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Photos in this book are courtesy of:
Hello and welcome to the community of Grand Forks, North Dakota and East Grand Forks, Minnesota.

You are about to discover America’s Best Kept Secret:

Really.

This is one of the nation’s best small cities.

How do we know?

We live here and we love it.

We've built it and rebuilt it and we are building on to it every day.

Sure, it gets cold here in the winter. But, we're used to it. We've found so many ways to enjoy it. And our warm, beautiful summers can't be beat. Having four seasons is an asset not everyone gets to enjoy.

It's true that the wind blows.

It's also true that our streets are safer than almost any other metropolitan area in the United States and our air is cleaner here than almost anywhere in the country. We thank the wind for that.

How did this happen?

The grand forks -- les grandes fourches -- have been here since the glaciers receded and Lake Agassiz drained to the sea, leaving us the incredibly rich Red River Valley. The place where the Red Lake River joins the Red has been a meeting place for centuries, and when European settlement began in this region, it quickly grew to be an important regional center. Important institutions were built here. The University of North Dakota was founded and named and produced its first graduates before North Dakota became a state. It has always been a critical part of the city. Grand Forks is not just a city with a college in it. It is a college town. It is a military town, too. Grand Forks Air Force Base was established here when the community was beginning to think about the centennial of its settlement. Today, it is morphing into the nation's first center for research into utilization of
unmanned aerial systems. Grand Forks is also a medical town, with an important regional hospital, several other health care establishments and the state’s medical school – now occupying a magnificent new building on the UND campus. Of course, Grand Forks is also a shopping town, and not just for those of us who live here. It is a destination for Canadian shoppers looking for a weekend getaway. They help give Grand Forks a range of goods and services, an abundance of hotel rooms, a variety of eateries and entertainment and cultural options that you might not expect in a city of this size.

Now, none of this alone distinguishes Grand Forks from other progressive places. There is something extra here, and it grew out of a crisis.

In April 1997, our rivers rose against us. The resulting flood affected almost every structure in the two cities. Downtown Grand Forks suffered a major fire that left two dozen buildings in ruins.

The flood did not just test us. It tempered us.

We built a flood protection system and created a huge park along our rivers. We rebuilt our businesses. We added facilities for sports and entertainment – to the point that all of us could get together in just two of these new buildings. We had a lot of help, of course, and we are deeply grateful for all of it.

We didn’t stop with building.

We redesigned the city government. We cut away layers that had accumulated over decades. We rethought regulations and reduced the number of elected members of the council. We also learned how to work together. We had to. Our cities were at stake.

We are proud of what we’ve built.

Equally important, we’re proud of how we did it. The Grand Sky Initiative is a good example. This enterprise involves two states, two colleges, local city and county governments and the U.S. Air Force. This cooperation has brought opportunity as unmanned systems assume their role in commerce, industry and agriculture.

Perhaps this new field interests you.

Perhaps you’ve arrived to help build a nitrogen fertilizer plant that will use natural gas from North Dakota’s Bakken oil field and “gray water” from the Grand Forks lagoon system.

Perhaps you’ve come to join one of the architectural, engineering and environmental firms that are helping direct the state’s oil boom.

Maybe you’ve come to teach or to study or to heal.

Brain power and cooperation have made innovation flourish here. We expect to grow. We’d like you and your family to grow with us. This is an exciting time in our community.

This is the truth. ■

We all benefit from North Dakota’s thriving economy. And because we’re invested in making sure it only continues to grow, we’re proud to invest in renewable energy technologies and local infrastructure. That keeps North Dakota’s economy growing strong, and means our state will need more skilled individuals than ever to keep the energy flowing, and the future bright. To learn more, visit xcelenergy.com/Community.
It's hard to know where to start when you want to brag about Grand Forks and East Grand Forks. It's the robust economy that makes everything else possible of course, and we could start there. But there's something else that's more important.

Defending Our Freedom

Something that makes economic success possible. Something that undergirds our lives and our freedoms.

National security, of course.

Grand Forks has a long military tradition with the United States Air Force and the North Dakota National Guard. Grand Forks Air Force Base is 14 miles west of the city. The National Guard Armory is at the western edge of town, visible from the interstate highway.

Grand Forks Air Force Base is home to the Global Hawk Mission and 4,172 Air Force personnel and their families.

Air Combat Command’s 319th Air Base Wing is at home on Grand Forks Air Force Base, but on any given day about 100 military personnel from GFABFB are deployed elsewhere. The base has been critically involved in the Global War on Terror, participating in homeland defense and Operations Enduring Freedom and Iraqi Freedom.

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Grand Forks Air Force Base has several tenants:

• Air Combat Command’s 69th Reconnaissance Group, which operates the Global Hawk.

• United States Custom and Border Protection, which operates the MQ-9 Predator.

• Plus base personnel provide support to the 10th Space Warning Squadron at Cavalier Air Force Station, about 90 miles northwest of Grand Forks.

From this list it’s clear that Grand Forks Air Force Base plays a big role in the development of remotely piloted aircraft, also known as unmanned aerial systems or drones, and this extends to development of these systems for commercial use.
Grand Forks and the Grand Forks Air Force Base are on the cutting edge of these developments. The UAS business park on the base is the first in the nation. Grand Forks County is leasing 217 acres on the base for this development. Grand Sky is a specialized location for testing and operating this new technology and it will provide opportunities for partnership in research, testing and training. Northrop Grumman and General Atomics both operate UAS training facilities in the UAS park.

This opportunity comes after hard work and lots of cooperation.

In December 2013, the Federal Aviation Administration named North Dakota one of its six UAS integration test sites.

The University of North Dakota and Northland Community College immediately got involved. UND offered the world’s first academic program for UAS training and Northland added courses to prepare students for careers in the industry.

A local group, The Base Retention and Investment Committee (BRIC) involving governments and civic organizations, pushed the idea forward, negotiating terms for the lease and attracting companies who want to locate here.

Cooperation between the community and Grand Forks Air Force Base is not new. Twice, in 1998 and 2005, our communities won the Abilene Trophy. That's the hardware that Air Mobility Command presents to recognize community-based relationships and support.

Grand Forks and Grand Forks Air Force Base have had a strong partnership for more than 50 years. Today the base's annual impact is about 2,500 jobs, a payroll of $90 million and a total economic impact of nearly $250 million.

The Grand Forks region is mission ready!
Our soils are among the most fertile in the world; and today the two-counties in the Grand Forks metropolitan area sustain 2,500 farms producing more than $600 million worth of crops every year.

You read that right. Those are big numbers.

The crops grown here fall into two broad categories, row crops and grains. Most important among the grains are wheat and barley -- wheat the source of bread and barley the source of beer. Among the row crops, sugar is king. It’s not the most widely planted crop around here, but it is the most valuable, both on the farm and to the people who process it. Sugar is a major industry in our valley. Potatoes have long held second place among row crops and the Red River Valley is famous for the quality of its potatoes, which go into chips and french fries and are shipped around the country for seed stock. Soybeans have lately become a major crop here, and so have corn, sunflowers and dry beans -- navy beans, pinto beans and several other kinds of beans. Sunflowers make a high-quality cooking oil. The beans are mostly exported to Great Britain -- big bean eaters, the Brits -- and Mexico. Small producers are important, too. Every Saturday in the summer months, fresh produce from area growers is available at Feeding Our People.
Farmers Market in Town Square in downtown Grand Forks.

Bottom line here: You should raise your glass to local agriculture when you order a beer, a salad, a sandwich or dessert.

In the last little while, something called “precision agriculture” has taken center stage in farm fields in the Red River Valley. The term refers to the increasing tendency to apply technology at just the right time and in just the right place — with complete precision, in other words, to improve yields and to help feed the world.

Of course, farming is not just about growing crops. It’s about processing them and marketing them, too.

This has been a challenge for Red River Valley farmers. Much of what they grow is shipped away to be made into food. Still, several local companies have bucked this trend.

The North Dakota Mill and Elevator is one of these. It’s owned by the state, a gift of the state’s populist past. Today, it’s one of the largest mills in the world.

J.R. Simplot, an enormous potato growing and processing enterprise, has a factory here.

Pasta is made here.... and mustard, too.

And there’s American Crystal Sugar, the nation’s first sugar cooperative. It’s owned by 2,900 farmers in the Red River Valley. Together, they raise sugar beets on 500,000 acres. Today American Crystal Sugar refines more sugar from sugar beets than any other company in the United States. It’s a point of pride with us that beet farmers made their decision to buy the company in East Grand Forks. That was more than 40 years ago, in 1973.

A doer is just a dreamer with a better business plan.

Our business banking experts know that every dream needs a plan of action. Find out how we can help your business prepare for what’s ahead.
Grand Forks and East Grand Forks are shopping destinations with destinations within these destinations.

Columbia Mall is near the interstate highway on 32nd Avenue. JC Penney and Scheels are anchor stores.

The avenue itself is lined with retail establishments and eating places. We call this area The Market Place.

Among the large outlets are Lowe's, Super Target, Gordman's, Best Buy, Michaels, Hobby Lobby. Nearby are Sam's Club and a Super WalMart as well as Kohl's, Old Navy and Bed, Bath and Beyond.

The Grand Cities Mall on Washington Street has a large antique mall, a general interest book store, a Christian bookstore, and an Asian grocery.

There's a developing retail area on Gateway Drive at the northwest edge of town. It's anchored by a WalMart store.

In downtown East Grand Forks, there's a Cabela's outlet. It's something more than a store, with educational and entertainment attractions, including mounted game animals and live fish.

Across the street is a 15-screen theater with stadium seating, rocker seats and moveable arm rests. River Cities Cinema anchors a mall that contains an art gallery, an Italian restaurant and a variety of boutique and curio stores.

Along the Boardwalk facing the Red River there's Restaurant Row, with such local outlets as Mike's Pizza, Sickies, the Blue Moose; a rustic, Minnesota kind of place and The Boardwalk Bar & Grill. You can find Thai food on restaurant row, too, at Little Bangkok.

Across the river in downtown Grand Forks another destination shopping area is developing, with high end clothing stores and funky art spaces.

Downtown Grand Forks has eating options, too, including several fine dining establishments. The Toasted Frog offers an innovative menu of new cuisine; Sky's Fine Dining has a central European flair; Ely's Ivy chef inspired food with fresh and local ingredients. These three are located within a few blocks of each other. It's possible to start with cocktails and appetizers in one, enjoy an...
entrée in a second and desert and after dinner drinks in the third.

Japanese eateries, like Sakura's Japanese Steakhouse and Fuji Japanese Seafood and Steakhouse, are on Washington Street and in The Market Place on 32nd Avenue South. The Marketplace also has favorites like Texas Roadhouse, The Ground Round and Red Lobster.

Fast food options and local outlets of national restaurant franchises are on South Washington, Gateway Drive, Columbia Road and on 32nd Avenue and 42nd Street South.

Forty-second Street has developed into a destination area of another kind. That's where you'll find many of the city's hotels, including Canad Inns with its three restaurants; Expressway Suites, Country Inn & Suites and the Hilton Garden Inn. It's also where you'll find Tim Horton's, a nod to Canadian visitors.

Local favorites are scattered about. There's Italian Moon, known for its big menu, on South Washington Street. Perkins on Columbia Road and the Wild Hog and Helix on South Washington near the newest area expanding with housing, shopping and a new hockey arena. A little farther north, there's Darcy’s Cafe, a smallish place that's often packed with locals who want lots of good food and head to the Near North Neighborhood and you'll find long time local favorite The Fabulous Kegs Drive-In. The Speedway, a retro road house, is on North 42nd Street.

Probably your best bet is to load the family in the car and explore the city's thoroughfares. You'll be sure to find a restaurant you like.

Oh! The Olive Garden restaurant that made local food writer Marilyn Hagerty an Internet celebrity: That's on 32nd Avenue South, too.
UND

The University of North Dakota -- founded in 1883 -- is the oldest and largest university in North Dakota.

In 132 years, it has granted more than 100,000 degrees. You've heard of some of UND's alums:

Phil Jackson, basketball player, guru and writer.
Karen Nyberg, astronaut.
Dick Fontain, CEO of GameStop.
Sally Smith, Buffalo Wild Wings.
Dave St. Peter, president of the Minnesota Twins.
Matt Greene, LA Kings defenseman and Stanley Cup winner -- only the latest in a long list that includes Jonathan Toews and Eddie Belfour.

Monique Lamoureux-Morando and Jocelyne Lamoureux-Davidson, the Grand Forks sisters that won Olympic gold with the US Hockey Team in 2018.

And these are only the recent alums.

Go back a little farther and you'll find Maxwell Anderson, Pulitzer Prize winning playwright; Ernest Thompson, editor of Life magazine; Era Belle Thompson, editor of Ebony magazine and Vilhjalmur Stefansson, Arctic explorer.

Plus enough senators and members of Congress, governor and legislative leaders to fill a bus. They've served several states.

All of them were drawn to Grand Forks by the quality of the university and its many programs -- nearly 250 fields of study and growing every year. One of the most recent additions is a petroleum engineering program, an example of how UND and Grand Forks respond to changing conditions in the region.

Education is a huge part of Grand Forks and East Grand Forks -- in both our economy and our identity.
The university is built on a strong foundation of liberal and fine arts. The goal is to help students acquire and evaluate knowledge, to become creative and productive citizens in their communities and nations.

The Washington Monthly, U.S. News and World Report have ranked UND consistently above other colleges on the Great Plains, and it has earned a reputation as the broadest and strongest educational institution between the Twin Cities and the Pacific Northwest.

UND offers baccalaureate degrees in 90 areas, master's degrees in 67 programs and doctoral degrees in 38. There are two professional degree programs, law and medicine. UND is one of a handful of universities that have both a School of Law and a School of Medicine. In all there are nine degree granting colleges and schools. Among these is the John D. Odegard School of Aerospace Sciences, which trains pilots, air traffic controllers, unmanned aircraft operators, space systems engineers and support staff of all kinds for the aviation and space industries. In addition to these three, there are the College of Arts and Sciences, Business and Public Administration, Education and Human Development, Nursing and Professional Disciplines, Engineering and Mines and Graduate Studies -- a total of nine in all.

The university’s campus is also home to the Energy & Environmental Research Center (EERC). The EERC was officially founded in 1951 as the Robertson Lignite Research Laboratory, a federal facility under the U.S. Bureau of Mines. However, the EERC’s roots date back to the 1890s when Earl Babcock, a chemistry professor at the University of North Dakota (UND), began studying the state’s vast lignite coal resources and investigating potential uses for them.

The work of Babcock and others at UND led to the establishment of a Bureau of Mines laboratory at the university and, in 1951, to the facility that is today the EERC. The Center became a federal energy technology center under the U.S. Department of Energy (DOE) in 1977 and was defederalized in 1983, at which time it became part of UND.

Since its defederalization, the EERC has evolved to conduct research on all fossil fuels, as well as renewable and alternative fuels, and has become a world leader in the field of pollution prevention and environmental cleanup technologies.

As the opportunity engine for North Dakota, UND has become a leader in research and discovery regionally and nationally. From the latest in aviation technologies, medicine, extractive industries, and engineering to transformative discoveries in the humanities and social sciences, our faculty and students work hard to continually push the boundaries of knowledge and innovation.

Making a difference, in other words. In students’ lives and in the world. UND grads are truly “leaders in action.”

Northland Community and Technical College

Across the river is the East Grand Forks campus of Northland Community and Technical College, a comprehensive community and technical college that also has a campus in Thief River Falls, Minnesota.
The East Grand Forks campus offers programs in health, business, liberal arts and technology and trades. Health-related career opportunities are a specialty. Students can also take advantage of more than 22 associate of applied science degrees and carry these credits into the Minnesota state university system and the University of North Dakota.

Students at Northland are a diverse bunch. Some students are recent high school graduates, some are working people interested in expanding their skills, some are taking courses for personal enrichment.

Overall, the East Grand Forks campus has 1,750 students and 75 faculty members.

Still more learning

We haven’t exhausted the list of local educational institutions. Not yet.

The University of Minnesota has a coordinate campus in Crookston, Minnesota, 25 miles away.

UMC is a four-year school enrolling 1,600 students. It dates from 1966 and began offering baccalaureate degrees in 1993. Its record of innovation includes equipping students and faculty with laptop computers and offering a hands-on approach to learning.

The University of Mary, a Catholic college whose campus in near Bismarck, N.D., has a satellite location in Grand Forks. Students enroll in one-night-a-week, face-to-face classes or classes that are offered online around the clock and around the year. Advanced degrees can be completed in as few as 15 months. Students may switch seamlessly between delivery systems, from online to on site or on site to online.

Besides these traditional destinations for learning, Grand Forks and East Grand Forks offer programs for working adults. Park University serves the Grand Forks Air Force Base. Rasmussen College, a North Dakota-based college, offers online learning that prepares students for a variety of careers.

Elementary and secondary education

Grand Forks and East Grand Forks are one community but involve two towns, two states and two ways of doing things. This is apparent in the public schools.

In East Grand Forks, four schools serve 12 grades. There’s one school for kindergartners and first and second graders, another for Grades 3 through 6, then two middle schools for Grades 7 and 8, and finally a high school.

In Grand Forks, four schools serve 12 grades. There’s one school for kindergartners and first and second graders, another for Grades 3 through 5, then two middle schools for Grades 6 through 8, and finally a high school.
5, a third for grades 6 through 8 and a high school. In East Grand Forks, these schools serve more than 2,000 students.

The public schools in Grand Forks are configured differently, with 12 elementary schools serving children in kindergarten through Grade 5, three middle schools service students in Grades 6 through 8 and two high schools. These schools educate more than 7,600 students, including those from Grand Forks Air Force Base.

Private schools are available, too. In East Grand Forks, Sacred Heart School offers pre-school through high school programs in a Catholic setting. In Grand Forks, there are two Catholic schools, St. Michael's and Holy Family, which provide education through Grade 6.

Riverside Christian School in East Grand Forks offers a program of education from pre-schools to Grade 8.

Grand Forks is also home to the North Dakota School for the Blind which provides services for North Dakotans with visual impairments and the Grand Forks Montessori Academy.

Whatever the case, we here in Grand Forks and East Grand Forks are proud of our schools. Annually, some of our students qualify for important scholarships such as Merit or Presidential scholarships. Average scores on ACT tests are higher here than both state and national averages.
Being Active

In Grand Forks and East Grand Forks, you can hardly avoid being active.

There’s no excuse for sitting around in Grand Forks and East Grand Forks.

There’s an activity or two or half a dozen to keep everyone active, whether outdoors or in.

There’s the Red River Greenway. This 2,200 acres of open space, trails and recreational possibilities was a gift of the river. It was developed after the 1997 flood, between the flood protection works and the river itself.

The Greenway is open 365 days a year.

For hikers, bikers, walkers, runners and joggers, there are more than 20 miles of trails. In winter, there are groomed trails for cross country skiers.

The Greenway draws birders, disc golfers, fitness fanatics and loafers.

It is an incredible resource at the heart of the community.

Duck through one of the entrances and you’ll find a quiet neighborhood. Through another, you’ll enter a vibrant downtown area. Through still another, you find a church. Use another and you’ll be at the historical center of our cities.

Within the greenway itself are golf courses, disc golf courses, a boat house, forested areas, open areas with plantings of native species, ponds that attract ducks and shorebirds, and spectacular birds including bald eagles, red-headed woodpeckers and Cooper's hawks -- a species adopted by the community and the subject of important ongoing studies about how these dramatic predators adapt to urban settings. Plus, many historic points are marked and interpreted.

Whatever the purpose of your presence on the Greenway, you’ll be rewarded.....So will your dog.

There’s a spacious dog park where your pets can romp off leash -- as long as you keep an eye on them.

On the Red River and its major tributary, the Red Lake River, there’s canoeing, boating and fishing. Fishing goes on all year ‘round. Channel catfish are the river’s claim to international
fishing fame, but the Red and Red Lake rivers have more than 70 species of native fish. The confluence of the rivers is an ice fishing destination.

Winter draws cross country skiers to the Greenway. More than seven miles of trails offer a good workout on a crisp day.

The Grand Forks Park District sponsors “Greenway Ski Days” every year. This offers families a chance to try cross country skiing -- with free rentals and ski clinics provided. The weekend starts with a candlelight ski outing on Friday night and continues with a full day of activities on Saturday.

If you’re not interested in skiing, try strapping on your snowshoes and strike off on your own.

There’s also sledding on the Greenway.

And ice skating, too, both on the Greenway in neighborhood parks and Town Square located downtown. Together, Grand Forks and East Grand Forks have 18 neighborhood rinks.

That doesn’t count the impromptu rinks established on streets and in backyards for the community’s hundreds of eager hockey players.

You can even skate indoors. East Grand Forks has two indoor rinks and Grand Forks has four -- not counting the world class facility at Ralph Engelstad Arena, home of UND hockey, which offers occasional public skates.

Of course, you can run in winter. The Red River Runners Group sponsors The Frozen Feast 5K race in mid-winter -- and it sponsors half a dozen other racing events in the warmer months. The club meets year 'round on Tuesday nights and Saturday mornings.

Snowmobiling is another winter possibility. There are scores of miles of groomed trails in the area, many beginning at the edge of town.

We generally get about five feet of snow a season, so snowmobiling, skiing and skating are important activities from December through March.

For summer recreation, there are swimming pools, playgrounds, splash parks, basketball courts, softball fields, football fields, in-line skating possibilities, picnic shelters and more than 30 tennis courts.

Arnold Palmer and his team designed one of them, Kings Walk, which is the only PGA rated course in North Dakota or Manitoba. The course is operated by the Grand Forks Park District. It’s open to the public.

There are two other 18-hole courses, one on each side of the Red River. The Grand Forks Country Club is a membership organization. It includes a restaurant and a pro shop.

In East Grand Forks, Valley Golf offers a unique layout that challenges all levels of golfers. The course has a pro shop, driving range, snack bar and banquet facilities with a full bar.
Grand Forks and East Grand Forks have four golf facilities, three of them public.

On the near south side in Grand Forks, there’s Lincoln Golf Course, opened in 1909 and one of North Dakota’s oldest golfing facilities. The course, originally an 18-hole course, was heavily damaged in the 1997 flood. Today it’s a nine-hole par 35 course.

If you’d like to sleep under the stars and have a top-notch restaurant at your service, check out the Red River State Recreational Area on the East Grand Forks side of the river. In addition to hook-ups for recreational vehicles, the park offers remote camping and easy access to the river, whatever your physical condition. In all, there are 113 campsites, including 85 with electrical hook-ups.

All of this means a wide variety of recreation and fitness opportunities — and we haven’t mentioned the Choice Health and Fitness Center.

Operated by the Grand Forks Park District, this is a 161,000 square foot facility built on a 42 acre recreational park that includes hockey arenas and other venues.

Today, there are two basketball courts, three racquetball courts, an aquatics area including a three-lane lap pool and a zero-entry fun pool with two large slides and a dumping bay. There’s more of 15,000 square feet devoted to cardio and fitness with state of the art equipment. There are four group exercise rooms offering specialty classes. You can walk or run indoors. One of the longest in the Midwest, the track requires only seven times around to make a mile in distance.

Choice is a partner with the Grand Forks YMCA located near downtown. As part of the campaign to build Choice Fitness Center, donors provided funds to update the Y, which now offers a wide variety of training and fitness activities.

So — to review — more than 40 miles of walking and running trails, more than 30 miles of biking trails, fishing opportunities, outstanding nature watching, and a fitness center.

In Grand Forks and East Grand Forks, you can hardly avoid being active.

Besides these opportunities for recreation on your own, Grand Forks and East Grand Forks have year-round programs for all ages. Park Board programs for hockey and soccer begin before children start school and include recreational opportunities for older youth as well as adults.

There’s a full range of other organized play options, too, for young people in the school system and at UND, and for adults in softball leagues, bowling leagues and golf clubs.

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Grand Forks is fortunate to have two world class facilities.

There is The Ralph! You may know of Ralph Engelstad Arena. It’s been described as “the finest facility of its kind in the world.”

The 400,000 square foot arena is nothing but first class. Concourse floors are granite. Each seat is made of cherry wood and leather. There are 48 luxury suites, two mini suites and two great big club rooms at either end of the ice. The club bars are the largest in the state. Plus, there are more than 300 flat screen TV sets.

All of this to watch hockey.

The Ralph seats 11,634 for hockey, and there are seldom empty seats.

For players the arena offers a training facility including a 10,000 square foot weight room, an underwater treadmill, 14 locker rooms and a second ice sheet, this one Olympic sized.

No wonder so many young people in the community dream of playing there.

The Ralph is more than a hockey arena. It’s an international venue, hosting hockey and curling tournaments.

Plus, it’s a concert venue, hosting such stars as Kenny Chesney, Carrie Underwood, Brad Paisley, Tim McGraw, Faith Hill and Elton John.

You can shop at the Ralph, too.

Business meeting with a view.

Trust us; your employees will appreciate the change of scenery.

Ralph Engelstad Arena

To book your event contact Julie Frey at 701.777.0836 or julief@theralph.com
The Betty is attached to The Ralph. Betty Engelstad Sioux Center is home to UND basketball and volleyball programs.

The Ralph is named for Ralph Engelstad and the Betty for his wife. Engelstad was the goalie on UND’s first national championship hockey team who became a real estate developer and hotel and casino operator in Las Vegas. He gave the community more than $110 million for the buildings.

The Alerus Center is named for Alerus Financial, North Dakota’s largest bank, which has its headquarters in downtown Grand Forks and branches in Fargo, the Twin Cities and Arizona.

Home of UND football, the arena can seat 13,000 for football and up to 20,500 for concerts. The arena provides diverse and quality entertainment with events of all kinds ranging from family shows to comedians to rodeos to concerts, such as Metallica, Luke Bryan, and Britney Spears.

More than just an arena, Alerus Center is the largest exhibit space between Seattle and the Twin Cities, with 160,000 square feet of convention and trade space.

Attached to The Alerus Center is the Canad Inns, a full-service destination hotel with bars, restaurants, a water park, themed suites and luxury penthouses.

Right here in River Cities -- probably the only cities in the country whose entire population could be accommodated in just two buildings.
Looking for a way to relax and enjoy some family time during the beautiful summer months -- months that bring more hours of daylight than any other place in the Lower 48 states?

Check out the races.

River Cities Speedway is one of the country's best quarter-mile dirt tracks.

Friday is race night, with outlaw sprints, late models, super stocks, street stocks and Midwest modifieds.

Looking for an open air market?

Check out the farmer’s market in Town Square in downtown Grand Forks. It’s held every Saturday in the summer, and it draws farmers and crafters -- as well as shoppers -- from throughout the area.

Town Square is also the locale for the annual Zombie Music Fest, Fourth of July activities, an in-line skating marathon, a disc golf tournament, and the Wild Hog running events, including 5 and 10 kilometer races and half and full marathon distance races.

Then there’s Art Fest.

This venue draws more than 160 artists and performers as well as unique food facilities. It’s held in early June every year.

Every fall the East Grand Forks Arts and Crafts Council organizes the area’s largest craft show spread out between the two largest arenas in East Grand Forks with hundreds of vendors.

The Blues come to the banks of the Red River on the fourth Saturday of the three summer months with Blues on the Red.

There’s an Art and Wine Walk on the third Saturday of every month from April through October.
Looking for a fair or a festival?

Check out the Grand Forks County Fair. Held each June at the historic fairgrounds.

The grandstand was dedicated by President Franklin Delano Roosevelt.

There are 4-H exhibits, a livestock show, commercial booths, home arts exhibits, concerts and a carnival midway.

Check out Catfish Days.

This is a nationally known tournament held on the Red River. A total of 250 anglers in 125 teams compete to see who catches the biggest of the big Red River channel cats.

Of course, there’s lots of hoopla associated with the fishing — including a chili cook-off between the mayors of our two towns.

Cats Incredible usually takes place in early August.

Later in August, East Grand Forks rolls out its Heritage Days. This event emphasizes heritage and tradition and includes antique tractors and machinery, a general store with penny candy, an ice cream parlor and steam threshing, log sawing, blacksmithing and other attractions.

September brings UND’s annual Potato Bowl with such extravaganzas as a French Fry Feed. Plus, the Greenway Takeover Festival features local, regional and national acts like; The Gear Daddy’s and The Spin Doctors

And a football game of course.

In November there’s a HollyDazzle festival of lights, parade and fireworks downtown.
The range of arts activity in Grand Forks and East Grand Forks that one local wag once referred to the community as “The Athens of the Prairie.”

He wasn’t far off.

There are no classic ruins here, but there is a lively arts community.

A string of alliterative words apply to the arts scene locally.

Electric.

Energetic.

Entrepreneurial.

Excellent.

The Greater Grand Forks Symphony Orchestra is one of the oldest in the United States west of the Mississippi River. It’s been performing for more than a century.

The Northern Valley Youth Orchestra involves 25 adult musicians who mentor and coach more than 125 young people.

There’s also a community band, which offers outdoor concerts in the summer.

Other local groups are the Grand Forks Children’s Choir and the Master Chorale. The Chorale’s concerts have become season toppers and social events. Each December, members host a “Sing along Messiah” that’s classic and a lot of fun.

UND’s Music Department showcases its choirs at Winter WUNDeRland, also in December.

UND contributes to the community’s cultural life with theater, performed at Burtness Theater, named for its donor, a long-time member of the U.S. House of Representatives whose home on Reeves Drive is a classic of Victorian architecture in the city.

The high schools, too, have well developed music and theater traditions. The performance space at Red River High School in Grand Forks is especially fine.
SPA, the Summer Performing Arts program, draws students into doing and not just watching.

The North Dakota Museum of Art hosts summer workshops for young people, too. Housed in an historic building on the UND campus -- but planning a dramatic expansion -- the NDMOA is the state's official art museum. For nearly half a century, it has presented cutting edge exhibits examining issues from rapid oil development to “the disappeared” in Argentina.

NDMOA has drawn international attention. Artist Barton Benes left his Manhattan apartment to the Museum. It's on display on the second floor.

The visual arts are well represented elsewhere in the city.

UND displays its collections on a rotating basis in space at the Empire Arts Center downtown. Downtown also has several private galleries and artist studios.

Those who want to work in clay will find Muddy Waters Clay Center, classes, hands-on experience and shopping opportunities year around.

Likewise performing arts.

The Empire Theatre in downtown Grand Forks is a venue for a wide range of performance, from stage shows to symphony concerts and films. The historic Firehall Theatre is home to Greater Grand Forks Community Theater.

East Grand Forks has its performance arts center, too, and it showcases talent of many kinds: Celtic, cowboy, classical.

The North Dakota Ballet Company has classes for all ages and regular performances.

Dance etc! provides classes in jazz, tap, ballet and hip hop. Dancers perform at two yearly recitals and at special events throughout the community.

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Reading & Writing

One of the Midwest’s premiere literary events takes place in Grand Forks each March, as it has since 1970.

UND’s annual Writer’s Conference has brought more than 325 writers to Grand Forks, including four Nobel laureates and 32 Pulitzer Prize winners.

Among these authors are some of the most influential of the 20th and 21st centuries, including Allen Ginsberg, Norman Mailer, Tom Wolfe, Alice Walker, Tony Kushner, Salman Rushdie, Eudora Welty, Joseph Brodsky, August Wilson. The list goes on.

Nor has the event overlooked local authors, bringing Larry Woiwode and Lois Erdrich, whose literary landscapes are our own.

The three-day-long conference offers opportunities to hear writers read their work, discuss their work and defend their work.

Readings of fiction, non-fiction and poetry occur at other venues, including NDMOA, local bookstores and coffee shops.

Both Grand Forks and East Grand Forks have public libraries.

In East Grand Forks the Campbell Library is housed in a new building made possible by the flood of books that arrived here when Americans realized that a library had been drowned in the Red River Flood of 1997.

In Grand Forks, there are plans to enlarge or replace the public library and to push it into the community with outreach programs, literacy programs for new Americans and online services for the community.

In addition to these public libraries, UND’s libraries include a medical and a law library that are second to none in the region, as well as the main campus library. This is named for Chester Fritz, an alumnus who became a trader in China and left the university a valuable collection of manuscripts and works of art.

Beyond these, there are library services at the North Dakota School for the Blind’s Vision Resource Center, at local schools and hospitals.

Grand Forks also boasts the first iBrary, a digital media library consisting of computers and tablets. The iBrary is located in the public housing area of town and plans are to add another half dozen around town.
Sharing Cultures

These communities are increasingly diverse, and we are learning about one another and growing together.

UND’s International Center hosts a major celebration of cultural diversity each year. The Feast of Nations is named literally for the culinary and cultural offerings from around the world. It’s a highlight of the winter season in Grand Forks.

Another highlight, this time of spring, is the annual Wacipi mounted by the local American Indian community. This “time out” includes a traditional powwow and educational forums on native culture.

Plus, there are ethnic festivals involving the many European immigrant communities: Norwegians, Swedes, German, Poles, Irish and Scots among us.
Altru Health System is the largest and most comprehensive medical facility in the northern Red River Valley.

A community-owned, integrated health care system, Altru has an acute care hospital, a specialty hospital, more than a dozen clinics spanning more than 65 specialties in Grand Forks, East Grand Forks and the region, and a large home care network.

And that’s only the lumber.

Altru has more than 200 physicians, 4,100 staff and 370 volunteers – all of them committed to improving health and enriching lives across the Red River Valley.

Altru provides health education, preventive services, early intervention and appropriate care, from routine physical exams to hospice programs.

These reach almost a quarter of a million people in northeastern North Dakota and northwestern Minnesota. In fact, it can be said that Altru’s system stitches the valley together by providing care for us all.

Providers serve patients with highly specialized care through telemedicine and in-person specialist visits in more than 40 regional locations in North Dakota and Minnesota. As the first member of the Mayo Clinic Care Network, Altru is helping to bring Mayo Clinic’s knowledge and expertise to the Red River Valley. Altru and Mayo Clinic share a common philosophy and commitment to improve the delivery of healthcare through high quality, data driven, evidence-based medical care and treatment. Patients here have access to the highest level of clinical proficiency available anywhere.

Committed to caring for the region for 125 years, Altru works hard to ensure all patients experience a spacious, private room setting, where healing, patient safety, cleanliness and utilizing leading practices in care are the highest priority.

In 2018, Altru announced a bold new era in care. This approach comprehensively addresses the region’s future health and healthcare needs. It includes:

- An investment of well over $250 million
- A brand new 21st century hospital (planned to open in 2022)
- Expanded clinic services
- Extensive deployment of new technology
- Cutting-edge surgical and emergency services
- A population approach to healthcare

The bold new era positions Altru as a medical destination, providing an economic boost that attracts new businesses and families looking for a vibrant place to call home. It also enables Altru to expand efforts in population health and engage with residents throughout their lives to keep them well.

By combining world-class facilities, technology and a new approach to patient care, Altru is meeting the patients’ changing needs and expectations and securing the region’s future for generations to come.

Truyu Aesthetic Center has five locations offering a spa-like setting for comprehensive aesthetic and laser services, dermatology and cosmetic surgery. Its DeMers Avenue location
in Grand Forks has a private surgical suite, spacious recovery areas and a confidential exit offering comprehensive outpatient services.

In addition to its 45 specialties, Altru works closely with the UND School of Medicine and Health Sciences, Mayo Clinic and the North Central Cancer Treatment Group on research projects every year.

Other medical services

Red River Behavior Health System offers acute inpatient stabilization for children, adolescents and adults experiencing a mental health and/or substance use related crisis. They offer a full continuum of quality psychiatric care and access to a team of board certified professionals that create individualized care plans to meet each patient’s specific needs. RRBHS is a Meridian Behavioral Health company. The Center’s 62,000 square foot hospital is located on the Aurora Medical Park campus.

The Cancer Center of North Dakota, located on South Washington Street, offers medical oncology and radiation oncology as well as diagnostic services. With its Varian radiation treatment system, CCNSD’s technology is the most current available.

A number of independent practices are housed at Aurora Medical Park. These include primary care to specialties, a lab, a pharmacy, and imaging center and physical and occupational therapy services. In all the Aurora campus has 100,000 square feet in its state-of-the-art medical facility.

Sanford Health has 3 locations in East Grand Forks. With seven family medicine providers at 929 Central Ave, Sanford offers easy access to primary care for all ages. Specialty services and outreach services include urology, cardiology, neurosurgery, reproductive medicine, oncology, nutrition therapy, surgery (including Bariatrics), podiatry, and OB/GYN. Occupational medicine, physical therapy, health care accessories, and a walk-in clinic are available at Sanford’s location at 621 Demers Ave. Sanford Dermatology & Laser Clinic located at 625 Demers Ave offers non-surgical treatments to help you make positive and healthy changes to your skin. Medically-directed staff specializes in advanced techniques to achieve and maintain radiant skin and also offer Mohs surgery, which is a specialized highly effective technique for the removal of skin cancer.

Grand Forks and East Grand Forks have over one hundred dental, eye care and other specialty medical services.
The Grand Forks Senior Center helps older adults who are living healthy and independent lives. The center provides services that allow seniors to remain in their homes, including meals in a social setting at six different locations in the community, Meals on Wheels, frozen meals, foot care and medication setups. The Resource Department connects older adults to services in the community. For active older adults, the center offers a range of activities, volunteer opportunities and travel.

Edgewoods Parkwood Senior Living is a 172-unit senior living facility. Located at the intersection of DeMers Avenue and Columbia Road, Parkwood offers private apartments for independent living, assisted living, basic care and adult day services. The facility has 132 independent living units and 40 basic care studio apartments.

Edgewood Vista is an assisted living community in East Grand Forks. Staff are trained specifically in Alzheimer’s and dementia care. The facility is designed and built with the Alzheimer’s patient in mind, with a quiet calming atmosphere. There are group and individual activities, personalized meals and compassionate care 24 hours a day.

Maple View Memory Care Center, one of the valley’s premiere memory care centers, has highly specialized staff and Montessori-based programming. The environment nurtures independence, self-assurance and positivity attitudes in seniors and memory-impaired individuals as well as their families.

Valley Memorial Homes has six facilities on three campuses providing housing and services to more than 540 residents and tenants and employs 700 staff. Valley’s six facilities are Tuftf

Manor providing basic care, Valley Eldercare Center, a skilled nursing facility that includes a transitional care unit, 4000 Valley Square, including Country Estates providing independent senior living apartments, Wheatland Terrace providing assisted living and Woodside Village, a skilled nursing facility. Valley's newest addition is Cherrywood Village, which serves low income elderly and provides 30 apartments. Valley Memorial Homes is a Christian, non-profit organization affiliated with Lutheran congregations in the Grand Forks area. Valley Memorial boasts a strong heritage extending to more than 90 years.

The Good-Samaritan Society -- Heritage Grove offers senior housing and assisted living services in three connected buildings in East Grand Forks. This community for people 55 years and older offers apartments, round-the-clock staffing and security. Amenities include dining areas, meeting rooms, lounges, beauty salons, wellness rooms and a chapel.

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Basic Care • Transitional Care
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Helping Out

Grand Forks and East Grand Forks have a full range of service clubs and plenty of volunteer opportunities.

The local United Way maintains a volunteer hot line.

More than a dozen service clubs are active in a range of activities, from providing coats for needy children and pajamas for threatened women to providing fireworks for the Fourth of July.

The local YPs -- short for “Young Professionals” -- are especially active, hosting social, professional, cultural and philanthropic events throughout the year.

YP is primarily a networking group, engaging young professionals in the community. Their mission statement says, “We enhance our community, create connections and invest in each other.”

Living Here

By now we hope you’re feeling good about Grand Forks and East Grand Forks and that you’re thinking you might like to join our progressive community.

Of course, you’ll need a place to live.

That’s been a pressing problem here, as our economy expands and our population grows.

So it might take some effort to find exactly what you want.

Local builders are working hard to meet the housing needs, and there are a number of new developments running from starter homes to luxury developments. You may choose from single-family homes, condos, town houses, twin homes and apartments. If you’re a student, the dormitories may be an option.

The point is, you can find a place to live.

And you can afford it.

Local lenders offer a range of financing programs and are eager to help you find the right package, be it a conventional mortgage, a VA financed mortgage and FHA loan, or a first-time home buyers loan or an American Dream package, there’s a housing option available.
Government is everybody’s business in North Dakota and Minnesota. The states have some of the most comprehensive open meetings and open records laws in the nation.

The sun never sets on North Dakota government.

Except for very specific reasons, usually involving personnel decisions or proprietary secrets, every North Dakota government meeting is open. Every record is available to any citizen.

What’s more, every public meeting must be announced in advance. Notices are published in newspapers and posted online.

One result is an extraordinary level of participation in government and trust in government. North Dakota elects more of its official than almost any other state. Initiative and referendum are highly developed here. In the November 2014 elections, there were eight measures on the ballot.

Voters sifted through them — and rejected all but one.

Another result of openness is a very high level of trust in government, the highest in the nation according to a recent survey.

North Dakotans know their government officials. Almost invariably, they call them by their first names: Doug, John, Kevin.

They’re our neighbors after all. Midwesterners in general, and North Dakotans and Greater Minnesotans in particular, pride ourselves on our civil society. We respect each other, even like each other, even when we disagree.

The civil society works here.

One bit of evidence is the crime rate. Grand Forks and East Grand Forks are among the safest places in the nation. Of course, crime happens. We are humans after all. But, the crime index here is much lower than the national average for metropolitan statistical areas.

Policing here is community focused. In East Grand Forks, 20 officers work with the public and local schools. The Grand Forks force is larger, 80 officers and seven community relations officers who are assigned to each of the city’s seven wards.

It’s an example of effective government. On the street.

When Grand Forks faced a critical shortage of housing in 2012, the city convened a task force to assess the problem and to recommend solutions. In 2014, a similar task force was established to consider social service needs in the city.

Both were led by members of the City Council. Both are examples of government responding to real needs in real time.

It’s sometimes hard to say it, but responsive government is one of our great strengths.

Even if some of us think government doesn’t respond quickly enough and others think it responds too much.

We live together.
Today, there are more than 2,500 businesses in the Grand Forks Metropolitan Statistical Areas, and they employee nearly 60,000 people.

We've already met some of the major employers: UND, Altru Health System, the financial community, agribusinesses.

Grand Forks is also an important center for engineering, environmental and architectural services. More than a dozen firms are head-quartered here employing over 500 locally and another 400 in offices in other cities and states. That's only one example of the many “brainpower companies” in our communities. There are many others.

Other local companies make their own contributions to the cutting edge, from private aircraft to turbines for windmills that generate energy. Another local company is developing vaccines against a range of diseases, including Ebola, at a lab on the UND campus.

At the Grand Sky park on Grand Forks Air Force Base, companies are beginning to develop the future of aviation using unmanned aerial systems.

Just outside the city, a major fertilizer plant is planned.

These developments add to the diversity and dynamism of our community.

We expect to grow.

We hope you will want to join us as we continue to build one of America's best small cities.

For all of us.

Including you and your family.

There's activity here for your interests.

There are services here to meet your needs.

There's room here for your dreams.

Welcome.

Come, grow with us.
As a company founded in Grand Forks, you are our neighbors, friends, and family. As your trusted business partner, we’ll never stop working for your success.

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Midwest Chiropractic
Cathy Galstad
2600 Demers Ave.
Suite 110
Grand Forks, ND 58201
(701) 772-3905
c.galstad@yahoo.com
www.middwestchiro.com
CHIROPRACTORS

Midwest Masonry Inc.
Thomas Anderson
19102 4th Ave. SW
East Grand Forks, MN 56721
Tom.midwestmasonry@gmail.com
CONTRACTORS & CONSTRUCTION SERVICES

Mike's Pizza & Pub
Sherry Aames
411 2nd St NW
East Grand Forks, MN 56721-1739
(729) 773-9279
www.mikespizzapub.com
RESTAURANTS

Mikkelsen Consolidated, L.L.P
Dan Mikkelsen
2750 S. 38th St
Grand Forks, ND 58201
www.mikkelsen.com
HEALTH & WELLNESS

Merrill Lynch/Bank of America
Matt Engen
51 Broadway N
Fargo, ND 58102
(701) 241-2127
matt_engen@ml.com
www.ml.com
FINANCE & INVESTMENT

Merry Maids
Marcus Benoit
1405 2nd St S, Ste. 316
Grand Forks, ND 58201-5773
(701) 775-6678
merrymaids@hotmail.com
www.merrymaids.com
CLEANING SERVICES/SUPPLIES

Metro Graphix and Signs LLC
Justin McE
2402 2nd St NE
East Grand Forks, MN 56721
(701) 746-7484
metrographix@gmail.com
www.metrographix.com
SIGNS & LETTERING

Mexican Village
Annie Green
1219 S Washington
Grand Forks, ND 58201
(701) 775-3553
arteholg@hotmail.com
www.mexicanvillagofg.com
RESTAURANTS

Michael S. Johnson DDS
Lauren Zeman
117 N. Washington St.
Grand Forks, ND 58201
(701) 746-1581
interfonmetry@midnetwork.com
www.interfonometry.com
DENTISTS

Midco
Coleen Tweten
2855 10th Ave. N - STE 300
Grand Forks, ND 58203
(701) 335-4222
coleen.tweten@midco.com
www.midco.com
RADIO & TV

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CHIROPRACTORS

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CONTRACTORS & CONSTRUCTION SERVICES

Modern Information Systems, Inc.
K.G. Inman
5101 Gateway Drive
Grand Forks, ND 58203
(701) 772-4844
kijman@moderninformation.com
www.moderninformation.com
FILING EQUIPMENT, SYSTEMS AND SUPPLIES

Monarch Travel & Tours
Julie Cordy
1008 Central Ave NE
East Grand Forks, MN 56721
(701) 773-3342
monarchtravel2002@yahoo.com
TRAVEL/AGENTS

Morgan Printing, Inc.
Jennifer Erickson
910 Central Ave NE
Suite F
East Grand Forks, MN 56721
(701) 773-2577
jennifer@morganprinting.com
www.morganprinting.com
PRINTING SERVICES

Morgan Stanley
Chad DeTenne
3105 A South Washington
Grand Forks, ND 58201
(701) 795-7260
chad.detenne@morganstanley.com
www.morganstanley.com
FINANCE & INVESTMENT

Morton Buildings, Inc
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1140 Westwood Ave.
Grafton, ND 58237
(701) 332-2092
graftonbnm092@msnotes.mortonbuildings.com
CONSTRUCTION & BUILDING TRADES

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Kim Blackmun
710 1st Ave. N
Grand Forks, ND 58203-3804
(701) 746-5411
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Paul Mutch
908 S 48th Street
PO Box 14373
Grand Forks, ND 58203-4733
(701) 775-6779
PETROLEUM & PROPANE

My Card Guys
Scott Friske
3950 13th Ave. NE
Thief River Falls, MN 56701
(218) 688-2034
mycardguys@gmail.com
www.mycardguys.com
FINANCIAL SERVICES

My Place Hotels
Jeffrey Moeller
1315 S. 42nd Street
Grand Forks, ND 58201
(701) 757-1717
www.myplashotels.com
HOTELS & MOTELS

Myrness Fire Equipment
Chris Jensen
303 20th St N
Fargo, ND 58102
(701) 226-4224
www.myrnessfire.com
FIRE PROTECTION SERVICES

Nate's Canopy & Tent Rental
Nate Applegren
1015 N 51st St, Ste B
Grand Forks, ND 58203-1986
(701) 314-0266
nate@nateapplegren.com
RENTAL EQUIPMENT & FURNITURE

National Property Inspections - Tim Brown
Tim Brown
3060 Nokota Q.
Grand Forks, ND 58201
(218) 797-1150
timbrown@pickitlim.com
www.npihotels.com/brown
HOME INSPECTION

ND Air National Guard
Rich Gilkey
1400 28th Ave. N
Fargo, ND 58102-1051
(701) 241-7228
GOVERNMENT AGENCIES

ND Army National Guard
Lucas Klefve
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Grand Forks, ND 58201-3807
(701) 792-4501
lucas.klefve.milt@mil.mil
GOVERNMENT AGENCIES

ND Division of Vocational Rehabilitation
David Kueserger
151 5th Ave. - ST-E 401
Grand Forks, ND 58201-4715
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dkueserger@nd.gov
www.kueserger.com
EMPLOYMENT SERVICES

ND Mill & Elevator
Vance Taylor
1825 Mill Road
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Grand Forks, ND 58203-3078
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vaylor@kdmill.com
www.kdmill.com
AGRICULTURE/AGRIBUSINESS

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GOVERNMENT AGENCIES

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INSURANCE AGENCIES / BROKERAGES

Stay & Play Pet Resort
Carolyn LaDue
7254 S. Washington Street
Grand Forks, ND 58201
(701) 775-7020
info@stayandplayresort.com
www.StayandPlayResort.com
PET SERVICES

Staybridge Suites Grand Forks
Tiffani Fertile
1175-43rd St. S
Grand Forks, ND 58201
(701) 772-9000
tiffanifertile13@gmail.com
www.Staybridge.com/Grandforks
HOTELS & MOTELS

Steamatic Total Cleaning & Restoration
Marcus Benoit
4051 Gateway Drive
Grand Forks, ND 58203
(701) 746-1886
mrbenok@steamatic.com
www.Steamatic.com
CLEANING SERVICES/SUPPLIES

Steeple Apartments, LLC
Scott Staats
3301 12th Avenue South
Grand Forks, ND 58201
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scotts@hamptroncorp.com
www.hampton-management.com
PROPERTY MANAGEMENT & DEVELOPMENT

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Elies Dean
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Grand Forks, ND 58201
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elies dean@blue.net
www.facebook.com/steersngf
RESTAURANTS

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Grand Forks, ND 58203
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steffes@steffes.com
www.steffes.com
MANUFACTURING & PROCESSORS

Stemflash LLC
Juan & Debra Pedraza
4200, James Ray Drive - STE 201
Grand Forks, ND 58202
(701) 620-1928
juan@stemflash.com
www.stemflash.com
MARKETING

Stennes Granite Company
Dean & Tina Grousl
2029 Central Ave NW
East Grand Forks, MN 55721-2701
(218) 773-7641
grousl.dean@riscjnetwork.com
www.stennesgranite.com
MONUMENTS / MARKERS / HEADSTONES

Sterling Carpet One Floor & Home
Paula Anderson
2030 32nd Ave S
Grand Forks, ND 58201
(701)746-8444
panders3@sterlingcarpetone.com
www.sterlingcarpetone.com
FLOORING

Steve Christian Business Group - Steve Christian
1030-1927th Ave
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(701) 303-1827
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BUSINESS SERVICES

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FINANCE & INVESTMENT

Stone’s Mobile Radio, Inc.
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Grand Forks, ND 58201-3403
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www.stonemobileradio.com
COMMUNICATIONS SALES & SERVICE

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wah@stonemobileradio.com
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SECURITY SYSTEMS SALES & SERVICE

Strata Corporation
Steve Griffin
PO Box 13900
Grand Forks, ND 58208-3500
(701) 775-4205
sgriffin@strata-corp.com
www.stratacorporation.com
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Street Is Neat Custom Bikes and Trikes, Inc.
Timothy Gowan
101 Hwy #1
PO Box 215
Oxel, ND 57044
(218) 659-2582
streetisneatcustombikesandtrikes.com
www.streetisneatinc.com
RECREATION

StromsofT CPA, Ltd.
Trisha S.
2855 10th Ave N - Suite 600
Grand Forks, ND 58203
(701) 772-6050
trishas@stromsofceo.com
www.stromsofT.com
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Ryan Jundt
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Grand Forks, ND 58203
(701) 775-0445
build@structuresofg.com
CONSTRUCTION & BUILDING TRADING

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Neil Ebeling
1801 Gateway Dr - STE B
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(701) 772-6357
RESTAURANTS

Subway - 1850 S Columbia Rd
Neil Ebeling
1850 S Columbia Rd
Grand Forks, ND 58201
(701) 772-3526
RESTAURANTS

Subway - 2400 S Washington
Neil Ebeling
2400 S Washington
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subwaycgf@hotmail.com
RESTAURANTS

Subway - 2551 32nd Ave S
Neil Ebeling
2551 32nd Ave S
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(701) 772-9699
RESTAURANTS

Subway - 32nd Ave S
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3341 32nd Ave S
Grand Forks, ND 58201
(701) 772-9699
RESTAURANTS

Taco John’s
Tommy Keen
2522 Gateway Dr
Grand Forks, ND 58201-6628
(701) 772-5712
RESTAURANTS

Tavern United
Jordan McLaughlin
Canal Inne Destination Center
1000 S. 42nd Street
Grand Forks, ND 58201-3027
(701) 779-2011
grandforks@canaline.com
www.canaline.com
RESTAURANTS, LOUNGES & LIQUORS

TCF Home Loans
Ann-Marie Morrow
2810 19th Ave. S.
Grand Forks, ND 58201
(701) 757-4522
amorrow@tcfbank.com
homeequity@tcfbank.com/amorrow
MORTGAGE COMPANIES

Tecta America Dakota/Greenberg Roofing
Dale Wald
1810 N 6th Street
PO Box 12678
Grand Forks, ND 58208-2678
(701) 775-5389
dkwal@tcfgrand.com
SHEET METAL WORKS, WELDING & ROOFING

Terracon Consultants, Inc.
Joel Dickey
1550 North 22nd Street - Unit B
Grand Forks, ND 58203
(701) 757-2115
tdickey@supersevice.org
www.supersevice.org
LANDSCAPING

Surface Solutions
Harold Lovelace
1485 49th Avenue South
Grand Forks, ND 58201
(701) 317-3300
surfacesolutions_ncl@yahoo.com
CLEANING SERVICES/SUPPLIES

Swanson & Warrup, Ltd.
Howard Swanson
1307 Library Grove, Suite 202
PO Box 12569
Grand Forks, ND 58208-2009
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hwarrup@iwelawild.com
ATTORNEYS

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Grand Forks, ND 58208-3466
(701) 775-5359
dan.swingen@swingencstruction.com
www.swingencstruction.com
HOME BUILDERS-Commercial and Industrial

S-Y Commodities
Scott Field
2064 40th Ave S
Grand Forks, ND 58201
(620) 618-1064
scottfield@yahoo.com
COMMODITY BROKERS

T-Global, Inc.
Tommy Kenneke
5155 University Avenue
Grand Forks, ND 58203
(701) 738-0082
tom@t-globalinc.com
www.t-globalinc.com
HARD HOUSING

2019 Membership Directory
The Arc, Upper Valley
Rachel Hafner
250 DeMars Ave
Grand Forks, ND 58201
(701) 772-6191
rhafner@aruv.org
NON-PROFIT ORGANIZATION

The Bun Lounge
Jack Gregory
1708 Mill Road
Grand Forks, ND 58203-1554
(701) 772-4366
BARS / LOUNGES / NIGHT CLUBS

The Chamber Bismarck/Mandan
Brian Bitter
1900 Burrt Boat Drive
PO Box 1675
Bismarck, ND 58502
(701) 223-5860
info@bismarckmandan.com
CHAMBER OF COMMERCE

The Critter Sitter - Grand Forks
Lewy Wilson
Grand Forks, ND 58201
(701) 428-3121
onlinesitter129@gmail.com
www.facebook.com/ctrittersit.com
PET SERVICES

The Ember
Josh and Mary Hocke
8 N. 3rd St.
Grand Forks, ND 58201
(701) 772-3117
hocke@gmail.com
www.facebook.com/theember
COFFEE SHOPS

The Exponent
Rolin Bergman
207 2nd Ave NE
PO Box 289
East Grand Forks, MN 56730
(218) 773-2800
rolly@aklist.com
PUBLISHERS

The Golf Center
Brian Leach
3001 S. Columbia Rd. - Suite F
Grand Forks, ND 58201
(701) 775-0019
bleschogf@aol.com
www.thegolfcenter.net
SPORTS STORES

The Heart Institute
Nash Chisholm
1191 S. Columbia Rd
Grand Forks, ND 58201
(701) 793-2000
nchisholm@heartnd.com
www.heartnd.com
MEDICAL SERVICES/SUPPLIES / EQUIPMENT

The Hub Pub
Joe Schneider
205 N 3rd St
Grand Forks, ND 58203
(701) 776-7443
www.hubpubcf.com
BARS / LOUNGES / NIGHT CLUBS

The Kidney and Hypertension Center
Khaled Rabadi
1451 44th Ave S. - Suite 112D
Grand Forks, ND 58201
(701) 772-2619
khaled.rabadi3@gmail.com
www.kidneynd.org
MEDICAL SERVICES/SUPPLIES / EQUIPMENT

The Salvation Army
Matthew Beatty
1600 University Ave
Grand Forks, ND 58203-3465
(701) 775-2967
matthew_beatty@usc.salvationarmy.org
www.grandforksasa.org
NON-PROFIT ORGANIZATION

The Shrink Tank.com LLC
Greg Harmon
250 S. Columbia - Suite C
Grand Forks, ND 58201
(701) 775-2300
greg@theshrinktank.com
HEALTH & WELLNESS

The Toasted Frog
Shawn Clapp
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Grand Forks, ND 58203
(701) 772-5764
shawn.clapp2000@yahoo.com
www.toastedfrog.com
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Grand Forks, ND 58201
(701) 775-2765
nd237@thepsstore.com
www.theupsstore.com/1609
MAIL & SHIPPING SERVICES

The Valley Tabloid
Jackie Hanson
PO Box 5003
Grand Forks, ND 58206
(701) 741-3338
thevalleytabloid@xid.com
www.thevalleytabloid.com
ADVERTISING SERVICES

The Wild Hog Cantina
Tim Bihm
4401 S Washington
Grand Forks, ND 58201
(701) 775-8433
wildhogsmokehouse.com
RESTAURANTS

Thermography & Health Solutions LLC
Doris Driscoll
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Grand Forks, ND 58201
(701) 791-9973
dorris.driscoll12@gmail.com
www.thermography4s.com
HEALTH & WELLNESS

Third Street Clinic
Kristen Sanders
300 Division Ave. - STE 101
Grand Forks, ND 58201
(701) 772-1263
help@grandstreetclinic.org
www.grandstreetclinic.org
NON-PROFIT ORGANIZATION

Thompson-Schafer Insurance
Kelly Hele
311 S-46th Street - Ste. #102
PO Box 9996
Grand Forks, ND 58208-5996
(701) 775-4648
k.helle@thompsonagency.com
INSURANCE AGENCIES / BROKERAGES

Thomsen Homes LLC
Lauren Huf
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(701) 346-9200
lauren@homemorehomes.com
www.thomsenhomesllc.com
HOME BUILDERS–COMMERCIAL AND INDUSTRIAL

Thifty White Pharmacy #081
Erica Hollier
1395 S Columbia Road. - STE C
Grand Forks, ND 58201-4011
(701) 746-1080
pharmacy@thiftywhite.com
PHARMACIES

Thrivent Financial - Chad Erickson
Chad Erickson
200 Gateway Drive NW
East Grand Forks, MN 56731
(218) 773-1811
chad.erickson@thrivent.com
www.thrivent.com
FINANCE & INVESTMENT

Thrivent Financial - John Halstenson
John Halstenson
3535 31st Street South - STE 102
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john.halstenson@thrivent.com
www.thrivent.com
FINANCE & INVESTMENT

TIAA-Scott Roche
Scott Roche
8000 Normand Center Drive - Suite 660
Bloomington, MN 55437
(952) 968-3004
kroche@tiaa.org
www.tiaa.org
FINANCE & INVESTMENT

Tierd of Grand Forks/EGF
Chadwick Parkinson
PO Box 12861
Grand Forks, ND 58208
(701) 746-5988
wick.pub@yahoo.com
www.tiertdofgrandforks.com
ADVERTISING SERVICES

Tim D. Lord, CPA
Tim Lord
1521 24th Ave. S. - STE A
Grand Forks, ND 58201
(701) 772-3197		
tlordan@midco.net
ACCOUNTANTS

Tim Shea’s Nursery, Inc.
Timothy A. Shea
3315 South Washington
Grand Forks, ND 58201-7164
(701) 772-3449
tshea@polarcomm.com
www.timsenursery.com
FLORISTS & NURSERIES

Total Relaxation
Robert Turner
401 Darmer Ave - STE 2
East Grand Forks, MN 56721
(701) 361-2910
r-turner@totalrelaxation.com
www.totalrelaxation.com
HEALTH & WELLNESS

Touch of Art With Terri
Terri Berg
Grand Forks, ND 58201
(701) 741-3671
touchofartwithterri@gmail.com
www.facebook.com/touch-of-art-with-terri
AMUSEMENT & ENTERTAINMENT

Town Square Farmers Market
Chelsea Jones-Thomes
17721 42nd Avenue SW
East Grand Forks, MN 56721
(507) 319-4466
farmersmarket@yahoo.com
www.starfarmersmarket.com
NON-PROFIT ORGANIZATION

Townhouse Hotel
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townhousekg@gmail.com
www.townhousehotelgrandforks.com
HOTELS & MOTELS

Tractor Supply Company
Jami Hansen
440 32nd Ave. S.
Grand Forks, ND 58201-3301
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stt016@tractorsupply.com
tractorsupply.com
RETAILERS

TrainND Northeast
David Steffen
1801 College Dr N
Dawes Lake, ND 58201
(701) 692-1578 x 21578
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www.msc.edu/workforce
TRAINING/EDUCATION SERVICES

Transyst
Troy Carl
2211 South Washington - Suite A
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(701) 772-0269
tcm@transystmcc.com
www.transystmcc.com
TRUCKING

Travelodge Winnipeg East
Suzanne Cave
20 Alpine Ave.
Winnipeg, MB R3M 0Y5 CA
(204) 258-0666
suzanne.cave@shaw.ca
www.winnipeghotels.com/travelodge/
winnipeg-manitoba
HOTELS & MOTELS

Treat Play Love
Kelly Hilsinger
1905 S. Washington St. - STE B
Grand Forks, ND 58201
(701) 772-8909
gfhilsinger@gmail.com
www.giftandplaylove.com
PET SERVICES

2019 Membership Directory

The Chamber  |  Grand Forks • East Grand Forks 55
2019 Membership Directory

Tri City Northstars
Semi-Professional Football Team
Michelle Janson Gerald Anton
Grand Forks, ND 58201
(701) 740-9847
trichynorthstars071@gmail.com
gordonstamas.com
AMUSEMENT & ENTERTAINMENT

Triangle Coach
Service, Inc.
Dale Holms
1611 Central Ave NW
Grand Forks, ND 58201
(701) 773-2331
c ontact@trianglecoachservices.com
www.trianglecoachservices.com
TRANSPORTATION

Tri-Valley Transportation
Cindy Gjerswold
1345 Fairfax Ave.
Crookston, MN 56716
(701) 746-9989
Cindy.Gjerswold@kn.com
www.tri-valley.com
TRANSPORTATION

Troll Promotions
Jessica Langendor Nelson
1123 N. 44th St.
Grand Forks, ND 58203
(701) 746-1985
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www.trollpromotions.com
ADVERTISING PRODUCTS

True Colors
Rhona Hefner
8 South 3rd St.
Grand Forks, ND 58203
(701) 795-5660
rhefner@arw.com
www.truecolors.com
RETAILERS

True Healing Massage, Yoga & Wellness
Amanda Wheeler
2387 Demers Ave. - Unit C
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truehealingmassagegf@gmail.com
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HEALTH & WELLNESS

True North Equipment
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IMPLEMENT & MACHINERY DEALERS

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joncken@truenorthequipment.com
www.truenorthequipment.com
TRAINING/EDUCATION SERVICES

TruHome Property Solutions
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derek@truehomeprop.com
www.truhomeprop.com
PROPERTY MANAGEMENT & DEVELOPMENT

Trusite Wealth Management/Ameriprise Financial
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www.ameriprise.com
FINANCE & INVESTMENT

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FINANCIAL SERVICES

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www.undfoundation.com
EDUCATION

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www.undalumni.org
EDUCATION

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TRANSPORTATION
2008
• Chamber’s Business Government Alliance (BGEA) establishes a workforce committee – Greater Grand Forks Career Expo is formed.
• Chamber coordinates Rebecca Ryan visit to launch the Greater Grand Forks Young Professionals.

2009
• Chamber defeats City sign ordinance regulating digital signs.
• Member to Member Friday e-mail initiated – today more than 3,000 people receive this weekly information e-mail.
• First Annual State of the Base – proceeds from the event are used for GFAFB retention effort.

2010
• Chamber organizes first of several “East Meets West” trips with 40 business leaders traveling to the Bakken to capitalize on the business opportunity with the oil boom.
• Chamber publicly supports and advocates for a new airport terminal and a new landfill.
• The Chamber retools Brown Bag Seminars to provide immediate take home value for attendees.

2011
• “Team Grand Forks” is formed. The legislative lobbying partnership is led by The Chamber with the EDC, City, County and UND as partners.
• Chamber launches NV 360 results and engagement process with Community Foundation based on Knight “Soul of the Community” findings – focus on social offerings openness and aesthetics.
• The Chamber organizes annual NCTC State of the College.

2012
• Chamber hires Buxton Retail Analytic Firm. 17 new retailers and restaurants locate in GF/EGF based on the Buxton retail analytic data and Chamber/City recruitment efforts. The successful effort helps create new choices and a broader selection for local, regional and Canadian customers.
• The Chamber continues to host the now 10th annual Mayor’s State of the City providing vision and leadership for change and investment in our community.

2013
• “Team Grand Forks” priorities include – Medical School, Law School, Grand Sky, and Base Retention funding. All four are funded by the ND Legislature at the level asked for.
• Base Realignment Impact Committee (The Chamber is a member of BRIC) drives effort to have North Dakota named a UAS Test Site with congressional delegation paving the way for UAS development and the Grand Sky Enhanced Use Lease development at GFAFB.
• The Chamber partners with ND Chamber effort to reduce property taxes, corporate and personal income taxes.
• Housing Task Force convened by The Chamber. Partnership is formed and major progress is made on multi-family housing.

2014
• The Chamber offers Disney Training - the premier customer service training in the world - 300 attend.
• The 1,000th person graduates from Chamber Leadership Program now 30 years old and still strong. Graduates fill important leadership roles in every community organization.
• Chamber and Community Foundation receive $200,000 BUSH Innovation Grant - talent retention, core city vibrancy, information sharing and entrepreneurship are the focuses. 47 projects are provided seed funding from the “Grand Escape” to Alley Alive.

2015
• The Chamber’s Community Profile/Membership Directory publication wins “Publication of the Year” by Mid American Chamber Executives.
• The Chamber conducts the first ever “Chamber Shark Tank” encouraging start-up companies and entrepreneurship.
• “Team Grand Forks” successfully lobbies ND Legislature for 2nd half of Medical School funding, $60M; 1st half of Water Plant funding, $30M; and Grand Sky infrastructure funding, $5M.
• Chamber and EDC form Workforce Development Committee – Working with Job Service and more than 50 local HR professionals, a 20 point workforce development plan is developed and implemented. Internships, New American Programs and Job Shadowing are just a few of the successes.
• Grand Forks named 6th Best City to live by Airmen in Air Force Magazine, a tribute to the way Grand Forks feels about and treats men and women and the family members stationed at GFAFB.

2016
• Annual BAH attendance breaks the 3,000 annual attendance mark.
• Chamber President Barry Wilfahrt is appointed to the prestigious US Chamber’s Committee of 100.
• New UND President, Mark Kennedy continues the tradition of The Chamber’s “Wake up To UND” breakfast, detailing his vision for the college.
• The community celebrates the opening of the Grand Sky UAS Business Park.
• The Chamber’s Herald Business Advisory Committee hosts Governor Burgum.

2017
• Chamber is 5 Star Accredited by the US Chamber of Commerce. The Chamber is one of the top 112 chambers out of more than 7,000 chambers nationwide.
• The Chamber hosts the first annual East Grand Forks Mayor’s State of the City Luncheon.
• The Chamber joins the MN Chamber’s “Chamber Federation” MN Legislature makes the most progress in a decade on MN business climate.
• “Team Grand Forks” successfully lobbies ND Legislature for 2nd half Water Plant funding, $30M; Grand Sky Infrastructure funding, $5M; UAS Test Site funding, $13M; and Base Retention funding $200,000.
• The Chamber Proposes .5% sales tax for 20 years for roads and reasonable water rates – special election anticipated late this year.
• The Chamber lead the successful half cent Sale Tax special election for roads and water which won 73% to 27%.
The Chamber | Grand Forks • East Grand Forks

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