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Membership Directory

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2024 Community Profile/Membership Directory

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The Chamber - GF/EGF

202 N. 3rd St.
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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, 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. ■

OUR CONNECTION TO THIS PLACE IS STRONG.

Serving North Dakota for 113 years has always been about more than just supplying energy. It's so much bigger. That's why we buy locally. That's why we invest here. That's why we put in the work to make your energy safer, more reliable and cleaner. Energy you can trust to keep your home warm all winter and bright all summer long. We give back to this community like we live here. Because we do.

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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 it 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 development of remotely piloted aircraft, also known as un-




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manned aerial systems or drones, and this extends to development of these systems for commercial use.

Grand Forks and the Grand Forks Air Force Base are on the cutting edge of these developments. The UAS business park on the base, 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 testing will be done by the Test Resource Management Center (TRMC).

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 Com-

mand 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 two billion 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.



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Together, they raise sugar beets on 500,000 acres. Today American Crystal Sugar refines more sugar from sugar beets than any other company in the United States. It's a point of pride with us that beet farmers made their decision to buy the company in East Grand Forks. That was 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.■

Looking ahead a new soybean processing plant is set to open in 2025■

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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

The 5 Star Olive Ann Bourique Hotel complete with valet parking just opened downtown.

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, 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, including the newly opened Crisp & Green. Be sure to enjoy a cup of locally roasted "Bully Brew" coffee at on of their several locations.

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. ■

Technology

UND supports the leading UAS ecosystem in the region

LEADING TOGETHER

We're working collaboratively with community leaders to make our shared home a better place to live, learn and work.

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LEADERS IN ACTION



Education

UND connects students to regional businesses and agencies



Health Care

We work closely with local health care providers to ensure the best educational opportunities for future caregivers



Educating Our Community

UND

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

In 139 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 Nistler, creator of the Travelodge motel franchise.

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

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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.

The EERC was just awarded \$925 million Federal Grant as part of the Clean Energy Hydrogen Hubs Program.

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

Still more learning



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Forks and East Grand Forks offer programs for working adults. 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 7,400 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.

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.



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.

Right here in River Cities -- probably the only cities in the country whose entire population could be accommodated in just two buildings. ■

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- 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.

SERTOMAS 4th of July FESTIVAL, 11:00-6:00 in SERTOMA Park! Behind Altru Hospital off 34th street. A free, fun, family celebration of our Country's Independence with bands, kids parade, magician, fire department fire house, kids games, arts, crafts, face painting, free watermelon, balloon twisting, bounce houses and experience Sertoma park's Japanese garden, Ali's boundless playground, all with

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FIREWORKS 10:30 by South Middle School of 47th Ave and 20th street. Our 66th year of providing the city and region with a huge fireworks display! Easy in and out with plenty of parking.

Then there's Art in The Park in University Park.

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

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

The Blues come to the banks of the Red River on the fourth Saturday of the three summer months with Blues on the Red. There's an Art and Wine Walk on the third Saturday of every month from April through October.

Looking for a fair or a festival?

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

The grandstand was dedicated by President Franklin Delano Roosevelt. There are 4-H exhibits, a livestock show, commercial booths, home arts exhibits, concerts and a carnival midway.

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

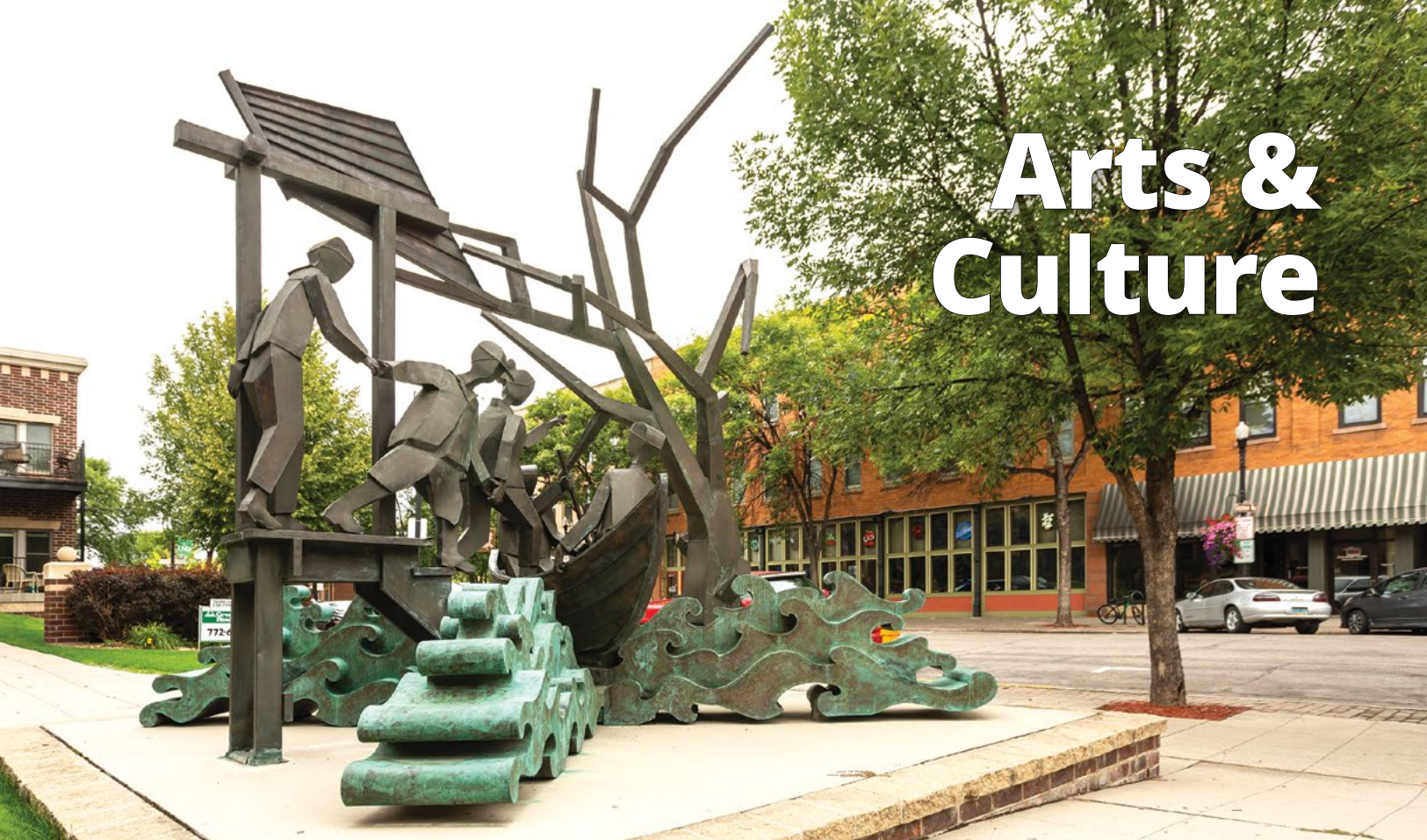
Cats Incredible usually takes place in early August.

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. ☐





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 Burtress 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.

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



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Reading & Writing



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

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

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 Rushdie, Eudora Welty, Joseph Brodsky, August Wilson. The list goes on.

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

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

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

Both Grand Forks and East Grand Forks have public libraries.

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

In Grand Forks, 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.



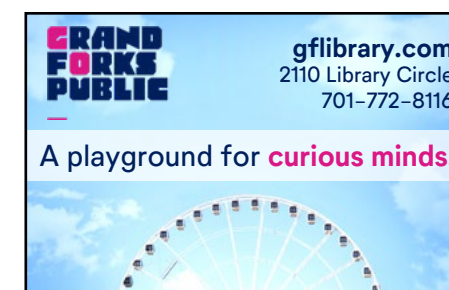
Sharing Cultures

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:

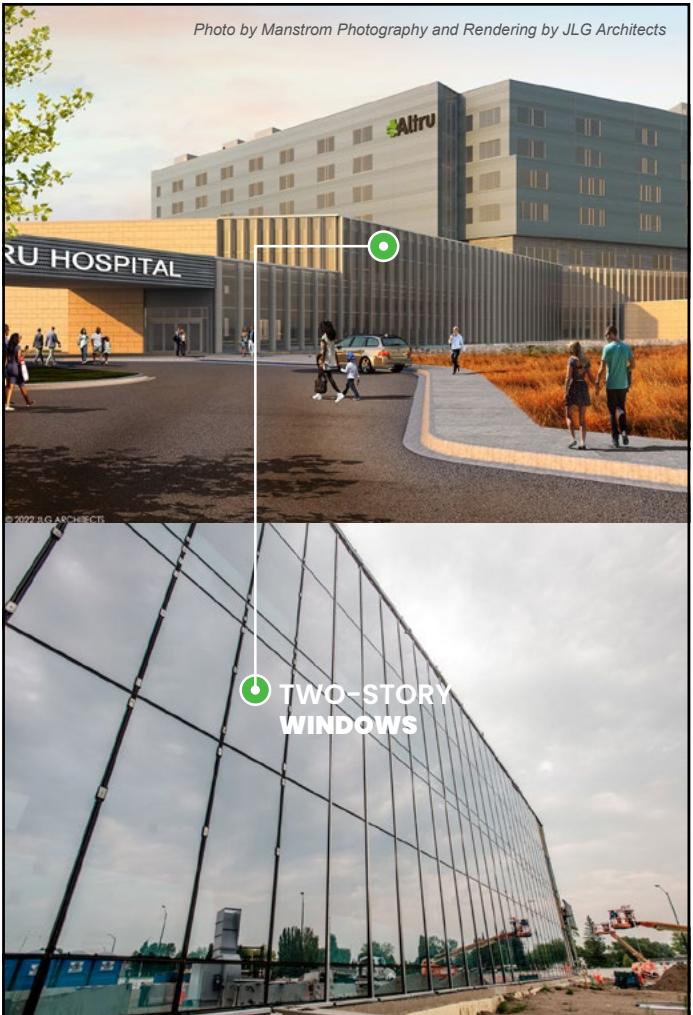
- Private NICU
- Private pre/post-operative rooms
- State-of-the-art operating rooms
- A dedicated trauma operating room
- A trauma elevator for quick transport
- An overall improved aesthetic and wayfinding experience

They 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



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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.

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

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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 (Tufte 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.

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." ■

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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 is you 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.



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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 and this year a group to look at adding additional air service.

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. Familiar names like Northrop Grumman and General Atomics are located there.

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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4200 James Ray Dr. STE 505
Grand Forks, ND 58203
701-328-5694
tzeltinger@nd.gov
http://www.banknd.nd.gov
FINANCIAL SERVICES

Barys Construction
Brandon Bochenski
1777 Kings View Dr
Grand Forks, ND 58201
701-314-9183
barysconstruction@gmail.com
www.barysconstruction.com
CONTRACTORS &
CONSTRUCTION SERVICES

Baymont Inn & Suites, Grand Forks
Mike Smith
951 South 42nd Street
Grand Forks , ND 58201
701-757-2345
baymontgm@pecokidllc.com
www.baymontinns.com/
GrandForks
HOTELS & MOTELS

BBi International
John Nelson
308 Second Ave. N., Suite 304
Grand Forks, ND 58203
701-746-8385
jnelson@bbiinternational.com
www.bbiinternational.com
PUBLISHERS

Bears Home Solutions
Darin Gador
1318 12th Ave S.
Grand Forks, ND 58201
701-775-5522
dgador@bearshs.com
https://bearshomesolutions.com/
HEATING & AIR CONDITIONING & PLUMBING

Becker Marketing Consultants
Richard Becker
3633 Lynwood Circle Grand
Forks, ND 58201
218-779-5736
richb7742@aol.com
INDIVIDUALS

Beckstead's Auto Repair
Kevin Folk
1319 9th Avenue South
Grand Forks, ND 58201-4345
701-746-6758
AUTOMOBILE REPAIR &
SALES

Behl's Photography
Cecilia Lysne
2017 S Washington St #4
Grand Forks, ND 58201
701-772-9431
behlspho@rrv.net
www.behls.net
PHOTOGRAPHERS

Bell Insurance Services LLC
Kelly Hjelle
4303 S. Columbia Rd.
Grand Forks, ND 58201
701-775-4626
khjelle@bellinsurance
www.bellinsurance.com
INSURANCE AGENCIES / BROKERAGES

BeMobile Corporate Center
Megan Rupe
2100 S Columbia Rd.
Grand Forks, ND 58201-5895
701-775-9696
megan.rupe@bemobile.com
www.bemobile.com
COMMUNICATIONS SALES &
SERVICE

BeMobile Verizon Columbia Road
Shayden Christenson
2100 S Columbia Rd
Grand Forks, ND 58201
701-775-9696
shayden.christenson@bemobile.com
www.bemobile.com
COMMUNICATIONS SALES &
SERVICE

Benchmark Mortgage
Scott Meyer
202 North 3rd Street
Grand Forks, ND 58203
218-791-7655
Scott.Meyer@Benchmark.us
www.ScottMeyer.Benchmark.us
MORTGAGE COMPANIES

Bergstrom Electric, Inc.
Cliff Moen
3100 N. Washington St
Grand Forks, ND 58203
701-775-8897
cmoen@bergstromelectric.com
www.bergstromelectric.com/
ELECTRICIANS

Berkshire Hathaway HomeServices Family Realty
Katie Marcotte
1725 32nd Ave. S.
Grand Forks, ND 58201
701-746-0303
k8marcotte@gmail.com
https://www.grandforksfamilyrealty.com/
REALTORS

Berkshire Hathaway HomeServices Family Realty - Jodi Danzl
Jodi Danzl
1725 32nd Ave S
Grand Forks, ND 58201
218-779-3478
danzl3@hotmail.com https://linktr.ee/realtor_jodi_danzl
REALTORS

Berkshire Hathaway HomeServices Family Realty - Katie Marcotte
Katie Marcotte
1725 32nd Ave. S.
Grand Forks, ND 58201
701-215-2363
k8marcotte@gmail.com
https://www.grandforksfamilyrealty.com/
REALTORS

Bert's Truck Equipment, Inc
Riley Gregoire
2506 Business Hwy 2 East
East Grand Forks, MN 56721
218-773-1194
riley@bertstruck.com
bertstruck.com
RETAILERS

Best Western Harvest Inn & Suites
Annette Aird
3350 32nd Ave. S.
Grand Forks, ND 58201-6016
701-775-5000
aird@christiansoncompanies.com
www.bestwestern.com
HOTELS & MOTELS

Big Jim's East Side Tire
Dick Hiebert
111 Gateway Drive
Grand Forks, ND 58203-2422
701-775-7045
dick_bigjims@midconetwork.com
www.bigjimstire.com
TIRES SALES & SERVICE

Big Sky Kennel
John Staley
Grand Forks, ND 58201
701-740-0265
jstaley@midco.net
PET SERVICES

Bioscience Association of North Dakota
Richard Glynn
4200 James Ray Drive
Grand Forks, ND 58202
701-738-2431
BioscienceND@gmail.com
www.ndbio.com
CONSULTING

Black Gold Farms
Bob Hoffert
4320 18th Ave. S
Grand Forks, ND 58201
701-772-2620
bob.hoffert@blackgoldfarms.com
www.blackgoldfarms.com
POTATO GROWERS &
WHOLESALERS

Blessed Home Care
Binod Kharel
1407 24th Ave S
Grand Forks, ND 58201
605-323-9936
laxmikharel274@gmail.com
HOME SERVICES

Blue Cross Blue Shield of ND
Kari Hunt
3570 S. 42nd St.
Grand Forks, ND 58201
701-795-5340
www.bcbsnd.com
INSURANCE AGENCIES /
BROKERAGES

Blue Line Custom Detailing
Vanessa Richter
1114 5th Ave NE
Thompson, ND 58278
701-302-0567
bluelinecustomdetailing@gmail.com
bluelinecustomdetailing.com
RESTORATION

Blue Moose Bar & Grill
Pat Boppre
507 2nd St NW
East Grand Forks, MN 56721
218-773-6516
patrick.boppre@gmail.com
www.thebluemoose.net
RESTAURANTS

2024 Membership Directory

Blue Zones Project - Grand Forks
Ashlee Kleveland
713 10th St
Hatton, ND 58240
651-587-2929
ashlee.kleveland@sharecare.com
grandforks.bluezonesproject.com
SERVICES

Bluepeak Broadband
Jeremy Davidson
5100 S Broadband Lane
Sioux Falls, SD 57108
jeremydavidson@mybluepeak.com
www.mybluepeak.com
INTERNET PROVIDER

BNSF Railway Company
Jarod Senger
1796 DeMers Ave.
Grand Forks, ND 58201-4209
701-795-1255
Jarod.Senger@BNSF.com
TRANSPORTATION

Boardwalk Bar & Grill
Jane Moss
415 2nd St NW
East Grand Forks, MN 56721
218-399-3000
boardwalkbargrill@midconetwork.com
www.boardwalkkegf.com
RESTAURANTS

Bob's Oil and Gas LLC
Darin Gilbertson
524 Gateway Dr.
Grand Forks, ND 58203
701-335-3443
Mrgas524@gmail.com
GAS STATION

Bolton & Menk
Blue Weber
3168 41st St
Fargo, ND 58104
701-9609-107
blue.weber@bolton-menk.com
www.bolton-menk.com/
ABSTRACTORS,
ARCHITECTS & ENGINEERS

Bon Voyage Travel Leaders
Bonnie Rygg Haley
2100 S Columbia Rd Ste 118
Grand Forks, ND 58201
701-772-6313
bonnie@bonvoyagetravelnd.com
www.bonvoyagetravelnd.com
TRAVEL AGENTS

Bonzer's Sandwich Pub
Matt Bonzer
420 DeMers Avenue
Grand Forks, ND 58201-4508
701-775-0365
matt@bonzerspub.com
www.bonzerspub.com
RESTAURANTS

Boot Barn
Hillary Starke
3841 32nd Ave S.
Grand Forks, ND 58201
store116@bootbarn.com
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Border States Electric Supply Co.
Reannon Hoverson
2311 S. 48th St
Grand Forks, ND 58201
701-772-3477
rhoverson@borderstates.com
www.borderstateselectric.com
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WHOLESALE

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Tim Riopelle
2131 Pioneer Court NW
East Grand Forks, MN 56721
218-779-9770
tim@borderstatetrophy.com
www.borderstatetrophy.com
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Braaten's Quality Auto Service
Kevin Reitmeier
210 N. Washington St. #3
Grand Forks, ND 58201
701-795-5164
BraatensAuto@gmail.com
www.BraatensAuto.com
AUTOMOTIVE SUPPLIES & REPAIRS

Brady, Martz & Associates, P.C.
Tim Mehlhoff
401 Demers Avenue, Suite 300
Grand Forks, ND 58208-4296
701-775-4685
tim.mehlhoff@bradymartz.com
www.bradymartz.com
ACCOUNTANTS

Brandon Cobb Agency - Country Financial
Brandon Cobb
802 Demers Ave
Grand Forks, ND 58201
701-620-6040
brandon.cobb@countryfinancial.com
INSURANCE AGENCIES / BROKERAGES

Brekke Tours & Travel
Char Brekke
802 N. 43rd St.
Grand Forks, ND 58203-1999
701-772-8999
tours@brekketours.com
www.brekketours.com
TRAVEL AGENTS

Bremer Bank
Tammy Peterson
3100 S Columbia Road
Grand Forks, ND 58208-3118
701-795-4500
tpeterson@bremer.com
Bremer.com
FINANCIAL SERVICES

Brick & Barley
Sarah Horak
9 N 3rd St
Grand Forks, ND 58203
701-757-4012
sarah@brickandbarleygf.com
www.brickandbarleygf.com
RESTAURANTS

Brockmeyer Tile & Stone, Inc.
Mike Brockmeyer
2202 Gateway Dr.
Grand Forks, ND 58201
701-772-7730
mike@btsgranite.com
www.btsgranite.com
CONSTRUCTION & BUILDING TRADES

Brode Communications Consulting, LLC
Barry Brode
792 Barley Ct.
Grand Forks, ND 58201
218-791-0340
brode@midco.net
COMMUNICATIONS SALES & SERVICE

Brown Corporations Nick Brown
1168 12th St. NE
Grand Forks, ND 58201
701-772-0265 x 555
nickb@browncorp.com
www.browncorp.com
DEVELOPMENT

Bud & Ralph's Appliance Service
Tom Wacek
1555 North 42nd Street
Grand Forks, ND 58203-0809
701-772-7106
brservice.gf@gmail.com
www.bradymartz.com
APPLIANCE & ELECTRONICS DEALERS

Budget RV
Mike Johnson
5200 Gateway Dr
Grand Forks, ND 58201
701-772-7233
mike@budgetrvgf.com
www.budgetrvgf.com R.V.
SALES, PARTS & SERVICE

Buff City Soap
Kacey Russell
3811 32nd Avenue
Grand Forks, ND 58201
kacey.russell@glowbrands.com
BuffCitySoap.com
RETAILERS

Buffalo Wild Wings
Jeff Groven
2717 Columbia Road South
Grand Forks, ND 58201
701-775-9464
gf.buffalowildwings@midconetwork.com
www.buffalowildwings.com
RESTAURANTS

Bully Brew Coffee - East Grand Forks
Sandi Luck
321 DeMers Ave
East Grand Forks, MN 56721
218-399-0187
bullybrewcoffeehouse@gmail.com
www.bullybrewcoffeehouse.com
COFFEE SHOPS

Bully Brew Coffee - Grand Forks
Sandi Luck
2100 S Columbia Rd
Grand Forks, ND 58201
701-772-1995
Bullybrewcoffeehouse@gmail.com
www.Bullybrewcoffeehouse.com
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Jack Gregory
1708 Mill Road
Grand Forks, ND 58203-1534
701-772-4366
kateslom@yahoo.com
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Tony Gillson
Grand Cities Mall
Grand Forks, ND 58201
701-738-0455
tony@burggrafsace.com
www.acehardware.com
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Burian & Associates, LLC
Steve Burian
4340 18th Ave S, Ste 120
Fargo, ND 58103
701-740-4881
steve.burian@burianassociates.com
CONSULTING

Business Essentials
Jason Bossert
610 S 19th St, Unit 4
Grand Forks, ND 58201
701-775-5503
jbossert@orderbe.com
www.orderbe.com
OFFICE SERVICES, SUPPLIES / EQUIPMENT / FURNITURE

Business Specialties, CPAs
Dona Wambsganss
3001 A 32nd Ave S
Grand Forks, ND 58201
701-772-2491
donacpa@polarcomm.com
www.donacpa.com
ACCOUNTANTS

C & H Insurance
Justin Hecht
1427 Central Ave. NW
East Grand Forks, MN 56721
218-773-0287
justin@candhinsurance.net
www.candhinsurance.net
INSURANCE AGENCIES / BROKERAGES

C & R Cleaners & Laundry
Don Larsen
1010 North Fifth Street
Grand Forks, ND 58203-2498
701-775-5336
clean@crcleaners.com
www.crcleaners.com
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C'Mon Inn
Eric Kendall
3051 32nd Avenue South
Grand Forks, ND 58201-6021
701-775-3320
grandforks@cmoninn.com
www.cmoninn.com
HOTELS & MOTELS

C.L. Linfoot Company
Dan Mulroy
4805 DeMers Avenue
Grand Forks, ND 58201
701-775-3961
danm@linfoot1893.com
www.linfoot1893.com
HEATING & AIR CONDITIONING

Cabela's
Daren Muscha
210 DeMers Avenue
East Grand Forks, MN 56721
218-773-0282
Manager_East_Grand_Forks_MN@basspro.com
https://stores.cabelas.com/us/mn/east-grand-forks/210-demers-ave-nw.html
SPORTS STORES

Cambridge Property Mgmt
Brad Stenberg
2603 7th Avenue S #12
Grand Forks, ND 58201
701-775-8670
brad.cpm@midconetwork.com
PROPERTY MANAGEMENT & DEVELOPMENT

Campbell, Tom
Tom Campbell
15111 Hwy. 17
Grafton, ND 58237
701-520-2727
tom@campbellfarms.net
INDIVIDUALS

Camrud, Maddock, Olson & Larson Ltd
Randall Hanson
401 DeMers Avenue, Suite 500
Grand Forks, ND 58201
701-775-5595
rhanson@camrudlaw.com
www.camrudlaw.com
ATTORNEYS

Canad Inns
Jeff Demarcke
1000 S. 42nd St
Grand Forks, ND 58201-3927 701-772-8404
jdemarcke@canadinns.com
www.canadinns.com
HOTELS & MOTELS

Cancer Center of North Dakota
Dr. William Noyes
1451 44th Ave. S., Unit E
Grand Forks, ND 58201-3434
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910 Central Ave NW Unit D
East Grand Forks, MN 56721
218-220-5561
Ronny@CannaCorners.com
cannacorners.com/
RETAILERS

Capital Resource Management
Jay Matthews
3001 32nd Ave. S.
Grand Forks, ND 58201-6068
701-746-6729
jay.matthews@pesmail.com
www.capitalresourcemgmt.com
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Caribou Coffee - EGF Hugo's
Daniel Compos
306 14th St. NE
East Grand Forks, MN 56721
218-773-2418 Ext. 10555
danny.campos@gohugos.com
www.gohugos.com
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CaringEdge Health Services
Phil Gisi
322 Demers Avenue
Grand Forks, ND 58201
877- 651-5839
info@caringedge.com
https://CaringEdge.com/
HEALTH & WELLNESS

Carrington Court Townhome Apts.
Scott Stauss
2299 S. 34th Street
Grand Forks, ND 58201
701-775-5544
scotts@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Cash-Wa Distributing Co. of Fargo
Jeff Steckman
4101 15th Ave. N.
Fargo, ND 58102
701-741-0674
jeff.steckman@cashwa.com
www.fsafood.com
GROCERY SUPPLY

Catalyst Medical Center
Susan Mathison
1800 21st Avenue South
Fargo, ND 58103
701-365-8700
wecare@catalystmedicalcenter.com
www.catalystmedicalcenter.com
MEDICAL SERVICES / SUPPLIES/EQUIPMENT

Caulfield Studio
Robert Caulfield
1020 South Wash. St - Suite D
Grand Forks, ND 58201
701-746-0078
caulfieldstudiogf@hotmail.com
PHOTOGRAPHERS

Centerspace
Tracy Skjerven
2151 36th Ave S #101
Grand Forks, ND 58201
701-775-8535
tskjerven@centerspacehomes.com
APARTMENT UNITS

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

CF Industries Distribution Facilities, LLC
Mike Hutton
4975 N. Washington St.
Grand Forks, ND 58203
701-772-3471
mhutton@cfindustries.com
www.cfindustries.com
CHEMICALS & FERTILIZERS

The Chamber Bismarck Mandan
Brenda Nagel
1640 Burnt Boat Drive
Bismarck ND, 58502
701-223-5660
bnagel@bmcedc.com
CHAMBER OF COMMERCE

Chapter Aesthetic Studio
Danielle Nelson
3300 32nd Avenue South
Grand Forks, ND 58201
701-765-3590
danielle.nelson@mychapter.com
www.mychapter.com
COSMETICS / SKIN CARE

Chebec Consulting
William Bell
205 Plain Hills Drive
Grand Forks, ND 58201
701-314-7592
chebecconsulting@gmail.com
ENGINEERS

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

Choice Bank - 42nd Street
Chris Johnson
1697 S. 42nd St.
Grand Forks, ND 58201-3740
701- 746-6010
cj.johnson@bankwithchoice.com
www.bankwithchoice.com
FINANCIAL SERVICES

Choice Bank - South Washington
Chris Johnson
4501 S. Washington St
Grand Forks, ND 58201
701-738-4300
cj.johnson@bankwithchoice.com
www.choicefinancialgroup.com
FINANCIAL SERVICES

Choice Health & Fitness
Michael Orr
4401 S. 11th Street
Grand Forks, ND 58201
701-746-2790
morr@gfparks.org
www.choicehf.com
FITNESS CLUBS

CHS Ag Services-Grand Forks
Brandon Bina
2002 N Washington St
Grand Forks, ND 58203
701-746-1911
Brandon.Bina@chsinc.com
https://chsagservices.com/
AGRICULTURE / AGRIBUSINESS

CHS Ag Services-Warren
Ryan Anderson
747 South Main St
Warren, MN 56762
218-745-4166
ryan.anderson@chsinc.com
www.chsagservices.com
AGRICULTURE / AGRIBUSINESS

Circle of Friends Animal Shelter Medical Center
Lauralee Tupa
4375 N. Washington St.
Grand Forks, ND 58203-3817
701-775-3732
lauralee@copets.com
www.copets.com/
PET SERVICES

Cirrus Aircraft Jill Johnson
1400 S. 48th St.
Grand Forks, ND 58201-3814
218-788-3993
jiljohnson@cirrusaircraft.com
www.cirrusdesign.com
AIRLINES AND AVIATION

City of East Grand Forks
Reid Huttunen
600 DeMers Ave.
Grand Forks, MN 56721
218-399-3388
RHuttunen@egf.mn
www.egf.mn/
GOVERNMENTAL AGENCIES

City of GF Assessor's Office
Tami Lazur
255 North 4th Street
Grand Forks, ND 58206-5200
701-746-2617
tlazur@grandforksgov.com
http://www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of GF Engineering Dept.
Al Grasser
255 North 4th Street
Grand Forks, ND 58206-5200
701-746-2630
agrasser@grandforksgov.com
http://www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of GF Fire Dept.
Gary Lorenz
1124 DeMers Avenue
Grand Forks, ND 58201-4322
701-746-2566
glorenz@grandforksgov.com
http://www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of GF Human Resource Dept.
Tangee Bouvette
255 North 4th Street
Grand Forks, ND 58206-5200
701-746-2667
tbouvette@grandforksgov.com
www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of GF Inspections Department
Brandon Boespflug
255 N. 4th Street
Grand Forks, ND 58201
701-746-2631
bjboespflug@grandforksgov.com
www.grandforksgov.com
CONTRACTORS & CONSTRUCTION SERVICES

City of GF Planning Dept.
Ryan Brooks
255 North 4th Street
Grand Forks, ND 58206-5200
701-746-2655
RBrooks@grandforksgov.com
www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of Grand Forks
Brandon Bochenski
255 N. 4th Street
Grand Forks, ND 58206-5200
701-746-2607
bbochenski@grandforksgov.com
www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of Grand Forks - Department of Finance
Maureen Storstad
255 North Fourth Street
Grand Forks, ND 58203
701-746-2620
mstorstad@grandforksgov.com
www.grandforksgov.com
GOVERNMENTAL AGENCIES

City of Grand Forks - Greenway
Kim Greendahl
P.O Box 5200
Grand Forks, ND 58206-5200
701-738-8740
www.greenwayggf.com
HEALTH & WELLNESS

City of Grand Forks- Public Works
Sharon Lipsh
724 N. 47th St
Grand Forks, ND 58203-1812
701-738-8740
slipsh@grandforksgov.com
www.gfgov.com
GOVERNMENTAL AGENCIES

CleanTech
Rilie Domres
1600 47th Ave S
Grand Forks, ND 58201
701-215-6574
rdomres@cleantechllc.us
cleantechllc.us
CLEANING SERVICES/ SUPPLIES

Cloud 9 Events
Sadie Gardner
322 Demers Avenue
Grand Forks, ND 58203
701-317-3255
info@cloud9eventsgrandforks.com
https://www.cloud9eventsgrandforks.com/
BANQUET SERVICES

Coca-Cola Bottling Company High Country
Jared Schultz
819 46th St. S.
Grand Forks, ND 58201-3841
800-658-3638
Jared.Schultz@cokehc.com
http://www.coca-colahighcountry.com/
SOFT DRINK DISTRIBUTORS

Coleman Family Law
Pamela Coleman
667 Demers Ave., Ste. 1003
Grand Forks, ND 58201
701-757-2030
pam@pcolemanlaw.com
pcolemanlaw.com
ATTORNEYS

Columbia Grain
Cody Michael
7400 55th Street South
Grand Forks, ND 58201
701-775-3317
CMichael@columbiagrain.com
https://www.facebook.com/cgicolumbiagraininternational/
AGRICULTURE / AGRIBUSINESS

Columbia Mall
Justin Valinski
2800 South Columbia Road
Grand Forks, ND 58201-6030
701-746-7383
justin@shopcolumbiamall.com
www.shopcolumbiamall.com
MALL ASSOCIATIONS

Comeau Electric, Inc.
Paul Comeau
614 S. 18th St.
Grand Forks, ND 58201-4247
701-775-4608
paul.comeauelectric@invisimax.com
ELECTRICIANS

Community Contractors, Inc.
Craig Tweten
4297 16th Ave. N.
Grand Forks, ND 58208-3593
701-772-2111
rdeschene@communitycontractorsinc.com
www.communitycontractorsinc.com
CONTRACTORS & CONSTRUCTION SERVICES

Community Foundation of Grand Forks, East Grand Forks & Region
Becca Baumbach
620 DeMers Ave.
Grand Forks, ND 58201-4531
701-746-0668
communityfoundation@gofoundation.org
www.gofoundation.org/
NON-PROFIT ORGANIZATION

Community Options
Shannon Rolandson
1405 Library Cir
Grand Forks, ND 58201
701-223-2417
ShannonR@coresinc.org
https://www.communityoptionsnd.com/
SERVICES

Community Violence Intervention Center
Lindy Merck
211 S. 4th Street
Grand Forks, ND 58201-4737
701-746-0405
lindym@cviconline.org
www.cviconline.org
NON-PROFIT ORGANIZATION

Compass Leadership Advisors
Trent Lee
6190 Martens Way South
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.
Grand Forks, ND 58201
701-746-6466
jbadding@connectinteriors.com
www.connectinteriors.com
OFFICE SERVICES, SUPPLIES / EQUIPMENT / FURNITURE

Connecting Point
Bryan Waege
PO Box 1626
Watertown, SE 57201
701-885-6991
bwaege@connectingpoint.biz
www.connectingpoint.biz
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Construcon 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
wwtw@midconetwork.com
PROPERTY MANAGEMENT & DEVELOPMENT

Cornerstone Caregiving
McKenzie Ratelle
1133 S Columbia Rd, Suite B1
Grand Forks, ND 58201
701-203-9326
mratelle@cornerstonecaregiving.com
cornerstonecaregiving.com/
grandforks/about-us/
HOME SERVICES

Cost Cutters
Robert Wedin
2475 32nd Ave. S
Grand Forks, ND 58201
701-772-1488
rwedn@msn.com
www.costcutters.com
SPAS & SALONS

Cost Cutters - Grand Cities Mall
Bob Wedin
1726 S. Washington St.
Grand Forks, ND 58201
701-772-4523
rwedn@msn.com
www.costcutters.com
SPAS & SALONS

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

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

Countryside Insurance Agency, Inc.
Jennifer Otteson
321 Broadway
Buxton, ND 58218
218-791-9113
jennifer@countrysidecropinsurance.com
AGRICULTURE / AGRIBUSINESS

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

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Perry Peyerl
1003 South Wash, St. - Suite A
Grand Forks, ND 58201
701-371-3592
perry@thecomputerplace.com
https://www.cellphonerepair.com/
grand-forks-nd/
COMPUTER SALES / SERVICE

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Mike Korman
308 2nd Ave. N.
Grand Forks, ND 58203-3730
701-746-7459
mike.korman@cpsengineering.net
www.cpsengineering.net
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.
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.
Grand Forks, ND 58201
218-779-3371
lpierce@craryrealestate.com
lindapierce.craryrealestate.com
REALTORS

Crary Real Estate-Mary Adams
Mary Adams
4551 S Washington
Grand Forks, ND 58201
701-739-5520
mka@gra.midco.net
www.crarealestate.com
REALTORS

Crisp & Green
Skavlem, Tyler
2712 S. Columbia Rd. Ste. 450
Grand Forks, ND 58201
701-757-1004
grandforksnd@crispandgreen.com
http://crispandgreen.com
RESTAURANTS

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
701-402-9011
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
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Scott Boettner
5525 1st Ave N
Grand Forks, ND 58203
701-775-0305
sboettner@customaire.net
www.customaire.net
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Custom Stripes, Inc.
Brian Perreault
20123 430th Ave SW
East Grand Forks, MN 56721
218-773-7157
bperreault@yahoo.com
www.customstripes.com
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D.J. Burris Quality Carpet Cleaning
D.J. Burris
320 Reeves Dr. Apt. 1
Grand Forks, ND 58201
701-746-5889
burris5585@yahoo.com
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Dacotah Paper Company
Paul Kalka
3940 15th Ave NW
Fargo, ND 58108
701-741-6796
paulk@dacotahpaper.com
www.dacotahpaper.com
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Dan Dahl
2029 Central Ave. NW
East Grand Forks, MN 56721
218-773-2971
dan.dahl@midconetwork.com
www.dandahlfuneralhome.com
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David Dahlstrom
301 Main Street
Oslo, MN 56744
218-695-2721
david@dahlstrommotors.com
www.dahlstrommotors.com
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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
jennylkuhns2012@yahoo.com
www.facebook.com/
Northend-Dairy-Queen-311201258943709/?fref=ts
RESTAURANTS

Dak Minn Blood Bank
Monica Janssen
3375 DeMers Ave
Grand Forks, ND 58201
701-780-5433
mjanssen@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

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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
Grand Forks, ND 58203
701-772-3101
krittberman@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
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
Nick Bujold
1110 25th Ave N
Fargo, ND 58102
701-237-6181
sales@dakotafence.com
https://www.dakotafence.com/
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Dakota Fire Protection
Teresa Washburn
1710 N Washington Street
Grand Forks, ND 58206-5327
701-772-8820
teresaw@dakotafire.com
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Dakota Mailing & Shipping Equipment Inc.
Adam Berge
4141 38th St S,
Fargo, ND 58104
701-451-0663
adamab@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
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Randy Kieffer
1916 DeMers Avenue
Grand Forks, ND 58208-2209
701-746-0341
randy.kieffer@dakotasales.net
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Dakota Science Center
Laura Munski
1701 Cherry Street
Grand Forks, ND 58206-5023
701-772-8207
Dakota.Science@gmail.com
www.dakota-science.org/
EDUCATION

Dakota Supply Group
Matt Zirnheld
715 South 48th Street
Grand Forks, ND 58208-4757
701-746-7373
matt.zirnheld@dsgsupply.com
www.dakotasupplygroup.com
LIGHTING & ELECTRICAL WHOLESALE

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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
Melissa Marshall
3308 Oak Ridge Pond Way E
West Fargo, ND 58078
701-730-6643
melissa.marshall@dalecarnegie.com
www.northdakota.dalecarnegie.com
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Dan Mayers
500 Broadway St.
Thompson, ND 58278
701-740-4034
dmayers@gra.midco.net
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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

Deek's Pizza
Tyler Kuenzel
512 N Washington St
Grand Forks, ND 58203
701-772-3335
kelly@deekspizza.com
www.deekspizza.com
RESTAURANTS

Dell-Comm, Inc.
Sharon Luney
710 South 14th Street, Ste. 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. South
Minneapolis, MN 55415
612-224-3304
cerickson@deltadentalmn.org
www.deltadentalmn.org
INSURANCE AGENCIES / BROKERAGES

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

Design Rich Architect, LLC
Joyce Fries-Brune
211 N 4th Street
Fisher, MN 56723
218-773-4866
joyce.brune@dsgnrch.com
www.dsgnrch.com
ARCHITECTURAL SERVICES

DeTect, Inc.
Ryan Walsh
375 Second Ave N
Grand Forks, ND 58203
701-850-6015
ryan.walsh@detect-inc.com
www.detect-inc.com
UNMANNED AIR SYSTEMS

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

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.
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

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
2397 Demers Ave
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
Jill Proctor
23 N 3rd St.
Grand Forks, ND 58203
701-757-4051
jill@gfdda.com
www.downtownforks.com
NON-PROFIT ORGANIZATION

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

Drew Molstad
Drew Molstad
5700 Pinehurst
Grand Forks, ND 58201
701-740-4410
drew.molstad@gmail.com
PROPERTY MANAGEMENT & DEVELOPMENT

Driscoll's Auto Service
Kaleb Driscoll
622 10th St NE
East Grand Forks, MN 56721
218-773-7809
kalebdiscoll@midconetwork.com
https://www.driscollsautoservice.com/
AUTOMOBILE REPAIR & SALES

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

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

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

Eagle Electric, Inc.
Darryl Beauchamp
119 3rd St. NE
East Grand Forks, MN 56721
701-746-0449
eagle1980@midconetwork.
com
ELECTRICIANS

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
Brian Lyons
227 10th St NW
East Grand Forks, MN 56721
701-330-5726
keeper202000@yahoo.com
www.foe.com/
NON-PROFIT
ORGANIZATION

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

East Grand Forks Public Schools
Bryan Hackbarth
1420 4th Avenue NW
East Grand Forks, MN 56721
218-773-3494
bhackbarth@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.
Christine Jackson
3651 S. Washington
Grand Forks, ND 58201-7201
701-787-8201
cjackson@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
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Edgewood - East Grand Forks
Luke Knauf
608 Fifth Avenue NW
East Grand Forks, MN 56721
218-773-6648
Luke.Knauf@edgewoodvista.
com
www.edgewoodhealthcare.com
ASSISTED LIVING
FACILITIES

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

Edward Jones - Financial Advisor: Bret A. Bentow
Bret Bentow
4350 S. Wash. St., Suite 102
Grand Forks, ND 58201
701-746-9344
bret.bentow@edwardjones.
com
www.edwardjones.com/bret-
bentow
FINANCE & INVESTMENT

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

Edward Jones - Financial Advisor: 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 - Financial Advisor: Bryan Brenden
Bryan Brenden
2850 24th Avenue South
Grand Forks, ND 58201
701-772-6525
Bryan.brenden@edwardjones.
com
www.edwardjones.com
FINANCE & INVESTMENT

Edward Jones - Financial Advisor: Matt Odenbach
Matt Odenbach
3251 32nd Ave. South
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
218-773-6649
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

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

El Way Child Care and Learning Center
Stephen & Dee Decimus
Holmes
624 North Washington St
Grand Forks, ND 58201
701-757-0670
info@elwaycclc.com
https://www.facebook.com/
elwayCCLC
CHILDCARE / DAYCARE
SERVICES

Elements Yoga Studio
Diane Magnuson
2397 Demers Avenue
Grand Forks, ND 58201
elementsyogagf@gmail.com
www.elementsyogagf.com/
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Elite Steering Driving School
Jon Dondoneau
6741 Ashwood Loop S
Fargo, ND 58104
701-388-7068
jon@elitesteeering.com
www.elitesteeering.com
EDUCATION

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

Ellingson Companies
Levi Otis
500 Ellingson Road
Harwood, ND 58042
701-893-9030
lotis@ellingsoncompanies.com
ellingsoncompanies.com/
AGRICULTURE /
AGRIBUSINESS

Ely's Ivy
Scott & Rachel Franz
22 South 3rd Street
Grand Forks, ND 58201
701-757-0243
info@elysivy.com
Elysivy.com
RESTAURANTS, LOUNGES &
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Emerson Duty Free Shop
Kyle Hiebert
P.O. Box 460
Emerson, MB R0A 0L0
204-373-2600
kyle@emersondutyfree.mb.ca
www.emersondutyfree.com
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701-775-5544
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Debra Pflughoeft-Hassett
415 DeMers Avenue
Grand Forks, ND 58201-4507
701-746-5500
debraph@empireartscenter.
com
www.empireartscenter.com/
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Enbridge
Jeremy Finnie
2715 Valley Circle
Grand Forks, ND 58201
701-746-9772
jeremy.finnie@enbridge.com
www.enbridge.com
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Enclave Property Management
Morgan Sabbe
300 23rd Ave E
West Fargo, ND 58078
701-478-4310
morgan@luxcommunities.com
https://www.enclavepm.com/
PROPERTY MANAGEMENT &
DEVELOPMENT

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

Epitome Energy
Dennis Egan
1651 Old Highway 19
Red Wing, MN 55066
612-325-1330
dennis@epitomeenergy.com
epitomeenergy.com
AGRICULTURE /
AGRIBUSINESS

Erickson Financial Advisors
Bradley Erickson
2812 17th Ave. S.
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

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

Evolve Grand Forks
33 S. 3rd St.
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@ewingoilc.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 &
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The Exponent
Rollin Bergman
207 2nd Ave NE
East Grand Forks, MN 56721
218-773-2808
rolly@wiktel.com
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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

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 Wash. Street, Suite J
Grand Forks, ND 58201
701-248-9786
info@fenworks.com
www.fenworks.com
TECHNOLOGY

F Pederson Consulting LLC
Faye Pederson
311 S 4th Street, Ste 113
Grand Forks, ND 58201
701-746-7212
faye@pedersonconsultingllc.
com
www.pedersonconsultingllc.
com
ACCOUNTING SERVICES

F5 Project
Matt Quinn
311 4th St S
Grand Forks, ND 58201
701-612-1412
matt@f5project.org
www.f5project.org/
NON-PROFIT
ORGANIZATION

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 National Company
Nick Watson
4050 Garden View Drive
Grand Forks, ND 58201
701-780-2828
NWatson@fncagstock.com
www.farmersnational.com
REALTORS

Farmers Union Insurance Vik/Kadlec/Eggl Agency
Brent Vik
1551 28th Ave. S.
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 Wash. Street, Suite J
Grand Forks, ND 58201
701-248-9786
info@fenworks.com
www.fenworks.com
TECHNOLOGY

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

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

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
Derek Holt
3351 32nd Ave South
Grand Forks, ND 58201
701-772-9960
Derek.Holt@myfccu.com
myfccu.com
FINANCIAL SERVICES

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

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 Eric Scheffer
2500 32nd Avenue S
Grand Forks, ND 58208-4899
701-738-4137
erics@firststatebanks.com
www.firststatebanks.com
FINANCIAL SERVICES

Five Star Storage
Ben Hendricks
5118 Gateway Drive
Grand Forks, ND 58203
701-775-8191
ben@fivestarstorage.biz
www.fivestarstorage.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 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
701-746-9395
dlais@forksfreightliner.com
www.forksfreightliner.com
TRUCK DEALERS

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
Dylan Young
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
701-780-7700
bknutson@frandsenbank.com
https://www.frandsenbank.
com/locations/grand-forks/
FINANCIAL SERVICES

Freedom Church
Nathan Johnson
308 Demers Ave
Grand Forks, ND 58203
701-772-3117
nathan@freedomchurchgf.com
www.hellofreedomchurch.com
CHURCHES

Galstad, Jensen, and McCann, PA
Ron Galstad
411 2nd St. NW
East Grand Forks, MN 56721
218-773-9729
rgalstad@gjmlaw.com
ATTORNEYS

Garon Corporation
Stacy Schumacher
1290 8th Ave NE
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

Gayle Mischel
Gayle Mischel
1096 Oxbow Court
Grand Forks, ND 58203
703-338-6146
mischege@hotmail.com
INDIVIDUALS

General Atomics Aeronautical Systems, Inc.
Dean Gorder
4775 Technology Circle
Grand Forks, ND 58203
701-757-1534
Dean.gorder@ga-asi.com
http://www.ga-asi.com
AIRLINES AND AVIATION

2024 Membership Directory

Genius AV and Security
Clarkson Sande
1759 Lydia Circle
Grand Forks, ND 58201
701-314-2799
csande@genius-av.com
genius-av.com
AUDIO / VIDEO SERVICE

Gereszek Law Office P.L.L.C.
Samuel Gereszek 3001
32nd Ave S.
Grand Forks, ND 58201
701-786-6068
samuel@gereszek.law
www.gereszek.law
ATTORNEYS

German Law
Raymond German
4200 James Ray Drive
Grand Forks, ND 58202
701-738-0060
ray@germanlawgf.com
https://germanlawgf.com/
ATTORNEYS

German Wealth
Raymond German
4200 James Ray Drive
Grand Forks, ND 58202
701-738-0062
heidi@germanlawgf.com
REGISTERED INVESTMENT
ADVISOR

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

GF Air Force Base
Timothy Monroe
319 RW/CC
Grand Forks AFB, ND
58205-6231
701-747-4150
timothy.monroe@us.af.mil
www.grandforks.af.mil
GOVERNMENTAL AGENCIES

Gf Bin Cleaners
George Scott
614 9th Ave S
Grand Forks, ND 58203
218-693-1079
gfbincleaners@gmail.com
gfbinwash.com
SERVICES

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
701-775-4231
mike@gfndrealtors.com
www.grandforksndrealestate.
com/
REALTORS

**GF County-Veterans Service
Office**
Lou Lombardi
PO Box 5547
Grand Forks, ND 58208
701-780-8296
lou.lombardi@gfcounty.org
GOVERNMENTAL AGENCIES

**GF Motor Vehicle Branch
Office**
Paula Tandeksi
1726 S Washington St.
Grand Forks, ND 58201
701-772-9240
ptandeksi@nd.gov
TRANSPORTATION

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

GGF Symphony Orchestra
KariJo O'Keefe
3350 Campus Road
Grand Forks, ND 58202
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
1815 Demers Ave
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

The Golf Center
Brian Leach
3001 S. Columbia Rd.
Grand Forks, ND 58201
701-775-0019
bleachgolf@gra.midco.net
www.thegolfcenter.net
SPORTS STORES

**Good Samaritan Society
Heritage Grove**
Shayla Solberg
2122 River Road NW
East Grand Forks, MN 56721
218-773-7484
Shayla.solberg@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

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 South Wash Street
Grand Forks, ND 58201
701-772-8121
jaipperspach@gfhope.org
MALL ASSOCIATIONS

**Grand Cities Painting and
Drywall**
Mike Whitmore
3005 Cherry St
Grand Forks, ND 58201
701-330-3340
grandcitiespaintinganddrywall
@gmail.com
CONSTRUCTION &
BUILDINGS TRADES

**Grand Forks Area Youth For
Christ**
Sean Patterson
315 N. 4th St
Grand Forks, ND 58203
701-203-1928
seanpatterson@grandforksyfc.
com
www.gfycf.org
NON-PROFIT
ORGANIZATION

**Grand Forks County Soil
Conservation District**
Jill Kvasager
4775 Technology Circle, Ste 1C
Grand Forks, ND 58203
701-772-2321
Jill.Kvasager@nd.nacdn.net
www.gfscd.org
GOVERNMENTAL AGENCIES

Grand Forks Best Source
Paul Krenelka
1726 South Washington St.
Grand Forks, ND 58201
701-740-9337
Local@gfbestsource.com
Gfbestsource.com
MARKETING

**Grand Forks Builders and
Traders Exchange**
Lisa Raymond
2211 South Washington St
Grand Forks, ND 58201
701-772-7798
planroom@bntgf.com
www.bntgf.com
CONSTRUCTION &
BUILDING TRADES

**Grand Forks Children's
Museum**
Sheila Dalgliesh
PO Box 5126
Grand Forks, ND 58206
sheilad@gfchildrensmuseum.
com
http://www.
grandforkschildrensmuseum.
com/
NON-PROFIT
ORGANIZATION,
MUSEUMSTRADES

Grand Forks Clinic
Khaled Rabadi
5750 South Washington St
Grand Forks, ND 58201
701-775-5800
cindyr@kidneynd.org www.
grandforksclinic.com
CLINICS PHYSICIANS AND
SURGEONS
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Grand Forks Country Club
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 South 4th St - 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
gfhistory@midconetwork.com
www.grandforkshistory.com
MUSEUMS

**Grand Forks County Soil
Conservation District**
Jill Kvasager
4775 Technology Circle, Ste 1C
Grand Forks, ND 58203
701-772-2321
Jill.Kvasager@nd.nacdn.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
3535 S. 31st St
Grand Forks, ND 58206
701-780-1103
kwenzel@gfherald.com
www.gfherald.com
MEDIA

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

Grand Forks Public Health
Tess Wall
151 S 4th St.
Grand Forks, ND 58201
701-787-8100
GFhealth@grandforksgov.com
www.grandforksgov.com/
publichealth
HEALTH & WELLNESS

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

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

**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
riesinger@gfkairport.com
www.gfkairport.com
AIRLINES AND AVIATION

Grand Forks Senior Center
Colette Iseminger
620 4th Avenue South
Grand Forks, ND 58201
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=IwA
R2QnNKHAEHq78lkqiGMBZ
TtWGGAYARHQka19zmSLHk
WFG9FDcOL3S0splS
AUTOMOTIVE SUPPLIES &
REPAIRS

Great Clips
Emily Wilcox
3551 32nd Avenue South
Grand Forks, ND 58201
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
701-330-1238
Info@grandforksfair.com
www.grandforksfair.com
NON-PROFIT
ORGANIZATION

**Greater Grand Forks Human
Resource Association**
Griffin Gillespie
P.O. Box 5083
Grand Forks, ND 58206
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.
Grand Forks, ND 58201
701-840-1055
sam@ggfyp.com
ggfyp.com
NON-PROFIT
ORGANIZATION

**Greenberg Realty - Lynn
Kvidt**
Lynn Kvidt
3651 S. Columbia Rd
Grand Forks, ND 58208
701-739-7000
lkvidt@yahoo.com
www.lynnkvidt.com
REALTORS

**Greenberg Realty - Roberta
Benson**
Roberta Benson
3651 S. Columbia Rd
Grand Forks, ND 58201
701-213-5953
rbenson@greenbergrealty.com
www.greenbergrealty.com
REALTORS

**Greenberg Realty - Tammy
Howard**
Tammy Howard
3651 S Columbia Rd
Grand Forks, ND 58201
218-779-5666
thoward@greenbergrealty.com
www.greenbergrealty.com
REALTORS

Greenberg Realty, Inc.
Skip Greenberg
3651 S. Columbia Road
Grand Forks, ND 58201
701-772-6641
sgreenberg@greenbergrealty.
com
www.greenbergrealty.com/
REALTORS

**Greenberg Realty-Lil
Livingood**
Lil Livingood
3651 S. Columbia Rd
Grand Forks, ND 58201
701-265-2109
lil@greenbergrealty.com
www.greenbergrealty.com/
REALTORS

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

The Greenhouse
Patrick Metzger
3953 4th St E
West Fargo, ND 58078
701-412-1710
info@growing4success.com
www.growing4success.com
CONSULTING

**Gregory J. Norman Funeral
Chapel**
Gregory Norman
2950 S. Washington St.
Grand Forks, ND 58201
701-746-4337
normanfuneral@invisimax.com
www.normanfuneral.com
FUNERAL SERVICES

Grimsley Consulting LLC
Tanner Grimsley
841 Ridgeview Road NE
Thompson, ND 58278
701-317-8855
tannergrimsley@
grimsleyconsulting.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Ground Round Grill & Bar
Matt Walkowiak
2800 32nd Avenue South
Grand Forks, ND 58201
701-775-4646
matt@gfgroundround.com
www.gfgroundround.com
RESTAURANTS

H & R Block - DeMers Ave
Brian Beiswenger
2600 DeMers Ave.
Grand Forks, ND 58201
701-746-7361
brian.beiswenger@hrblock.
com
www.hrblock.com
TAX PREPARATION

**H & R Block - S. Washington
- 2**
Brian Beiswenger
2715 South Washington St.
Grand Forks, ND 58201
701-746-0425
brian.beiswenger@hrblock.
com
www.hrblock.com
TAX PREPARATION

H&S Electrical Services LLC
Tony Hodny
716 46th St.
Grand Forks, ND 58201
701-757-0421
thodny@hselecserv.com
handselectricalservices.com
ELECTRICIANS

**Half Brothers Brewing
Company**
Chad Gunderson
17 N. 3rd St.
Grand Forks, ND 58203
701-757-0805
chad@halfbrothersbrewing.
com
www.halfbrothersbrewing.com
BREWERY

Halstad Telephone Company
Mark Forseth
PO Box 55
Halstad, MN 56548-0055
218-456-2125
markforseth@rrv.net
www.halstadtel.com/
COMMUNICATIONS SALES &
SERVICE

Hampton Inn & Suites
Mike McWilliams
2985 S. 42nd St.
Grand Forks, ND 58201
701-757-2255
michael.mcwilliams@hilton.
com
www.hamptoninn.com
HOTELS & MOTELS

Hampton Management
Scott Stauss
3001 36th Avenue South
Grand Forks , ND 58201
701-775-5544
scottss@hamptoncorp.com
www.hamptonmanagement.
com
PROPERTY MANAGEMENT &
DEVELOPMENT

Hamro Bazar LLC
Binod Kharel
1375 S Col Road Ste C
Grand Forks, ND 58201
701-740-2225
kharelbiod0@gmail.com
GROCERY STORES

Happy Harry's Bottle Shops
Greg Rixen
2702 Gateway Drive
Grand Forks, ND 58203
701-772-2671
greg@happy-harrys.com
www.happy-harrys.com
LIQUORS -- OFF SALE

**Happy Harry's Bottle Shops
- 2**
Greg Rixen
2051 32ND AVE S
Grand Forks, ND 58201
701-780-0902
greg@happy-harrys.com
www.happy-harrys.com
LIQUORS -- OFF SALE

Harry's Steakhouse
Hal Gershman
421 DeMers Ave.
Grand Forks, ND 58201
701-757-2333
hal@happy-harrys.com
RESTAURANTS, LOUNGES &
LIQUORS

Haul Away Junk & Demo
Syler Feldman
618 Belmont Road
Grand Forks, ND 58201
701-660-0501
hello@haulawayjunkdemo.com
http://www.haulawayjunkdemo.
com/
RECYCLING & WASTE
MANAGEMENT

HB
Tricia Halvorson Lunski
101 North 8th St.
Grand Forks, ND 58203
701-775-1150
tricia.lunski@hbsound.com
www.hbsound.com
SECURITY SYSTEMS SALES
& SERVICE

2024 Membership Directory

Hebron Brick Supply
Dale Juve
1201 N 47th St
Grand Forks, ND 58203
701-738-8000
dalej@hebronco.comhttps://www.hebronbrick.com/grand-forks-store/
CONSTRUCTION & BUILDING TRADES

HELIX wine & bites
Michael Schepp
4491 S. Washington
Grand Forks, ND 58201
701-757-1444
helixgf@icloud.com
www.facebook.com/helixgf/
RESTAURANTS

Hellraiser's Off-Road
Daniel Casavan
1000 North 3RD Street
Grand Forks, ND 58203
218-207-1821
hellraisers.off-road.llp@outlook.com
www.hellraisersoff-road.com
AUTOMOBILE REPAIR & SALES

Helm Enterprises
Ron Corrick
309 West Highway 66
Drayton, ND 58225-0057
701-454-6174
robertac@helmtrucks.com
TRUCK DEALERS

Heritage Highland I
Angie Karow
1115 3rd Ave NW
East Grand Forks, MN 56721
218-547-3307
AngieK@DWJonesManagement.com
www.dwjonesmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Heritage Highland II
Angie Karow
301 14th Street NW
East Grand Forks, MN 56721
218-547-3307
AngieK@DWJonesManagement.com
www.dwjonesmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Heyer Engineering Inc.
Ryan Heyer
4180 24th Avenue South
Grand Forks. ND 58104
701-280-0949
ryan@heyer-eng.com
www.heyerengineering.com
ENGINEERS

High Plains Water
Craig Larsen
416 Gateway Dr
Grand Forks, ND 58203
701-772-5221
craig@highplainswater.com
www.highplainswater.com
WATER CONDITIONING

Hilton Garden Inn - Grand Forks - UND
Jessica Hogue
4301 James Ray Dr.
Grand Forks, ND 58203
701-775-6000
jessica.hogue@hilton.com
www.grandforksund.hgi.com
HOTELS & MOTELS

The HIVE
Johnny Ryan
375 2nd Ave N
Grand Forks, ND 58203
701-792-2883
info@grandforksgov.com
https://www.hivegf.com/
BUSINESS SERVICES

Hjelmstad Insurance
Brody Hjelmstad
PO BOX 148
Thompson, ND 58278
701-599-2901
brody@hjelmstadins.com
https://hjelmstadins.com/
INSURANCE AGENCIES / BROKERAGES

Holcim
Marty Helmoski
2422 DeMers Avenue
Grand Forks, ND 58201
701-772-3438
marty.helmoski@holcim.com
CONCRETE PRODUCTS

Holiday Inn Express & Suites
JoAnna Dunigan
4051 32nd Ave. S.
Grand Forks, ND 58201
701-772-7700
gm@gfhiexpress.com
www.gfhiexpress.com
HOTELS & MOTELS

Holistic Hub LLC
Doris Driscoll
1425 S Columbia Rd
Grand Forks, ND 58201
218-791-9103
dorisdriscoll12@gmail.com
www.facebook.com/holisticHubgrandforks/?fref=ts
HEALTH & WELLNESS

Home Care Companions
Melissa Johnson
2524 S Washington St.
Grand Forks, ND 58201
701-757-4044
companions@midconetwork.com
www.homecarecompanionsnd.com
HOME SERVICES

Home of Economy
Wade Pearson
1508 N. Washington St.
Grand Forks, ND 58208
701-772-6611
wade.pearson@homeofeconomy.com
www.homeofeconomy.com
DEPARTMENT STORES

Home Therapy Solutions, LLC
Kara Welke
620 Crescent Drive
Thompson, ND 58278
218-230-2171
kara@hometherapysolutionsnd.com
www.hometherapysolutionsnd.com/
HEALTH & WELLNESS

HOPE Evangelical Covenant Church
Paul Knight
1601 17th Ave S
Grand Forks, ND 58201
701-772-1884
paulpit@gfhope.org
www.gfhope.org
CHURCHES

HotSpring Spas & Pool Tables 2
Megan Olson
1844 S. Washington St.
Grand Forks, ND 58201
701-746-9822
accounting@fargohotspring.com
www.fargohotspring.com
RETAILERS

House of Vacuums
Eric Laubach
2800 S. Columbia Road
Grand Forks, ND 58201
701-746-9300
vacsgf@gmail.com
VACUUM SALES & SERVICE

Houston Engineering, Inc.
Trent Berg
4399 S. Columbia Road
Grand Forks, ND 58201
701-746-0200
tberg@houstoneng.com
www.houstoneng.com
ABSTRACTORS, ARCHITECTS & ENGINEERS

The Hub Pub
Joe Schneider
205 N 3rd St
Grand Forks, ND 58203
701-746-7443
jschnei319@msn.com
www.hubpubgf.com
BAR / BARS / LOUNGES / NIGHTCLUBS

Hugo's #2 Jeff Matthews
1631 S Washington
Grand Forks, ND 58201
701-772-3419
Sd2@gohugos.com
www.gohugos.com
GROCERY STORES

Hugo's #3 Liz Savage
1925 13th Ave N.
Grand Forks, ND 58203
701-772-5531
Sd3@gohugos.com
www.gohugos.com
GROCERY STORES

Hugo's #5 Daniel Campos
306 14th St. NE
East Grand Forks,MN 56721
218-773-2418
Sd5@gohugos.com
www.gohugos.com
GROCERY STORES

Hugo's #6 Lauren Hillebrand
1315 S Columbia Road
Grand Forks, ND 58201
701-772-7283
Sd6@gohugos.com
www.gohugos.com
GROCERY STORES

Hugo's #8 Torrie Enget
1750 32nd Avenue S
Grand Forks, ND 58201
701-746-0688
torrie.enget@gohugos.com
www.gohugos.com
GROCERY STORES

Hugo's Caribou Coffee
Kristi Magnuson-Nelson
1750 32nd Avenue S
Grand Forks, ND 58201
kristi@gohugos.com
COFFEE SHOPS

Hugo's Retail Support Center
Kristi Magnuson Nelson
1950 32nd Ave S.
Grand Forks, ND 58201
701-746-0688
kristi@gohugos.com
www.gohugos.com
GROCERY STORES

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

Hugo's Wine & Spirits - Columbia Rd
Kristi Magnuson-Nelson
1325 S Columbia Rd
Grand Forks, ND 58201
701-738-2007
kristi@gohugos.com
LIQUORS -- OFF SALE

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

Huntington National Bank
Ann-Marie Morrow
2712 S. Columbia Rd
Grand Forks, ND 58201
701-757-4252
annmarie.morrow@huntington.com
https://www.huntington.com/mortgage/morrow-ann-marie
MORTGAGE COMPANIES

ICON Architects
Emily Huso
4000 Garden View Drive
Grand Forks, ND 58201
701-772-4266
emily.huso@iconarchitects.com
www.iconarchitects.com
ABSTRACTORS, ARCHITECTS & ENGINEERS

ICS Consulting
Jeff Schiltz
2201 12th St N
Fargo, ND 58102
218-722-3060
Jeff.schiltz@ics-builds.com
www.ics-builds.com
CONTRACTORS & CONSTRUCTION SERVICES

ICS, Inc.
Jon Kearns
2500 State Mill Road
Grand Forks, ND 58203-1504
701-775-8480
jon.kearns@icsgf.us
www.icsgf.com
CONTRACTORS & CONSTRUCTION SERVICES

Ideal Aerosmith Inc.
Greg Owens
3001 South Washington Street
Grand Forks, ND 58201
218-773-2455
Gowens@idealaero.com
www.ideal-aerosmith.com
AVIATION MANUFACTURING

Ideal Power Solutions
Todd Mesa
924 S 18th St
Grand Forks, ND 58201
701-213-3805
todd@idealpowernd.com
www.idealpowernd.com
ELECTRICIANS

iDigital Outdoor
Taylor Danielson
3235 Oak Ridge Loop E
West Fargo, ND 58078
701-552-6611
taylor@idigitaloutdoor.com
idigitaloutdoor.co
ADVERTISING SERVICES

iHeart Media
Jennifer Stocker
505 University Avenue
Grand Forks, ND 58203
701-746-1417
jenniferstocker@iheartmedia.com
www.iheartmedia.com
RADIO & TV

Ihry Insurance
Shane Larck
1291 East 13th Ave
West Fargo, ND 58078
701-945-2723
shane@ihryins.com
https://ihryins.com/
INSURANCE AGENCIES / BROKERAGES

IMM
Collin Bates
415 North 42nd Street
Grand Forks, ND 58201
701-746-9551
cbates@immmapartments.com
www.immapartments.com
PROPERTY MANAGEMENT & DEVELOPMENT

Impact Dakota
Jodie Mjoen
1929 N. Washington St.
Bismarck, ND 58501
701-204-7000
jodiem@impactdakota.com
www.impactdakota.com
RESEARCH & CONSULTANTS

Impressions Gifts & Creative Services
Chris McEntee
2600 Demers Ave
Grand Forks, ND 58201-3702
701-757-4438
info@impressionsgf.com
impressionsgf.com
GIFTS & INCENTIVES

In-Prints Screen Printing, Inc.
Todd Palmiscno
216 17th St. NW
East Grand Forks, MN 56721
218-773-6449
inprints@midconetwork.com
https://www.facebook.com/inprintsEGF/?ref=page_internal
SCREEN PRINTING

Indigo Signs
Jerry Nelson
2600 Demers Avenue
Grand Forks, ND 58201
701-746-9696
forks@indigosigns.com
https://www.indigosigns.com/
SIGNS & LETTERING

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

Innes Construction Company
Jerod Hjelle
822 S 46th St
Grand Forks, ND 58201
701-746-5461
jerod@innesconstruction.com
CONTRACTORS & CONSTRUCTION SERVICES

Insight to Solutions, LLC
Janell Regimbal
Grand Forks, ND
701-741-9110
janell@insighttosolutions.com
https://www.insighttosolutions.com/
CONSULTING

Insomnia Cookies
Cain Leathers
416 Demers Avenue
Grand Forks, ND 58201
445-246-4026
cleathers@insomniacookies.com
www.insomniacookies.com
BAKERIES

Inspire Pharmacy
Janna Hanson
360 Division Avenue
Grand Forks, ND 58201
701-757-4407
pharmacy@inspiregf.com
www.inspiregf.com
PHARMACIES

Insure Forward
Brady Trenbeath
4651 So. Columbia Rd
Grand Forks, ND 58201
701-772-6651
brady.trenbeath@bankforward.com
www.bankforward.com
INSURANCE AGENCIES / BROKERAGES

Integrated Steel Inc.
Scott Fournier
2201 N 39th ST
Grand Forks, ND 58203
701-757-0555
scott.fournier@integratedsteelinc.com
www.integratedsteelinc.com
MANUFACTURING & PROCESSORS

Integrity Installation & Design, LLC
Megan Werven
2002 University Ave - Unit 3
Grand Forks, ND 58203
612-352-7351
integrityinstallation91@gmail.com
http://www.integrityinstalldesign.com/
FLOORING

Integrity Shipping & More
Scott Reinhart
1726 S. Washington St.
Grand Forks, ND 58201
701-402-2171
scottr@integrityfundraisers.com
www.integrityfundraisers.com
ADVERTISING SERVICES

Ironhide Equipment
Travis Dearinger
3900 S 42nd St
Grand Forks, ND 58201
701-772-5006
travisd@goironhide.com
www.goironhide.com
MACHINERY & MANUFACTURING

Ironworks Gym and Fitness Center
Adam Suedel
1311 S. Washington St.
Grand Forks, ND 58201
701-746-9685
admin@ironworksgym.net
FITNESS CLUBS

ISight Drone Services
Tommy Kenville
5515 University Ave
Grand Forks, ND 58203
218-779-9950
tommy@isightdrones.com
isightdrones.com
AERIAL ANALYTICS

It All Adds Up
Tracie Hill
PO Box 233
Tolna, ND 58380
701-404-7955
italladdsup@me.com
italladdsup.biz
ACCOUNTING SERVICES

Italian Moon Pizza & Restaurant
Scott Purpur
810 S Washington
Grand Forks, ND 58201-8416
701-772-7277
a1cowboy catering@yahoo.com
www.italianmoon.com
RESTAURANTS

J & G Landscaping
JoAnn Renfrow
PO Box 9
Emerado, ND 58228-0009
701-594-2669
joannrenfrow@gmail.com
www.jglandscaping.com
LANDSCAPING

J.R. Simplot
Efrain Valdez
3630 Gateway Drive
Grand Forks, ND 58203-0826
701-780-7811
efrain.valdez@simplot.com
www.simplot.com
FOOD MANUFACTURERS

James Dalglish
James Dalglish
3641 9th Ave. N.
Grand Forks, ND 58203
701-775-9700
jmdalglish@gmail.com
INDIVIDUALS

Jeff Barta
JeffBarta
815 S 21 Street
Grand Forks, ND 58201
701-741-5906
jbarta@ndlegis.gov
www.voteforbarta.com
GOVERNMENTAL AGENCIES

Jeff's Landscaping
Jeff Moen
504 5th Ave
Reynolds ND, 58275
701-740-6323
jeffrey58275@gra.midco.net
LAWN & TREE CARE

Jersey Mike's Subs
A.J. Hofer
1970 South Columbia Road
Grand Forks, ND 58201
701-869-2680
jbc@polarcomm.com
www.jerseymikes.com
RESTAURANTS

Jewelry On the Run
Home Based Business
Cheryl Tupa
25437 410th Ave SW
Fisher, MN 56723
www.jewelryontherun.com
cheryltupa@aol.com
SPECIALTY STORES JEWELERS

JLG Architects
Shawn Senescall
323 Demers Avenue
Grand Forks, ND 58201
701-746-1727
mmc clean@jlgarchitects.com
www.jlgarchitects.com
ABSTRACTORS, ARCHITECTS & ENGINEERS

Job Service North Dakota
Dusty Hillebrand
1501 28th Avenue S
Grand Forks, ND 58201-6727
701-795-3700
duhillebrand@nd.gov
www.jobsnd.com
EMPLOYMENT SERVICES

Joe Black's
Joe Schneider
118 N. 3rd St.
Grand Forks, ND 58201
701-775-2017
jschnei319@msn.com
www.joeblacksgf.com
RESTAURANTS

Johnson Controls
James Haag
2320 12th St. N.
Fargo, ND 58102
701-293-1140
James.J.Haag@jci.com
http://www.johnsoncontrols.com/
HEATING & AIR CONDITIONING

Johnson Law Firm
Ward Johnson
215 N. 3rd Street
Grand Forks, ND 58203
701-775-7837
Ward.johnson@outlook.com
www.wardkjohnsonlaw.com/
ATTORNEYS

Johnston Family Law
Jacey Johnston
221 S. 4th St
Grand Forks, ND 58201
701-757-1404
jacey@johnstonfamilylaw.com
ATTORNEYS

Johnstown Bean Company
Jim Karley
3295 Johnstown St
Johnstown, ND 58235-4500
701-869-2680
jbc@polarcomm.com
www.jerseymikes.com
AGRICULTURE / AGRIBUSINESS

K & E Construction
Elliott Knutson
20900 State Hwy 220 SW
East Grand Forks, MN 56721
701-741-4643
elliottknutson@hotmail.com
www.facebook.com/K-E
Construction-2135067158
07806
CONTRACTORS & CONSTRUCTION SERVICES

KBR
Timothy Morey
1220 Avenida Acaso
Camarillo, CA 93012
805-465-1940
Tim.Morey@us.kbr.com
www.kbr.com/en
CONSULTING

Keep In Touch Massage Therapy
Karen Knutson
2303 S. Washington St.
Grand Forks, ND 58201
701-361-3964
keep_intouch.massage@yahoo.com
www.keepintouchmassage.biz
HEALTH & WELLNESS

Keith's Security World
Noel Schanilec
2111 DeMers Avenue
Grand Forks, ND 58201-4164
701-772-7189
noel@keithslock.com
www.keithslockandkey.com
LOCKSMITH

Kelly Services
Nicole Zeman
Grand Forks, ND
701-213-0153
NICP933@kellyservices.com
www.kellyservices.com
EMPLOYMENT SERVICES

Kelly's Bar
Casey Noreen
309 3rd St. N.
Grand Forks, ND 58203-3551
701-772-9605
ksbar@midconetwork.com
http://www.kellysbar-gf.com/
BAR / BARS / LOUNGES / NIGHTCLUBS

Kenny's Music
Kenny Holweger
2001 South Was. Street
Grand Forks, ND 58201
701-772-8670
bustersodd@yahoo.com
kennysmusic.com
MUSIC STORES

Kidwell's Signature Cleaning, Inc.
Julie Kidwell
402 University Ave
Grand Forks, ND 58203
701-757-0988
Julie@kidwellclean.com
www.kidwellclean.com
CLEANING SERVICES/ SUPPLIES

2024 Membership Directory

Kindle Wellness
Kelly Pratt
2401 S Washington St
Grand Forks, ND 58201
701-248-8216
kellyprattnp@yahoo.com
kindlewellness.net
HEALTH & WELLNESS

King's Walk Golf Course
Dan Tannahill
5301 South Columbia Rd.
Grand Forks, ND 58201-2801
701-787-5464
dtannahill@gfparks.org
www.kingswalk.org
RECREATION

KLJ Engineering LLC
Emily Johnson
2750 Gateway Drive
Grand Forks, ND 58203-0811
701-775-1109
emily.johnson@kljeng.com
www.kljeng.com
ABSTRACTORS,
ARCHITECTS & ENGINEERS

Knight Printing
Dave Nelson
16 South 16th Street
Fargo, ND 58106-7100
701-235-1121
dave.nelson@knightprinting.com
www.knightprinting.com
PRINTING SERVICES

Knights Inn and Suites
Nathaniel Morton
1211 N. 47th St.
Grand Forks, ND 58203
701-757-4041
knightsinngrandforks@gmail.com
www.knightsinn.com
HOTELS & MOTELS

KodaBank
Cole Anderson
3975 South Columbia Road
Grand Forks, ND 58201
701-620-3100
cole@kodabank.com
www.kodabank.com
FINANCIAL SERVICES

Korsmo Family Dentistry, P.C.
Grant Korsmo
2401 S Washington St
Grand Forks, ND 58201-6747
701-775-0682
korsmofamilydentistry.com
DENTISTS

Krampade LLC
Eric Murphy
675 S. 48th St.
Grand Forks, ND 58201
701-772-3430
eric.murphy@krampade.com
www.krampade.com
HEALTH & WELLNESS

KROX Radio
Chris Fee
208 South Main Street
Crookston, MN 56716
218-281-1140
krox@rrv.net
www.kroxam.com
MEDIA

Kuhl Properties
Kenneth Kuhl
1025 83rd Street South
Grand Forks, ND 58201
701-772-5275
PROPERTY MANAGEMENT &
DEVELOPMENT

KVRR-TV
Kathy Lau
PO Box 9115
Fargo, ND 58106-9115
701-277-1515
klau@kvrr.com
www.kvrr.com/
RADIO & TV

L & M Meats & Sausage
Jeff Novak
2801 S. Washington St.
Grand Forks, ND 58201-6718
701-775-2009
landm@wiktel.com
www.lmmeats.com/
GROCERY STORES

L.I.S.T.E.N. Center
Christy Potts
2100 So Washington St
Grand Forks, ND 58201-6761
701-746-7840
christy@listencenter.org
http://www.listencenter.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

La Quinta Inn & Suites
Chris Miller
4051 Garden View Dr.
Grand Forks, ND 58201
701-757-3600
lq6612gm@laquinta.com
www.6612.laquinta.com
HOTELS & MOTELS

Labradorly Marketing
Cassidy Will
853 Thames Ct
Grand Forks, ND 58203
701-321-2919
cassidywill@hotmail.com
http://www.labradorly.com/
MARKETING

Lake Region State College
Doug Darling
1801 College Dr N
Devils Lake, ND 58301
701-662-1600
Doug.Darling@lrsc.edu
www.lrsc.edu
EDUCATION

Lake Region State College Nursing Center Grand Forks
Erin Wood
1425 S Columbia Road
Grand Forks, ND 58201
701-662-1598
Erin.Wood@lrsc.edu
www.lrsc.edu
EDUCATION

Lake Region State College-GFAFB Campus
John Cowger
344 Tuskegee Airmen
Boulevard Grand Forks AFB,
ND 58205
701-594-8192
John.Cowger@lrsc.edu
www.lrsc.edu/grand-forks-afb
EDUCATION

Landa Business Law PLLC
Scott Landa
2860 10th Ave N
Grand Forks, ND 58203
701-757-0983
scott@landalaw.net
www.landalaw.net
ATTORNEYS

Legacy Medical
322 Demers Avenue
Grand Forks, ND 58201
701-516-4637
https://www.facebook.com/
YourLegacyMedical/
CLINICS, PHYSICIANS &
SURGEONS

Legacy Medical
Wilson, Jill
2100 S. Columbia Rd, Ste 114
Grand Forks, ND 58201
701-516-4637
jill.wilson@legacymedical.com
http://legacymedical.com/
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT,
HEALTH & WELLNESS

Leighton Broadcasting 1310
KNOX/97 KYCK/1043 Cities
FM/Rock 95/Z947
Jarrod Thomas Spoor
1185 9th St. NE
Thompson, ND 58278
701-775-4611
jthomas@
leightonbroadcasting.com
www.leightonbroadcasting.com
RADIO & TV

Leisureland RV
Linda & Dave Peterson
1819 Central Ave. NW
East Grand Forks, MN 56721
218-773-7464
www.leisureland-rv.com
R.V. SALES, PARTS &
SERVICE

Level Up Mental Health
Collaborative
Lacy Suby
2300 Library Circle
Grand Forks, ND 58201
701-757-0477
Lacysuby@levelupmhc.com
https://levelupmhc.com/
MENTAL HEALTH CLINIC

Liberty Business Systems, Inc.
Heidi Melendez
3431 4th Ave S
Fargo, ND 58103
701-741-8504
hmelendez@libertybusiness.com
www.libertybusiness.com/
OFFICE SERVICES,
SUPPLIES / EQUIPMENT /
FURNITURE

Lifesong Family Music, LLC
Gretchen Kindseth
1726 S. Washington St.
Grand Forks, ND 58201
218-790-3172
gretchen.kindseth@
childrensmusicacademy.org
http://www.lifesongmusicstudio.com
EDUCATION

Lifestyle Storage
Russel Crary
1900 S Washington St
Grand Forks, ND 58201
russel@crarydev.com
STORAGE FACILITIES

Lighting Gallery, Inc.
Sonia Robertson
3622 S. Washington St.
Grand Forks, ND 58201-5433
701-772-2402
sonia@shopthelightinggallery.com
www.shopthelightinggallery.com
LIGHTING & ELECTRICAL
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

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
320-815-1288
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
218-773-7933
egfhardware@gmail.com
www.acehardware.com
HARDWARE & LIGHTING

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

Love In Action
Doris Lebby
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 N3rd St
Grand Forks, ND 58203
701-775-5311
sampson230@msn.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Lumber Mart
Bob Peabody
1910 Business Hwy. 2
East Grand Forks, MN 56721
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

M.A.G. LLC
Michael Grasso
2605 Belmont Road
Grand Forks, ND58201
mgrasso1974@gmail.com
AMUSEMENT &
ENTERTAINMENT

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

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

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

Make-A-Wish Foundation of North Dakota
Billi Jo Zielinski
4143 26th Avenue South
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.
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
Melisa Bachler
4650 S Washington
Grand Forks, ND 58206-5984
701-772-3400
melisab@
mapleviewmemorycare.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@rrv.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 56201
701-797-3025
info@mcdonaldldentistry.com
www.mcdonaldldentistry.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
MPPrice@mcfarlane-e3.com
www.mcfarlane-e3.com
HEATING & AIR
CONDITIONING

McGough Construction
Ryan Goodsen
630 1st Ave N.
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
Kevina@mckennacpas.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

Med Park Credit Union
Veronica Holweger
2150 32nd Ave S, S E
Grand Forks, ND 58201
701-780-5733
veronica@medparkcu.com
www.medparkcu.com
FINANCIAL SERVICES

Medica Health Insurance
Vicki Christianson
4340 18th Ave SW
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
merrymaidsgf@hotmail.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 Ave N - 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
50 22nd St E
Fargo, ND 58078
800-888-1300
justin.forde@midco.com
https://business.midco.com/
services/data-centers/
COMMUNICATIONS SALES &
SERVICE

Midtown Marketplace
Laura Dahlen Jessica Ford
1900 S Washington St Suite E
Grand Forks, ND 58201
402-708-7430
midtownmarketplacegf@gmail.com
http://www.
midtownmarketplacegf.com/
RETAILERS

Midwest Planning, LLC
Zach Bopp
1119 9th Avenue SE
East Grand Forks, MN 56721
zach@mwplanning.com
ENGINEERS

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 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

Mo's Cafe
Colin Beaumier
1726 S. Washington St.
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

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
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
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
kharelbino0@gmail.com
https://www.
mounteverest8848.online/
RESTAURANTS

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

My Place Hotels
JoLynn Berg
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.
Grand Forks, ND 58201
701-757-2559
laura@myallyhealth.org
www.MyAllyHealth.org
NON-PROFIT
ORGANIZATION

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

Nautical Bowls of Grand Forks
Jen Helgeson
3251 32nd Ave S, Suite A1
Grand Forks, ND 58201
Grandforks85@nauticalbowls.com
Nauticalbowls.com
RESTAURANTS

NAV Innovators
Nancy Godon
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 58102-1051
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.mil@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
Grand Forks, ND 58208-3078
701-795-7277
vtaylor@ndmill.com
www.ndmill.com
AGRICULTURE /
AGRIBUSINESS

ND Small Business Development Centers
Marnie Schuschke
3125 Univ 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
Grand Forks, ND 58201-4715
701-780-8229
carrie.knutson@ndsu.edu
www.ag.ndsu.edu/
grandforkscountyextension/
GOVERNMENTAL AGENCIES

Nelson Auto (Chrysler Dodge Jeep Ram)
Alex Nelson
2237 32nd Ave S
Grand Forks, ND 58201
alex@nelsongf.com
www.nelsonauto.com
AUTOMOBILE DEALERS

Nelson Auto (Ford)
Alex Nelson
2237 32nd Ave S
Grand Forks, ND58201
alex@nelsongf.com
www.nelsonautocenter.com
AUTOMOBILE DEALERS

Network Center, Inc. Liv Tegenu
2424 32nd Ave
Grand Forks, ND58201
701-787-6300
liv.tegenu@netcenter.net
www.netcenter.net
TECHNOLOGY

Networking Specialists, Inc. Brian Woinarowicz
2397 Demers Ave.
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 South Washington St.
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

Nexus-PATH Family Healing
Sarah DeYonge
4324 University Ave - Ste C
Grand Forks, ND 58201
701-775-7725
sdeyonge@nexusfamilyhealing.org
www.nexusfamilyhealing.org/
nexus-path-family-healing
NON-PROFIT
ORGANIZATION

Nodak Electric Cooperative, Inc.
Mylo Einarson
4000 32nd Avenue S
Grand Forks, ND 58208
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
701-746-9441
matt@norbys.com
www.norbys.com
OFFICE SERVICES,
SUPPLIES / EQUIPMENT /
FURNITURE

North Dakota Ballet Company
Nicole Spoor
1726 S. Washington St.
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
Grand Forksm 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
Matthew Wallace
261 Centennial Dr Stop 7305
Grand Forks, ND 58202
701-777-4195
mwallace@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 Safety Council
Erika Erb
4141 28th Ave S
 Fargo, ND 58104
erikae@ndsc.org
http://ndsc.org/

North Dakota Women's Business Center
Christy Dauer
701-223-0707
christy@ctbnd.com
www.ndwbc.com
NON-PROFIT
ORGANIZATION

North Sky Construction LLC
Brad Gerken
4200 James Ray Dr
Grand Forks, ND 58203
701-757-6720
brad.gerken@northskyconst.com
northskyconst.com
CONTRACTORS &
CONSTRUCTION SERVICES

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

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

Northern Air Action Park
Bryan Lee
1600 32nd Ave South
Grand Forks, ND 58203
701-757-4386
bryan@northernairactionpark.com
www.northernairactionpark.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
Tony Eichten
1701 Cherry Street
Grand Forks, ND 58201
612-716-8207
Anthony.Eichten@scouting.org
www.nlcbsa.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Northern Plains Dental PC
Devin Walker
1323 2nd Ave. N.
Grand Forks, ND 58203
701-775-4289
dgwdds@gmail.com
DENTISTS

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

Northern Plains Potato Growers Association
Jacey Kuersteiner
420 Business Highway 2
East Grand Forks, MN 56721
218-773-3633
jkuersteiner@nppga.org
www.nppga.org
AGRICULTURE /
AGRIBUSINESS

Northern Plains Rail Services
Jerry Hegstrom
114 Main St So
Fordville, ND 58231
701-229-3330
jerry_hegstrom@nprail.com
https://www.nprail.com/
RAIL TRUCK/CAR
CONSTRUCTION & SERVICE

Northern Plains UAS Test Site
Trevor Woods
4201 James Ray Drive
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
Grand Forks, ND 58201
701-757-4277
kay@shopnorthernroots.com
https://northern-roots-boutique-grand-forks.myshopify.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
Grand Forks, ND 58201
701-757-3009
info@novyo.org
www.nvyo.org
NON-PROFIT
ORGANIZATION

Northland Community & Technical College Sandy Kiddoo
2022 Central Avenue NE
East Grand Forks, MN 56721
218-793-2800
Sandy.kiddoo@northlandcollege.edu
www.northlandcollege.edu
EDUCATION, SCHOOL

Northland Custom Woodworking Inc.
Kevin Marcott
2534 17th Ave S
Grand Forks, ND 58201
701-757-3077
nicole@wearenovum.com
www.wearenovum.com
PAYROLL

Northlands Rescue Mission
Sue Shirek
420 Division Avenue
Grand Forks, ND 58201
701-772-6600
sue@jointhemission.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
JJ Safranski
4050 Gardenview Dr
Grand Forks, ND 58201
701-738-8303
john.safranski@nm.com
grandforks.nm.com
FINANCE & INVESTMENT

Northwood Park Townhomes
Angie Karow
PO Box 340
Walker, MN 56484-0340
218-547-3307
angiek@dwjonesmanagement.com
http://www.dwjonesmanagement.com/crookston
PROPERTY MANAGEMENT &
DEVELOPMENT

Norwex - Stacey Brorson
Stacey Brorson
Grand Forks, ND 58201
218-779-9416
stacey.brorson@gmail.com
www.staceybrorson.norwex.biz
DIRECT SALES

Novum Business Services
Nicole Michael
2534 17th Ave S
Grand Forks, ND 58201
701-757-3077
nicole@wearenovum.com
www.wearenovum.com
PAYROLL

Now or Never Nutrition
Fran Halvorson
615 1st Ave N
Grand Forks, ND 58203
218-230-3115
nowornevernutrition@gmail.com
www.goherbalife.com/
franhaltvorson
HEALTH & WELLNESS

Nutrien Ag Solutions
Matthew Glessner
4500 54th Ave North
Grand Forks, ND 58203
matt.glessner@nutrien.com
nutrienagsolutions.com
AGRICULTURE /
AGRIBUSINESS

Nystrom & Associates
Erin Saladin
203 14th St. NE
East Grand Forks, MN 56721
701-775-3322
gregopp@oppconstruction.com
www.oppconstruction.com
CONTRACTORS &
CONSTRUCTION SERVICES

Obernel Engineering
Jeremiah Christensen
2201 12th Street N #E
 Fargo, ND 58102-1803
701-280-0500
info@obernel.com
http://www.obernel.com/
ABSTRACTORS,
ARCHITECTS & ENGINEERS

Odney
Don Larson
117 West Front St.
Bismarck, ND 58501
701-222-8172
dlarson@odney.com
www.odney.com
MARKETING

The Office Pub & Grub
Scott Strom
1210 South Washington Street
Grand Forks, ND 58201
701-757-1091
scott333@hotmail.com
https://www.facebook.com/The-Office-Pub-Grub-2431966770204119
BAR / BARS / LOUNGES /
NIGHTCLUBS

The Olive Ann Hotel
Allison Johnson
14 N 4th St
Grand Forks, ND 58201
allison@322hg.com
https://www.theoliveannhotel.com/
HOTELS & MOTELS

Olive Barrel
Jackie Nelson
2100 S Columbia Rd
Grand Forks, ND 58201
701-757-1617
olivebarrelgf@gmail.com
www.olivebarrelgf.com
RETAILERS

Olson, Juntunen, Sandberg & Boettner
Zachary Boettner
322 DeMers Ave - Suite 400
Grand Forks, ND 58201
701-775-4688
zboettner@ojs-law.com
ATTORNEYS

The Opal Events Center
Sadie Gardner
920 North 3rd Street - Suite C
Grand Forks, ND 58203
701-317-3255
info@theopalgrandforks.com
https://www.theopalgrandforks.com/
EVENT PLANNING

Opp Construction
Greg Opp
Highway 81 North
Grand Forks, ND 58203
701-775-3322
gregopp@oppconstruction.com
www.oppconstruction.com
CONTRACTORS &
CONSTRUCTION SERVICES

Opticare-Forks Vision Clinic
Steve Gander, OD
421 DeMers Ave NW
East Grand Forks, MN 56721
218-773-3438
info@opticarevisionclinic.com
www.opticarevisionclinic.com
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Grand Forks, ND 58206-5986
701-772-1212
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Todd Elfman
1099 Thames Court
Grand Forks, ND 58203
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Todd@outsiderentertainment.net
www.outsiderentertainment.net
ENTERTAINMENT

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Lowell Nelson
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Grand Forks, ND 58206-5439
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Oxford Realty
Mike Opp
2009 13th Ave N
Grand Forks, ND 58203
701-772-2522
mikeopp@oxfordrealtynd.com
www.oxfordrealtynd.com
REALTORS

Oxford Realty LLC - David Blumkin
David Blumkin
515 DeMers Ave
Grand Forks, ND 58201-4528
701-772-1000
firstcalldavid@gmail.com
www.oxfordrealtynd.com
REALTORS

Oxford Realty-Laurie Tweten
Laurie Tweten
2880 19th Ave S.
Grand Forks, ND 58203
lthome4u@gmail.com
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bkkovar@aol.com
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Grand Forks, ND 58201-6858
701-741-0958
tcmurphy.pchef@gmail.com
www.pamperedchef.biz/
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3125 University Ave Stop 8098
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und.pancratzcenter@und.edu
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2860 10th Ave N
Grand Forks, ND 58203
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drkaynegriffith@gmail.com
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Grand Forks, ND 58201
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tony.cooper@paragonpromfg.com
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Edwin H. James
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701-594-2977
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Grand Forks, ND 58203
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Grand Forks, ND 58203
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4350 S. Washington St.
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www.performancechiropracticnd.com
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Peterson Veterinary Clinic
Kyle Peterson
229 20th St. NW
East Grand Forks, MN 56721-1301
218-773-2401
k.peterson@petersonvet.com
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Petopia
Travis Horney, Katie Olson
920 N 3RD ST
Grand Forks, ND 58203
701-757-0104
Petopiagf@outlook.com
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Phil Thompson & Associates
Laura Bisenius
140 Gateway Dr NE
East Grand Forks, MN 56721
218-207-2296
laura@ptaofwarren.com
https://philthompsonandassociates.com/
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Philadelphia Macaroni Company
Tony Pierce
1801 N.36th St.
Grand Forks, ND 58203-0801
701-772-0080 Ext. 411
tpierce@philamacaroni.com
www.philadelphiamacaroni.com
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bob@pifers.com
www.pifers.com
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701-775-2222
grandforks@pizzaranch.com
www.pizzaranch.com
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Carson Muth
3750 32nd Ave S #103
Grand Forks, ND 58201
701-775-1034
info@plainschiropractic.com
www.plainschiropractic.com
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Grand Forks, ND 58201
701-795-1424
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701-747-0036
christopherarthur5088@gmail.com
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Grand Forks, ND 58201-3927
701-792-1945
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www.canadinns.com
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Plaza Motel
Shirley Norman
309 DeMers Ave
East Grand Forks, MN 56721
218-773-1179
plazamotelegf@hotmail.com
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Polk County DAC
Jean Ann Bienek
936 1st Ave NE
East Grand Forks, MN 56721
218-773-0530
jabienek.dac@midconetwork.com
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4491 S. Washington St
Grand Forks, ND 58201
701-203-8308
kkackman@powerplatemeals.com
www.powerplatemeals.com
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Carrie McDermott
3535 S 31st St, Suite 205
Grand Forks, ND 58201
cmcdermott@prairiebusinessmagazine.com
prairiebusinessmagazine.com
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Prairie Harvest Mental Health
Deb Johnson
930 N. 3rd St.
Grand Forks, ND 58203-2408
701-795-9143
info@prairieharvest.net
www.prairieharvest.net
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Praxis Strategy Group
Delore Zimmerman
33 S. 3rd St.
Grand Forks, ND 58201
701-775-3354
delore@praxisg.com
www.praxisg.com/
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Premier Equipment
Jenny Breidenbach
2904 Gateway Dr
Grand Forks, ND 58203
701-757-1647
jenny@premierequips.com
www.premierequips.com
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premier@gvtel.com
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701-792-3444
Keith.Ostlund@premiumwaters.com
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Grand Forks, ND 58201
701-775-9000
www.pringlelaw.net
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3651 S. Columbia Rd., Ste. B
Grand Forks, ND 58201
701-772-3756
rochelle@prioritytitlegf.com
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1301 Central Ave NW
East Grand Forks, MN 56721
701-203-3397
tim@prolandsnow.com
www.prolandsnow.com
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Art Bakken
4655 28th Ave S
Grand Forks, ND 58201
701-775-5346
aob@protransport.net
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1123 N. 42nd St.
Grand Forks, ND 58203
701-746-1211
m.fischer@probitaspromo.com
www.probitaspromo.com
ADVERTISING PRODUCTS

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Kris Anderson
1375 S. Columbia Rd
Grand Forks, ND 58201
701-317-7071
kris.anderson@profileplan.com
www.profileplan.net
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Proven Ag Solutions, LLC.
Andy Thompson
504 Ash Ave
Wyndmere, ND 58081
701-535-0583
provenagND@gmail.com
www.facebook.com/profile.php?id=100069907082520
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PS Garage Doors
Josh Gruenberg
4733 Demers Ave
Grand Forks, ND 58201
701-772-3667
jgruenberg@psgaragedoors.com
psgaragedoors.com
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PS Industries Incorporated
Cory Melland
1150 S. 48th St.
Grand Forks, ND 58201
701-746-4519
4psinfo@psindustries.com
www.psindustries.com
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Public Arts Commission
PO Box 5330
Grand Forks, ND 58206
info@publicartnd.org
www.publicartnd.org
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406 3rd Ave NW
East Grand Forks, MN 56721
218-773-7503
mike@puckscleaning.com
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Quality Inn Columbia Mall
Smiley Thakker
3251 30th Ave. South
Grand Forks, ND 58201
701-775-7503
thakkersmiley@hotmail.com
www.qualityinn.com/hotel/nd003
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R.J. Zavoral & Sons, Inc. Dave Zavoral
1706 Bygland Rd SE
East Grand Forks, MN 56721
218-773-0586
dave@rjzavoral.com
www.rjzavoral.com
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Rachel Rakoczy
324 6th St
Thompson ND, 58278
701-740-1221
ICleanUpGF@gmail.com
ICleanUpGF.com
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Ralph Engelstad Arena
Jody Hodgson
One Ralph Engelstad Arena Dr.
Grand Forks, ND 58203
701-777-4167
jodyh@theralph.com
www.theralph.com
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Ramada Inn
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1205 N. 43rd St.
Grand Forks, ND 58203
701-775-3951
thakkersmiley@hotmail.com
www.ramada.com
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Ray Holmberg
621 High Plains Court
Grand Forks, ND 58201-7717
701-739-5334
rayholmberg621@gmail.com
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6565 Gateway Drive
Grand Forks, ND 58206-5787
701-772-4842
dlarson@rdoequipment.com
www.rdoequipment.com
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701-775-5512
mwestacott@readitech.com
www.readitech.com
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Aaron Riedell
2355 N 39th St
Grand Forks, ND 58203
701-757-7300
Aaron.Riedell@redriverbiorefinery.com
www.redriverbiorefinery.com
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Kathy Flynn
2105 S. Washington Street
Grand Forks, ND 58201
701-775-0663
jhflynn@invisimax.com
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Red River Children's Advocacy Center
Heidi Schultz
1407 24th Ave. S., Suite C
Grand Forks, ND 58201
701-234-4580
development@rrcac.com
www.rrcac.org/
NON-PROFIT ORGANIZATION

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Don Wick
997 47th Ave. South, Unit 2
Grand Forks, ND 58201-6761
701-795-1315
don@rrfn.com
www.rrfn.com/
MEDIA

Red River Land Company
Chris Griffin
3100 S. Columbia Rd.
Grand Forks, ND 58201
701-757-1888
chris@redriverlandco.com
www.redriverlandco.com
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Red River Regional Council
Dawn Mandt
516 Cooper Avenue
Grafton, ND 58237
701-352-3550
Dawn@redriverrc.com
www.redriverrc.com
BUSINESS SERVICES

Red River State Recreation Area
Catherine Johnson
515 2nd Street NW
East Grand Forks, MN 56721
218-773-4950
redriver.statepark@state.mn.us
www.dnr.state.mn.us/state_parks/red_river
RECREATION

Red River Tax & Accounting
Jody Dagel
3224 45th Ave S
Grand Forks, ND 58201
701-335-3250
jody@redrivertax.com
ACCOUNTANTS

Red River Valley Habitat for Humanity
Marisa Saucedo
PO Box 5415
Grand Forks, ND 58206
701-772-4418
marisa@rrvhhabitat.com
https://www.rrvhhabitat.com/
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PO Box 13864
Grand Forks, ND 58208-3864
218-695-2820
rrvmnd.org@gmail.com
www.rrvmnd.org
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Brad McGauvran
2475 32nd Ave S - #5
Grand Forks, ND 58201
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rss471@redwingshoes.com
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RehabAuthority
Kirk Hayes
701 Demers Ave., Suite B
Grand Forks, ND 58201
701-772-2200
kirkhayes@rehabauthority.com
www.rehabauthority.com
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Jill Chandler
2810 17th Ave So.
Grand Forks, ND 58201
701-746-8866
director@relatecare.org
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218-773-7553
mark@reliancetelephonesystems.com
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312 Kittson Ave
Grand Forks, ND 58201
701-787-7317
rhombus_guys@hotmail.com
www.rhombuspizza.com
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Rhombus Guys Brewing Company
Matt Winjum
116 South 3rd St.
Grand Forks, ND 58203
701-757-0598
rhombus_guys@hotmail.com
http://rhombusguysbrewing.com/
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East Grand Forks, MN 56721
218-773-1059
stai_77@hotmail.com
www.rivercinema15.com
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2300 Gateway Dr.
Grand Forks, ND 58203
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monicaev@gra.midco.net
www.rivercityspeedway.com
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218-773-3466
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Riverside Christian School Sheri Moonen
610 2nd Ave. NE
East Grand Forks, MN 56721
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sherim@rcsrams.org
www.rcsrams.org
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RiverView Clinic
Lance Norman
1428 Central Avenue NE
East Grand Forks, MN 56721
218-773-1390
LNorman@riverviewhealth.org
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323 South Minnesota St.
Crookston, MN 56716
218-281-9595
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Bob Lebacken
1200 N. 47th St., Ste. B
Grand Forks, ND 58203
701-775-1008
bobl.admbq@midconetwork.com
www.rmltradingllc.com/
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Scott Fricke
19540 138th Ave. NE
Thief River Falls, MN 56701
218-688-2204
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Grand Forks, ND 58201
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Nick Adams
165 16th Street Northeast
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701-847-2685
nickadams@rnadamsfarms.com
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Karissa Grube
4491 S. Washington St
Grand Forks, ND 58201
218-779-9975
kgrube@advancedagservices.net
www.roosusa.net
APPRAISERS

Rosenquist Law Office
Kerry Rosenquist
2750 S 26th St. Ste C
Grand Forks, ND 58201
701-775-0654
lawinfo@rosenquistlawoffice.com
rosenquistlawoffice.com
ATTORNEYS

Ruffing It Dog Daycare, Dog Grooming, Dog Boarding, Doggie Bakery, Homemade Treats
Joy Hagen
1521 DeMers Ave
Grand Forks, ND 58201
701-780-0700
ruffingitddc@hotmail.com
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Russell Hons
78 Edgewood Ct.
Grand Forks, ND 58201
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Grand Forks, ND 58201
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brian@rydellcars.com
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Grand Forks, ND 58201
701-746-9323
brian@rydellcars.com
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www.sspromotionalgroup.com
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scottwfield@yahoo.com
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East Grand Forks, MN 56721
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sacredheartegf.net
www.sacredheartegf.net
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Sage Legal, PLLC
Skyler Johnson
404 4th St. NW
East Grand Forks, MN 56721
218-399-0238
becky@sagelegalpllc.com
www.sagelegalpllc.com
ATTORNEYS

Salon 222
Marquita Pokrzywinski
222 4th St NW
East Grand Forks, MN 56721
218-773-0009
Salon222@icloud.com
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1600 University Ave
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701-775-2597
paul.ferguson@usc.
salvationarmy.org
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Nicole Espinoza
2501 32nd Ave. S.
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sandsteel@midconetwork.com
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Sanford Health 621 Demers Ave Clinic
Justin Stromme
621 Demers Avenue
East Grand Forks, MN 56721
218-773-5857
justin.stromme@sanfordhealth.org
http://www.sanfordhealth.org
CLINICS, PHYSICIANS &
SURGEONS

Sanford Health 625 Demers Ave Clinic
Justin Stromme
625 Demers Ave
East Grand Forks, MN 56721
218-773-5900
justin.stromme@sanfordhealth.org
http://www.sanfordhealth.org
CLINICS, PHYSICIANS &
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Sanford Health 929 Central Ave Clinic
Justin Stromme
929 Central Ave NW
East Grand Forks, MN 56721
218-773-6800
justin.stromme@sanfordhealth.org
www.sanfordhealth.org
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Sanford Health Equip
Kassy Gehrls
2600 DeMers Ave
Grand Forks, ND 58201
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equipinfo@sanfordhealth.org
www.sanfordhealthequip.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Sanford Health Grand Forks Clinic
Justin Stromme
1750 47th Ave South
Grand Forks, ND 58201
justin.stromme@sanfordhealth.org
http://www.sanfordhealth.org/
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Sanny & Jerry Ryan Center for Prevention & Genetics
Heidi Panos
4401 S 11th St
Grand Forks, ND 58201
701-780-2386
hpanos@altru.org
www.altru.org/prevention
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Grand Forks, ND 58201
701-780-9424
wrrwright@scheels.com
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UND Center of Innovation
Grand Forks, ND 58203
701-746-5851
steve.moser@scorevolunteer.org
www.score.org/grandforks
NON-PROFIT
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Senior Healthcare
Phil Gisi
749 South 30th Street
Grand Forks, ND 58201
https://www.edgewoodhealthcare.com/
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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
589 Holzapple Street Grand
Forks AFB, ND 58204
701-594-3347
thaddock2@servicecu.org
www.servicecu.org
FINANCIAL SERVICES

**ShareHouse Foundation
Julie Rivenes
1122 N 43rd St
Grand Forks, ND 58203
701-282-6561
jrvivenes@sharehouse.org
sharehouse.org
ADDICTION SERVICES**

**The Shire Bar & Grill
Penny Stai
211 Demers Ave
East Grand Forks, MN 56721
218-399-0230
theshirebarandgrill@
outlook.com
https://www.facebook.com/The-Shire-Bar-Grill-101725845541695
RESTAURANTS, LOUNGES
& LIQUORS**

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

Sigma Defense Systems
Julie Maki
701 Eielson Street
Grand Forks Air Force Base,
ND 58205
701-747-4423
julie.maki.2.ctr@us.af.mil
www.sigdef.com
PROJECT MANAGEMENT

Simmons Multimedia
Jackie Dvorak
856 W 12th Street
Grafton, ND 58237
701-352-0431
jackie@getsimmonsmedia.com
www.myborderland.com
RADIO, TV and BILLBOARD
ADVERTISING

Simonson Lumber and Design Center
Nate Snyder
3615 Gateway Dr.
Grand Forks, ND 58201
701-775-4292
nathaniels@simonsonlumber.com
www.simonsonlumber.com
LUMBER, FUEL & BUILDING
MATERIALS

SimplyMaid
Katie Stauss
PO Box 13656
1020 S. Wash. St., Ste A
Grand Forks , ND 58208-3656
701-765-3069
info@gosimplymaid.com
www.gosimplymaid.com
CLEANING SERVICES/
SUPPLIES

SIN BIN Kitchen Bar Casino
Nathan Lappegaard
4401 S. Washington St
Grand Forks, ND 58201
701-757-0658
contact@sinbinGF.com
sinbingf.com
RESTAURANTS, LOUNGES &
LIQUORS

SitelogIQ, Inc.
Kevin Madden
80 South 8th Street
Minneapolis, MN 55402
888-819-0041
Kevin.Madden@Sitelogiq.com
www.sitelogiq.com
BUSINESS SERVICES

Ski & Bike Shop
Pat White & Simon Murphy
3610 S Washington St Suite B
Grand Forks, ND 58201-6335
701-772-5567
skibikes@midconetwork.com
www.skiandbikeshop.net/
SPORTS STORES

Skies 322
Dan Toop
322 DeMers Ave.
Grand Forks, ND 58201
701-746-8970
dan.toop@322hg.com
www.skyscloud9.com
RESTAURANTS

Skinner Roofing
Todd Krueger
3013 27th Ave N
Grand Forks, ND 58201
701-772-3636
toddk@skinnerroofing.com
skinnerroofing.com

Sleep Inn and Suites
Jessica Hogue
1350 South 42nd St
Grand Forks, ND 58201
701-757-2900
jessica.hogue@northridgenet.com
http://www.sleepinn.com/hotel-
grand_forks-north_dakota-
ND052
HOTELS & MOTELS

Sleep Wellness Center
Marcia Nelson
2424 32nd Ave. S.
Grand Forks, ND 58201
701-746-7378
marcia.nelson@winmarsleep.com
www.winmarsleep.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Small Business Administration
Al Haut
657 Second Avenue North
 Fargo, ND 58102
701-239-5131
north.dakota@sba.gov
https://www.sba.gov/district/
north-dakota
GOVERNMENTAL AGENCIES

Something Sweet, LLC
Megan Werven
620 8th Ave S
Grand Forks, ND 58203
612-352-7351
somethingsweetgf@gmail.com
https://www.somethingsweetgf.com/
BAKERIES

South Hampton Townhome Apts.
Scott Stauss
3001 36th Avenue S.
Grand Forks, ND 58201
701-775-5544
scottsh@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Southern Estates, INC.
Guy Useldinger
2293 43rd Ave S
Grand Forks, ND 58208-2305
218-791-0489
gdinger@midconetwork.com
www.skiandbikeshop.net/
PROPERTY MANAGEMENT &
DEVELOPMENT

Spare Husband, Inc.
Ken Vasek
1708 Central Ave NE
East Grand Forks, MN 56721
218-773-3700
sparehusband@invisimax.com
www.sparehusband.com
HANDYMAN SERVICES

Special Olympics North Dakota
Ally Grainger
2616 S 26th St
Grand Forks, ND 58201
701-203-3485
development@
specialolympicsnd.org
http://www.specialolympicsnd.org
NON-PROFIT
ORGANIZATION

Spectra Health
Mara Jiran
212 South 4th Street
Grand Forks, ND 58201
701-757-2100
mara.jiran@spectrahealth.org
www.spectrahealth.org
NON-PROFIT
ORGANIZATION

Speedway Grill & Bar
Jim Nostdahl
805 N 42nd St,
Grand Forks, ND 58201
701-772-8548
http://speedwaygrillandbar.com/
RESTAURANTS, LOUNGES &
LIQUORS

Splashers of the South Seas
Kaytlin Frisch
1000 South 42nd Street
Grand Forks, ND 58201-3927
701-792-1970
kfrisch@canadinns.com
www.canadinns.com
RECREATION

Spray Advantage
Greg Radke
130 Gateway Dr
Grand Forks, ND 58203-2423
701-775-8089
greg@sprayadvantage.com
AGRICULTURE /
AGRIBUSINESS

SpringHill Suites by Marriott
Kyle Cooksey
2837 S 42nd St
Grand Forks, ND 58201
701-757-4150
shs.gfksh.gm@marriot.com
www.springhillsuites.com/gfksh
HOTELS & MOTELS

St. Anne's Guest Home
May Fuka
524 N 17th Street
Grand Forks ND 58206
701-746-9401
mayfuka@stannesguesthome.com
www.stannesguesthome.org
ASSISTED LIVING FACILITY
SENIOR SERIVES

St. Joseph's Social Care and Thrift Store
Mickey Munson
620 8th Ave S
Grand Forks, ND 58201
701-795-8614
mickey@stjosephssocialcaregf.org
https://www.stjosephssocialcaregf.org/
NON-PROFIT
ORGANIZATION

St. Michael's Catholic Church
Raymond Courtright
524 5th Ave. N
Grand Forks, ND 58203-3231
701-772-2624
parishoffice@stmichaelsgf.com
stmichaelschurchgf.com
CHURCHES

St. Michael's Catholic School
Sara Dudley
504 5th Ave N
Grand Forks, ND 58203
701-772-1822
sara.dudley@stmichaelsgf.com
www.stmichaels.k12.nd.us
EDUCATION

St. Michel Furniture
Evan St. Michel
421 Gateway Dr. NE
East Grand Forks, MN 56721
218-230-2308
stmfurnegf@utma.com
https://www.stmichelfurniture.com/
FURNITURE

State Farm - Andrew Bergee
Andrew Bergee
997 47th Ave. South - Unit 1
Grand Forks, ND 58201
701-757-0437
andrew.bergee.vab3z2@statefarm.com
www.bergeeinsurance.com
INSURANCE AGENCIES /
BROKERAGES

State Farm Insurance - Randy Fenley
Randy Fenley
2750 26th Street S Suite A
Grand Forks, ND 58201-6411
701-772-5684
randy@rfenley.com
www.randyfenley.com
INSURANCE AGENCIES /
BROKERAGES

Staybridge Suites Grand Forks
Cory Blegen
1175 42nd St S
Grand Forks, ND 58201
701-772-9000
cory.blegen@gfsbs.com
www.staybridge.com/
grandforksnd
HOTELS & MOTELS

Steamatic Total Cleaning & Restoration
Marcus Benoit
4051 Gateway Drive
Grand Forks, ND 58203
701-746-1856
mbenoit@steamaticrrv.com
www.steamaticrrv.com
CLEANING SERVICES/
SUPPLIES

Steeple Apartments, LLC
Scott Stauss
3001 36th Avenue South
Grand Forks, ND 58201
701-775-5544
scottsh@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT &
DEVELOPMENT

Steffes Company - Grand Forks
Paul Eidenschink
1726 Highway 2
Grand Forks, ND 58203
701-483-5400
steffes@steffes.com
www.steffes.com
MANUFACTURING &
PROCESSORS

Stennes Granite & Grand Forks Memorial
Ryan Welle
2029 Central Ave NW
East Grand Forks, MN 56721
218-773-7461
rwstennesgranite@gmail.com
https://www.stennesgranite.com/contact
MONUMENTS / MARKERS /
HEADSTONES

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

Steve Christian Insurance Professional
Steve Christian
839 S 23rd St
Grand Forks, ND 58201
701-330-1827
steve@scinsurepro.com
www.scinsurepro.com/contact
BUSINESS SERVICES

Steve Erlandson, D.D.S.
Steve Erlandson
2401 S Washington St., Ste. D
Grand Forks, ND 58201-6747
701-772-6581
drerlandson@midconetwork.com
DENTISTS

Stifel Nicolaus
Bill Haug
3751 S. Columbia Rd
Grand Forks, ND 58201
701-746-1365
william.haug@stifel.com
www.stifel.com/
FINANCE & INVESTMENT

Stone's Security Systems Inc
Chris Walsh
PO Box 321
Thompson, ND 58278
701-554-2000
walsh@stonessecuritysystems.com
www.stonessecuritysystems.com
SECURITY SYSTEMS SALES
& SERVICE

Stones Mobile Radio Inc.
Chris Ranisate
1550 47th Ave S
Grand Forks, ND 58201-3403
701-772-6691
chris@stonesmobileradio.com
www.stonesmobileradio.com
COMMUNICATIONS SALES &
SERVICE

Strata Corporation
Steve Griffin
PO Box 13500
Grand Forks, ND 58208-3500
701-775-4205
sgriffin@strata-corp.com
www.stratacorporation.com
CONTRACTORS &
CONSTRUCTION SERVICES

Street Is Neat Custom Bikes and Trikes, Inc.
Timothy Gowan
101 Hwy #1
Oslo, MN 56744
218-695-2082
streetisneat@invisimax.com
www.streetisneatinc.com
RECREATION

Strive Life Grand Forks
Jonathan O'Keefe
1809 13th Avenue North
Grand Forks, ND 58203
701-335-6124
jonathan@strivelifedispensary.com
strivegrandforks.com
MEDICAL SERVICES /
SUPPLIES/EQUIPMENT

Structures, Inc.
Ryan Jundt
1445 N 52nd Street
Grand Forks, ND 58203
701-775-0645
build@structuresinc-gf.com
CONSTRUCTION &
BUILDING TRADES

Sublime Aesthetic Professionals
Angie Bjorgaard
402 3rd Street NW
East Grand Forks, MN 56721
218-339-0245
angie@sublimepros.com
www.sublimepros.com
COSMETICS / SKIN CARE

Subway - 1801 Gateway Dr
Neil Ebeling
1801 Gateway Dr
Grand Forks, ND 58203
701-772-6357
RESTAURANTS

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

Subway - 2400 S Washington
Neil Ebeling
2400 S Washington
Grand Forks, ND 58201
701-772-9334
subwaygf@hotmail.com
RESTAURANTS

Subway - 2551 32nd Ave S
Neil Ebeling
2551 32nd Ave S
Grand Forks, ND 58201
701-772-9639
RESTAURANTS

Subway - 32nd Ave S
Neil Ebeling
3341 32nd Ave S
Grand Forks, ND 58201
701-772-9335
RESTAURANTS

Subway - EGF
Neil Ebeling
210 Gateway Dr.
East Grand Forks, MN 56721
218-773-6637
subwaygf@hotmail.com
RESTAURANTS

Subway - Emerado
Neil Ebeling
100 A Ave
Emerado, ND 58228
701-594-5952
RESTAURANTS

Success Unlimited
Jeff Leiberg
2850 24th Ave. South
Grand Forks, ND 58201
701-775-3356
jeff@successunlimitedinc.org
www.successunlimitedinc.org
SERVICE & CIVIC CLUBS &
ASSOCIATIONS

Suedel Therapeutics and Wellness
Stephanie and Adam Suedel
1311 S. Washington St
Grand Forks, ND 58201
701-317-2897
admin@suedeltherapeutics.com
https://www.facebook.com/
StaW.GFND
HEALTH & WELLNESS

Suedel Therapeutics and Wellness
Stephanie and Adam Suedel
117 N. Washington St.
Grand Forks, ND 58203
701-317-2897
admin@suedeltherapeutics.com
www.suedeltherapeutics.com
HEALTH & WELLNESS

2024 Membership Directory

Sunrooms Plus, Inc.
Ron Hoime
4224 Gateway Dr.
Grand Forks, ND 58203
701-746-8684
info@sunroomsplusgf.com
www.sunroomsplusgf.com
HOME SERVICES

Swanson & Warcup, Ltd.
HowardSwanson
1397 Library Circle, Ste 202
Grand Forks, ND 58201
701-772-3407
hswanson@swlawltd.com
ATTORNEYS

Sweetwaters Coffee & Tea Edgewood
Patrick Madigan
1850 47th Avenue South
Grand Forks, ND 58201
701-670-1352 Ext. 101
pat.madigan@322hg.com
COFFEE SHOPS

Sweetwaters Coffee & Tea Olive Ann Hotel
Rayna Huber
322 Demers Avenue
Grand Forks, ND 58201
701-670-1352 Ext. 100
rayna.huber@322hg.com
COFFEE SHOPS

Swingen Construction Company
Dan Swingen
Highway 81 N
Grand Forks, ND 58208-3456
701-775-5359
dan.swingen@swingenconstruction.com
www.swingenconstruction.com
HOME BUILDERS -- Commercial and Industrial

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

TA Express Grand Forks
Quyntyn Johnson
1212 N 47 St
Grand Forks, ND 58203
702.522.8513
qjohnson@lvpetroleum.net
GAS STATION

Tavern United
Bobie Brown
Canad Inns Destination Center
Grand Forks, ND 58201-3927
701-787-2511
bbrown@canadinns.com
www.canadinns.com
RESTAURANTS, LOUNGES & LIQUORS

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

Ten Acre Marketing
Leah Halverson
4320 18th Ave. S
Grand Forks, ND 58201
701-361-2766
leah@tenacremarketing.com
tenacremarketing.com
MARKETING

Terracon Consultants, Inc.
Bill Olson
1555 North 42nd Street
Grand Forks, ND 58203
701.772.2832
bill.olson@terracon.com
www.terracon.com
ABSTRACTORS, ARCHITECTS & ENGINEERS

Tesoro
Marylee Reck
210 Gateway Dr NE
East Grand Forks, MN 56721
218-773-4345
missy@northdaleoil.com
www.tsocorp.com
GAS STATION

Texas Roadhouse
Jacob Guthmiller
3200 32nd Ave S.
Grand Forks, ND 58201
701-746-7427
jacob.guthmiller@texasroadhouse.com
www.texasroadhouse.com/
RESTAURANTS

Thales
Christopher Hewlett
7303 Laketree Dr
Fairfax Station, VA 22039
571-212-4062
Chris.hewlett.e@thalesdigital.io
AIRLINES AND AVIATION

That Protein Place
Nicole Kringstad
2110 Clemetson St NE
Grand Forks, ND 58203
701-739-4488
thatproteinplace@gmail.com
www.thatproteinplace.com
HEALTH & WELLNESS

Thermal Air Terra & Daryl Wockenfuss
4216 Gateway Drive
Grand Forks, ND 58203
701-740-8161
terra@tahvac.net
https://www.tahvac.net/
HEATING & AIR CONDITIONING & PLUMBING

Thermography & Health Solutions LLC
Doris Driscoll
1425 S Columbia Rd
Grand Forks, ND 58201
218-791-9103
dorisdriscoll12@gmail.com
www.ThermographyHS.com
HEALTH & WELLNESS

Third Street Clinic
Kristen Sanders
360 Division Ave.
Grand Forks, ND 58201
701-772-1263
help4you@thirdstreetclinic.org
www.thirdstreetclinic.org/
NON-PROFIT ORGANIZATION

Thomsen Homes LLC
Lauren Huff
3280 Veterans Blvd
Fargo, ND 58104
701-478-3000
Lauren@thomshomesllc.com
http://www.thomshomesllc.com
HOME BUILDERS -- Commercial and Industrial

Three Farm Daughters
Annie Gorder
PO Box 14867
Grand Forks, ND 58208
701-780-9616
annie@threefarmdaughters.com
threefarmdaughters.com
AGRICULTURE / AGRIBUSINESS

Thrifty White Pharmacy #081
Erica Hoffner
1395 S Columbia Road
Grand Forks, ND 58201-4011
701-746-1800
po81@thriftywhite.com
www.thriftywhite.com
PHARMACIES

Thrive Community Church of Grand Forks Suite S6
Mark Hale
1726 S Washington St Suite 6
Grand Forks, ND 58201
701-757-4747
drmarkhale@msn.com
www.seeyouathrive.org/giving
CHURCHES

Thrivent Financial - Chad Erickson
Chad Erickson
200 Gateway Drive NW
East Grand Forks, MN 56721
218-773-1181
chad.erickson@thrivent.com
www.thrivent.com
FINANCE & INVESTMENT

Thunder Ray's Auto Repair
Raymond Lee
2315 No. Washington St.
Grand Forks, ND 58203
701-757-0287
thunderraysauto@gmail.com
https://www.facebook.com/ThunderRaysAutoRepair
AUTOMOTIVE SUPPLIES & REPAIRS

TIAA-Scott Roche
Scott Roche
Grand Forks, ND 58201
704-988-3004
kroche@tiaa.org
www.tiaa.org
FINANCE & INVESTMENT

Tidal Wave Auto Spa
Jennifer Rogers
1750 S. Columbia Rd
Grand Forks, ND 58201
706-938-0991
jennifer@tidalwaveautospa.com
www.tidalwaveautospa.com
CAR WASH

Tidbits of Grand Forks/EGF
Chadwick Parkinson
PO Box 12861
Grand Forks, ND 58208
701-740-0968
chad@tidbitsgf.com
www.tidbitsgf.com
ADVERTISING SERVICES

Tim D. Lord, CPA
Tim Lord
1521 24th Ave. S. STE A
Grand Forks, ND 58201
218-779-2614
tlord@gra.midco.net
ACCOUNTANTS

Tim Shea's Nursery, Inc.
Chip Shea
3515 South Washington
Grand Forks, ND 58201-7164
701-772-3489
chipshea@polarcomm.com
www.sheasnursery.com
FLORISTS & NURSERIES

Timber & Ash Designs
Jacob Barney
2915 South Washington St
Grand Forks, ND 58201
701-739-6862
timberandashdesigns@gmail.com
timberandashdesigns.com
FURNITURE

Times Square Townhomes, I, Inc.
Scott Stauss
3001 36th Avenue South
Grand Forks, ND 58201
701-775-5544
scotts@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Times Square Townhomes, II & III, Inc.
Scott Stauss
P.O. Box 13595
Grand Forks, ND 58208
701-775-5544
scotts@hamptoncorp.com
www.hamptonmanagement.com
PROPERTY MANAGEMENT & DEVELOPMENT

Tractor Supply Company
Jami Hansen
4460 32nd Ave. S.
Grand Forks, ND 58201-3301
701-746-0391
str0116@tractorsupply.com
tractorsupply.com
RETAILERS

Tire One Auto Center
Jerome Gerszewski
3325 S 38th St
Grand Forks, ND 58201
701-757-3000
jerome.gerszewski@gmail.com
www.tireoneautocenter.com
TIRES SALES & SERVICE

The Title Team FKA Grand Forks Abstract
Aaron Rosten
3374 S. 31st St.
Grand Forks, ND 58201
701-772-3484
aaronr@thetitleteam.com
https://www.thetitleteam.com/
ABSTRACTORS, ARCHITECTS & ENGINEERS

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

The Toasted Frog
Shawn Clapp
124 N. 3rd Street
Grand Forks, ND 58203
701-772-3764
shawn@toastedfrog.com
www.toastedfrog.com
RESTAURANTS

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

Total Skin Dermatology and Aesthetics
Jennifer Laframboise
4571 South Wash St - 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
1-218-791-3950
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
str0116@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

Treat Play Love
Kelly Hilzendager
1905 S. Washington St.
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

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

Trueweather Solutions Ltd
Donald Berchoff
4200 James Ray Dr
Grand Forks, ND 58202
877-878-9847
don.berchoff@trueweathersolutions.com
trueweathersolutions.com/
UNMANNED AIR SYSTEMS

Truyu Aesthetic Center
3165 Demers Avenue
Grand Forks, ND 58201
701-780-6623
www.truyu.net
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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

Tyler Nagel Agency LLC
Tyler Nagel
2665 24th Ave S
Grand Forks, ND 58201
701-775-4264
tnagel@amfam.com
TylerNagelAgency.com
INSURANCE AGENCIES / BROKERAGES

U.S. Bank - 13th & Columbia Rd
Erin Scott
1205 South Columbia Road
Grand Forks, ND 58201
701.795.6230
erin.scott1@usbank.com
www.usbank.com
FINANCIAL SERVICES

U.S. Bank - Demers
Karl Belzer
600 DeMers Avenue
Grand Forks, ND 58201
701-795-6295
karl.belzer@usbank.com
www.usbank.com
FINANCIAL INSTITUTIONS

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Bill Adams
100 N 3rd Street, Ste 503
Grand Forks, ND 58203
612-819-4298
charles.adams.1@und.edu
http://www.uasperspectives.com
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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
Grand Forks, ND 58202-9023
701-777-4740
chuck@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 Univ 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
Grand Forks, ND 58202-8360
701-777-3494
jason.mathre@und.edu
UND.edu/dept/msci
GOVERNMENTAL AGENCIES

UND Athletics Department
Nicole Letofsky
2751 2nd Ave N Stop 9013
Grand Forks, ND 58202-9013
701-777-6953
nicole.letofsky@und.edu
undsports.com
EDUCATION

UND Career Services
Lisa Spencer
Memorial Union
Grand Forks, ND 58202
701-777-2117
lisa.spencer@und.edu
und.careerservices@und.edu
CAREER SERVICES

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

UND Chester Fritz Auditorium
Betty Allan
3475 Univ Ave., Stop 9028
Grand Forks, ND 58202
701-777-3076
betty.allan@email.und.edu
www.cfa.und.edu
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UND Chester Fritz Library
Stephanie Walker
3051 Univ Ave., Stop 9000
Grand Forks, ND 58202
701-777-2189
library.und.edu
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UND College of Arts & Sciences
Bradley Rundquist
501 N Columbia Rd
Grand Forks, ND 58202
701-777-2749
bradley.rundquist@und.edu
arts-sciences.und.edu
EDUCATION

UND College of Business & Public Administration
Amy Henley
Gamble Hall, Room 110
Grand Forks, ND 58202-8098
701-777-2135
amy.henley@und.edu
www.business.und.edu
EDUCATION

UND College of Education & Human Development
Cheryl Hunter
231 Centennial Dr., Stop 7189
Grand Forks, ND 58202-7189
701-777-3733
cheryl.hunter@und.edu
education.und.edu
EDUCATION

UND College of Engineering & Mines
Deb Austreng
Harrington Hall, Room 100E
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
Grand Forks, ND 58202-9025
701-777-4555
nursing.und.edu
EDUCATION

UND Dining Services
Orlynn Rosaasen
3625 Campus Rd Stop 9033
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
15 North 23rd Street
Grand Forks, ND 58202-9018
701-777-5130
cgorecki@undeerc.org
www.undeerc.org
NON-PROFIT ORGANIZATION

UND Facilities Management
Mike Pieper
3791 Campus Rd Stop 9032
Grand Forks, ND 58202-9032
701-777-6862
Michael.pieper@und.edu
und.edu/finance-operations/
facilities-management
EDUCATION

UND Housing/Dining
Troy Noeldner
525 Stanford Rd., Stop 9029
Grand Forks, ND 58202-9029
701-777-4297
troy.Noeldner@und.edu
und.edu/student-life/housing
EDUCATION

UND Memorial Union
Cheryl Grew-Gillen
2901 University Avenue
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
Brooke Conlin
Skalicky Tech Bld, STE 110, #138
Grand Forks, ND 58202
701-777-4267
brooke.conlin@und.edu
www1.und.edu/marketing
EDUCATION

UND Office of Extended Learning
Lynette Krenelka
3264 Campus Rd Stop 9021
Grand Forks , ND 58202-9021
701-777-4883
lynette.krenelka@und.edu
und.edu/academics/
extended-learning
EDUCATION

UND Office of Human Resources
Peggy Varberg
264 Centennial Dr. Stop 8010
Grand Forks, ND 58202-8010
701-777-4364
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/
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2024 Membership Directory

ND School of Aerospace Sciences
Paul Lindseth
Odegard Hall, Room 200
Grand Forks, ND 58202-9007
701-777-2197
lindseth@aero.und.edu
aero.und.edu
EDUCATION

UND School of Graduate Studies
Laura Look
264 Centennial Dr., Stop 8178
Grand Forks, ND 58202-8178
701-777-2786
laura.look@und.edu
graduateschool.und.edu
EDUCATION

UND School of Law
Michael McGinniss
215 Centennial Dr Stop 9003
Grand Forks, ND 58202-9003
701-777-2104
michael.mcginiss@und.edu
law.und.edu
EDUCATION

UND School of Medicine & Health Sciences
Joshua Wynne
1301 N. Col Rd., Stop 9037
Grand Forks, ND 58202-9037
701-777-2514
joshua.wynne@med.und.edu
med.und.edu
EDUCATION

UND Student Government
Student Body President
2901 University Ave
Grand Forks, ND 58202
701-777-4377
sgpresident@und.edu
und.edu/student-government
EDUCATION

UND Student Health Services
Rosy Dub
100 McCannel Hall
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
Grand Forks, ND 58202
701-777-3426
jenna.l.zavoral@und.edu
und.edu/trio
EDUCATION

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

UND Vice President for Academic Affairs and Provost
Eric Link
264 Centennial Dr., Stop 8176
Grand Forks, ND 58202-8176
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
Grand Forks, ND 58202-8378
701-777-3511
karla.stewart@und.edu
und.edu/finance-operations
EDUCATION

UND Vice President for Health Affairs
Joshua Wynne
501 N. Col Rd., Stop 9037
Grand Forks, ND 58202-9037
701-777-2514
joshua.wynne@med.und.edu
und.edumed.und.edu
EDUCATION

UND Vice President for Marketing & Communications
Meloney Linder
4300 James Ray Dr, Stop 7144
Grand Forks, ND 58202-7144
701-777-2038
meloney.linder@und.edu
www1.und.edu/marketing
EDUCATION

UND Vice President for Research & Economic Development
John Mihelich
4201 James Ray Dr, Stop 8367
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
Jared Davidson
2718 South Columbia Road
Grand Forks, ND 58201-6006
701-780-9757
JDavidson@uvbank.net
www.uvbank.net
FINANCIAL SERVICES

United Way of Grand Forks, East Grand Forks & Area
Heather Novak
1013 N 5th St
Grand Forks, ND 58203
701-775-8661
heather.novak@unitedwaygfegf.org
www.givegfegf.org
NON-PROFIT ORGANIZATION

University of Mary
Rachael Brash
344 Tuskegee Airmen Blvd
Grand Forks Air Force Base
ND 58205
701-232-7088
rkbrash@umary.edu
https://www.umary.edu/about/campuses/grand-forks-campus.php
EDUCATION

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

University of North Dakota
School of Law
Paul Traynor
3003 Legend Lane
Grand Forks, ND 58201
701-230-9888
paul.traynor@und.edu
ATTORNEYS

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

The UPS Store
Steve Spicer
1811 DeMers Ave
Grand Forks, ND 58201
701-775-2756
store1609@theupsstore.com
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Grand Forks, ND 58201
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faye.witcraft@usfoods.com
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111 N. 3rd St
Grand Forks, ND 58203-37
701-739-3132
Bruce@Gjovig.net
INDIVIDUALS

USDA Grand Forks Human Nutrition Research Center
USDA GFHNRC
2420 2nd AVE N
Grand Forks, ND 58203
susan.sorum@usda.gov
www.ars.usda.gov/plains-area/gfnd/gfhnrc/
GOVERNMENTAL AGENCIES

USFAAF
Paul Nelson
7300 Metro Blvd
Edina, MN 55439
952-831-2272
p.nelson@usfaaf.com
https://usfaaf.com/
ACCOUNTANTS

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

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 Broadcasting LLC
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PO Box 12985
Grand Forks, ND 58208
701-746-9898
jordan@grandforksradio.com
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MEDIA

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Debbie Krueger
HWY 2 East,
East Grand Forks MN 56721
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Clark Erickson
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Grand Forks, ND 58201-7299
701-746-8371
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East Grand Forks, MN 56721
218-773-1207
jeff.valleygolf@gmail.com
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1165 S Columbia Rd #C
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Valley Petroleum Equipment Inc.
Kathy Reiser
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Grand Forks, ND 58203
701-772-7261
kathy@valleypetroleum.com
www.valleypetroleum.com
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Valley Senior Living
Garth Rydland
2900 14th Ave S.
Grand Forks, ND 58201-4042
701-787-7900
grydland@valleyseniorliving.org
www.valleyseniorliving.org
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East Grand Forks, MN 56721
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jerome.gerszewski@gmail.com
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The Vertebrae Clinic
Jordan Lunski
4700 S Washington Street
Grand Forks, ND 58201
7017572555
jordan@thevertebraeclinic.com
www.thevertebraeclinic.com
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Veterans of Foreign Wars #3817
Rae Pappenfuss
312 DeMers Ave.
East Grand Forks, MN 56721
218-773-2481
vfw3817@invisimax.com
www.vfw3817.com
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John Hanson
1913 7th Ave N
Grand Forks, ND 58203
701-739-0454
jmhanson@gra.midco.net
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Vigen Construction Inc
Jared Vigen
42247 180th St SW
East Grand Forks, MN 56721
218-773-1159
jared@vigenconstruction.com
www.vigenconstruction.com
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Jeff Schake
5201 North Washington Street
Grand Forks, ND 58203
701-739-7941
jeff@vikingtrackservices.com
www.vikingtrackservices.com
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Grand Forks, ND 58206-5673
701-775-4675
tdahlin@vilandres.com
www.vilandres.com
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Julie Rygg4251
Gateway Drive
Grand Forks, ND 58203-0819
701-746-0444
julie@visitgrandforks.com
www.visitgrandforks.com
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Tyler Sletten
4200 James Ray Drive
Grand Forks, ND 58202
301-497-9000
tyler.sletten@vorbeck.com
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Corey Vreeland
2003 Gateway Dr
Grand Forks, ND 58203
701-775-2523
vreelandremodeling@hotmail.com
www.vreelandremodeling.com
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Lisa Kunkel
1505 11th St N
Wahpeton ND 58075
wahpetonbreckenridgechamber.com
www.wdaz.com
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Richard Wakefield
2514 S Washington St.
Grand Forks, ND 58201-6776
701-746-7000
info@wakefieldhearing.com
www.wakefieldhearing.com
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Grand Forks, ND 58201
701-732-2900
http://www.wallsrx.com/
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Wall's Medicine Center
Dennis Johnson
1322 8th Ave S.
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 58201-6542
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.S05806.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
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Waxing the City
Julie Edman
3251 32nd Ave S
Grand Forks, ND 58201
701-757-0453
studios.waxingthecity.com//I/US/ND/Grand-Forks/3251-32nd-Ave_South
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Joshua Rohrer
2220 S. Washington St.
Grand Forks, ND 58201
701-775-2511
news@wdaz.com
www.wdaz.com
RADIO & TV

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Ben William
1616 Mill Road
Grand Forks, ND 58203-1532
701-775-8118
benw@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
Scott Harloff
2610 Columbia Rd S.
Grand Forks, ND 58201-4789
701-775-1660
scott.harloff@wellsfargo.com
www.wellsfargo.com
FINANCIAL SERVICES

Wendy's
Brad & Gina Towers
1503 S. Washington St.
Grand Forks, ND 58201-8416
7011772-6536
RESTAURANTS

Wendy's - 32nd Ave
Brad and Gina Towers
3760 32nd Ave S
Grand Forks, ND 58201-5910
701-738-8187
RESTAURANTS

Whalen's Moving & Storage
Jeff Whalen
900 First Avenue N
Grand Forks, ND 58203
701-775-5557
jeff@whalensmoving.com
www.whalensmoving.com
MOVING & STORAGE

White Drug Pharmacy
Samantha Ketterling
2475 32nd Ave S
Grand Forks, ND 58201
701-775-4209
p009@thriftywhite.com
www.thriftywhite.com/
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White Water Truck Wash LLC
Tyler Braathen
1203 N 51st St
Grand Forks, ND 58201
701-746-1668
tyler@whitewatertruckwash.com
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Widman's Candy
Dan Widman
106 S. 3rd St.
Grand Forks, ND 58201-4730
701-775-3480
widcandydan@gmail.com
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WIDSETH
Chris Jordheim
3535 South 31st Street
Grand Forks, ND 58201
701-795-1975
chris.jordheim@widseth.com
widseth.com
ARCHITECTS, ENGINEERS, AND LAND SURVEYORS

WIDSETH - EGF
Steve Emery
1600 Central Ave NE
East Grand Forks, MN 56721
218-773-1185
steve.emery@widseth.com
widseth.com
ARCHITECTS, ENGINEERS, AND LAND SURVEYORS

Wilbur-Ellis
Evan Punt
1562 N 52nd St
Grand Forks, ND 58203
701-746-5495
epunt@wilburellis.com
AGRICULTURE / AGRIBUSINESS

Willie Huot
Willie Huot
509 Belmont Rd
Grand Forks, ND 58201
701-739-6316
treeman@midco.net
INDIVIDUALS

Winsupply Grand Forks
Jeff Lundebey
24 North 11th St
Grand Forks, ND 58203-3638
701-746-1190
jblundebey@winwholesale.com
http://www.grandforkswinnelson.com/
HEATING & AIR CONDITIONING & PLUMBING

Wintrust Mortgage
Shanna Field
997 47th Ave S
Grand Forks, ND 58201
701-738-0651
sfield@wintrustmortgage.com
www.mortgagesbyshanna.com
MORTGAGE COMPANIES

Wired Bean Coffee House
East Grand Forks
Kristen Driscoll
210 Gateway Drive NE
East Grand Forks, MN 56721
218-693-2070
kristen@wiredbeanmn.com
https://www.wiredbeanmn.com/
COFFEE SHOPS

Xcel Energy
Kathryn Kester
1206 5th Avenue S
Grand Forks, ND 58208-3038
701-795-5213
Kathryn.M.Kester@xcelenergy.com
www.xcelenergy.com
PUBLIC UTILITIES

Yorhom Medical Essentials
Shelley Bakke
4350 South Washington
Grand Forks, ND 58206
701-780-2500
sjbakke@altru.org
www.yorhom.org
MEDICAL SERVICES / SUPPLIES/EQUIPMENT

Yorhom Medical Essentials
Shelley Bakke
1200 S Columbia Road
Grand Forks, ND 58206-6011
701-780-2500
sjbakke@altru.org
www.yorhom.org
HOME SERVICES

Your CBD Store
Sam Guite
2990 32nd Ave S.
Grand Forks, ND 58201
701-306-1752
samguite.yourcbdstore@gmail.com
www.getsunmed.com
HEALTH & WELLNESS

Zimney Foster P.C.
Abigayle Lindgren
3100 S. Columbia Rd.
Grand Forks, ND 58201-6062
701-772-8111
alindgren@northdakotalaw.net
www.northdakotalaw.net
ATTORNEYS

'I Bistro Mediterranean Eatery
Jeff Demarcke
Canad Inns Destination Center
Grand Forks, ND 58201-3927
701-787-2513
grandforks@canadinns.com
www.lbistro.net
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