoft Oil, Inc.**

Loren Dusterhoft  
4315 DeMers Avenue  
Grand Forks, ND 58201-3901  
(701)772-6702  
Fax: (701) 746-0134

**Eagle Electric, Inc.**

Darryl Beauchamp  
119 3rd St. NE  
East Grand Forks, MN 56721-0637  
(701)746-0449  
Fax: (218) 773-2203  
jlb.eagle@midconetwork.com

**Eagles Club #350**

Darren Anderson  
227 10th St NW  
East Grand Forks, MN 56721-1505  
(218)773-0077  
Fax: (218) 773-2446  
demtarheelsr1130@yahoo.com  
www.foe.com/

**Eagle's Crest**

Paul Waind  
5301 S. Columbia Rd.  
Grand Forks, ND 58201-2801  
(701)787-3491  
Fax: (701) 775-1051

**EAPC Architects Engineers**

**Lori Bakken**  
**3100 Demers Avenue**  
**Grand Forks, ND 58201-4018**  
**(701)775-3008**  
**Fax: (701) 772-3605**  
**lbakken@eapc.net**  
**www.eapc.net**

**East Grand Floral**

Jeff & Shelly Duchscherer  
1521 Central Ave NW  
East Grand Forks, MN 56721-1301  
(218)773-3400  
Fax: (218) 773-7358  
eastgrandfloral@yahoo.com  
www.eastgrandfloral.com

**East Grand Inn**

Gary Singh  
606 Gateway Dr. NE  
East Grand Forks, MN 56721  
(218)773-9822  
Fax: (218) 773-9822  
eastgrandinn@yahoo.com  
www.exploreminnesota.com/lodging/1877/east-grand-forks/east-grand-inn

**Easter Seals Goodwill of ND, Inc.**

Heather Nelsen  
3651 S. Washington  
Grand Forks, ND 58201-7201  
(701)751-0111  
Fax: (701) 772-0336  
hnelsen@esgwnd.org

**Ecolab, Inc.**

Greg Gast  
3535 S 31st Street  
Grand Forks, ND 58206-6007  
(701)775-1760  
Fax: (701) 772-3345  
greg.gast@ecolab.com

**Economic Development Housing Authority**

Jim Richter  
600 DeMers Ave  
East Grand Forks, MN 56721-0439  
(218)773-8939  
Fax: (218) 773-9331  
jrichter@ci.east-grand-forks.mn.us

**Economy Plumbing, Inc.**

Tom McGurran  
1120 Dyke Avenue  
Grand Forks, ND 58203-3650  
(701)775-0509  
Fax: (701) 775-8001

**Edgewood Management Group, LLC**

Phil Gisi  
2850 24th Ave. S., Ste. 301  
Grand Forks, ND 58201-3336  
(701)757-4700x310  
Fax: (701) 757-4701  
philg@edgewoodmail.com  
www.edgewood-village.com

**Edgewood Vista - East Grand Forks**

Deb Roed  
608 Fifth Avenue NW  
East Grand Forks, MN 56721-1738  
(218)773-6648  
Fax: (218) 773-0369  
debr@edgewoodvista.com  
www.edgewoodvista.com/

**Edward Jones - Jeanne Peterson**

Jeanne Peterson  
1375 S Columbia Rd #C1  
Grand Forks, ND 58201  
701-772-1153  
Fax: 866-705-9531  
jeanne.peterson@edwardjones.com  
www.edwardjones.com

**Edward Jones - Justin Johnson**

Justin Johnson  
2860 10th Ave N Suite 300  
Grand Forks, ND 58203  
(701)772-9243  
Fax: (877) 378-4305  
www.edwardjones.com

**Edward Jones - Ken Johnson**

Kenley Johnson  
117 N. Washington St.  
Grand Forks, ND 58203  
701-775-7824  
Fax: 888-292-7606  
ken.e.johnson@edwardjones.com

**Edward Jones - M. Larsen**

Mark Larsen  
424 DeMers Avenue  
Grand Forks, ND 58201-4508  
(701)746-1259  
Fax: (888) 762-5357  
mark.larsen@edwardjones.com  
www.edwardjones.com/

**Edward Jones - Matt Odenbach**

Matt Odenbach  
2791 32nd Ave S., Ste. C  
Grand Forks, ND 58201  
(701)775-1184  
matt.odenbach@edwardjones.com  
www.edwardjones.com

**EGF Blue Line Club**

Mark Cowger  
PO Box 125  
East Grand Forks, MN 56721-0125  
(218)773-6649

**EGF Education Association**

Beth Vetter  
PO Box 151  
East Grand Forks, MN 56721-0151  
(701)795-1450  
bvetter@egf.k12.mn.us  
www.egf.k12.mn.us

**EGF Rod & Gun Club**

Brian Burkett  
PO Box 87  
East Grand Forks, MN 56721-0087  
(218)779-8555  
info@egfgunclub.org  
www.egfgunclub.org

**El Roco Nightclub & Bottle Shop**

Patrick Endres  
1730 13th Avenue North  
Grand Forks, ND 58203-2317  
(701)772-6942  
Fax: (701) 775-2660

**Emerging Strategies Incorporated**

Maynard Herting  
626 Belmont Road  
Grand Forks, ND 58201  
701-610-6406  
maynard.herting@gmail.com

**Emerson Duty Free Shop**

Robert Prince  
P.O. Box 460  
Emerson, MB R0A 0L0  
(204)373-2600  
Fax: (204) 373-2716  
admin@emersondutyfree.mb.ca

**Empire Arts Center**

Cathy Foy  
415 DeMers Avenue  
Grand Forks, ND 58201-4507  
(701)746-5500  
Fax: (701) 746-0500  
cathy@empireartscenter.com  
www.empireartscenter.com/

# Alphabetical Listing

## Employer Support of the Guard & Reserve

Larry Holm  
1011 Shakespeare Rd  
Grand Forks, ND 58203  
(701)772-3834  
www.esgr.com

## Enbridge Pipeline (North Dakota) LLC

Kevin Gault  
2715 Valley Circle  
Grand Forks, ND 58203-0807  
(701)746-9772  
Fax: (701) 746-9752  
kevin.gault@enbridge.com

## Erickson Financial Advisors

Bradley Erickson  
1551 28th Ave. S., Suite A  
Grand Forks, ND 58201-6782  
(701)772-1681  
Fax: (701) 772-1681  
efa@midconetwork.com

## Eventful Planning

Jennifer Walsh  
Grand Forks, ND 58201  
218-791-8639  
jennifer.walsh@hotmail.com  
www.eventfulplanningbyjen.com

## Evergreen Insurance

Jason Mack  
722 DeMers Avenue  
East Grand Forks, MN 56721-1842  
(218)773-4158  
Fax: (218) 773-1699  
jmack.evergreen@midconetwork.com  
www.evergreeninsuranceagency.com

## Express Employment Professionals

Chris Greenberg  
3590 S 42nd St  
Grand Forks, ND 58201  
(701)787-5655  
Fax: (701) 787-5881  
chris.greenberg@expresspros.com  
www.expresspros.com/

## Face and Jaw Surgery Center

Omar Chahal  
2845 36th Avenue South  
Grand Forks, ND 58201  
(701)775-4444  
Fax: (701) 775-4530  
ochahal@faceandjawsurgery.com  
www.faceandjawsurgery.com

## Fairfield Inn

John Janzen  
3051 S. 34th St.  
Grand Forks, ND 58201-5903  
(701)775-7910  
Fax: (701) 775-7910  
ffi.gfkgf.gm@marriott.com  
www.fairfieldinn.com/gfkgf

## FAMOUS FOOTWEAR

Lisa Thoreson  
3711 32ND AVE S  
GRAND FORKS, ND 58201  
701-775-4550  
WWW.FAMOUSFOOTWEAR.COM

## Fancy's Choice Pet Boutique

Janet Kokron  
1905 B So Washington  
Grand Forks, ND 58201  
(701)772-0556  
Fax: (701) 746-5265  
fancyschoice@gra.midco.net

## Farm & Ranch Guide

Jim Murphy  
215 B Street  
Cummings, ND 58223-0086  
(701)436-4634  
Fax: (701) 436-4673  
murphys@rrv.net

## Farmers Insurance Group - Steve Renslow

Steve Renslow  
1005 S Washington Suite B  
Grand Forks, ND 58201  
(701)775-8122  
srenslow@farmersagent.com

## Farmers Insurance Group - George Wogaman

George Wogaman  
2612 Gateway Drive  
Grand Forks, ND 58206-5997  
(701)772-7108  
Fax: (701) 772-1090  
gwogaman@farmersagent.com  
www.farmersagent.com/gwogaman

## Farmers National Company

Jayson Menke  
4050 Garden View Drive, Ste 103  
Grand Forks, ND 58201  
(701)780-2828  
Fax: (701) 795-3447  
jmenke@alerusmail.com  
www.farmersnational.com

## FedEx Office

Ben Nugent  
2100 S Columbia Rd  
Grand Forks, ND 58201  
701-746-6400  
Fax: 701-746-6900  
benjamin.nugent@fedex.com

## Fenley, Randy - State Farm Insurance

Randy & Lori Fenley  
2750 26th Street S Suite A  
Grand Forks, ND 58201-6411  
(701)772-5684  
Fax: (701) 795-1537  
randy.fenley.jyte@statefarm.com  
www.randyfenley.com/

## Ferguson Books & Media

Dane Ferguson  
3750 32nd Ave. S  
Grand Forks, ND 58201  
701-738-8025  
dane@fergusonbooks.com  
www.fergusonbooks.com

## Ferguson Books & Media (Columbia Mall)

Dane Ferguson  
2800 Columbia Rd  
Grand Forks, ND 58201  
701-738-8025  
dane@fergusonbooks.com  
www.fergusonbooks.com

## Fert-L-Lawn

Mike Gornowicz  
203 2nd Avenue NE  
East Grand Forks, MN 56721-2405  
(218)773-0901  
Fax: (218) 793-0502  
fertlawn@integra.net

## Fire Audiological Services, P.C.

Kevin Fire  
1732 South Washington St.  
Grand Forks, ND 58201  
701-787-5862  
Fax: 701-738-2371  
kfire@hearingnd.com  
www.hearingnd.com

## First Church of God

Pastor Chris Current  
2856 N Washington  
Grand Forks, ND 58203  
701-772-0953  
stephencurrent@yahoo.com

## First Class Mortgage

Shea Gaier  
2750 17th Ave S  
Grand Forks, ND 58201  
(701)775-3288  
Fax: (701) 775-2443  
shea@firstclasscorp.com  
www.firstclasscorp.com

## First Command Financial Planning

Paul Zwilling  
311A Kittson Avenue  
Grand Forks, ND 58201  
(701)402-2583  
Fax: (701) 402-2638  
pmzwillig@firstcommand.com  
www.firstcommand.com/paulzwillig

## First State Bank

John Marchell  
2500 32nd Avenue S  
Grand Forks, ND 58208-4899  
(701)746-7766  
Fax: (701) 746-8765  
johnm@firststatebanks.com  
www.firststatebanks.com

## Fisher, Olson & Juntunen, Ltd.

Patrick W. Fisher  
315 First Avenue N  
Grand Forks, ND 58203  
(701)775-4688  
Fax: (701) 775-2440  
pfisher@rrv.net

## Florian & Sons Excavating

Glen Gonsorowski  
702 S 48th Street  
Grand Forks, ND 58208-2037  
(701)775-7011  
Fax: (701) 775-9467  
glen@floriansexcavating.com

## FM RedHawks

Karl Hoium  
1515 15th Ave N  
 Fargo, ND 58102  
701-478-9218  
Fax: 701-297-9247  
khoium@fmredhawks.com  
www.fmredhawks.com

## Forks Chem-Dry

Brent & Anita Kemnitz  
1609 8th Avenue NW  
East Grand Forks, MN 56721-1466  
(218)773-1325  
Fax: (218) 773-1325  
brentkemnitz@hotmail.com  
www.forkschem-dry.com

## Forks Frame Up

Kate Hoffert  
1901 DeMers Ave  
Grand Forks, ND 58201  
701-746-7248  
Fax: 701-746-9774  
k\_hoffert@yahoo.com

## Forks Freightliner

Doug Grinde  
4200 Gateway Drive  
Grand Forks, ND 58208-2665  
(701)780-9395  
Fax: (701) 780-9897  
dgrinde@forksfreightliner.com

## Forks Lath & Plaster

Gerald Roach  
2361 24th Avenue NE  
Mekinock, ND 58258  
(701)594-8166

## Forum Communications Printing

Dennis Hall  
1150 46th St. S  
Grand Forks, ND 58201  
701-775-7705  
Fax: (701) 476-2183  
fcpinfo@forumprinting.com  
gf.forumprinting.com

## Forx Builders Association

Betty McDonald  
519 DeMers Avenue  
Grand Forks, ND 58201-4258  
(701)746-4536  
Fax: (701) 746-6356  
forxba@integra.net  
www.forxbuilders.com/

## Forx Rental & Mini Stor-All

Andrew Sargent  
617 S. 47th St  
Grand Forks, ND 58201-3805  
(701)772-1605  
Fax: (701) 772-1968  
andrewsargent@rentallusa.net

## Frandsen Bank & Trust (10th Ave.)

John Votava  
2755 10th Ave. N.  
Grand Forks, ND 58203-2240  
(701)787-7110  
Fax: (701) 787-7117  
jvotava@frandsenbank.com

## Frandsen Bank & Trust (Columbia Rd.)

Val Williams  
2712 S Columbia Rd  
Grand Forks, ND 58208-3697  
(701)780-7700  
vwilliams@frandsenbank.com

## Frandsen Bank & Trust (EGF)

Jack Robertson  
1413 Central Avenue NW  
East Grand Forks, MN 56721-1613  
(218)773-2451  
jrobertson@frandsenbank.com  
www.frandsenbank.com/

## Frandsen Bank & Trust (S. Wash)

Bill Lee  
1616 S Washington  
Grand Forks, ND 58208-3697  
(701)780-7700  
Fax: (701) 780-7709  
blee@frandsenbank.com  
www.cbrrv.com

## Fremstad Law Firm

Ryan Carlson  
2100 South Columbia Road  
Grand Forks, ND 58201  
701-757-3700  
Fax: 701-478-7621  
ryan@fremstadlaw.com  
www.fremstadlaw.com

## G.W. & Sons Construction, Inc.

Tony Weber  
1555 N 52nd St.  
Grand Forks, ND 58203-1127  
(701)775-8978  
Fax: (701) 775-2235

## Gaffaney's

Nick Johnson  
1809 13th Avenue North  
Grand Forks, ND 58203  
(701)746-6466  
Fax: (701) 746-0737  
njohnson@gaffaneys.com  
www.gaffaneys.com

## Galstad, Jensen, and McCann, PA

Ron Galstad  
1312 Central Ave NE  
East Grand Forks, MN 56721  
(218)773-9729  
Fax: (218) 773-8950  
rgalstad@gjmlaw.com

## Games Galore

Dave Lerud  
922 40th Street NW  
 Fargo, ND 58102  
(701)373-0104  
Fax: (701) 373-0106  
dave@fargo-games-galore.com  
www.fargo-games-galore.com/

## Games to Go

Barry Bach  
2220 Main Ave. E.  
West Fargo, ND 58078  
(701)271-0378  
Fax: (701) 271-0381  
brian@gamestogofargo.com  
www.gamestogofargo.com/

## Gate City Bank

Jeff Peterson  
3205 S. Washington St.  
Grand Forks, ND 58201-7169  
(701)792-4352  
Fax: (701) 792-4379  
jeffpeterson@gatecitybank.com  
www.gatecitybank.com

## Gate City Bank (24th Ave S)

Jeff Peterson  
2850 24th Ave S  
Grand Forks, ND 58201  
(701)792-4350  
www.gatecitybank.com

## Gate City Bank (DeMers Ave)

Jeff Peterson  
501 DeMers Ave  
Grand Forks, ND 58201  
(701)792-4360  
jeffpeterson@gatecitybank.com  
www.gatecitybank.com

## GateWay Storage LLP

Bryan Lee  
5118 Gateway Drive  
Grand Forks, ND 58203-1110  
(701)775-8191  
Fax: (701) 775-8091  
gatewaystorage@midconetwork.com  
gatewaystorage@midconetwork.com



**GEICO Insurance Companies**

Bill Gose  
2915 S. Washington St.  
Grand Forks, ND 58201-6767  
(701)746-4541  
Fax: (701) 746-1267  
gosebill@yahoo.com  
www.geico.com/local/wgose/

**George A. Cariveau,  
Business Consultant**

George Cariveau  
2023 20th Ave. S.  
Grand Forks, ND 58201-6163  
(701)775-0127  
gacbc@gra.midco.net

**Gerrells Sports Center /  
Hockey World**

Brad Westrum  
1004 S. Washington St.  
Grand Forks, ND 58201-4334  
(701)775-0553  
Fax: (701) 775-0209  
gerrells@gerrells.net

**GF Abstract & Title Company**

Tony Faust  
3374 S. 31st St., Ste. A  
Grand Forks, ND 58206-6326  
(701)772-3484  
Fax: (701) 795-1957

**GF Air Force Base**

Col. Tim Bush  
319 ARW/CC  
Grand Forks AFB, ND 58205-6231  
(701)747-4150  
Fax: (701) 747-3916  
timothy.bush@us.af.mil

**GF Blue Line Club**

Scott Dennison  
PO Box 12284  
Grand Forks, ND 58206  
(218)791-3333

**GF Board of Realtors**

John Colter  
1407 24th Avenue S #340  
Grand Forks, ND 58201-6761  
(701)775-4231  
Fax: (701) 795-9435  
gfboard@polarcomm.com  
www.grandforksndrealestate.com/

**GF Country Club**

Clare Albrecht  
794 12th Avenue NE  
Grand Forks, ND 58208-3636  
(701)772-4831  
Fax: (701) 772-0234  
clare@gfcountryclub.com  
www.gfcountryclub.com

**GF County Agencies**

Debbie Nelson  
151 South 4th Street  
Grand Forks, ND 58201  
(701)780-8201  
Fax: (701) 780-8207  
debbie.nelson@gfcounty.com

**GF County Extension Office**

Margaret Tweten  
151 South 4th Street S-302  
Grand Forks, ND 58201-4715  
(701)780-8229  
Fax: (701) 780-8309  
margaret.tweten@ndsu.edu

**GF County-Veterans Service Office**

Barb Zavala  
PO Box 5547  
Grand Forks, ND 58208-5547  
(701)780-8296  
Fax: (701) 787-8603  
barb.zavala@gfcounty.com

**GF Motor Vehicle Branch Office**

Marilyn Lundberg  
1726 S Washington St., Ste. 55  
Grand Forks, ND 58201-6370  
(701)772-1390

**GF Park District**

John Staley  
1210 Seventh Ave S  
Grand Forks, ND 58208-2429  
(701)746-2750  
Fax: (701) 746-2753  
jstaley@gfparks.org  
www.gfparks.org/

**GF Public Schools**

Dr. Larry P Nybladh  
2400 47th Avenue South  
Grand Forks, ND 58206-6000  
(701)746-2200  
Fax: (701) 772-7739  
larry.nybladh@gfschools.org  
www.gfschools.org/

**GF Regional Airport Authority**

Patrick Dame  
2301 Airport Drive  
Grand Forks, ND 58203  
(701)795-6981  
Fax: (701) 795-6979  
pdame@gfkairport.com  
www.gfkairport.com/

**GF Wireless Internet &  
Computers**

Casey Hammer  
2100 S. Columbia Rd, Ste 101  
Grand Forks, ND 58201-5895  
(701)775-8700  
Fax: (701) 787-0169  
info@gfiwireless.com  
www.gfiwireless.com

**GFafb 319th Force Support  
Squadron**

Julie McWalter  
319 FSS/SFK  
Grand Forks AFB, ND 58205-6437  
(701)747-3238  
Fax: (701) 747-3221  
julie.mcwalter@grandforks.af.mil  
www.gf-services.com

**GFK Flight Support**

Brent Seifert  
2403 Aircargo Drive  
Grand Forks, ND 58203-8944  
(701)772-5504  
Fax: (701) 772-8917  
brents@flygfk.com  
www.flygfk.com/

**GGF Convention & Visitors Bureau**

Julie Rygg  
4251 Gateway Drive  
Grand Forks, ND 58203-0819  
(701)746-0444  
Fax: (701) 746-0775  
julie@visitgrandforks.com  
www.visitgrandforks.com

**GGF Symphony Orchestra**

Jennifer Tarlin  
3350 Campus Road  
Grand Forks, ND 58202-7084  
(701)777-3359  
Fax: (701) 777-3320  
jenny.tarlin@und.nodak.edu  
www.ggfsso.org

**Girl Scouts - Dakota Horizons**

Shaleen Weiland  
1101 South Marion Road  
Sioux Falls, SD 57106-3466  
(701)772-6679  
Fax: (701) 772-6670

**Glamorous Reruns**

Sharon Bartlette  
402 3rd St NW  
East Grand Forks, MN 56721  
218-399-0154  
glamorousreruns@integra.net

**Global Safety Network**

Robin Turner  
3590 S 42nd St  
Grand Forks, ND 58201  
(701)792-9808  
Fax: (701) 746-5914  
rturner@globalsafetynetwork.com  
www.globalsafetynetwork.com

**GOLDMARK**

Wayne Waege  
2211 South Washington St.  
Grand Forks, ND 58208-2178  
(701)780-9901  
Fax: (701) 780-9720  
wayne.waega@goldmark.com  
www.goldmark.com/

**Good Samaritan Society**

Heritage Grove  
Michaun Shelter  
2122 River Road NW  
East Grand Forks, MN 56721-1058  
(218)773-7484  
Fax: (218) 773-6041  
mshelter@good-sam.com  
www.good-sam.com/communities

**Gowan Construction, Inc.**

Milton Gowan  
PO Box 228  
Oslo, MN 56744-0228  
(701)699-5171  
Fax: (701) 699-3400  
milt@gowanconstruction.com  
www.gowanconstruction.com

**Grafton Chamber of Commerce**

Emberly Lietz  
432 Hill Ave  
Grafton, ND 58237-1002  
(701)352-0781  
Fax: (701) 352-0799  
emberlyl@polarcomm.com

**Grand Cities Mall**

Mary Noel  
J. Herzog & Sons, Inc.  
Grand Forks, ND 58201-6336  
(701)772-8121  
Fax: (701) 775-3573  
mnoel@jherzog.com

**Grand Cities Towing**

Kirk Driscoll  
622 10th St NE  
East Grand Forks, MN 56721  
218-793-0008  
kirk@invisimax.com

**Grand Forks bclean.com**

Bruce Nord  
2210 Mill Road  
Grand Forks, ND 58203  
701-795-7002  
Fax: (701) 795-0167  
ozzie@bclean.com  
bclean.com

**Grand Forks Builders and  
Traders Exchange**

Clint Rodningen  
523 Demers Avenue  
Grand Forks, ND 58201  
(701)772-7798  
Fax: (701) 772-0387  
surety@infionline.net

**Grand Forks Center for Sleep**

Donna Elbert  
3301 30th Ave S Suite 102  
Grand Forks, ND 58201  
(701)757-4800  
Fax: (701) 757-4804  
delbert@pdssleep.com  
www.gfsleep.com

**Grand Forks Co Farm Service  
Agency**

Brad Johnson  
4775 Technology Circle #1A  
Grand Forks, ND 58203-5635  
(701)772-0441  
Fax: (701) 780-8810  
bradley.a.johnson@nd.usda.gov  
www.fsa.usda.gov

**Grand Forks County Soil  
Conservation District**

Vicki Hunsberger  
4775 Technology Circle, Ste 1C  
Grand Forks, ND 58203-5635  
(701)772-2321  
Fax: (701) 746-7934  
vicki.hunsberger@nd.nacnet.net  
www.gfscd.org

**Grand Forks Fire Equipment**

Tim Brooks  
921 N 3rd St  
Grand Forks, ND 58203  
701-746-6463  
Fax: 701-746-6464  
tim@gffire.com  
www.gffire.com

**Grand Forks Herald**

Mike Jacobs  
375 2nd Avenue North  
Grand Forks, ND 58206-6008  
(701)780-1103  
mjacobs@gfherald.com  
www.gfherald.com

**Grand Forks Newcomers Welcome  
Service**

Mary Hoffart  
PO Box 6173  
Grand Forks, ND 58206-6173  
(701)772-8240  
mary41h@hotmail.com

**Grand Forks Public Library  
Wendy Wendt**

2110 Library Circle  
Grand Forks, ND 58201-6324  
(701)772-8116  
Fax: (701) 772-1379  
librarywendy@gmail.com  
www.grandforksgov.com/library

**Grand Forks Region Economic  
Development Corporation**

Klaus Thiessen  
600 DeMers Ave., Suite 501  
Grand Forks, ND 58201-4599  
(701)746-2720  
Fax: (701) 746-2725  
klaust@grandforks.org  
www.grandforks.org

**Grand Forks Senior Center**

Colette Iseming  
620 Fourth Avenue South  
Grand Forks, ND 58201-4534  
(701)772-7245  
Fax: (701) 772-0213  
director.gfsc@midconetwork.com  
www.gfseniorcenter.org

**Grand Forks Winnelson**

Jeff Lundebay  
24 North 11th St  
Grand Forks, ND 58203-3638  
(701)746-1190  
Fax: (701) 746-1332  
jblundebay@winwholesale.com

**Grand Valley Animal Hospital**

Darin Meulebroeck, DVM  
2825 36th Ave S. St. B  
Grand Forks, ND 58201  
701-757-3500  
Fax: (701) 757-3502  
info@grandvalleyvet.com  
www.grandvalleyvet.com

**Great Clips for Hair**

Emily Wilcox  
3551 32nd Avenue South  
Grand Forks, ND 58201-5962  
(701)792-3266

**Great Clips for Hair-UND**

Emily Wilcox  
UND Memorial Union  
Grand Forks, ND 58202-6064  
(701) 777-6399  
Fax: (701) 232-6297  
spicegm@cableone.net  
www.greatclips.com

**Great Plains Financial Group**

LaVetta Syverson  
3001A 32nd Ave S., Ste. 2A  
Grand Forks, ND 58201  
(701)775-8666  
Fax: (701) 775-7530  
lavetta.syverson@  
investmentcenters.com

**Greater Grand Forks Fair & Exhibi-  
tion Inc.**

Monica Evavold  
2300 Gateway Dr  
Grand Forks, ND 58208-2519  
(701)330-1238  
Fax: (701) 775-3665

**Greater Grand Forks Jaycees**

Teresa Newland  
PO Box 13512  
Grand Forks, ND 58208-3512  
(218)791-3287  
teresa.newland@ecolab.com

**Green Mill Restaurant**

Terry Anderson  
1930 S. Columbia Rd  
Grand Forks, ND 58201-5820  
(701)780-9000  
Fax: (701) 780-8900  
grandforks@greenmill.com  
www.greenmill.com/

# Alphabetical Listing

**Greenberg Realty - Donna Wolfe-Sholes**  
Donna Wolfe-Sholes  
3651 S. Columbia Road  
Grand Forks, ND 58201-3528  
(218)779-9653  
Fax: (701) 335-0155  
donna.wolfe@gra.midco.net  
www.donna-wolfe.com/

**Greenberg Realty - JD Kennelly**  
JD Kennelly  
132 Rolling Hills Circle  
Grand Forks, ND 58201  
(701)779-1141  
jd.kennelly@hotmail.com

**Greenberg Realty - Lynda & Tom Hartmann**  
Lynda Hartmann  
609 High Plains Ct  
Grand Forks, ND 58201  
218-779-1846  
lhartmann@greenbergrealty.com  
www.greenbergrealty.com

**Greenberg Realty - Tammy Howard**  
Tammy Howard  
3651 S Columbia Rd  
Grand Forks, ND 58201  
(701)772-6641  
thoward@greenbergrealty.com  
www.greenbergrealty.com

**Greenberg Realty, Inc.**  
Skip Greenberg  
3651 S. Columbia Road  
Grand Forks, ND 58201-3528  
(701)772-6641  
Fax: (701) 775-7447  
sgreenberg@greenbergrealty.com  
www.greenbergrealty.com/

**Greenberg Realty - Rita Schuster**  
Rita Schuster  
3651 S Columbia Rd  
Grand Forks, ND 58208-3428  
(701)772-6641  
rschuster@greenbergrealty.com  
www.greenbergrealty.com

**Greenberg Realty - Stacey Galstad**  
Stacey Galstad  
3651 S. Columbia Rd  
Grand Forks, ND 58201  
218-779-6937  
sgalstad@greenbergrealty.com  
www.staceysells.shomes.com

**Greenberg Roofing & Sheet Metal**  
Dale Wold  
1810 N 6th Street  
Grand Forks, ND 58208-2878  
(701)775-5369  
Fax: (701) 775-2419  
dwold@grsnd.com

**Greg Gerloff**  
Greg Gerloff  
3973 Shady Lane  
Grand Forks, ND 58201  
(701)772-6840

**Gregory J. Norman Funeral Chapel**  
Gregory Norman  
2950 S. Washington St.  
Grand Forks, ND 58201-6770  
(701)746-4337  
Fax: (701) 746-6184

**Grizzly's Grill & Saloon**  
Dan Toop  
3000 32nd Ave. S.  
Grand Forks, ND 58201-6022  
(701)335-2465  
Fax: (701) 335-2467  
dtoop3@hotmail.com

**Ground Round Restaurant**  
Matt Walkowiak  
2800 32nd Ave. So  
Grand Forks, ND 58201  
701-775-4646  
Fax: 701-775-2486  
groundround@invisimax.com  
groundround.com

**GuestHouse International**  
Annette Aird  
710 1st Avenue North  
Grand Forks, ND 58203-3604  
(701)746-5411  
Fax: (701) 746-1407  
gigh@midconetwork.com  
www.guesthouseintl.com/

**H & R Block (32nd Ave S)**  
Brian Beiswenger  
2475 32nd Ave S  
Grand Forks, ND 58201  
(701)746-0425  
Fax: (701) 271-8979  
gbruley@hrblock.com  
www.hrblock.com

**H & R Block (DeMers Ave)**  
Brian Beiswenger  
2600 DeMers Ave., Ste. 103  
Grand Forks, ND 58201-4100  
(701)746-7361  
Fax: (701) 271-8979  
gbruley@hrblock.com  
www.hrblock.com

**Halstad Telephone Company**  
Tom Maroney  
PO Box 55  
Halstad, MN 56548-0055  
(218)456-2125  
Fax: (218) 456-2196  
tmaroney@rv.net  
www.halstadtel.com/

**Hammarback & Scheving, P.L.C.**  
Rex Hammarback  
712 DeMers Ave  
East Grand Forks, MN 56721  
(218)773-6841  
Fax: (218) 773-2845  
rex@hdalawyers.com  
www.hdalawyers.com

**Hammen & Associates**  
Jack Hammen  
100 N. 3rd St. #60  
Grand Forks, ND 58203  
(701)738-8034  
Fax: (701) 738-8035  
jlhammen@aol.com

**Handy Law Office**  
Gretchen Handy  
3001-A 32nd Ave S  
Grand Forks, ND 58201  
701-780-1286  
Fax: 701-780-1287  
gmhandy@gra.midco.net

**Hanson-Maves Company (Bekins)**  
Colette Riely  
5227 Phoenix Ct  
Grand Forks, ND 58208-3263  
(701)772-7208  
Fax: (701) 772-7200  
maves@mstg.com

**Happy Grass**  
Clark Piepkorn  
1620 Mill Rd  
Grand Forks, ND 58203  
(701)780-9225  
idohappygrass@hotmail.com

**Happy Harry's Bottle Shops**  
Hal Gershman  
2702 Gateway Drive  
Grand Forks, ND 58208-3662  
(701)772-2671  
Fax: (701) 780-0905  
store@happy-harrys.com

**Happy Harry's Bottle Shops (2)**  
Hal Gershman  
2051 32nd Avenue S  
Grand Forks, ND 58208-3662  
(701)780-0902  
Fax: (701) 780-0905  
hal@happy-harrys.com

**Happy Host Inn**  
Rick Schreier  
3101 17th Street South  
Grand Forks, ND 58201-6622  
(701)746-4411  
Fax: (701) 746-4755  
happyhostinn@prodigy.net  
www.happyhostinn.com

**Happy Joe's Pizza & Ice Cream Parlor**  
Todd Halverson  
2909 S. Washington St.  
Grand Forks, ND 58201-6717  
(701)772-6655  
Fax: (701) 772-4852  
happyjoesgf@midconetwork.com  
www.happyjoes.com/

**Hardware Hank**  
Brandon Buckalew  
1017 Central Avenue NW  
East Grand Forks, MN 56721-1610  
(218)773-7933  
Fax: (218) 773-6862  
hardwaretaz@hotmail.com  
www.eghardware.com

**Harmon Glass Doctor**  
David Dvorak  
2820 South Washington  
Grand Forks, ND 58201  
(701)775-3171  
Fax: (701) 746-8204  
glassdoctorgf@yahoo.com  
www.glassdoctor.com/

**Hawkes Manufacturing, Inc.**  
Kevin Pierce  
833 Gateway Drive NE (EGF)  
Grand Forks, ND 58208-4111  
(218)773-4247  
Fax: (218) 773-0701

**HB Sound and Light**  
Kristen Abner  
1515 DeMers Ave  
Grand Forks, ND 58201  
(701)775-1150  
Fax: (701) 780-8000  
kristen.abner@hbsound.com  
www.hbsound.com

**Healthy Weighs Nutrition Center**  
Gabe Arntson  
2750 Gateway Dr., Ste. B  
Grand Forks, ND 58203  
218-779-9736  
grandforksnd@snapfitness.com  
www.healthyweighsnutrition.com

**Heartland Paper Company**  
Tim Nath  
808 W. Cherokee St.  
Sioux Falls, SD 57104  
(605)336-1190  
Fax: (605) 332-8378  
nath@heartland-paper.com  
www.heartland-paper.com

**Heavenly Stitches**  
Gail Morgan  
1311 S Washington  
Grand Forks, ND 58201  
701-772-1350  
heavenlystitches@live.com  
www.heavenlystitchesquiltshop.com

**Helgeson, Marlan**  
Marlan Helgeson  
3518 Belmont Road  
Grand Forks, ND 58201-7810  
(701)746-7100  
Mhelge@msn.com

**Henningsen Cold Storage Co.**  
Mike Chandler  
5200 11th Ave S  
Grand Forks, ND 58201-3817  
(701)335-5000  
Fax: (701) 335-5005  
mike.chandler@henningsen.com

**Hepper, Olson Architects**  
Bobbi Hepper  
2617 S. Columbia Rd. Ste. 3  
Grand Forks, ND 58201  
701-746-6820  
bobbi@hepperolson.com

**Heritage Highland I**  
Chad Nelson  
1115 3rd Ave NW  
East Grand Forks, MN 56721-1501  
(218)547-3307  
Fax: (218) 547-3662  
chadn@dwjonesmanagement.com

**Heritage Highland II**  
Chad Nelson  
PO. Box  
Walker, MN 56484  
(218)547-3307  
Fax: (218) 547-3662  
chadn@dwjonesmanagement.com

**Hertz Car Sales & Rental**  
Phil Medina  
1325 Demers Ave.  
Grand Forks, ND 58208-3727  
(701)787-7274  
Fax: (701) 787-7291  
phil\_m@gffinance.net  
www.gffinance.net

**Heyer Engineering P.C.**  
Jim Heyer  
1020 36th St SW Ste A  
 Fargo, ND 58103  
(701)280-0949  
Fax: (701) 775-5634  
jim@heyere-eng.com  
www.heyereengineering.com

**Hitch 'N Go**  
George "Skip" Arnold  
2915 S. Washington St.  
Grand Forks, ND 58201-6779  
(701)775-4477  
Fax: (701) 746-1471

**Hjelmstad Insurance**  
Jon Hjelmstad  
2084 4th Ave NE  
Thompson, ND 58278  
701-599-2901  
Fax: 701-599-2901  
hjelmstadins@gfwireless.com

**Holiday Inn Express**  
Kim Reardon  
4051 32nd Ave S  
Grand Forks, ND 58201-5963  
(701)772-7700  
gfkso@midconetwork.com

**Holy Family/St. Mary's School**  
Charles Scherr  
1001 17th Ave S  
Grand Forks, ND 58201  
701-775-9886  
Fax: 701-775-0221  
cscherr1@msa.com  
www.holyfamily.k12.nd.us

**Home of Economy**  
Wade Pearson  
1508 N. Washington St.  
Grand Forks, ND 58208-3430  
(701)772-6611  
Fax: (701) 772-6521  
wade.pearson@homeofeconomy.com  
www.homeofeconomy.com

**Home Place Thrift Store, The**  
Vonnice Lilleoien  
1811 S. Washington  
Grand Forks, ND 58201  
(701)795-9704  
www.prairieharvest.net

**Hope Evangelical Covenant Church**  
Paul Knight  
1601 17th Ave S  
Grand Forks, ND 58201  
(701)772-1884  
paulpit@gfhopeco.org  
www.hopecovenantchurch.org

**Hospice of the Red River Valley**  
Bonnie Oelschlager  
1701 38th Street South Suite 101  
 Fargo, ND 58103  
(701)772-3172  
Fax: (701) 772-3530  
bonnie.oelschlager@hrrv.org  
www.hrrv.org

**House of Vacuums**  
Tom Nyberg  
410 N. Washington St.  
Grand Forks, ND 58203-3182  
(701)746-9300

**Howard Johnson Brad Sather**  
1210 N 43rd St  
Grand Forks, ND 58203  
701-772-7131  
Fax: 701-780-9112  
bsather@nationalhospitality.biz  
www.hojo.com

**Hugo's #2**  
Dave Mackowick  
1631 S Washington  
Grand Forks, ND 58201  
(701)772-3419  
Fax: (701) 746-0913  
www.gohugos.com/

**Hugo's #5**  
Jeff Westrem  
306 14th St NE  
East Grand Forks, MN 56721-1615  
773-2418 ext. 5191  
Fax: (218) 773-4344  
jeff@gohugos.com  
www.gohugos.com

**Hugo's #6**  
Rick Dierker  
1315 S Columbia Road  
Grand Forks, ND 58201  
(701)772-7283  
Fax: (701) 746-0913  
www.gohugos.com/

**Hugo's #8**  
Kristi Magnuson-Nelson  
1950 32nd Ave S, #C  
Grand Forks, ND 58201  
(701) 746-0688  
Fax: (701) 746-0913  
kristi@gohugos.com  
www.gohugos.com/

**Hugo's #8**  
Rod Spies  
1750 32nd Avenue S  
Grand Forks, ND 58201  
(701)746-0688  
Fax: (701) 746-0913  
rod@gohugos.com  
www.gohugos.com/

**Hugo's Wine & Spirits (32nd)**  
Kristi Magnuson-Nelson  
1950 32nd Avenue South  
Grand Forks, ND 58201  
(701)746-4684  
Fax: (701) 746-5146  
kristi@gohugos.com

**Hugo's Wine & Spirits (Columbia Rd)**  
Kristi Magnuson-Nelson  
1325 S Columbia Rd  
Grand Forks, ND 58201  
(701)738-2007  
Fax: (701) 746-0913  
kristi@gohugos.com

**Humana**  
Gabe Tovar  
1611 Alderson Ave  
Billings, MT 59102  
(406)238-7130  
Fax: (406) 238-0131  
gtovar1@humana.com  
www.humana.com

**iBeach 24/7 Tan**  
D Arneson  
4571 S Washington Suite B  
Grand Forks, ND 58201  
701-757-4060  
Fax: 701-757-4062  
ibeach247tangf@gmail.com  
www.ibeachtan.com

**ICON Architectural Group**  
Todd Mitzel  
4050 Garden View Drive, Suite 101  
Grand Forks, ND 58201  
(701)772-4266  
Fax: (701) 772-4275  
todd@iconarchitects.com  
www.iconarchitects.com/

**Ideal Aeromsmith (GF)**  
Darren Stinson  
3001 S Washington  
Grand Forks, ND 58201  
701-757-3400  
dstinson@idealaero.com  
www.ideal-aeromsmith.com

**Ideal Aeromsmith Inc.**  
Barb Schultz  
1510 Gateway Drive NE  
East Grand Forks, MN 56721-2611  
218-773-2455  
Fax: 218-773-7665  
bschultz@idealaero.com  
www.ideal-aeromsmith.com

**IMM**  
Doug Pfau  
3325 S Washington  
Grand Forks, ND 58201  
701-746-9551  
dppfau@immapartments.com  
www.immapartments.com

**Independent School District #595**  
Dave Pace  
PO Box 151  
East Grand Forks, MN 56721-0151  
(218)773-3494  
Fax: (218) 773-7408  
dpace@egf.k12.mn.us  
www.egf.k12.mn.us/

**Indigo Signworks**  
Jerry Nelson  
2600 Demers Avenue Ste104  
Grand Forks, ND 58201  
(701)746-9696  
Fax: (701) 772-1179  
jerry@indigosignworks.com  
www.indigosignworks.com/

**Individual - Jerry Vein**  
Gerald Vein  
614 Skyview Circle  
Grand Forks, ND 58201  
701-772-2260  
gerald\_vein@hotmail.com

**Industrial Contract Services, Inc.**  
Drew Molstad  
3102 N. Washington  
Grand Forks, ND 58208-3158  
(701)775-8480  
Fax: (701) 775-8479  
ddangerfield@icsgf.com  
www.icsgf.com

**Innes Construction Company**  
Jeff Johnson  
4324 University Ave  
Grand Forks, ND 58208-2697  
(701)746-5461  
Fax: (701) 746-0234

**Innovative Products**  
Jim Steinke  
830 South 48th Street  
Grand Forks, ND 58201-3871  
(701)772-5185  
Fax: (701) 772-5284  
jim@mobility4kids.com  
www.mobility4kids.com

**In-Prints Screen Printing, Inc.**  
Todd Palmiscno  
216 17th St. NW  
East Grand Forks, MN 56721-1512  
(218)773-6449  
Fax: (218) 773-6367  
inprints@midconetwork.com

**Insight Technologies, Inc.**  
Don Fisk  
2600 DeMers Avenue  
Grand Forks, ND 58208-3477  
(701)775-5512  
Fax: (701) 775-5513  
dfisk@greatinsight.com  
www.greatinsight.com/

**Insure Forward**  
Chris Lander  
3311 South Washington St  
Grand Forks, ND 58208-4150  
(701)772-6651  
Fax: (701) 772-8367  
chris.lander@insureforward.com

**Integra Telecom**  
Lisa Duckstad  
2150 32nd Ave. S., #C  
Grand Forks, ND 58201  
701-792-0686  
Fax: (701) 738-0502  
Lisa.Duckstad@integratelecom.com  
www.integratelecom.com/

**Integrated Living**  
Connie Bjerk  
1165-E S Columbia Rd  
Grand Forks, ND 58201  
(218)779-2287  
integratedliving@midconetwork.com  
www.integratedlivingnow.com

**InvisiMax**  
Phil Hebert  
126 West Johnson Avenue  
Warren, MN 56762-1112  
(218)745-6030  
Fax: (701) 745-6040  
philh@invisimax.net  
www.invisimax.com

**IRET Properties**  
Tom Bures  
3401 28th Ave S  
Grand Forks, ND 58201  
701-746-1015  
Fax: 701-746-6221  
tbures@iret.com  
www.iretapartments.com

**ISS Facility Services Inc**  
Linda Hoffman  
912 Page Dr.  
Fargo, ND 58103  
(701)364-9786  
Fax: (701) 364-9788  
linda.hoffman@us.issworld.com  
www.us.issworld.com

**Italian Moon Pizza & Restaurant**  
Ken Towers  
810 S Washington  
Grand Forks, ND 58201-8416  
(701)772-7277  
Fax: (701) 335-2493  
ken\_towers@hotmail.com  
www.italianmoon.com/

**J & G Landscaping**  
JoAnn Renfrow  
PO Box 9  
Emerado, ND 58228-0009  
(701)594-2669  
Fax: (701) 594-2939

**J.A. Anderson, D.D.S.**  
J.A. Anderson  
3425 S. Washington St.  
Grand Forks, ND 58201-7101  
(701)775-3989  
Fax: (701) 775-4788  
jaajr@invisimax.com

**J.R. Simplot**  
Dave Gottberg  
3630 Gateway Drive  
Grand Forks, ND 58203-0826  
(701)780-7830  
Fax: (701) 780-7882  
dave.gottberg@simplot.com  
www.simplot.com/

**J.S. Home Inspection**  
Jim Steinke  
830 S. 48th St.  
Grand Forks, ND 58201-3871  
(701)772-5458  
Fax: (701) 772-5284  
jim@jshomeinspection.com  
www.jshomeinspection.com

**Jack Cronquist**  
Jack Cronquist  
Po Box 187  
Gilby, ND 58235-0187  
(701)869-2468

**Jack's Shoes**  
Glenna Leedahl  
1726 S Washington  
Grand Forks, ND 58201  
701-775-5225  
Fax: 701-775-0007  
gleedahl@hotmail.com

**James Dalglish**  
James Dalglish  
3641 9th Ave. N.  
Grand Forks, ND 58203  
(701)775-9700  
jmdalglish@aol.com

**James O'Connell, D.D.S.**  
Dr. James O'Connell  
117 N. Washington St., Ste. D  
Grand Forks, ND 58203-3498  
(701)746-1481  
Fax: (701) 746-6201  
www.centerforsmiledesign.com

**James S McDonald, DDS**  
James McDonald  
1421 Central Ave NW  
East Grand Forks, MN 56721-1613  
(218)773-3010

**Janes Creative Kids**  
Jane Enright  
2301 South Washington  
Grand Forks, ND 58201  
701-775-2979  
Fax: 701-775-8209  
creativekidscorner@yahoo.com

**JC Penney**  
Kevin Flynn  
2800 S Columbia Rd  
Grand Forks, ND 58201  
701-746-4521  
kflyn1@jcpenny.com  
www.jcp.com

**Jeff Jensen**  
Jeff Jensen  
1002 Chestnut Street  
Grand Forks, ND 58201  
(608)658-6516  
jeff.jensen@email.und.edu

**Jeff's Landscaping**  
Jeff Moen  
504 5th Ave  
Reynolds, ND 58275  
(701)740-6323  
Fax: (701) 847-2303  
jeffrey58275@gra.midco.net

**Jenny Craig Weight Loss Centre**  
Honorla Sorlien  
2534 17th Ave. S.  
Grand Forks, ND 58201-3342  
(701)746-9608  
Fax: (701) 746-9581  
www.jennycraig.com/

**JLG Architects**  
Lonnie Laffen  
124 N 3rd St.  
Grand Forks, ND 58203-3719  
(701)746-1727  
Fax: (701) 746-1702  
laffen@jlgarchitects.com  
www.jlgarchitects.com

**Job Service North Dakota**  
Keith Reitmeier  
1501 28th Avenue S  
Grand Forks, ND 58201-6727  
(701)795-3703  
Fax: (701) 795-3750  
kreitmei@nd.gov  
www.jobsnd.com

**Joe Black's**  
Joe Schneider  
118 N. 3rd St.  
Grand Forks, ND 58201  
(701)775-2017

**John Clayburgh, D.D.S.**  
Dr. John Clayburgh  
667 DeMers Avenue, #1002  
Grand Forks, ND 58201-4530  
(701)772-8488  
Fax: (701) 772-2812

**Johnston Law Office**  
Jacey Johnston  
221 S. 4th St  
Grand Forks, ND 58201  
701-775-0082  
jacey@wedefendyou.net

**Johnstown Bean Company**  
Jim Karley  
3295 Johnstown St  
Johnstown, ND 58235-4500  
(701)869-2680  
Fax: (701) 869-2692  
jbc@polarcomm.com

**Jolly Mon Vacations**  
Pete Larson  
2607 Oak St  
Grand Forks, ND 58201  
218-779-3050  
pete@jollymonvacations.com  
www.jollymonvacations.com

# Alphabetical Listing

## JTC, Inc

Todd Innes  
822 S 46th St  
Grand Forks, ND 58201  
701-746-0600  
todd@jtc-construction.com  
www.jtc-construction.com

## Jump for Joy Bounce Houses

Dana Boe  
1123 N 42nd St  
Grand Forks, ND 58203  
701-430-1655  
jump4joybouncers@yahoo.com  
www.jump4joybouncers.com

## JW Cleaners

Jennifer Walsh  
Grand Forks, ND 58201  
218-791-8639  
jwcleaners@hotmail.com

## Kadmas, Lee & Jackson, Inc

Steve Synhorst  
2750 Gateway Drive  
Grand Forks, ND 58201  
(701)775-1109  
steve.synhorst@kljeng.com  
www.kljeng.com

## KapStone Container Corporation

Cathy Spicer  
5400 32nd Avenue South  
Grand Forks, ND 58201  
(701)787-6400  
Fax: (701) 787-6410  
Cathy.Spicer@uscrr.com

## Karen Ford

Karen Ford  
1020 Chestnut St  
Grand Forks, ND 58201  
701-740-5494  
kkf@gra.midco.net

## Karl's TV, Audio, Appliances, & Furniture

Michael Anderson  
1725 32nd Avenue South  
Grand Forks, ND 58201  
701-746-9369  
Fax: 701-772-0018  
manderson@karlsinc.com  
www.karlsonline.com

## Keith Danks Jr.

Keith Danks Jr.  
2004 Demers Ave  
Grand Forks, ND 58201-4107  
(701)775-3325  
Fax: (701) 738-0010  
keith@equitymgmnt.biz

## Keith's Security World

Jim Bisson  
2111 DeMers Avenue  
Grand Forks, ND 58201-4164  
(701)772-7189  
Fax: (701) 772-7262  
sales@keithslock.com

## Keller Williams Roers Realty - Linda Bunde

Linda Bunde  
1551 28th Ave S Suite G  
Grand Forks, ND 58201  
(701)740-7417  
msbunde@yahoo.com  
www.LindaBunde.com

## Kelly Services

Lindsey Steinke  
3750 32nd Ave S., Ste. 101  
Grand Forks, ND 58201-5895  
(701)780-9509  
Fax: (701) 772-1268  
SWENSLR@kellyservices.com  
http://www.kellyservices.com/

## Kelly's Bar

Casey Noreen  
309 3rd St. N.  
Grand Forks, ND 58203-3551  
(701)772-9605

## Kentucky Fried Chicken

Rick Hanson  
706 S. Washington St.  
Grand Forks, ND 58201-4328  
(701)772-3447  
Fax: (701) 772-3128  
kfcgf@sdnets.com

## Kidwell's Signature Cleaning, Inc.

Julie Kidwell  
402 University Ave  
Grand Forks, ND 58203  
(218)793-0555  
Julie@kidwellclean.com  
www.kidwellclean.com

## King's Walk Golf Course

Dan Tannahill  
5301 South Columbia Rd.  
Grand Forks, ND 58201-2801  
(701)787-5464  
Fax: (701) 787-3494  
dtannahill@gfparcs.org  
www.kingswalk.org

## Kingsbury Applied Economics

Ralph Kingsbury  
4200 James Ray Dr.  
Grand Forks, ND 58203  
(701)738-4810  
Fax: (701) 746-1701  
kae-01@live.com  
www.kingsburyappliedeconomics.com

## Knight Printing

Doug Christians  
3401 Fiechtner Dr  
Fargo, ND 58106  
701-235-1121  
Fax: 701-235-9658  
doug.christians@knightprinting.com  
www.knightprinting.com

## Knutson Printing Company

Jay Knutson  
1323 University Avenue  
Grand Forks, ND 58203  
701-772-5563  
Fax: 701-772-5564  
knutsonprint@gmail.com

## Korsmo Commercial Refrigeration

Jason Korsmo  
101 Hwy 15  
Northwood, ND 58267  
218-791-0859  
j\_korsmo@ymail.com  
www.korsmocommercialrefrigeration.com

## KVRR-TV

Dan O'Rourke  
PO Box 9115  
Fargo, ND 58106-9115  
(701)277-1515  
Fax: (701) 277-1830  
dorouke@kvrr.com

## L & M Meats & Sausage

Jeff Novak  
2801 S. Washington St.  
Grand Forks, ND 58201-6718  
(701)775-2009  
Fax: (701) 746-9700  
www.lmmeats.com/

## 'I Bistro Mediterranean Eatery

Sarah Desgrez  
Canad Inns Destination Center  
Grand Forks, ND 58201  
701-792-1960  
Fax: 701-772-1320  
sdesgrez@canadinns.com  
www.ibistro.net

## LA Rie Boutique

Laurie Kovar  
2860 10th Ave N  
Grand Forks, ND 58203  
701-757-0536  
Fax: 701-757-4576  
lauriekovar@gmail.com  
www.larieboutique.com

## La Touche' Finale

Terri Berg  
3701 22nd Ave S  
Grand Forks, ND 58201  
701-741-3671  
Fax: 701-772-3870  
lftpainting@gmail.com  
www.lftpainting.com

## LA Weight Loss

Lisa Breidenbach  
1375 C. South Columbia Road  
Grand Forks, ND 58201  
701-795-1500  
Fax: 866-734-4253  
lisab.lawl@gmail.com  
www.laweightloss.com

## Labor Ready

Renae Laschkewitsch  
2124 Gateway Dr  
Grand Forks, ND 58203  
701-775-9675  
Fax: 701-772-4026  
8038-br@laborready.com  
www.laborready.com

## Lafarge Dakota, Inc.

Brad Beyer  
2422 DeMers Avenue  
Grand Forks, ND 58201-4179  
(701)772-3438

## Lakes & Prairie Child Care Resource & Referral

Mary Lynn Bernston  
2512 C South Washington St.  
Grand Forks, ND 58201  
(218)299-7627  
Fax: (701) 772-3446  
mberntson@axisclinicnd.com  
www.ndchildcare.org/

## Lakeview Inn & Suites

Chris Miller  
3350 32nd Ave. S.  
Grand Forks, ND 58201-6016  
(701)775-5000  
Fax: (701) 775-9073  
grandforksnd@lakeviewhotels.com

## Lander Limited Partnership

Bob Lander  
4633 Harvest Circle  
Grand Forks, ND 58206-5608  
(701)775-4683  
Fax: (701) 775-4684

## Laser Systems

Mike Ketterl  
2600 DeMers Ave Ste 2  
Grand Forks, ND 58201  
(701)746-1080  
Fax: (701) 738-0625  
michael@laser-sys.com  
www.wehavetoner.com/

## LASERZIP

Darren Stinson  
Grand Forks, ND 58201  
701-732-0730  
info@laserzip.com  
laserzip.com

## Leighton Broadcasting

Jeff Hoberg  
PO Box 13638  
Grand Forks, ND 58208-3638  
(701)775-4611  
Fax: (701) 772-0540  
jeff@leightonbroadcasting.com  
www.leightonbroadcasting.com/

## Leisureland RV

Dick Piker  
1819 Central Ave. NW  
East Grand Forks, MN 56721-1331  
(218)773-7464  
Fax: (218) 773-6023  
rpiker@leisureland-rv.com  
www.leisureland-rv.com

## Liberty Business Systems, Inc.

Ryan Kill  
2719 Valley Circle  
Grand Forks, ND 58203  
(701)775-0380  
Fax: (701) 775-7728  
rkill@libertybusiness.com  
libertybusiness.com/

## Liberty Tax Service

Brad Ness  
720 S. Washington St.  
Grand Forks, ND 58206-5353  
(701)746-1750  
Fax: (701) 746-1751  
lts2648@libertytax.com  
www.libertytax.com/

## Lifetime Vision Center

Jeffery Yunker  
2900 S. Columbia Rd.  
Grand Forks, ND 58201-6070  
(701)746-6745  
Fax: (701) 746-6961  
cmy.lvc@midconetwork.com  
www.lvcfr.com

## Lighting Gallery, Inc.

Sonia Robertson  
1200 South Washington Street  
Grand Forks, ND 58201-5433  
(701)772-2402  
Fax: (701) 772-2407  
sonia@thelightinggallerygf.com

## Lignite Energy Council/PAE

Steve Van Dyke  
1016 E. Owens Ave.  
Bismarck, ND 58502-2277  
(701)258-7117  
Fax: (701) 258-2755

## Lillians of Grand Forks

Annette Bendish  
12 S 3rd St  
Grand Forks, ND 58201  
701-335-5018  
abendish@lilliansshoppe.com  
www.lilliansshoppe.com

## Lind Electric

Maurice Lind  
130 Parral Avenue  
Alvarado, MN 56710  
218-965-4993  
Fax: 218-965-4993  
maurice@lindelectric.com

## Lithia Chrysler Jeep Dodge of Grand Forks

Steve Leventes  
2373 32nd Ave. South  
Grand Forks, ND 58201  
701-746-9444  
sleventes@lithia.com  
www.ChryslerJeepDodgeOfGrand-Forks.com

## Lithia Ford Lincoln Mercury of Grand Forks

Charles Engen  
2273 32nd Avenue South  
Grand Forks, ND 58208-3727  
701-335-1160  
Fax: (701) 787-7288  
cengen@lithia.com  
www.lithiafmofgrandforks.com/

## Lithia Toyota of Grand Forks

Mark Rosseau  
2473 32nd Ave. South  
Grand Forks, ND 58201  
701-335-1160  
MRousseau@lithia.com  
www.ToyotaOfGrandForks.com

## Little Bangkok

Thamrong Dechawuth  
302 DeMers Ave  
East Grand Forks, MN 56721  
218-399-1122  
dave\_58103@msn.com

## Little Scholar Ship Montessori School

Erin Noll  
1420 24th Ave so  
Grand Forks, ND 58201  
701-746-9514  
froggingf@gmail.com

## LM Wind Power

Bill Burga  
1580 S 48th Street  
Grand Forks, ND 58206-5637  
(701)330-3343  
Fax: (701) 780-9920  
bbg@lmwindpower.com  
www.lmwindpower.com/





**Park University**  
Edwin H. James  
344 Tuskegee Airmen Blvd.  
Grand Forks AFB, ND 58205  
(701)594-2977  
Fax: (701) 594-5144  
GRAF@park.edu  
www.park.edu/graf/

**Parkwood Senior Living**  
Linda Butler  
749 South 30th Street  
Grand Forks, ND 58201-4084  
(701)780-2600  
lbutler@altru.org

**Party City**  
Lacy Simonson  
2861 32nd Avenue S  
Grand Forks, ND 58201-6025  
(701)772-8845  
Fax: (701) 772-8386  
mgr0777.manager@newpaperllc.com

**Paul Stenseth**  
Paul Stenseth  
603 Terrace Dr  
Grand Forks, ND 58201  
(701)772-5421  
pnstenseth@msn.com

**pdcc pages**  
Joe Cresswell  
301 27th St S  
Fargo, ND 58103  
(701)232-2926  
Fax: (701) 232-3659  
joe.cresswell@pdccpages.com  
www.pdcpages.com

**Pearle Vision**  
Eric VonHoldt  
3221 32nd Ave S Ste 300  
Grand Forks, ND 58201  
701-780-9701  
Fax: 701-780-9084  
evonholdt@od.sco.edu  
www.pearlevision.com

**Pepsi Americas, Inc.**  
Luke Thompson  
2118 N. Columbia Rd  
Grand Forks, ND 58203-1468  
(701)772-6644  
Fax: (701) 772-7129  
www.pepsiamericas.com/

**Performance Chiropractic PLLC**  
Dr. Stacy Hallgren  
4350 S. Washington St.  
Grand Forks, ND 58201  
(701)732-2888  
Fax: (701) 732-2711

**Perkins Restaurant (Columbia Rd)**  
Tim Brandt  
1305 S Columbia Rd  
Grand Forks, ND 58201  
701-746-0493  
Fax: 701-746-6290  
obent@midconetwork.com

**Petcetera Animal Clinic**  
Carol Hagen  
1150 40th Avenue S  
Grand Forks, ND 58201-7236  
(701)775-0549  
Fax: (701) 746-6897

**Peterson Construction Company, Inc.**  
Mark Peterson  
3253 N. Washington St.  
Grand Forks, ND 58208-4239  
(701)746-6446  
Fax: (701) 772-1763  
mark@petersonconstruction.com

**Peterson Veterinary Clinic**  
Kyle Peterson  
1525 Central Ave NW  
East Grand Forks, MN 56721-1301  
(218)773-2401  
Fax: (218) 773-3524

**Philadelphia Macaroni Company**  
Tony Pierce  
1801 N.36th St.  
Grand Forks, ND 58203-0801  
(701)772-0080  
Fax: (701) 746-7244  
tpierce@philamacaroni.com

**Pins & Needles**  
Shelly Wasylow  
2524 S Washington #2  
Grand Forks, ND 58201  
(701)738-4004

**Pizza Hut**  
Jon Wolfgram  
1418 Washington St. S.  
Grand Forks, ND 58201-5437  
(701)772-6000  
www.pizzahut.com

**Pizza Ranch**  
Matt Slater  
3750 32nd Avenue South #100  
Grand Forks, ND 58201  
701-775-2222  
gfpizzaranch@gmail.com  
pizzaranch.com

**Planet Fitness**  
Emily Bakke  
715 South Washington Street  
Grand Forks, ND 58201  
701-775-8820  
Fax: 701-775-8088  
emilybakke@pfnorthernplains.com  
planetfitness.com

**Plato's Closet**  
Becky Waage  
2500 S Columbia Rd  
Grand Forks, ND 58201  
(701)757-3100  
beckyw24@hotmail.com

**Play It Again Sports**  
Chris Kleven  
1720 S Washington  
Grand Forks, ND 58201  
701-795-1424  
Fax: 701-757-0434  
piasgrandforks@gmail.com

**Playmaker All American Lounge**  
Scott Humble  
Canad Inns Destination Center  
Grand Forks, ND 58201  
701-772-8404  
shumble@canadinns.com  
www.canadinns.com

**Plaza Motel**  
Ron & Shirley Norman  
309 DeMers Ave  
East Grand Forks, MN 56721-1815  
(218)773-1179  
Fax: (218) 773-1179  
plazamotelegf@hotmail.com

**Pokrzywinski Financial**  
Chris Pokrzywinski  
609 24th Ave S  
Grand Forks, ND 58201  
701-306-3039  
cpokrzywinski@woodburyfinancial.net

**Polar Communications**  
Joan Miller  
110 4th Street East  
Park River, ND 58270-0270  
(701)284-7221  
Fax: (701) 284-7205  
jmiller@polartel.com  
www.thinkpolar.com

**Polk County DAC**  
Jo Bittner  
936 1st Ave NE  
East Grand Forks, MN 56721-2623  
(218)773-0530  
Fax: (218) 773-0443

**Porta-Mix Concrete, Inc.**  
Newell Ueland  
1201 2nd Street NE  
East Grand Forks, MN 56721  
(218)773-3636  
Fax: (218) 773-7523  
portamix@integra.net

**Prairie Harvest Mental Health**  
Debbie Johnson  
930 N. 3rd St.  
Grand Forks, ND 58203-2408  
(701)795-9143  
Fax: (701) 772-5560  
djohnsonphf@yahoo.com  
www.prairieharvest.net/

**Prairie Public**  
John Harris  
207 N 5th Street  
Fargo, ND 58108-3240  
(701)241-6900  
Fax: (701) 239-7650  
info@prairiepublic.org  
www.prairiepublic.org/

**Praxair Distribution, Inc.**  
John Flaagan  
2205 N. Washington St.  
Grand Forks, ND 58203-1444  
(701)775-8177  
Fax: (701) 775-3588  
john\_flaagan@praxair.com

**Praxis Strategy Group**  
Delore Zimmerman  
33 S. 3rd St., Suite C  
Grand Forks, ND 58201  
(701)775-3354  
Fax: (701) 775-3909  
delore@praxisssg.com  
www.praxisssg.com/

**Premier Signs, LLP**  
Nick Aakhus  
PO Box 66  
Mentor, MN 56736  
(218)637-3000  
Fax: (218) 637-3002  
premier@gvtel.com  
www.premiersignslp.com/

**Premium Waters, Inc.**  
Keith Ostlund  
1523 Dyke Avenue  
Grand Forks, ND 58203-3442  
(701)792-3444  
Fax: (701) 792-3445  
Keith.Ostlund@premiumwaters.com  
www.premiumwaters.com/

**Priority Title, LLC.**  
Shelly Overbo  
3651 S. Columbia Rd., Ste. B  
Grand Forks, ND 58201  
(701)772-3756  
Fax: (701) 772-3768  
shelly@prioritytitlegf.com

**Pro Transport & Leasing, Inc.**  
Art Bakken  
5520 32nd Avenue S  
Grand Forks, ND 58201-9157  
(701)775-5346  
Fax: (701) 775-9233  
art@protransport.net

**Prudential Crary Real Estate-  
Mary Adams**  
Mary Adams  
4551 S Washington Suite G  
Grand Forks, ND 58201  
(701)739-5520  
mka@gra.midco.net  
www.craryrealestate.com

**Prudential Crary Real Estate**  
Tim Crary  
4551 S Washington St Ste G  
Grand Forks, ND 58208-3762  
(701)775-0013  
Fax: (701) 775-2720  
tim@craryrealestate.com  
www.craryrealestate.com/

**Prudential Crary Real Estate -  
Ernie Mangino**  
Ernie Mangino  
4551 S Washington  
Grand Forks, ND 58201  
701-739-1510  
Fax: 701-775-2720  
erniemangino@gra.midco.net

**Prudential Crary Real Estate-  
Linda Pierce**  
Linda Pierce  
4551 S Washington St Ste G  
Grand Forks, ND 58201  
(218)779-3371  
Fax: (701) 775-2720  
lpierce@craryrealestate.com  
lindapierce.craryrealestate.com

**Prudential Crary Real Estate-  
Shawn Horn**  
Shawn Horn  
4551 S Washington St Ste G  
Grand Forks, ND 58201  
(701)741-5790  
shorn@wikel.com  
www.gfHOMES.org

**PS DOORS**  
Jim Satrom  
4212 Gateway Drive  
Grand Forks, ND 58203-0813  
(701)772-3667  
Fax: (701) 775-7415  
satrom@psdoors.com

**PUCKS Commercial Cleaning**  
Mike Pokrzywinski  
406 3rd Ave NW  
East Grand Forks, MN 56721  
(218)773-7503  
Fax: (218) 773-7503  
mike@pucksclanning.com  
www.pucksclanning.com

**Qdoba Mexican Grill**  
Shelly Riepe  
3551 32nd Ave. South Ste 400  
Grand Forks, ND 58201-5962  
(701)738-8222  
Fax: (701) 738-8232  
qdoba217@midconetwork.com  
www.qdoba.com

**Quentin Burdick Job Corp**  
Tami Froelich  
1501 28th Ave. S.  
Grand Forks, ND 58201-6727  
(701)746-5476

**R.J. Zavoral & Sons, Inc.**  
Pete Zavoral  
18297 County Hwy. 72 SW  
East Grand Forks, MN 56721-0435  
(218)773-0586  
Fax: (218) 773-6423  
pete@rjzavoral.com  
www.rjzavoral.com

**Ralph Engelstad Arena  
Jody Hodgson**  
One Ralph Engelstad Arena Drive  
Grand Forks, ND 58203  
(701)777-4167  
Fax: (701) 777-6643  
jodyh@theralph.com  
www.theralph.com

**Ramada Inn**  
Tom Kovar  
I-29 & Hwy 2 West  
Grand Forks, ND 58208-3757  
(701)775-3951  
Fax: (701) 775-9774  
tk.ramada@midconetwork.com  
www.ramada.com/

**Ray Chiropractic Clinic**  
Shanon Ray  
418 DeMers Ave.  
East Grand Forks, MN 56721-1836  
(218)773-8403  
Fax: (218) 773-9812  
raychiro@integra.net

**Ray Holmberg**  
Ray Holmberg  
621 High Plains Court  
Grand Forks, ND 58201-7717  
(701)775-9656  
rholmberg@state.nd.us

**Raymond J. German**  
Raymond German  
3001 S. Columbia Rd., Ste. F  
Grand Forks, ND 58201  
(701)738-0060  
Fax: (701) 738-0064  
Ray@raygerman.com  
www.raygerman.com

**RDO Equipment Company**  
Dana Larson  
6565 Gateway Drive  
Grand Forks, ND 58206-5787  
(701)772-4842  
Fax: (701) 772-9620  
dlarson@rdoequipment.com  
www.rdoequipment.com





**Sanford Health**  
**Justin Stromme**  
929 Central Ave NW  
East Grand Forks, MN 56721  
(218) 773-5800  
Fax: (218) 773-5888  
justin.stromme@sanfordhealth.org  
www.sanfordhealth.org

**Savecoin.com**  
Brent Lorenz  
417 Main Avenue  
Fargo, ND 58103  
701-799-7988  
brent@savecoin.com  
Savecoin.com

**Scenic Sign Corp.**  
Daryl Kirt  
409 14th St NW  
East Grand Forks, MN 56721  
701-306-7701  
daryl@scenicisign.com  
www.scenicisign.com

**Scentsy Wickless Candles**  
- Joyce Hagen  
Joy Hagen  
1905 8th Ave N  
Grand Forks, ND 58201  
701-740-2158  
Fax: 701-738-4000  
hagenjm@yahoo.com  
www.joyh.scentsy.us

**Scheels All Sports**  
Jason Heintz  
1375 Columbia Rd. S., Ste. A  
Grand Forks, ND 58201-4015  
(701)780-9424  
Fax: (701) 772-1781

**Schneider Law**  
Mac Schneider  
317 1/2 Kittson Avenue  
Grand Forks, ND 58201  
701-757-2050  
Fax: 701-757-2051  
mac@schneiderlawfirm.com  
schneiderlawfirm.com

**SCORE-Service Corp of Retired Executives**  
Robert Peterson  
1501 28th Ave S  
Grand Forks, ND 58201  
(701)746-5851  
Fax: (701) 746-5748  
score@gra.midco.net

**Scott's Express, Inc.**  
Brad Seymour  
4702 Gateway Drive  
Grand Forks, ND 58208-2728  
(701)746-0434  
Fax: (701) 746-4615  
brad\_s@scottsexpress.com  
www.scottsexpress.com

**Scott's Music Stores, Inc.**  
Stephen Thomas  
Columbia Mall, Suite 129  
Grand Forks, ND 58201-6030  
(701)775-6265  
Fax: (701) 775-7136

**Sendoutcards.com/connieo**  
Connie Osowski  
2510 9th Ave N  
Grand Forks, ND 58203  
701-330-7568  
closowski@gmail.com  
www.sendoutcards.com/connieo

**Sertoma Club of Greater Grand Forks**  
Kay Derry  
PO Box 12832  
Grand Forks, ND 58208-2832  
(701)599-2600  
Fax: (701) 772-3530  
kayd@firststatebanks.com  
www.gfsertoma.org/

**Settle Inn**  
Rebecca Bailey  
1211 47th St. N.  
Grand Forks, ND 58203-1877  
(701)775-9901  
Fax: 319-626-8350  
gfsi.settleinn@midconetwork.com  
www.settleinn.com/

**Seven Clans Casino**  
Barry McGrady  
20595 Center St E  
Thief River Falls, MN 56701  
(218)681-4062  
Fax: (218) 681-8370  
bmcgrady@sevenclanscasino.com  
www.sevenclanscasino.com

**Sharon Opdahl - State Farm Insurance**  
Sharon L. Opdahl  
2534 17th Ave. S., Ste. F  
Grand Forks, ND 58201-5215  
(701)746-0495  
Fax: (701) 746-0365  
sharon.opdahl.cgvn@statefarm.com  
www.sharonopdahl.com/

**Sherwin Williams Company**  
Dave Miller  
3013 32nd Avenue S  
Grand Forks, ND 58201-6021  
(701)772-4837  
Fax: (701) 772-4083

**Shooting Star Casino**  
Phyllis Skala  
777 Casino Rd  
Mahnomen, MN 56557  
(218)935-2711  
Fax: (218) 935-2206  
pskala@starcasino.com  
www.starcasino.com/

**SimmonsFlint**  
Susan Mickelson  
33 S 3rd St. Suite D  
Grand Forks, ND 58201  
(701)746-4573  
Fax: (701) 746-8067  
susan.mickelson@simmonsflint.com  
www.simmonsflint.com/

**Simonson Lumber & Hardware**  
Doug Vigen  
820 N 3rd Street  
Grand Forks, ND 58208-4345  
(701)775-4292  
Fax: (701) 775-9434

**SimplexGrinnell LP**  
Mike Evenson  
830 South 48th Street  
Grand Forks, ND 58201-3871  
(701)746-4191  
Fax: (701) 746-8680  
mevenson@simplexgrinnell.com

**Ski & Bike Shop**  
Terry Knudson  
1711 Washington St. S.  
Grand Forks, ND 58201-6335  
(701)772-5567  
Fax: (701) 795-1712  
skibikes@midconetwork.com  
skiandbikeshop.net/

**Skip's Budget Drug**  
Skip Birkmaier  
2015 Library Circle, Suite 102  
Grand Forks, ND 58201-6387  
(701)772-4805  
Fax: (701) 772-0813  
sbirk@gra.midco.net

**Sledsters Food & Brew**  
Kalin Kresel  
21 S 4th St  
Grand Forks, ND 58201  
701-775-0050  
Fax: 701-795-3640  
kalin.kresel@hotmail.com

**Sleep Inn and Suites**  
Jan Gaddie  
1350 South 42nd St  
Grand Forks, ND 58201  
701-757-2900  
Fax: 701-757-2914  
jan.sleepingf@northridgehm.com

**Small Business Administration-GF Office**  
Eric Giltner  
102 N. 4th Street, Suite 104  
Grand Forks, ND 58203  
(701)746-5160  
eric.giltner@sba.gov

**SmartSearch**  
Chris Littlejohn  
1407 24th Ave S Ste 313  
Grand Forks, ND 58201  
701-738-0303  
chris@smartsearch.info  
www.forkspages.com

**Snap Fitness**  
Gabe Arntson  
2750 Gateway Dr., Ste. A  
Grand Forks, ND 58203  
(701)746-9884  
grandforksnd@snapfitness.com  
www.snapfitness.com/grandforksnd

**Snap Fitness (S. Washington)**  
Renee Anderson  
4571 S. Washington St  
Grand Forks, ND 58201  
(701)757-7627  
Fax: (701) 469-2154  
grandforks@snapfitness.com  
www.snapfitness.com

**Snoack Studios**  
Shannon Noack  
1924 University Ave  
Grand Forks, ND 58203  
701-732-0652  
hello@snoackstudios.com  
www.snoackstudios.com

**Society of St. Vincent De Paul**  
JoAnn Brundin  
620 8th Ave S  
Grand Forks, ND 58201-4816  
(701)795-8614  
Fax: (701) 746-6648  
joannbrundin@yahoo.com  
www.svdgf.org

**Soldiers' Angels**  
Shelle Michaels  
547 S 7th Street Suite 241  
Bismarck, ND 58504  
218-779-7271  
shellemichaels@msn.com  
www.soldiersangels.org

**Southern Estates, INC.**  
Guy Useldinger  
2034 45th Ave S  
Grand Forks, ND 58208-2305  
(218)791-0489

**Space Aliens**  
Al Glumm  
3250 32nd Ave S  
Grand Forks, ND 58201  
(701)757-7427  
www.spacealiens.com

**Spare Husband, Inc.**  
Ken Vasek  
1708 Central Ave NE  
East Grand Forks, MN 56721  
(218)773-3700  
Fax: (218) 773-3705  
sparehusband@invisimax.com

**Speedway Grill & Bar**  
Jim Nostdahl  
805 N 42nd St  
Grand Forks, ND 58201  
701-772-8548  
Fax: 701-857-1361  
jnostdahl@srt.com

**Splashers of the South Seas**  
Wendy Waldorf  
1000 South 42nd Street  
Grand Forks, ND 58201  
701-772-8404  
wwaldorf@canadinns.com

**Sprague Alliance Consulting LLC**  
David Sprague  
605 Evergreen Drive  
Grand Forks, ND 58201  
701-330-6783  
dsspsprag@aol.com

**Spray Advantage**  
Greg Radke  
130 Gateway Dr  
Grand Forks, ND 58203-2423  
(701)775-8089  
greg@sprayadvantage.com

**Spray Your Fat Away**  
Darren Fitch  
2617 South Columbia Road  
Grand Forks, ND 58201  
701-757-3030  
SPRAYYOURFATAWAYGF@GMAIL.COM  
SprayYourFatAway.com

**SpringHill Suites**  
**Mike Brown**  
2837 S 42nd St  
Grand Forks, ND 58201  
(701)757-4150  
Fax: (701) 757-4159  
mike.a.brown@marriott.com  
www.springhillsuites.com/gfksh

**St. Anne's Guest Home**  
Rebecca Metzger  
524 N 17th Street  
Grand Forks, ND 58206-5005  
(701)746-9401  
Fax: (701) 795-7825  
stannes@midconetwork.com

**St. Michael's Catholic Church**  
Deb Beauchamp  
520 N. 6th St.  
Grand Forks, ND 58203-3231  
(701)772-2624  
gfstmichaels@yahoo.com  
www.stmichaelsgf.com/

**St. Michael's Catholic School**  
Stephanie Scuster  
504 5th Ave N  
Grand Forks, ND 58203  
(701)772-1822  
stephanie.b.schuster@sendit.nodak.edu  
www.stmichaels.k12.nd.us

**Stamart Truck Stop**  
Lisa Beach  
1212 N 47th Street  
Grand Forks, ND 58203  
(701)746-1356  
Fax: (701) 277-1723  
lisa@stamart.com

**State Farm Insurance**  
- Gary Belanus  
Gary Belanus  
1010 Central Ave. NE  
East Grand Forks, MN 56721-1612  
(218)773-1123  
Fax: (218) 773-8231  
gary.belanus.gj26@statefarm.com

**State Farm Insurance**  
- Kevin Kouba  
Kevin Kouba  
724 N. Washington St.  
Grand Forks, ND 58203-3135  
(701)787-8811  
Fax: (701) 772-9517  
www.kevinkouba.com/

**Stay & Play Pet Resort**  
Carolyn LaDue  
7254 S. Washington Street  
Grand Forks, ND 58201  
(701)775-7020  
Fax: (701) 775-4020  
info@stayandplayresort.com

**Steamatic Total Cleaning & Restoration**  
Marcus Benoit  
5624 1st Ave N.  
Grand Forks, ND 58203  
(701)746-1856  
Fax: (701) 775-0283  
mbenoit@steamaticrrv.com  
www.steamaticrrv.com/

**Stennes Granite Co.**  
Tina Greuel  
2029 Central Ave NW  
East Grand Forks, MN 56721-2701  
(218)773-7461  
Fax: (218) 773-0020  
granite.stennes@midconetwork.com  
www.stennesgranite.com

**Sterling Carpet One Floor & Home**  
Bonnie Aamot  
2030 32nd Ave S  
Grand Forks, ND 58201  
701-746-8444  
Fax: 701-746-1226  
baamot@sterlingcarpetone.com  
www.sterlingcarpetone.com

# Alphabetical Listing

**Sterling Optical**  
Rachael Heinz  
2650 32nd Avenue South Suite F3  
Grand Forks, ND 58201  
701-746-4240  
Fax: 701-775-5112  
sterlingoptical@ymail.com  
sterlingoptical.com

**Steve Adams Farms**  
Steve Adams  
901 62nd Ave SE  
Grand Forks, ND 58201  
(218)779-2121  
Fax: (701) 772-8888  
sadams7255@gfwireless.com

**Steve Erlandson, D.D.S.**  
Steve Erlandson  
2401 South Washington St., Ste. D  
Grand Forks, ND 58201-6747  
(701)772-6581  
drerlandson@midconetwork.com

**Steven Swanson, D.D.S.**  
Dr. Steven Swanson  
1323 2nd Ave. N.  
Grand Forks, ND 58203-3427  
(701)775-4289  
Fax: (701) 775-9596  
diane@sbswansondds.com

**Stifel Nicolaus formerly UBS  
Financial Services Inc.**  
Bill Haug  
2617 S Columbia Rd., Ste. 2  
Grand Forks, ND 58201-6065  
(701)746-1365  
Fax: (701) 746-1081  
william.haug@stifel.com  
www.stifel.com/

**Stone's Mobile Radio, Inc.**  
Paul Haen  
1550 47th Ave S  
Grand Forks, ND 58201-3403  
(701)772-6691  
Fax: (701) 772-7096

**Strata Corporation**  
Steve Griffin  
PO Box 13500  
Grand Forks, ND 58208-3500  
(701)775-4205  
Fax: (701) 775-5584  
sgriffin@strata-corp.com

**Stray Media Group**  
Dave Gilbert  
202 N 3rd St  
Grand Forks, ND 58201  
701-757-2000  
dave@straymediagroup.com  
www.straymediagroup.com

**Street Is Neat Custom Bikes and  
Trikes, Inc.**  
Tim Gowan  
101 Hwy #1  
Oslo, MN 56744  
218-695-2082  
Fax: 218-695-2820  
streetisneat@invisimax.com  
www.streetisneatinc.com

**Structures, Inc.**  
Ryan Jundt  
1445 N 52nd Street  
Grand Forks, ND 58208-2845  
(701)775-0645  
Fax: (701) 775-0646  
build@structuresinc-gf.com

**Subway (1801 Gateway Dr)**  
Neil Ebeling  
1801 Gateway Dr Suite B  
Grand Forks, ND 58203  
(701)772-6357

**Subway (1850 S Columbia Rd)**  
Neil Ebeling  
1850 S Columbia Rd  
Grand Forks, ND 58201  
(701)772-3526

**Subway (2400 S Washington)**  
Neil Ebeling  
2400 S Washington  
Grand Forks, ND 58201  
(701)772-9334

**Subway (2551 32nd Ave S)**  
Neil Ebeling  
2551 32nd Ave S  
Grand Forks, ND 58201  
(701)772-9639

**Subway (2800 S. Columbia Rd)**  
Neil Ebeling  
2800 S Columbia Rd  
Grand Forks, ND 58201  
(701)775-8276

**Subway (32nd Ave S)**  
Neil Ebeling  
3341 32nd Ave S  
Grand Forks, ND 58201  
701-772-9335

**Subway (4401 32nd Ave S)**  
Neil Ebeling  
4401 32nd Ave S  
Grand Forks, ND 58201  
(701)772-9573

**Subway (DeMers)**  
Neil Ebeling  
315 DeMers Ave  
Grand Forks, ND 58201  
(701)775-8587  
subwaygf@hotmail.com

**Subway (EGF)**  
Neil Ebeling  
210 Gateway Dr  
East Grand Forks, MN 56721  
(218)773-6637

**Subway (Emerado)**  
Neil Ebeling  
100 A Ave  
Emerado, ND 58228  
(701)594-5952

**Success Unlimited**  
Dianne Werness  
3551 S 20th Street Ste. B  
Grand Forks, ND 58201-3400  
(701)775-3356  
Fax: (701) 772-5266  
dianne@successunlimitedinc.org  
www.success-unlimited-inc.org/

**Sue Krenelka CPA**  
Sue Krenelka  
919 6th St N  
Grand Forks, ND 58203  
701-746-1109  
krenelka@rrv.net

**Super 8 Motel**  
Rylie Stovall  
1122 43rd Street N  
Grand Forks, ND 58203-1930  
(701)775-8138  
Fax: (701) 775-8138  
super8gf@live.com  
www.super8.com/

**Super Cuts - 32nd Ave.**  
Robert Wedin  
3750 32nd Ave. S.  
Grand Forks, ND 58201-5998  
(701)775-3478  
Fax: (701) 775-8971  
www.supercuts.com

**Super Cuts - University Village**  
Robert Wedin  
2855 10th Ave. N., Suite 500  
Grand Forks, ND 58203-2240  
(701)775-3478  
Fax: (701) 775-8971  
rwedin@msn.com  
www.supercuts.com

**Super One Foods**  
Bryan Halvorson  
2771 32nd Avenue South  
Grand Forks, ND 58201-6027  
(701)772-1120  
www.superonefoods.com/

**Super Target**  
Daren Muscha  
3601 32nd Ave S  
Grand Forks, ND 58201-5911  
(701)787-6177  
Fax: (701) 787-6177  
daren.muscha@target.com

**Superb Services**  
Tyson Bohlman  
832 49th Ave S  
Grand Forks, ND 58201  
701-740-3950  
Fax: 701-757-0649  
tbohlman@superbervices.org

**Surface Solutions**  
Harold Lovelace  
1485 49th Avenue South  
Grand Forks, ND 58201  
701-317-3030  
surfacesolutions\_nd@yahoo.com

**Swanson & Warcup, Ltd.**  
Howard Swanson  
1397 Library Circle, Suite 202  
Grand Forks, ND 58208-2909  
(701)772-3407  
Fax: (701) 772-3833  
hswanson@slwaltd.com

**Swanson Law Office**  
Sue Swanson  
218 S 3rd St  
Grand Forks, ND 58201  
701-787-8802  
Fax: 701-787-8460  
sue@swansonimmigrationlaw.com  
www.swansonimmigrationlaw.com

**Swingen Construction Company**  
Dan Swingen  
Highway 81 N  
Grand Forks, ND 58208-3456  
(701)775-5359  
dan.swingen@swingenconstruction.com

**S-Y Commodities**  
Scott Field  
2864 40th Ave S  
Grand Forks, ND 58201  
612-618-1084  
Fax: 218-478-2802  
scottwfield@yahoo.com

**Taco John's**  
Dane Christensen  
2522 Gateway Dr  
Grand Forks, ND 58201-6628  
(701)772-5712

**Tavern United**  
Denise Lindgren  
Canad Inns Destination Center  
Grand Forks, ND 58201  
701-772-8404  
dlindgren@canadinns.com  
www.canadinns.com

**TDL, INC**  
Tom Lander  
PO Box 5608  
Grand Forks, ND 58206-5608  
(701)775-4683  
Fax: (701) 775-4684  
tdlinc@midconetwork.com

**Terry Sando**  
Terry Sando  
1601 S 38th St  
Grand Forks, ND 58201  
701-213-8604  
tdtsando@aol.com

**Texas Roadhouse**  
Jason Hill  
3200 32nd Ave S.  
Grand Forks, ND 58201  
(701)746-7427  
Fax: (701) 746-7428  
store\_grandforksnd@texasroadhouse.com  
www.texasroadhouse.com/

**Tglobal, Inc**  
Tommy Kenville  
5515 University Avenue  
Grand Forks, ND 58203  
701-738-0082  
Fax: 701-738-0084  
tom@tglobalinc.com  
www.tglobalinc.com

**The Coffee Company**  
Sarah Sand  
2100 South Columbia Road  
Grand Forks, ND 58201  
701-772-1995  
sheldon4307@hotmail.com  
www.gfcoffeeco.com

**The Exponent**  
Rollin Bergman  
406 3rd St. NW, Suite 3B  
East Grand Forks, MN 56721-1713  
(218)773-2808  
Fax: (218) 773-9212  
rolly@wikel.com  
www.page1publications.com/

**The Ho Sports Bar and Casino**  
Jerry Green  
3450 Gateway Drive  
Grand Forks, ND 58203  
701-772-7000  
thehobar@gmail.com

**The Listen Center**  
Charlie Bremseth  
1407 24th Avenue S # 100  
Grand Forks, ND 58201-6761  
(701)746-7840  
Fax: (701) 795-1900  
charlie@listencenter.org  
www.listencenter.us/

**The Ohepen Mind**  
Missy Ohe  
PO Box 14774  
Grand Forks, ND 58208  
1-(701)793-7549  
info@theohepenmind.com  
www.theohepenmind.com

**The Pampered Chef  
- Julie Haakenson**  
Julie Haakenson  
Grand Forks, ND  
701-631-0156  
julie\_haak@hotmail.com  
www.pamperedchef.biz/juliehaak

**The Salvation Army**  
Major Jonathan Fjellman  
1600 University Ave  
Grand Forks, ND 58203-3465  
(701)775-2597  
Fax: (701) 775-2587  
gshields@gra.midco.net  
www.salvationarmy.com/

**The Toasted Frog**  
Shawn Clapp  
124 N. 3rd Street  
Grand Forks, ND 58203  
(701)772-3764  
shawn\_clapp2000@yahoo.com  
Toastedfrog@hotmail.com

**The UPS Store**  
Steve Spicer  
1395 S. Columbia Rd., Ste. A  
Grand Forks, ND 58201-4054  
(701)775-2756  
Fax: (701) 746-0436  
ND237@theupsstore.com  
www.theupsstorelocal.com/1609/

**Third Street Clinic**  
Corey Mock  
311 South 4th St Suite 117  
Grand Forks, ND 58203  
(701)772-1263  
Fax: (701) 772-1269  
cmock@thirdstreetclinic.org  
www.thirdstreetclinic.org/

**Thompson/Schaefer Insurance**  
Kelly Hjelle  
311 S 4th Street Ste. #102  
Grand Forks, ND 58206-5996  
(701)775-4626  
Fax: (701) 775-9062  
khjelle@thompsoninsagency.com

**Thrivent Financial - Chad Erickson**  
Chad Erickson  
1618 Central Ave NE  
East Grand Forks, MN 56721  
(218)773-1181  
chad.erickson@thrivent.com  
www.thrivent.com

**Thur O Clean**

Nate Altendorf  
44758 150th St SW  
East Grand Forks, MN 56721  
701-739-9690  
thuroclean@gfwireless.com  
thurocleaninc.com

**Tim Shea's Nursery, Inc.**

Timothy A. Shea  
3515 South Washington  
Grand Forks, ND 58201-7164  
(701)772-3489  
Fax: (701) 772-0928  
www.sheasnursery.com/

**Tip Top Tux**

Ross Wallen  
2800 S Columbia Rd  
Grand Forks, ND 58201  
701-775-9303  
grandforksa@tttux.com  
http://www.tttux.com

**Tire One Auto Center**

Jerome Gerszewski  
3325 S 38th St  
Grand Forks, ND 58201  
(701)757-3000  
jerome@gra.midco.net  
www.tireoneautocenter.com

**Titan Machinery**

Mike Weisenberger  
1601 N. Washington  
Grand Forks, ND 58208-4548  
(701)775-8111  
Fax: (701) 775-8108  
mike.weisenberger@titanmachinery.com

**Top Quality Motors**

James Otto  
1111 Central Ave NW  
East Grand Forks, MN 56721-1606  
(218)773-7476  
Fax: (218) 773-0536  
topqualitymotors@invisimax.com  
www.topqualitymotorsinc.com

**Toshiba Business Systems**

Brian Pabst  
215 N. 3rd St., Ste. 100  
Grand Forks, ND 58203-3736  
(701)772-6836  
Fax: (701) 775-2169  
brian.pabst@tbs.toshiba.com

**Toucan International Market**

Bill Wyatt  
1826 S. Washington  
Grand Forks, ND 58201-6350  
(701)775-4692  
Fax: (701) 775-4692  
billwyatt9047@msn.com

**Town Square Farmers Market**

Cheri Reitmeier  
Po Box 13954  
Grand Forks, ND 58201-5854  
(218)779-1382  
tsfarmersmarket@yahoo.com

**Tractor Supply Company**

Bob Weldon  
4460 32nd Ave. S.  
Grand Forks, ND 58201-3301  
(701)746-0391  
Fax: (701) 772-1736  
tractorsupply.com

**TrainND Northeast**

Dale Knutson  
1501 28th Avenue South  
Grand Forks, ND 58201-6727  
701-350-0810  
lrsc.dale.knutson@lrsc.edu  
www.lrsc.org/workforce

**Transystems**

Troy Carl  
2211 South Washington Suite A  
Grand Forks, ND 58201  
701-746-0389  
Fax: 701-772-2610  
tcarl@transystemslc.com  
www.transystemslc.com

**Travelodge**

Gary Singh  
2100 S. Washington St.  
Grand Forks, ND 58201-6344  
(701)772-8151  
Fax: (701) 772-1962  
www.travelodge.com

**Tri Valley Child Care Resource & Referral**

Cindy Pic  
1424 Central Ave NE  
East Grand Forks, MN 56721-1605  
218-773-5349  
Fax: (218) 773-0708  
cpic@tvoc.org  
www.tvoc.org/

**Trojan Promotions**

Jessica Langerud Nelson  
10 South Third Street  
Grand Forks, ND 58201  
(701)746-8888  
Fax: (701) 746-8889  
jessica@trojanpromotions.com  
www.trojanpromotions.com

**True North Equipment**

John Oncken  
5101 Gateway Drive  
Grand Forks, ND 58203-1109  
(701)746-4436  
Fax: (701) 780-9550  
joncken@forksequipment.com  
jddealer.deere.com/forksequip/

**Tubs of Fun**

Troy Derheim  
3901 S Washington  
Grand Forks, ND 58201  
(701)746-7467  
Fax: (701) 235-5056  
www.tubsoffun.com

**Turtle River State Park**

Steve Crandall  
3084 Park Avenue  
Arvilla, ND 58214-9478  
(701)594-4445  
Fax: (701) 594-2556  
scrandall@nd.gov  
www.parkrec.nd.gov/parks/trsp.htm

**U.S. Bank**

John Snustad  
600 DeMers Avenue  
Grand Forks, ND 58208-3318  
(701)795-6295  
Fax: (701) 795-6180  
john.snustad@usb.com  
www.usbank.com

**Ulteig Engineers**

Jessica Barner  
4776 28th Ave S.  
Fargo, ND 58104  
(701)451-8300  
Fax: (701) 451-8301  
jessica.barner@ulteig.com  
www.ulteig.com/

**UND Academic Affairs**

Paul LeBel  
264 Centennial Dr., Stop 8176  
Grand Forks, ND 58202-8176  
(701)777-2167  
Fax: (701) 777-4139  
paullebel@mail.und.nodak.edu

**UND Aerospace Foundation**

Chuck Pineo  
Ryan Hall Room 211  
Grand Forks, ND 58202-9023  
(701)777-2184  
Fax: (701) 777-5032  
cpineo@aero.und.edu

**UND Aerospace Sciences**

Bruce Smith  
Odegard Hall, Room 200  
Grand Forks, ND 58202-9007  
(701)777-3196  
Fax: (701) 777-3458  
bsmith@aero.und.edu  
www.aero.und.edu

**UND Air Force ROTC**

Lt. Col. Curtis Hunt  
255 Centennial Dr., Stop 8360  
Grand Forks, ND 58202-8360  
(701)777-4957  
Fax: (701) 777-4944  
chunt@business.und.edu

**UND Alumni Association & Foundation**

Tim O'Keefe  
PO Box 8157  
Grand Forks, ND 58202-8157  
(701)777-2611  
Fax: (701) 777-4054  
www.undalumni.org

**UND Army ROTC**

Lt Col. Josh Sauls  
PO Box 8360  
Grand Forks, ND 58202-8360  
(701)777-2259  
jsauls@business.und.edu

**UND Arts & Sciences**

Kathleen Tiemann  
Montgomery Hall Rm 125  
Grand Forks, ND 58202-8038  
(701)777-2749  
kathleen.tiemann@as.und.edu

**UND Athletic Department**

Dexter Albrecht  
Hyslop Sports Center, Stop 9013  
Grand Forks, ND 58202-9013  
(701)777-4582  
Fax: (701) 777-2285  
Dexter.k.albrecht@athletics.und.edu  
www.fightingsioux.com

**UND Campus Safety & Security**

Jason Uhler  
3851 Campus Road, Stop 9031  
Grand Forks, ND 58202-9031  
(701)777-3341  
Fax: (701) 777-4132  
www.safety.und.edu

**UND Career Services**

Mark Thompson  
280 McCannell Hall  
Grand Forks, ND 58202  
701-777-3904  
Fax: 701-777-3850  
markthompson@mail.und.edu  
www.career.und.edu

**UND Center for Community Engagement**

Lana Rakow  
317 Cambridge St., Stop 8254  
Grand Forks, ND 58202-8254  
(701)777-0675  
lanarakow@mail.und.nodak.edu  
www.communityengagement.und.edu

**UND Center for Innovation**

Bruce Gjoivg  
4200 James Ray Dr.  
Grand Forks, ND 58203  
(701)777-3132  
Fax: (701) 777-2339  
bruce@innovators.net  
www.innovators.net

**UND Chester Fritz Auditorium**

Betty Allan  
3475 University Ave., Stop 9028  
Grand Forks, ND 58202-9028  
(701)777-3076  
Fax: (701) 777-4710  
betty.allan@email.und.edu  
www.cfa.und.edu

**UND Chester Fritz Library**

Wilbur Stolt  
3051 University Ave., Stop 9000  
Grand Forks, ND 58202-9000  
(701)777-2189  
Fax: (701) 777-3319  
wilbur.stolt@library.und.edu  
www.library.und.edu

**UND College of Business & Public Administration**

Dennis Elbert  
Gamble Hall, Room 110  
Grand Forks, ND 58202-8098  
(701)777-2929  
Fax: (701) 777-2019  
delbert@business.und.edu  
www.business.und.edu

**UND College of Education & Human Development**

Dr. Daniel Rice  
231 Centennial Dr., Stop 7189  
Grand Forks, ND 58202-7189  
(701)777-2674  
Fax: (701) 777-4393  
danrice@mail.und.edu

**UND College of Nursing**

Julie Anderson  
PO Box 9025  
Grand Forks, ND 58202-9025  
(701)777-4555  
Fax: (701) 777-4096  
julieanderson@mail.und.edu  
www.nursing.und.edu

**UND Conflict Resolution Center**

Kristine Parаница  
314 Cambridge St., Stop 8009  
Grand Forks, ND 58202-8009  
(701)777-3664  
kristine.paranica@mail.und.edu

**UND Continuing Education**

Joshua Riedy  
3264 Campus Rd., Stop 9021  
Grand Forks, ND 58202-9021  
(701)777-3231  
Fax: (701) 777-4282  
joshuariedy@mail.und.edu  
www.continuingeducation.und.edu

**UND Dean of Students**

Lillian Elsinga  
2891 2nd Ave N., Stop 9040  
Grand Forks, ND 58202-9040  
(701)777-2664  
Fax: (701) 777-4583  
lillianelsinga@mail.und.edu

**UND Energy & Environment Research Ctr.**

Gerald Groenewold  
15 North 23rd St., Stop 9018  
Grand Forks, ND 58202-9018  
(701)777-5131  
Fax: (701) 777-5181  
ggroenewold@undeerc.org  
www.undeerc.org

**UND Facilities**

Larry Zitzow  
PO Box 9032  
Grand Forks, ND 58202-9032  
(701)777-2592  
Fax: (701) 777-3071  
larryzitzow@mail.und.nodak.edu

**UND Finance & Operations**

Alice Brekke  
264 Centennial Dr., Stop 8378  
Grand Forks, ND 58202-8378  
(701)777-3511  
Fax: (701) 777-3866  
alice.brekke@email.und.edu  
www.und.edu/dept/vpfo/

**UND Graduate School**

Joseph Benoit  
264 Centennial Dr., Stop 8178  
Grand Forks, ND 58202-8178  
(701)777-2786  
Fax: (701) 777-3619  
joseph.benoit@und.edu  
www.graduateschool.und.edu

**UND Housing Office**

Judy Sargent  
525 Stanford Rd., Stop 9029  
Grand Forks, ND 58202-9029  
(701)777-4251  
Fax: (701) 777-4298

**UND Memorial Union**

Tony Trimarco  
2901 University Ave., Stop 8385  
Grand Forks, ND 58202-8385  
(701)777-4703  
Fax: (701) 777-6228  
tonytrimarco@mail.und.nodak.edu  
www.union.und.edu

**UND Office of Human Resources**

Diane Nelson  
264 Centennial Dr. Stop 8010  
Grand Forks, ND 58202-8010  
(701)777-4364  
Fax: (701) 777-4857  
www.humanresources.und.edu

**UND Research Foundation**

Phyllis Johnson  
4201 James Ray Drive  
Grand Forks, ND 58202  
(701)738-2345  
phyllis.e.johnson4@research.und.edu

# Alphabetical Listing

## UND School of Communications

John Madden  
O'Kelly Hall, Room 202  
Grand Forks, ND 58202-7169  
(701)777-3728  
Fax: (701) 777-3090

## UND School of Eng. & Mines

Hesham El-Rewini  
Upson II, Room 165  
Grand Forks, ND 58202-8155  
(701)777-3412  
Fax: (701) 777-4838  
rewini@mail.und.edu

## UND School of Law

Director of Finance  
215 Centennial Drive Stop 9003  
Grand Forks, ND 58202-9003  
(701)777-2104  
Fax: (701) 777-6447

## UND School of Medicine and Health Sciences

Joshua Wynne  
501 N. Columbia Rd., Stop 9037  
Grand Forks, ND 58202-9037  
(701)777-2515  
Fax: (701) 777-3408  
jwynne@medicine.nodak.edu  
www.med.und.edu

## UND Student Wellness Center

Carrie Herrig  
801 Princeton St., Stop 8365  
Grand Forks, ND 58202-8365  
(701)777-4864  
Fax: (701) 777-6030  
carrieherrig@mail.und.nodak.edu  
wellness.und.edu

## UND Student Government

Matt Bakke  
2901 University Ave  
Grand Forks, ND 58202  
(701)777-4377

## UND Student Health Services

Michelle Eslinger  
100 McCannel Hall  
Grand Forks, ND 58202-9038  
(701)777-3859  
michelle\_eslinger@mail.und.edu  
www.undstudentheath.com

## UND University of North Dakota

Dr. Robert Kelley  
264 Centennial Drive, Stop 8193  
Grand Forks, ND 58202-8193  
(701)777-2121  
rokelley@mail.und.nodak.edu  
www.und.edu

## UND University Relations

**Peter Johnson**  
**264 Centennial Dr., Stop 7144**  
**Grand Forks, ND 58202-7144**  
**(701)777-2731**  
**Fax: (701) 777-4616**  
**peter.johnson@email.und.edu**  
**www.universityrelations.und.edu**

## UND Vice President for Research & Economic Development

Phyllis Johnson  
Twamley Hall Room 103  
Grand Forks, ND 58202-8367  
(701)777-6736  
Fax: (701) 777-6708  
phyllis.e.johnson@research.und.edu  
www.research.und.edu

## UND Vice President for Student Affairs

Lori Reesor  
PO Box 7140  
Grand Forks, ND 58202-7140  
(701)777-2724  
Fax: (701) 777-2596  
lori.reesor@email.und.edu  
www.career.und.edu

## UND Workforce Development

**Galen Cariveau**  
**4300 James Ray Dr., Stop 7131**  
**Grand Forks, ND 58202-7131**  
**(701)777-2313**  
**Fax: (701) 777-0569**  
**galencariveau@mail.und.nodak.edu**

## Unique Auto Body & Sales, Inc.

Steve Tiseth  
2205 DeMers Avenue  
Grand Forks, ND 58201-4165  
(701)746-9500  
Fax: (701) 746-1878

## United Valley Bank

Tim Horpedahl  
2718 South Columbia Road  
Grand Forks, ND 58201-6006  
(701)780-9757  
Fax: (701) 772-2033  
thorp@uvbank.net  
www.uvbank.net/

## United Valley Bank (Downtown)

Tim Horpedahl  
200 1st Ave N  
Grand Forks, ND 58203  
(701)402-0253  
www.uvbank.net

## United Way of Grand Forks, E. Grand Forks & Area

Pat Berger  
1407 24th Ave South  
Grand Forks, ND 58201-4508  
(701) 775-8661  
Fax: (701) 775-0672  
pberger@unitedwaygfegf.org/  
unitedwaygfegf.org/

## University of Mary

**Brenda Anderson-Kaspari**  
**1351 Page Dr**  
**Fargo, ND 58103**  
**(701)232-7088**  
**Fax: (701) 232-0709**  
**bkaspari@umary.edu**  
**www.umary.edu/**

## University of Phoenix - Military Division

Lori Thompson  
7890 2nd Street North  
Moorhead, MN 56560  
701-620-9422  
Fax: 602-759-4060  
lori.thompson@phoenix.edu  
www.phoenix.edu/mil

## University Station, LLC

Cacey Corcoran  
1300 Ralph Engelstad Arena Dr.  
Grand Forks, ND 58203-2169  
(701)738-8380  
Fax: (701) 738-8384  
info@universitystation.net  
www.universitystation.net

## US Border Patrol - GF Sector

Brent Everson  
2320 S. Washington St.  
Grand Forks, ND 58201-6348  
(701)775-6259  
Fax: (701) 772-5031  
brent.everson@dhs.gov

## US Food Service - GFG Division

Paul Brewinski  
4601 32nd Ave S  
Grand Forks, ND 58208-4489  
(701)795-6000  
Fax: (701) 795-5559  
paul.brewinski@usfood.com  
www.usfoodservice.com

## Vaaler Insurance, Inc.

**Bruce Vaaler**  
**2701 S Columbia Road**  
**Grand Forks, ND 58208-2848**  
**(701)775-3131**  
**Fax: (701) 775-4020**  
**bvaaler@vaaler.com**  
**www.vaaler.com**

## Valley Bone & Joint Clinic

Jennifer Gerszewski  
3035 DeMers Ave., #3  
Grand Forks, ND 58201-4018  
(701)746-7521  
Fax: (701) 795-2553  
briggscclinic@aol.com  
www.valleyboneandjoint.com

## Valley Dairy/Valley Car Wash

Monica Musich  
1149 36th Ave. S.  
Grand Forks, ND 58201-7299  
(701)746-8371  
Fax: (701) 780-9286  
mmusich@valleydairy.com  
www.valleydairy.com

## Valley Golf

Scott Eggers  
PO Box 461  
East Grand Forks, MN 56721-0461  
(218)773-1207  
Fax: (218) 773-4191  
valleygolf@midconetwork.com  
www.valleygolf.com/

## Valley Health & WIC

Lana McArthur  
1551 28th Ave. S., Ste K  
Grand Forks, ND 58201-6727  
(701)775-4251  
lana.vhvic@midconetwork.com  
www.myvalleyhealth.com

## Valley Memorial Homes

**Greg Hanson**  
**2900 14th Ave S.**  
**Grand Forks, ND 58201-4042**  
**(701)787-7905**  
**Fax: (701) 787-7953**  
**ghanson@valleymemorial.org**  
**www.valleymemorial.org/**

## Valley Oral & Facial Surgery

Troy Petersen  
1165 S Columbia Rd #C  
Grand Forks, ND 58201-4007  
(701)772-7379  
Fax: (701) 772-9643

## Valley Truck Parts & Service

Doug Runyan  
1717 Central Ave NW  
East Grand Forks, MN 56721-1310  
(218)773-3486  
Fax: (218) 773-9581  
dougr@valley-truck.com  
www.valley-truck.com

## Valley Vision Clinic

Lyle Hall, O.D.  
2200 S. Washington St.  
Grand Forks, ND 58201-6346  
(701)775-3135  
Fax: (701) 772-8161  
drhall@valleyvision.net

## Valvoline Instant Oil Change

Jerome Gerszewski  
3325 S 38th St.  
Grand Forks, ND 58201-5988  
(701)780-8462  
Fax: (701) 780-8462  
jerome@gra.midco.net  
www.vioc.com

## Verizon Wireless - BeMobile Inc.

Roger Pohlman  
312 DeMers Ave.  
East Grand Forks, MN 56721-1816  
(218)773-2481  
Fax: (218) 773-3991  
vfw3817@invisimax.com  
www.valleyboneandjoint.com

## Veterans of Foreign Wars #3817

Roger Pohlman  
312 DeMers Ave.  
East Grand Forks, MN 56721-1816  
(218)773-2481  
Fax: (218) 773-3991  
vfw3817@invisimax.com  
www.vfw3817.com/

## Vigen Construction Inc

Tim Schlenker  
42247 180th St SW  
East Grand Forks, MN 56721  
(218)773-1159  
Fax: (218) 773-3454  
thschenker@vigenconstruction.com  
www.vigenconstruction.com

## Vilandre Heating, Air Conditioning, Plumbing

**Jeff Wilson**  
**701 N 7th Street**  
**Grand Forks, ND 58206-5673**  
**(701)775-4675**  
**Fax: (701) 772-7307**  
**jeffwilson@vilandres.com**  
**www.vilandres.com**

## Village Family Service Center

Luke Klefstad  
1726 S. Washington St., #33A  
Grand Forks, ND 58201-6370  
(701)746-4584  
Fax: (701) 746-1239  
lklefstad@thevillagefamily.org  
www.thevillagefamily.org/

## Vreeland Remodeling, Inc.

Lynn Vreeland  
2003 Gateway Dr  
Grand Forks, ND 58203  
(701)775-2523  
Fax: (701) 772-5520  
www.vreelandremodeling.com/

## Waind Chiropractic & Acupuncture

Michael Waind  
2506 A S Washington  
Grand Forks, ND 58201  
(701)746-5477  
Fax: 701-746-5479  
chiroacupr@gra.midco.net  
www.waindchiropractic.com

## Wakefield Hearing Center

Richard Wakefield  
2514 S Washington St.  
Grand Forks, ND 58201-6776  
(701)746-7000  
Fax: (701) 746-5220

## Walhalla Bean Company

John Berthold  
7400 55th St South  
Grand Forks, ND 58201  
(701)775-3317  
Fax: (701) 775-3289  
wbcm@gfwireless.com  
www.walhallabean.com

## Wall's Medicine Center

Dennis Johnson  
708 S. Washington St.  
Grand Forks, ND 58201-4328  
(701)746-0498  
Fax: (701) 746-7908  
wvfw3817@invisimax.com  
www.wallsrx.com

## Wal-Mart

Cameron Stowe  
2551 32nd Ave. S.  
Grand Forks, ND 58201-6542  
(701)746-7225  
Fax: (701) 746-0559  
stowecamila@aol.com  
www.walmart.com/

## Waste Management

Mike Miller  
5170 21st Avenue N  
Grand Forks, ND 58208-4627  
(701)775-5880  
Fax: (701) 772-8610

## Waterfront Kitchen & Bath

Rochele Pierson  
2 S. 3rd Street  
Grand Forks, ND 58201-4728  
(701)775-5021  
Fax: (701) 775-5028  
rochele@waterfrontgf.com

## WDAZ TV

Jodi Mishler  
2220 S Washington St  
Grand Forks, ND 58208-2639  
(701)775-2511  
Fax: (701) 746-8565  
jmishler@wdaz.com  
www.wdaz.com

## Webster, Foster, and Weston

Tom Hanson  
1616 Mill Road  
Grand Forks, ND 58203-1532  
(701)775-8118  
Fax: (701) 775-3263

## WEI Handyman Service

Joy Hagen  
1521 DeMers Ave  
Grand Forks, ND 58201  
701-740-1544  
Fax: 701-738-4000  
hagenjm@yahoo.com

**Wells Concrete**  
Sam Nesius  
5000 DeMers Ave.  
Grand Forks, ND 58201-3856  
(701)772-6687  
sam.nesius@wellsconcrete.com

**Wells Fargo Bank**  
**Judd Graham**  
33 S. 3rd St. Suite E  
Grand Forks, ND 58203  
(701)792-5964  
Fax: (701) 775-2114  
judd.f.graham@wellsfargo.com  
www.wellsfargo.com

**Wells Fargo Bank**  
**Judd Graham**  
2610 Columbia Rd S.  
Grand Forks, ND 58201-4789  
(701)775-1660  
Fax: (701) 775-1699  
judd.f.graham@wellsfargo.com  
https://www.wellsfargo.com/

**Wendy's**  
Ken Towers  
1503 S. Washington St.  
Grand Forks, ND 58201-8416  
(701)772-6536

**Wendy's - 32nd Ave**  
Ken Towers  
3760 32nd Ave S  
Grand Forks, ND 58201-5910  
(701)738-8187

**Whalen's Moving & Storage**  
Jeff Whalen  
900 First Avenue N  
Grand Forks, ND 58203  
(701)775-5557  
Fax: (701) 775-5558  
jeff@whalensmoving.com  
www.whalensmoving.com/

**Whitey's**  
David Raymond  
121 DeMers Avenue  
East Grand Forks, MN 56721  
(218)773-1831

**Widman's Candy**  
George Widman  
106 S. 3rd St.  
Grand Forks, ND 58201-4730  
(701)775-3480  
Fax: (701) 775-5590

**Widseth Smith Nolting**  
**Roger Helland**  
2715 S Washington Street  
Grand Forks, ND 58208-4546  
(701)795-1975  
Fax: (701) 795-1978  
roger.helland@wsn-mn.com  
www.wsn-mn.com/

**Wild Hog Smokehouse Bar Grill**  
Becky Dillon  
4401 S Washington  
Grand Forks, ND 58201  
701-757-4263

**Windows Plus Inc**  
Galen Gess  
1003 S Washington, Ste A  
Grand Forks, ND 58201  
701-780-0800  
Fax: 701-237-5852  
galen@windowsplusinc.net  
www.windowsplusinc.net

**Winmar Sleep Center**  
Marcia Nelson  
1451 44th Ave S  
Grand Forks, ND 58201  
701-746-7378  
Fax: 701-746-7388  
marcia.nelson@winmarsleep.com  
www.winmarsleep.com

**Wintrust Mortgage**  
Shanna Field  
305 S. 4th St.  
Grand Forks, ND 58206-5926  
(701)738-0651  
Fax: (701) 746-9547  
sfield@rcmortgage.com  
www.mortgagesbyshanna.com

**Wireless Concepts**  
Pat Purcell  
2550 S Columbia Rd  
Grand Forks, ND 58201  
701-795-5700  
pat@wirelessconcepts1.com

**Wonder Years**  
Dan Polasky  
2550 28th Ave S.  
Grand Forks, ND 58201  
701 746-7287  
Fax: 701 775-8586  
wonderyears@live.com  
wonderyearsfg.com

**Workwrite**  
Jeri Hird Dutcher  
PO Box 623  
East Grand Forks, MN 56721  
(218) 791-4045  
jeri@workwrite.net  
www.workwrite.net

**Wy's Floral**  
Shelly Duchscher  
3001 S Columbia Road  
Grand Forks, ND 58201-6011  
(701)775-4677  
eastgrandfloral@yahoo.com  
www.grandforksflorist.com

**Xcel Energy**  
**Judi Paukert**  
1206 5th Avenue S  
Grand Forks, ND 58208-3038  
(800)895-4999  
judith.n.paukert@xcelenergy.com  
www.xcelenergy.com

**Yellowbook**  
Joan Greiving  
4610 Amber Valley Parkway  
Fargo, ND 58104-8621  
(701)492-7500  
Fax: (701) 492-7509  
www.yellowbook.com

**YMCA Family Center**  
Debbie Thompson  
215 N. 7th Street  
Grand Forks, ND 58208-3177  
(701)775-2586  
Fax: (701) 775-9611  
dthompson@gfymca.org  
www.gfymca.org/

**You & Eye Eyewear**  
Dave Pederson  
4551 S Washington Ste H  
Grand Forks, ND 58201  
701-757-2150  
Fax: 701-757-2152  
dpederson@youandeyevision.com  
www.youandeyevision.com

**Zimney, Foster, P.C.**  
Carol Johnson  
Bremer Bank Building  
Grand Forks, ND 58208-3417  
(701)772-8111  
Fax: (701) 772-7328  
cjohnson@northdakotalaw.net  
www.northdakotalaw.net

## Categorical Listing

### ABSTRACTORS, ARCHITECTS & ENGINEERS

**Advanced Engineering & Environ. Svc**  
(701)746-8087

**Associated Construction Engineering, Inc**  
(701)757-1229

**CPS, Ltd. Engineering/Land Surveying**  
(701)746-7459

**EAPC Architects Engineers**  
(701)775-3008

**GF Abstract & Title Company**  
(701)772-3484

**Hepper, Olson Architects**  
701-746-6820

**Heyer Engineering PC.**  
(701)280-0949

**ICON Architectural Group**  
(701)772-4266

**JLG Architects**  
(701)746-1727

**Kadmas, Lee & Jackson, Inc**  
(701)775-1109

**Midwest Testing Laboratory, Inc.**  
701.772.2832

**Obermiller Nelson Engineering**  
(701)280-0500

**Ulteig Engineers**  
(701)451-8300

**Webster, Foster, and Weston**  
(701)775-8118

**Widseth Smith Nolting**  
(701)795-1975

### ACCOUNTANTS

**Brady, Martz & Associates, P.C.**  
(701)775-4685

**Business Specialties, CPAs**  
(701)772-2491

**Drees, Riskey & Vallager, Ltd.**  
(701)746-4466

**Hammen & Associates**  
(701)738-8034

**McKenna & Associates, P.C.**  
(701)772-4819

**Overmoe & Nelson, Ltd.**  
(701)746-0437

**Remer Accounting PC**  
701-738-8034

**Robbin A. Rendahl, CPA**  
(701)746-7212

**Sue Krenelka CPA**  
701-746-1109

### ADVERTISING OUTDOOR

**Indigo Signworks**  
(701)746-9696

**Newman Outdoor Advertising**  
(701)746-5436

**Premier Signs, LLP**  
(218)637-3000

### ADVERTISING PRODUCTS

**Deitz Companies**  
(701)775-2195

**Maximum Impact Promotions & Specialties**  
218-773-4281

**S & S Promotional Group, Inc.**  
(701)772-2226

**Trojan Promotions**  
(701)746-8888

### ADVERTISING SERVICES

**Ad Monkeys**  
(701)795-5805

**Anchor Marketing**  
(701)787-8230

**Lignite Energy Council/PAE**  
(701)258-7117

**Red River Farm Network**  
(701)795-1315

**Savecoin.com**  
701-799-7988

**Sendoutcards.com/connieo**  
701-330-7568

**SimmonsFlint**  
(701)746-4573

**SmartSearch**  
701-738-0303

**Stray Media Group**  
701-757-2000

**Yellowbook**  
(701)492-7500

### AGRICULTURE/AGRIBUSINESS

**AdFarm**  
701-371-9154

**Agri Valley**  
(701)772-4873

**AgriData, Inc**  
(701)746-8580

**American Crystal Sugar**  
(218)773-5113

**Betaseed**  
(701)792-3241

**Cornerstone Ag Services Inc.**  
218-791-9113

**Drees Farming Association**  
(701)772-2509

**Grand Forks Co Farm Service Agency**  
(701)772-0441

**Johnstown Bean Company**  
(701)869-2680

**ZWireless**  
Pat Foley  
1020 S Washington  
Grand Forks, ND 58201  
(701)757-3380  
pat.foley@gozwireless.com  
www.gozwireless.com

# Categorical Listing

**ALTERATIONS**

**Pins & Needles**  
(701)738-4004

**AMUSEMENT & ENTERTAINMENT**

**Alerus Center**  
(701)792-1200

**Games Galore**  
(701)373-0104

**Games to Go**  
(701)271-0378

**GF Country Club**  
(701)772-4831

**GF Park District**  
(701)746-2750

**Jump for Joy Bounce Houses**  
701-430-1655

**River Cities Speedway**  
(701)780-0999

**Seven Clans Casino**  
(218)681-4062

**Shooting Star Casino**  
(218)935-2711

**UND Chester Fritz Auditorium**  
(701)777-3076

**APPLIANCE & ELECTRONICS DEALERS**

**Best Buy Co., Inc.**  
(701)775-2784

**Bud & Ralph's Appliance Service**  
(701)772-7106

**Dakota TV & Appliance**  
(701)772-5533

**Karl's TV,Audio,Appliances, & Furniture**  
701-746-9369

**APPRAISERS**

**Anderson Appraisal Service, Inc.**  
(701)772-4700

**Appraisals & Real Estate Research**  
(701)746-9147

**ASSISTED LIVING FACILITIES**

**Edgewood Management Group, LLC**  
(701)757-4700x310

**Edgewood Vista - East Grand Forks**  
(218)773-6648

**Good Samaritan Society Heritage Grove**  
(218)773-7484

**Maple View Memory Care Community**  
(701)772-3400

**Parkwood Senior Living**  
(701)780-2600

**ATTORNEYS**

**Autrey Law Firm**  
701-772-2255

**Caldis, Tingum & Tingum, Ltd**  
(701)772-5511

**Camrud, Maddock, Olson & Larson Ltd**  
(701)775-5595

**David Thompson - Attorney At Law**  
(701)775-7012

**Fisher, Olson & Juntunen, Ltd.**  
(701)775-4688

**Fremstad Law Firm**  
701-757-3700

**Galstad, Jensen, and McCann, PA**  
(218)773-9729

**Hammarback & Scheving, PL.C.**  
(218)773-6841

**Handy Law Office**  
701-780-1286

**Johnston Law Office**  
701-775-0082

**Neil Law Firm**  
(218)773-0808

**Raymond J. German**  
(701)738-0060

**Rosenquist Law Office**  
701-775-0654

**Schneider Law**  
701-757-2050

**Swanson & Warcup, Ltd.**  
(701)772-3407

**Swanson Law Office**  
701-787-8802

**Zimney, Foster, PC.**  
(701)772-8111

**AUCTIONEERS**

**Biliske Group**  
701-757-4015

**Ritchie Bros. Auctioneers American Inc.**  
(507)774-5050

**AUDIO/VIDEO SERVICE**

**HB Sound and Light**  
(701)775-1150

**AUDILOGISTS**

**Fire Audiological Services, P.C.**  
701-787-5862

**AUTO RENTALS**

**Avis Rent A Car**  
(701)775-0688

**Hertz Car Sales & Rental**  
(701)787-7274

**National / Alamo Car Rental**  
(701)746-1375

**AUTOMOBILE DEALERS**

**Auto Finance Super Center**  
(701)772-6274

**Lithia Chrysler Jeep Dodge of Grand Forks**  
701-746-9444

**Lithia Ford Lincoln Mercury of Grand Forks**  
701-335-1160

**Lithia Toyota of Grand Forks**  
701-335-1160

**Rydell Chevrolet Buick GMC Cadillac**  
(701)772-7211

**Rydell Honda Nissan of Grand Forks**  
(701)746-9323

**Top Quality Motors**  
(218)773-7476

**AUTOMOBILE REPAIR & SALES**

**Beckstead's Auto Repair**  
(701)746-6758

**Unique Auto Body & Sales, Inc.**  
(701)746-9500

**AUTOMOTIVE SUPPLIES & REPAIRS**

**5-Star Collision & Glass Center**  
(701)775-3454

**A Transmission City**  
(701)772-5700

**Abra Auto Body and Glass**  
(701)795-1700

**Anderson Brothers Auto Body Shop**  
(701)772-1122

**Auto Value Express**  
701-775-1134

**Braaten's Quality Auto Service Inc.**  
701-795-5164

**Dakotaland Autoglass**  
701-775-0588

**Harmon Glass Doctor**  
(701)775-3171

**Modern Auto Body, Inc.**  
(701)772-1649

**Red River Auto**  
(218)773-2148

**Valley Truck Parts & Service**  
(218)773-3486

**Valvoline Instant Oil Change**  
(701)780-8462

**AVIATION CONSULTING**

**Emerging Strategies Incorporated**  
701-610-6406

**Sprague Alliance Consulting LLC**  
701-330-6783

**AVIATION MANUFACTURING**

**Ideal Aerosmith (GF)**  
701-757-3400

**Ideal Aerosmith Inc.**  
218-773-2455

**BAKERIES**

**Dakota Harvest Bakers**  
(701)772-2100

**O' for Heaven's Cakes & More**  
701-757-2253

**BANQUET SERVICES**

**Celebrity Ballroom**  
(701)772-8134

**BARS/LOUNGES/NIGHTCLUBS**

**Big D's Bar & Grill**  
701-757-3825

**Bun Lounge**  
(701)772-4366

**Crosstown Lounge**  
701-757-0162

**El Roco Nightclub & Bottle Shop**  
(701)772-6942

**Sledsters Food & Brew**  
701-775-0050

**The Ho Sports Bar and Casino**  
701-772-7000

**Veterans of Foreign Wars #3817**  
(218)773-2481

**BEVERAGE DEALERS**

**Aqua Pure Water Solutions**  
701-772-5221

**Dakota Sales/Budweiser**  
(701)746-0341

**McKinnon Company**  
(701)746-7344

**Premium Waters, Inc.**  
(701)792-3444

**BOOKSTORES**

**Ferguson Books & Media**  
701-738-8025

**Ferguson Books & Media (Columbia Mall)**  
701-738-8025

**CABINET MANUFACTURING**

**Braaten Cabinets**  
(701)795-9797

**Matt Woodworking**  
218-791-8793

**Northland Custom Woodworking Inc.**  
(218)773-1721

**CATERING**

**Artistic Floral**  
(218)779-1884

**CHEMICALS & FERTILIZERS**

**C F Industries**  
(701)772-3471

**Ecolab, Inc.**  
(701)775-1760

**CHIROPRACTORS**

**Advance Chiropractic Clinic**  
(701)772-2670

**Chiro Rx Ltd**  
701-746-7979

**Performance Chiropractic PLLC**  
(701)732-2888

**Ray Chiropractic Clinic**  
(218)773-8403

**Waind Chiropractic & Acupuncture**  
701-746-5477

**CHURCHES**

**First Church of God**  
701-772-0953

**Hope Evangelical Covenant Church**  
(701)772-1884

**St. Michael's Catholic Church**  
(701)772-2624

**CLEANING SERVICES/SUPPLIES**

**AAA Quality Cleaners**  
(701)772-5326

**D.J. Burris Quality Carpet Cleaning**  
(701)746-5889

**Forks Chem-Dry**  
(218)773-1325

**Grand Forks bclean.com**  
701-795-7002

**ISS Facility Services Inc**  
(701)364-9786

**JW Cleaners**  
218-791-8639

**Kidwell's Signature Cleaning, Inc.**  
(218)793-0555

**Merry Maids**  
(701)775-6778

**PUCKS Commercial Cleaning**  
(218)773-7503

**Steamatic Total Cleaning & Restoration**  
(701)746-1856

**Surface Solutions**  
701-317-3030

**Thur O Clean**  
701-739-9690

**CLINICS, PHYSICIANS & SURGEONS**

**Cancer Center of North Dakota**  
(701)787-5800

**North Dakota Eye Clinic**  
(701)775-3151

**Riverview Clinic**  
(218)281-9440

**CLOTHING STORES**

**LA Rie Boutique**  
701-757-0536

**COFFEE SHOPS**

**Caribou Coffee**  
7017753668

**Mountain Espresso Coffee House**  
701-215-2561

**The Coffee Company**  
701-772-1995

**COMMODITY BROKERS**

**S-Y Commodities**  
612-618-1084

**COMMUNICATIONS SALES & SERVICE**

**AT&T**  
(701) 775-4287

**CD Communications**  
(701)746-1001

**Cellular Communications**  
(701)795-1513

**CenturyLink**  
(701)241-3322

**Dakota Carrier Network**  
(701)364-1300

**Dell-Comm, Inc.**  
(701)780-2086

**Halstad Telephone Company**  
(218)456-2125

**Integra Telecom**  
701-792-0686

**Laser Systems**  
(701)746-1080

**Northstar Telcom, Inc.**  
(701)779-3448

**ORBITCOM**  
(701)541-3805

**Polar Communications**  
(701)284-7221

**Reliance Telephone**  
(218)773-7553

**Stone's Mobile Radio, Inc.**  
(701)772-6691

**ZWireless**  
(701)757-3380

**COMPUTER PROGRAMMING**

**Boldmethod, LLC**  
(701)775-8608

**COMPUTER SALES/SERVICE**

**Aatrix Software**  
(701)746-6801

**Corporate Technologies LLC**  
(701)893-4000

**GF Wireless Internet & Computers**  
(701)775-8700

**Insight Technologies, Inc.**  
(701)775-5512

**Network Center**  
(701)235-0940x2409

**Networking Specialists, Inc.**  
(701)746-9234

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**CONCRETE PRODUCTS**

---

**Lafarge Dakota, Inc.**  
(701)772-3438

**Porta-Mix Concrete, Inc.**  
(218)773-3636

**Wells Concrete**  
(701)772-6687

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**CONSTRUCTION & BUILDING TRADES**

---

**Anderson Steel Erection & Crane Service**  
(701)775-7079

**Grand Forks Builders and Traders Exchange**  
(701)772-7798

**Vigen Construction Inc**  
(218)773-1159

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**CONSTRUCTION EQUIPMENT**

---

**ACME TOOLS**  
(701)746-6481

**RDO Equipment Company**  
(701)772-4842

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**CONTRACTORS & CONSTRUCTION SERVICES**

---

**A & L Siding & Home Improvement Center**  
(701)775-0980

**Affinity Builders LLC**  
(701)314-0061

**Cariveau Brothers Construction**  
(218)773-9225

**Community Contractors, Inc.**  
(701)772-2111

**Construction Engineers**  
(701)746-0472

**Forks Lath & Plaster**  
(701)594-8166

**G.W. & Sons Construction, Inc.**  
(701)775-8978

**Gowan Construction, Inc.**  
(701)699-5171

**Industrial Contract Services, Inc.**  
(701)775-8480

**JTC, Inc**  
(701)746-0600

**Opp Construction**  
(701)775-3322

**Overhead Door Company of Grand Forks**  
**701-772-6671**

**Peterson Construction Company, Inc.**  
(701)746-6446

**PS DOORS**  
(701)772-3667

**R.J. Zavoral & Sons, Inc.**  
(218)773-0586

**Rhino Contracting**  
(701)772-6935

**Rogers Construction**  
(701)772-6388

**Sand Steel Buildings Co.**  
(701)594-4435

**Strata Corporation**  
(701)775-4205

**Windows Plus Inc**  
701-780-0800

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**COSMETICS/SKIN CARE**

---

**Mary Kay - Natividad Kolb**  
718-683-1766

**Mary Kay - Rochell Stogin**  
701-631-0108

**Mary Kay Cosmetics Fut Exec Sr. Sales Director**  
(701)792-4242

**Morning Star Ranch**  
701-865-4274

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**CREAMERIES**

---

**Dean Foods N.C., Inc./Land O'Lakes**  
(218)233-8609

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**CUSTOM FRAMING**

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**Forks Frame Up**  
701-746-7248

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**DAYCARE SERVICES**

---

**Janes Creative Kids**  
701-775-2979

**Little Scholar Ship Montessori School**  
701-746-9514

**Tri Valley Child Care Resource & Referral**  
218-773-5349

**Wonder Years**  
701-746-7287

**Dennie's Delivery Inc.**  
(701)775-9401

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**DENTISTS**

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**Amundson, Roger D.D.S.**  
(701)772-0171

**Charles Bridgeford, D.D.S.**  
(701)746-0485

**Curtis Tanabe, D.D.S.**  
(701)775-4751

**Daniel Scheffer D.D.S.**  
(701)775-7005

**DeMers Dental**  
**218-773-7474**

**DeMers Dental**  
**(218)773-7474**

**Face and Jaw Surgery Center**  
(701)775-4444

**J.A. Anderson, D.D.S.**  
(701)775-3989

**James O'Connell, D.D.S.**  
(701)746-1481

**James S McDonald, DDS**  
(218)773-3010

**John Clayburgh, D.D.S.**  
(701)772-8488

**Nancy Parr DDS**  
701-772-6901

**Robert M Simons DDS**  
701-772-3487

**Robert Panther, DDS MS**  
(701)775-3101

**Steve Erlandson, D.D.S.**  
(701)772-6581

**Steven Swanson, D.D.S.**  
(701)775-4289

**Valley Oral & Facial Surgery**  
(701)772-7379

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**DEPARTMENT STORES**

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**Home of Economy**  
(701)772-6611

**Super Target**  
(701)787-6177

**Wal-Mart**  
(701)746-7225

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**DEVELOPMENT**

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**Brown Corporations**  
**(701)772-0265**

**Economic Development Housing Authority**  
(218)773-8939

**Grand Forks Region Economic Development Corporation**  
**(701)746-2720**

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**DIESEL SERVICE**

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**Drummer's Diesel, Inc.**  
(218)773-1009

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**DRUG & ALCOHOL SCREENING**

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**Global Safety Network**  
(701)792-9808

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**EDUCATION**

---

**EGF Education Association**  
(701)795-1450

**GF Public Schools**  
**(701)746-2200**

**Holy Family/St. Mary's School**  
701-775-9886

**Independent School District #595**  
(218)773-3494

**ND Youth Entrepreneurship Education Program**  
701-738-4812

**NDSU Distance and Continuing Education**  
701-231-7015

**North Dakota University System**  
(701)777-3936

**Northland Community & Technical College**  
**(218)793-2800**

**Park University**  
(701)594-2977

**Riverside Christian School**  
**(218)773-1770**

**Sacred Heart Catholic Schools**  
**(218)773-0877**

**St. Michael's Catholic School**  
(701)772-1822

**UND Academic Affairs**  
(701)777-2167

**UND Aerospace Foundation**  
(701)777-2184

**UND Aerospace Sciences**  
(701)777-3196

**UND Alumni Association & Foundation**  
(701)777-2611

**UND Arts & Sciences**  
(701)777-2749

**UND Athletic Department**  
**(701)777-4582**

**UND Campus Safety & Security**  
(701)777-3341

**UND Career Services**  
701-777-3904

**UND Center for Community Engagement**  
(701)777-0675

**UND Center for Innovation**  
(701)777-3132

**UND Chester Fritz Library**  
(701)777-2189

**UND College of Business & Public Administration**  
(701)777-2929

**UND College of Education & Human Development**  
(701)777-2674

**UND College of Nursing**  
(701)777-4555

**UND Conflict Resolution Center**  
(701)777-3664

**UND Continuing Education**  
(701)777-3231

**UND Dean of Students**  
(701)777-2664

**UND Facilities**  
(701)777-2592

**UND Finance & Operations**  
(701)777-3511

**UND Graduate School**  
(701)777-2786

**UND Housing Office**  
(701)777-4251

**UND Memorial Union**  
(701)777-4703

**UND Office of Human Resources**  
(701)777-4364

**UND Research Foundation**  
(701)738-2345

**UND School of Communications**  
(701)777-3728

**UND School of Eng. & Mines**  
(701)777-3412

**UND School of Law**  
(701)777-2104

**UND School of Medicine and Health Sciences**  
(701)777-2515

**UND Student Wellness Center**  
(701)777-4864

**UND Student Government**  
(701)777-4377

**UND Student Health Services**  
(701)777-3859

**UND University of North Dakota**  
(701)777-2121

**UND University Relations**  
**(701)777-2731**

**UND Vice President for Research & Economic Development**  
(701)777-6736

**UND Vice President for Student Affairs**  
(701)777-2724

**UND Workforce Development**  
**(701)777-2313**

**University of Mary**  
**(701)232-7088**

**University of Phoenix- Military Division**  
701-620-9422

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**ELECTRICIANS**

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**Advance Electric, Inc**  
(701)746-5222

**Bergstrom Electric, Inc.**  
(701)775-8897

**Century Electric, Inc.**  
(701)746-8727

**Comeau Electric, Inc.**  
(701)775-4608

**Eagle Electric, Inc.**  
(701)746-0449

**Lind Electric**  
218-965-4993

**Right Choice Electric Inc**  
(701)775-7114

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**EMBROIDERY**

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**Daydreams Specialties**  
(701)746-1963

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**EMPLOYMENT SERVICES**

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**Community Options**  
(701)772-1715

**Express Employment Professionals**  
(701)787-5655

**Job Service North Dakota**  
(701)795-3703

**Kelly Services**  
(701)780-9509

**Labor Ready**  
701-775-9675

**ND Division of Vocational Rehabilitation**  
(701)795-3143

**Workwrite**  
(218) 791-4045

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**ENTERTAINMENT**

---

**Backspin Productions**  
701-757-4300

**FM RedHawks**  
701-478-9218

**Kelly's Bar**  
(701)772-9605

**Ralph Engelstad Arena**  
**(701)777-4167**

**River Cinema 15**  
**(218)399-9000**

**Valley Golf**  
(218)773-1207

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**EVENT PLANNING**

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**Eventful Planning**  
218-791-8639

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**EXCAVATING SERVICES**

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**Florian & Sons Excavating**  
(701)775-7011

**Robinson Excavating**  
(701)772-3118

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**FILING EQUIPMENT, SYSTEMS AND SUPPLIES**

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**Modern Information Systems, Inc.**  
(701)772-4844

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**FINANCE**

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**Assurity Finance & Development, LLC**  
(701)795-1110

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**FINANCE & INVESTMENT**

---

**Ag Country**  
(701)775-3193

**Ameriprise Financial**  
(701)746-5429

**Ameriprise Financial - Debbie Albert**  
(701)746-5429

**Capital Resource Management**  
(701)746-6729

**Choice Financial - S. Washington**  
(701)738-4300

**Choice Financial Group**  
(701)746-6010

**Dakota Commercial & Development, Inc**  
(701)772-3101

# Categorical Listing

**Edward Jones - Jeanne Peterson**  
701-772-1153

**Edward Jones - Justin Johnson**  
(701)772-9243

**Edward Jones - Ken Johnson**  
701-775-7824

**Edward Jones - M. Larsen**  
(701)746-1259

**Edward Jones - Matt Odenbach**  
(701)775-1184

**Erickson Financial Advisors**  
(701)772-1681

**First Command Financial Planning**  
(701)402-2583

**Great Plains Financial Group**  
(701)775-8666

**Merrill Lynch**  
701-241-1237

**Northwestern Mutual Financial Network**  
(701)738-8303

**Pokrzywinski Financial**  
701-306-3039

**Stifel Nicolaus formerly UBS Financial Services Inc.**  
(701)746-1365

**Thrivent Financial - Chad Erickson**  
(218)773-1181

## FINANCIAL SERVICES

**1st Liberty Federal Credit Union**  
(701)594-5515

**1st Liberty Federal Credit Union**  
(701)772-9519

**Alerus Financial**  
(701)795-3200

**Alerus Financial (Banksouth)**  
(701)795-3200

**Alerus Financial (Express)**  
(701)795-3200

**Alerus Financial (Hugo's)**  
(701)795-3200

**Alerus Financial (Northwood)**  
(701)587-5101

**American Federal Bank**  
(218)773-9711

**American Federal Bank - GF**  
(701)775-1133

**Area Community Credit Union**  
(701)772-2690

**Bank Forward**  
(701)738-8700

**Bank Forward**  
(701)738-8700

**Bremer Bank**  
(701)795-4532

**Bremer Bank (N. Washington)**  
(701)795-4570

**Citizens Community Credit Union**  
(701)662-8118

**Citizens Community Credit Union-Hugos**  
(701)746-6196

**Citizens Community Credit Union-Wal-Mart**  
(701)772-9960

**First State Bank**  
(701)746-7766

**Frandsen Bank & Trust (10th Ave.)**  
(701)787-7110

**Frandsen Bank & Trust (Columbia Rd.)**  
(701)780-7700

**Frandsen Bank & Trust (EGF)**  
(218)773-2451

**Frandsen Bank & Trust (S. Wash)**  
(701)780-7700

**Gate City Bank**  
(701)792-4352

**Gate City Bank (24th Ave S)**  
(701)792-4350

**Gate City Bank (DeMers Ave)**  
(701)792-4360

**Riverfork Federal Credit Union**  
(701)775-0593

**U.S. Bank**  
(701)795-6295

**United Valley Bank**  
(701)780-9757

**United Valley Bank (Downtown)**  
(701)402-0253

**Wells Fargo Bank**  
(701)792-5964

**Wells Fargo Bank**  
(701)775-1660

## FIRE PROTECTION SERVICES

**Dakota Fire Protection**  
(701)772-8820

**Grand Forks Fire Equipment**  
701-746-6463

**Nardini Fire Equipment**  
(701)235-4224

## FITNESS CLUBS

**Anytime Fitness**  
(701)772-0208

**Center Court Fitness Club**  
(701)746-2790

**Dance, Etc!**  
(701)775-3476

**Planet Fitness**  
701-775-8820

**Snap Fitness**  
(701)746-9884

**Snap Fitness (S. Washington)**  
(701)757-7627

**YMCA Family Center**  
(701)775-2586

## FLOORING

**Brian's Flooring, Inc.**  
(218)773-3130

**Burris Carpet Plus, Inc**  
701-787-5216

**Mr. Sandless North Dakota**  
(701)757-2040

**Sterling Carpet One Floor & Home**  
701-746-8444

## FLORISTS & NURSERIES

**East Grand Floral**  
(218)773-3400

**J & G Landscaping**  
(701)594-2669

**Rose Flower Shop**  
(701)772-4887

**Sadie's Couture Floral & Event Styling**  
701.317.3255

**Tim Shea's Nursery, Inc.**  
(701)772-3489

**Wy's Floral**  
(701)775-4677

## FOOD MANUFACTURERS

**J.R. Simplot**  
(701)780-7830

**Philadelphia Macaroni Company**  
(701)772-0080

## FUNERAL SERVICES

**Amundson Family Funeral Home**  
(701)772-7070

**Dahl Funeral Home**  
(218)773-2971

**Gregory J. Norman Funeral Chapel**  
(701)746-4337

**Stennes Granite Co.**  
(218)773-7461

## FURNITURE

**Ashley Furniture HomeStore**  
(701)746-8089

**Conlin's Furniture**  
(701)775-0475

## GOVERNMENT AGENCIES

**City of East Grand Forks**  
(218)773-2483

**City of GF Assessor's Office**  
(701)746-2611

**City of GF Engineering Dept.**  
(701)746-2630

**City of GF Finance & Admin. Services**  
(701)746-2620

**City of GF Fire Dept.**  
(701)746-2566

**City of GF Human Resource Dept.**  
(701)746-2667

**City of GF Office of Urban Develop.**  
(701)746-2545

**City of GF Planning Dept.**  
(701)746-2655

**City of GF Police Department**  
(701)787-8000

**City of GF Public Health**  
(701)787-8100

**City of Grand Forks**  
(701)746-2607

**City of Grand Forks- Sanitation**  
(701)746-2570

**GF Air Force Base**  
(701)747-4150

**GF County Agencies**  
(701)780-8201

**GF County Extension Office**  
(701)780-8229

**GF County-Veterans Service Office**  
(701)780-8296

**GF Motor Vehicle Branch Office**  
(701)772-1390

**GFAFB 319th Force Support Squadron**  
(701)747-3238

**Grand Forks County Soil Conservation District**  
(701)772-2321

**Marine Corps Recruiting**  
(701)772-3627

**ND Air National Guard**  
701-241-7238

**ND Army National Guard**  
(701)792-4502

**UND Air Force ROTC**  
(701)777-4957

**UND Army ROTC**  
(701)777-2259

**US Border Patrol - GF Sector**  
(701)775-6259

## GRAPHIC DESIGN

**Snoack Studios**  
701-732-0652

## GROCERY STORES

**Hugo's #2**  
(701)772-3419

**Hugo's #5**  
773-2418 ext. 5191

**Hugo's #6**  
(701)772-7283

**Hugo's #8**  
(701)746-0688

**Hugo's #8**  
(701)746-0688

**L & M Meats & Sausage**  
(701)775-2009

**Super One Foods**  
(701)772-1120

## GROCERY SUPPLY

**Sam's Club**  
(701)795-9449

**US Food Service - GFG Division**  
(701)795-6000

**Handyman Services**  
Spare Husband, Inc.  
(218)773-3700

**WEI Handyman Service**  
701-740-1544

## HARDWARE & LIGHTING

**Hardware Hank**  
(218)773-7933

## HEALTH & WELLNESS

**Healthy Weighs Nutrition Center**  
218-779-9736

**Innovative Products**  
(701)772-5185

**Integrated Living**  
(218)779-2287

**Jenny Craig Weight Loss Centre**  
(701)746-9608

**LA Weight Loss**  
701-795-1500

**Natural Bios & Vitamins**  
701-757-1766

**Spray Your Fat Away**  
701-757-3030

**The Ohepen Mind**  
1-(701)793-7549

## HEATING & AIR CONDITIONING

**C.L. Linfoot Company**  
(701)775-3961

**HOME BUILDERS--Commercial and Industrial**

**Applegren Construction**  
(701)746-6978

**Innes Construction Company**  
(701)746-5461

**Structures, Inc.**  
(701)775-0645

**Swingen Construction Company**  
(701)775-5359

**Vreeland Remodeling, Inc.**  
(701)775-2523

## HOME INSPECTION

**J.S. Home Inspection**  
(701)772-5458

**National Property Inspections - Tim Brown**  
(701)791-7150

## HOME SERVICES

**Altru Home Services**  
(701)780-5888

## HOSPICE

**Altru Hospice**  
(701)780-5258

**Hospice of the Red River Valley**  
(701)772-3172

## HOTELS & MOTELS

**America's Best Value Inn**  
(701)775-0555

**Americinn Motels & Suites**  
(701)780-9925

**Canad Inns**  
(701)772-8404

**C'Mon Inn**  
(701)775-3320

**Comfort Inn**  
(701)775-7503

**Country Inn & Suites**  
(701)757-2200

**Days Inn**  
(701)775-0060

**East Grand Inn**  
(218)773-9822

**Fairfield Inn**  
(701)775-7910

**GuestHouse International**  
(701)746-5411

**Happy Host Inn**  
(701)746-4411

**Holiday Inn Express**  
(701)772-7700

**Howard Johnson**  
701-772-7131

**Lakeview Inn & Suites**  
(701)775-5000

**Northwood Inn, Laundromat, and RV Park**  
701-587-5555

**Plaza Motel**  
(218)773-1179

**Ramada Inn**  
(701)775-3951

**RoadKing Inn Columbia Mall**  
(701)746-1391

**Settle Inn**  
(701)775-9901

**Sleep Inn and Suites**  
701-757-2900

**SpringHill Suites**  
(701)757-4150

**Super 8 Motel**  
(701)775-8138

**Travelodge**  
(701)772-8151











## Fall 2011 Enrollment: 14,697

John D. Odegard School of Aerospace Sciences.....	1,503
College of Arts & Sciences.....	3,077
College of Business & Public Administration.....	1,670
College of Education & Human Development.....	823
School of Engineering & Mines.....	1,256
Graduate School.....	2,673
School of Law.....	250
School of Medicine & Health Sciences	
Undergraduate.....	740
School of Medicine & Health Sciences	
Professional (M.D.).....	252
College of Nursing.....	909
Undecided & Non-Degree (undergraduate).....	1,534
Honors.....	10

## Undergraduate ..... 11,522

Freshmen.....	3,074
Sophomores.....	2,742
Juniors.....	2,083
Seniors.....	3,623

## Graduate..... 2,673

Master's.....	1,937
Specialist.....	105
Doctoral.....	631

## Professional

Law (J.D.).....	250
Medicine (M.D.).....	252

## Residency

North Dakota.....	6,041
Minnesota.....	5,038
South Dakota.....	220
Montana.....	122
Manitoba.....	76

## New Students

New Freshmen.....	2,091
Transfers.....	874
Graduate.....	555
Law.....	83
Medicine.....	56

## Outreach

For fiscal year 2011, UND had more than 25,000 enrollments in its online academic courses and programs, non-credit courts, workshops, and other professional development activities.

## Degrees Awarded: July 1, 2010 — June 30, 2011

Bachelor's.....	1,689
Master's.....	565
Specialist.....	0
Doctoral.....	103
Law (J.D.).....	81
Medicine (M.D.).....	56
Certificates.....	128
<b>Total.....</b>	<b>2,622</b>

## Tuition and Fees, 2011 – 2012

North Dakota residents:.....	\$7,092
Minnesota residents:*.....	\$7,716
Out-of-state residents:.....	\$16,767
Room and Board:.....	\$6,100

\* The State of Minnesota pays North Dakota for the difference in the number of Minnesota students who attend North Dakota institutions compared to North Dakota students who attend school in Minnesota. Reciprocity payments to North Dakota from Minnesota totaled \$2,995,234 in 2009-2010 for all institutions in North Dakota.