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2023 Community Profile/Membership Directory

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Telling Our Story

Hello and welcome to the community of Grand Forks, North Dakota and East Grand Forks, Minnesota.

Prepare to be dazzled. That's our best advice.

Why? Because we've dazzled ourselves. In the last three years our economy has become more diverse, new missions have come to the Air Force base, the medical community has grown larger and more competitive, shopping options have expanded and eating options have exploded.

Even the landscape has been remade. It's still flat but downtown has been redone with architecturally striking new buildings joining venerable historic structures. New residences and new businesses have brought new life to the heart of the community. The university campus has been transformed with new construction and longer vistas. If you don't believe it, take a walk on campus. You'll be dazzled, and that's a promise.

We have built one of America's best small cities. We're genuinely proud of what we've done. We live here and we love it.

Sure, it gets cold here in the winter. But. And 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.

There is a lot to do in the winter, spring, summer and fall; both indoors and out. You'll find that out.

We have built one of America's best small cities and we are making it better every day.

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,

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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're in the vanguard of companies large and small that are finding new ways to process the agricultural abundance of the Red River Valley.

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.

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. ■



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Defending Our Freedom

Grand Forks Air Force Base is home to about 3,300 Air Force personnel and their families.



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.

The Grand Forks area is mission ready.

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 has a worldwide mission, and it has been a player in the Global War on Terror. Global Hawk – the big drones – are stationed here. The 319th Reconnaissance Wing is at home here, but on any given day some of its 2,500 active duty personnel are deployed elsewhere.

Grand Forks Air Force Base has several tenants, including the United States Custom and Border Protection, which operates his own fleet of drones. Plus, base personnel provide support to the 10th Space Warning Squadron at Cavalier Air Force Station, which is about 90 miles northwest of Grand Forks.

New missions at the base will increase its strategic importance. These include a new intelligence, surveillance mission and a low-earth-orbit satellite mission. Various other space and cyber missions are being considered for location here. So, you may not see many planes flying overhead, but be assured that Grand Forks Air Force Base is critical to national security.

It's clear that Grand Forks Air Force Base plays a big role in the
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development of remotely piloted aircraft, also known as unmanned aerial systems or drones, and this extends to development of these systems for commercial use.

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Grand Forks and the Grand Forks Air Force Base are on the cutting edge of these developments. The UAS business park on the base, called Grand Sky, is the first in the nation. Grand Sky is a specialized location for testing and operating this new technology and it provides opportunities for partnership in research, testing and training. Grand Sky's multi-tenant building is now full. General Atomics operate UAS training facilities in the UAS park.

Northrop Grumman is converting the retiring Global Hawks to a mobile test range to test U.S. hypersonic missile and other top secret platforms.

This opportunity comes after hard work and lots of cooperation.

The University of North Dakota and Northland Community and Technical 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, negotiated terms for the lease of 217 acres on the Air Force Base and attracted 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 six decades. Today the base's annual impact is about 2,500 jobs, a payroll of \$90 million and a total economic impact of nearly \$280 million.

It's important to acknowledge the men and women of the Air Force and their service to the nation and to our community. Air Force personnel were critical to the flood fight, and Air Force volunteers show up for many civic events.

We think of the Air Force as a vital, vibrant part of our community, and we've rallied to ensure that the base remains in our future – and grows with us. ■

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Feeding Our People

Farming is the basis of the local economy and the Grand Forks region helps to feed the world.

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, corn acreage is increasing. A processor has reached an agreement with the city to build a wet corn mill here -- a development that will bring hundreds of jobs and consume millions of bushels of corn. The Valley's farmers also grow 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 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. It's new freezer has changed the skyline along Gateway Drive.

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



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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 nearly 50 years ago, in 1973.


Local food processors are an innovative bunch. Three sisters got together with a biosciences firm and created the Three Farm Daughters label, which appears on packages of pasta and flour – higher in protein, higher in fiber and lower in calories. Look for it as local groceries. ■

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Buying & Selling



Shopping Destinations

Grand Forks and East Grand Forks are 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, Best Buy, Michaels, Hobby Lobby. Nearby are Sam's Club and a Super WalMart as well as Kohl's, Old Navy and Menards.

The Grand Cities Mall on Washington Street has a large antique mall, a general interest bookstore, an Asian grocery and a computer sales and service establishment, Raptor PCS.

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 a unique health cub & spa and a variety of boutique and curio stores.

Up North Pizza Pub and the Spud Jr. is just down the street.

Along the Boardwalk facing the Red River there's Restaurant Row, with such local outlets as Mike's Pizza, the Blue Moose; a rustic, Minnesota kind of place, Little Bangkok, the Boardwalk Bar & Grill and Molly Yeh from the Food Channels first restaurant Bernie's

Across the river in downtown Grand Forks another destination shopping area is developing, with specialty boutiques, great tasty treats and funky art spaces. ■



Eating & Sleeping

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 coffers with fresh and local ingredients. New downtown is Harry's Steakhouse, which just might be the best steakhouse west of New York. These four 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 Asian food is plentiful with Japanese restaurants downtown, on South Washington Street and on 32nd Avenue South. There's Thai food, too. And Indian food. And Somali food. In the summer, the food trucks come out. For Mexican food, There's Charras on 32nd Avenue South, Mexican Village and Paradisco on South Washington, LaCantina off of Gateway and Casa Mexico near the junction of U.S. 2 and Minnesota 220 in East Grand Forks.

The Mall area also has favorites like Texas Roadhouse, The Ground Round and Buffalo Wild Wings.

Historic downtown buildings feature brews pubs such as Rhombus, Half Brothers and favorites like Bonzers. The Urban Stampede offers coffee in a cozy atmosphere.

Fast food options and local outlets of national restaurant franchises are on South Washington, Gateway Drive, Columbia Road, 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, Sleep Inn & Suites, America's Best Value Inn, Staybridge Suites, My Place Hotels, Spring Hill Suites, Baymont Inn & Suites and the Hilton Garden Inn.

Local favorites are scattered about. There's Italian Moon, known for its big menu, on South Washington Street. Perkins on Columbia Road and Helix wine & bites on South Washington near the newest area expanding with housing, shopping and a hockey arena. On the North End, 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 roadhouse, 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. ■

New Opportunities

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Educating Our Community

UND

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

In 138 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 with over 100 NHL Players, including Jonathan Toews, Eddie Belfour, Zach Parise, TJ Oshie and Brock Boeser.

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, governors 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.

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.

The university has had a growth spurt -- literally. Enrollment has increased, bucking a national trend. Partly that's due to strong online offerings. The campus has been remade, with several large, new buildings, the Memorial Student Union, dedicated to veterans who attended the university, and the Nistler College of Business building, made possible by a gift from alum Werner

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The Medical School has a new building. The Law School Building has been enlarged. Chester Fritz Library – the largest in the state – has been enlarged and modernized. The Gorecki Center, the state's first LED building, is an anchor “west of the coulee,” which divides the UND campus. The College of Aerospace Sciences is there, too.

A drive along University Avenue will pass most of these – but you really should park your car and explore the campus, which has become a landscape of its own, with wide vista and awe-inspiring views.

Be careful, though. The university enforces parking regulations. Perhaps your best bet is the pay lot at the corner of Columbia Road and Second Avenue North.

There you'll see the new Fritz Pollard High Performance Center, a key element in the university's athletic success. Another building, Merrifield Hall on College Drive is set for renovation. It's a classic academic building.

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 UND chemistry professor, 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. 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. It's work on carbon sequestration – capturing and storing carbon before it reaches the atmosphere – is cutting edge.

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.”**

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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.

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 is 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

Still more learning

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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 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.

And there's more coming!

A Career Impact Academy is in our future. This will provide education and training for students in Grand Forks and seven rural school districts. The academy will also offer specialized job training for adults seeking to advance their skills or learn new ones. ■



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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. Every September

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 dazzled and 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.

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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 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 Feat 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; skate board parks, picnic shelters and more than 30 tennis courts. ■

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Grand Forks and East Grand Forks have five golf facilities, four of them public.

There are two 9-hole courses and two other 18-hole courses, one on each side of the Red River. 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.

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.

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.

Rydell Skateboard Park is another option -- for the especially daring.

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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Getting Together

Grand Forks is fortunate to have 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. The in-house boutique can has a dazzling array of UND regalia.

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 Chester Fritz Auditorium, a magnificent center for the performing arts, is considered the finest facility of its kind from Minneapolis to the West Coast.

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The Chester Fritz Auditorium accommodates up to 2400 audience members on three seating levels. The main floor offers 1200 seats with four aisles and a middle cross-way. The mezzanine and balcony each accommodate 600 people.

The Empire Arts Center is a historic gem in downtown Grand Forks, now home to the lively local arts and cultural scene. Here, you'll find professional theatre, world-class entertainers, local treasures, community gatherings, and so much more. Let us roll out the red carpet for you.

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 Inn, a full-service destination hotel with bars, restaurants, a water park, themed suites and luxury penthouses.

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Having Fun

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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 Fourth of July activities, an in-line skating marathon, a disc golf tournament, and the Grand Forks Marathon 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.

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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. And a football game of course.

In November there's a HollyDazzle festival of lights, with a parade and fireworks downtown. That kicks off the holiday season here. □





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Arts & Culture



Appreciating the Arts

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. Their performances are first rate. You'll be dazzled.

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The North Dakota Museum of Art hosts summer workshops for young people, too. Housed in an historic building on the UND campus, 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.

The Public Arts Commission opened two galleries this year. One at Altru South and the other is at the Alerus Center. Recently, The Public Arts Commission dedicated a 150-ton granite sculpture, "Prairie Rose." Master sculptor Zoran Mojsilov was commissioned for the project. It sits on 42nd Avenue in front of the Canad Inn. Have a close look. At first you'll be puzzled – but the dazzle will grip you soon enough.

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

Downtown you'll find Badman Design, where fine jewelry and display art are crafted and shipped around the continent.

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 etcl 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

A young child with dark hair and glasses is sitting in a dark leather chair, reading a large open book. The child is wearing a blue textured sweater. The book is held open, showing the pages. The background is dark and out of focus.

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.

The list of guests is dazzling. Among these authors who have attended and taken part are some of the most influential of the 20th and 21st centuries, including Allen Ginsberg, Norman Mailer, Tom Wolfe, Alice Walker, Tony Kushner, Salman Rusdie, 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, the public library has been renovated and provides books, reading spaces and activities. It's on Library Circle off South Washington.

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. The library completed a renovation and expansion in 2021.

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. ■

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Staying Healthy

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 55 specialties in Grand Forks, East Grand Forks and the region, and a large home care network.

Construction is underway on a state-of-the-art hospital. Watch the progress on Columbia Road.

Altru has more than 300 physicians and advanced practice providers, 3,600 staff and 300 volunteers -- all of them committed to improving health and enriching lives across the Red River Valley.

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 create a culture of caring, where healing, patient safety, cleanliness and utilizing leading practices in care are the highest priorities.

Altru is proud to offer our patients some of the most advanced, minimally invasive surgical systems, skillfully operated by our

expert surgeons. These procedures mean shorter hospital stays and faster recoveries, so patients can get back to their daily life quicker. These advancements include:

Deployed the first Mako® Robotic Arm system in North Dakota and enhanced Altru's Robotics with the recent addition of the DaVinci Xi Robotic Surgical System.

Integrated TAVR, which is used for patients with aortic valve stenosis, or a narrowing of the valve. This minimally invasive procedure replaces the aortic valve without opening the chest.

Altru's vascular team completed the first TCAR case in North Dakota, which reduces the risk of stroke risk with carotid stenting and endartery through a minimally invasive procedure.

Implemented WATCHMAN, which is a permanent device implanted in a one-time procedure that safely and effectively reduces the risk of stroke, without the risk of bleeding.

Targeted to complete construction late in 2024, our new hospital will exude innovation, embody world-class care and provide the calming environment our patients, families and caregivers deserve.

With a working budget of \$470 million, Altru's new hospital will include seven floors, space for 226 licensed patient beds, a 16-bed observation unit and an entire negative pressure unit.

Additional key patient benefits incorporated into the new hospital will include:

- Private NICU
- Private pre/post-operative rooms
- State-of-the-art operating rooms
- A dedicated trauma operating room
- A trauma elevator for quick transport
- An overall improved aesthetic and wayfinding experience



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We also plan for better flow for our teams throughout the space, ensuring efficiency, safety and a better experience for our patients and our staff.

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 four 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 55 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 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 and a brand new facility – opened in 2021 – in Grand Forks. 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 Clinic offers primary care in a brand new facility at the south end of town.

Grand Forks and East Grand Forks have over one hundred dental, eye care and other specialty medical services.

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Aging Well

Our community has many options for seniors

The Grand Forks Senior Center helps older adults live healthy and independent lives. The center provides services that allow seniors to remain in their homes, including meals in a social setting at a few 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.

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 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 Senior Living operates three locations in Grand Forks with levels of care including skilled nursing, memory care, basic care, assisted living and independent living. Included in the non-profit corporation are three care communities; Valley Senior Living on Columbia with skilled nursing and transitional acute care, Valley Senior Living on 42nd (Woodside Village, Wheatland Terrace, Country Estates) with skilled nursing, memory care, assisted living and independent living, and Valley Senior Living on Cherry (Tuft Manor and Cherrywood Village) with basic care and independent living. We serve over 550 residents and employ nearly 900 people with the mission of providing compassionate Christian care and service to enhance the quality of life for those we serve. The corporate office is located at 2900 14th Avenue South in Grand Forks.

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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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 Together

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 will 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.



www.egf.mn

Governing ourselves and keeping safe

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. ■



Growing Together

Grand Forks is growing. The 2020 census found just over 100,000 people in the metropolitan area. A little more than half live in the city of Grand Forks.

There are more than 2,500 businesses in the Grand Forks Metropolitan Statistical Area, and they employ 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.

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.

Settle in with us.

And prepare to be dazzled. ■

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AVI Systems

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1930 E Century Ave
Bismarck, ND 58503
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Grand Forks Airport
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701-775-0688
avisgf@gmail.com
www.avis.com
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Azurance Group

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matthew.sullivan@azurancegroup.net
INSURANCE AGENCIES /
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www.balloonsbymisti.com
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Bd, formerly Badman Design

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Bears Home Solutions

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HEATING & AIR CONDITIONING
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Becker Marketing Consultants

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CHEMICALS & FERTILIZERS

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http://charrasandtequila.com/
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FINANCIAL SERVICES

Choice Bank - So. Washington
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FINANCIAL SERVICES

Choice Health & Fitness
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FITNESS CLUBS

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211 S. 4th Street
Grand Forks, ND 58201-4737
701-746-0405
coija@cviconline.org
www.cviconline.org, NON-PROFIT
ORGANIZATION

Compass Leadership Advisors
Trent Lee
6190 Martens Way So., Ste 100
Fargo, ND 58104
701-219-4402
Trent@compassleadershipadvisors.com
www.compassleadershipadvisors.com
CONSULTING

Conlin's Furniture
Jamie Olson
1605 S Washington St.
Grand Forks, ND 58201-6333
701-775-0475
jamie_olson@conlins.com
www.conlins.com/
FURNITURE

Connect Interiors
Jan Badding
2150 32nd Ave. S., Suite D
Grand Forks, ND 58201
701-746-6466
jbadding@connectinteriors.com
www.connectinteriors.com
OFFICE SERVICES, SUPPLIES /
EQUIPMENT / FURNITURE

Connecting Point
Bryan Waage
Watertown, SE 57201
701-885-6991
bwaage@connectingpoint.biz
www.connectingpoint.biz
COMPUTER SALES / SERVICE

Construction Engineers, Inc.
Scott Kringstad
200 N 69 St
Grand Forks, ND 58203-2507
701-792-3200
scott@constructionengineers.com
www.constructionengineers.com
CONTRACTORS &
CONSTRUCTION SERVICES

Continental Covenant, LLC
Craig Johnson
1706 Continental Drive
Grand Forks, ND 58201
701-739-1668
www@midconetwork.com
PROPERTY MANAGEMENT &
DEVELOPMENT

CORE Property Group
Amy Kobrinsky
1330 Page Dr. South, STE 200
Fargo, ND 58103
701-212-4144
info@corepropertiesgroup.com
www.corepropertygroup.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Country Inn & Suites
Monica Senger
3101 South 42nd Street
Grand Forks, ND 58201
701-757-2200
cx_grks@countryinnamericas.com
www.countryinns.com/
grandforksnd
HOTELS & MOTELS

Country View Townhome Apartments
Meghan Shortt
1720 5TH AVE NE, Unit D7
East Grand Forks, MN 56721
218-773-3466
information@centurypropertiesegf.com
www.rtpgef.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Countryside Insurance Agency, Inc.
Jennifer Otteson
321 Broadway, STE 2
Buxton, ND 58218
218-791-9113
jennifer@
countrysidecropinsurance.com
INSURANCE AGENCIES /
BROKERAGES

2023 Membership Directory

Countrywide Moving and Storage

Rachel Gornowicz
1925 N. 42nd. St
Grand Forks, ND 58203
701-772-3344
rachel@countrywidesanitation.com
www.countrywidesanitation.net
STORAGE FACILITIES

Countrywide Sanitation

Rachel Gornowicz
1925 N. 42nd. St
Grand Forks, ND 58203
701-772-3344
rachel@countrywidesanitation.com
www.countrywidesanitation.net
RECYCLING & WASTE MANAGEMENT

CPR - Cell Phone Repair

Perry Peyerl
1003 So. Washington St., Ste A
Grand Forks, ND 58201
701-371-3592
perry@thecomputerplace.com
<https://www.cellphonerepair.com/grand-forks-nd/>
COMPUTER SALES / SERVICE

CPS, Ltd. Engineering - Land Surveying

Mike Korman
308 2nd Ave. N.
Grand Forks, ND 58203-3730
701-746-7459
mike.korman@cpsengineering.net
www.cpsengineering.net
ENGINEERS
ABSTRACTORS, ARCHITECTS & ENGINEERS

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
REALTORS

Crary Real Estate-Jack Wadhawan

Jack Wadhawan
4551 S. Washington St., Suite G
Grand Forks, ND 58201
218-779-1161
jackwadhawan@gmail.com
www.grandforkshomes.com
REALTORS

Crary Real Estate-Linda Pierce

Linda Pierce
4551 S Washington St., STE G
Grand Forks, ND 58201
218-779-3371
lpierce@craryrealestate.com
lindapierce.craryrealestate.com
REALTORS

Crary Real Estate-Mary Adams

Mary Adams
4551 S Washington, STE G
Grand Forks, ND 58201
(701)739-5520
mka@gra.midco.net
www.craryrealestate.com
REALTORS

Creative Outlet ND

Jolene Schmitz
2524 S Washington St Ste. 2
Grand Forks, ND 58201
701-741-0647
Creativeoutletnd@gmail.com
www.creativeoutletnd.com
GIFTS & INCENTIVES

Culinex

Bart, Nelson
513 10th Ave. N.
Grand Forks, ND 58203
701-746-8471
bnelson@goculinex.com
www.goculinex.com
RESTAURANT / STORE
EQUIPMENT & SUPPLY

Cummins Sales and Service

Shane McKenna
4728 Gateway Drive
Grand Forks, ND 58203
7014029011
shane.mckenna@cummins.com
salesandservice.cummins.com
DIESEL SERVICE

Curt Kreun

Curt Kreun
3111 Longbow Ct
Grand Forks, ND 58203
701-795-8829
curt@gra.midco.net
INDIVIDUALS
GOVERNMENTAL AGENCIES

Custom Aire

Scott Boettner
5525 1st Ave N
Grand Forks, ND 58203
701-775-0305
sboettner@customaire.net
www.customaire.net
HEATING & AIR CONDITIONING
& PLUMBING

Custom Stripes, Inc.

Brian Perreault
20123 430th Ave SW
East Grand Forks, MN 56721
218-773-7157
bperreault@yahoo.com
www.customstripes.com
SIGNS & LETTERING

D & M Auto Body

Dick Jensen
1123 15th Ave NE
East Grand Forks, MN 56721
218-773-7797
dmautobody@integraonline.com
AUTOMOTIVE SUPPLIES &
REPAIRS

D.J. Burris Quality Carpet Cleaning

D.J. Burris
320 Reeves Dr. Apt. 1
Grand Forks, ND 58201
701-746-5889
burris5585@yahoo.com
CLEANING SERVICES

Dacotah Paper Company

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

Dahl Funeral Home

Dan Dahl
2029 Central Ave. NW
East Grand Forks, MN 56721
218-773-2971
dan.dahl@midconetwork.com
www.dandahlfuneralhome.com
FUNERAL SERVICES

Dahlstrom Motors

David Dahlstrom
301 Main Street
Oslo, MN 56744
218-695-2721
david@dahlstrommotors.com
www.dahlstrommotors.com
AUTOMOBILE DEALERS

Dairy Queen

Jim Wilson & Vicki Wilson
1412 Central Ave NW
East Grand Forks, MN 56721
218-773-7602
jv_wilson@msn.com
<https://www.dairyqueen.com/us-en/Locator/Detail/?localechange=1&store-id=3516>
RESTAURANTS

Dairy Queen-Northend

Jenny & Dean Kuhns
1209 N. 5th St.
Grand Forks, ND 58203
701-772-3801
jennykuhns2012@yahoo.com
www.facebook.com/
Northend-Dairy-Queen-
311201258943709/?fref=ts
RESTAURANTS

Dak Minn Blood Bank

Terri Hintz
3375 DeMers Ave
Grand Forks, ND 58201
701-780-5433
thintz@altru.org
www.dakminnbloodbank.org
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

DakMinn Technologies

Cole Spencer
5606 1st Ave. N
Grand Forks, ND 58201
701-746-1001
cole@dakminntech.com
www.dakminntech.com
TELEPHONE SERVICES

Dakota Boys and Girls Ranch

Tammy Noteboom
2017 DeMers Ave.
Grand Forks, ND 58201-8624
701-551-6807
t.noteboom@dakotaranch.org
www.dakotaranch.org
SECOND HAND STORE

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
REALTORS

Dakota Commercial & Development, Inc

Kevin Ritterman
615 1st Ave N., STE A
Grand Forks, ND 58203
701-772-3101
kriterman@dakotacommercial.com
www.dakotacommercial.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Dakota Concealed

Andy Schneider
410 18th Ave S
Grand Forks, ND 58201
701-741-2269
andrew.schneider@gfcounty.org
www.facebook.com/Dakota-
Concealed-638185132862479/
GUN SAFETY TRAINING &
SHOOTING RANGE

Dakota Dry Bean

Todd Smith
3301 30th Ave South, STE 103
Grand Forks, ND 58201
701-746-7493
todd@dakotadrybean.com
www.dakotadrybean.com
AGRICULTURE /
AGRIBUSINESS

Dakota Dry Bean-East Grand Forks

Todd Smith
43485 Business Hwy 2
East Grand Forks, MN 56721
todd@dakotadrybean.com
www.dakotadrybean.com
AGRICULTURE /
AGRIBUSINESS

Dakota Fence

Kayle Oliver
1110 25th Ave N
Fargo, ND 58102
701-237-6181
Koliver@dakotafence.com
<https://www.dakotafence.com/>
CONTRACTORS &
CONSTRUCTION SERVICES

Dakota Fire Protection

Teresa Washburn
1710 N Washington Street
Grand Forks, ND 58206-5327
701-772-8820
teresaw@dakotafire.com
FIRE PROTECTION SERVICES

Dakota Mailing & Shipping Equipment Inc.

Adam Berge
4141 38th St S., Ste B 1A
Fargo, ND 58104
701-451-0663
adamb@dakotamailing.com
www.dakotamailing.com
MAIL & SHIPPING SERVICES

Dakota Peat & Equipment

Kevin Pierce
833 Gateway Drive NE
East Grand Forks, MN 56721
218-773-4247
sales@dakotapeat.com
www.dakotapeat.com
MANUFACTURING &
PROCESSORS

Dakota Sales - Budweiser

Randy Kieffer
1916 DeMers Avenue
Grand Forks, ND 58208-2209
701-746-0341
randy.kieffer@dakotasales.net
BEVERAGE DEALERS

Dakota Science Center

Laura Munski
1701 Cherry Street
Grand Forks, ND 58206-5023
701-772-8207
lauramunski@outlook.com
www.dakota-science.org/
EDUCATION, NON-PROFIT
ORGANIZATION

Dakota Styles Boutique

Ashley Beland
310 Kittson Ave
Grand Forks, ND 58201
701-757-0593
dakota.styles.boutique@gmail.com
<http://facebook.com/groups/dakotastyles>
CLOTHING STORES

Dakota Supply Group

Matt Zirnhelt
715 South 48th Street
Grand Forks, ND 58208-4757
701-746-7373
matt.zirnhelt@dsgsupply.com
www.dakotasupplygroup.com
LIGHTING & ELECTRICAL
WHOLESALE

Dakota TV & Appliance

Andy Schneider
2218 32nd Ave. S.
Grand Forks, ND 58201-6549
701-772-5533
andys@dakotatv.com
www.dakotatv.com
APPLIANCE & ELECTRONICS
DEALERS

Dakota Venture Group

Hans Peterson
4200 James Ray Dr
Grand Forks, ND 58203
701-738-4822
hpeterson@dakotaventuregroup.com
www.dakotaventuregroup.com,
NON-PROFIT ORGANIZATION

Dale Carnegie Training of ND and MN

Bethany Berkeley
1630 1st Ave N., STE B #3
Fargo, ND 58102
701-639-2182
bethany.berkeley@dalecarnegie.com
www.northdakota.dalecarnegie.com
TRAINING / EDUCATION
SERVICES

Dan's Pest Control

Dan Mayers
500 Broadway St.
Thompson, ND 58278
701-740-4034
dmayers@gra.midco.net
PEST CONTROL

2023 Membership Directory

Dance, Etc!

Hovi Straus
1305 Dyke Avenue
Grand Forks, ND 58203
701-775-3476
hs-hs@live.com
www.dance-etc-nd.com
FITNESS CLUBS

Daydreams Specialities

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

Days Inn

Michelle Hayes
3101 S. 34th Street
Grand Forks, ND 58201-5904
701-775-0060
gfdaysinn@live.com
www.daysinn.com
HOTELS & MOTELS

DCN (Dakota Carrier Network)

Troy Walker
3901 Great Plains Dr. S.
Fargo, ND 58104-3916
701-323-3000
twalker@dakotacarrier.com
www.dakotacarrier.com
TECHNOLOGY
INTERNET PROVIDER

Deek's Pizza

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

Dell-Comm, Inc.

Sharon Luney
710 South 14th Street - Suite C
Grand Forks, ND 58201
701-780-2086
sharon.luney@dell-comm.com
www.dell-comm.com/
COMMUNICATIONS SALES &
SERVICE

Delta Dental of Minnesota

Cory Erickson
500 Washington Ave. So.,
STE 2060
Minneapolis, MN 55415
612-224-3304
cerickson@deltadentalmn.org
www.deltadentalmn.org
INSURANCE AGENCIES /
BROKERAGES
DENTISTS

DeMers Dental - Dr. Erickson

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

DeMers Dental - Dr. Stadem

Dr. Paul Stadem
706 DeMers Avenue
East Grand Forks, MN 56721
218-773-7474
info@demersdental.com
www.demersdental.com
DENTISTS

Design Rich Architect, LLC

Joyce Fries-Brune
404 4th Street NW, Suite H
East Grand Forks, MN 56721
218-773-4866
joyce.brune@dsgnrch.com
www.dsgnrch.com
ARCHITECTURAL SERVICES

Development Homes, Inc.

Tricia Lee
3880 S. Columbia Road
Grand Forks, ND 58201-3523
701-335-4000
tlee@developmenthomes.org
www.developmenthomes.org,
NON-PROFIT ORGANIZATION

Diamond Lounge

1607 Demers Ave
Grand Forks, ND 58201
701-772-8700
www.facebook.com/Diamond-
Lounge-179589192068479/
BARS / LOUNGES /
NIGHTCLUBS

Dietzler Electric LLC

Jamie Dietzler
203 Veitch Street
Emerado, ND 58228
jamie@dietzlerelectric.com
www.dietzlerelectric.com/
ELECTRICIANS

DJ Colter Agency Inc. American Family Insurance

David Colter
1725 32nd Ave. S., STE C
Grand Forks, ND 58201
701-775-5568
dcolter@amfam.com
https://agent.amfam.com/d-j-
colter/nd/grand-forks/1725-32nd-
ave-s/
INSURANCE AGENCIES /
BROKERAGES SERVICES

Docu-Shred, Inc.

Chad Thorson
42424 240th St SW
East Grand Forks, MN 56721
218-893-1126
chad@docushredinc.com
www.docushredinc.com
DOCUMENT DESTRUCTION

Doherty Staffing Solutions

Jacob Johnson
402 North Broadway
Crookston, MN 56716
218-470-0175
jjohnson@doherty.com
www.dohertystaffing.com
EMPLOYMENT SERVICES

Doherty Staffing Solutions

Jacob Johnson
2397 Demers Ave., Suite J
Grand Forks, ND 58201
701-757-0562
jjohnson@doherty.com
www.doherty.jobs
EMPLOYMENT SERVICES

Don's ABC Seamless, Inc.

Rod Linnertz
1175 62nd St N
Grand Forks, ND 58203
701-746-7246
rod@donsabcseamless.com
www.donsabcseamless.com
CONSTRUCTION & BUILDING
TRADES

Downtown Development Association

Alexander 'Blue' Weber
23 N 3RD ST., STE 2
Grand Forks, ND 58203
701-757-4051
blue@gfdnda.com
www.downtownforks.com,
NON-PROFIT ORGANIZATION

Drain Savers

Jordan Bowles
1826 9th Ave N.
Grand Forks, ND 58203
701-765-3227
drainsaversllc@gmail.com
www.drainsaversllc.com
CLEANING SERVICES/
SUPPLIES

Drees Farming Association

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

Drew Molstad

5700 PINEHURST CT
Grand Forks, ND 58201
7017404410
drew.molstad@gmail.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Dufault Insurance Agency

Colter Dufault
1418 Central Ave NE - Suite B
East Grand Forks, MN 56721
218-773-2480
colter@dufaultinsurance.com
www.dufaultinsurance.com
INSURANCE AGENCIES /
BROKERAGES

Dusek Law

David Dusek
712 DeMers Ave.
East Grand Forks, MN 56721
701-746-4107
david@duseklaw.com
www.duseklaw.com
ATTORNEYS

Dusso Photography

Robert Dusso
1023 15th Ave. S.
Grand Forks, ND 58201
218-230-4325
Bobby@dussophoto.com
Dussophoto.com
PHOTOGRAPHERS
SERVICES

Dusterhoft Family Stores

Scott Dusterhoft
4315 DeMers Avenue
Grand Forks, ND 58201-3901
701-772-6702
info@dusterhofts.com
www.dusterhofts.com
SERVICE STATIONS &
CONVENIENCE STORES

Dusterhoft Family Stores

Scott Dusterhoft
1970 32nd Ave. South
Grand Forks, ND 58201
701-746-0623
info@dusterhofts.com
www.dusterhofts.com
GAS STATION

Eagle Electric, Inc.

Darryl Beauchamp
119 3rd St. NE
East Grand Forks, MN 56721-
0637
701-746-0449
eagle1980@midconetwork.com
ELECTRICIANS
CONTRACTORS &
CONSTRUCTION SERVICES

Eagle's Crest Grill

Jeff Waind
5031 South Columbia Rd
Grand Forks, ND 58201
701-787-3491
eaglescrest2@hotmail.com
http://www.eaglescrestgrill.com/
RESTAURANTS, LOUNGES &
LIQUORS

Eagles Club #350

Mel Hoverson
227 10th St NW
East Grand Forks, MN 56721-
1505
218-773-2445
deadeye_mel@yahoo.com
www.foe.com/, NON-PROFIT
ORGANIZATION/ BARS /
LOUNGES / NIGHTCLUBS

EAPC Architects Engineers

Lori Bakken
3100 Demers Avenue
Grand Forks, ND 58201-4000
(701)775-3000
lori.bakken@eapc.net
www.eapc.net
ABSTRACTORS, ARCHITECTS
& ENGINEERS

East Grand Floral

Savannah & Kevin Johnson
1521 Central Ave NW
East Grand Forks, MN 56721
218-773-3400
eastgrandfloralshop@gmail.com
https://eastgrandfloralshop.com/
FLORISTS & NURSERIES

East Grand Forks, Dental Care

David Thorfinnson
22 4th St. NE
East Grand Forks, MN 56721
218-773-0842
egfdc@midconetwork.com
www.eastgrandforksdentalcare.com
DENTISTS

East Grand Forks, Economic Development Authority

Paul Gorte
600 DeMers Ave
East Grand Forks, MN 56721
218-773-8939
pgorte@egf.mn
www.egf.mn
DEVELOPMENT SERVICES

East Grand Forks, Public Schools

Mike Kolness
1420 4th Avenue NW
East Grand Forks, MN 56721
218-773-3494
mkolness@egf.k12.mn.us
www.egf.k12.mn.us/
EDUCATION

East Grand Forks, Water & Light Department

Todd Grabanski
600 Demers Ave
East Grand Forks, MN 56721
218-773-1163
tgrabanski@egf.mn
http://www.egf.mn/244/Water-Light
SERVICES

East Grand Inn

Paramjit Singh
606 Gateway Dr. NE
East Grand Forks, MN 56721
218-773-9822
eastgrandinn@yahoo.com
www.eastgrandinn.com
HOTELS & MOTELS

East Grand Storage

Ron Vasek
1708 Central Ave. NE
East Grand Forks, MN 56721
218-773-3700
karynv@invisimax.com
www.sparehusband.com
STORAGE FACILITIES

Easter Seals Goodwill ND, Inc.

Jodi Hodny
3651 S. Washington
Grand Forks, ND 58201-7201
701-787-8201
jhodny@esgwnd.org
www.esgwnd.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Economy Plumbing, Inc.

Richard McGurran
1120 Dyke Avenue
Grand Forks, ND 58203-3650
701-775-0509
richard.economyplumbing@
midconetwork.com
www.economyplumbinginc.com
HEATING & AIR CONDITIONING
& PLUMBING

Edgewood - East Grand Forks

Luke Knauf
608 Fifth Avenue NW
East Grand Forks, MN 56721-1738
218-773-6648
Luke.Knauf@edgewoodvista.com
www.edgewoodhealthcare.com
ASSISTED LIVING FACILITIES

Edgewood Healthcare, LLC

Phil Gisi
322 Demers Avenue, Suite 500
Grand Forks, ND 58203
701-738-2000
philg@edgewoodmail.com
www.edgewoodhealthcare.com
ASSISTED LIVING FACILITIES

Edward Jones - Bret A. Bentow

Bret Bentow
4350 S. Wash. St., Ste 102
Grand Forks, ND 58201
701-746-9344
bret.bentow@edwardjones.com
www.edwardjones.com/en_US/fa/
index.html&cm=432807
FINANCE & INVESTMENT

2023 Membership Directory

Edward Jones - Brian Emerson
Brian Emerson
2860 10th Ave N., Suite 300
Grand Forks, ND 58203
701-772-1078
brian.emerson@edwardjones.com
www.edwardjones.com/brian-emerson
FINANCE & INVESTMENT

Edward Jones - Brian Fedje
Brian Fedje
424 DeMers Ave
Grand Forks, ND 58201
(701) 746-1260
Brian.Fedje@edwardjones.com
www.edwardjones.com/brian-fedje
FINANCE & INVESTMENT

Edward Jones - Bryan Brenden
Bryan Brenden
2850 24th Avenue So., STE 202
Grand Forks, ND 58201
701-772-6525
Bryan.brenden@edwardjones.com
www.edwardjones.com
FINANCE & INVESTMENT

Edward Jones - Matt Odenbach
Matt Odenbach
3251 32nd Ave. South, STE A
Grand Forks, ND 58201
701-775-1184
matt.odenbach@edwardjones.com
www.edwardjones.com
FINANCE & INVESTMENT

EGF Blue Line Club
Justin Mero
PO Box 125
East Grand Forks, MN 56721-0125
218-773-6649
SERVICE & CIVIC CLUBS & ASSOCIATIONS

EGF Rod & Gun Club
Kevin Engelstad
12923 480th Ave NW
East Grand Forks, MN 56721-0087
701-732-0486
info@egfgunclub.org
www.egfgunclub.org,
NON-PROFIT ORGANIZATION

Elite Steering Driving School
Jon Dondoneau
6741 Ashwood Loop S
Fargo, ND 58104
701-388-7068
jon@elitesteeing.com
www.elitesteeing.com
EDUCATION
TRAINING / EDUCATION
SERVICES

Elle Interiors
Melissa Link
2001 Gateway Dr.
Grand Forks, ND 58203
701-757-0563
melissa@elleinteriorsgf.com
www.elleinteriorsgf.com
INTERIOR DESIGN

Ellingson Companies
Ben Knott
500 Ellingson Road
Harwood, ND 58042
218-686-0976
bknott@ellingsoncompanies.com
ellingsoncompanies.com/
AGRICULTURE /

Ely's Ivy
Scott & Rachel Franz
22 South 3rd Street
Grand Forks, ND 58201
701-757-0243
info@elysivy.com
Elysivy.com
RESTAURANTS

Emerson Duty Free Shop
Kyle Hiebert
P.O. Box 460
Emerson, MB R0A 0L0
204-373-2600
kyle@emersondutyfree.mb.ca
www.emersondutyfree.com
LIQUORS -- OFF SALE

Emmy's Place, LLC
Heather Viscito
3325 S. Washington St.
Grand Forks, ND 58201
701-757-1999
emmysplacechildcare@gmail.com
www.emmysplacechildcare.com
CHILDCARE / DAYCARE

Empire 1
Scott Stauss
2001 Empire Ct
Grand Forks, ND 58201
701-775-5544
scott@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Empire Arts Center
Debra Pflughoeft-Hassett
415 DeMers Avenue
Grand Forks, ND 58201-4507
701-746-5500
debraph@empireartscenter.com
www.empireartscenter.com/
AMUSEMENT & ENTERTAINMENT

Enbridge
Jeremy Finnie
2715 Valley Circle
Grand Forks, ND 58203-0807
701-746-9772
jeremy.finnie@enbridge.com
www.enbridge.com
PETROLEUM SERVICES

Enclave Property Management
Morgan Sabbe
1 2nd St. N., STE 102
Fargo, ND 58102
701-478-4310
morgan@luxcommunities.com
https://www.enclavepm.com/
PROPERTY MANAGEMENT & DEVELOPMENT

Epic Companies
McKenzy Olson
745 31st Ave. E., STE 105
Fargo, ND 58078
701-866-1006
mckenzy@epiccompaniesnd.com
www.epiccompaniesnd.com
PROPERTY MANAGEMENT & DEVELOPMENT

Erickson Financial Advisors
Bradley Erickson
2812 17th Ave. S., STE F
Grand Forks, ND 58201
701-772-1681
brad@ericksonfinance.com
www.ericksonfinance.com
FINANCE & INVESTMENT

Ethos Home Care & Hospice
Stephanie Stauss
4491 S. Washington St, Suite A
Grand Forks, ND 58201
701-757-0328
stephanie.stauss@ethoscare.org
www.ethoscare.org
HEALTH & WELLNESS
HOSPICE

Evergreen Insurance
Jason Mack
722 DeMers Avenue
East Grand Forks, MN 56721-1842
218-773-4158
jmack.evergreen@midconetwork.com
www.evergreeninsuranceagency.com
INSURANCE AGENCIES / BROKERAGES

Evolve Grand Forks
Kaelan Reedy
33 S. 3rd St., STE D
Grand Forks, ND 58201
701-335-7638
info@evolvegf.com
www.evolvegf.com
BUSINESS SERVICES

Ewing Oil LLC
Tyler Meyer
803 South Washington
Grand Forks, ND 58201
701-757-3835
tylerm@ewingoil.com
GAS STATION

Executive Properties Construction
Chris Grochow
P.O. Box 5263
Grand Forks, ND 58206
701-330-1273
info@executiveproperties.org
www.executiveproperties.org
CONSTRUCTION & BUILDING TRADES

Express Employment Professionals
Alyssa Kaste
3590 S 42nd St
Grand Forks, ND 58201
701-787-5655
alyssa.kaste@expresspros.com
www.expresspros.com
EMPLOYMENT SERVICES

Expressway Suites
Morgan Fisher
4040 11th Ave South
Grand Forks, ND 58201
701-757-7000
suitessales@gmail.com
www.expresswaysuitesgf.com
HOTELS & MOTELS

F Pederson Consulting LLC
Faye Pederson
305 S 4th Street
Grand Forks, ND 58201
701-746-7212
faye@pedersonconsultingllc.com
www.pedersonconsultingllc.com
ACCOUNTING SERVICES

Face & Jaw Surgery Center
Omar Chahal
2845 36th Avenue South
Grand Forks, ND 58201
701-775-4444
drchahal@faceandjawsurgery.com
www.faceandjawsurgery.com
ORAL SURGEON

Fairfield Inn & Suites East Grand Forks
Joseph Sproul
514 Gateway Drive NE
East Grand Forks, MN 56721
218-399-3030
Joseph.Sproul@marriott.com
www.marriott.com/gfkeg
HOTELS & MOTELS

Farmers Insurance - Don Zerr Agency LLC
Don Zerr
311 S 4th St Ste 116
Grand Forks, ND 58201
701-757-0763
dzerr1@farmersagent.com
agents.farmers.com/dzerr1
INSURANCE AGENCIES / BROKERAGES

Farmers National Company
Terry Longtin
4050 Garden View Dr., Ste 103
Grand Forks, ND 58201
701-780-2828
tlongtin@farmersnational.com
www.FarmersNational.com/
TerryLongtin
REALTORS

Farmers Union Insurance Agency, Inc.
Brent Vik
1551 28th Ave. S., STE A
Grand Forks, ND 58201
701-757-5757
brent.vik@fumic.com
www.farmersunioninsurance.com/
BrentVik
INSURANCE AGENCIES / BROKERAGES

Federated Insurance-Adam Shaugabay
Adam Shaugabay
5910 Wydown Dr
Grand Forks, ND 58201
ajshaugabay@fedins.com
federatedinsurance.com
INSURANCE AGENCIES / BROKERAGES

Fenworks, Inc.
Kaleb Dschaak
4551 S Washington St., Suite J
Grand Forks, ND 58201
701-248-9786
info@fenworks.com
www.fenworks.com
TECHNOLOGY

Fergus Falls Granite Inc.
Ryan & Mike Welle
2029 Central Ave NW
East Grand Forks, MN 56721
218-773-7461
www.stennesgranite.com
MONUMENTS / MARKERS / HEADSTONES

Ferguson Books & More!
Dane Ferguson
1720 S. Washington St., STE 3
Grand Forks, ND 58201
701-738-8025
dane@fergusonbooks.com
www.fergusonbooks.com
BOOKSTORES

Fert-L-Lawn
Mike Gornowicz
1222 Gateway Drive NE
East Grand Forks, MN 56721
218-773-0901
fertlawn@yahoo.com
LAWN & TREE CARE
LAWN CARE / SNOW REMOVAL

Fighting Hawk Sports Partnerships
Tony Goldenstein
One Ralph Engelstad Arena Drive
Grand Forks, ND 58203
701-777-5373
agoldenstein@fightinghawkssportsproperties.com
www.fightinghawks.com
ADVERTISING SERVICES

Finest Auto Trim, INC
Carmen Sorenson
2201 Demers Ave
Grand Forks, ND 58201
701-775-8422
finest2201@gra.midco.net
www.finestautotrim.com
AUTOMOTIVE & MARINE UPHOLSTERY

FIREHOUSE SUBS
Dave Kent
2650 32ND AVE S., SUITE F-1
Grand Forks, ND 58201
701-757-1391
dkent@nodakins.net
www.firehousesubs.com/
RESTAURANTS

First Class Mortgage
Shea Gaier
2750 17th Ave S
Grand Forks, ND 58201
701-775-3288
shea@firstclasscorp.com
www.firstclasscorp.com
MORTGAGE COMPANIES

First Community Credit Union
Justin Smaaladen
3351 32nd Ave South
Grand Forks, ND 58201
701-772-9960
Justin.Smaaladen@myfccu.com
myfccu.com
FINANCIAL SERVICES

First Community Credit Union-EGF
Justin Smaaladen
428 Bygland Rd SE
East Grand Forks, MN 56721
218-399-0324
Justin.Smaaladen@myfccu.com
myfccu.com
FINANCIAL SERVICES

2023 Membership Directory

First International Bank & Trust
Wayne Zink
1970 S. Columbia Rd. STE 110
Grand Forks, ND 58201
701-757-6500
wzink@firstintlbank.com
www.firstintlbank.com
FINANCIAL INSTITUTIONS

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

Five Star Storage
Ben Hendricks
5118 Gateway Drive
Grand Forks, ND 58203
701-775-8191
ben@fivestorstorage.biz
www.fivestorstorage.biz/self-storage/nd/grand-forks/gateway-storage/
STORAGE FACILITIES

Florian's Excavating
Bruce Otteson
5151 12th Ave. South
Grand Forks, ND 58201
701-775-7011
bruce@floriansexcavating.com
www.floriansexcavating.com
EXCAVATING SERVICES

FOB NoDak
Gregory Bowen
178 32nd St NE
Northwood, ND 58267
719-352-6227
gregory.s.bowen1@gmail.com
CONSULTING

Forks Chem-Dry
Brent & Anita Kemnitz
1609 8th Avenue NW
East Grand Forks, MN 56721-1466
218-773-1325
brentkennitz@hotmail.com
www.forkschem-dry.com
CARPET & UPHOLSTERY CLEANERS

Forks Frame up
Jane Meyer
1901 DeMers Ave
Grand Forks, ND 58201
701-746-7248
info@forksframeup.com
https://forksframeup.com/
CUSTOM FRAMING

Forks Freightliner
Dan Lais
4200 Gateway Drive
Grand Forks, ND 58208-2665
701-780-9395
dlais@forksfreightliner.com
www.forksfreightliner.com
TRUCK DEALERS

Forks Landscaping LLC
Tim Stevens
19739 430th Ave SW
East Grand Forks, MN 56721
701-203-3397
tim@forkslandscaping.com
www.forkslandscaping.com
LANDSCAPING
LAWN CARE / SNOW REMOVAL

Forks Lath & Plaster, Inc.
Jared Roach
1810 25th St NE
Emerado, ND 58228
701-594-8166
jared@forkslath.com
CONTRACTORS &
CONSTRUCTION SERVICES

Forum Communications Printing
Laura Feldner
4601 16th Ave N
Fargo, ND 58102
701-476-2000
fcpinfo@forumprinting.com
https://www.forumprinting.com/
PRINTING SERVICES

Forx Builders Association
Stacy Hanson
519 DeMers Avenue
Grand Forks, ND 58201-4258
701-746-4536
info@forxbuilders.com
www.forxbuilders.com
CONTRACTORS &
CONSTRUCTION SERVICES

Frandsen Bank & Trust - East Grand Forks
Brandon Heider
1413 Central Avenue NW
East Grand Forks, MN 56721
218-773-2451
bheider@frandsenbank.com
www.frandsenbank.com
FINANCIAL SERVICES

Frandsen Bank & Trust - Grand Forks
Bernie Knutson
1616 S Washington
Grand Forks, ND 58201
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https://www.frandsenbank.com/
locations/grand-forks/
FINANCIAL SERVICES

Freedom Church,
Nathan Johnson
308 Demers Ave
Grand Forks, ND 58203
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Nathan@freedomchurchgf.com
www.freedomchurchgf.com
CHURCHES, NON-PROFIT ORGANIZATION

French Taste - Downtown
Warren Sai
1720 S. Washington St
Grand Forks, ND 58201
701-739-2575
frenchtastellc@gmail.com
http://french-taste.com/
RESTAURANTS

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1720 S. Washington St.
Inside Ferguson Books & More!
Grand Forks, ND 58201
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http://french-taste.com/
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rgalstad@gjmlaw.com
ATTORNEYS

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Stacy Schumacher
1290 8th Ave NE, STE 1
Thompson, ND 58278
701-599-2127
psjnd@aol.com
www.garonconstruction.com
CONTRACTORS &
CONSTRUCTION SERVICES

Gate City Bank - 24th Ave S
Becky Mindeman
2850 24th Ave S
Grand Forks, ND 58201
701-792-4350
beckymindeman@gatecity.bank
www.gatecitybank.com
FINANCIAL SERVICES

Gate City Bank - DeMers Ave
Becky Mindeman
501 DeMers Ave
Grand Forks, ND 58201
701-792-4360
beckymindeman@gatecity.bank
www.gatecitybank.com
FINANCIAL SERVICES

Gate City Bank - So. Washington
Becky Mindeman
3205 S. Washington St.
Grand Forks, ND 58201-7169
701-792-4370
beckymindeman@gatecity.bank
www.gatecitybank.com
FINANCIAL SERVICES

General Atomics Aeronautical Systems, Inc.
Dean Gorder
4775 Technology Circle
Grand Forks, ND 58203
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Dean.gorder@ga-asi.com
http://www.ga-asi.com
AIRLINES AND AVIATION

Gereszek Law Office P.L.L.C.
Samuel Gereszek
3001 32nd Ave S., Suite 1A
Grand Forks, ND 58201
701-202-3275
samuel@gereszek.law
www.gereszek.law
ATTORNEYS

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Raymond German
2650 32nd Ave. S., STE O
Grand Forks, ND 58201
701-738-0060
ray@germanlawgf.com
https://germanlawgf.com/
ATTORNEYS

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Raymond German
2650 32nd Ave. S., Suite O
Grand Forks, ND 58201
701-738-0062
heidi@germanlawgf.com
REGISTERED INVESTMENT ADVISOR

Gerrells Sports Center - Hockey World
Eric Knudson
1004 S. Washington St.
Grand Forks, ND 58201-4334
701-775-0553
eknudson@gerrells.net
www.hockeyworldgrandforks.com
SPORTS STORES

GF Air Force Base
Timothy Curry
319 ARW/CC
460 Steen Blvd
Grand Forks AFB, ND
58205-6231
701-747-4150
timothy.curry@us.af.mil
www.grandforks.af.mil
GOVERNMENTAL AGENCIES

GF Blue Line Club
Chuck Jacobi
PO Box 12284
Grand Forks, ND 58206
218-791-3333
RECREATION

GF Board of Realtors
Mike Thompson
1407 24th Avenue S #340
Grand Forks, ND 58201-6761
701-775-4231
mike@gfndrealtors.com
www.grandforksndrealestate.com/
REALTORS

GF County-Veterans Service Office
Lou Lombardi
PO Box 5547
Grand Forks, ND 58208-5547
(01-780-8296
lou.lombardi@gfcounty.org
GOVERNMENTAL AGENCIES

GF Motor Vehicle Branch Office
Paula Tandeski
1726 S Washington St., Ste. 55
Grand Forks, ND 58201-6370
701-772-9240
ptandeski@nd.gov
TRANSPORTATION

GF AFB 319th Force Support Squadron
Support Squadron
226 Steen Blvd., Bldg 101
Grand Forks AFB, ND 58205
701-747-3744
319FSS.CSS.WorkFlow@us.af.mil
www.forkssupport.com
GOVERNMENTAL AGENCIES

GGF Symphony Orchestra
Kari Jo O'Keefe
3350 Campus Road, stop 7084
Grand Forks, ND 58202-7084
701-732-0262
ggfso@ggfso.org
www.ggfso.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Girl Scouts-Dakota Horizons
Rebecca Holmes
1002 43RD ST S
Fargo, ND 58103
800-666-2141
rholmes@gsdakotahorizons.org
www.gsdakotahorizons.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Global Friends Coalition
Cynthia Shabb
600 Demers Ave., STE 406A
Grand Forks, ND 58201
701-746-8233
cshabb@gfcoalition.org
www.gfcoalition.org
NON-PROFIT ORGANIZATION

Global Safety Network
Alicia Bouchon
3590 S 42nd St
Grand Forks, ND 58201
701-792-9808
sales@globalsafetynetwork.com
www.globalsafetynetwork.com
DRUG & ALCOHOL SCREENING

Golden Rule Auto Repair
Bryan Funk
1300 S 14th St
Grand Forks, ND 58201
701-746-6790
goldenrule@integra.net
goldenruleautorepair@integra.net
AUTOMOBILE REPAIR & SALES

GOLDMARK Property Management, Inc.
Sapphire Cullen
3605 South 20th Street
Grand Forks, ND 58201
701-780-9901
sapphire.cullen@goldmark.com
www.goldmark.com/
PROPERTY MANAGEMENT &
DEVELOPMENT

Good Samaritan Society Heritage Grove
Pam Morson
2122 River Road NW
East Grand Forks, MN 56721
218-773-7484
pmorson@good-sam.com
https://www.good-sam.com/
locations/heritage-grove
ASSISTED LIVING FACILITIES

GoodInsurance
Bonnie Sprecher
12 3rd ST S., Suite A
Grand Forks, ND 58201
701-795-1070
bonnie.gi@adviserfocus.com
INSURANCE AGENCIES /
BROKERAGES

Gowan Construction, Inc.
Milton Gowan
PO Box 228
Oslo, MN 56744-0228
701-699-5171
milt@gowanconstruction.com
www.gowanconstruction.com
CONTRACTORS &
CONSTRUCTION SERVICES

Grafton Area Chamber of Commerce
Shirley Burns
432 Hill Ave
Grafton, ND 58237-1002
701-352-0781
gracha@polarcomm.com
www.graftonevents.com
CHAMBER OF COMMERCE

2023 Membership Directory

Grand Cities Games

Robert Hageman
120 N. Washington St.
Grand Forks, ND 58203
701-775-8602
GrandCitiesGames@yahoo.com
https://www.facebook.com
GrandCitiesGames/
ENTERTAINMENT

Grand Cities Mall

Jenny Aipperspach
1726 So. Wash. St., STE 33
Grand Forks, ND 58201
701-772-8121
jaipperspach@gfhopec.org
MALL ASSOCIATIONS

Grand Cities Painting and Drywall

Mike Whitmore
3005 Cherry St
Grand Forks, ND 58201
701-330-3340
grandcitiespaintanddrywall@
gmail.com
CONSTRUCTION/BUILDING
TRADES

Grand Forks Area Youth For Christ

Sean Patterson
315 N. 4th St
Grand Forks, ND 58203
701-203-1928
seanpatterson@grandforksyfc.
com
www.gfyfc.org, NON-PROFIT
ORGANIZATION

Grand Forks Best Source

Paul Krenelka
1726 So. Wash. St., STE 76
Grand Forks, ND 58201
701-740-9337
Local@gfbestsource.com
Gfbestsource.com
MARKETING

Grand Forks Builders and Traders Exchange

Sarah Schettler
2211 So. Wash. St., STE D
Grand Forks, ND 58201
701-772-7798
planroom@bntgf.com
www.bntgf.com
CONSTRUCTION & BUILDING
TRADES

Grand Forks Chorales

Susan Caraher
PO Box 12272
Grand Forks, ND 58208
701-732-0091
info@gfchorales.org
gfchorales.org
ARTS, NON-PROFIT
ORGANIZATION

Grand Forks Clinic

Khaled Rabadi
1451 44th Ave S., Suite 112D
Grand Forks, ND 58201
701-732-2819
cindyr@kidneynd.org
www.grandforksclinic.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Grand Forks Country Club

Doug Iverson
794 12th Avenue NE
Grand Forks, ND 58201
701-772-4831
doug@gfcountryclub.com
www.gfcountryclub.com
AMUSEMENT &
ENTERTAINMENT

Grand Forks County

Tom Ford
151 So. 4th Street, Suite 610
Grand Forks, ND 58201
701-780-8288
thomas.ford@gfcounty.org
www.gfcounty.nd.gov
GOVERNMENTAL AGENCIES

Grand Forks County Historical Society

Leah Byzewski
2405 Belmont Road
Grand Forks, ND 58201
701-775-2216
ghistory@midconetwork.com
www.grandforkshistory.com
MUSEUMS, NON-PROFIT
ORGANIZATION

Grand Forks County Soil Conservation District

Jill Kvasager
4775 Technology Circle, Ste 1C
Grand Forks, ND 58203-5635
701-772-2321
Jill.Kvasager@nd.nacdnet.net
www.gfscd.org
GOVERNMENTAL AGENCIES

Grand Forks Growth and Support Center

Julie Erickson
2105 Gateway Dr.
Grand Forks, ND 58203
701-775-2566
julie.erickson@gfgsc.org
www.gfgrowthandsupport.com,
NON-PROFIT ORGANIZATION

Grand Forks Herald

Korrie Wenzel
375 2nd Avenue North
Grand Forks, ND 58206-6008
701-780-1103
kwenzel@gfherald.com
www.gfherald.com
MEDIA
ADVERTISING SERVICES

Grand Forks Marathon

Rachel Hellyer
PO BOX 14867
Grand Forks, ND 58201
701-780-9616
RACHEL@PDSPROULE.COM
www.gfmarathon.com,
NON-PROFIT ORGANIZATION

Grand Forks Park District

George Hellyer
1060 47th Ave S
Grand Forks, ND 58201
701-746-2750
ghellyer@gfparks.org
www.gfparks.org
GOVERNMENTAL AGENCIES

Grand Forks Police Dept.

Mark, Nelson
122 South Fifth Street
Grand Forks, ND 58206-5548
701-787-8000
mnelson@grandforksgov.com
https://www.grandforksgov.com/
government/city-departments/
police-department
GOVERNMENTAL AGENCIES

Grand Forks Public Library Wendy Wendt

2110 Library Circle
Grand Forks, ND 58201-6324
701-772-8116
wendy.wendt@gflibrary.com
www.gflibrary.com
NON-PROFIT ORGANIZATION

Grand Forks Public Schools

Terry Brenner
2400 47th Avenue South
Grand Forks, ND 58206-6000
701-746-2200
tbrenner270@mygfschools.
org
www.gfschools.org
EDUCATION

Grand Forks Region Economic Development Corporation

Keith Lund
120 N. 4th St.
Grand Forks, ND 58203
701-746-2720
keithl@grandforks.org
www.grandforks.org
DEVELOPMENT

Grand Forks Regional Airport Authority

Ryan Riesinger
2301 Airport Drive
Grand Forks, ND 58203
701-795-6981
rriesinger@gfkairport.com
www.gfkairport.com
AIRLINES AND AVIATION
TRANSPORTATION

Grand Forks Senior Center

Colette Iseminger
620 4th Avenue South
Grand Forks, ND 58201-4534
701-772-7245
director.gfsc@midconetwork.
com
www.gfseniorcenter.org
SENIOR SERVICES

Grand Forks Subaru Kia

Matt Bredemeier
2400 Gateway Dr.
Grand Forks, ND 58203
701-746-4335
MATT@GFSUBARU.COM
www.grandforkssubaru.com
AUTOMOBILE DEALERS

Grand Forks United Republican Committee

Josh Anderson
PO Box 13131
Grand Forks, ND 58208
701-732-0105
gfrepublicans@gmail.com
www.grandforksrepublicans.com
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Grand Sky Development Company, LLC

Thomas Swoyer
311 Kittson Ave
Grand Forks, ND 58201
swoyert@grandskynd.com
www.grandskynd.com
CONTRACTORS &
CONSTRUCTION SERVICES

Grand Trailer Sales

Roger Scheving
224 Gateway Dr NE
East Grand Forks, MN 56721
218-773-0501
roger@grandtrailersales.com
www.grandtrailersales.com
AUTOMOBILE DEALERS

Grape Mill Vineyard and Winery

Russ, Matt & Gail Halverson
18696 430th Ave SW
East Grand Forks, MN 56721
218-499-WINE(9463)
grapemillgail@gmail.com
www.thegrapemill.com
WINERIES

Grease Monkey

Ross Jorgensen
2351 32nd Ave South
Grand Forks, ND 58201
701-795-9005
rmonkey@midconetwork.com
https://www.greasemonkeyauto.
com/grand-forks-north-dakota-
58201-center-679?fbclid=IwAR2
QnNKHAEHq78lkqIGMBZTlWVG
GAYARHQka19zmSLHkWF9F
DcOL3S0spLs
AUTOMOTIVE SUPPLIES &
REPAIRS

Great Clips

Emily Wilcox
3551 32nd Avenue So., Suite
101
Grand Forks, ND 58201-5962
701-792-3266
emily.wilcox@greatclips.net
www.greatclips.com
SPAS & SALONS

Greater Grand Forks Fair & Exhibition Inc.

Mark Landa
2300 Gateway Dr
Grand Forks, ND 58208-2519
701-330-1238
Info@grandforksfair.com
www.grandforksfair.com, NON-
PROFIT ORGANIZATION

Greater Grand Forks Human Resource Association

Mykal Carlson
P.O. Box 5083
Grand Forks, ND 58206-5083
218-230-4114
ggfhra276@gmail.com
https://ggfhra.shrm.org/
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Greater Grand Forks Young Professionals

Sam Jensen
33 S. 3rd St., Suite C
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ggfyf.com
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Greenberg Realty - Lynn Kvidt

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lkvidt@yahoo.com
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REALTORS

Greenberg Realty - Meggen Sande

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REALTORS

Greenberg Realty - Roberta Benson

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REALTORS

Greenberg Realty - Tammy Howard

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REALTORS

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REALTORS

Greenberg Realty-Lil Livingood

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REALTORS

Greenberg Realty-Rita Schuster

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REALTORS

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FUNERAL SERVICES

2023 Membership Directory

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PROPERTY MANAGEMENT & DEVELOPMENT

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RESTAURANTS

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www.halfbrothersbrewing.com
BREWERY

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Mark Forseth
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218-456-2125
markforseth@rrv.net
www.halstadtel.com/
COMMUNICATIONS SALES & SERVICE

Hampton Inn & Suites
Mike McWilliams
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Grand Forks, ND 58201
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www.hamptoninn.com
HOTELS & MOTELS

Hampton Management
Scott Stauss
3001 36th Avenue South
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PROPERTY MANAGEMENT & DEVELOPMENT

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GROCERY STORES

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ATTORNEYS

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Grand Forks, ND 58208-3263
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MOVING & STORAGE

Happy Harry's Bottle Shops
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LIQUORS -- OFF SALE

Happy Harry's Bottle Shops - 2
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LIQUORS -- OFF SALE

Harry's Steakhouse
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RESTAURANTS, LOUNGES & LIQUORS

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SECURITY SYSTEMS SALES & SERVICE

Hebron Brick Supply
Dale Juve
1201 N 47th St
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www.hebronsupply.com/grand-forks-store/
CONSTRUCTION & BUILDING TRADES

HELIX wine & bites
Michael Schepp
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RESTAURANTS

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WATER CONDITIONING

Hilton Garden Inn - Grand Forks - UND
Kyle Cooksey
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HOTELS & MOTELS

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HEALTH & WELLNESS

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GROCERY STORES

Hugo's Caribou Coffee
Kristi Magnuson-Nelson
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COFFEE SHOPS

Hugo's Retail Support Center
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GROCERY STORES

Hugo's Wine & Spirits - 32nd
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1950 32nd Avenue South
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kristi@gohugos.com
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Kristi Magnuson-Nelson
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Hugo's Wine & Spirits - East Grand Forks
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East Grand Forks, MN 56721
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duke@hugoswineandspirits.com
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LIQUORS -- OFF SALE

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MORTGAGE COMPANIES

i4design
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INTERIOR DESIGN

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inprintsEGF/?ref=page_internal
SCREEN PRINTING

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SIGNS & LETTERING

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PRINTING SERVICES

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HOME BUILDERS

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CONSULTING TRAINING / EDUCATION SERVICES

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Insure Forward
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www.integrityfundraisers.com
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FITNESS CLUBS

iSight Drone Services
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AERIAL ANALYTICS

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INDIVIDUALS

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LAWN & TREE CARE

Jersey Mike's Subs
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www.messagebook.com/Grand_Forks~Massage~keep-intouch-message?src=external
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www.keithslockandkey.com
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2023 Membership Directory

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BARS/LOUNGES/
NIGHTCLUBS

Kenny's Music

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MUSIC STORES

Kidwell's Signature Cleaning, Inc.

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www.kidwellclean.com
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HEALTH & WELLNESS

King's Walk Golf Course

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RECREATION

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MEDIA

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RADIO & TV
MEDIA

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GROCERY STORES

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MARKETING

LafargeHolcim

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CONCRETE PRODUCTS

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EDUCATION

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CLINICS, PHYSICIANS &
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RADIO & TV

Leisureland RV

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R.V. SALES, PARTS &
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EDUCATION

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STORAGE FACILITIES

Lifetime Vision Center

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WHOLESALE

Lignite Energy Council

Kay LaCoe
1016 E. Owens Ave.
Bismarck, ND
58502-2277
701-258-7117
Kay.LaCoe@lignite.com
www.lignite.com
ADVERTISING SERVICES

Lineage Logistics

Brett Storey
5200 11th Ave S
Grand Forks, ND 58201-3817
701-335-5000
bstorey@linealogistics.com
STORAGE FACILITIES

Lithia Chrysler Jeep Dodge of Grand Forks

2373 32nd Ave. South
Grand Forks, ND 58201
701-746-9444
AUTOMOBILE DEALERS

Lithia Ford Lincoln of Grand Forks

2273 32nd Avenue South
Grand Forks, ND 58208-3727
701-746-6411
www.lithiafordgrandforks.com/
AUTOMOBILE DEALERS

Little Miracles, Inc

Tammy Saylor
2951 S 34th St
Grand Forks, ND 58201
701-772-3851
tammy@littlemiraclesinc.com
www.littlemiraclesinc.com
PEDIATRIC THERAPY
SERVICES

Livewire

Kent Kolstad
18 13 1/2 St N
Fargo, ND 58102
320-8151-288
kent.kolstad@livewirenow.com
livewirenow.com
EVENT PLANNING

LM Wind Power

Tricia Weber
1580 S 48th Street
Grand Forks, ND 58201
701-780-9910
trw@lmwindpower.com
www.lmwindpower.com
MANUFACTURING &
PROCESSORS

Local Ace Hardware

Brandon Buckalew
1017 Central Avenue NW
East Grand Forks, MN 56721-1610
218-773-7933
egfhardware@gmail.com
www.acehardware.com
HARDWARE & LIGHTING

Loffler Companies, Inc.

Mike Ketterl
2600 DeMers Ave - STE 2
Grand Forks, ND 58201
701-402-3854
mike.ketterl@loffler.com
<https://www.loffler.com/locations/>
grand-forks-nd
OFFICE SERVICES, SUPPLIES
/ EQUIPMENT / FURNITURE

Lori's Pet Sitting Service

Lori Novacek
1925 S. 29th St. #1
Grand Forks, ND 58201
701-330-7989
Nazide@aol.com
<https://www.facebook.com/lorinovacek14>
PET SERVICES

Lotus Yoga

Mickenzey Hanson
2650 32nd Ave S - Suite C
Grand Forks, ND 58201
701-360-1306
lotusyogagf@gmail.com
www.lotusyogagf.com
HEALTH & WELLNESS

2023 Membership Directory

Love In Action

Doris Lebbay
414 University Avenue
Grand Forks, ND 58203
701-330-2830
loveinactiongf@yahoo.com
www.loveinactiongf.org
NON-PROFIT ORGANIZATION

LTD Properties Inc

Daniel Sampson
100 N. 3rd St - STE 200
Grand Forks, ND 58203
701-775-5311
sampson230@msn.com
PROPERTY MANAGEMENT & DEVELOPMENT

Lumber Mart

Bob Peabody
1910 Business Hwy. 2
PO Box 232
East Grand Forks, MN 56721-0232
(218)773-1151
bob@lumbermarteast.com
http://www.lumbermartinc.com/
LUMBER, FUEL & BUILDING MATERIALS

Lunseth Plumbing & Heating Co.

David Kvidt
1710 N. Washington St.
Grand Forks, ND 58203-1426
701-772-6631
davek@lunseth.com
www.lunseth.com
HEATING & AIR CONDITIONING & PLUMBING

Lunseth Trucking Company

Alexandra Lunseth
PO BOX 7
Manvel, ND 58256
701-330-5239
lunsethco@gmail.com
TRUCKING

Mainstream Boutique

Linda Bunde
2712 S Columbia Rd, Ste 100
Grand Forks, ND 58201
701-757-2003
Lbunde@mainstreamboutique.com
https://mainstreamboutique.com/pages/RETAILERS

MAK Construction LLC

Marc Kuhn
4575 32nd Ave S. - Suite 5
Grand Forks, ND 58201
701-330-8196
info@makconstructiongf.com
www.makconstructiongf.com
CONTRACTORS & CONSTRUCTION SERVICES

Make-A-Wish Foundation of North Dakota

Billi Jo Zielinski
4143 26th Avenue South - STE 104
Fargo, ND 58104
701-280-9474
bzielinski@northdakota.wish.org
www.northdakota.wish.org
NON-PROFIT ORGANIZATION

Mangata Medical Spa

Atlanta Hondl
4303 S. Columbia Rd. - STE 104A
Grand Forks, ND 58201
701-757-1024
info@MangataMedicalSpa.com
www.MangataMedicalSpa.com
SPAS & SALONS

Manke Family Dentistry

Rory Manke
1321 South Washington Street
Grand Forks, ND 58201
701-772-6901
mankefamilydentistry@gmail.com
www.mankedental.com
DENTISTS

Maple View Memory Care Community

Jessica Bailey
4650 S Washington
Grand Forks, ND 58206-5984
(701)772-3400
jessicab@lifeatmapleview.com
www.LifeAtMapleView.com
ASSISTED LIVING FACILITIES

Marco

Hunter Bultema
4510 Heatherwood Road
St. Cloud, MN 56301
701-775-0611
hunter.bultema@marconet.com
www.marconet.com
OFFICE SERVICES, SUPPLIES / EQUIPMENT / FURNITURE

Mary Kay Cosmetics - Jane Brueske, Sales Director

Jane Brueske
2519 24th Ave. S.
Grand Forks, ND 58201-6120
701-740-5282
jbrueske@rvv.net
www.marykay.com/jbrueske
COSMETICS / SKIN CARE

Mayo Manufacturing

Mike Delisle
2108 Business Hwy 2 East
East Grand Forks, MN 56721
218-773-1234
mikedelisle@mayomfg.com
www.mayomfg.com
MANUFACTURING & PROCESSORS

McDonald Dental Group

Peter & Christopher McDonald
2830 South Columbia Road
Grand Forks, ND 58201
701-797-3025
info@mcdonalddentistry.com
www.mcdonalddentistry.com
DENTISTS

McDonald's - 32nd Ave

Mike Doherty
2910 32nd Ave S
Grand Forks, ND 58201-6024
(701)772-2410
RESTAURANTS

McDonald's - EGF

Mike Doherty
1212 Central Ave NE
East Grand Forks, MN 56721
218-773-3922
RESTAURANTS

McDonald's - Gateway Dr.

Mike Doherty
4340 Gateway Dr
Grand Forks, ND 58203-2502
701-746-7980
RESTAURANTS

McDonald's - S. Washington

Mike Doherty
1125 S. Washington St.
Grand Forks, ND 58201-5430
701-772-0231
RESTAURANTS

McFarlane, Inc.

Mitch Price
3473 N. Washington St
Grand Forks, ND 58208-2095
701-772-9511
MPrice@mcfarlane-e3.com
www.mcfarlane-e3.com
HEATING & AIR CONDITIONING

McGough Construction

Ryan Goodsen
630 1st Ave N. - STE 4
Fargo, ND 58102
701-639-6287
ryan.goodsen@mcgough.com
www.mcgough.com
CONTRACTORS & CONSTRUCTION SERVICES

McKenna & Associates, P.C.

Kevin Austin
1515 S. Washington St.
Grand Forks, ND 58201-9007
701-772-4819
kevin.mckenna@midconetwork.com
ACCOUNTANTS

McKinnon Company

Phil Ring
1002 S 48th Street
Grand Forks, ND 58201-3828
701-746-7344
pring@mckinnonco.net
http://www.mckinnon-company.com/
BEVERAGE DEALERS

Medica Health Insurance

Vicki Christianson
4340 18th Ave SW- Suite 100
Fargo, ND 58103
701-293-4703
Vicki.christianson@medica.com
https://www.medica.com
INSURANCE AGENCIES / BROKERAGES

Merry Maids

Marcus Benoit
1407 24th Ave. S., Ste. 316
Grand Forks, ND 58201-6773
701-775-6778
merrymaids@hotmial.com
www.merrymaids.com
CLEANING SERVICES/ SUPPLIES

Mexican Village

Ben Heit & Kristyn Farmer
1218 S Washington
Grand Forks, ND 58201
701-775-3653
baheit@gmail.com
www.mexicanvillagegf.com
RESTAURANTS

Michael S. Johnson DDS

Katie Johnson
117 N. Washington St.
Grand Forks, ND 58201
701-746-1481
centerforsmiledesign@midconetwork.com
www.centerforsmiledesign.com
DENTISTS

Midco

Coleen Tweten
2855 10th Avenue North - Suite 300
Grand Forks, ND 58203
1-800-888-1300
Coleen.Tweten@midco.com
www.Midco.com
RADIO & TV

Midco Construction/Utilities

Justin Forde
3251 32nd Ave S. - Suite F
Grand Forks, ND 58201
800-888-1300
justin.forde@midco.com
https://www.midco.com/support/construction-support/underground-utilities/DEVELOPMENT

Midco Data Center

Justin Forde
3251 32nd Ave S. Suite F
Grand Forks, ND 58201
800-888-1300
justin.forde@midco.com
https://business.midco.com/services/data-centers/COMMUNICATIONS SALES & SERVICE

Midwest Ag Sales

Chris Delisle
824 Gateway Drive NE
East Grand Forks, MN 56721
701-740-1747
chris@midwestagsales.com
midwestagsales.com
AGRICULTURE / AGRIBUSINESS

Midwestern Masonry Inc.

Thomas Anderson
18162 43rd Ave. SW
East Grand Forks, MN 56721
Tom.midwesternmasonry@gmail.com
CONTRACTORS & CONSTRUCTION SERVICES

Mike's Pizza & Pub

Sherry Aarnes
411 2nd St NW
East Grand Forks, MN 56721
218-773-2479
sherryjaarnes@hotmail.com
www.mikespizzaegf.com
RESTAURANTS

Mikkelson Consolidated, L.L.P

Dan Mikkelson
449 Desiree Dr
Grand Forks, ND 58201
PROPERTY MANAGEMENT & DEVELOPMENT

Millennium Systems Technology, Inc.

Terry Dvorak
915 48th St. S
Grand Forks, ND 58201
701-772-6408
Dvorak@MSTGF.com
OFFICE SERVICES, SUPPLIES / EQUIPMENT / FURNITURE

Miller Motivations, LLC

Mike & Melissa Miller
1688 16th St. NE
Grand Forks, ND 58201
701-741-6060
mike@millermotivations.com
www.millermotivations.com
CONCRETE PRODUCTS

Minn-Dak Growers, Ltd.

Harold Peterson
4034 40th Ave N.
Grand Forks, ND 58208-3276
701-746-7453
gm@minndak.com
AGRICULTURE / AGRIBUSINESS

Minne Movers

Gage Ausmus
213 4th Ave NW
East Grand Forks, MN 56721
701-347-1119
gage@minnemovers.com
www.minnemovers.com
MOVING & STORAGE

Minnkota Power Cooperative, Inc.

Robert 'Mac' McLennan
5301 32nd Ave. S.
Grand Forks, ND 58201
701-795-4000
mmclennan@minnkota.com
www.minnkota.com/
PUBLIC UTILITIES

MJMCO LLC / JAKCO LLC

Michael Mack
2811 Walnut Street
Grand Forks, ND 58201
701-775-8693
APARTMENT UNITS

Mo's Cafe

Colin Beaumier
1726 S. Washington St., Ste 31
Grand Forks, ND 58201
701-757-0319
colinbeaumier@gmail.com
moscafeandforks.com
RESTAURANTS

Mobile Pro

Brian Bestge
P.O. Box 1677
Fargo, ND 58107
701-356-7770
brian@mobileproduction.net
www.mobileproduction.net
AUDIO / VIDEO SERVICE

Modern Auto Body, Inc.

Scott Loscheider
4075 South Washington
Grand Forks, ND 58201-6733
701-772-1649
scott.mab@midconetwork.com
www.modernautobodygf.com
AUTOMOTIVE SUPPLIES & REPAIRS

2023 Membership Directory

Modern Information Systems, Inc.

K.C. Inman
205 Leeward Hills Lane
Grand Forks, ND 58201
218-779-8716
kcinman@moderninformation.com
www.moderninformation.com/
FILING EQUIPMENT,
SYSTEMS AND SUPPLIES

Monarch Travel & Tours

Julie Conely
1508 Central Ave NE
East Grand Forks, MN 56721
218-773-3344
monarchtravel2002@yahoo.com
www.monarchtraveltour.com
TRAVEL AGENTS

Moore Engineering Inc

Kent Ritterman
404 4th St NW
Suite 2A
East Grand Forks, MN 56721
701-373-5486
kent.ritterman@mooreengineeringinc.com
www.mooreengineeringinc.com
ENGINEERS

Morgan Printing, Inc.

Jennifer Erickson
910 Central Ave NE - Suite F
East Grand Forks, MN 56721
218-773-2577
jennifer@morganprinting.com
www.morganprinting.com
PRINTING SERVICES

Morgan Stanley

Chad DeTienne
3105 A South Washington
Grand Forks, ND 58201
701-795-7680
chad.detienne@morganstanley.com
advisor.morganstanley.com/the-detienne-mercil-group
FINANCE & INVESTMENT

Mt. Everest 8,848

Binod Kharel
2915 S Washington St Suite E
Grand Forks, ND 58201
701-740-2225
kharelbinod0@gmail.com
https://www.mounteverest8848.online/
RESTAURANTS

My Grand Cities

Kim Efta
1375 S. Columbia Rd. - STE G
Grand Forks, ND 58201
218-791-6747
kimmy@mygrandcities.com
www.mygrandcities.com
REALTORS

My Place Hotels

Jessica Sivertson
1315 South 42nd Street
Grand Forks, ND 58201
701-757-1717
grandforks@myplacehotels.com
www.myplacehotels.com
HOTELS & MOTELS

MyAlly Health

Laura Spicer
4700 South Washington St.
Suite C
Grand Forks, ND 58201
701-757-2559
hannahm@myallyhealth.org
www.MyAllyHealth.org
NON-PROFIT ORGANIZATION

Naastad Acres

JoAnn Naastad
14969 16th St NE
Hatton, ND 58240
701-317-8221
jnaastad@hotmail.com
www.naastadacreshatton.com
EVENT PLANNING

Nancy Devine

Nancy Devine
518 27th Avenue South
Grand Forks, ND 58201
701-330-6354
ndev1@yahoo.com
INDIVIDUALS

National Property Inspections - Tim Brown

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

NAV Innovators

Nancy Godon
4698 Homestead Circle
Grand Forks, ND 58201
218-779-0282
nancywebcopy@gmail.com
www.navinnovators.com
MARKETING

ND Air National Guard

Rick Gibney
1400 28th Ave N
Fargo, ND 58102
701-241-7238
GOVERNMENTAL AGENCIES

ND Army National Guard

Lucas Klettke
1501 S 48th St
Grand Forks, ND 58201-3807
701-792-4501
lucas.r.klettke@mail.mil
GOVERNMENTAL AGENCIES

ND Division of Vocational Rehabilitation

David Kvasager
1501 28th Avenue South
Grand Forks, ND 58201-6727
701-795-3100
dkvasager@nd.gov
www.nd.gov/dhs/dvr/
EMPLOYMENT SERVICES

ND Mill & Elevator

Vance Taylor
1823 Mill Road
PO Box 13078
Grand Forks, ND 58208-3078
701-795-7277
vtaylor@ndmill.com
www.ndmill.com
AGRICULTURE /
AGRIBUSINESS

ND Small Business Development Centers

Marnie Schuschke
3125 University Ave, Stop 7308
Grand Forks, ND 58202
701-777-6825
leadcenter@ndsdbc.org
ndsdbc.org/
BUSINESS SERVICES

NDSU Extension Office Grand Forks County

Carrie Knutson
151 South 4th Street
STE 302
Grand Forks, ND 58201-4715
701-780-8229
carrie.knutson@nds.u.edu
www.ag.ndsu.edu/
grandforkscountyextension/
GOVERNMENTAL AGENCIES

Neil Law Firm

Gerard Neil
418 Third Street NW
PO Box 477
East Grand Forks, MN 56721-1713
218-773-0808
gerard@egflaw.com
www.egflaw.com
ATTORNEYS

Network Center Sara McGinness

2424 32nd Ave
Suite 104B
Grand Forks, ND 58201
701-787-6300
Sara.McGinness@netcenter.net
www.netcenter.net
TECHNOLOGY

Networking Specialists, Inc.

Brian Woinarowicz
2397 Demers Ave. - STE D
Grand Forks, ND 58201
701-746-9234
info@gfnetspec.com
www.gfnetspec.com
COMPUTER SALES /
SERVICE

Newman Outdoor Advertising

Laura Endres
207 Park Ave
Grand Forks, ND 58203
701-741-0766
lendres@newmanoutdoor.com
www.newmansigns.com
ADVERTISING OUTDOOR

Newman Outdoor Advertising

Bill Kvasager
2211 So. Wash. St., Suite D
Grand Forks, ND 58201
701-746-5436
billk@newmanoutdoor.com
www.newmansigns.com
ADVERTISING OUTDOOR

NextEra Energy Resources

Clay Cameron
1551 Larimer Street #504
Denver, CO 80202
561-267-5044
clay.cameron@nee.com
DEVELOPMENT

NextHome Legendary Properties

Corey Mock
Grand Forks, ND 58201
701-314-2425
Corey@coreymock.com
www.iLoveGFK.com
REALTORS

Nexus-PATH Family Healing

Shera Brandvold
4324 University Ave - Ste C
Grand Forks, ND 58201
701-775-7725
sbrandvold@nexuspath.org
www.nexusfamilyhealing.org/
nexus-path-family-healing
NON-PROFIT ORGANIZATION

Nix Bumble Creative LLC

Phoebe Stensland
807 S 22nd St
Grand Forks, ND 58201
701-389-0253
nixbumble@gmail.com
www.nixbumble.com/
GRAPHIC DESIGN

Nodak Electric Cooperative, Inc.

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

Nodak Insurance Company - Kris Moen Agency

Kris Moen
1913 S Washington
Grand Forks, ND 58201
701-757-1613
kmoen@nodakins.com
www.moeninsurance.com
INSURANCE AGENCIES /
BROKERAGES

Nodak Insurance Peterka Agency

Josh Peterka
1913 South Washington St.
Grand Forks, ND 58201
218-791-6789
jpeterka@nodakins.com
https://www.nodakins.com/
agent.php?id=250&page=1
INSURANCE AGENCIES /
BROKERAGES

Norby's Work Perks

Matt Norby
11 South Fourth Street
Grand Forks, ND 58208-2066
701-746-9441
matt@norbys.com
www.norbys.com
OFFICE SERVICES,
SUPPLIES / EQUIPMENT /
FURNITURE

North Dakota Ballet Company

Nicole Spoor
1726 S. Washington St., Ste 1
Grand Forks, ND 58201
701-746-6044
nicole.spoor@northdakotaballet.org
www.northdakotaballet.org
ARTS

North Dakota Chamber of Commerce

Arik Spencer
2000 Schafer Street
Bismarck, ND 58502-2639
701-222-0929
arik@ndchamber.com
www.ndchamber.com
CHAMBER OF COMMERCE

North Dakota CPA Society

Sherre Sattler
3100 S Columbia Rd., Ste 500
Grand Forks, ND 58201
701-775-7111
ssattler@ndcpas.org
www.ndcpas.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

North Dakota Eye Clinic

Nick Trapnell
1820 42nd At. S.
Grand Forks, ND 58201
701-775-3151
nickt@northdakotaeyeclinic.com
www.northdakotaeyeclinic.com
OPTICAL / OPTOMETRISTS

North Dakota Museum of Art

Laurel Reuter
261 Centennial Drive Stop 7305
Grand Forks, ND 58202
701-777-4195
ndmoa@ndmoa.com
ndmoa.com
ARTS

North Dakota National Guard

Adam Helgeson
1208 S. Washington St.
Grand Forks, ND 58201
701-795-3848
adam.w.helgeson.mil@mail.mil
www.ndguard.com
GOVERNMENTAL AGENCIES

North Dakota Vision Services/ School For the Blind

Paul Olson
500 Stanford Rd.
Grand Forks, ND 58203
701-795-2700
polson@nd.gov
www.ndvisionservices.com
NON-PROFIT ORGANIZATION

North Dakota Women's Business Center

Christy Dauer
5630 36th Ave. S.
Fargo, ND 58104
701-223-0707
christy@ctbnd.com
www.ndwbc.com
NON-PROFIT ORGANIZATION

North Sky Construction LLC

Brad Gerken
4200 James Ray Dr - STE 400
Grand Forks, ND 58203
218-230-5155
brad.gerken@northskyconst.com
www.northskyconst.com
CONTRACTORS &
CONSTRUCTION SERVICES

Northdale Oil

Marylee or Scott Reck
4400 32nd Ave S
Grand Forks, ND 58201
218-773-4345
PETROLEUM SERVICES

2023 Membership Directory

Northdale Oil

Marylee or Scott Reck
607 Gateway Drive NE
East Grand Forks, MN 56721
218-773-4345
missy@northdaleoil.com
<http://northdaleoil.com/>
PETROLEUM SERVICES

Northern Air Family Fun Center

Bryan Lee
1600 32nd Ave South
Grand Forks, ND 58203
701-757-4386
bryan@northernairffc.com
www.northernairffc.com
ENTERTAINMENT

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/
PACKAGING

Northern Lights Council, Boy Scouts of America

Thomas Huether
1701 Cherry Street
Grand Forks, ND 58201-7343
701-775-3189
thomas.huether@scouting.org
www.nlcbsa.org
SERVICE & CIVIC CLUBS & ASSOCIATIONS

Northern Plains Dental PC

Steven Swanson
1323 2nd Ave. N.
Grand Forks, ND 58203-3427
701-775-4289
diane@sbswansondds.com
DENTISTS

Northern Plains Financial

Michael Elsberry
305 South 4th Street
Grand Forks, ND 58201
701-314-1166
mike1@1stallied.com
www.northernplainsfinancial.com
FINANCE & INVESTMENT

Northern Plains Potato Growers Assn.

Donavan Johnson
420 Business Highway 2
PO Box 301
East Grand Forks, MN 56721-0301
218-773-3633
djohnson@hppga.org
www.hppga.org
AGRICULTURE / AGRIBUSINESS

Northern Plains Rail Services

Kyla Schultz
600 Demers Ave - 5th Floor
Grand Forks, ND 58203
701-229-3330
kyla_schultz@nprail.com
<https://www.nprail.com/>
RAIL TRUCK/CAR CONSTRUCTION & SERVICE

Northern Plains UAS Test Site

Trevor Woods
4201 James Ray Drive
Stop 8392
Grand Forks, ND 58202-8392
701-777-6100
tjwoods@nd.gov
www.npuasts.com/
GOVERNMENTAL AGENCIES

Northern Plumbing Supply

Brian Goodman
2010 Mill Road
Grand Forks, ND 58208-4567
701-775-3911
brian.goodman@northernplumbing.com
www.northernplumbing.com
HEATING & AIR CONDITIONING & PLUMBING

Northern Roots Boutique

Kay Derry
2550 S. Columbia Rd
Suite H
Grand Forks, ND 58201
701-757-4277
[kay@shopnorthernroots.com](http://shopnorthernroots.com)
<http://shopnorthernroots.com/>
RETAILERS

Northern Valley Federal Credit Union

Nancy Vodden
3030 Demers Ave
Grand Forks, ND 58201
701-772-7922
nvodden@northernvalleyfcu.com
www.northernvalleyfcu.com
FINANCIAL INSTITUTIONS

Northern Valley Youth Orchestras

Naomi Welsh
415 Demers Ave - Suite A
Grand Forks, ND 58201
701-757-3009
info@novyo.org
www.nvvo.org
NON-PROFIT ORGANIZATION

Northland Community & Technical College

Sandra Kiddoo
2022 Central Avenue NE
East Grand Forks, MN 56721
218-793-2800
Sandy.kiddoo@northlandcollege.edu
www.northlandcollege.edu
EDUCATION

Northland Custom Woodworking Inc.

Kevin Marcott
502 Business Hwy 2
East Grand Forks, MN 56721-3106
218-773-1721
ncw@midconetwork.com
www.ncwegf.com
CABINET MANUFACTURING

Northlands Rescue Mission

Sue Shirek
420 Division Avenue
Grand Forks, ND 58201
701-772-6600
sue@jointhmission.org
www.northlandsrescuemission.org
NON-PROFIT ORGANIZATION

Northridge (Hospitality & Construction)

Lindsey Schmitt
1551 28th Ave. S. STE L
Grand Forks, ND 58201
701-772-4422
Lindsey.schmitt@northridgenet.com
www.northridgenet.com
CONSTRUCTION & BUILDING TRADES

Northrop Grumman Corporation

Mike Fridolfs
2 Grand Sky BLVD
Emerado, ND 58228
701-747-5028
Michael.Fridolfs@ngc.com
www.northropgrumman.com
AVIATION MANUFACTURING

Northside Cafe

Rick Hanson
2950 10th Ave N
Grand Forks, ND 58203
701-738-8500
rdh@gra.midco.net
<http://www.northsidegf.com/>
RESTAURANTS

Northwest Tire

Chad Hoff
4850 Gateway Drive
Grand Forks, ND 58203
701-780-8473
choff@nwtire.com
www.nwtire.com
TIRES SALES & SERVICE

Northwestern Mutual Financial Network

Carmen Fore
322 DeMers Ave. - STE 100
Grand Forks, ND 58201
701-738-8303
carmen.fore@nm.com
grandforks.nm.com
FINANCE & INVESTMENT

Northwood Park Townhomes

Angie Karow
PO Box 340
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crookston
PROPERTY MANAGEMENT & DEVELOPMENT

Norwex - Stacey Brorson

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PAYROLL

Now or Never Nutrition

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www.goherbalife.com/
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HEALTH & WELLNESS

Obernel Engineering

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ABSTRACTORS, ARCHITECTS & ENGINEERS

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MARKETING

Olive Barrel

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CONTRACTORS & CONSTRUCTION SERVICES

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OPTICAL / OPTOMETRISTS

Orchard Oil

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Grand Forks, ND 58206-5986
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PETROLEUM & PROPANE

Overmoe & Nelson, Ltd.

Lowell Nelson
200 First Avenue N #20
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ACCOUNTANTS

Oxford Realty

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Pace Painting & Drywall

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PAINTING SERVICES

Pampered Chef - Brenda Kovar

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index.cfm
CAREER SERVICES

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CHIROPRACTORS

Paragon Pro Manufacturing Solutions

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MACHINERY & MANUFACTURING

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www.edgewoodhealthcare.com
ASSISTED LIVING FACILITIES

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Petcetera Animal Clinic
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VETERINARIANS

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SPORTS STORES

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www.ramada.com
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INDIVIDUALS

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COMPUTER SALES / SERVICE

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2023 Membership Directory

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701-234-4580
development@rrcac.com
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NON-PROFIT ORGANIZATION

Red River Farm Network
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Grand Forks, ND 58201-6761
701-795-1315
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ADVERTISING SERVICES

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NON-PROFIT ORGANIZATION

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BREWERY

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https://www.rydelltoyota.com/?utm_source=google&utm_medium=organic&utm_campaign=google_my_business&utm_term=rydell_toyota_of_grand_forks&utm_content=website_button
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SPORTS STORES

Scooter's Coffee
Keith Homstad
1111 S Washington Street
Grand Forks, ND 58201
701-757-0505
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www.scooterscoffee.com
COFFEE SHOPS

SCORE - Grand Forks
Steve Moser
UND Center of Innovation
4200 James Ray Dr. - Ste 202
Grand Forks, ND 58203
701-746-5851
steve.moser@scorevolunteer.org
www.grandforks.score.org
NON-PROFIT ORGANIZATION

Senior Healthcare
Phil Gisi
749 South 30th Street
Grand Forks, ND 58201
https://www.edgewoodhealthcare.com/
HEALTH & WELLNESS

Sertoma Club of Greater Grand Forks
Kay Derry
PO Box 12832
Grand Forks, ND 58208-2832
701-741-0952
gfsertoma@gmail.com
https://www.facebook.com/
pages/Sertoma-of-Greater-Grand-Forks/89166281523
NON-PROFIT ORGANIZATION

Service Credit Union
Timothy Haddock
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Grand Forks AFB, ND 58204
701-594-3347
thaddock2@servicecu.org
www.servicecu.org
FINANCIAL SERVICES

ShareHouse Foundation
Lisa Trudeau
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 Fargo, ND 58103
701-478-9518
ltrudeau@sharehouse.org
sharehouse.org
ADDICTION SERVICES

Shooting Star Casino
Eugene 'Zeke' Klinke
777 SE Casino Rd
Mahnomon, MN 56557
800-453-7827
eklinke@starcasino.com
www.starcasino.com
AMUSEMENT &
ENTERTAINMENT

Sigma Defense Systems
Julie Maki
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Blg 607 Rm 417
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PROJECT MANAGEMENT

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www.myborderland.com
RADIO, TV and BILLBOARD
ADVERTISING

Simonson Lumber and Design Center
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3615 Gateway Dr.
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www.simonsonlumber.com
LUMBER, FUEL & BUILDING
MATERIALS

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CLOTHING STORES

SimplyMaid
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Grand Forks, ND 58208-3656
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CLEANING SERVICES/
SUPPLIES

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BUSINESS SERVICES

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HOTELS & MOTELS

Sleep Wellness Center
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www.winmarsleep.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

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north.dakota@sba.gov
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somethingsweetgf@gmail.com
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BAKERIES

South Hampton Townhome Apts.
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3001 36th Avenue S.
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www.hamptonmanagement.com
PROPERTY MANAGEMENT &
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Speedway Grill & Bar
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http://speedwaygrillandbar.com/
RESTAURANTS, LOUNGES &
LIQUORS

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RECREATION

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AGRICULTURE /
AGRIBUSINESS

SpringHill Suites by Marriott
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SUPPLIES/EQUIPMENT

St. Joseph's Social Care and Thrift Store
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NON-PROFIT ORGANIZATION

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BROKERAGES

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BROKERAGES

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PET SERVICES

Staybridge Suites Grand Forks
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COSMETICS / SKIN CARE

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Subway - Emerado
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ASSOCIATIONS

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www.sunshinememorial.org
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hswanson@swlawltd.com
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http://www.sweet3boutique.com/

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Dan Swingen
Highway 81 N
PO Box 13456
Grand Forks, ND 58208-3456
701-775-5359
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HOME BUILDERS --
Commercial and Industrial

Sysco North Central Region
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Fargo, ND 58102
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alicia.uhliir@sysco.com
https://sysco.com/Contact/
Contact/Our-Locations/North-
Dakota
GROCERY SUPPLY

T-Global, Inc.
Tommy Kenville
5515 University Avenue
Grand Forks, ND 58203
218-779-9950
www.tglobalinc.com
WAREHOUSING

Tavern United
Bobbie Brown
Canad Inns Destination Center
1000 S. 42nd Street
Grand Forks, ND 58201-3927
701-787-2511
bbrown@canadinns.com
www.canadinns.com
RESTAURANTS, LOUNGES &
LIQUORS

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1810 N 6th Street
Grand Forks, ND 58208-2878
701-775-5369
cblue@tectaamerica.com
http://www.tectaamerica.com/
SHEET METAL WORKS,
WELDING, & ROOFING

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Grand Forks, ND 58201
701-361-2766
leah@tenacremarketing.com
tenacremarketing.com
MARKETING

Terracon Consultants, Inc.
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701-772-2832
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www.terracon.com
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& ENGINEERS

2023 Membership Directory

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210 Gateway Dr NE
East Grand Forks, MN 56721
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missy@northdaleoil.com
www.tsocorp.com
GAS STATION

Texas Roadhouse

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texasroadhouse.com
www.texasroadhouse.com/
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HEALTH & WELLNESS

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www.thearcuppervalley.org
NON-PROFIT ORGANIZATION

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kateslom@yahoo.com
BAR / BARS / LOUNGES /
NIGHTCLUBS

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polishstand
SPECIALTY FOODS

The Greenhouse

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CONSULTING

The Hub Pub

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205 N 3rd St
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jschnei319@msn.com
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NIGHTCLUBS

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scotts333@hotmail.com
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Grub-2431966770204119
BAR / BARS / LOUNGES /
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salvationarmy.org
www.grandforkssa.org
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com
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com/The-Shire-Bar-
Grill-101725845541695
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BAR / BARS / LOUNGES /
NIGHTCLUBS

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The Vertebrae Clinic

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com
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CATERING

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https://www.tahvac.net/
HEATING & AIR
CONDITIONING & PLUMBING

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CAR WASH

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701-757-3000
jerome.gerszewski@gmail.com
www.tireoneautocenter.com
TIRES SALES & SERVICE

2023 Membership Directory

TLC Cleaning, LLC

Trisha Lake
910 S Washington St., STE A
Grand Forks, ND 58201
701-412-3298
trish@tlccleaningexperts.com
www.tlccleaningexperts.com
CLEANING SERVICES/
SUPPLIES

Todd's Trailer Sales & Rentals

Todd Gregoire
2520 Business Highway 2 East
East Grand Forks, MN 56721
218-773-0804
toddenterprises@invisimax.com
toddtrailersalesandrentals.com
STORAGE FACILITIES

Tom Rosendahl

Tom Rosendahl
672 Vineyard Dr
Grand Forks, ND 58201
701-739-2411
trosendahl129@gmail.com
INDIVIDUALS

Total Skin Dermatology and Aesthetics

Jennifer Laframboise
4571 South Washington Street
- Suite N
Grand Forks, ND 58201
701-757-3376
jenn@totalskinnd.com
totalskinnd.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Town Square Farmers Market

Dawn Rognerud
PO Box 12625
Grand Forks, ND 58208
218-791-3950
tsfarmersmarket@gmail.com
www.tsfarmersmarket.com
NON-PROFIT ORGANIZATION

Tractor Supply Company

Jami Hansen
4460 32nd Ave. S.
Grand Forks, ND 58201-3301
701-746-0391
str01116@tractorsupply.com
tractorsupply.com
RETAILERS

TrainND Northeast

David Steffen
1801 College Dr N
Devils Lake, ND 58301
701-662-1578 x 21578
david.p.steffen@lrsc.edu
https://www.lrsc.edu/discover-
lrsc/business-community/
trainnd-northeast
TRAINING / EDUCATION
SERVICES

Transystems

Tracy Magnus
2756 N. Washington Street
Grand Forks, ND 58203
701-746-0389
www.transystemsllc.com
TRUCKING

Treat Play Love

Kelly Hilzendager
1905 S. Washington St., STE B
Grand Forks, ND 58201
701-772-0556
gftreatplaylove@gmail.com
www.gftreatplaylove.com
PET SERVICES

Tri-Valley Transportation

Elizabeth Hensrud
1345 Fairfax Ave.
Crookston, MN 56716
1-800-201-3432
Elizabeth.hensrud@tvoc.org
www.tvoc.org
TRANSPORTATION

Triangle Coach Service, Inc.

Dale Helms
1611 Central Ave NW
East Grand Forks, MN 56721
218-773-2631
contact@trianglecoachservice.
com
www.trianglecoachservice.com
TRANSPORTATION

Tru North Services, LLC

John Dvorak
2010 1st Ave. N
Grand Forks, ND 58203
701-739-2756
jdvorak@trunorthgf.com
www.trunorthgf.com
ACCOUNTING SERVICES

True Healing Massage

Amanda Wheeler
2397 Demers Ave., Unit C
Grand Forks, ND 58201
701-213-8283
truehealingmassagegf@gmail.
com
www.truehealingmassagegf.com
HEALTH & WELLNESS

True North Equipment

John Oncken
5101 Gateway Drive
Grand Forks, ND 58203-1109
701-746-4436
joncken@
truenorthequipment.com
www.truenorthequipment.com
IMPLEMENT & MACHINERY
DEALERS

True North Impact Center

John Oncken
5030 Demers Ave
Grand Forks, ND 58201
701-757-0495
joncken@
truenorthequipment.com
https://www.
truenorthequipment.com/
AGRICULTURE /
AGRIBUSINESS

True North Resource Center

John Oncken
4325 18th Ave S
Grand Forks, ND 58201
701-757-4760
Joncken@
truenorthequipment.com
www.truenorthequipment.com
TRAINING / EDUCATION
SERVICES

TruHome Property Solutions

Derek Nolte
1119 N. 42nd St.
Grand Forks, ND 58203
701-620-1597
derek@truhomereproperties.com
www.truhomereproperties.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Trustone Wealth Management

Paul Hensrud
3425 S. Washington St. Suite A
Grand Forks, ND 58201-7101
701-746-5429
paul.d.hensrud@ampf.com
https://www.ameripriseadvisors.
com/team/trustone-wealth-
management/
FINANCE & INVESTMENT

TRUWEATHER SOLUTIONS, INC.

Donald Berchoff
4200 James Ray dr
Grand Forks, ND 58202
877-878-9847
don.berchoff@
truweathersolutions.com
truweathersolutions.com/
Unmanned Air Systems

Truyu Aesthetic Center

3165 Demers Avenue
Grand Forks, ND 58201
701-780-6623
www.truyu.net
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Turtle River State Park/ND Parks & Recreation

Larry Hagen
3084 Park Avenue
Arvilla, ND 58214-9478
701-795-3180
lahagen@nd.gov
www.parkrec.nd.gov
RECREATION

U.S. Bank - 13th and Columbia Rd

Amber Schullo
1205 South Columbia Road
Grand Forks, ND 58201
701.795.6230
amber.schullo@usbank.com
www.usbank.com
FINANCIAL SERVICES

U.S. Bank - Demers

John Snustad
600 DeMers Avenue
PO Box 13318
Grand Forks, ND 58208-3318
701-795-6295
john.snustad@usbank.com
www.usbank.com
FINANCIAL SERVICES

Ultima Bank Minnesota

Joseph Fietek
205 DeMers Ave
East Grand Forks, MN 56721
218-399-1200
joseph.fietek@ultimabank.com
www.ultimabank.com
FINANCIAL SERVICES

UND Aerospace Foundation

Chuck Pineo
Robin Hall Room 303
4275 University Ave Stop 9023
Grand Forks, ND 58202-9023
701-777-4740
cpineo@undaerospace.com
www.undaerospace.com
EDUCATION

UND Air Force ROTC

Aaron McCurdy
255 Centennial Dr., Stop 8360
Grand Forks, ND 58202-8360
701-777-0437
aaron.mccurdy@ndsu.edu
ndsu.edu/afrotc
GOVERNMENTAL AGENCIES

UND Alumni Association & Foundation

DeAnna Carlson Zink
3501 University Ave, Stop
8157
Grand Forks, ND 58202-8157
701-777-2611
deannac@undfoundation.org
www.undalumni.org
EDUCATION

UND Army ROTC

Jason Mathre
255 Centennial Drive, Stop
8360
Grand Forks, ND 58202-8360
701-777-3494
jason.mathre@und.edu
UND.edu/dept/msci
GOVERNMENTAL AGENCIES

UND Athletics Department

Nicole Brush
2751 2nd Ave N Stop 9013
Grand Forks, ND 58202-9013
701-777-6953
nicole.brush@und.edu
undsports.com
EDUCATION

UND Career Services

Lisa Spencer
Memorial Union
2901 University Ave., Suite
300
Grand Forks, ND 58202
701-777-3904
lisa.spencer@und.edu
www.und.edu/careerservices
CAREER SERVICES

UND Center for Innovation

Amy Whitney
4200 James Ray Dr., Stop
8372
Grand Forks, ND 58202
701-777-3132
amy.whitney@und.edu
www.innovators.net
EDUCATION

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
AMUSEMENT &
ENTERTAINMENT

UND Chester Fritz Library

Stephanie Walker
3051 Univ. Ave., Stop 9000
Grand Forks, ND 58202-9000
701-777-2189
library.und.edu
EDUCATION

UND College of Arts & Sciences

Bradley Rundquist
501 N Col. Rd., Stop 8038
Grand Forks, ND 58202-8038
701-777-2749
bradley.rundquist@und.edu
arts-sciences.und.edu
EDUCATION

UND College of Business & Public Administration

Amy Henley
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Grand Forks, ND 58202-8098
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amy.henley@und.edu
www.business.und.edu
EDUCATION

UND College of Education & Human Development

Cindy Juntunen
231 Centennial Dr., Stop 7189
Grand Forks, ND 58202-7189
701-777-3733
cl.juntunen@und.edu
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EDUCATION

UND College of Engineering & Mines

Deb Austreng
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243 Centennial Dr., Stop 8155
Grand Forks, ND 58202-8155
701-777-4249
debra.austreng@und.edu
engineering.und.edu
EDUCATION

UND College of Nursing and Professional Disciplines

430 Oxford Street, Stop 9025
Grand Forks, ND 58202-9025
701-777-4555
nursing.und.edu
EDUCATION

UND Dining Services

Orlynn Rosaasen
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Grand Forks, ND 58202-9033
701-777-6116
orlynn.rosaasen@und.edu
und.edu/student-life/dining
SCHOOL

UND Energy & Environmental Research Center

Charlie Gorecki
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Grand Forks, ND 58202-9018
701-777-5130
cgorecki@undeerc.org
www.undeerc.org
NON-PROFIT ORGANIZATION

2023 Membership Directory

UND Facilities Management
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Grand Forks, ND 58202-9032
701-777-6862
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facilities-management
EDUCATION

UND Housing/Dining
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und.edu/student-life/housing
EDUCATION

UND Marketing & Communications
Meloney Linder
4300 James Ray Dr., Stop 7144
Grand Forks, ND 58202-7144
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campus.und.edu/campus-
services/marketing-
communications/
EDUCATION

UND Memorial Union
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2901 University Ave., Stop 8385
Grand Forks, ND 58202-8385
701-777-4321
cheryl.grewgillen@und.edu
und.edu/student-life/union
EDUCATION

UND Multicultural Student Services
Stacey Borboa-Peterson
315 Princeton St Stop 8274
Grand Forks, ND 58202
701-777-4259
stacey.peterson@und.edu
und.edu/student-life/
multicultural-student-services
EDUCATION

UND Office of Ceremonies & University Events
Fred Wittmann
Skalicky Tech Building, STE 110, #138
4300 James Ray Drive, Stop 7142
Grand Forks, ND 58202
701-777-4267
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www1.und.edu/marketing
EDUCATION

UND Office of Extended Learning
Lynette Krenelka
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Grand Forks, ND 58202-9021
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lynette.krenelka@und.edu
und.edu/academics/extended-
learning
EDUCATION

UND Office of Human Resources
Peggy Varberg
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peggy.varberg@und.edu
und.edu/finance-operations/
human-resources-payroll
EDUCATION

UND Office of Student Rights and Responsibilities
Alex Pokornowski
2891 2nd Ave N., Stop 9040
Grand Forks, ND 58202-9040
701-777-2892
alexander.pokornowski@
UND.edu
und.edu/student-affairs/dean-
of-students
EDUCATION

UND Office of the President
Andrew Armacost
264 Centennial Dr., Stop 8193
Grand Forks, ND 58202-8193
701-777-2121
andrew.armacost@UND.edu
http://und.edu/president
EDUCATION

UND Public Safety & University Police
Rodney Clark
3851 Campus Rd., Stop 9035
Grand Forks, ND 58202-9031
701-777-3341
rodney.e.clark@UND.edu
und.edu/finance-operations/
department-of-public-safety
EDUCATION

UND Ray Richards Golf Course
Kyle Myers
3501 DeMers Ave
Grand Forks, ND 58202
701-777-4340
kyle.myers@und.edu
https://und.edu/ray-richards/
RECREATION

UND School of Aerospace Sciences
Paul Lindseth
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EDUCATION

UND School of Graduate Studies
Laura Look
264 Centennial Dr., Stop 8178
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701-777-2786
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EDUCATION

UND School of Law
Michael McGinniss
215 Centennial Dr. Stop 9003
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701-777-2104
michael.mcginness@und.edu
law.und.edu
EDUCATION

UND School of Medicine & Health Sciences
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Room E481
Grand Forks, ND 58202-9037
701-777-2514
joshua.wynne@med.und.edu
med.und.edu
EDUCATION

UND Student Government
Student Body President
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Grand Forks, ND 58202
701-777-4377
sgpresident@und.edu
und.edu/student-government
EDUCATION

UND Student Health Services
Rosy Dub
100 McCannel Hall
2891 2nd Ave. N Stop 9038
Grand Forks, ND 58202-9038
701-777-4500
und.studenthealth@email.
und.edu
und.edu/health-wellness/
student-health
EDUCATION

UND Student Wellness Center
Christopher Suriano
801 Princeton St., Stop 8365
Grand Forks, ND 58202-8365
701-777-9355
christopher.suriano@und.edu
und.edu/health-wellness/
wellness
EDUCATION

UND TRIO Programs
Derek Sporbert
Third Floor McCannel Hall
2891 2nd Ave N Stop 9027
Grand Forks, ND 58202
701-777-3426
jenna.l.zavoral@und.edu
und.edu/trio
EDUCATION

UND University Admissions
Jennifer Aamodt
3501 University Ave, Stop 8357
Grand Forks, ND 58202-8357
701-777-4204
jennifer.aamodt@und.edu
www.und.edu
EDUCATION

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Eric Link
264 Centennial Dr., Stop 8176
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701-777-2167
eric.link@UND.edu
und.edu/provost
EDUCATION

UND Vice President for Finance & Operations/COO
Karla Mongeon-Stewart
Twamley Hall Room 314
264 Centennial Dr., Stop 8378
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701-777-3511
karla.stewart@und.edu
und.edu/finance-operations
EDUCATION

UND Vice President for Health Affairs
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Room 1930
Grand Forks, ND 58202-9037
701-777-2514
joshua.wynne@med.UND.edu
med.und.edu
EDUCATION

UND Vice President for Marketing & Communications
Meloney Linder
4300 James Ray Dr., Stop 7144
Grand Forks, ND 58202-7144
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meloney.linder@und.edu
www1.und.edu/marketing
EDUCATION

UND Vice President for Research & Economic Development
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4201 James Ray Dr, Stop 8367
Tech Acc., Suite 2050
Grand Forks, ND 58202-8367
701-777-6736
vpr@UND.edu
UND.edu/research
EDUCATION

Unique Auto Body & Sales, Inc.
Steve Tiseth
2205 DeMers Avenue
Grand Forks, ND 58201-4165
701-746-9500
uniqueautobody@
midconetwork.com
AUTOMOBILE REPAIR &
SALES

United States Postal Service - Grand Forks, ND
Jim Pearce
2501 28th Ave S
Grand Forks, ND 58201
701-335-2010
James.w.pearce@usps.gov
www.usps.com
DELIVERY SERVICES

United Valley Bank
Barry Hanson
2718 South Columbia Road
Grand Forks, ND 58201-6006
701-780-9757
bhanson@uvbank.net
www.uvbank.net
FINANCIAL SERVICES

United Valley Bank - Downtown
Barry Hanson
200 1st Ave N
Grand Forks, ND 58203
701-402-0253
bhanson@uvbank.net
www.uvbank.net
FINANCIAL SERVICES

United Way of Grand Forks, East Grand Forks & Area
Heather Novak
1407 24th Ave So., Suite 400
Grand Forks, ND 58201-6761
701-775-8661
heather.novak@unitedwaygfegef.org
www.givegfegef.org
NON-PROFIT ORGANIZATION

University of Mary
Brenda Nagel
344 Tuskegee Airmen Blvd
Grand Forks Air Force Base
ND 58205
701-355-5171
bknagel@umary.edu
https://www.umary.edu/about/
campuses/grand-forks-campus.
php
EDUCATION

University of Minnesota Crookston
Chancellor, Mary Holz-Clause
107 Selvig Hall
2900 University Ave.
Crookston, MN 56716
218-281-8343
mhclause@umn.edu
umcrookston.edu
EDUCATION

Up North Window Cleaning
Nick Yutzenka
323 Demers Ave #305
Grand Forks, ND 58201-4774
218-303-6488
upnorthwindowcleaning@gmail.com
upnorthwindowcleaning.com/
CLEANING SERVICES/
SUPPLIES

US Foods
Faye Witcraft
4601 32nd Ave S
Grand Forks, ND 58201
701-795-5900
faye.witcraft@usfoods.com
www.usfoodservice.com
GROCERY SUPPLY

USAF & Space Force Civic Leader
Bruce Gjovig
111 N. 3rd St, Condo 2013
Grand Forks, ND 58203-37
701-739-3132
Bruce@Gjovig.net
INDIVIDUALS

USFAAF
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Edina, MN 55439
952-831-2272
p.nelson@usfaaf.com
https://usfaaf.com/
ACCOUNTANTS

USO Midwest Region
Mona Hammill
711 N. Pennsylvania Street
Indianapolis, IN 46220
904-472-4584
mhammill@uso.org
midwest.uso.org/
NON-PROFIT ORGANIZATION

VITAL Nutrition
Tracy Uhlir
2100 S. Col. Rd., STE 110
Grand Forks, ND 58201
218-230-8087
vitalnutritiongf@gmail.com
https://www.facebook.com/
VITALnutritionGF
RESTAURANTS

2023 Membership Directory

Vaaler Insurance, a Marsh & McLennan Agency LLC Company

Bruce Vaaler
2701 S Columbia Road
Grand Forks, ND 58201
701-775-3131
vaalergf@vaaler.com
www.vaaler.com
INSURANCE AGENCIES /
BROKERAGES

Valley Bone & Joint Clinic

Lorae Benson
3035 DeMers Ave., #3
Grand Forks, ND 58201-4018
701-746-7521
lorae@vbjclinic.com
www.valleyboneandjoint.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Valley Corn Maize

Debbie Krueger
HWY 2 East
East Grand Forks, MN 56721
701-740-2042
www.valleycornmaize.com
AMUSEMENT &
ENTERTAINMENT

Valley Dairy/Valley Car Wash

Clark Erickson
1149 36th Ave. S.
Grand Forks, ND 58201-7299
701-746-8371
cerickson@petroserviceusa.com
www.valleydairy.com
SERVICE STATIONS &
CONVENIENCE STORES

Valley Golf

Jeff Kamedula
2407 River Rd NW
East Grand Forks, MN 56721-
0461
218-773-1207
jeff.valleygolf@gmail.com
www.valleygolffegf.com
RECREATION

Valley Oral & Facial Surgery

Troy Petersen, & Marcus
Tanabe
1165 S Columbia Rd #C
Grand Forks, ND 58201-4007
701-772-7379
info@valleyofs.com
www.valleyoral.com
ORAL SURGEON

Valley Petroleum Equipment Inc.

Kathy Reiser
5510 10th Ave N
Grand Forks, ND 58203
701-772-7261
kathy@valleypetroleum.com
www.valleypetroleum.com
PETROLEUM SERVICES

Valley Senior Living

Garth Rydland
2900 14th Ave S.
Grand Forks, ND 58201-4042
701-787-7900
grydland@valleyseniorliving.
org
www.valleyseniorliving.org
LONG TERM CARE SERVICES

Valley Truck Parts and Service, Inc.

Doug Runyan
1717 Central Ave NW
East Grand Forks, MN 56721-
1310
218-773-3486
doug@valley-truck.com
www.valley-truck.com
TRUCK DEALERS

Valley Vision Clinic

Jason Schaff
2200 S. Washington St.
Grand Forks, ND 58201-6346
701-775-3135
drschaff@valleyvision.net
OPTICAL

Valvoline Instant Oil Change

Jerome Gerszewski
3325 S 38th St.
Grand Forks, ND 58201-5988
701-780-8462
jerome.gerszewski@gmail.com
www.vioci.com
AUTOMOTIVE SUPPLIES &
REPAIRS

Veterans of Foreign Wars #3817

Rae Pappenfuss
312 DeMers Ave.
East Grand Forks, MN 56721
218-773-2481
vfw3817@invisimax.com
www.vfw3817.com
BAR / BARS / LOUNGES /
NIGHTCLUBS

Veterans of Foreign Wars Post 1874 and Auxiliary

John Hanson
1913 7th Ave N
Grand Forks, ND 58203
701-739-0454
jmhanson@gra.midco.net
NON-PROFIT ORGANIZATION

Vigen Construction Inc

Jared Vigen
42247 180th St SW
East Grand Forks, MN 56721
218-773-1159
jared@vigenconstruction.com
www.vigenconstruction.com
CONSTRUCTION & BUILDING
TRADES

Viking Track Services

Jeff Schake
5201 North Washington Street
Grand Forks, ND 58203
701-739-7941
jeff@vikingtrackservices.com
www.vikingtrackservices.com
TRANSPORTATION

Vilandre Heating, Air Conditioning & Plumbing

Jeff Wilson
701 N 7th Street
Grand Forks, ND 58203
701-775-4675
jeffwilson@vilandres.com
www.govilandres.com
HEATING & AIR
CONDITIONING & PLUMBING

Visit Greater Grand Forks

Julie Rygg
4251 Gateway Drive
Grand Forks, ND 58203-0819
701-746-0444
julie@visitgrandforks.com
www.visitgrandforks.com
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Vogel Law Firm

Matthew Dearth
2825 36th Ave S., STE A
Grand Forks, ND 58201
701-203-8760
mdearth@vogellaw.com
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ATTORNEYS

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Corey Vreeland
2003 Gateway Dr
Grand Forks, ND 58203
701-775-2523
vreelandremodeling@hotmail.
com
www.vreelandremodeling.com
HOME & COMMERCIAL
REMODELING

Wahpeton Breckenridge

Chamber of Commerce
Lisa Kunkel
1505 11th St N
Wahpeton, ND 58075
701-642-8744
lisa@

Wakefield Hearing Center

Richard Wakefield
2514 S Washington St.
Grand Forks, ND 58201
701-746-7000
info@wakefieldhearing.com
www.wakefieldhearing.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Wall's Health Mart Pharmacy

Dennis Johnson
1451 44th Ave S.
Grand Forks, ND 58201
701-732-2900
http://www.wallsrx.com/
PHARMACIES

Wall's Medicine Center

Dennis Johnson
708 S. Washington St.
Grand Forks, ND 58201
701-746-0498
dennis@wallsrx.com
www.wallsrx.com
PHARMACIES

Walmart-32nd Ave #1545

Danny Chaffin
2551 32nd Ave. S.
Grand Forks, ND 58201
701-746-7225
dschaff.s01545@walmart.com
www.walmart.com
DEPARTMENT STORES

Walmart-Gateway #5806

Michael Dahle
5755 Gateway Dr
Grand Forks, ND 58203
701-620-6003
mad00B0.SO5806.US@WAL-
MART.COM
www.walmart.com
DEPARTMENT STORES

Waterfront Kitchen & Bath

Mandi Lindgren
2 South 3rd Street
Grand Forks, ND 58201-4728
701-775-5021
mandil@waterfrontgf.com
HEATING & AIR
CONDITIONING & PLUMBING

Waves Float Center

Ben Gregoire
211 Demers Ave., Suite 2
East Grand Forks, MN 56721
218-230-7233
wavesfloatcenter.com
HEALTH & WELLNESS

Waxing the City

Julie Edman
3251 32nd Ave S., Suite B
Grand Forks, ND 58201
701-757-0453
julie.edman@waxingthecity.com
studios.waxingthecity.com//US/
ND/Grand-Forks/3251-32nd-
Ave_-South
SPAS & SALONS

WDAZ TV

Joshua Rohrer
2220 S. Washington St.
Grand Forks, ND 58201
701-775-2511
news@wdaz.com
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RADIO & TV

Webster, Foster & Weston Consulting Engineers, Inc

Dale Bergum
1616 Mill Road
Grand Forks, ND 58203-1532
701-775-8118
daleb@wfwengineers.com
www.wfwengineers.com
ENGINEERS

WELCORE HEALTH

Molly Soeby
718 Oak Street
Grand Forks, ND 58201
701-330-4216
molly.soeby@gmail.com
www.WelCoreHealth.com
HEALTH & WELLNESS

Wells Fargo Bank - Columbia Rd

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Grand Forks, ND 58201-4789
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FINANCIAL SERVICES

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Wendy's - 32nd Ave

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Whalen's Moving & Storage

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MOVING & STORAGE

White Drug Pharmacy

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www.thriftywhite.com/
PHARMACIES

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CAR WASH

Widman's Candy

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SPECIALTY FOODS

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HEATING & AIR
CONDITIONING & PLUMBING

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Wired Bean Coffee House East Grand Forks

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Women's Pregnancy Center

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MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

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Yorhom Medical Essentials

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ATTORNEYS

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