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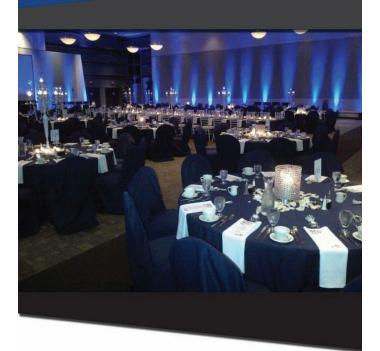
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Community Profile

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 people. We invite you to experience it for yourself.

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Photo's in this book are courtesy of:

Red River Farm Network, GGF CVB, Behl's Photography, Brian Burkett, Casey Jarombek, Edgewood Vista, GFAFB, Northland College, North Valley Arts Council, UND, The Chamber, Altru Health System 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 98,000.

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."



Located 14 miles west of Grand Forks, Grand Forks Air Force Base is home to about 3,500 Air Force personnel and their families. Our communities have hosted the Grand Forks Air Force Base for nearly 50 years. The base employs about 2,500 military personnel and civilians, with an annual payroll of about \$90 million and a total economic impact in the community of more than \$189 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.

Grand Forks Air Force Base is home to the 319th Air Base Wing, which is part of the Air Mobility Command. 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. On any given day, about 100 personnel are deployed from Grand Forks Air Force Base.

Tenant units on the installation include the Air Combat Command's 69th Reconnaissance Group (operating the RQ-4 Global Hawk); elements of the North Dakota Air National Guard's 119th Wing (operating the MQ-1 Predator); and the United States Customs and Border Protection (operating the RQ-1 Predator). Grand Forks Air Force Base also provides direct support to the 10th Space Warning Squadron at Cavalier Air Force Station, N.D.

The base offers free seasonal tours to groups, maintains a speaker's bureau, and conducts a very robust community relations program. 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.

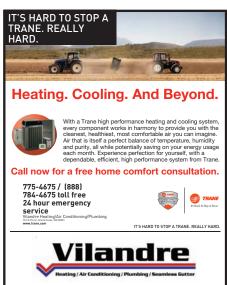
The Grand Cities are proud neighbors and partners with the men and women serving at Grand Forks Air Force Base. The positive relationships we have built have had lasting impacts, as a number of retirees choose to call our community home and are active residents of the Grand Forks/East Grand Forks area.

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







Economy & Commerce

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



Dedicated

to agriculture from the ground up.



Left to right: Stacy Beckstead, Lloyd Kuster, Todd Borchardt, Chris Griffin, John Botsford, Derek Beaudry, Julie Varian, Joan Schultheis, Rick Robinson

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Growing an Exceptional North Dakota

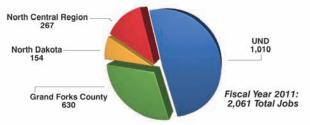
Total Enrollment15,250
Undergraduate11,953 Freshmen3,301 Sophomores2,733 Juniors2,199 Seniors3,720
Graduate 2,801 Master's 2,021 Specialist 113 Doctoral 667
Professional Law (J.D.) 238 Medicine (M.D.) 258
New Students New Freshmen 2,360 Transfers 937 Graduate 587 Law 82 Medicine 63

2012 New Freshn	nen
Full-Time	2,334
Part-Time	26
Total	2,360
Avg. HS GPA	3.33
Avg. ACT Score	
Avg. Age	18.3
Presidential Schol	196
National Merit Sch	ol3

General Sta	atistics
Residency:	ND 39%
Residency:	MN35%
	Other 26%
	Indergraduate
Cumulati	ve GPA 3.01
Fields of Stu	udy 224

Benefited Employe	es
Faculty, Male	485
Faculty, Female	355
Staff, Male	876
Staff, Female	1,147

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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 3.2% unemployment rate, much lower than the 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 2,500 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 an 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 JC Penney's, 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 renovated 60,000-square-foot showroom is an educational and entertainment attraction, featuring a décor with museum-quality animal displays, huge aguariums 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





Economy & Commerce





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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, The Ground Round, 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.

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 is staffed with 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 sugar beets, potatoes, corn, wheat, barley, soybeans, dry beans and sunflowers.

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.

Grand Forks and East Grand Forks are home to several large agricultural processing companies including the North Dakota Mill, the largest flour mill in the United States. We are also home



Recreation & Festivals



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to J. R. Simplot potato processing plant and are the birth-place 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.

Community-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 40 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.



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 festivals. An integral part of a compre-





hensive flood-protection project, the Greenway also offers over 20 miles of asphalt trails connected by two pedestrian only bridges.

Year-Round Fun!

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 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.

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 Choice Health & Fitness Center. Choice Health & Fitness is a 161 thousand square feet facility located within a 42 acres recreational park - officially opened for business September 2012. This beautiful community facility boasts two basketball courts, three racquetball courts, an aquatics area including a three lane lap pool, zero entry fun pool with two large slides and dumping bay. There is more than 15 thousand square ft of cardio and fitness areas with state of the art equipment. Four group exercise rooms provide space for fantastic exercise classes and specialty classes for Kranking® and Rowing, Yoga, Senior Programs and various levels of Cycling classes. Other favorite spaces include a Kids Zone, Childcare services, 2 family pool-side party rooms, a comfy lounge and Sprouts Café. It contains one of the largest indoor walk/ run tracks in the Midwest, less than 7 x around complete a mile. Choice is also home to UND Women's and Men's Tennis...with 6 indoor tennis courts. Partners providing services within the facility include Altru Health System, Truyu Aesthetic Center and the USDA-ARS Human Nutrition Research Center. The unique partnership of Choice Health & Fitness and the Altru Family YMCA provides two exceptional facilities for one low cost - a member of one means you're a member at both locations! The recently renovated YMCA also offers numerous fitness and training classes.

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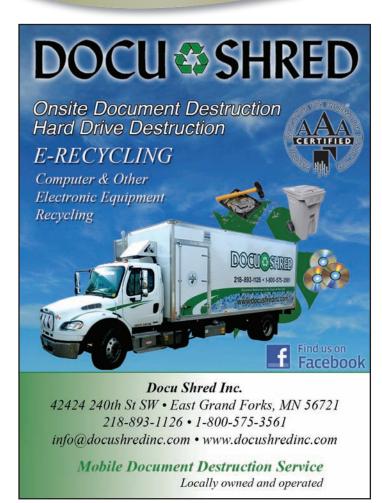


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Recreation & Festivals



Parks Facilities

In many neighborhood outdoor parks in both communities you'll find over 30 tennis courts, swimming pools, many playground facilities, splash parks, basketball courts, softball fields, football fields, fishing, hockey rinks, in-line skating, picnic shelters, cross country skiing and so much more.

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. 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 that includes a swimming pool, restaurant and pro shop.

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 land-scape 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

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 63 miles of designated bike trails. The multi-purpose asphalt trails within the Greenway 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.

Fishing/Boating

Whether you're looking to fish from the shore, put your boat in the water to fish, or just enjoying a day in a canoe or

kayak, 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.

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-hookups. 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.

Heritage Days

The Heritage Foundation of East Grand Forks holds Heritage Days in August each summer. This event includes many activities that emphasize our heritage and community traditions. These include antique tractors and machinery, the General store with penny candy, sarsaparilla and artifacts, Ice Cream parlor, steam engine threshing, log sawing, broom making, blacksmith shop, school house, Sherlock house, Nisbet log cabin, Log barn and granary, Granville church with concession in basement, Fram boat display, cook car, Northern lights Model Railroad Museum, Memorial garden, antique tractor



Athletic Events

pull, children's games & relays, Pedal tractor pull, straw pile money scramble, and roving musicians.

There are often many demonstrations and displays highlighting woodcarvers, printing press, carding & spinning, rosemaling, pottery, quilting.

Art Fest

Introduce your senses to 160+ artists, unique food vendors and live performances at the Grand Cities Art Fest held in

Make East Grand Forks Your Home Ownership Programs New Construction Opportunities \$5,000 forgivable deferred loan for 10 years for a newly constructed home or townhom ome limits. No limit on price of home.
 All lots within city limits are eligible. **Down Payment Assistance** ◆ Up to \$7,500 toward closing costs
 ◆ 1st Year No Payment/No Interest
 ◆ New Higher Home Purchase Price New Higher Income Parameters
 Up To 5 Years Repayment Plan Interest Rate at 5 **Landscaping Grant** Tax Abatement/Rebate \$500 landscaping grant for new residential construction eligible properties. The three primary taxing authorities, City, County & School District, all participating in the incentive program. The program applies to new residential construction only. New residential construction shall include modular homes; Developments ◆ Waters Edge ◆ Greenway Crossing ◆ Peabody's 1st Addition ◆ Point of Woods Addition & stick built homes. & stick built homes.

The program applies to single-family dwellings, including townhomes & twin homes.

The abatement/rebate of real property taxes is for two years, in the two years where payment of taxes are based upon full value of the new dwelling. "Does not include specials."

For More Information and/or Application Call 773-2371

or visit: www.egf.mn

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. Shop for fine art and homemade crafts, spark your kids' imaginations with child-centered craft making, experience live, local music and see arts 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.

Blues on the Red

Blues on the Red is an annual music series held the fourth Saturday of June, July and August in Grand Forks' Downtown Town Square. Entertainment comes from around the region and the U.S. The concert is free and open to the public. Lawn chairs are welcome and there is a beer garden and food area.

Town Square Farmer's Market

The Town Square Farmer's Market features produce grown by local farmers, crafts, arts, and other items. Held every Saturday in the summer, a typical Saturday will bring an estimated 3,000 - 5,000 people to the Market.

Grand Forks and East Grand Forks also host the Zombie Music Fest, 4th of July Festival, an In-Line Skating Marathon, a Disc Golf Tournament and the Wild Hog 5k, 10k, ½ and Full Marathon and many more summer and winter community activities.

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.

♠ Riverview Addition♠ Coulee View Addition

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

The \$104+ million Ralph Engelstad Arena is described as the 'finest facility of its kind in the world'. The 400,000



square foot arena is nothing but first class; all concourse floors are granite, each seat is constructed of leather and cherry wood, and there are 48 full luxury suites, two mini suites, and two enormous club rooms featuring the longest freestanding bars in the state; not to mention over 300 flat screen TVs, so you won't miss a moment of the game. "The Ralph" has a hockey seating capacity of 11,640 and concert seating capacity of 13,000. The training facility features a 10,000 square foot weight room, an underwater treadmill, fourteen locker rooms, and an extra Olympicsized sheet of ice.

Since opening its doors on October 5, 2001, "the Ralph" has played host to many big attractions, such as Kenny Chesney, Carrie Underwood, Brad Paisley, Elton John, the Minnesota Wild, the 2005 IIHF World Junior Hockey Championship, 2008 Men's World Curling Championship and many other entertainers and professional sport teams. The biggest attraction though, and the reason the arena was built, is North Dakota Hockey.

The Ralph is also home to the REA/UND ticket office, the Sioux

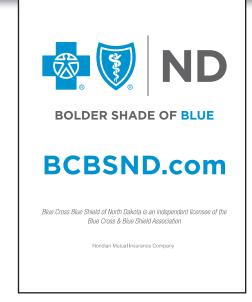
Shop and The Hockey Academy at Ralph Engelstad Arena. The Hockey Academy is a hockey training facility for athletes of all ages and skill levels; the staff consists of former North Dakota and professional hockey players.

Court Sports

Built as a tribute to Betty Engelstad, Ralph's wife, the \$8.3 million Betty Engelstad Sioux Center is home to North Dakota men's and women's basketball and volleyball programs. "The Betty" has a basketball seating capacity of 3,064 and has some of the same amenities as the Ralph: 4 regulation-size basketball and volleyball courts, 7 locker rooms, a weight room and club lounge.

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









Health Care

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 Division 1 collegiate athletics including hockey (men's/women's), basketball(m/w), volleyball(w), football(m) and other varsity sports. With beautiful facilities including the Ralph Engelstad Arena and the Alerus Center, UND is the place to root for the home team. UND also sponsors the Jr. Champions, an opportunity for grade school students to meet their favorite players and attend a majority of 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 smallgroup 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

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and gymnastics. No matter what time of year it is, fans of all ages can find a sporting event to cheer.

Altru Health System

Altru Health System is a community of over 3,800 employees, 205 physicians, 74 nurse practitioners and physician assistants, and 350 volunteers who are committed to improving health and enriching life across the Red River Valley. Serving more than 400,000 patients in northeast North Dakota and northwest Minnesota, Altru provides health education, preventative services, early intervention and appropriate care.

Across the region, Altru has more than 30 locations, including clinics, outreach therapy sites and offices for home care and hospice. In Grand Forks, Altru's care can be received at various locations including an acute care hospital, rehabilitation center, cancer center, center for prevention and genetics, various clinics and a retirement living facility.

Because of employees' commitment to the mission, Altru was the inaugural member of the Mayo Clinic Care Network in 2011. This partnership brings Mayo Clinic's knowledge and expertise to the Red River Valley. Patients have access to the highest level of clinical expertise available.

Created in fall of 2012, the Sanny and Jerry Ryan Center for Prevention and Genetics encourages individuals to think about their health through preventive measures before it becomes medically necessary to seek care. The Center is the first of its kind in the region.

Truyu Aesthetic Center offers a spa-like setting for comprehensive aesthetic services, dermatology and cosmetic surgery. At its DeMers Avenue location in Grand Forks, a private surgical suite, spacious recovery area and private exit offer more comprehensive outpatient services.

Altru Cancer Center is the first in the region to offer Tomo-Therapy HiArt, the most advanced radiation cancer treatment in the region. They have continually earned accreditation from the Joint Commission of Healthcare Organizations and the American College of Surgeons Commission on Cancer.

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 also the first comprehensive, coordinated clinic for people with diabetes and their families in our region. Altru treats diabetes with a team approach and educates providers throughout the Upper Midwest.



In addition to its 43 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.

Cancer Center of North Dakota

The Cancer Center of North Dakota (CCNC) is located near the Aurora Medical Park in Grand Forks. The 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. CCNC 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.

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 Northeastern 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.

Sanford Clinic

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

Specialty Services and Outreach services include Urology, Reproductive Medicine, Oncology, Surgery (including Bariatric), ENT, Podiatry, OB/GYN and Allergy.

In our communities, our senior residents can receive the best care possible while staying in their own homes. There are many options for our senior community.







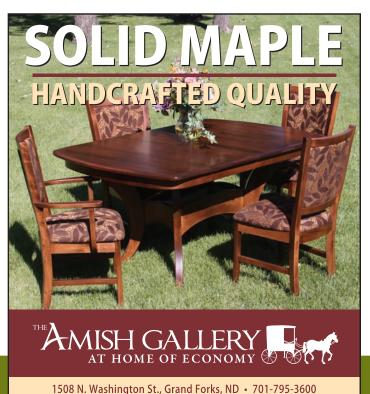
Senior Living

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 served. 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 Tufte Manor, and skilled nursing and transitional care at Valley Eldercare 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, all in East Grand Forks.

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 Grand Forks Senior Center assists older adults in living healthy and independent lives. They provide many services that allow older adults to remain in their own homes or apartments. Some of these services are meals in a social setting at five locations throughout Grand Forks, frozen meals, Meals on Wheels, foot care and medication setup. For older adults who are still quite active, the senior center 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

Theater, live music, literary events, museums — Grand Forks and East Grand Forks have one of the most active arts and cultural scenes in the region. Want a night at the symphony? Want to experience the thrill of live rock, pop

and country tunes? The area features performances by nationally recognized entertainers from around the world. Drama, comedy and musical theater can be seen throughout the year. Literary events pull in visitors and writers from across the country. We have diverse museums and cultural events to inform and enrich our lives.

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. Worldclass 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 provid-





Culture & Entertainment



ing Dance education for the Grand Forks community for 55 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. Community service, combined with artistic excellence, make the Center a uniquely vibrant place!

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. Art Fest is a two-day annual event that draws 150 high-end artisans and quality crafters to the area to sell their wares. The event also includes entertainment, a kid's corner and more. Attendance at Art Fest averages over 40,000. There are also a number of local art galleries where you'll find pottery, jewelry, stained glass and other works of art for sale.

If history is what you're looking for, 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. 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.

Literature

The literary scene in our region is expansive. For over 36 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.

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. Entertainment 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 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.

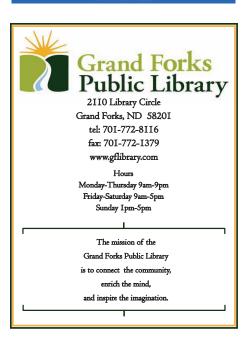
Real Estate

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









Education

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 currently under way. 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.

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.



Bachelor's Degrees offered in Grand Forks:

- Business concentrations in HR, Management, Marketing
- Organizational Leadership

Master's Degrees offered in Grand Forks:

 MBA: Accountancy, Executive, Health Care, HR Management, Management

Degrees Offered Online:

- BS in Accounting
- BS in Business with concentrations
- BS in Information Technology Management
- BS in Organizational Leadership
- RN to BS in Nursing
- MBA: Accountancy, Executive, Energy Management, Health Care, HR Management, Management
- MS in Strategic Leadership
- Master of Project Management
- MSN: Nurse Administrator, Nurse Educator, FNP
- Master of Education in Curriculum, Instruction and Assessment

Earn a degree that will help you advance your career in as few as 15 months.

Classes start in January, May and August, and meet one night a week (right here in Grand Forks) or online 24/7. U-Mary's tuition is competitive, its value unsurpassed and financial aid is available.

U-Mary is a full participant in the Post-9/11 GI Bill Yellow Ribbon Program and graduate study scholarships are available to active duty military and National Guard students.

Classes are held at 1407 24th Ave. S, in the Southpoint Business Center. Learn how you can live your life and earn your degree!

To learn more, contact Shelby at sabierwagen@umary.edu, call (701) 738-8320, or visit www.umary.edu/cade.





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.

The University of Minnesota, Crookston is a public, baccalaureate, coeducational institution and a coordinate campus of the University of Minnesota. UMC is located just 25 miles from East Grand Forks.

As a four-year, public university with an enrollment of 1,600 students, UMC proudly carries on a tradition of a century of educational service to Northwestern Minnesota. Since its establishment as an institution of higher learning in 1966 and its transition to offering baccalaureate degree programs in 1993, UMC equips all students and faculty with laptop computers; provides individual attention that leads to success; and

offers a hands-on approach that puts students ahead of the competition

In addition to the traditional learning opportunities found at UND and NCTC, several colleges offer college degree programs designed for working adults. The University of Phoenix and Park University on the Grand Forks Air Force Base along with other accredited universities, offer nearly 50 degree programs.

Rasmussen College has expanded into North Dakota and offers online learning. As a North Dakota college, they offer a variety of degrees and programs that prepare you for fast-paced careers in growing fields.

The University of Mary also offers a satellite location in Grand Forks with flexible programming to meet unique needs. University of Mary addresses these needs by offering accelerated programs that meet one night a week or online 24/7. Advanced degrees can be earned in as few as 15 months. You can also seamlessly switch delivery systems - from online to on-site or on-site to online.



Mission Statement:

Grand Forks Public Schools will provide an environment of educational excellence that engages all learners to develop their maximum potential for community and global success.

> www.gfschools.org 701.746.2200









Education

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;

engineering

engineering

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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, teacher workshops, and lifelong learning courses.

The university's major academic components include aerospace, arts & sciences, business and public administration, education and human development, engineering and mines, graduate school, law, medicine and health sciences, nursing, and continuing education. Beyond the academic 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.



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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. Northland 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 received after high school. Overall, the East Grand Forks campus enrolls over 1,750 students and employs 75 faculty members.

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.



Alphabetical Listing

1st Liberty Federal Credit Union Tom Swanson 3197 S. 17th Street Grand Forks, ND 58201 (701)772-9519 thomas.swanson@1stliberty.org www.1stliberty.org

1st Liberty Federal Credit Union (GFAFB)

Richard Stahlberg 589 Holzapple Grand Forks AFB, ND 58204-1098 (701)594-5515 rich stahlberg@1stliberty.org www.1stliberty.org

1st Realty of GGF, Inc

Darrell Dallum 515 DeMers Avenue Grand Forks, ND 58201-4528 (701)772-1000 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 david@1st-realty.com www.davidblumkin.point2agent.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 fivestar@midconetwork.com www.5starcollisionandglasscenter.com

A & L Siding & Home Improvement Center

Jeff Heath 1505 11th Ave. N. Grand Forks, ND 58203-2316 (701)775-0980 hthjff@yahoo.com www.anisiding.com/

A Transmission City

John Tibiatowski 2115 DeMers Ave. Grand Forks, ND 58201-4164 (701)772-5700 www.atransmissioncitygf.com

AAA Quality Cleaners

Mark & Suzanne Bjornstad 409 Terrace Drive Grand Forks, ND 58201-7658 (701)772-5326 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 stevel@aatrix.com www.aatrix.com/

Abra Auto Body and Glass

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

Access The Bakken

Grand Forks Region EDC Grand Forks, ND 701-746-2720 info@grandforks.org www.accessthebakken.com

ACE Security Services

Gary Morris 7 PO Box 5125 Grand Forks, ND 58206 (701) 330-5234 acesecurity1@gmail.com www.acesecurityservicesonline.net

Achieve Therapy & Fitness

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

ACME TOOLS

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

Ad Monkeys

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

Advance Chiropractic Clinic

Dr. Kevin Gruhot 2840 19th Avenue South Grand Forks, ND 58201-5957 (701)772-2670 drgruhot@advancechiro.com www.grandforkschiro.com

Advance Electric, Inc

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

Advanced Business Methods

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

Advanced Drainage Systems

Joe Balestri 16234 13th St NE STE 2 Buxton, ND 58218 701-847-3111 joe.balestri@ads-pipe.com www.ads-pipe.com Advanced Engineering & Environ. Svc Shawn Gaddie 4050 Garden View Drive, Suite 200 Grand Forks, ND 58201 (701)746-8087 Shawn.Gaddie@ae2s.com

Advantage Healthcare Net

www.ae2s.com

Wade Johnson 2100 S. Columbia Rd., Ste. 104 Grand Forks, ND 58201-5895 (701)772-0471 wjohnson@advhn.com www.advantage-healthcare.net/

Affinity Builders LLC

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

AFLAC

Kirk Motl 2534 17th Ave. S., Ste. D-103 Grand Forks, ND 58201-5215 (701)772-4921 kirk_motl@us.aflac.com www.aflac.com/

AFLAC - Judy Ingvalson

Judy Ingvalson 30 Main Street East Mayville, ND 58257 701-741-4841 judy_ingvalson@us.aflac.com www.aflac.com

Aflac - Maxine Bachmeier

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

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

AFLAC- Patty Hajostek

Patty Hajostek 1508 Alexander Ave Crookston, MN 56716 218-289-4949 patty4aflac@gmail.com www.aflac.com

AFLAC-Casey Carlson

Casey Carlson 1418 Central Ave NE Suite B. East Grand Forks, MN 56721 218-773-2480 casey_carlson@us.aflac.com www.aflac.com

Ag Country

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

Agri Valley

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

AgriData,Inc

David Hagert 4300 James Ray Drive Grand Forks, ND 58202-8372 (701)746-8580 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 cheryl.anderson@grandforks.af.mil www.amnandfamily

Alerus Center Cheryl Swanson 1200 42nd St. S. Grand Forks, ND 58201-3733 (701)792-1200 cswanson@aleruscenter.com www.aleruscenter.com/

Alerus Financial Randy Newman 401 Demers Avenue Grand Forks, ND 58206-6001 (701)795-3200 rnewman@alerusmail.com www.alerusfinancial.com

Alerus Financial (Banksouth) Jennifer Johnson 2300 S. Columbia Rd Grand Forks, ND 58201 (701)795-3200 jejohnson@alerusmail.com

Alerus Financial (Express)
Matt Zimmer
516 DeMers Ave
Grand Forks, ND 58201
(701)795-3200
mzimmer@alerusmail.com
www.alerusfinancial.com

www.alerusfinancial.com

Alerus Financial (Hugo's) Sherry Levenseller Hugo's Grand Forks, ND 58201 (701)795-3200 slevenseller@alerusmail.com www.alerusfinancial.com

Alerus Financial (Northwood) Breana Schlosser P.O. Box 220 Northwood, ND 58267 (701)587-5101 bschlosser@alerusmail.com www.alerusfinancial.com

All About Kids, Inc.

Jen Beck 2830 S Washington St Grand Forks, ND 58201 (701) 772-4141 allaboutkidsinc@yahoo.com www.allaboutkidsinc.com

All About Moving, Inc.

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

All Reasons Self Storage, LLC.

Paul Eggebraaten 3000 S 38th St. Grand Forks, ND 58201-5933 (701)746-8180 rentals@allreasons.com/

Al's Grill and Catering

Al Decker 3615 Gateway Drive Grand Forks, ND 58203 701-795-5183 alsgrillandcatering@hotmail.com www.alsgrillandcatering.com

Altru Cancer Center Nancy Klatt 960 South Columbia Road Grand Forks, ND 58201 701-780-5400 www.altru.org

Altru Clinic- Family Medicine Eric Johnson 1380 South Columbia Road Grand Forks, ND 58201 701-795-2800 www.altru.org

Altru Clinic Pharmacy Kelly Hulst 1000 S Columbia Road Grand Forks, ND 58208-3115 (701)772-4875 gfcpharmacy@qwestoffice.net www.gfcpharmacy.com

Altru Health Foundation Jon Green 2501 DeMers Ave. Grand Forks, ND 58206-6002 (701)780-5837 jgreen@altru.org www.altru.org

Altru Health System - Clinic Kim Corbin 1000 S Columbia Road Grand Forks, ND 58206-6003 (701)780-5976 kcorbin@altru.org www.altru.org/

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

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

Altru Hospice Kari Jensen 1380 S. Columbia Rd Grand Forks, ND 58206-6011 (701)780-5258 kjensen@altru.org www.altru.org

Altru Rehabilitation Center Diane Gunderson 1200 S Columbia Road Grand Forks, ND 58201 701-780-2315 www.altru.org

Altru Specialty Center 4500 South Washington Grand Forks, ND 58201 701-732-7000 www.altru.org

Altru's Sleep Lab Erin Dionne 1200 S Columbia Road Grand Forks, ND 58201 780-5484 www.altru.org

Alzheimer's Association MN - ND

Gretchen Dobervich 311 S 4th St, Suite 202 Grand Forks, ND 58201 701-775-8544 gretchen.dobervich@alz.org www.alz.org/mnnd

Amazon.com Pete Boudreuax 1550 48th St. S. Grand Forks, ND 58201-3819 (701) 787-3500 petebo@amazon.com www.amazon.com/

American Cancer Society/Relay For Life

Sara Lepp 4646 Amber Valley Parkway Fargo, ND 58104-8612 (701)232-1385 sara.lepp@cancer.org www.cancer.org

American Crystal Sugar

David Johnson PO Box 357 East Grand Forks, MN 56721-0357 (218)773-5113 www.crystalsugar.com/

American Family - Jeremy Fulton

Jeremy Fulton 1515 S Washington Grand Forks, ND 58201 701-746-1919 ifulton@amfam.com , www.amfam.com

American Federal Bank Pam Knudson

140 Gateway Drive NE East Grand Forks, MN 56721-1625 (218)773-9711 pknudson@americanfederal.net www.americanfederalbank.com

American Federal Bank - GF

Pam Knudson 2551 S Columbia Rd Grand Forks, ND 58201 (701)775-1133 pknudson@americanfederal.net www.americanfederalbank.com

American Legion Post #157

Mike LeFever 1009 Central Ave NW East Grand Forks, MN 56721-1610 (218)773-1129 www.almn157.com

American Red Cross

Randy Johnson 2602 12th St N Fargo, ND 58102 (701)364-1800 rjohnson@minnkotaredcross.org minnkotaredcross org

American Tire Service, Inc.

Curtis Scheevel 1905 Gateway Drive Grand Forks, ND 58208-2793 (701)746-4421 curt@atsgf.com www.americantireserviceinc.com

American Tire South

Curt Scheevel 1700 S. Washington St Grand Forks, ND 58201-6336 (701)772-1214 www.americantireserviceinc.net

America's Best Value Inn

Smiley Thakker 1000 N. 42nd St Grand Forks, ND 58203-1916 (701)775-0555 abvigfsales@midconetwork.com www.abvigrandforks.com

AmericInn Motels & Suites

Mike Smith 1820 S Columbia Rd. Grand Forks. ND 58201-5819 (701)780-9925 americinn1@earthlink.net www.americinngf.com/

AmeriPride

Tim Nielson 206 NP Avenue Fargo, ND 58108-3072 (701)775-6534 www.ameripride.com

Ameriprise Financial

Roger M. Hodnefield 3425 S. Washington St. Suite A Grand Forks, ND 58201-7101 (701)746-5429 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 debbie.r.albert@ampf.com www.ameripriseadvisors.com/ debbie ralbert

Amundson Family Funeral Home

Philip Amundson 2975 S. 42nd St. Grand Forks, ND 58208-2012 (701)772-7070 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 kerryh@anchorwebsite.com www anchorwebsite com

Anderson Appraisal Service, Inc.

Peggy Boettner 311 Kittson Avenue Grand Forks, ND 58201-4765 (701)772-4700 peggy.aaps@midconetwork.com

Anderson Brothers Auto Body Shop

Scott Anderson 2010 Washington St. N. Grand Forks, ND 58203-1449 (701)772-1122 andersonbros@prodigy.net www.andersonbrosgf.com

Anderson Steel Erection & Crane Service

Rodney & Jane Severson 214 Cleo Ct Grand Forks, ND 58201-7547 (701)775-7079 àndersonsteel@gra.midco.net

Anne Carlsen Center Community Services

Christy Kindsvogel 2860 10th Ave N, Suite 400 Grand Forks, ND 58203 (701)757-4200 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 www.anytimefitness.com/gyms/125/ Grand%20Forks-ND-58201

Applebee's

Greg Remz 2851 South Columbia Road Grand Forks, ND 58201-6007 (701)795-5688 greg.remz@nglobe.com www.applebees.com

Applegren Construction

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

Appraisals & Real Estate Research

Joan L. Johnson 308 2nd Avenue N #301 Grand Forks, ND 58203-3730 (701)746-9147 jjohnson@integraonline.com

Aqua Pure Water Solutions

Michael Noland 416 Gateway Dr Grand Forks, ND 58203 701-772-5221 michaeldnoland@yahoo.com www.aguapure-water.com

Area Community Credit Union

Lonnie Nygren 2800 South Washington Street Grand Forks, ND 58201-6748 (701)772-2690 Inygren@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 mkeifenheim@gfschools.org www.artwise4kids.com

Asche Insurance Agency

Rick Asche 1521 24th Ave S Grand Forks, ND 58201 701-772-1138 yoaschey@aol.com www.mutualofomaha.com

Ashley Furniture HomeStore Travis Finseth

3201 32nd Ave South Grand Forks, ND 58201 (701)746-8089 travis.finseth@furnitureoutletsusa.com www.ashleyfurniturehomestore.com

Aspen Studio, Inc.

Dian Garber 1913 S.Washington St. Grand Forks, ND 58201 701-330-9572 aspenstudio@gmail.com www.aspenstudioblog.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 jon.ramsey@assurityfd.com www.assurityfd.com

AT&T

Heather Messmer 3750 32nd Ave.S. Suite 105 Grand Forks, ND 58201-5998 (701) 775-4287 Heather.Messmer@att.com www.business.att.com

Aurora Urgent Care

Dr. Cedric Masa 2650 32nd Ave S Grand Forks, ND 58201 (701)732-2710 cedric.masa@aurorauc.com www.auroraurgentcaregf.com **Auto Finance Super Center**

Bob Mullen 2251 32nd Ave. S. Grand Forks, ND 58201-3602 (701)772-6274 bob@bobmullen.com www.autofinancesupercenter.com

Auto Value Express

Kevin Schuh 1709 Dyke Ave Grand Forks, ND 58201 701-775-1134 kevin.schuh@autovaluelink.com www.autovalueexpress.com

Avianax, LLC

Richard Glynn 4201 Jamés Ray Drive Grand Forks, ND 58202 701-757-5129 anovak@avianax.com www.avianax.com

Avis Rent A Car

Shari Storbakken Grand Forks Airport Grand Forks, ND 58203-8900 (701)775-0688 àvis@gfwireless.com www.avis.com

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

B & N Oil Company

Greg Nelson 604 S Washington Grand Forks, ND 58201 701-772-5565 mr.tire@integraonline.com

Backspin Productions

Mike Haman P.O. Box 12042 Grand Forks, ND 58208 701-757-4300 mike@backspinproductions.com www.backspinproductions.com

BacTee Systems, Inc.

Rachel Hellyer 4775 Technology Cir., Ste 5 Grand Forks, ND 58203-5635 (701)775-8775 rachel@bactee.com www.bactee.com

Badman Design David Badman

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

Bank Forward

Brady Trenbeath 1301 Ralph Engelstad Arena Dr Grand Forks, ND 58203 (701)738-8700 brady.trenbeath@bankforward.com www.bankforward.com

Alphabetical Listing

Bank Forward (Columbia Rd)

Matt Follman 1301 Ralph Engelstad Arena Dr. Grand Forks, ND 58203 (701)738-8700 matt.follman@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 richb7742@aol.com

Beckstead's Auto Repair

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

Behl's Photography

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

Berastrom Electric. Inc.

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

Bert's Truck Equipment

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

Best Buy Co., Inc.

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

Betaseed

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

Big Jim's East Side Tire

Jim Hiebert 111 Gateway Drive Grand Forks, ND 58203-2422 (701)775-7045 bigjimstiregf@yahoo.com www.bigjimstire.com

Big Jim's Tire Up North

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

Biolife Plasma Services

Gina Towers 4770 Technology Circle Grand Forks, ND 58203-0600 (701)772-7447 gina towers@baxter.com www baxter com

Black Gold Potato Sales

Bob Hoffert 4320 18th Ave. S Grand Forks, ND 58201 (701)772-2620 bhoffert@blackgoldpotato.com www.blackgoldpotato.com

Blockbuster Video

Jay Seeger 525 DeMers Avenue Grand Forks, ND 58206-5117 (701)795-5022x14 jays@ncmgcompanies.com www.blockbuster.com

Blue Cross Blue Shield of ND Pat Bellmore 2810 19th Avenue S

Grand Forks, ND 58208-2516 (701)795-5340 pat.bellmore@noridian.com www.bcbsnd.com

Blue Moose Bar & Grill

David Homstad 507 2nd St NW East Grand Forks, MN 56721-1798 (218)773-6516 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 peiter.hjertstedt@bnsf.com . www.bnsf.com

Boardwalk Bar & Grill

Jane Moss 415 2nd St NW East Grand Forks, MN 56721 (218)399-3000 boardwalkbargrill@midconetwork. www.boardwalkbarandgrill.net

Boldmethod, LLC

Aleks Udris 667 DeMers Ave Suite 2001 Grand Forks, ND 58201-4500 (701)775-8608 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 bonnie@bonvoyagetraveInd.com www.bonvoyagetraveInd.com

Bonzer's

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

Border States Electric Supply Co.

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

Border States Trophy & Awards

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

Boy Scouts of America

Myron Barnes 1701 Cherry Street Grand Forks, ND 58201-7343 (701)775-3189 mhbarnes@nlcbsa.org www.nlcbsa.org

Braaten Cabinets

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

Brad Durick Outdoors LLC

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

Brady, Martz & Associates, P.C.

Joshua Opp 401 Demers Avenue, Suite 300 Grand Forks, ND 58208-4296 (701)775-4685 opp@bradymartz.com www.bradymartz.com

Brekke Tours & Travel

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

Bremer Bank

Russ Erickson 3100 S Columbia Road Grand Forks, ND 58208-3118 (701)795-4532 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 briansflooring@invisimax.co

Brian's Photography

Brian Holm 2650 32nd Ave S Grand Forks, ND 58201 701-795-7177 brianholm@invisimax.com www.brians-photography.net

Britton Transport, Inc.

Sharon Huebner 1119 North 42nd Street Grand Forks, ND 58208-3337 (701)772-6681 sharon@brittontransport.com www.brittontransport.com

Brown Corporations Nick Brown 1168 12th Street NE Grand Forks, ND 58201

(701)772-0265 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 janenelson@gra.midco.net www.budandralphsappliance.com

Budget RV

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

Bun Lounge

Harry Bushaw 1708 Mill Road Grand Forks, ND 58203-1534 (701)772-4366 hbnow@midconetwork.com

Business Essentials

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

Business Specialties, CPAs

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

C & R Cleaners & Laundry

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

C.L. Linfoot Company

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

Cabela's

Daren Muscha 210 DeMers Avenue East Grand Forks, MN 56721-1850 (218)773-0282 daren.muscha@cabelas.com www.cabelas.com/

Caldis, Tingum & Tingum, Ltd

Kirk Tingum 217 South 4th Street Grand Forks, ND 58206-5267 (701)772-5511 ktingum@qwestoffice.net www.tingumlaw.com

Cambridge Property Mgmt

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

Camrud, Maddock, Olson & Larson

Scott Jensen 401 DeMers Avenue, Suite 500 Grand Forks, ND 58201 (701)775-5595 sjensen@camrudlaw.com www.camrudlaw.com

Canad Inns

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

Cancer Center of North Dakota

Mandi Hoff 1451 44th Ave. S., Unit E Grand Forks, ND 58201-3434 (701)787-5800 mandi.hoff@cancercenternd.com www.cancercenternd.com

Capital Resource Management

David Evenson 3001B 32nd Ave. S., #3 Grand Forks, ND 58201-6068 (701)746-6729 devenson@invisimax.com www.capitalresourcemgmt.com

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

Carrington Court Townhome Apts.

Scott Stauss 2249 S. 34th Street Grand Forks, ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com **Caulfield Studio**

Robert Caulfield 13 N. 3rd Street Grand Forks, ND 58203-3713 (701)746-0078 caulfieldstudiogf@hotmail.com www.caulfieldstudios.com

CD Communications

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

Cellular Communications

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

Cenex - Gateway Drive

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

Century 21, Red River Realty

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

Century Electric, Inc.

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

Century Properties, Inc.

Judd Stauss 1800 5th Ave. NE East Grand Forks, MN 56721-1377 (218)773-3466 istauss@centurypropertiesegf.com www.centurypropertiesapartments.com

CenturyLink

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

CF Industries Enterprises, Inc.

Ron Boonstra Highway 81 N Grand Forks, ND 58208-3251 (701)772-3471 dcfgfka@cfindustries.com

Charles Bridgeford, D.D.S. Kim Weber

117 N. Washington St., Ste. D Grand Forks, ND 58203-3498 (701)746-0485 bridgeforddental@midconetwork. com www.bridgeforddental.com CherryBerry

Mark Riggs 3221 32nd Avenue South #800 Grand Forks, ND 58201 701-757-2110 cherryberryfargo@gmail.com www.cherryberryyogurtbar.com

Chiro Rx Ltd

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

Choice Financial -South Washington

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

Choice Financial-42nd

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

Choice Health & Fitness
Julie Kirkeby
4401 S. 11th Street
Grand Forks, ND 58201
(701)746-2790
jkirkeby@centercourtfitnessclub.com
www.ChoiceHF.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 thaggy@cirrusdesign.com www.cirrusdesign.com

Citizens Community Credit Union

Tammy Fischer 1215 N 42nd St Grand Forks, ND 58203 (701)662-8118 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 shuizenga@ci.east-grand-forks.mn.us www.egf.mn/

City of GF Assessor's Office

John Herz 255 North 4th Street Grand Forks, ND 58206-5200 (701)746-2611 jherz@grandforksgov.com www.grandforksgov.com.

City of GF Engineering Dept.

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

City of GF Finance & Admin. Services

Maureen Storstad 255 North Fourth Street Grand Forks, ND 58206-5200 (701)746-2620 mstorstad@grandforksgov.com www.grandforksgov.com

City of GF Fire Dept.

Peter O'Neill 1124 DeMers Avenue Grand Forks, ND 58201-4322 (701)746-2566 www.grandforksgov.com

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) 792-2876 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 bgengler@grandforksgov.com www.grandforksgov.com

City of GF Police Department John Packett

John Packett 122 South Fifth Street Grand Forks, ND 58206-5548 (701)787-8000 jpackett@grandforksgov.com www.grandforksgov.com

City of GF Public Health

Emergency Management 151 S 4th St., Ste. N301 Grand Forks, ND 58201-4718 (701)787-8100 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 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 www.grandforksgov.com

Clayburgh, Ben

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

Cleanse Factor

Monica Beauchane 915 Washington Avenue Northwood, ND 58267 218-779-3492 cleansefactor@gmail.com www.cleansefactorcolonics.com

Clear Channel Communications

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

Clothes Mentor

Becky Waage 2500 Columbia Road S. Suite E Grand Forks, ND 58201 701-757-2800 cmgrandforks@gmail.com www.clothesmentor.com

C'Mon Inn

Jared Erickson 3051 32nd Avenue South Grand Forks, ND 58201-6021 (701)775-3320 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 patsydv@forksrealestate.com/ www.forksrealestate.com/

Columbia Mall Bill Reid

2800 South Columbia Road Grand Forks, ND 58201-6030 (701)746-7383 bill@shopcolumbiamall.com www.shopcolumbiamall.com

Comeau Electric, Inc.

Paul Comeau 614 S. 18th St. Grand Forks, ND 58201-4247 (701)775-4608 paul.comeauelectric@invisimax.com www.comeauelectricinc.com **Comfort Keepers**

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

Community Contractors, Inc.

Craig Tweten
4297 16th Ave. N.
Grand Forks, ND 58208-3593
(701)772-2111
rdeschene@communitycontractorsinc.com
www.communitycontractorsinc.com

Community Foundation of GF, EGF & Region Kristi Mishler

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

Community Options

Bryan Wetch 3551 S 20th St, Suite A Grand Forks, ND 58201 (701)772-1715 www.communityoptions.org

Community Safety Net

Corey Desjarlais 276 Cavalier Street Pembina, ND 58271-0559 (800)665-6167 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 Kristi@cviconline.org www.cviconline.org/

Conlin's Furniture

John Knutson 1605 S Washington St. Grand Forks, ND 58201-6333 (701)775-0475 john_knutson@conlins.com www.conlins.com/

Construction Engineers

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

Cornerstone Ag Services Inc.

Jennifer Otteson PO Box 128 Buxton, ND 58218 218-791-9113 jen@cstoneag.com www.cornerstoneagservices.com

Corporate Technologies LLC

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

Alphabetical Listing

Cost Cutters

Robert Wedin 2475 32nd Ave. S., #4 Grand Forks, ND 58201 (701)772-1488 rwedin@msn.com

Cost Cutters (Grand Cities Mall)

Bob Wedin 1726 S. Washington St. Grand Forks, ND 58201 (701)775-3478 rwedin@msn.com www.costcutters.com

Country Inn & Suites

Eric Kendall 3101 South 42nd Street Grand Forks, ND 58201 (701)757-2200 cx_grks@countryinns.com www.countryinns.com/grandforksnd/

Countrywide Sanitation

Rachel Gornowicz PO Box 5551 Grand Forks, ND 58206-5551 (701)772-3344 rachel@countrywidesanitation.com www.countrywidesanitation.net

CPS, Ltd. Engineering/Land Surveying

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

Culinex

Bart Nelson 513 10th Ave. N. Grand Forks, ND 58203 (701)746-8471 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 www.culvers.com/restaurants/ grand-forks

Curtis Fischer Tax Services

Curtis Fischer 2656 S. 26th St. 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 www.drtanabe.com

Custom Aire Mechanical Contract-

Scott Boettner 5525 1st Ave North Grand Forks, ND 58203 701-775-0305 sboettner@customaire.net www.customaire.net

Custom Stripes, Inc.

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

D.J. Burris Quality Carpet Cleaning

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

Dacotah Paper Company

Paul Kalka 3940 15th Ave NW Fargo, ND 58108 701-741-6796 paulk@dacotahpaper.com www.dacotahpaper.com

Dahl Funeral Home

Dan Dahl 2029 Central Ave. NW East Grand Forks, MN 56721-2701 (218)773-2971 dahlfuneralhome@midconetwork.com www.dandahlfuneralhome.com

Dak-Minn Blood Bank

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

Dakota Boys and Girls Ranch

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

Dakota Carrier Network

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

Dakota Commercial & Development Inc. - Jerry Youngberg

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

Dakota Commercial & Development, Inc

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

Dakota Fire Protection

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

Dakota Harvest Bakers

Paul Holje 17 N. 3rd St. Grand Forks, ND 58203 (701)772-2100 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 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 randy.kieffer@dakotasales.net

Dakota Science Center

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

Dakota Supply Group

Clair Zirnhelt 715 South 48th Street Grand Forks, ND 58208-4757 (701)746-7373 czirnhelt@dsginc.biz www.dakotasupplygroup.com

Dakota TV & Appliance

Earl Schneider 2218 32nd Ave. S. Grand Forks, ND 58201-6549 (701)772-5533 www.dakotatv.brandsource.com

Dakota Valley Lumber

Jarid Cameron 4551 S Washington Suite F Grand Forks, ND 58201 (701) 775-7522 jrid@usa.com

Dakota Venture Group

Kristin Heck 4200 James Ray Dr Grand Forks, ND 58203 (701)738-4822 information@dakotaventuregroup.com www.dakotaventuregroup.com

Dakotas Chapter NECA

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

Dale Carnegie Training

Tiffaney Holm 4310 17th Ave S Fargo, ND 58103 701-476-8351 tiffaney.holm@dalecarnegie.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 www.dance-etc-nd.com

Daniel Schefter D.D.S.

Cathy Schefter 3001 B 32nd Ave S Suite 1B Grand Forks, ND 58201 (701)775-7005 dstooth@qwestoffice.net www.schefterdentistry.com

David Thompson - Attorney At Law

David C. Thompson 321 Kittson Avenue Grand Forks, ND 58206-5235 (701)775-7012 dct@rrv.net www.davidcthompsonpc.com

Daydreams Specialities

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

Days Inn

James Land 3101 S. 34th Street Grand Forks, ND 58201-5904 (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 charles_stein@deanfoods.com www.deanfoods.com

Deaton's Mailing Systems, Inc.

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

Deek's Pizza

Tyler Kuenzel 512 N Washington St Grand Forks, ND 58203 701 772 3335 kelly@deekspizza.com www.deekspizza.com

Deitz Companies

Marijo Deitz-Whitcomb 3111 S Washington St Suite D Grand Forks, ND 58201 (701)775-2195 mjdtz53@gmail.com www.iwantthat.biz

Dell-Comm, Inc.

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

DeMers Dental (Dr. Erickson)

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

Demers Dental (Dr. Stadem)

Dr. Paul Stadem 706 DeMers Avenue East Grand Fork, MN 56721-1842 (218)773-7474 pstadem@hotmail.com www.demersdental.com

Dennie's Delivery Inc.

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

Denny's

Jordan Johnson 3770 32nd Ave. S. Grand Forks, ND 58201 (701)757-7526 dennysgrandforks@midconetwork.com www.dennys.com

Dental Designs Laboratory/Mushitz Properties

Bob Mushitz 1604 South Washington Street Grand Forks, ND 58201 701-775-6038 bobmushy@hotmail.com

Development Homes, Inc.

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

Dickey's Barbecue Pit

Joshua Becker 623 South Washington St Grand Forks, ND 58201 701- 203-4464 dickeys525@gmail.com www.dickeys.com

Dietrich Bus Service

Len Boucher Hwy 2 West Grand Forks, ND 58208-2577 (701)772-0601

Docu-Shred, Inc.

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

Dog'Mahal Doghaus/Ojata Records

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

Don Williams Roofing

Don Williams 1421 6th Ave NE Thompson, ND 58278 701-741-5189 1dvwilliams@msn.com **Drees Farming Association**

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

Drees, Riskey & Vallager, Ltd.

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

Drummer's Diesel, Inc.

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

Duaine Espegard

Duaine Espegard 3694 Lynnwood Circle Grand Forks, ND 58201 701-795-1558 espegard@gra.midco.net

Dusterhoft Oil, Inc.

Scott Dusterhoft 4315 DeMers Avenue Grand Forks, ND 58201-3901 (701)772-6702

Eagle Electric, Inc.

Darryl Beauchamp 119 3rd St. NE East Grand Forks, MN 56721-0637 (701)746-0449 jlb.eaglee@midconetwork.com

Eagles Club #350

Mel Hoverson 227 10th St NW East Grand Forks, MN 56721-1505 (218)773-0077 www.foe.com

Eagle's Crest Grill

Paul Waind 5301 S. Columbia Rd. Grand Forks, ND 58201-2801 (701)787-3491 www.eaglescrestgrill.com

EAPC Architects Engineers Lori Bakken 3100 Demers Avenue Grand Forks, ND 58201-4018 (701)775-3008 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 eastgrandfloral@yahoo.com www.eastgrandfloral.com

East Grand Inn

Gary Singh 606 Gateway Dr. NE East Grand Forks, MN 56721 (218)773-9822 eastgrandinn@yahoo.com www.exploreminnesota.com/lodging/1877/east-grand-forks/eastgrand-inn Easter Seals Goodwill of ND, Inc.

Heather Nelsen 3651 S. Washington Grand Forks, ND 58201-7201 (701)751-0111 hnelsen@esgwnd.org www.esgwnd.easterseals.com

Ecolab. Inc.

Greg Gást 3535 S 31st Street Grand Forks, ND 58206-6007 (701)775-1760 greg.gast@ecolab.com www.ecolab.com

Economic Development Housing Authority

Authority
Jim Richter
600 DeMers Ave
East Grand Forks, MN 56721-0439
(218)773-8939
jrichter@ci.east-grand-forks.mn.us
www.egf.mn/index.aspx?NID=138

Economy Plumbing, Inc.

Tom McGurran 1120 Dyke Avenue Grand Forks, ND 58203-3650 (701)775-0509 www.economyplumbinginc.com

Edgewood Management Group, LLC

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

Edgewood Vista - East Grand Forks

Tammy Radermacher 608 Fifth Avenue NW East Grand Forks, MN 56721-1738 (218)773-6648 tammie.radermacher@edgewoodvista.com www.edgewoodvista.com

Edward Jones - Jeanne Peterson

Jeanne Peterson 1375 S Columbia Rd #C1 Grand Forks, ND 58201 701-772-1153 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 www.edwardjones.com

Edward Jones - Ken Johnson

Kenley Johnson 117 N. Washington St. Grand Forks, ND 58203 701-775-7824 ken.e.johnson@edwardjones.com www.edwardjones.com

Edward Jones-Lisa Tetrault Sonterre

Lisa Tetrault Sonterre 2850 24th Avenue South Grand Forks, ND 58201 701-772-6525 lisa.tetraultsonterre@edwardjones.com www.edwardjones.com

EdwardJones - M. Larsen

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

EdwardJones - 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 www.egf.mn/index.aspx?nid=302

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 www.elroco.com

Emerson Duty Free Shop

Robert Prince P.O. Box 460 Emerson, MB ROA OLO (204)373-2600 admin@emersondutyfree.mb.ca www.emersondutyfree.com

Empire Arts Center

Lisa Unkenholz 415 DeMers Avenue Grand Forks, ND 58201-4507 (701)746-5500 lisa@empireartscenter.com www.empireartscenter.com

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 kevin.gault@enbridge.com www.enbridge.com/

Erickson Financial Advisors

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

Evergreen Insurance

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

Express Employment Professionals

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

Eyemart Express

Lânce Henrickson 3750 32nd Avenue South, Suite 109 Grand Forks, ND 58201 701-792-2607 store186@eyemartexpress.com www.eyemartexpress.com

F. John Marshall

F. John Marshall 1397 Library Circle Grand Forks , ND 58201 701-772-9382 pat.bk@midconetwork.com

Face and Jaw Surgery Center

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

Fairfield Inn

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

Farm & Ranch Guide

Jim Murphy 215 B Street Cummings, ND 58223-0086 (701)436-4634 murphys@rrv.net www.farmandranchguide.com

Farmers Insurance Group - Steve Renslow

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

Farmers Insurance Group-George Wogaman

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

Farmers National Company

Terry Longtin 4050 Garden View Drive, Ste 103 Grand Forks, ND 58201 (701) 780-2828 tlongtin@farmersnational.com www.bqland.com

FedEx Office

Ben Nugent 2100 S Columbia Rd Grand Forks, ND 58201 701-746-6400 benjamin.nugent@fedex.com www.local.fedex.com/nd/grand-forks/ office-0610

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 fertllawn@integra.net www.fertllawn.com

Finstad Law Firm

Lee Finstad 2211 S. Washington St Ste E Grand Forks, ND 58201 701-775-7759 Ifinstad@gflaw.com www.finstadlaw.com

First Church of God

Pastor Chris Current 2856 N Washington Grand Forks, ND 58203 701-772-0953 stephencurrent@yahoo.com www.faithfamilyjesus.com/churchprofile.php?ChurchID=305471

First Class Mortgage

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

First Command Financial Planning

Paul Zwilling 311A Kittson Avenue Grand Forks, ND 58201 (701)402-2583 pmzwilling@firstcommand.com www.firstcommand.com/paulzwilling

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

Fisher, Olson & Juntunen, Ltd.

Patrick W. Fisher 315 First Avenue N Grand Forks, ND 58203 (701)775-4688 pfisher@rrv.net www.fisherolsonjuntunenltd.com

Alphabetical Listing

Florian & Sons Excavating

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

FM RedHawks

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

For Your Health

Fran Halvorson 2216 S. 10th Street Grand Forks, ND 218-230-3115 fhalvorson@hotmail.com www.goherbalife.com/franhalvorson

Forks Chem-Dry

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

Forks Freightliner

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

Forks Lath & Plaster

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

Forks Media

Veronica Maszk 1515 13th Ave SE East Grand Forks, MN 56721 701-203-3560 veronica@ForksMedia.com www.ForksMedia.com

Forte Professional Floor Care

Joe Forte 628 10th Ave. S Grand Forks, ND 58201 701-610-3079 forteprocare@aol.com www.forteprofloorcare.com/

Forum Communications Printing

Dennis Hall 1150 46th St. S Grand Forks, ND 58201 701-775-7705 fcpinfo@forumprinting.com www.gf.forumprinting.com

Forx Builders Association

Betty McDonald 519 DeMers Avenue Grand Forks, ND 58201-4258 (701)746-4536 betty@forxbuilders.com www.forxbuilders.com

Forx Rentall & Mini Stor-All

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

Frandsen Bank & Trust (10th Ave.)

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

Frandsen Bank & Trust (Columbia Rd)

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

Corey Cleveland 1616 S Washington Grand Forks, ND 58208-3697 (701)780-7700 ccleveland@frandsenbank.com www.cbrrv.com

Fremstad Law Firm

Ryan Carlson 2100 South Columbia Road Grand Forks, ND 58201 701-757-3700 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

Gaffaney's

Nick Johnson 1809 13th Avenue North Grand Forks, ND 58203 (701)746-6466 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 rgalstad@gjmlaw.com www.gimlaw.com

Games Galore

Dave Lerud 922 40th Street NW Fargo, ND 58102 (701)373-0104 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 brian@gamestogofargo.com www.gamestogofargo.com/

Gary's Tree Removal

Brent Maurstad 307 W. Mill Ave. Drayton, ND 58225 701-741-5513 garystreeremoval@hotmail.com

Gate City Bank

Jeff Peterson 3205 S. Washington St. Grand Forks, ND 58201-7169 (701)792-4352 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 & Northern Air Family Fun Center

Bryan Lee 5118 Gateway Drive Grand Forks, ND 58203-1110 (701)775-8191 northernairfec@yahoo.com www.gateway-storage.com

GEICO Insurance Companies

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

German Law Group, PC

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

Gerrells Sports Center / Hockey World

Brad Westrum 1004 S. Washington St. Grand Forks, ND 58201-4334 (701)775-0553 gerrells@gerrells.net www.gerrellssports.com/

GF Abstract & Title Company

Tony Faust 3374 S. 31st St., Ste. A Grand Forks, ND 58206-6326 (701)772-3484 www.gfabstract.com

GF Air Force Base

Col. Tim Bush 319 ARW/CC Grand Forks AFB, ND 58205-6231 (701)747-4150 timothy.bush@us.af.mil www.grandforks.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 gfboard@polarcomm.com www.grandforksndrealestate.com/

GF County Agencies

Debbie Nélson 151 South 4th Street Grand Forks, ND 58201 (701)780-8201 debbie.nelson@gfcounty.com www.gfcounty.nd.gov

GF County Extension Office

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

GF County-Veterans Service Office

Lou Lombardi PO Box 5547 Grand Forks, ND 58208-5547 (701)780-8296 lou.lombardi@gfcounty.org

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

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

GF Public Schools

Dr. Larry P Nybladh 2400 47th Avenue South Grand Forks, ND 58206-6000 (701)787-4880 larry.nybladh@gfschools.org www.gfschools.org/

GF Regional Airport Authority Patrick Dame

Patrick Dame 2301 Airport Drive Grand Forks, ND 58203 (701)795-6981 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 info@gfwireless.com www.dfwireless.com

GFAFB 319th Force Support Squadron

Julie McWalter 319 FSS/SFK Grand Forks AFB, ND 58205-6437 (701)747-3238 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 brents@flygfk.com www.flygfk.com/

GGF Convention & Visitors Bureau

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

GGF Symphony Orchestra

Jennifer Tarlin 3350 Campus Road Grand Forks, ND 58202-7084 (701)732-0579 jenny.tarlin@und.nodak.edu www.ggfso.org

Girl Scouts - Dakota Horizons

Andrea Brudvig 2525 DeMers Grand Forks, ND 58201 (701)772-6679

Giuseppe's Italian Ristorante

Joseph Miranda 414 Demers Avenue Grand Forks, ND 58201 701-757-1020 www.giuseppesingrandforks.com

Glamorous Reruns

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

Global Safety Network

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

Golden Rule Auto Repair

Bryan Funk 1300 S 14th St Grand Forks, ND 58201 701-746-6790 goldenrule@integra.net www.goldenruleautorepair.net

GOLDMARK

Stefanie Streyle 2211 South Washington St. Grand Forks, ND 58201 (701)780-9901 Stefanie.Streyle@goldmark.com www.goldmark.com/

Golf Center

Brian Leach 2800 S Columbia Rd Grand Forks, ND 58201 701-775-0019 bleachgolf@aol.com www.thegolfcenter.net

Good Samaritan Society Heritage Grove

Tricia Buckalew 2122 River Road NW East Grand Forks, MN 56721-1058 (218)773-7484 buckale@good-sam.com www.good-sam.com/index.php/ locations/heritagegrove

GoodInsurance - Bonnie Baglien

Bonnie Baglien 12 A Third Street South Grand Forks, ND 58201 (701)795-1070 bonnie.goodinsurance@gmail.com

Gowan Construction, Inc.

Milton Gowan PO Box 228 Oslo, MN 56744-0228 (701)699-5171 milt@gowanconstruction.com www.gowanconstruction.com **Grand Cities Mall**

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

Grand Event Rentals

Jamie Scott 322 Demers Avenue Grand Forks, ND 58201 701-772-1690 modplains@gmail.com www.grandeventnd.com

Grand Forks American Legion Post #6

Bob Greene PO Box 5692 Grand Forks, ND 58206-5692 218-230-4101 bob.ndal@yahoo.com

Grand Forks Builders and Traders Exchange

Clint Rodningen 523 Demers Avenue Grand Forks, ND 58201 (701)772-7798 surety@infionline.net www.bntgf.com

Grand Forks Center for Sleep

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

Grand Forks Co Farm Service Agency

Agency
Terry Miller
4775 Technology Circle #1A
Grand Forks, ND 58203-5635
(701)775-5533
terry.miller@nd.usda.gov
www.fsa.usda.gov

Grand Forks Country Club

Todd Geatz 794 12th Avenue NE Grand Forks, ND 58208-3636 (701)772-4831 todd@gfcountryclub.com www.gfcountryclub.com

Grand Forks County Soil Conservation District

Nedra Hoberg 4775 Technology Circle, Ste 1C Grand Forks, ND 58203-5635 (701)772-2321 nedra.hoberg@nd.nacdnet.net www.gfscd.org

Grand Forks Fire Equipment

Tim Brooks 921 N 3rd St Grand Forks, ND 58203 701-746-6463 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 Public Library Wendy Wendt 2110 Library Circle Grand Forks, ND 58201-6324 (701)772-8116 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

www.grandforks.org Grand Forks Senior Center

klaust@grandforks.org

Colette Iseminger 620 Fourth Avenue South Grand Forks, ND 58201-4534 (701)772-7245 director.gfscc@midconetwork.com www.gfseniorcenter.org

Grand Forks Winnelson

Jeff Lundeby 24 North 11th St Grand Forks, ND 58203-3638 (701)746-1190 jblundeby@winwholesale.com www.grandforkswinnelson.com

Grand Valley Animal Hospital

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

Grease Monkey

Ross Jorgensen 2351 32nd Ave South Grand Forks, ND 58201 701-795-9005 rmonkey@midconetwork.com www.greasemonkeyintl.com

Great Clips for Hair

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

Great Clips for Hair-UND

Emily Wilcox
UND Memorial Union
Grand Forks, ND 58202-6064
(701) 777-6399
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 lavetta.syverson@investmentcenters.com www.greatplainsfinancialgroup.com

Greater Grand Forks Fair & Exhibition Inc.

Monica Evavold 2300 Gateway Dr Grand Forks, ND 58208-2519 (701)330-1238 www.grandforksfair.com

Green Mill Restaurant

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

Greenberg Realty -Donna Wolfe-Sholes

Donna Wolfe-Sholes 3651 S. Columbia Road Grand Forks, ND 58201-3528 (218)779-9653 donnawolfe@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 www.greenbergreatly.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- Blake Christianson

Blake Christianson 3651 South Columbia Road Grand Forks, ND 58201 218-289-3029 grandforksagent@gmail.com www.blakeslistings.com

Greenberg Realty- Katie Marcotte

Ratie Marcotte
3651 South Columbia Road
Grand Forks, ND 58201
701-215-2363
kmarcotte@greenbergrealty.com
www.grandforksmls.com

Greenberg Realty- Laurie Tweten

Laurie Tweten
1401 Kings View Drive
Grand Forks, ND 58201
701-739-1014
Ithome4u@gmail.com
www.twetenubest.com

Greenberg Realty, Inc.

Skip Greenberg
3651 S. Columbia Road
Grand Forks, ND 58201-3528
(701)772-6641
sgreenberg@greenbergrealty.com
www.greenbergrealty.com/

Greenberg Realty-Chris Letvin

Chris Letvin 3797 Ruemmele Road Grand Forks, ND 58201 701-740-3611 cletvin@greenbergrealty.com www.cletvin.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.staceysellshomes.com

Greenberg Roofing & Sheet Metal

Dale Wold 1810 N 6th Street Grand Forks, ND 58208-2878 (701)775-5369 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 www.normanfuneral.com

Ground Round Restaurant

Matt Walkowiak 2800 32nd Ave. So Grand Forks, ND 58201 701-775-4646 groundround@invisimax.com www.groundround.com

GuestHouse International

Annette Aird 710 1st Avenue North Grand Forks, ND 58203-3604 (701)746-5411 www.guesthouseintl.com/

H & R Block (32nd Ave S)

Brian Beiswenger 2475 32nd Ave S Grand Forks, ND 58201 (701)746-0425 brian beiswenger@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 brian.beiswenger@hrblock.com www.hrblock.com

H & R Block (EGF)

Sheila Beiswenger 210 Gateway Drive East Grand Forks, MN 56721 218-793-0034 sheila.beiswenger@hrblock.com www.hrblock.com

Halstad Telephone Company

Tom Maroney PO Box 55 Halstad, MN 56548-0055 (218)456-2125 tmaroney@rrv.net www.halstadtel.com/

Hammarback & Scheving, P.L.C.

Rex Hammarback 712 DeMers Ave East Grand Forks, MN 56721 (218)773-6841 rex@hdalawyers.com www.hdalawyers.com

Hampton Management

Scott Stauss 3001 36th Avenue South Grand Forks , ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com

Hanson-Maves Company (Bekins)

Colette Riely 5227 Phoenix Ct Grand Forks, ND 58208-3263 (701)772-7208 maves@mstgf.com www.bekins.com/moving/Hanson-Maves-Company

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 store@happy-harrys.com www.happy-harrys.com

Happy Harry's Bottle Shops (2)

Hal Gershman 2051 32nd Avenue S Grand Forks, ND 58208-3662 (701)780-0902 hal@happy-harrys.com www.happy-harrys.com

Happy Host Inn

Rick Schreier 3101 17th Street South Grand Forks, ND 58201-6622 (701)746-4411 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 happyjoesgf@midconetwork.com www.happyjoes.com/

Hardware Hank

Brandon Buckalew 1017 Central Avenue NW East Grand Forks, MN 56721-1610 (218)773-7933 hardwaretaz@hotmail.com www.egfhardware.com

Harmon Glass Doctor

David Dvorak 2820 South Washington Grand Forks, ND 58201 (701)775-3171 glassdoctorgf@yahoo.com www.glassdoctor.com/

Alphabetical Listing

Hawkes Manufacturing, Inc.

Kevin Pierce 833 Gateway Drive NE (EGF) Grand Forks, ND 58208-4111 (218)773-4247

HB Sound and Light

Kristen Ahner 1515 DeMers Ave Grand Forks, ND 58201 (701)775-1150 kristen.abner@hbsound.com www.hbsound.com

Healthy North Dakota Worksite Wellness

Pete Seljevold 4510 13th Avenue South Fargo, ND 58121 701-277-2414 pete.seljevold@hndww.org www.ndworksitewellness.org

Healthy Systems USA/Spray Your Fat Away

Darren Fitch 2617 South Columbia Road Grand Forks, ND 58201 701-757-3030 healthysystemsusagf@gmail.com www.healthysystemsusa.com

Healthy Weighs Nutrition Center

Gabe Arntson 2750 Gateway Dr., Ste. B Grand Forks, ND 58203 218-779-1287 gabe@healthyweighsnutrition.com www.healthyweighsnutrition.com

Heartland Paper Company

Tim Nath 808 W. Cherokee St. Sioux Falls, SD 57104 (605)336-1190 natht@heartland-paper.com www.heartland-paper.com

Helgeson, Marlan

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

Henningsen Cold Storage Co.

Mike Chandler 5200 11th Ave S Grand Forks, ND 58201-3817 (701)335-5000 mike.chandler@henningsen.com www.henningsen.com/grand forks

Hepper, Olson Architects

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

Heritage Highland I

Jon Knowles 1115 3rd Ave NW East Grand Forks, MN 56721-1501 (218)547-3307 webmaster@dwjonesmanagement.com

Heritage Highland II

Jon Knowles P.O. Box Walker, MN 56484 (218)547-3307 webmaster@dwjonesmanagement.com

Hertz Car Sales & Rental

Phil Medina 1325 Demers Ave. Grand Forks, ND 58208-3727 (701)787-7274 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 jim@heyer-eng.com www.heyerengineering.com

Joan Greving 541 38th Ave. W. West Fargo, ND 58078 800-929-3556 4086 Joan.Greving@hibu.com www.hibu.com

Hitch 'N Go

George Skip"" Arnold 2915 S. Washington St. Grand Forks, ND 58201-6779 (701)775-4477

Hielmstad Insurance

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

Hoiberg's Office Supply & Printing Centre Scott Hoiberg

PO BOX 877 Devils Lake, ND 58301 701-230-3619 sales@hoibergsofficesupply.com www.hoibergsofficesupply.com

Holiday Inn Express

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

Holy Family/St. Mary's School

Charles Scherr 1001 17th Ave S Grand Forks, ND 58201 701-775-9886 cscherr1@msa.com www.holyfamily.k12.nd.us

Home Helpers

Melissa Johnson 2524 S Washington St Grand Forks, ND 58201 701-746-5042 homehelpers@midconetwork.com www.ndhomehelpers.com

Home of Economy Wade Pearson 1508 N. Washington St. Grand Forks, ND 58208-3430 (701)772-6611

wade.pearson@homeofeconomy.com www.homeofeconomy.com

Home Place Thrift Store, The

Vonnie Lilleoien 1811 S. Washingon Grand Forks, ND 58201 (701)795-9704 www.prairieharvest.net

Hometown Automotive Repair

Darin Hart 1900 South Washington Street Grand Forks , ND 58201 701-775-3341 hometownautomotiverepair@gmail. www.hometownautomotiverepair.com

Hope Evangelical Covenant Church

Paul Knight 1601 17th Ave S Grand Forks, ND 58201 (701)772-1884 paulpit@gfhope.org www.hopecovenantchurch.org

Hospice of the Red River Valley

Bonnie Oelschlager 1701 38th Street South Suite 101 Fargo, ND 58103 (701)772-3172 bonnie.oelschlager@hrrv.org www.hrrv.org

House of Vacuums

Tom Nyberg 410 N. Washington St. Grand Forks, ND 58203-3182 (701)746-9300 www.vacsgf.com

Howard Johnson

Brendan Eichsteadt 1210 N 43rd St Grand Forks, ND 58203 701-772-7131 brendan@grandforkshojo.com www.hojo.com

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

Hugo's #5 Margo Johnson 306 14th St. NE East Grand Forks, MN 56721 218-773-2418 margo@gohugos.com www.gohugos.com

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

Hugo's #8

Kristi Magnuson-Nelson 1950 32nd Ave S, #C Grand Forks, ND 58201 (701) 746-0688 kristi@gohugos.com www.gohugos.com/

Hugo's #8 Rod Spies 1750 32nd Avenue S Grand Forks, ND 58201 (701)746-0688

www.gohugos.com/

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

Hugo's Wine & Spirits (Columbia Rd) Kristi Magnuson-Nelson 1325 S Columbia Rd Grand Forks, ND 58201

(701)738-2007 kristi@gohugos.com www.hugoswineandspirits.com

Hugo's Wine & Spirits (East Grand Forks) Allen Dukart 310 14th Street NE East Grand Forks, MN 56721 218-793-0014 duke@hugoswineandspirits.com

www.hugoswineandspirits.com

Humana

Tina Biggs 1611 Alderson Ave Billings, MT 59102 (406)238-7130 àtovár1@humana.com www.humana.com

ICON Architectural Group

4050 Garden View Drive, Suite 101 Grand Forks, ND 58201 (701)772-4266 todd@iconarchitects.com www.iconarchitects.com/

Ideal Aerosmith (GF)

Darren Stinson 3001 S Washington Grand Forks, ND 58201 701-757-3400 dstinson@idealaero.com www.ideal-aerosmith.com

Ideal Aerosmith Inc.

Barb Schultz 1510 Gateway Drive NE East Grand Forks, MN 56721-2611 218-773-2455 bschultz@idealaero.com www.ideal-aerosmith.com

IMM

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

Independent School District #595

Dave Pace PO Box 151 East Grand Forks, MN 56721-0151 (218)773-3494 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 jerry@indigosignworks.com www.indigosignworks.com/

Industrial Contract Services, Inc.

Drew Molstad 3102 N. Washington Grand Forks, ND 58208-3158 (701)775-8480 ddangerfield@icsgf.com www.icsgf.com

Ink. Inc.

Patti Eider 314 Kittson Ave Grand Forks, ND 58201 701-775-5300 patti_eider@hotmail.com

Innes Construction Company

Jeff Johnson 4324 University Ave Grand Forks, ND 58208-2697 (701)746-5461 www.innesconstruction.com

Innovative Products

Jim Steinke 830 South 48th Street Grand Forks, ND 58201-3871 (701)772-5185 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 inprints@midconetwork.com

Insight Technologies, Inc.

Don Fisk 2600 DeMers Avenue Grand Forks, ND 58208-3477 (701)775-5512 dfisk@greatinsight.com www.greatinsight.com/

Insure Forward

Chris Lander 3311 South Washington St Grand Forks, ND 58208-4150 (701)772-6651 chris.lander@insureforward.com www.bankforward.com/insure

Integra Telecom

Lisa Duckstad 2150 32nd Ave. S., #C Grand Forks, ND 58201 701-792-0686 Lisa.Duckstad@integratelecom.com www.integratelecom.com

Integrated Living Connie Bjerk

1165-E S Columbia Rd Grand Forks, ND 58201 (218)779-2287 connie@integratedlivingnow.com www.integratedlivingnow.com

InvisiMax

Phil Hebert 2814 Tucson Trail Madison, WI 53719 (218)745-6030 philh@invisimax.net www invisimax com

IRET Properties

Tom Bures 3401 28th Ave S Grand Forks, ND 58201 701-746-1015 tbures@iret.com www.iretapartments.com

ISS Facility Services Inc

Lee Berreth 912 Page Dr Fargo, ND 58103 (701)364-9786 Lee.berreth@issworld.com www.us.issworld.com

Italian Moon Pizza & Restaurant

Ken Towers 810 S Washington Grand Forks, ND 58201-8416 (701)772-7277 ken_towers@hotmail.com www.italianmoon.com/

J & G Landscaping

JoAnn Renfrow PO Box 9 Emerado, ND 58228-0009 (701)594-2669 joannmrenfrow@hotmail.com www.jandglandscaping.net

J.A. Anderson, D.D.S.

J.A. Anderson 3425 S. Washington St. Grand Forks, ND 58201-7101 (701)775-3989 jaajr@invisimax.com www.drjaanderson.com

J.R. Simplot

Dave Gottberg 3630 Gateway Drive Grand Forks, ND 58203-0826 (701)780-7830 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 jim@jshomeinspection.comwww.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 gleedahl@hotmail.com

James Dalglish

James Dalglish 3641 9th Ave. N. Grand Forks, ND 58203 (701)775-9700 imdalglish@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 www.centerforsmiledesign.com

James S McDonald, DDS

James McDonald 1421 Central Ave NW East Grand Forks, MN 56721-1613 (218)773-3010 www.mcdonalddentistry.com

JC Penney

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

Jeff's Landscaping

Jeff Moen 504 5th Ave Reynolds, ND 58275 (701)740-6323 jeffrey58275@gra.midco.net

Jenny Craig Weight Loss Centre

Honoria Sorlien 2534 17th Ave. S. Grand Forks, ND 58201-3342 (701)746-9608 www.jennycraig.com/

Jewelry On The Run

Cheryl Tupa 25437 410th Avenue SW Fisher, MN 56723 701-739-1601 cheryltupa@aol.com

JLG Architects Lonnie Laffen 124 N 3rd St. Grand Forks, ND 58203-3719

(701)746-1727 llaffen@jlgarchitects.com www.jlgarchitects.com

Job Service North Dakota

Keith Reitmeier 1501 28th Avenue S Grand Forks, ND 58201-6727 (701)795-3703 kreitmei@nd.aov www.jobsnd.com

Jockey Person to Person- Myrna Evenson

Myrna Evenson 36338 330th St SW Climax, MN 56523 218-289-0875 mevenson@rrv.net www.myjockeyp2p.com/myrnaevenson

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

Johnson Wealth Management, LLC

Derrick Johnson 322 Demers Ave Grand Forks, ND 58201 7017468310 derrick@johnsonwealth.com www.johnsonwealth.com

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 ibc@polarcomm.com

Jolly Mon Vacations

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

JTC. Inc

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

Julie Smith Design and Retail

Julie Smith 118 Belmont Road Grand Forks, ND 58201 701.202.7799 juliesmithnd@gmail.com www.juliesmithdesignandretail.com

Jump for Joy Bounce Houses

Dana Boe 14039 15th St NE Hatton, ND 58240 701-430-1655 jump4joybouncers@yahoo.com www.jump4joybouncer.com

Kadrmas, Lee & Jackson, Inc Nick West 2750 Gateway Drive Grand Forks, ND 58201 (701)775-1109

nick.west@kljeng.com www.kljeng.com

KapStone Container Corporation

Cathy Spicer 5400 32nd Avenue South Grand Forks, ND 58201 (701)787-6400 Cathy.Spicer@kapstonepaper.com www.kapstonepaper.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 manderson@karlsinc.com www.karlsonline.com

Keith Danks Jr.

Keith Danks .lr 2004 Demers Ave Grand Forks, ND 58201-4107 (701)775-3325 keith@equitymgmnt.biz

Keith's Security World

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

Keller Williams Roers Realty -Linda Bunde

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

Kelly Services

Nicole Peterson 3750 32nd Ave S., Ste. 101 Grand Forks, ND 58201-5895 (701)780-9509 NICP933@kellyservices.com www.kellyservices.com/

Kelly's Bar

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

Kenny's Music Kenny Holweger 2001 South Washington Street Grand Forks, ND 58201 701-772-8670

bustersodd@yahoo.com www.kennvsmusic.com

Kentucky Fried Chicken

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

Kidwell's Signature Cleaning, Inc.

Julie Kidwell 402 University Ave Grand Forks, ND 58203 701-757-0988 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 dtannahill@gfparks.org www.kingswalk.org

Knight Printing

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

Knutson Printing Company

Jay Knutson 1323 University Avenue Grand Forks, ND 58203 701-772-5563 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 dorouke@kvrr.com www.kvrr.com

L & M Meats & Sausage

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

'I Bistro Mediterranean Eatery

Sarah Desgrez Canad Inns Destination Center Grand Forks, ND 58201 701-792-1960 sdesgrez@canadinns.com www.lbistro.net

LA Rie Boutique

Laurie Kovar 2860 10th Ave N- Suite 200 Grand Forks, ND 58203 701-757-0536 lauriekovar@gmail.com www.larieboutique.com

La Touche' Finale Terri Berg 3701 22nd Ave S

Grand Forks, ND 58201 701-741-3671 Itfpainting@gmail.com www.ltfpainting.com

LA Weight Loss

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

Labor Ready

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

Lafarge Dakota, Inc.

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

Lakes & Prairies Child Care Resource and Referral

Laura Jennings 2512 C South Washington St. Grand Forks, ND 58201 701-772-3435 lauraj@lakesandprairies.net www.ndchildcare.org/

Lakeview Inn & Suites

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

Alphabetical Listing

Lander Limited Partnership

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

Laser Systems

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

LASERZIP

Darren Stinson 1274 Burbank Circle Grand Forks, ND 58201, ND 58201 701-732-0730 info@laserzip.com www.laserzip.com

Leighton Broadcasting

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

Leisureland RV

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

Liberty Business Systems, Inc.

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

Liberty Tax Service

Brad Ness 720 S. Washington St. Grand Forks, ND 58206-5353 (701)746-1750 Its2648@libertytax.com/ www.libertytax.com/

Lifetime Vision Center

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

Lighting Gallery, Inc.

Sonia Roberton 1200 South Washington Street Grand Forks, ND 58201-5433 (701)772-2402 sonia@shopthelightinggallery.com www.shopthelightinggallery.com

Lignite Energy Council/PAE

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

Lisa's Soy Scents

Lisa Swanson 3970 S. 17th St. Grand Forks, ND 58201 701-213-7436 lisassoyscents@hotmail.com www.lisassoyscents.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

Roger Johnson 2273 32nd Avenue South Grand Forks, ND 58208-3727 701-787-7216 rogerjohnson@lithia.com www.lithiaflmofgrandforks.com/

Lithia Toyota of Grand Forks

Pete Mears 2473 32nd Ave. South Grand Forks, ND 58201 701-335-1160 pmears@lithia.com www.ToyotaOfGrandForks.com

Little Bangkok

Thamrong Dechawuth 302 DeMers Ave East Grand Forks, MN 56721 218-399-1122 dave_58103@msn.com www.littlebangkok.info

LM Wind Power

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

Lumber Mart

Bob Peabody 1910 Business Hwy. 2 East Grand Forks, MN 56721-0232 (218)773-1151 bob@lumbermarteast.com www.lumbermarteast.com

Lundbohm Artistic Taxidermy

Andrew Lundbohm 1328 20th ST NW East Grand Forks, MN 56721 763-229-7957 andyclundbohm@yahoo.com

Lunseth Plumbing & Heating

William O'Connell 1710 N. Washington St. Grand Forks, ND 58203-1426 (701)772-6631 billo@lunseth.com www.lunseth.com/

Lutheran Social Services of North Dakota

Janell Regimbal 412 DeMers Avenue Grand Forks, ND 58201-4508 (701)772-7577 jregimbal@lssnd.org www.lssnd.org/

Main Resource Equipment Auctions & Land Sales

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

Mamma Maria's Italian Restaurant

211 DeMers Ave
East Grand Forks, MN 56721
218-773-2225
info@mammamariasrestaurant.com

Maple View Memory Care Community

munity
Jordyn Haider
4650 S Washington
Grand Forks, ND 58206-5984
(701)772-3400
jordynh@lifeatmapleview.com
www.LifeAtMapleView.com

Marco Inc.

Chad Thomas

Tim Goetz PO. Box 250 St Cloud, MN 56302-0250 (701)775-0611 timg@marconet.com www.marconet.com

Marco's Pizza

Joe Deck 3901 South Washington Grand Forks, ND 58201 701-772-4000 www.marcos.com

Marine Corps Recruiting

Manager 2550 S. Columbia Rd. Grand Forks, ND 58201-6012 (701)772-3627

Mary Kay - Natividad Kolb

Natividad Kolb 3500 30th Ave S Apt 317 Grand Forks, ND 58201 718-683-1766 nreynoso@gra.midco.net www.marykay.com/nkolb1/default. aspx

Mary Kay Cosmetics Fut Exec Sr. Sales Director

Jane Brueske 2519 24th Ave. S. Grand Forks, ND 58201-6120 (701)792-4242 jbrueske@rrv.net www.marykay.com/jbrueske

Matt Woodworking

Hugh Matt 597 N 69th St Grand Forks, ND 58203 218-791-8793 hughrmatt@gmail.com

Maximum Impact Promotions & Specialties Lori Cariveau

20275 430th Ave SW
East Grand Forks, MN 56721
218-773-4281
maximumimpact@rrv.net
www.mximumimpactpromotions.com

Mayo Manufacturing

Mike Delisle 2108 Business Hwy 2 East East Grand Forks, MN 56721-0497 (218)773-1234 mikedelisle@mayomfg.com www.harriston-mayo.com

Mayport Insurance & Realty , Inc.

Larry McGillis 713 Parke Ave Portland, ND 58274 (701)786-2858 www.mpins.com

McDonald's Columbia Mall

Michael O'Keefe 2910 32nd Ave S Grand Forks, ND 58201-6024 (701)772-2410 www.mcdonalds.com

McDonald's Gateway Drive

Bill O'Keefe 4340 Gateway Dr Grand Forks, ND 58203-2502 (701)746-7980 www.mcdonalds.com

McDonald's South Washington

Bill O'Keefe 1125 S. Washington St. Grand Forks, ND 58201-5430 (701)746-5493 www.mcdonalds.com

McDonalds-EGF

Mike & Cindy O'Keefe 1212 Central Ave NE East Grand Forks, MN 56721-1603 (218)773-3922 www.mcdonalds.com

McFarlane

Mitch Price 3473 N. Washington St Grand Forks, ND 58208-2095 (701)772-9511 MPrice@mcfarlane-e3.com www.mcfarlanesheetmetal.com

McKenna & Associates, P.C.

Kevin Austin 1515 S. Washington St. Grand Forks, ND 58201-9007 (701)772-4819 www.mckennaandassociates.net

McKinnon Company

Dan Mulroy 1002 S 48th Street Grand Forks, ND 58201-3828 (701)746-7344 dmulroy@mckinnonco.net

Medicap Pharmacy

Jeff Theige 1395 S Columbia Road #C Grand Forks, ND 58201-4011 (701)746-1800 www.medicap.com

Meridian Environmental Technology, Inc.

Leon & Kathy Osborne 4324 University Ave. Suite B Grand Forks, ND 58208-4178 (701)787-6044 leon_osborne@meridian-enviro.com www.meridian-enviro.com/

Merle's Steam Clean Carpet & Upholstery Cleaning

Glenn Reck Grand Forks, ND 58201 701-772-6159 merles1@live.com www.merlessteamclean.com

Merrill Lynch Matt Engen 51 A Broadway N Fargo, ND 58102 701-241-1237 matthew_engen@ml.com www.ml.com/

Merrill Lynch - Ryan Thompson

Ryan Thompson 51 A Broadway Fargo, ND 58102 701-241-1212 Ryan2.Thompson@ml.com

Merry Maids

Katie Stauss 1407 24th Ave. S., Ste. 316 Grand Forks, ND 58201-6773 (701)775-6778 merrymaidsgf@hotmail.com www.merrymaids.com

Mexican Village

Angie Green 1218 S Washington Grand Forks, ND 58201 701-775-3653 arheit@hotmail.com

Midcontinent Communications Butch Moteberg 5030 Gateway Drive Grand Forks, ND 58208 (701)335-4220 butch moteberg@mmi.net

www.midcocomm.com Midwest Coca-Cola of Grand Forks

Bill Leier 819 46th St. S. Grand Forks, ND 58201-3841 (701)775-6211 bileier@na.cokecce.com

Midwest Refrigeration, Inc.

Terry Grundysen 818 S 46th Street Grand Forks, ND 58208-3301 (701)746-5448 info@midwestrefrigeration.com www.midwestrefrigeration.com

Midwest Testing Laboratory, Inc.

Joel Dilley 1555 North 42nd Street - Unit B Grand Forks, ND 58203 701.772.2832 joeld@midwesttestinglabs.com www.midwesttestinglabs.com

Mike's Pizza & Pub

Sherry Aarnes 411 2nd St NW East Grand Forks, MN 56721-1739 (218)773-2479 www.mikespizzaegf.com

Mikkelson Consolidated, L.L.P

Dan Mikkelson 815 N 39th Street Grand Forks, ND 58203-2059 (701)775-2342

Millennium Systems Technology

Terry Dvorak 915 48th St. S Grand Forks, ND 58201 (701)772-6408 Dvorak@MSTGF.com www.mstqf.com Minn-Dak Growers. Ltd.

Harris Peterson 4034 40th Ave N. Grand Forks, ND 58208-3276 (701)746-7453 www.minndak.com

MinnKota Enviro Services Inc

Mary Aldrich 2004 DeMers Ave Grand Forks, ND 58206 (800)726-3164 maldrich@minnkota.biz www.minnkota.biz

Minnkota Power Cooperative, Inc.

Robert McLennan 1822 Mill Road Grand Forks, ND 58208-3200 (701)795-4000 mmclennan@minnkota.com/ www.minnkota.com/

Modern Auto Body, Inc.

Scott Loscheider 1324 24th Ave. S. Grand Forks, ND 58201-6733 (701)772-1649 scott.mab@midconetwork.com www.modernautobodygf.com/

Modern Information Systems, Inc.

K.C. Inman 817 1st Avenue North Grand Forks, ND 58203-3680 (701)772-4844 kcinman@moderninformation.com/www.moderninformation.com/

Morelli's Distributing Inc.

Reggie Morelli 6000 Hwy 2E Minot, ND 58702 (701)852-1141

Morgan Printing, Inc.

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

Morgan Stanley

Richard Mercil 3105 A South Washington Grand Forks, ND 58201 701-795-7680 richard.mercil@morganstanley.com www.fa.morganstanleyindividual. com/detiennemercilgroup

Morning Star Ranch

JoAnna Stinar 2981 37th St. NE Inkster, ND 58244 701-865-4274 jstinar4274@gmail.com www.morningstaremu.com

Mr. Sandless North Dakota

Brian Opdahl 609 Plain Hills Dr Grand Forks, ND 58201 (701)757-2040 northdakota@mrsandless.com www.mrsandless.com

MSB Inc

Carla Younce 115 Grassy Hills Lane Grand Forks, ND 58201 (218)779-6359 cyounce@gra.midco.net

Muddy Rivers

Kim Bľackmun 710 1st Ave. N. Grand Forks, ND 58203-3604 (701)746-5411

Mutch Oil Co. of Grand Forks, Inc.

Paul Mutch 908 S 48th Street Grand Forks, ND 58208-4373 (701)775-6279

Nancy Parr DDS

Nancy Parr 1321 S Washington Grand Forks, ND 58201 701-772-6901 ncparr@hotmail.com www.nancyparrdds.com

Nardini Fire Equipment

Chris Jensen 303 20th St N Fargo, ND 58102 (701)235-4224 www.nardinifire.com

Nate's Canopy & Tent Rental

Nate Applegren 1015 N 51st St, Ste B Grand Forks, ND 58203-1898 (701)314-0256 nate@applegrenhomes.com

National / Alamo Car Rental

Kathy Lind 2815 Airport Rd., Ste 5 Grand Forks, ND 58203-8900 (701)746-1375

National Property Inspections -Tim Brown

Tim Brown 3589 Norkota Ct Grand Forks, ND 58201 (218)791-7150 timbrown@npidakmin.com www.npiweb.com/tbrown

ND Air National Guard

Rick Gibney 1400 28th Ave. N. Fargo, ND 58102-1051 701-241-7238 www.ndguard.ngb.army.mil/airguard

ND Army National Guard

Matthew Voeller 1501 S 48th St Grand Forks, ND 58201-3807 (701)792-4502 matthew.voeller@us.army.mil www.ndguard.ngb.army.mil

ND Division of Vocational Rehahilitation

Jan Haas 151 S 4th St., Ste. 401 Grand Forks, ND 58201-4715 (701)795-3143 jhaas@nd.gov www.nd.gov/dhs/dvr

ND Mill & Elevator Vance Taylor 1823 Mill Road

Grand Forks, ND 58208-3078 (701)795-7277 vtaylor@ndmill.com www.ndmill.com/

ND Youth Entrepreneurship Education Program

Barry Striegel 4200 James Ray Drive GF, ND 58203 701-738-4812 ndyeep@gmail.com www.ndyoungentrepreneurs.org/

NDSU Distance and Continuing Education

Lisa Nordick Dept. 2020, PO Box 6050 Fargo, ND 58108-6050 701 231-7015 lisa.nordick@ndsu.edu www.ndsu.edu/dce/

Neil Law Firm

Gerard Neil 418 Third Street NW East Grand Forks, MN 56721-1713 (218)773-0808 gerard@gerardneillaw.com

Network Center

Paul Baumgartner 2612 1/2 Gateway Drive Grand Forks, ND 58201-3605 (701)235-0940x2409 Paul.baumgartner@netcenter.net www.netcenter.net

Networking Specialists, Inc.

Brian Woinarowicz 1133 B S. Columbia Rd Grand Forks, ND 58201-4050 (701)746-9234 info@gfnetspec.com www.networkingspecialists.net

New Horizon Chiropractic & Wellness Center

Nathan Weiss 2100 South Columbia Road Grand Forks, ND 58201 701-757-2225 drweiss@newhorizonchiropractor.com www.newhorizonchiropractor.com

New Vision Truck Accessories

Marland Lee 6105 Hwy 2 W Grand Forks, ND 58208-3173 (701)746-0083 mlee@pickupstuff.com www.newvisiontruckaccessories.com

Newcomers Welcome Service

David Leonardi 1133 South Columbia Rd Grand Forks, ND 58201 (701) 740-9870 gfnws@hotmail.com

Newman Outdoor Advertising

Bill Kvasager 300 N. 5th St., #2 Grand Forks, ND 58203-3734 (701)746-5436 www.newmansigns.com/outdoor_advertising

Next Healthcare Inc.

Jenifer Nelson 4201 James Ray Drive Grand Forks, ND 58202 701.757.5180 jnelson@nexthealthcareinc.com www.nexthealthcareinc.com

Nodak Electric Cooperative

Mylo Einarson 4000 32nd Avenue S Grand Forks, ND 58208-3000 (701)746-4461 meinarson@nodakelectric.com www.nodakelectric.com/

Nodak Mutual - David Kent

David Kent 2534 17th Ave South Suite G Grand Forks, ND 58201 (701)772-7285 dkent@nodakmutual.com www.nodakmutual.com/davidkent

Norby's Work Perks

Doug & Sandy Norby 11 South Fourth Street Grand Forks, ND 58208-2066 (701)746-9441 sandy@norbys.com/ www.norbys.com/

North Dakota Chamber of Commerce

Andy Peterson 2000 Schafer Street Bismarck, ND 58502-2639 (701)222-0929 andy@ndchamber.com www.ndchamber.com/

North Dakota Eye Clinic

Lorae Benson 3035 DeMers Avenue Grand Forks, ND 58201-4018 (701)775-3151 www.northdakotaeyeclinic.com

North Dakota Society of CPAs

Jim Abbott 2701 S Columbia Road Grand Forks, ND 58201-6029 (701)775-7100 jabbott@invisimax.com www.ndscpa.org/

North Valley Arts Council

Marie Strinden 2 N 3rd St, Suite C Grand Forks, ND 58203 (701)772-3710 mariestrinden@novac.org www.novac.org/

Northeastern Dakota Area H. R. Assn

Debbie Abar PO. Box 5083 Grand Forks, ND 58206-5083 701-780-5116 dabar@altru.org www.ndahra.org/

Northern Bag and Box Company

Chuck Weingarten 311 S 4th Street Ste.109 Grand Forks, ND 58206-5606 (701)746-6764 chasnbbc@aol.com www.northernbagandbox.com/

Northern Plains Potato Growers Assn

Charles Gunnerson 420 Business Highway 2 East Grand Forks, MN 56721-0301 (218)773-3633 cgunnerson@nppga.org www.nppga.org/

Northern Plumbing Supply

Ron Goodman 2010 Mill Road Grand Forks, ND 58208-4567 (701)775-3911 rg@northernplumbing.com www.northernplumbing.com

Northland Community & Technical College

Kent Hanson
2022 Central Avenue NE
East Grand Forks, MN 56721-2702
(218)793-2800
kent.hanson@northlandcollege.edu/

Northland Community & Technical College Foundation

Dan Klug 2022 Central Ave NE East Grand Forks, MN 56721-2702 218-791-9579 dan.klug@northlandcollege.edu www.northlandcollege.edu/alumni

Northland Custom Woodworking Inc.

Kevin Marcott 502 Business Hwy 2 East Grand Forks, MN 56721-3106 (218)773-1721 ncw@midconetwork.com www.northlandcustomwoodworking.com

Northside Cafe

Hoa Rodriguez 3450 Gateway Dr Grand Forks, ND 58201 701-738-8500 krenelka@rrv.net

Northwest Tire

Jon Boe 4850 Gateway Dr. Grand Forks, ND 58201 701-780-8473 jboe@nwtire.com www.nwtire.com

Northwestern Mutual Financial Network

Carmen Fore 322 DeMers Ave., Ste. 100 Grand Forks, ND 58201 (701)738-8303 carmen.fore@nmfn.com www.nmfn.com

Northwood Inn, Laundromat, and RV Park

Cherie Korsmo 512 North Raymond Street Northwood, ND 58267 701-587-5555 cheriek@mlgc.com

Northwood Park Townhomes

Chad Nelson PO Box 340 Walker, MN 56484-0340 (218)547-3307 www.dwjonesmanagement.com/

O' for Heaven's Cakes & More

Karlyne Kovar 1726 S Washington Unit 34 Grand Forks, ND 58201 701-757-2253 oforheavenscakes@yahoo.com www.oforheavenscakes.com

Obermiller Nelson Engineering

Dave Obermiller 2201 12th Street N #E Fargo, ND 58102-1803 (701)280-0500 daveo@obernel.com www obernel com

Olivieri's Salon & Spa

Robbi Kovar 311 S. 4th Street, Suite 104 Grand Forks, ND 58201 701-775-2151 blondies99@hotmail.com www.olivierissalonsgf.com

Olson Auto Repair

Rod Olson 1322 1/2 Dyke Avenue Grand Forks, ND 58203 701-772-0201 olsonautorepair@yahoo.com www.olsonautorepair.com

One Hour Heating & Air Conditioning

Darin Gador 1318 12th Ave S. Grand Forks, ND 58201 (701)775-5522 darin.gador@onehourair.com www.onehourheatandair.com/ franchises/nd/grand-forks.aspx

Opp Construction

Greg Opp Highway 81 North Grand Forks, ND 58203 (701)775-3322 gregopp@oppconstruction.com www.oppconstruction.com/

Opticare- Forks Vision Clinic

Steve Gander, OD 421 DeMers Ave. East Grand Forks, MN 56721-1835 (218)773-3438 ganders@infionline.net

Options: Interstate Resource Center For Independent Liv

Randy Sorensen 318 3rd Street NW East Grand Forks, MN 56721-1808 (218)773-6100 randy@myoptions.info

Orchard Oil

Roger Orchard 1401 N 2nd Street Grand Forks, ND 58206-5986 (701)772-1212

Our Saviors Lutheran Church

Mary Gilthvedt 1515 5th Ave NW East Grand Forks, MN 56721 218-773-8449 Oslch@msn.com www.oslcegf.org/home

Overhead Door Company of Grand Forks **Eric Camperud** 1200 Dyke Ave Grand Forks, ND 58201 701-772-6671 overheaddoor@rrv.net www.overheaddoor.com

Overmoe & Nelson, Ltd.

Lowell Nelson 200 First Avenue N #20 Grand Forks, ND 58206-5439 (701)746-0437 gfoffice@overmoeandnelson.com www.overmoeandnelson.com

Oxford Realty

Mike Opp 2009 13th Ave N Grand Forks, ND 58203 (701)772-2522 mikeopp@oxfordrealtynd.com www.oxfordrealtynd.com

Oxford Realty-Cheryl Tupa

Cheryl Tupa 2009 13th Avenue North Grand Forks, ND 58203 (701)739-1601 cheryltupa@aol.com www.oxfordrealtynd.com

P D Sproule

Paul Sproule PO Box 14867 Grand Forks, ND 58208-4867 (701)780-9616

Paradiso Mexican Restaurant

Sia Anvarinia PO Rox 13761 Grand Forks, ND 58206 701-772-3000 sia@paradiso.com www.paradiso.com

Park University

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

Parkwood Senior Living

Linda Butler 749 South 30th Street Grand Forks, ND 58201-4084 (701)780-2600 lbutlér@altru.org www.altru.org/patients-visitors/ parkwood

Party City

Lacy Simonson 2861 32nd Avenue S Grand Forks, ND 58201-6025 (701)772-8845 mgr0777.manager@newpaperllc. www.partycity.com

pdc pages

Joe Cresswell 301 27th St S Fargo, ND 58103 (701)232-2926 joe.cresswell@pdcpages.com www.pdcpages.com

Pearle Vision

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

Pepsi Americas, Inc.

Jeff Jacobs 2118 N. Columbia Rd Grand Forks, ND 58203-1468 (701)772-6644 Jeffrey.Jacobs@pepsico.com www.pepsiamericas.com/

Performance Chiropractic PLLC

Dr. Stacy Hallgren 4350 S. Washington St. Grand Forks, ND 58201 (701)732-2888

Perkins Restaurant (Columbia Rd)

Tim Brandt 1305 S Columbia Rd Grand Forks, ND 58201 701-746-0493 obent@midconetwork.com www.perkinsgf.com

Petcetera Animal Clinic

Carol Hagen 1150 40th Avenue S Grand Forks, ND 58201-7236 (701)775-0549 www.petcgfk.com

Peterson Construction Company,

Mark Peterson 3253 N. Washington St. Grand Forks, ND 58208-4239 (701)746-6446 mark@petersonconstruction.com www.petersonconstruction.com

Peterson Veterinary Clinic

Kyle Peterson 1525 Central Ave NW East Grand Forks, MN 56721-1301 (218)773-2401 drppvc@qwestoffice.net

Pins & Needles

Shelly Wasylow 2524 S Washington #2 Grand Forks, ND 58201 (701)738-4004 www.pinsandneedlestailoringnd.com

Pizza Ranch

Matt Slater 3750 32nd Avenue South #100 Grand Forks, ND 58201 701-775-2222 ofpizzaranch@omail.com www.pizzaranch.com

Planet Fitness

Emily Bakke 715 South Washington Street Grand Forks, ND 58201 701-775-8820 emilybakke@pfnorthernplains.com www.planetfitness.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 plazamotelegf@hotmail.com

PLK Accents

Patty Kallias 2100 South Columbia Road Grand Forks, ND 58201 701-746-4000 plkaccents.plk@gmail.com

Polar Communications

Joan Swartz 110 4th Street East Park River, ND 58270-0270 (701)284-7221 jswartz@polartel.com www.thinkpolar.com

Polk County DAC

Jo Bittner 936 1st Ave NE East Grand Forks, MN 56721-2623 (218)773-0530 www.polkcountydac.com

Porta-Mix Concrete, Inc.

Newell Ueland 1201 2nd Street NE East Grand Forks, MN 56721 (218)773-3636 portamix@integra.net

Prairie Harvest Mental Health

Debbie Johnson 930 N. 3rd St. Grand Forks, ND 58203-2408 (701)795-9143 diohnsonphf@yahoo.com www.prairieharvest.net/

Prairie Public

John Harris 207 N 5th Street Fargo, ND 58108-3240 (701)241-6900 info@prairiepublic.org www.prairiepublic.org/

Praxair Distribution, Inc.

John Flaagan 2205 N. Washington St Grand Forks, ND 58203-1444 (701)775-8177 john flaagan@praxair.com

Praxis Strategy Group

Delore Zimmerman 33 S. 3rd St., Suite C Grand Forks, ND 58201 (701)775-3354 delore@praxissg.com www.praxissg.com/

Premier Signs, LLP

Nick Aakhus PO Box 66 Mentor, MN 56736 (218)637-3000 premier@gvtel.com www.premiersignsllp.com/

Premium Waters, Inc.

Keith Ostlund 1523 Dyke Avenue Grand Forks, ND 58203-3442 (701)792-3444 Keith.Ostlund@premiumwaters.com www.premiumwaters.com/

Pringle & Herigstad P.C.

Jim Nostdahl 202 N. 3rd St. Suite 200 Grand Forks, ND 58201 701-775-9000 jnostdahl@srt.com , www.pringlelaw.net

Priority Title, LLC.

Shelly Overbo 3651 S. Columbia Rd., Ste. B Grand Forks, ND 58201 (701)772-3756 shelly@prioritytitlegf.com www.prioritytitlegf.com

Pro Transport & Leasing, Inc.

Art Bakken 5520 32nd Avenue S Grand Forks, ND 58201-9157 (701)775-5346 art@protransport.net www.protransport.net

Prospect Pro - Todd Thompson

Todd Thompson Grand Forks, ND 58201 218-791-6779 toddthompson2011@gmail.com www.ProspectPro.com

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 tim@craryrealestate.com www.craryrealestate.com/

Prudential Crary Real Estate-**Wayne Young**

Wayne Young 4551 S Washington St Grand Forks, ND 58201 701-215-2300 homeswithwayne@gmail.com www.homeswithwayne.com

Prudential Crary Real Estate-Jack

Jack Wadhawan 4551 S. Washington St. Suite G Grand Forks, ND 58201 701-775-2720 jackwadhawan@gmail.com www.granndforkshomes.com

Prudential Crary Real Estate-Linda Pierce

Linda Pierce 4551 S Washington St Ste G Grand Forks, ND 58201 (218)779-3371 Ipierce@craryrealestate.com www.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@wiktel.com www.gfHOMES.org

PS DOORS

Jim Satrom 4212 Gateway Drive Grand Forks, ND 58203-0813 (701)772-3667 satrom@psdoors.com www.psdoors.com

PUCKS Commercial Cleaning

Mike Pokrzywinski 406 3rd Ave NW East Grand Forks, MN 56721 (218)773-7503 mike@puckscleaning.com www.puckscleaning.com

Purely Digital

Tony Śtutz
2212 Library Circle
Grand Forks, ND 58201
701-203-4338
stutz@purelydigital.net
www.purelydigital.net

Qdoba Mexican Grill

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

Quality Inn

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

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

Ramada Inn

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

Rasmussen College

Maggie Aslakson 4012 19th Avenue South Fargo, ND 58104 701-277-3889 maggie.aslakson@rasmussen.edu www.Rasmussen.edu

Ray Holmberg

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

RBB Electric

Robin Benson 1123 North 51st Street Grand Forks, ND 58201 701-775-7404 rbenson@rbbelectric.com www.rbbelectric.com **RDO Equipment Company**

Dana Larson 6565 Gateway Drive Grand Forks, ND 58206-5787 (701)772-4842 dlarson@rdoequipment.com www.rdoequipment.com

Real Estate Management Service

Rick Schreier 3101 South 17th Street Grand Forks, ND 58201-6622 (701)746-4755 rickwork@prodigy.net

Red Pepper East, Inc.

Vicki Ryan 1504 Central Ave NE East Grand Forks, MN 56721-1334 (218)773-6344 www.redpeppereast.com

Red River Auto

Gordon Hipsher 1301 Central Ave. NW East Grand Forks, MN 56721 (218)773-2148 www.redriverautoserviceandrepair.

Red River Family Chiropractic, PC

Bradley Thomsen 1425 South Columbia Road Grand Forks, ND 58201 701-746-8636 rrfamchiro@live.com www.rrfamchiro.com

Red River Farm Network

Mike Hergert 1407 24th Ave S., Ste 235 Grand Forks, ND 58201-6761 (701)795-1315 rrfn@rfn.com www.rfn.com/

Red River State Recreation Area

Gladwin Lynne 515 2nd Street NW East Grand Forks, MN 56721 (218)773-4950 www.dnr.state_mn.us/state_parks/ red_river

Red River Valley Grill & Market

Michael Reilly % Grand Forks International Airport Grand Forks, ND 58203 701.738.4630 mreilly@oakwells.com www.OAKWELLS.com

Red River Valley Gymnastics

Steve Murray 1602 32nd Avenue South Grand Forks, ND 58201 701-746-2797 office.rryg@midconetwork.com www.rryg.org

Red River Valley Habitat for Humanity

Kyle Kosiork PO Box 5415 Grand Forks, ND 58206 701-741-7444 www.kosiork@gmail.com www.rrvhabitat.org **Red River Valley Motorcyclists**

Tim Gowan P0 Box 13864 Grand Forks, ND 58208-3864 (218) 695-2820 info@rrvmnd.org www.rrymnd.org

Red River Valley Potato Marketing Assn.

Linus Mack 621 Gateway Dr. NE, (EGF) Grand Forks, ND 58206-5205 (218)773-8405

Red Wing Shoes

Brad McGauvran 2475 32nd Ave S Grand Forks, ND 58201 701-772-4641 j-g-meyer@hotmail.com www.grandforks.redwingshoestore.

Reimer Welding Inc.

Harold Reimer PO Box 587 East Grand Forks, MN 56721-0587 (218)773-0886 harold@reimerwelding.com www.reimerwelding.com

Reliance Telephone

Mark Hangsleben 118 Gateway Drive NW East Grand Forks, MN 56721-1570 (218)773-7553 mark@reliancetelephone.com www.reliancetelephone.com/

Remer Accounting PC

Donna Remer 311 South 4th St Suite 113 Grand Forks, ND 58201 701-738-8034 dremer@integra.net www.remeraccounting.com

Residual Materials

Linda Hull 222 Red Dot Place Grand Forks, ND 58203 701-746-9381 linda@residualmaterials.com www.residualmaterials.com

Restaurant Technology Services, LLC

Bill Galumbus 322 Demers Ave, 3rd Floor Grand Forks, ND 58201 701-787-3801 x7010 bill.galumbus@rtsanswers.com www.rtsanswers.com

Retail Therapy

Joann Boushey 1375 S. Columbia Road Suite E. Grand Forks, ND 58201 701-757-0451 retailtherapythriftstore@hotmail.com

Rhino Contracting

Steve Abbey 1003 48th St. S. Grand Forks, ND 58208-4898 (701)772-6935 steve@rhinocontracting.com/ **Rhombus Guys**

Arron Hendricks 312 Kittson Ave Grand Forks, ND 58201 (701)787-7317 rhombus guys@hotmail.com www.rhombuspizza.com

Richard P. Stadter Psychiatric Center

Tammy Christenson 1451 44th Ave S Unit A Grand Forks, ND 58201 (701)335-2637 tammy.christenson@stadtercenter. com www.stadtercenter.com

Riddle's Jewelry

Lisa Virnig 3901 32nd Ave S Grand Forks, ND 58201-5905 (701)772-1861 Lisa.Virnig@teamridco.com www.riddlesjewelry.com/

Right Choice Electric Inc

Josh Grinde 2145 N 44th St Grand Forks, ND 58203-1301 (701)775-7114 joshg@rightchoiceelectric.net www.rightchoiceelectric.net

Rite Spot Liquor Store

Rick Abar 1901 S. Washington St. Grand Forks, ND 58201-6339 (701)775-7051

River Cinema 15

Penny Stai Po Box 586 East Grand Forks, MN 56721-0586 (218)399-9000 stai_77@hotmail.com www.rivercinema15.com

River Cities Speedway

Monica Evavold c/o Victory Marketing East Grand Forks, MN 56721-3022 (701)780-0999 mevavold@gra.midco.net www.rivercitiesspeedway.com

Riverfork Federal Credit Union

Veronica Holweger 711 North Washington Street Grand Forks, ND 58203-3187 (701)775-0593 vhriverforkfcu@msn.com www.riverforkfcu.com/

Riverside Christian School Patty Roeder 610 2nd Ave. NE East Grand Forks, MN 56721-3187 (218)773-1770 proeder@riversidechristianschool.org www.riversidechristianschool.org/

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Riverview Clinic

Stacy Bruggeman 1428 Central Avenue NE East Grand Forks, MN 56721-1605 (218)281-9440 sbruggeman@riverviewhealth.org www.riverviewhealth.org RML Trading, LLC Bob Lebacken

BOD Lebacken 1200 N. 47th St., Ste. B Grand Forks, ND 58208-2279 (701)775-1008 bobl.admbq@midconetwork.com www.mltradingllc.com/

RoadKing Inn Columbia Mall

Douglas Glennen 3300 30th Ave. S. Grand Forks, ND 58201-6032 (701)746-1391 roadking2@live.com www.roadkinginn.com/

Robert Boyd

Robert Boyd 1371 S. 38th St. Grand Forks, ND 58201 701-772-7969 drboydgf@yahoo.com

Robert M Simons DDS

Robert Simons 2401 S Washington Suite A Grand Forks, ND 58201 701-772-3487 rmsdds@yahoo.com

Robert Panther, DDS MS

Marylou Gourde 2812 17th Ave. S., Ste. A Grand Forks, ND 58201-4048 (701)775-3101

Robinson Excavating

Dave Robinson 5621 1st Ave. N. Grand Forks, ND 58203-2503 (701)772-3118

Rod Holth

Rod Holth 2448 Augusta Dr Grand Forks, ND 58201-2824 (701)739-3147

Rodan and Fields Dermatologists

Janelle Studney 506 Terrace Drive Grand Forks, ND 58201 701-740-8093 jstudney@midco.net www.jstudney.myrandf.com

Rogers Construction

Wes Rogers 903 Shakespeare Road Grand Forks, ND 58208-3021 (701)772-6388

Ron Kochevar

Ron Kochevar 2196 28th Ave NE Manvel, ND 58256-9779 (701)696-2322 rkochevar@gmail.com

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Jan Ress 1521 DeMers Ave Grand Forks, ND 58201 (701)780-0700 ruffingitddc@hotmail.com www.ruffin-it-ddc.com

Rydell Chevrolet Buick GMC Cadillac

Brian Rydell 2700 S Washington Street Grand Forks, ND 58208-3398 (701)772-7211 brian@rydellchev.com/ www.rydellchev.com/

Rydell Honda Nissan of Grand Forks

Bob Rydell 3220 S Washington Street Grand Forks, ND 58201-7170 (701)746-9323 brydell@gfhonda.com www.gfhonda.com/

S & S Promotional Group, Inc. Matt Fischer

1375 S. Columbia Rd., Ste. H Grand Forks, ND 58201 (701)772-2226 mfischer@sspromotionalgroup.com www.sspromotionalgroup.com

Sacred Heart Catholic Schools

Michelle Kraft 200 3rd St. NW East Grand Forks, MN 56721-1806 (218)773-0877 mkraft@sacredheartegf.net www.sacredheartegf.net

Sam's Club

Patti Wenstad 2501 32nd Ave. S. Grand Forks, ND 58201-6542 (701)795-9449 pswenst.s06385.us@samsclub.com www.samsclub.com

Sand Steel Buildings Co.

Mark Solseng 101 Browell Street Emerado, ND 58228-0129 (701)594-4435 sandsteel@midconetwork.com

Sanders 1907

Kim Holmes 22 South 3rd Street Grand Forks, ND 58201-4728 (701)746-8970 kim@sanders1907.com www.sanders1907.com

Sanford Health

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

Sanny & Jerry Ryan Center for Prevention & Genetics

Heidi Panos , ND 701-780-2386 hpanos@altru.org www.altru.org/prevention

Savecoin

Patrice Boss 417 Main Avenue Fargo, ND 58103 701-730-3811 patriceboss@msn.com www.Savecoin.com

Scan Design

Allen Larsien 1803 South Washington Street Grand Forks , ND 58201 701-757-2444 www.scandesignnd.com

Scenic Sign Corp.

Daryl Kirt 409 14th St NW East Grand Forks, MN 56721 701-306-7701 daryl@scenicsign.com www.scenicsign.com

Scentsy Wickless Candles - Joy Hagen

Joy Hagen 1905 8th Ave N Grand Forks, ND 58201 701-740-2158 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 www.scheels.com

Schneider Law

Mac Schneider 202 N. 3rd St. #100 Grand Forks, ND 58203 701-757-2050 mac@schneiderlawfirm.com www.schneiderlawfirm.com

SCORE-Service Corp of Retired Executives

Robert Peterson 1501 28th Ave S Grand Forks, ND 58201 (701)746-5851 score@gra.midco.net www.score.org

Scott's Express, Inc.

Brad Seymour 4702 Gateway Drive Grand Forks, ND 58208-2728 (701)746-0434 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 www.scottsmusic.com

Sentry Security, Inc.

Grant Kahlbaugh 4342 15th Ave. S. Ste 206 Fargo, ND 58103 (701) 298-9051 sentryhr@gaberllc.com www.sentrysecurity.biz

Sertoma Club of Greater Grand Forks

Kay Derry PO Box 12832 Grand Forks, ND 58208-2832 (701)599-2600 kayd@firststatebanks.com www.gfsertoma.org/

Settle Inn

Rebecca Bailey 1211 47th St. N. Grand Forks, ND 58203-1877 (701)775-9901 gfsi.settleinn@midconetwork.com www.settleinn.com/

Seven Clans Casino

Barry McGrady
20595 Center St E
Thief River Falls, MN 56701
(218)681-4062
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 sharon.opdahl.cgvm@statefarm.com www.sharon.opdahl.com/

Sherwin Williams Company

Sara Shoup 3013 32nd Avenue S Grand Forks, ND 58201-6021 (701)772-4837 www.sherwin-williams.com

Shooting Star Casino

Phyllis Skala 777 Casino Rd Mahnomen, MN 56557 (218)935-2711 pskala@starcasino.com www.starcasino.com/

Shopko

Catherine Scherer 421 Gateway Dr East Grand Forks, MN 56721 218-773-1130 pgen279@pamida.com www.shopko.com

Sigma Defense Systems

Jacquelyn Follmuth 701 Eielson Street Grand Forks Air Force Base, ND 58205 701-747-4423 jacquelyn.follmuth.l.ctr@us.af.mil www.sigdef.com

Signature Jewelers

Nancy Eklund Riverwalk Center East Grand Forks, MN 56721-1800 (218)773-0711 signature_jewelers@hotmail.com www.signaturejewelersegf.com

SimmonsFlint

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

Simonson Lumber & Hardware

Doug Vigen 820 N 3rd Street Grand Forks, ND 58208-4345 (701)775-4292 www.simonsonlumber.com

SimplexGrinnell LP

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

Ski & Bike Shop

Terry Knudson 1711 Washington St. S. Grand Forks, ND 58201-6335 (701)772-5567 skibikes@midconetwork.com www.skiandbikeshop.net

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Sleep Inn and Suites

Jan Ĝaddie 1350 South 42nd St Grand Forks, ND 58201 701-757-2900 jan.sleepinngf@northridgehm.com www.sleepin.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

Rich Richter 1407 24th Ave S Ste 313 Grand Forks, ND 58201 701-738-0303 rich.richter@arvig.com www.forkspages.com

Snap Fitness (S. Washington)

Renee Anderson 4571 S. Washington St Grand Forks, ND 58201 (701)757-7627 grandforks@snapfitness.com www.snapfitness.com

Snoack Studios

Shannon Noack Las Vegas, NV 89012 hello@snoackstudios.com www.snoackstudios.com

Soldiers' Angels/Military Ovation

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

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Scott Stauss 3174 36th Avenue South Grand Forks, ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com

Southern Estates, INC.

Guy Useldinger 2293 43rd Ave S Grand Forks, ND 58208-2305 (218)791-0489 gdinger@midconetwork.com

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 sparehusband@invisimax.com www.sparehusband.net

Specials Delivery Direct Mail Promotions

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Jim Nostdahl 805 N 42nd St Grand Forks, ND 58201 701-772-8548 jnostdahl@srt.com www.speedwaygrillandbar.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 www.sprayadvantage.com

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

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Rebecca Metzger 524 N 17th Street Grand Forks, ND 58206-5005 (701)746-9401 stannes@midconetwork.com www.stannesguesthome.org

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JoAnn Brundin 620 8th Ave S Grand Forks, ND 58201-4816 (701)795-8614 joannbrundin@yahoo.com www.svdgf.org

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

Nancy Kochmann 504 5th Ave N Grand Forks, ND 58203 (701)772-1822 nancy.kochmann@sendit.nodak.edu www.stmichaels.k12.nd.us

Stamart Truck Stop

Lisa Beach 1212 N 47th Street Grand Forks, ND 58203 (701)746-1356 lisa@stamart.com www.stamart.com

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

State Farm Insurance-Gary Belanus

Gary Belanus 1010 Central Ave. NE East Grand Forks, MN 56721-1612 (218)773-1123 gary.belanus.gj26@statefarm.com

Stay & Play Pet Resort

Carolyn LaDue 7254 S. Washington Street Grand Forks, ND 58201 (701)775-7020 info@stayandplayresort.com www.stayandplayresort.net

Staybridge Suites Grand Forks

Les Backer 1175 42nd St S Grand Forks, ND 58201 701-772-9000 les@grandforksstaybridge.com

Steamatic Total Cleaning & Restoration

Marcus Benoit 4051 Gateway Drive Grand Forks, ND 58203 (701)746-1856 mbenoit@steamaticrrv.com www.steamaticrrv.com/

Steeples Apartments, LLC

Scott Stauss 2950 36th Avenue South Grand Forks, ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com

Steffes Corporation - Grand Forks

Rodger Pearson 1726 Highway 2 Grand Forks, ND 58203 701-483-5400 bpearson@steffes.com www.steffes.com

Stennes Granite Company

Dean Greuel 2029 Central Ave NW East Grand Forks, MN 56721-2701 (218)773-7461 granite.dean@midconetwork.com www.stennesgranite.com

Sterling Carpet One Floor & Home

Bonnie Aamot 2030 32nd Ave S Grand Forks, ND 58201 701-746-8444 baamot@sterlingcarpetone.com www.sterlingcarpetone.com

Sterling Optical

Rachael Heinz 2650 32nd Avenue South Suite F3 Grand Forks, ND 58201 701-746-4240 sterlingoptical@ymail.com www.sterlingoptical.com

Steve Adams Farms

Steve Adams 901 62nd Ave SE Grand Forks, ND 58201 (218)779-2121 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 diane@sbswansondds.com www.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 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 www.stonesmobileradio.com

Strata Corporation

Steve Griffin PO Box 13500 Grand Forks, ND 58208-3500 (701)775-4205 sgriffin@strata-corp.com www.stratacorporation.com

Stray Media Group Dave Gilbert 2825 36th Ave S. Grand Forks, ND 58201 701-757-2000 dave@straymediagroup.com www.straymediagroup.com

Street Is Neat Custom Bikes and Trikes, Inc.

Tim Gówan 101 Hwy #1 Oslo, MN 56744 218-695-2082 streetisneat@invisimax.com www.streetisneatinc.com

Structures, Inc.

Ryan Jundt 1445 N 52nd Street Grand Forks, ND 58208-2845 (701)775-0645 build@structuresinc-gf.com

Sublime Aesthetic Professionals, LLC

Amy Shimek 4551 South Washington St Grand Forks , ND 58201 701-757-3300 amy@sublimepros.com www. sublimepros.com

Subway (1801 Gateway Dr)

Neil Ebeling 1801 Gateway Dr Suite B Grand Forks, ND 58203 (701)772-6357 www.subway.com

Subway (1850 S Columbia Rd)

Neil Ebeling 1850 S Columbia Rd Grand Forks, ND 58201 (701)772-3526 www.subway.com

Subway (2400 S Washington)

Neil Ebeling 2400 S Washington Grand Forks, ND 58201 (701)772-9334 www.subway.com

Subway (2551 32nd Ave S)

Neil Ebeling 2551 32nd Ave S Grand Forks, ND 58201 (701)772-9639 www.subway.com

Subway (2800 S. Columbia Rd)

Neil Ebeling 2800 S Columbia Rd Grand Forks, ND 58201 (701)775-8276 www.subway.com

Subway (32nd Ave S)

Neil Ebeling 3341 32nd Ave S Grand Forks, ND 58201 701-772-9335 www.subway.com

Subway (4401 32nd Ave S)

Neil Ebeling 4401 32nd Ave S Grand Forks, ND 58201 (701)772-9573 www.subway.com

Subway (DeMers)

Neil Ebeling 315 DeMers Ave Grand Forks, ND 58201 (701)775-8587 subwaygf@hotmail.com www.subway.com

Subway (EGF)

Neil Ebeling 210 Gateway Dr East Grand Forks, MN 56721 (218)773-6637 www.subway.com

Subway (Emerado)

Neil Ebeling 100 A Ave Emerado, ND 58228 (701)594-5952 www.subway.com

Success Unlimited

Dianne Werness 3551 S 20th Street Ste. B Grand Forks, ND 58201-3400 (701)775-3356 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

Sunshine Memorial Foundation Donovan Larson

4200 James Ray Drive Grand Forks, ND 58202 701.388.9357 Donovan@sunshinememorial.org www.sunshinememorial.org

Super 8 Motel

Rylie Stovall 1122 43rd Street N Grand Forks, ND 58203-1930 (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 www.supercuts.com

Super Cuts - University Village

Robert Wedin 2855 10th Ave. N., Suite 500 Grand Forks, ND 58203-2240 (701)775-3478 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

Megan Johanneson 3601 32nd Ave S Grand Forks, ND 58201-5911 (701)787-6177 megan.johanneson@target.com www.target.com

Superb Services

Tyson Bohlman 2860 10th Ave North Grand Forks, ND 58203 701-740-3950 tbohlman@superbservices.org

Surface Pride Inc

Troy Boman 1820 Central Ave NE East Grand Forks, MN 56721 218-773-4026 troy@surfacepride.com www.surfacepride.com

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 hswanson@swlawltd.com www.swansonandwarcup.com

Swingen Construction Company

Dan Swingen
Highway 81 N
Grand Forks, ND 58208-3456
(701)775-5359
dan.swingen@swingenconstruction.com
www.swingenconstruction.com

S-Y Commodities

Scott Field 2864 40th Ave S Grand Forks, ND 58201 612-618-1084 scottwfield@yahoo.com

Taco John's

Dane Christensen 2522 Gateway Dr Grand Forks, ND 58201-6628 (701)772-5712 www.tacojohns.com

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 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 store_grandforksnd@texasroadhouse.com www.texasroadhouse.com/

Tglobal, Inc

Tommy Kenville 5515 University Avenue Grand Forks, ND 58203 701-738-0082 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 rolly@wiktel.com www.page1publications.com/

The Ho Sports Bar and Casino

3450 Gateway Drive Grand Forks, ND 58203 701-772-7000 thehobar@gmail.com www.theho-bar.com

The Listen Center

Charlie Bremseth 1407 24th Avenue S # 100 Grand Forks, ND 58201-6761 (701)746-7840 charlie@listencenter.org www.listencenter.us/

The Ohepen MindMissy Ohe
PO Box 14774 Grand Forks, ND 58208 1-(701)793-7549 info@theohepenmind.com www.theohepenmind.com

The Salvation Army

Major Jonathan Fjellman 1600 University Ave Grand Forks, ND 58203-3465 (701)775-2597 gshields@gra.midco.net www.salvationarmy.com/

The Shrink Tank.com LLC

Mark Hoffman 2500 S. Columbia Suite C. Grand Forks, ND 58201 218-821-3261 horse56636@hotmail.com www.theshrinktank.com

The Toasted Frog

Shawn Clapp 124 N. 3rd Street Grand Forks, ND 58203 (701)772-3764 shawn clapp2000@yahoo.com www.toastedfrog.com

The UPS Store

Steve Spicer 1395 S. Columbia Rd., Ste. A Grand Forks, ND 58201-4054 (701)775-2756 ND237@theupsstore.com www.theupsstorelocal.com/1609/

The Water Doctor LLC

Christy Merkel 1616 Central Avenue NE East Grand Forks, MN 56721 218-399-1400 waterdoctor2012@gmail.com www.waterdoctormn.com

Third Street Clinic

Corey Mock 311 South 4th St Suite 117 Grand Forks, ND 58203 (701)772-1263 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 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

Thrivent Financial -John Halstenson

John Halstenson 2300 Library Circle Grand Forks, ND 58201 701-746-8319 John.Halstenson@Thrivent.com www.Thrivent.com

Thur O Clean, Inc.

Nate Altendorf 44758 150th St SW East Grand Forks, MN 56721 701-739-9690 thuroclean@gfwireless.com www.thurocleaninc.com

TIAA- CREF Financial Services-Scott Roche

Scott Roche 8000 Norman Center Drive Bloomington, MN 55437 952-412-9690 kroche@tiaa-cref.org

Tim Shea's Nursery, Inc.

Timothy A. Shea 3515 South Washington Grand Forks, ND 58201-7164 (701)772-3489 www.sheasnursery.com/

Times Square Townhomes, I, Inc.

Scott Stauss 3023 Broadway Boulevard Grand Forks, ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com

Times Square Townhomes, II & III, Inc.

Scott Stauss 3023 Central Court Grand Forks, ND 58201 701-775-5544 scotts@hamptoncorp.com www.hamptonmanagement.com

Tip Top Tux

Matt Burdick 2800 S Columbia Rd Grand Forks, ND 58201 701-775-9303 Matt@tttux.com 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 mike.weisenberger@titanmachinery. www.grandforks.titanmachinery.com

Top Quality Motors

1111 Central Ave NW East Grand Forks, MN 56721-1606 (218)773-7476 topqualitymotors@invisimax.com www.topqualitymotorsinc.com

Toucan International Market

Bill Wyatt 1826 S. Washington Grand Forks, ND 58201-6350 (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 www.tsfarmersmarket.com

Tractor Supply Company

Bob Weldon 4460 32nd Ave. S. Grand Forks, ND 58201-3301 (701)746-0391 www.tractorsupply.com

TrainND Northeast

1501 28th Avenue South Grand Forks, ND 58201-6727 701-350-0810 brian.pabst@lrsc.edu www.lrsc.edu/workforce

Transystems

Trov Carl 2211 South Washington Suite A Grand Forks, ND 58201 701-746-0389 tcarl@transystemsllc.com www.transystemsllc.com

Travelodne

Gary Singh 2100 S. Washington St. Grand Forks, ND 58201-6344 (701)772-8151 www.travelodge.com

Tre Chic Bridal & Styling

Katie Norby 402 Demers Avenue Grand Forks, ND 58201 218-791-6480 trechicbride@hotmail.com

Tri Valley Child Care Resource & Referral

Cindy Pic 1424 Central Ave NE East Grand Forks, MN 56721-1605 218-773-5349 cpic@tvoc.org www.tvoc.org/

Troian Promotions

Jessica Langerud Nelson 10 South Third Street Grand Forks, ND 58201 (701)746-8888 jessica@trojanpromotions.com www.trojanpromotions.com

True North Equipment

John Oncken 5101 Gateway Drive Grand Forks, ND 58203-1109 (701)746-4436 joncken@forksequipment.com www.jddealer.deere.com/forksequip/

Truyu Aesthetic Center

Julie Edman 4401 S. 11th St Grand Forks, ND 58201 701-732-7570 jedman@altru.org www.altru.org/truyu

Truyu Aesthetic Center (Demers Ave)

Ùulie Edman 3165 Demers Avenue Grand Forks, ND 58201 701-780-6623 jedman@altru.org www.altru.org

Turtle River State Park

Steve Crandall 3084 Park Avenue Arvilla, ND 58214-9478 (701)594-4445 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 john.snustad@usbank.com www.usbank.com

UND School of Graduate Studies

Wayne Swisher 264 Centennial Dr., Stop 8178 Grand Forks, ND 58202-8178 (701)777-2786 wayne.swisher@und.edu www.graduateschool.und.edu

UND Aerospace Foundation

Chuck Pineo Rvan Hall Room 211 Grand Forks, ND 58202-9023 (701)777-2184 cpineo@aero.und.edu www.UNDaerospace.com

UND Air Force ROTC

Lt Col Anthony Nishimura 255 Centennial Dr., Stop 8360 Grand Forks, ND 58202-8360 (701)777-4957 anthony.nishimura@ndsu.edu www.ndsu.edu/afrotc

UND Alumni Association & Foundation

Tim O'Keefe 3501 University Avenue, Stop 8157 Grand Forks, ND 58202-8157 (701)777-2611 timo@undalumni.net www.undalumni.org

UND Army ROTC

Lt Col. Scott LeBlond PO Box 8360 Grand Forks, ND 58202-8360 (701)777-2259 jsauls@business.und.edu www.UND.edu/dept/msci

UND Athletic Department

David Primus Hyslop Sports Center, Stop 9013 Grand Forks, ND 58202-9013 (701)777-2237 david.primus@athletics.und.edu www.undsports.com

UND Career Services

llene Odegard 280 McCannel Hall Grand Forks, ND 58202 701-777-3904 ilene.odegard@email.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 lana.rakow@email.und.edu www.communityengagement.und.edu

UND Center for Innovation

Bruce Gjovig 4200 James Ray Dr. Grand Forks, ND 58203 (701)777-3132 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 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 wilbur.stolt@library.und.edu www.library.und.edu

UND College of Arts & Sciences Kathleen Tiemann

Montgomery Hall Rm 125 Grand Forks, ND 58202-8038 (701)777-2749 kathleen.tiemann@as.und.edu www.arts-sciences.UND.edu

UND College of Business & Public Administration

Dennis Flhert Gamble Hall, Room 110 Grand Forks, ND 58202-8098 (701)777-2929 dennis.elbert@und.edu www.business.und.edu

UND College of Education & Human Development

Dennis Caine 231 Centennial Dr., Stop 7189 Grand Forks, ND 58202-7189 (701)777-2674 dennis.caine@email.und.edu www.education.UND.edu

UND College of Engineering & Mines

Hesham El-Rewini Upson II, Room 165 Grand Forks, ND 58202-8155 (701)777-3412 rewini@engr.und.edu www.engineering.UND.edu

UND College of Nursing and Professional Disciplines

Denise Korniewicz 430 Oxford Street Grand Forks, ND 58202-9025 (701)777-4555 denise.korniewicz@email.und.edu www.nursing.und.edu

UND Conflict Resolution Center

Kristine Paranica 314 Cambridge St., Stop 8009 Grand Forks, ND 58202-8009 (701)777-3664 kristine.paranica@email.und.edu www.conflictresolution.UND.nodak.edu

UND Dean of Students

Cara Halgren 2891 2nd Ave N., Stop 9040 Grand Forks, ND 58202-9040 (701)777-2664 cara.halgren@email.und.edu www.UND.edu/student-affairs/deanof-students

UND Energy & Environment Research Ctr.

Gerald Groenewold 15 North 23rd St., Stop 9018 Grand Forks, ND 58202-9018 (701)777-5131 ggroenewold@undeerc.org www.undeerc.org

UND Facilities Management

Larry Zitzow PO Box 9032 Grand Forks, ND 58202-9032 (701)777-2592 larry.zitzow@email.und.edu www.UND.edu/dept/facilities

UND Housing Office

Judy Sargent 525 Stanford Rd., Stop 9029 Grand Forks, ND 58202-9029 (701)777-4251 judy.sargent@und.edu www.housing.UND.edu

UND Memorial Union

Tony Trimarco 2901 University Ave., Stop 8385 Grand Forks, ND 58202-8385 (701)777-4703 tony.trimarco@email.und.edu www.union.und.edu

UND Multicultural Student Services

Malika Carter Era Bell Thompson Cultural Center Grand Forks, ND 58202 (701)777-4259 malika.carter@email.und.edu www.UND.edu/student-life/multicultural-student-services

UND Office of Health and Wellness

Erin Dickson 801 Princeton St. Stop 8365 Grand Forks, ND 58202-8365 701-777-0232 erin.dickson@email.und.edu www.und.edu/health-wellness

UND Office of Human Resources Pat Hanson

264 Centennial Dr. Stop 8010 Grand Forks, ND 58202-8010 (701)777-4364 pat.hanson@und.edu www.humanresources.und.edu

UND Public Safety & University Police Director

Eric Plummer 3851 Campus Road, Stop 9035 Grand Forks, ND 58202-9031 (701)777-3341 eric.plummer@und.edu www.safety.und.edu

UND Research Foundation

Phyllis Johnson 4201 James Ray Drive Grand Forks, NĎ 58202 (701)738-2345 phyllis.e.johnson@research.und.edu www.UND.edu/research/researcheconomic-development

UND School of Aerospace Sciences (John D. Odegard)

Bruce Smith Odegard Hall, Room 200 Grand Forks, ND 58202-9007 (701)777-3196 bsmith@aero.und.edu www.aero.und.edu

UND School of Law

Kathryn Rand 215 Centennial Drive Stop 9003 Grand Forks, ND 58202-9003 (701)777-2104 Kathryn.rand@email.und.edu www.law.UND.edu

UND School of Medicine & Health Sciences

Joshua Wynne 501 N. Columbia Rd., Stop 9037 Grand Forks, ND 58202-9037 (701)777-2515 jwynne@medicine.nodak.edu www.med.und.edu

UND Student Wellness Center

Deb Kolling 801 Princeton St., Stop 8365 Grand Forks, ND 58202-8365 701.777.0486 deborah.kolling@email.und.edu www.wellness.und.edu

UND Student Government

Student Body President 2901 University Ave Grand Forks, ND 58202 (701)777-4377 UND.studentgovernment@und.edu www.sg.UND.edu

UND Student Health Services

Michelle Eslinger 100 McCannel Hall Grand Forks, ND 58202-9038 (701)777-3859 michelle.eslinger@email.und.edu www.undstudentheath.com

UND University of North Dakota President

Dr. Robert Kelley 264 Centennial Drive, Stop 8193 Grand Forks, ND 58202-8193 (701)777-2121 robert.kelley@und.edu www.und.edu

UND University Relations Executive Associate Vice President Peter Johnson

264 Centennial Dr., Stop 7144 Grand Forks, ND 58202-7144 (701)777-2731

peter.johnson@email.und.edu www.universityrelations.und.edu

UND Vice Pres, for Research & **Economic Development Office**

Terry Aubol Twamley Hall Room 103 Grand Forks, ND 58202-8367 (701)777-4915 terry.aubol@research.und.edu www.research.und.edu

UND Vice President for Academic Affairs and Provost

Paul LeBel 264 Centenial Dr., Stop 8176 Grand Forks, ND 58202-8176 (701)777-2167 paul.lebel@email.und.edu www.UND.edu/provost

UND Vice President for Finance & Operations

Alice Brekke 264 Centennial Dr., Stop 8378 Grand Forks, ND 58202-8378 (701)777-3511 àlice.brekke@email.und.edu www.und.edu/dept/vpfo/

UND Vice President for Health

Affairs Joshua Wynne 501 N. Columbia Rd., Stop 9037 Grand Forks, ND 58202-9037 701-777-2515 jwynne@medicine.nodak.edu www.med.und.edu

UND Vice President for Research & Economic Development

Phyllis Johnson Twamley Hall Room 103 Grand Forks, ND 58202-8367 (701)777-6736 phyllis.e.johnson@research.und.edu www.research.und.edu

UND Vice President for Student

Lori Reesor PO Box 7140 Grand Forks, ND 58202-7140 (701)777-2724 lori.reesor@email.und.edu www.career.und.edu

UND Vice President for University and Public Affairs

Susan Walton 264 Centennial Drive, Stop 8179 Grand Forks, ND 58202-8179 701-777-2038 susan.walton@email.und.edu www LIND edu

UND Workforce Development Galen Cariveau Dakota Hall Room 122 Grand Forks, ND 58202

(701)777-2313

galen.cariveau@und.edu www.professionalservices.und.edu

Unique Auto Body & Sales, Inc.

Steve Tiseth 2205 DeMers Avenue Grand Forks, ND 58201-4165 (701)746-9500 www.uniqueautobody.net

United Valley Bank

Tim Horpedahl 2718 South Columbia Road Grand Forks, ND 58201-6006 (701)780-9757 thorp@uvbank.net www.uvbank.net/

United Valley Bank (Downtown)

Tim Horpedahl 200 1st Ave N Grand Forks, ND 58203 (701)402-0253 thorp@usbank.net 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 pberger@unitedwaygfegf.org unitedwaygfegf.org/

University of Mary Lindsie Schoenack 1351 Page Dr Fargo, ND 58103 (701)232-7088 lindsies@umary.edu

www.umary.edu/

University of Minnesota, Crookston-Center for Adult Learning

Diane Rapacz Owen Haİl Crookston, MN 56716 218-281-8678 cronline@umn.edu www.umcrookston.edu/online

University of Phoenix-Military Division

Lori Thompson 7890 2nd Street North Moorhead, MN 56560 701-620-9422 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 info@universitystation.net www.universitystation.net

Urban Stampede

Patti Eider 324 Kittson Ave Grand Forks, ND 58201 701-746-9531 patti eider@hotmail.com

US Foods - GFG Division

Vicki Gordon 4601 32nd Ave S Grand Forks, ND 58208-4489 (701)795-6000 vicki.gordon@usfood.com www.usfoodservice.com

Vaaler Insurance, Inc. **Bruce Vaaler** 2701 S Columbia Road Grand Forks, ND 58208-2848 (701)775-3131 bvaaler@vaaler.com www vaaler com

Valley Bone & Joint Clinic Jennifer Gerszewski 3035 DeMers Ave., #3 Grand Forks, ND 58201-4018 (701)746-7521 jenny@vbjclinic.com www.valleyboneandjoint.com

Valley Dairy/Valley Car Wash

Monica Musich 1149 36th Ave. S. Grand Forks, ND 58201-7299 (701)746-8371 mmusich@valleydairy.com www.valleydairy.com

Valley Golf

Eric Sanders PO Box 461 East Grand Forks, MN 56721-0461 (218)773-1207 valleygolf@midconetwork.com www.valleygolfegf.com/

Valley Health & WIC

Lana McArthur 1551 28th Ave. S., Ste K Grand Forks, ND 58201-6727 (701)775-4251 lana.vhwic@midconetwork.com www.myvalleyhealth.com

Valley Memorial Homes Greg Hanson 2900 14th Ave S. Grand Forks, ND 58201-4042 (701)787-7905 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 www.valleyofs.com

Valley Pest Control Michael Estad P.O. Box 12522 Grand Forks, ND 58208 701-331-2040 mestad@hotmail.com www.valleypestcontrolgf.com

Valley Truck Parts & Service

Doug Runyan 1717 Central Ave NW East Grand Forks, MN 56721-1310 (218)773-3486 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 drhall@valleyvision.net www.valleyvision.net

Valvoline Instant Oil Change

Jerome Gerszewski 3325 S 38th St. Grand Forks, ND 58201-5988 (701)780-8462 jerome@gra.midco.net www.vioc.com

Verizon Wireless - BeMobile Inc.

Traci Kovar 2100 S Columbia Rd, Ste 101 Grand Forks, ND 58201-5895 (701)775-9696 traci@bemobile.com www.bemobile.com

Veterans of Foreign Wars #3817

Roger Pohlman 312 DeMers Ave. East Grand Forks, MN 56721-1816 (218)773-2481 vfw3817.@invisimax.com www.vfw3817.com

Veterans of Foreign Wars Post 1874 and Ladies Auxiliary

John Hanson 803 South 22nd Street Grand Forks, ND 58201 701-739-0454 johnmarynd@vfwonline.net

Vigen Construction Inc

Tim Schlenker 42247 180th St SW East Grand Forks, MN 56721 (218)773-1159 thschlenker@vigenconstruction.com www.vigenconstruction.com

Vilandre Heating, Air Conditioning, Plumbing Jeff Wilson

701 N 7th Street Grand Forks, ND 58206-5673 (701)775-4675 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 Iklefstad@thevillagefamily.org www.thevillagefamily.org/

Vreeland Remodeling, Inc.

Lynn Vreeland 2003 Gateway Dr Grand Forks, ND 58203 (701)775-2523 www.vreelandremodeling.com/

Wakefield Hearing Center

Richard Wakefield 2514 S Washington St. Grand Forks, ND 58201-6776 (701)746-7000 wakehear@yahoo.com www.wakefieldhearing.com

Walhalla Bean Company

John Berthold 7400 55th St South Grand Forks, ND 58201 (701)775-3317 wbcm@gfwireless.com www.walhallabean.com

Wall's Medicine Center

Dennis Johnson 708 S. Washington St. Grand Forks, ND 58201-4328 (701)746-0498 walls@wallsrx.com www.wallsrx.com

Wal-Mart Barb Brown 2551 32nd Ave. S.

2551 32nd Ave. S. Grand Forks, ND 58201-6542 (701)746-7225 www.walmart.com/

Waste Management

Mike Miller 5170 21st Avenue N Grand Forks, ND 58208-4627 (701)775-5880

Waterfront Kitchen & Bath

Rochele Pierson 2 S. 3rd Street Grand Forks, ND 58201-4728 (701)775-5021 rochele@waterfrontgf.com www.waterfrontgf.com

WDAZ TV

Jodi Mishler 2220 S Washington St Grand Forks, ND 58208-2639 (701)775-2511 jmishler@wdaz.com www.wdaz.com

Webster, Foster, and Weston

Tom Hanson 1616 Mill Road Grand Forks, ND 58203-1532 (701)775-8118 www.wfwengineers.com

WEI Handyman Service

Joy Hagen 1521 DeMers Ave Grand Forks, ND 58201 701-740-1544 hagenjm@yahoo.com

WelCore Health

Molly Soeby 718 Oak Street Grand Forks, ND 58201 701-746-5359 molly.soeby@gmail.com www.welcorehealth.com

Wells Concrete

Sam Nesius 5000 DeMers Ave. Grand Forks, ND 58201-3856 (701)772-6687 sam.nesius@wellsconcrete.com www.wellsconcrete.com

Wells Fargo Bank

Donald Nolley 33 S. 3rd St. Suite E Grand Forks, ND 58203 (701)792-5964 donald.j.nolley@wellsfargo.com www.wellsfargo.com

Wells Fargo Bank (Columbia Rd)

Donald Nolley 2610 Columbia Rd S. Grand Forks, ND 58201-4789 (701)775-1660 donald.j.nolley@wellsfargo.com www.wellsfargo.com

Wendy's

Ken Towers 1503 S. Washington St. Grand Forks, ND 58201-8416 (701)772-6536 www.wendys.com

Wendy's - 32nd Ave

Ken Towers 3760 32nd Ave S Grand Forks, ND 58201-5910 (701)738-8187 www.wendys.com

Whalen's Moving & Storage

Jeff Whalen 900 First Avenue N Grand Forks, ND 58203 (701)775-5557 jeff@whalensmoving.com/ www.whalensmoving.com/

Whitey's

David Řaymond 121 DeMers Avenue East Grand Forks, MN 56721 (218)773-1831 davidraymond@whiteysegf.com www.whiteyscafe.com

Widman's Candy

George Widman 106 S. 3rd St. Grand Forks, ND 58201-4730 (701)775-3480

Widseth Smith Nolting Roger Helland

2715 S Washington Street Grand Forks, ND 58208-4546 (701)795-1975 roger.helland@wsn.us.com www.wsn-mn.com/

Widseth Smith Nolting - EGF Greg Boppre 1600 Central Ave NE East Grand Forks, MN 56721 218-773-1185

eastgrandforks@wsn.us.com www.wsn-mn.com

Wild Hog Smokehouse Bar Grill

Brandon Üehran 4401 S Washington Grand Forks, ND 58201 701-757-4263 buehran@gmail.com www.wildhogsmokehouse.com

Winmar Sleep Center

Marcia Nelson 1451 44th Ave S Grand Forks, ND 58201 701-746-7378 marcia. nelson@winmarsleep.com www.winmarsleep.com

Wintrust Mortgage

Shanna Field 305 S. 4th St. Grand Forks, ND 58206-5926 (701)738-0651 sfield@rcmortgage.com www.mortgagesbyshanna.com

Wireless Concepts

Pat Purcell 2550 S Columbia Rd Grand Forks, ND 58201 701-795-5700 pat@wirelessconcepts1.com www.wirelessconceptsportal.com

Wizard's Cleaning, Inc.

Jan Ress 1601 7th Ave. North Grand Forks, ND 58203 701-740-5506 christopherson7@msn.com

Wonder Years

Dan Polasky 2550 28th Ave S. Grand Forks, ND 58201 701 746-7287 wonderyears@live.com www.wonderyearsgf.com

Workwrite

Jeri Hird Dutcher PO Box 623 East Grand Forks, MN 56721 (218) 791-4045 Jeri@WorkwriteResumes.com www.workwrite.net

Wy's Floral

Shelly Duchscherer 3001 S Columbia Road Grand Forks, ND 58201-6011 (701)775-4677 eastgrandfloral@yahoo.com www.grandforksflorist.com

Xcel Energy Judi Paukert

3001 aukert Grand Forks, ND 58208-3038 (800)895-4999 judith.n.paukert@xcelenergy.com www.xcelenergy.com

YMCA Family Center

Debbie Thompson 215 N. 7th Street Grand Forks, ND 58208-3177 (701)775-2586 dthompson@gfymca.org www.gfymca.org/

Zimney, Foster, P.C.

Carol Johnson Bremer Bank Building Grand Forks, ND 58208-3417 (701)772-8111 cjohnson@northdakotalaw.net www.northdakotalaw.net

ZWireless

Pat Foley 1020 S Washington Grand Forks, ND 58201 (701)757-380 pat.foley@gozwireless.com www.gozwireless.com

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

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Hepper, Olson Architects

Heyer Engineering P.C.

ICON Architectural Group (701)772-4266

JLG Architects (701)746-1727

Kadrmas, Lee & Jackson, Inc (701)775-1109

Midwest Testing Laboratory, Inc. 701.772.2832

Obermiller Nelson Engineering (701)280-0500

Webster, Foster, and Weston (701)775-8118

Widseth Smith Nolting (701)795-1975

Widseth Smith Nolting - EGF 218-773-1185

ACCOUNTANTS

Brady, Martz & Associates, P.C. (701)775-4685

Business Specialties, CPAs (701)772-2491

Drees, Riskey & Vallager, Ltd. (701)746-4466

McKenna & Associates, P.C. (701)772-4819

Overmoe & Nelson, Ltd. (701)746-0437

Remer Accounting PC 701-738-8034 Sue Krenelka CPA

701-746-1109

ADVERTISING OUTDOOR

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Newman Outdoor Advertising

Deitz Companies (701)775-2195

(701)746-5436

Maximum Impact Promotions & Specialties 218-773-4281

S & S Promotional Group, Inc. (701)772-2226

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ADVERTISING SERVICES

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Anchor Marketing (701)787-8230

Forks Media

701-203-3560

hibu

800-929-3556 4086

Lignite Energy Council/PAE (701)258-7117

Prospect Pro - Todd Thompson

Red River Farm Network (701)795-1315

Savecoin

701-730-3811

SimmonsFlint (701)746-4573

SmartSearch 701-738-0303

Specials Delivery Direct Mail

Promotions . 701-234-0016

Stray Media Group 701-757-2000

AGRICULTURE/AGRIBUSINESS

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)775-5533

Johnstown Bean Company (701)869-2680

Minn-Dak Growers. Ltd. (701)746-7453

ND Mill & Elevator (701)795-7277

Northern Plains Potato Growers Assn

(218)773-3633

P D Sproule (701)780-9616

RML Trading, LLC (701)775-1008

Spray Advantage

(701)775-8089 **Steve Adams Farms**

(218)779-2121 Walhalla Bean Company

(701)775-3317

AIRLINES AND AVIATION

Cirrus Design (701)787-5229

GF Regional Airport Authority (701)795-6981

GFK Flight Support (701)772-5504

ALTERATIONS

Pins & Needles

(701)738-4004

AMUSEMENT & ENTERTAINMENT

Alerus Center (701)792-1200

Games Galore (701)373-0104

Games to Go (701)271-0378

Grand Forks Country Club

Jump for Joy Bounce Houses 701-430-1655

River Cities Speedway

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,

(701)757-4700x310

Edgewood Vista - East Grand

(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

Caldis, Tingum & Tingum, Ltd (701)772-5511

Camrud, Maddock, Olson & Larson Ltd (701)775-5595

David Thompson - Attorney At

(701)775-7012

Finstad Law Firm 701-775-7759

Fisher, Olson & Juntunen, Ltd. (701)775-4688

Fremstad Law Firm 701-757-3700

Galstad, Jensen, and McCann, PA (218)773-9729

German Law Group, PC (701)738-0060

Hammarback & Scheving, P.L.C. (218)773-6841

Johnston Law Office 701-775-0082

Neil Law Firm (218)773-0808

Pringle & Herigstad P.C. 701-775-9000

Schneider Law 701-757-2050

Swanson & Warcup, Ltd. (701)772-3407

Zimney, Foster, P.C. (701)772-8111

AUCTIONEERS

Main Resource Equipment **Auctions & Land Sales**

701-757-4015 AUDIO/VIDEO SERVICE

HB Sound and Light (701)775-1150

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 701-787-7216

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

Golden Rule Auto Repair 701-746-6790

Red River Auto (218)773-2148

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

(701)772-1122

Auto Value Express 701-775-1134

Grease Monkey 701-795-9005

Harmon Glass Doctor (701)775-3171

Hometown Automotive Repair 701-775-3341

Modern Auto Body, Inc. (701)772-1649

Olson Auto Repair 701-772-0201

Valley Truck Parts & Service (218)773-3486

Valvoline Instant Oil Change (701)780-8462

AVIATION CONSULTING

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

BARS/LOUNGES/NIGHTCLUBS

Bun Lounge (701)772-4366

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

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

CARPET & UPHOLSTERY CLEANERS

Forte Professional Floor Care 701-610-3079

Merle's Steam Clean Carpet & **Upholstery Cleaning** 701-772-6159

CATERING

Artistic Floral (218)779-1884

CHEMICALS & FERTILIZERS

CF Industries Enterprises, Inc. (701)772-3471

Ecolab, Inc. (701)775-1760

CHIROPRACTORS

Advance Chiropractic Clinic (701)772-2670

Chiro Rx Ltd 701-746-7979

New Horizon Chiropractic & **Wellness Center** 701-757-2225

Performance Chiropractic PLLC (701)732-2888

Red River Family Chiropractic, PC

701-746-8636

CHURCHES

First Church of God 701-772-0953

218-773-8449

Hope Evangelical Covenant Church

(701)772-1884 **Our Saviors Lutheran Church**

St. Michael's Catholic Church (701)772-2624

CLEANING SERVICES/SUPPLIES **AAA Quality Cleaners**

(701)772-5326 **D.J. Burris Quality Carpet** Cleaning

Forks Chem-Dry (218)773-1325 **ISS Facility Services Inc**

(701)746-5889

(701)364-9786 Kidwell's Signature Cleaning, Inc. 701-757-0988

Merry Maids (701)775-6778

PUCKS Commercial Cleaning (218)773-7503

Steamatic Total Cleaning & Restoration (701)746-1856

Surface Solutions 701-317-3030

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Categorical Listing

Thur O Clean, Inc. 701-739-9690

Wizard's Cleaning, Inc. 701-740-5506

CLINICS, PHYSICIANS & SURGEONS

Altru Health System - Hospital (701)780-5000

Cancer Center of North Dakota (701)787-5800

North Dakota Eye Clinic (701)775-3151

Riverview Clinic (218)281-9440

CLOTHING STORES

Jockey Person to Person- Myrna Evenson

218-289-0875

COFFEE SHOPS

Caribou Coffee 7017753668

The Coffee Company 701-772-1995

Urban Stampede 701-746-9531

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 Netw

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

(218)773-7553

Polar Communications (701)284-7221

Reliance Telephone

Stone's Mobile Radio, Inc. (701)772-6691

Verizon Wireless - BeMobile Inc. (701)775-9696

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

Network Center

Insight Technologies, Inc. (701)775-5512

(701)235-0940x2409
Networking Specialists, Inc.

CONCRETE PRODUCTS

Lafarge Dakota, Inc. (701)772-3438

Porta-Mix Concrete, Inc. (218)773-3636

Wells Concrete (701)772-6687

CONSTRUCTION & BUILDING

Anderson Steel Erection & Crane Service

(701)775-7079

Grand Forks Builders and Traders Exchange (701)772-7798

Surface Pride Inc

218-773-4026

Vigen Construction Inc (218)773-1159

CONSTRUCTION EQUIPMENT

ACME TOOLS (701)746-6481

RDO Equipment Company (701)772-4842

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

Don Williams Roofing 701-741-5189

Forks Lath & Plaster

Forx Builders Association (701)746-4536

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

Rogers Construction (701)772-6388

Sand Steel Buildings Co. (701)594-4435

Strata Corporation (701)775-4205

COSMETICS/SKIN CARE

Mary Kay - Natividad Kolb 718-683-1766

Mary Kay Cosmetics Fut Exec Sr. Sales Director (701)792-4242

Morning Star Ranch 701-865-4274

Sublime Aesthetic Professionals, LLC

701-757-3300

CREAMERIES

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

(218)233-8609

DAYCARE SERVICES

All About Kids, Inc. (701) 772-4141

Tri Valley Child Care Resource & Referral

218-773-5349

Wonder Years 701 746-7287

DELIVERY SERVICES

Dennie's Delivery Inc. (701)775-9401

DENTISTS

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 Schefter D.D.S. (701)775-7005

DeMers Dental (Dr. Erickson) 218-773-7474

Demers Dental (Dr. Stadem) (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

DEPARTMENT STORES

Home of Economy (701)772-6611

Shopko

218-773-1130

Super Target (701)787-6177

Wal-Mart (701)746-7225

DEVELOPMENT

Brown Corporations (701)772-0265

Economic Development Housing Authority (218)773-8939

Grand Forks Region Economic Development Corporation (701)746-2720

DIESEL SERVICE

Drummer's Diesel, Inc. (218)773-1009

DOCUMENT DESTRUCTION

Docu-Shred, Inc. (701)795-1126

DRUG & ALCOHOL SCREENING

Global Safety Network (701)792-9808

EDUCATION **Dakota Science Center**(701)772-8207

GF Public Schools (701)787-4880

Holy Family/St. Mary's School

Independent School District

#595 (218)773-3494

ND Youth Entrepreneurship Education Program 701-738-4812

NDSU Distance and Continuing Education 701 231-7015

Northland Community & Technical College (218)793-2800

Park University (701)594-2977

Rasmussen College 701-277-3889

Riverside Christian School (218)773-1770 Sacred Heart Catholic Schools

St. Michael's Catholic School

UND School of Graduate Studies (701)777-2786

UND Aerospace Foundation (701)777-2184

UND Alumni Association & Foundation (701)777-2611

UND Athletic Department (701)777-2237

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 Arts & Sciences

UND College of Business & Public Administration

(701)777-2929

UND College of Education & Human Development

(701)777-2674 UND College of Engineering &

(701)777-3412

UND College of Nursing and Professional Disciplines (701)777-4555

UND Conflict Resolution Center

UND Dean of Students (701)777-2664

UND Facilities Management (701)777-2592

UND Housing Office (701)777-4251 UND Memorial Union

(701)777-4703 **UND Multicultural Student**

Services (701)777-4259 UND Office of Human Resources

(701)777-4364
UND Public Safety & University Police Director

UND Research Foundation (701)738-2345 UND School of Aerospace Sciences (John D. Odegard)

UND School of Law (701)777-2104

(701)777-3341

UND School of Medicine & Health Sciences (701)777-2515

UND Student Wellness Center 701.777.0486

UND Student Government (701)777-4377

UND Student Health Services (701)777-3859

UND University of North Dakota President

(701)777-2121

UND University Relations Executive Associate Vice President (701)777-2731

UND Vice Pres. for Research & **Economic Development Office** (701)777-4915

UND Vice President for Academic Affairs and Provost (701)777-2167

UND Vice President for Finance & Operations (701)777-3511

UND Vice President for Health Affairs

701-777-2515

UND Vice President for Research & Economic Development (701)777-6736

UND Vice President for Student Affairs

(701)777-2724

UND Vice President for University and Public Affairs 701-777-2038

University of Mary (701)232-7088

University of Minnesota, **Crookston-Center for Adult** Learning

218-281-8678

University of Phoenix- Military Division

701-620-9422

ELECTRICIANS

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

RBB Electric 701-775-7404

Right Choice Electric Inc (701)775-7114

EMBROIDERY

Daydreams Specialities (701)746-1963

EMPLOYMENT SERVICES

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

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

EVENT PLANNING

Grand Event Rentals 701-772-1690

EXCAVATING SERVICES

Florian & Sons Excavating (701)775-7011

Robinson Excavating (701)772-3118

FILING EQUIPMENT, SYSTEMS AND **SUPPLIES**

Modern Information Systems, Inc. (701)772-4844

FINANCE

Assurity Finance & Development,LLC (701)795-1110

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

Dakota Commercial & Development, Inc (701)772-3101

Edward Jones - Jeanne Peterson 701-772-1153

Edward Jones - Justin Johnson (701)772-9243

Edward Jones - Ken Johnson

Edward Jones-Lisa Tetrault

Sonterre 701-772-6525

EdwardJones - M. Larsen (701)746-1259

EdwardJones - 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

Johnson Wealth Management, LLC

7017468310

Merrill Lynch 701-241-1237

Merrill Lynch - Ryan Thompson

Morgan Stanley 701-795-7680

Northwestern Mutual Financial Network

(701)738-8303

Stifel Nicolaus formerly UBS Financial Services Inc. (701)746-1365

Thrivent Financial - Chad Erickson

(218)773-1181

Thrivent Financial - John Halstenson 701-746-8319

TIAA- CREF Financial Services-Scott Roche 952-412-9690

FINANCIAL SERVICES

1st Liberty Federal Credit Union (701)772-9519

1st Liberty Federal Credit Union (GFAFB) (701)594-5515

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 (Columbia Rd) (701)738-8700

Bremer Bank (701)795-4532

Bremer Bank (N. Washington) (701)795-4570

Choice Financial -**South Washington** (701)738-4300

Choice Financial-42nd (701)746-6010

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)

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 (Columbia Rd) (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

Choice Health & Fitness (701)746-2790

Dance. Etc! (701)775-3476

Planet Fitness 701-775-8820

Snap Fitness (S. Washington) (701)757-7627

YMCA Family Center (701)775-2586

FLOORING Brian's Flooring, Inc. (218)773-3130

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

Tim Shea's Nursery, Inc.

(701)772-3489

Wy's Floral (701)775-4677

FOOD MANUFACTURERS

J.R. Simplot (701)780-7830

FUNERAL SERVICES

Amundson Family Funeral Home (701)772-7070

Dahl Funeral Home (218)773-2971

Gregory J. Norman Funeral Chapel

(701)746-4337

FURNITURE

Ashlev Furniture HomeStore (701)746-8089

Conlin's Furniture (701)775-0475

Scan Design 701-757-2444

GOVERNMENTAL AGENCIES

Airman & Family Readiness Center (701)747-6436

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.

City of GF Planning Dept. (701)746-2655

City of GF Public Health

(701) 792-2876

City of GF Police Department (701)787-8000

(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

GF Park District (701)746-2750

Categorical Listing

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

GRAPHIC DESIGN

Snoack Studios

GROCERY STORES

Hugo's #2

(701)772-3419 Hugo's #5

218-773-2418 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 Foods - 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

Cleanse Factor 218-779-3492

For Your Health 218-230-3115

Healthy North Dakota Worksite Wellness 701-277-2414

Healthy Systems USA/Spray Your Fat Away

701-757-3030

Healthy Weighs Nutrition Center 218-779-1287

Innovative Products (701)772-5185

Integrated Living (218)779-2287

Jenny Craig Weight Loss Centre (701)746-9608

LA Weight Loss

701-795-1500

Next Healthcare Inc. 701.757.5180

Sanny & Jerry Ryan Center for Prevention & Genetics 701-780-2386

The Ohepen Mind

1-(701)793-7549

The Shrink Tank.com LLC 218-821-3261

Truyu Aesthetic Center 701-732-7570

UND Office of Health and Wellness

701-777-0232

WelCore Health 701-746-5359

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

(218)791-7150 HOME SERVICES

Altru Home Services

(701)780-5888

Home Helpers 701-746-5042

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

C'Mon Inn (701)775-3320

Canad Inns (701)772-8404

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

(101)140-3411

Happy Host Inn (701)746-4411

Holiday Inn Express (701)772-7700

Howard Johnson

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Lakeview Inn & Suites (701)775-5000

Northwood Inn, Laundromat, and RV Park

701-587-5555

Plaza Motel (218)773-1179

Quality Inn (701)775-7503

Ramada Inn

(701)775-3951 RoadKing Inn Columbia Mall

(701)746-1391

Settle Inn (701)775-9901

Sleep Inn and Suites

SpringHill Suites

(701)757-4150

Staybridge Suites Grand Forks 701-772-9000

Super 8 Motel

(701)775-8138

Travelodge (701)772-8151

IMPLEMENT & MACHINERY DEALERS

Titan Machinery (701)775-8111

True North Equipment (701)746-4436

INDIVIDITALS

Barb Lander (701)775-4447

Becker Marketing Consultants (218)779-5736

Clayburgh, Ben (701)775-8080

Duaine Espegard

F. John Marshall 701-772-9382

Greg Gerloff (701)772-6840

Helgeson, Marlan (701)746-7100

Jack Cronquist (701)869-2468

James Dalglish (701)775-9700

Karen Ford 701-740-5494

Keith Danks Jr. (701)775-3325 Ray Holmberg

(701)775-9656 **Robert Boyd** 701-772-7969 Rod Holth (701)739-3147

Ron Kochevar

(701)696-2322

Small Business Administration-GF Office (701)746-5160

Terry Sando

701-213-8604

INSURANCE AGENCIES

AFLAU (701)772_40

(701)772-4921

218-779-4696

AFLAC - Judy Ingvalson 701-741-4841

AFLAC - Maxine Bachmeier

AFLAC - Shari Hanson (218)791-8667

AFLAC- Patty Hajostek 218-289-4949

AFLAC-Casey Carlson 218-773-2480

American Family - Jeremy Fulton 701-746-1919

Asche Insurance Agency 701-772-1138

Blue Cross Blue Shield of ND (701)795-5340

Evergreen Insurance (218)773-4158

Farmers Insurance Group -Steve Renslow (701)775-8122

Farmers Insurance Group-George Wogaman (701)772-7108

GEICO Insurance Companies (701)746-4541

GoodInsurance - Bonnie Baglien (701) 795-1070

Hjelmstad Insurance

Humana (406)238-7130

Insure Forward (701)772-6651

Mayport Insurance & Realty , Inc. (701)786-2858

Nodak Mutual - David Kent (701)772-7285

Priority Title, LLC. (701)772-3756

State Farm Insurance -Sharon Opdahl (701)746-0495

State Farm Insurance -Randy Fenley (701)772-5684

State Farm Insurance-Gary Belanus (218)773-1123

Thompson/Schaefer Insurance (701)775-4626

Vaaler Insurance, Inc. (701)775-3131

INTERIOR DESIGN

Julie Smith Design and Retail

701.202.7799

INTERNET PROVIDER

InvisiMax

(218)745-6030 JEWELERS

Riddle's Jewelry (701)772-1861

Signature Jewelers

(218)773-0711

LANDSCAPING

Superb Services 701-740-3950

LAUNDRY & LINEN SUPPLY/SERVICE

AmeriPride (701)775-6534

C & R Cleaners & Laundry

(701)775-5336

LAWN & TREE CARE

Fert-L-Lawn (218)773-0901

Gary's Tree Removal 701-741-5513

Happy Grass

(701)780-9225

Jeff's Landscaping

(701)740-6323 LAWN CARE/SNOW REMOVAL

MSB Inc (218)779-6359

LIGHTING & ELECTRICAL
WHOLESALE
Border States Electric Supply Co.

(701)772-3477 **Dakota Supply Group**

(701)746-7373 **Lighting Gallery, Inc.** (701)772-2402

LIQUORS -- OFF SALE

Emerson Duty Free Shop (204)373-2600

Happy Harry's Bottle Shops (701)772-2671

Happy Harry's Bottle Shops (2) (701)780-0902 Hugo's Wine & Spirits (32nd) (701)746-4684

Hugo's Wine & Spirits (Columbia Rd) (701)738-2007

Hugo's Wine & Spirits (East Grand Forks) 218-793-0014

Rite Spot Liquor Store (701)775-7051

LOCKSMITH

Comfort Keepers

Keith's Security World (701)772-7189

LONG TERM CARE SERVICES

(701)738-0006 **Valley Memorial Homes**

(701)787-7905

LUMBER, FUEL & BUILDING MATERIALS

Dakota Valley Lumber (701) 775-7522

Lumber Mart (218)773-1151

 $\begin{array}{l} \textbf{Simonson Lumber \& Hardware} \\ (701)775\text{-}4292 \end{array}$

MACHINERY & MANUFACTURING

Dakota Metal Fabrication Inc (701)696-1501

Reimer Welding Inc. (218)773-0886

MAIL & SHIPPING SERVICES

Dakota Mailing & Shipping Equipment,Inc. (701)451-0663

Deaton's Mailing Systems, Inc. (218)236-5008x135

The UPS Store

(701)775-2756

MALL ASSOCIATIONS

Columbia Mall (701)746-7383

Grand Cities Mall

(701)772-8121

MANUFACTURING & PROCESSORS

Advanced Drainage Systems

701-847-3111

BacTee Systems, Inc.

(701)775-8775 **Hawkes Manufacturing, Inc.**

(218)773-4247

LM Wind Power (701)330-3343

Mayo Manufacturing (218)773-1234

Praxair Distribution, Inc. (701)775-8177

 $\begin{array}{c} \textbf{Steffes Corporation - Grand Forks} \\ 701-483-5400 \end{array}$

MEDICAL SERVICES/SUPPLIES/ EQUIPMENT

Advantage Healthcare Net (701)772-0471

Altru Cancer Center 701-780-5400

Altru Clinic- Family Medicine 701-795-2800

Altru Health Foundation (701)780-5837

Altru Health System - Clinic (701)780-5976

Altru Rehabilitation Center 701-780-2315

Altru Specialty Center

701-732-7000 Altru's Sleep Lab

Altru's Sleep Lab 780-5484

Aurora Urgent Care (701)732-2710

Axis Clinic, P.C. (701)732-2947

Biolife Plasma Services (701)772-7447

Dak-Minn Blood Bank (701)780-5344

Grand Forks Center for Sleep (701)757-4800

Sanford Health (218)773-5800

St. Anne's Guest Home (701)746-9401

Truyu Aesthetic Center (Demers Ave)

701-780-6623

Valley Bone & Joint Clinic (701)746-7521

Wakefield Hearing Center (701)746-7000

Winmar Sleep Center 701-746-7378

MINERAL MANAGEMENT

TDL, INC

(701)775-4683

MONUMENTS AND MARKERS

Stennes Granite Company (218)773-7461

MORTGAGE COMPANIES

First Class Mortgage (701)775-3288

Wintrust Mortgage (701)738-0651

MOVING & STORAGE

All About Moving, Inc. (701)772-4100

Hanson-Maves Company (Bekins) (701)772-7208

Whalen's Moving & Storage (701)775-5557

MUSIC STORES

Scott's Music Stores, Inc. (701)775-6265

Kenny's Music 701-772-8670

NON-MEMBER

Access The Bakken 701-746-2720

NON-PROFIT ORGANIZATION

Alzheimer's Association MN - ND 701-775-8544

American Cancer Society/Relay

For Life
(701)232-1385

(701)232-1385 Anne Carlsen Center Community

Services
(701)757-4200

ArtWise

(701)787-4260

Circle of Friends Humane Society (701)775-3732

Community Foundation of GF, EGF & Region

(701)746-0668

Community Violence Intervention Center

(701)746-0405 **Dakota Venture Group**

(701)738-4822

Dakotas Chapter NECA (701)293-1300 **Development Homes, Inc.** (701)335-4000

Eagles Club #350 (218)773-0077

EGF Rod & Gun Club (218)779-8555

Empire Arts Center (701)746-5500

Employer Support of the Guard & Reserve

(701)772-3834

Grand Forks American Legion Post #6 218-230-4101

Grand Forks Public Library (701)772-8116

Greater Grand Forks Fair & Exhibition Inc. (701)330-1238

Home Place Thrift Store, The (701)795-9704

Lakes & Prairies Child Care Resource and Referral 701-772-3435

Lutheran Social Services of North Dakota (701)772-7577

North Dakota Chamber of Commerce

(701)222-0929 **North Valley Arts Council** (701)772-3710

Northland Community & Technical College Foundation 218-791-9579

Options: Interstate Resource Center For Independent Liv (218)773-6100

Polk County DAC

Prairie Harvest Mental Health (701)795-9143

Quentin Burdick Job Corp (701)746-5476

Red River Valley Habitat for Humanity 701-741-7444

701-741-7444

Red River Valley Motorcyclists (218) 695-2820

RSVP+ Your Invitation to Serve (701)787-0043

SCORE-Service Corp of Retired Executives

(701)746-5851

Sertoma Club of Greater Grand Forks

(701)599-2600

Soldiers' Angels/Military Ovation 218-779-7271

St. Joseph's Social Care and Thrift Store (701)795-8614

Sunshine Memorial Foundation 701.388.9357

The Salvation Army (701)775-2597

Third Street Clinic (701)772-1263

Town Square Farmers Market (218)779-1382

United Way of Grand Forks, E. Grand Forks & Area (701) 775-8661

Valley Health & WIC (701)775-4251

Veterans of Foreign Wars Post 1874 and Ladies Auxiliary 701-739-0454

OFFICE SERVICES, SUPPLIES/ EQUIPMENT/FURNITURE

Advanced Business Methods (701)746-0394

Business Essentials (701)775-5503

Gaffaney's (701)746-6466

Liberty Business Systems, Inc. (701)775-0380

Marco Inc. (701)775-0611

Millennium Systems Technology

Norby's Work Perks (701)746-9441

OPTICAL

Eyemart Express 701-792-2607

Opticare- Forks Vision Clinic (218)773-3438

Pearle Vision 701-780-9701

Sterling Optical

Valley Vision Clinic (701)775-3135

OPTOMETRISTS

Lifetime Vision Center (701)746-6745

PACKAGING

KapStone Container Corporation

(701)787-6400 **Northern Bag and Box Company** (701)746-6764

PAINT & GLASS

Sherwin Williams Company (701)772-4837

PAINTING SERVICES

La Touche' Finale 701-741-3671

PEST CONTROL

Valley Pest Control 701-331-2040

PET SERVICES

Ruffing It Doggie Daycare & Overnight Center (701)780-0700

Stay & Play Pet Resort (701)775-7020

PETROLEUM & PROPANE

Mutch Oil Co. of Grand Forks, Inc. (701)775-6279

Orchard Oil (701)772-1212 PETROLEUM SERVICES

Cenex - Gateway Drive (701)775-3917

Enbridge Pipeline (North Dakota) LLC

(701)746-9772

PHARMACIES

Altru Clinic Pharmacy (701)772-4875

Medicap Pharmacy (701)746-1800

Skip's Budget Drug (701)772-4805

Wall's Medicine Center (701)746-0498

PHOTOGRAPHERS

Aspen Studio, Inc. 701-330-9572

Behl's Photography (701)772-9431

Blue Stone Photography (701)795-0310

Brian's Photography

Caulfield Studio (701)746-0078

Purely Digital 701-203-4338

PHYSICAL THERAPISTS

Achieve Therapy & Fitness

(701)746-8374 PLUMBING, HEATING & AIR

CONDITIONING

Custom Aire Mechanical

Contracting

701-775-0305 **Economy Plumbing, Inc.**

(701)775-0509

Grand Forks Winnelson

(701)746-1190

Lunseth Plumbing & Heating (701)772-6631

Northern Plumbing Supply (701)775-3911

One Hour Heating & Air Conditioning (701)775-5522 Vilandre Heating,

Air Conditioning, Plumbing (701)775-4675 Waterfront Kitchen & Bath

(701)775-5021 POTATO GROWERS & WHOLESALERS

Black Gold Potato Sales (701)772-2620

PRINTING SERVICES

FedEx Office 701-746-6400

Forum Communications Printing 701-775-7705

Hoiberg's Office Supply & Printing Centre 701-230-3619

In-Prints Screen Printing, Inc. (218)773-6449

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Categorical Listing

Ink, Inc. 701-775-5300

Knight Printing 701-235-1121

Knutson Printing Company 701-772-5563

Morgan Printing, Inc. (218)773-2577

PROJECT MANAGEMENT

Sigma Defense Systems 701-747-4423

PROPERTY MANAGEMENT & DEVELOPMENT

Cambridge Property Mgmt (701)775-8670

Carrington Court Townhome Apts. 701-775-5544

Century Properties, Inc. (218)773-3466

Dental Designs Laboratory/ Mushitz Properties 701-775-6038

GOLDMARK

(701)780-9901

Hampton Management 701-775-5544

Heritage Highland I (218)547-3307

Heritage Highland II

(218)547-3307

701-746-9551

IRET Properties 701-746-1015

Lander Limited Partnership (701)775-4683

Mikkelson Consolidated, L.L.P (701)775-2342

Northwood Park Townhomes (218)547-3307

Real Estate Management Service

(701)746-4755 South Hampton Townhome Apts.

701-775-5544

Southern Estates, INC. (218)791-0489

Steeples Apartments, LLC 701-775-5544

Times Square Townhomes, I, Inc. 701-775-5544

Times Square Townhomes, II & III. Inc.

701-775-5544

PSYCHOLOGISTS/PSYCHIATRISTS

Richard P. Stadter Psychiatric Center

(701)335-2637

PUBLIC UTILITIES

Minnkota Power Cooperative, Inc. (701)795-4000

Nodak Electric Cooperative (701)746-4461

Xcel Energy (800)895-4999 PUBLISHERS

Community Safety Net (800)665-6167

Farm & Ranch Guide (701)436-4634

Grand Forks Herald (701)780-1103

pdc pages (701)232-2926 The Exponent

(218)773-2808

R.V. SALES, PARTS & SERVICE

Budget RV 701-772-7233

Hitch 'N Go (701)775-4477

Leisureland RV (218)773-7464

RADIO & TV

Clear Channel Communications (701)746-1417

KVRR-TV (701)277-1515

Leighton Broadcasting (701)775-4611

Midcontinent Communications (701)335-4220

Prairie Public (701)241-6900

WDAZ TV (701)775-2511

REALTORS

1st Realty of GGF, Inc (701)772-1000

1st Realty of GGF, Inc - David

(701)772-1000

Century 21, Red River Realty (701)746-0303

Coldwell Banker - Forks Real Estate

(701)772-8106

Dakota Commercial & Development Inc. - Jerry Youngberg (218)779-5544

Farmers National Company (701) 780-2828

GF Board of Realtors (701)775-4231

Greenberg Realty - Donna Wolfe-Sholes

(218)779-9653

Greenberg Realty - JD Kennelly (701)779-1141

Greenberg Realty -Lynda & Tom Hartmann 218-779-1846

Greenberg Realty -Tammy Howard

(701)772-6641

Greenberg Realty- Blake Christianson 218-289-3029

Greenberg Realty- Katie Marcotte 701-215-2363

Greenberg Realty- Laurie Tweten 701-739-1014

Greenberg Realty-Chris Letvin 701-740-3611

Greenberg Realty-Rita Schuster (701)772-6641

Greenberg Realty-Stacey Galstad 218-779-6937

Greenberg Realty, Inc. (701)772-6641

Keller Williams Roers Realty -Linda Bunde (701)740-7417

Oxford Realty (701)772-2522

Oxford Realty-Cheryl Tupa

(701)739-1601

Prudential Crary Real Estate-

Mary Adams (701)739-5520

Prudential Crary Real Estate (701)775-0013

Prudential Crary Real Estate-Wayne Young 701-215-2300

Prudential Crary Real Estate-Jack Wadhawan 701-775-2720

Prudential Crary Real Estate-Linda Pierce

(218)779-3371 Prudential Crary Real Estate-Shawn Horn

(701)741-5790 RECREATION

Brad Durick Outdoors LLC 701-739-5808

GF Blue Line Club (218)791-3333

 $\begin{array}{l} \textbf{King's Walk Golf Course} \\ (701)787-5464 \end{array}$

Lundbohm Artistic Taxidermy 763-229-7957

 $\begin{array}{l} \textbf{Red River State Recreation Area} \\ (218)773-4950 \end{array}$

Red River Valley Gymnastics 701-746-2797

Splashers of the South Seas 701-772-8404

Street Is Neat Custom Bikes and Trikes, Inc.

218-695-2082 Turtle River State Park

(701)594-4445

RECYCLING & WASTE MANAGEMENT

Countrywide Sanitation (701)772-3344

MinnKota Enviro Services Inc

Residual Materials 701-746-9381

Waste Management (701)775-5880

REFRIGERATION & A/C SERVICES

Korsmo Commercial Refrigeration 218-791-0859

Midwest Refrigeration, Inc. (701)746-5448

RENTAL EQUIPMENT & FURNITURE

Forx Rentall & Mini Stor-All (701)772-1605

Nate's Canopy & Tent Rental (701)314-0256

RESEARCH & CONSULTANTS

Avianax, LLC 701-757-5129

Praxis Strategy Group (701)775-3354

UND Energy & Environment Research Ctr.

(701)777-5131

RESTAURANT/STORE EQUIPMENT & SUPPLY

Culinex (701)746-8471

RESTAURANTS

'I Bistro Mediterranean Eatery

4th Street Eatery 701-787-8583

AALTOS - Canad Inns (701)792-1957

Al's Grill and Catering

701-795-5183 **Applebee's**

(701)795-5688 Blue Moose Bar & Grill

(218)773-6516 **Boardwalk Bar & Grill**

(218)399-3000 **Bonzer's** (701)775-0365

CherryBerry 701-757-2110

Culver's of Grand Forks

Deek's Pizza 701 772 3335

Denny's (701)757-7526

Dickey's Barbecue Pit 701- 203-4464

Eagle's Crest Grill (701)787-3491

Giuseppe's Italian Ristorante

Green Mill Restaurant (701)780-9000

Ground Round Restaurant

Happy Joe's Pizza & Ice Cream Parlor

(701)772-6655

Italian Moon Pizza & Restaurant (701)772-7277

Joe Black's (701)775-2017

Kentucky Fried Chicken (701)772-3447

Little Bangkok 218-399-1122

Mamma Maria's Italian Restaurant

218-773-2225

Marco's Pizza 701-772-4000

McDonald's Columbia Mall (701)772-2410 McDonald's Gateway Drive

(701)746-7980 McDonald's South Washington

(701)746-5493 **McDonalds-EGF**

(218)773-3922

Mexican Village 701-775-3653

Mike's Pizza & Pub (218)773-2479

Northside Cafe 701-738-8500

Paradiso Mexican Restaurant 701-772-3000

Perkins Restaurant (Columbia Rd) 701-746-0493

Pizza Ranch 701-775-2222

Playmaker All American Lounge

Qdoba Mexican Grill (701)738-8222

Red Pepper East, Inc. (218)773-6344

Red River Valley Grill & Market 701.738.4630

Rhombus Guys (701)787-7317

Sanders 1907 (701)746-8970 **Space Aliens**

(701)757-7427 **Subway (1801 Gateway Dr)**

Subway (1850 S Columbia Rd) (701)772-3526

Subway (2400 S Washington) (701)772-9334

Subway (2551 32nd Ave S) (701)772-9639 **Subway (2800 S. Columbia Rd)**

(701)775-8276 **Subway (32nd Ave S)**

701-772-9335

Subway (4401 32nd Ave S) (701)772-9573

Subway (DeMers) (701)775-8587 **Subway (EGF)**

(218)773-6637 **Subway (Emerado)** (701)594-5952

Taco John's (701)772-5712

Texas Roadhouse (701)746-7427

The Toasted Frog (701)772-3764

Wendy's (701)772-6536

Wendy's - 32nd Ave (701)738-8187

Whitey's

(218)773-1831

Wild Hog Smokehouse Bar Grill 701-757-4263

RESTAURANTS, LOUNGES & LIQUORS

American Legion Post #157 (218)773-1129

Muddy Rivers (701)746-5411

Speedway Grill & Bar 701-772-8548

Tavern United 701-772-8404

RETAILERS

Amazon.com (701) 787-3500

Clothes Mentor 701-757-2800

Dakota Boys and Girls Ranch (701)775-7805

Dog'Mahal Doghaus/Ojata Records

218-779-6863

Glamorous Reruns 218-399-0154

Jack's Shoes 701-775-5225

JC Pennev

701-746-4521 **LA Rie Boutique**

701-757-0536
PLK Accents

701-746-4000 **Red Wing Shoes**

701-772-4641

Tip Top Tux 701-775-9303

Tractor Supply Company (701)746-0391

Tre Chic Bridal & Styling 218-791-6480

SALONS

Cost Cutters (701)772-1488

Cost Cutters (Grand Cities Mall) (701)775-3478

Great Clips for Hair (701)792-3266

Great Clips for Hair-UND (701) 777-6399

Olivieri's Salon & Spa 701-775-2151

Super Cuts - 32nd Ave. (701)775-3478

Super Cuts - University Village

(701)775-3478

SECOND HAND STORE

Retail Therapy 701-757-0451

SECURITY & INVESTIGATIVE SERVICES

ACE Security Services (701) 330-5234

Sentry Security, Inc. (701) 298-9051

SimplexGrinnell LP (701)746-4191

SENIOR SERVICES

Grand Forks Senior Center (701)772-7245

SERVICE & CIVIC CLUBS & ASSOCIATIONS

American Red Cross (701)364-1800

Boy Scouts of America (701)775-3189

Easter Seals Goodwill of ND, Inc. (701)751-0111

EGF Blue Line Club (218)773-6649

GGF Convention & Visitors Bureau (701)746-0444

GGF Symphony Orchestra (701)732-0579

Girl Scouts - Dakota Horizons (701)772-6679

North Dakota Society of CPAs (701)775-7100

Northeastern Dakota Area H. R.

Assn 701-780-5116

Success Unlimited (701)775-3356

The Listen Center (701)746-7840

Village Family Service Center (701)746-4584

SERVICE STATIONS & CONVENIENCE STORES

B & N Oil Company 701-772-5565

Dusterhoft Oil, Inc. (701)772-6702

Stamart Truck Stop (701)746-1356

University Station, LLC (701)738-8380

Valley Dairy/Valley Car Wash (701)746-8371

SERVICES

Meridian Environmental Technology, Inc. (701)787-6044

Newcomers Welcome Service (701) 740-9870

(701) 740-9870

Restaurant Technology Services, LLC 701-787-3801 x7010

SHEET METAL WORKS, WELDING, & ROOFING

Greenberg Roofing & Sheet Metal (701)775-5369

McFarlane (701)772-9511 SIGNS & LETTERING

Custom Stripes, Inc. (218)773-7157

Scenic Sign Corp. 701-306-7701

SOFT DRINK DISTRIBUTORS

Midwest Coca-Cola of Grand Forks

(701)775-6211

Pepsi Americas, Inc. (701)772-6644

SPECIALTY FOODS

Toucan International Market (701)775-4692

Widman's Candy

(701)775-3480 SPECIALTY STORES

Annie's Cards & Gifts (701)787-5613

Badman Design 701-746-7300

Border States Trophy & Awards (701)772-0070

Jewelry On The Run 701-739-1601

LASERZIP

701-732-0730

Lisa's Soy Scents 701-213-7436

Party City (701)772-8845

Rodan and Fields Dermatologists 701-740-8093

Scentsy Wickless Candles - Joy Hagen 701-740-2158

701-740-2136

SPORTS STORES

Cabela's (218)773-0282

Gerrells Sports Center / Hockey World

(701)775-0553

Golf Center 701-775-0019

Scheels All Sports (701)780-9424

Ski & Bike Shop (701)772-5567

STORAGE FACILITIES

All Reasons Self Storage, LLC. (701)746-8180

Gateway Storage & Northern Air Family Fun Center (701)775-8191

Henningsen Cold Storage Co. (701)335-5000

TAX PREPARATION

Curtis Fischer Tax Services (701)775-8060

H & R Block (32nd Ave S) (701)746-0425

H & R Block (DeMers Ave) (701)746-7361

H & R Block (EGF) 218-793-0034 Liberty Tax Service

(701)746-1750

TELEPHONE SERVICES

Wireless Concepts 701-795-5700

TIRES SALES & SERVICE

American Tire Service, Inc. (701)746-4421

American Tire South

Big Jim's East Side Tire (701)775-7045

Big Jim's Tire Up North 701-454-3500

Northwest Tire 701-780-8473

Tire One Auto Center

(701)757-3000
TRAINING/EDUCATION SERVICES

Dale Carnegie Training

701-476-8351

TrainND Northeast

701-350-0810
UND Workforce Development

(701)777-2313 TRANSPORTATION

BNSF Railway Company (701)795-1255

Dietrich Bus Service (701)772-0601

TRAVEL AGENTS

Bon Voyage Travel Leaders (701)772-6313

Brekke Tours & Travel (701)772-8999

Jolly Mon Vacations 218-779-3050

TRUCK ACCESSORIES & EQUIPMENT

Bert's Truck Equipment (218)773-1194

New Vision Truck Accessories (701)746-0083

TRUCK DEALERS

Forks Freightliner
(701)780-9395

TRUCKING

Britton Transport, Inc. (701)772-6681

Pro Transport & Leasing, Inc. (701)775-5346

Scott's Express, Inc. (701)746-0434

Transystems 701-746-0389

VACUUM SALES & SERVICE

House of Vacuums (701)746-9300 VETERINARIANS

Grand Valley Animal Hospital

Petcetera Animal Clinic (701)775-0549 Peterson Veterinary Clinic

(218)773-2401

VIDEO RENTALS

Blockbuster Video (701)795-5022x14

WAREHOUSING

Tglobal, Inc 701-738-0082

WATER CONDITIONING

Aqua Pure Water Solutions 701-772-5221

The Water Doctor LLC 218-399-1400

WHOLESALE

Dacotah Paper Company 701-741-6796

Red River Valley Potato Marketing Assn. (218)773-8405

WHOLESALE - PAPERS

Heartland Paper Company (605)336-1190

Morelli's Distributing Inc. (701)852-1141