

# 2017 Community Profile/Membership Directory

The Chamber – GF/EGF has been working for our communities for over 100 years. As a 4 Star Accredited Chamber, we take pride in being the region's largest business organization. As a chamber, we Inform, Promote, Advocate, Connect and Educate our members and the community.

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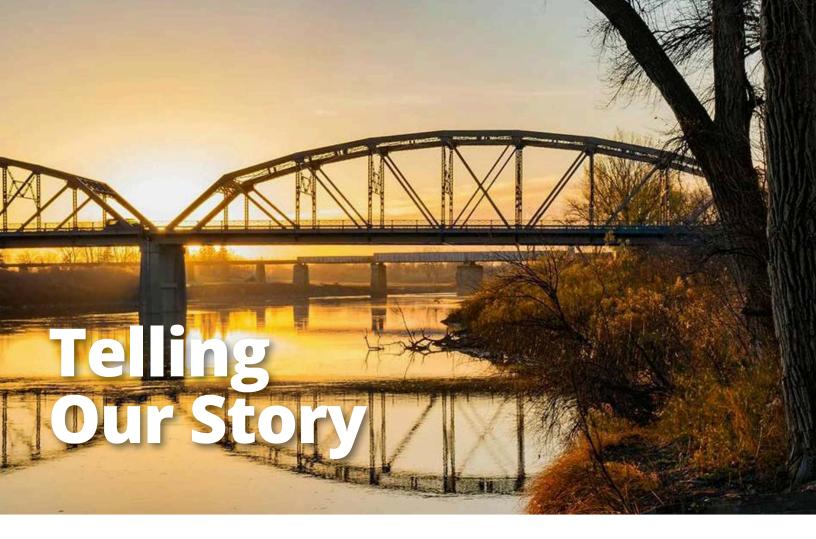
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#### Photos in this book are courtesy of:

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

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

Really.

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

How do we know?

We live here and we love it.

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

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

It's true that the wind blows.

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

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

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

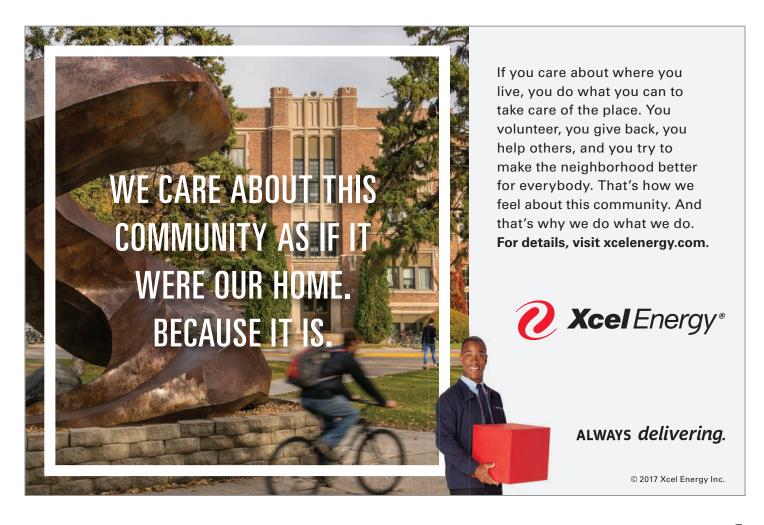
Maybe you've come to teach or to study or to heal.

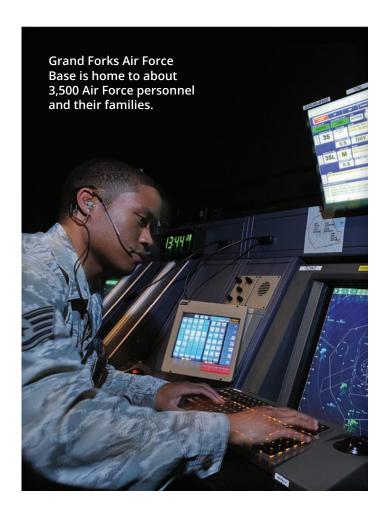
Brain power and cooperation have made innovation flourish here.

We expect to grow. We'd like you and your family to grow with us.

This is an exciting time in our community.

This is the truth. ■





It's hard to know where to start when you want to brag about Grand Forks and East Grand Forks. It's the robust economy that makes everything else possible of course, and we could start there.

But there's something else that's more important.

# Defending Our Freedom

Something that makes economic success possible.

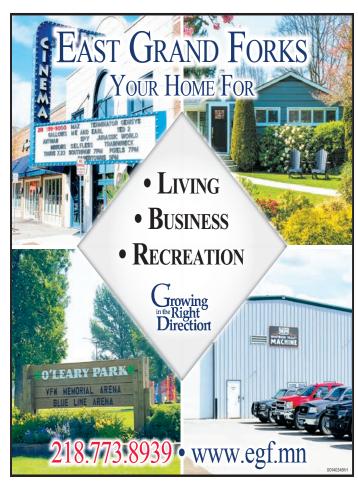
Something that undergirds our lives and our freedoms.

National security, of course.

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

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

Air Mobility Command's 319th Air Base Wing is at home on Grand Forks Air Force Base, but on any given day about 100







military personnel from GFABFB are deployed elsewhere. The base has been critically involved in the Global War on Terror, participating in homeland defense and Operations Enduring Freedom and Iraqi Freedom.

# Grand Forks Air Force Base has several tenants:

- Air Combat Command's 69th Reconnaissance Group, which operates the Global Hawk.
- United States Custom and Border Protection, which operates the MQ-9 Predator.
- Plus base personnel provide support to the 10th Space Warning Squadron at Cavalier Air Force Station, about 90 miles northwest of Grand Forks.

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

Grand Forks and the Grand Forks Air Force Base are on the cutting edge of these developments. The UAS business park on the base is the first in the nation. Grand Forks County is leasing 217 acres on the base for this development. Grand Sky is a specialized location for testing and operating this new technology and it will provide opportunities for partnership in research, testing and training. Northrop Grumman and General Atomics both operate UAS training facilities in the UAS park.

This opportunity comes after hard work and lots of cooperation.

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

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

A local group, The Base Realignment and Impact Committee (BRIC) involving governments and civic organizations,

pushed the idea forward, negotiating terms for the lease and attracting companies who want to locate here.

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

Grand Forks and Grand Forks Air Force Base have had a strong partnership for more than 50 years. Today the base's annual impact is about 2,500 jobs, a payroll of \$90 million and a total economic impact of nearly \$200 million.

The Grand Forks region is mission ready!



# Trusted team, quality care

Sanford Health East Grand Forks

As our community continues to grow, Sanford Health is committed to meet those needs through expanded services and specialties. You can be confident we are striving every day to give you the most advanced health care available.

With three clinic locations in the community, we want to offer convenient access to quality medical care right where you work and live.

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Choose Sanford Health East Grand Forks.

sanfordhealth.org

SANF#RD

East Grand Forks



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

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

You read that right. Those are big numbers.

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

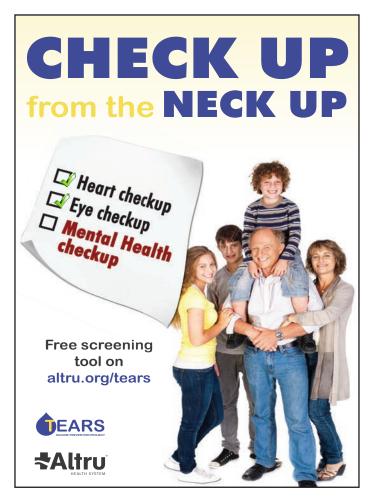
The North Dakota Mill and Elevator is one of these. It's owned by the state, a gift of the state's populist past. Today, it's one of the largest flour mills in the United States.

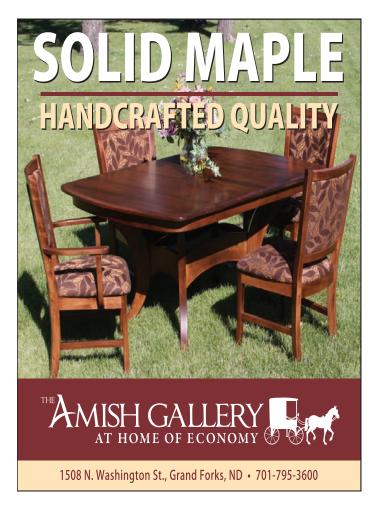
J.R. Simplot, an enormous potato growing and processing enterprise, has a factory here.

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

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











# Grand Forks and East Grand Forks are shopping destinations with destinations within these destinations.

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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







# $\{$ Find the beauty in everything. $\}$

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#### UND

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

In 131 years, it has granted more than 100,000 degrees. You've heard of some of UND's alums:

Phil Jackson, basketball player, guru and writer.

Karen Nyberg, astronaut.

Dick Fontain, CEO of GameStop.

Sally Smith, Buffalo Wild Wings.

Dave St. Peter, president of the Minnesota Twins.

Matt Greene, LA Kings defenseman and Stanley Cup winner -- only the latest in a long list that includes Jonathan Toews and Eddie Belfour.

And these are only the recent alums.

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

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

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

The university is built on a strong foundation of liberal and fine arts. The goal is to help students acquire and evaluate knowledge, to become creative and productive citizens in their communities and nations

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

UND offers baccalaureate degrees in 91 areas, master's degrees in 56 programs and doctoral degrees in 29. There are two professional degree programs, law and medicine. UND is one of a handful of universities that have both a School of Law and a School of Medicine. In all there are nine degree granting colleges and schools. Among these is the John D. Odegard School of Aerospace Sciences, which trains pilots, air traffic controllers, unmanned aircraft operators, space systems engineers and



support staff of all kinds for the aviation and space industries. In addition to these three, there are the College of Arts and Sciences, Business and Public Administration, Education and Human Development, Nursing and Professional Disciplines, Engineering and Mines and Graduate Studies -- a total of nine in all.

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

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

Since its defederalization, the EERC has

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

UND is harnessing the creative and entrepreneurial power of its faculty, students and staff to drive its long term blueprint, "Exceptional UND." The blueprint focuses on the student experience, gathering, collaboration, expanding the university's presence and enhancing the quality of life.

Making a difference, in other words. In students' lives and in the world.

# Northland Community and Technical College

Across the river is the East Grand Forks campus of Northland Community and Technical College, a comprehensive community and technical college that also has a campus in Thief River Falls, Minnesota.

The East Grand Forks campus offers programs in health, business, liberal arts and technology and trades. Health-related career opportunities are a specialty. Students can also take advantage of more



than 22 associate of applied science degrees and carry these credits into the Minnesota state university system and the University of North Dakota.

Students at Northland are a diverse bunch. Some students are recent high school graduates, some are working





people interested in expanding their skills, some are taking courses for personal enrichment.

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

### Still more learning

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

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

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

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

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

## Elementary and secondary education

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

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

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



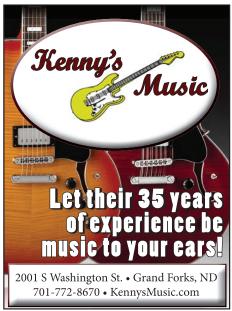


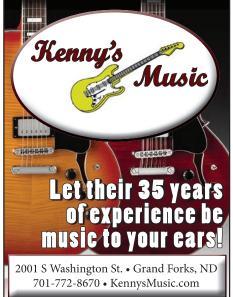
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Whatever the case, we here in Grand Forks and East Grand Forks are proud of our schools. Annually, some of our students qualify for important scholarships such as Merit or Presidential scholarships. Average scores on ACT tests are higher here than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



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**Grand Forks School District #1 Grand Forks Air Force Base** School District #140

#### Mission Statement:

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

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

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

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

The Greenway is open 365 days a year.

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



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

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

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

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

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

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

On the Red River and its major tributary, the Red Lake River, there's canoeing, boating and fishing. Fishing goes on all year 'round. Channel catfish are the river's claim to international

fishing fame, but the Red and Red Lake rivers have more than 70 species of native fish. The confluence of the rivers is an ice fishing destination.

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

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

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

There's also sledding on the Greenway.

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

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

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



Of course, you can run in winter. The Red River Runners Group sponsors The Frozen 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, picnic shelters and more than 30 tennis courts.

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

Arnold Palmer and his team designed one of them, Kings Walk, which is the only PGA rated course in North Dakota or Manitoba.



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The course is operated by the Grand Forks Park District. It's open to the public.

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

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

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 will eventually include hockey arenas and other venues.

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

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

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

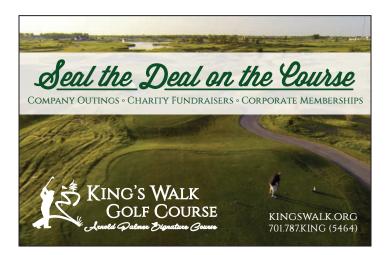
In Grand Forks and East Grand Forks, you can hardly avoid being active.

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

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









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# Grand Forks and East Grand Forks have first-class facilities for sports and entertainment.

First, there's 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 and Elton John.

You can shop at the Ralph, too.

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.

Then there's The Alerus Center, home of UND's football program.

Like the Ralph, the The Alerus Center is more than an arena, hosting big name stars and a wide variety of entertainment, from truck and tractor pulls and rodeos to rock stars such as Cher and Brittany Spears.

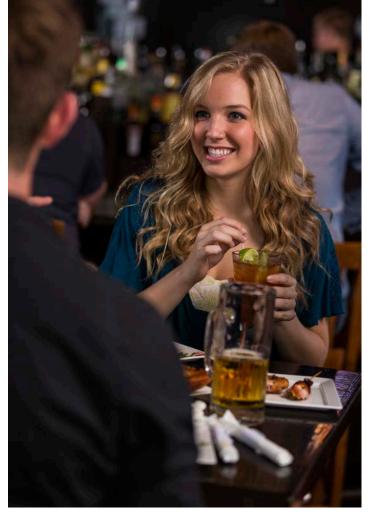
The Alerus Center can seat 13,000 for football and up to 22,000 for entertainment events.

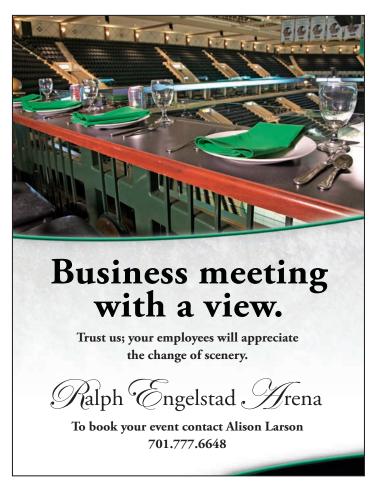
And attached to that is a convention center boasting the largest exhibit space between Seattle and the Twin Cities.

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.

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

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











Looking for a way to relax and enjoy some family time during the beautiful summer months -- months that bring more hours of daylight than any other place in the Lower 48 states?

Check out the races.

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

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

Looking for an open air market?

Check out the farmer's market in Town Square in downtown Grand Forks. It's held every Saturday in the summer, and it

Fourth of July activities, an in-line skating marathon, a disc golf tournament, and the Wild Hog running events, including 5 and 10 kilometer races and half and full marathon distance races.

Then there's Art Fest.

throughout the area.

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

Town Square is also the locale for the annual Zombie Music Fest,

draws farmers and crafters -- as well as shoppers -- from

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

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

There's an Art and Wine Walk on the third Saturday of every month from April through October.

## Looking for a fair or a festival?

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

The grandstand was dedicated by President Franklin Delano Roosevelt.



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

Check out Catfish Days.

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

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

Cats Incredible usually takes place in early August.

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

September brings UND's annual Potato Bowl with such extravaganzas as a French Fry Feed.

And a football game of course.

In December there's a festival of lights downtown.



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# ppreciating 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 Great 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.

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

Other local groups are the Grand Forks Children's Choir and the Master Chorale. The Chorale's concerts have become season

toppers and social events. Each December, members host a "Sing along Messiah" that's classic and a lot of fun.

UND's Music Department showcases its choirs at Winter WUNDerland, also in December.

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

The high schools, too, have well developed music and theater traditions. The performance space at Red River High School in Grand Forks is especially fine.

SPA, the Summer Performing Arts program, draws students into doing and not just watching.

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

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

# The visual arts are well represented elsewhere in the city.

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

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

# Likewise performing arts.

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

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

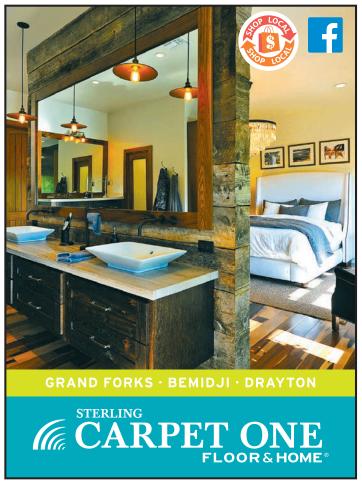
The North Dakota Ballet Company has classes for all ages and regular performances.

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











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

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

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

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

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

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

Both Grand Forks and East Grand Forks have public libraries.

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

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

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

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

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

# **Sharing Cultures**

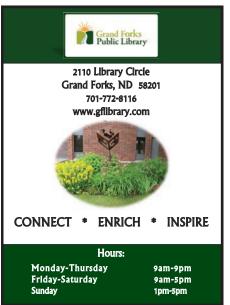
These communities are increasingly diverse, and we are learning about one another and growing together.

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

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

Plus, there are ethnic festivals involving the many European immigrant communities: Norwegians, Swedes, German, Poles, Irish and Scots among us. ■









# Altru Health System is the largest and most comprehensive medical facility in the northern Red River Valley.

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

And that's only the lumber.

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

Altru Health System was named an Employer of Choice in 2012. The designation shows a higher level of dedication to employee relations.

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

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

Altru has more than 30 locations across the region, including clinics, outreach therapy sites and offices for home care

and hospice. In the city of Grand Forks, Altru has 12 locations, including the acute care hospital, a specialty hospital, rehabilitation center, cancer center, various clinics, DakMinn Blood Bank, the Sanny and Jerry Ryan Center for Prevention and Genetics, Truyu Aestheic Center, Yorhom Medical Essentials and Parkwood Senior Living.

Across the Red River, in East Grand Forks, Altru Clinic has providers, specialists and therapists who provide a hometown touch to modern medicine.

Altu's touch reaches farther than the region. In 2011, Altru became the inaugural member of the Mayo Clinic Care Network. This partnership brings Mayo Clinic's knowledge and expertise to the Red River Valley. Patients here have access to the highest level of clinical proficiency available anywhere.

In 2012, Altru established the Ryan Center to encourage individuals to think about their health through preventive measures to avoid having to seek care. It's the first center of its kind in the region.

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

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.

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



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### Other medical services

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

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

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

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





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# Our community has a number of options for senior living.

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

Altru's Parkwood Senior Living is a 172-unit senior living facility. Located on Altru's main campus, 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 Montessoribased programming, The environment nurtures independence, self-assurance and positivity attitudes in seniors and memoryimpaired individuals as well as their families.

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

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

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



# Helping Out

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

The local United Way maintains a volunteer hot line.

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

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

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

# Living Here

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

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

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

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

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

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

And you can afford it.

Local lenders offer a range of financing programs and are eager to help you find the right package, be it a conventional mortgage, a VA financed mortgage and FHA loan, or a first-time homebuyers 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, Heidi.

They're our neighbors after all.

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

The civil society works here.

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

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

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

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

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

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

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

We live together. ■



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

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

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

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

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

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

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

We expect to grow.

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

For all of us.

Including you and your family.

There's activity here for your interests.

There are services here to meet your needs.

There's room here for your dreams.

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Come, grow with us. ■



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#### **Aflac District Office**

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INSURANCE AGENCIES / BROKERAGES

## AFS Automated Financial Services, Inc.

Rusty Steffan 2860 19th Ave S Grand Forks, ND 58201 (701) 738-5010 www.automatedfinancialservice.com Rustys@automatedfinancialservice.com FINANCIAL SERVICES

#### **Agassiz Associates, PLLC**

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Cheryl Anderson 319 fSS, Bldg 207 575 Holzapple Grand Forks AFB, ND 58205-6319 (701) 747-3241 cheryl anderson@us.af.mil GOVERNMENTAL AGENCIES

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FLORISTS & NURSERIES

#### All About Kids, Inc.

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

#### All About Moving, Inc.

Trevor Kittelson 2402 North 69th Street Grand Forks, ND 58203 (701) 772-4100 www.all-aboutmoving.com trevor@all-aboutmoving.com MOVING & STORAGE

#### All Reasons Self Storage, LLC.

Dean Eggebraaten 3000 S 38th St. Grand Forks, ND 58201-5933 (701) 746-8180 www.allreasons.com rentals@allreasons.com STORAGE FACILITIES

#### **Allied Building Products**

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INSURANCE AGENCIES / BROKERAGES

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Noah Chelliah 1191 S. Columbia Rd Grand Forks, ND 58201 (701) 402-2300 x 70 www.Altispeed.com noah@altispeed.com COMPUTER SALES/SERVICE

#### **Altru Cancer Center**

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Heating & Air Conditioning

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#### AmeriPride

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#### **Applegren Construction**

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#### **Aquatic Designs**

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#### **Archives Coffee House**

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INSURANCE AGENCIES / BROKERAGES

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FURNITURE

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# **2017** Membership Directory

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

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#### **Bakken Backers**

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## Bully Brew Coffee Company & Roasters

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## **Bully Brew Coffee House**

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COFFEE SHOPS

## **Burggraf's Ace Hardware**

Tony Gillson Grand Cities Mall 1826 S. Washington St., Ste. 1 Grand Forks, ND 58201 (701) 738-0455 www.acehardware.com tony@burggrafsace.com HARDWARE & LIGHTING

## **Business Essentials**

John Richardson 1119 N. 42nd St. Grand Forks, ND 58203 (701) 775-5503 www.businessessentials.biz jrichardson@businessessentials.biz OFFICE SERVICES,SUPPLIES/ EQUIPMENT/ FURNITURE

## **Business Specialties, CPAs**

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

## C & H Insurance

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INSURANCE AGENCIES / BROKERAGES

## C & R Cleaners & Laundry

Don Larsen 1010 North Fifth Street Grand Forks, ND 58203-2498 (701) 775-5336 www.crcleaners.com clean@crcleaners.com LAUNDRY & LINEN SUPPLY/SERVICE

## C&M Ford

Jay Potulny
702 N Atlantic Ave
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www.candmford.com
jay.potulny@candmford.com
AUTOMOBILE DEALERS

## C.L. Linfoot Company

Bill Widman

4805 DeMers Avenue PO Box 12816 Grand Forks, ND 58208-2816 (701) 775-3961 www.cllinfootco.com bwidman@cllinfootco.com Heating & Air Conditioning

### Cabela's

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

## Caldis, Tingum & Tingum, Ltd

Kirk Tingum 219 South 4th Street PO Box 5267 Grand Forks, ND 58206-5267 (701) 772-5511 ktingum@tingumlaw.com ATTORNEYS

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PROPERTY MANAGEMENT & DEVELOPMENT

### Camrud, Maddock, Olson & Larson Ltd

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

## Canad Inns

Kevin Robson 1000 S. 42nd St Grand Forks, ND 58201-3927 (701) 772-8404 www.canadinns.com krobson@canadinns.com HOTELS & MOTELS

## **Cancer Center of North Dakota**

Dr. William Noyes 1451 44th Ave. S., Unit E Grand Forks, ND 58201-3434 (701) 787-5800 www.cancercenternd.com CLINICS, PHYSICIANS & SURGEONS

## **Capital Resource Management**

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

## **Carfunkel Auto Sales**

Garrett Howlett
2315 N. Washington St.
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(701) 775-8722
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garrett@carfunkel-gf.com
AUTOMOBILE DEALERS

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## Cariveau Workforce Services Galen Cariveau

1523 Laurel Drive Southeast East Grand Forks, MN 58271 (218) 791-8592 gcariveau@gmail.com TRAINING/EDUCATION SERVICES

## **Carrington Court Townhome Apts.** Scott Stauss

2299 S. 34th Street Grand Forks, ND 58201 (701) 775-5544 www.hamptonmanagement.com scotts@hamptoncorp.com PROPERTY MANAGEMENT & DEVELOPMENT

### Casa Mexico

Sergio Aguirre 112 14th St. NE East Grand Forks, MN 56271 (218) 773-4331 www.facebook.com/ CasaMexicoOfEastGrandForks sag2@live.com RESTALIBANTS

## **Catholic Charities North Dakota**

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## **Caulfield Studio**

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## **Cellular Communications**

Tanner Grosz

2600 DeMers Ave., Ste. 104 Grand Forks, ND 58201-4100 (701) 795-1513 www.cellcominc.com grosz@cellcominc.com COMMUNICATIONS SALES & SERVICE

## Cenex - Gateway Drive

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## Century 21, Red River Realty

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## Century 21, Red River Realty - Jodi Danzl

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REALTORS

## Century Electric, Inc.

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

## CenturyLink

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FITNESS CLUBS

## Charles Bridgeford, D.D.S.

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### China Garden

Diane Shi 2550 32nd Ave. S. Grand Forks, ND 58201 (701) 772-0660 www.facebook.com/pages/China-Garden/108148502559608 amysshi@gmail.com RESTAURANTS

## Chiro Rx Ltd

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

## **Choice Financial - South Washington**

Paul Canton 4501 S. Washington St Grand Forks, ND 58201 (701) 738-4300 www.choicefinancialgroup.com p.canton@choicefinancialgroup.com FINANCIAL SERVICES

## Choice Financial-42nd

Chris Johnson 1697 S. 42nd St. Grand Forks, ND 58201-3740 (701) 746-6010 www.choicefinancialgroup.com cj.johnson@choicefinancialgroup.com FINANCIAL SERVICES

## **Choice Health & Fitness**

Michael Orr 4401 S. 11th Street Grand Forks, ND 58201 (701) 746-2790 www.choicehf.com morr@choicehf.com FITNESS CLUBS

## **CHS Ag Services**

Ryan Anderson 4115 27th Ave N Grand Forks, ND 58203-1449 (701) 746-4558 www.chsagservices.com ryan.anderson@chsinc.com AGRICULTURE/AGRIBUSINESS

## Circle K Builders, Inc.

Bill Knipe 1191 15th St. NE Grand Forks, ND 58201 (701) 772-6767 billknipe@infionline.net CONSTRUCTION & BUILDING TRADES

## **Circle of Friends Humane Society**

Laura Lee 4375 N. Washington St. Grand Forks, ND 58203-3817 (701) 775-3732 www.gfpets.com cof@gfpets.com PET SERVICES

## Cirrus Design

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## **Citizens Community Credit Union**

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Douglas Nielsen 428 Bygland Rd SE East Grand Forks, MN 56721 (218) 399-0324 www.citizens-cu.com dougn@citizens-cu.com FINANCIAL SERVICES

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City of East Grand Forks David Murphy 600 DeMers Ave. East Grand Forks, MN 56721 (218) 773-2483 www.egf.mn dmurphy@egf.mn GOVERNMENTAL AGENCIES

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## City of GF Police Department

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## City of GF Public Health

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## **City of Grand Forks**

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## City of Grand Forks - Greenway

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## City of Grand Forks- Public Works

Lean Rae Amundson 724 N. 47th St Grand Forks, ND 58203-1812 (701) 738-8740 www.gfgov.com lamundson@grandforksgov.com GOVERNMENTAL AGENCIES

## **Classic Promotions**

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## Click by Anne LLC

Anne Adolphson 211 Demers Ave East Grand Forks, MN 56721 (763) 486-7100 www.clickbyanne.com anne@clickbyanne.com PHOTOGRAPHERS

## C'Mon Inn

Patrick Severson 3051 32nd Avenue South Grand Forks, ND 58201-6021 (701) 775-3320 www.cmoninn.com gfgm@cmoninn.com H0TELS & M0TELS

## Coca-Cola Bottling Company High Country

Melissa Spielman 819 46th St. S. Grand Forks, ND 58201-3841 (800) 658-3638 www.coca-colahighcountry.com Melissa.Spielman@cokehc.com SOFT DRINK DISTRIBUTIORS

## Coldwell Banker - Forks Real Estate

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## Coldwell Banker Forks Real Estate-Kym Enlow

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## Columbia Mall

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

## Comfort Keepers

Judi Schmidt 2100 S Columbia Rd, STE 116 Grand Forks, ND 58201-5860 (701) 738-0006 www.comfortkeepers.com judischmidt@comfortkeepers.com HOME SERVICES

## Community Contractors, Inc. Craig Tweten

4297 16th Ave. N.
PO Box 13593
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(701) 772-2111
www.communitycontractorsinc.com
rdeschene@communitycontractorsinc.com
CONTRACTORS & CONSTRUCTION
SERVICES

## Community Foundation of GF, EGF & Region

Heather Lenoir 620 DeMers Ave. Grand Forks, ND 58201-4531 (701) 746-0668 www.gofoundation.org hlenoir@gofoundation.org NON-PROFIT ORGANIZATION

## **Community Options**

Bianca Bell 2300 Library Circle Grand Forks, ND 58201 (701) 772-1715 www.communityoptions.org biancab@coresinc.org EMPLOYMENT SERVICES

## **Community Safety Net**

Corey Desjarlais 276 Cavalier Street PO Box 559 Pembina, ND 58271-0559 (800) 665-6167 www.communitysafetynet.com corey@communitysafetynet.com PURI ISHERS

## Community Violence Intervention

Kristi Hall-Jiran 211 S. 4th St. Grand Forks, ND 58201-4737 (701) 746-0405 www.cviconline.org Kristi@cviconline.org NON-PROFIT ORGANIZATION

### **Conlin's Furniture**

Steve Borgen 1605 S Washington St. Grand Forks, ND 58201-6333 (701) 775-0475 www.conlins.com steve\_borgen@conlins.com FURNITURE

## **Construction Engineers, Inc.**

Scott Kringstad 200 N 69 St PO Box 13378 Grand Forks, ND 58208-3378 (701) 792-3200 www.constructionengineers.com scott@constructionengineers.com CONTRACTORS & CONSTRUCTION SERVICES

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Craig Johnson 1706/1712 Continental Drive Grand Forks, ND 58201 (701) 739-1668 wwtw@midconetwork.com PROPERTY MANAGEMENT & DEVELOPMENT

## Cornerstone Ag Services Inc.

Jennifer & Kayla Otteson 321 Broadway, STE 2 Buxton, ND 58218 (218) 791-9113 www.cornerstoneagservices.com jen@cstoneag.com AGRICULTURE/AGRIBUSINESS

## **Cornerstone Mortgage**

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MORTGAGE COMPANIES

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Robert Wedin 2475 32nd Ave. S, STE 4 Grand Forks, ND 58201 (701) 772-1488 www.costcutters.com rwedin@msn.com SPAS & SALONS

## **Cost Cutters - Grand Cities Mall**

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## **Country Financial**

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INSURANCE AGENCIES / BROKERAGES

## **Country Inn & Suites**

David Gonzalez 3101 South 42nd Street Grand Forks, ND 58201 (701) 757-2200 www.countryinns.com/grandforksnd cx\_grks@countryinns.com HOTELS & MOTELS

## **Countrywide Moving and Storage**

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

## **Countrywide Sanitation**

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

## CPS, Ltd. Engineering - Land Surveying

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

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### Culinex

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RESTAURANT/STORE EQUIPMENT & SUPPLY

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## **Curtis Fischer Tax Service LLC**

Curtis Fischer 2656 S. 26th St. Grand Forks, ND 58201 (701) 775-8060 cfischertax@gmail.com TAX PREPARATION

### **Custom Aire**

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## **Custom Stripes, Inc.**

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AUTOMOTIVE SUPPLIES & REPAIRS

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

## Dacotah Paper Company

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

## **Dahl Funeral Home**

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## **Dahlstrom Motors**

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## **Dakota Boys and Girls Ranch**

Jo Martin 2017 DeMers Ave. Grand Forks, ND 58201-8624 (701) 775-7805 www.dakotaranch.org j.martin@dakotaranch.org SECOND HAND STORE

## **Dakota Carrier Network**

Seth Arndorfer 3901 Great Plains Dr. S. Fargo, ND 58104-3916 (701) 364-1300 www.dakotacrarier.com samdorfer@dakotacarrier.com COMMUNICATIONS SALES & SERVICE

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## Dakota Commercial & Development, Inc

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## **Dakota Fire Protection**

Teresa Washburn 1710 N Washington Street PO Box 5327 (701) 772-8820 teresaw@dakotafire.com

## Dakota Made In The Shade Blinds And More

Scott & Diana Ohman Grand Forks, ND 58201 (701) 317-5597 www.facebook.com/ Dakotamadeintheshade?fref=ts Scott@mitsend.com WINDOW COVERINGS

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Joe Engh 4141 38th St. SW, Ste. 1A Fargo, ND 58104 (701) 451-0663 www.dakotamailing.com Joe@Dakotamailing.com MAIL & SHIPPING SERVICES

## **Dakota Metal Fabrication Inc**

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## Dakota Sales - Budweiser

Randy Kieffer 1916 DeMers Avenue PO Box 12209 Grand Forks, ND 58208-2209 (701) 746-0341 randy.kieffer@dakotasales.net BEVERAGE DEALERS

## **Dakota Science Center** Laura Munski

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## **Dakota Supply Group**

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APPLIANCE & ELECTRONICS DEALERS

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## **Dakota Venture Group**

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4310 17th Ave S Fargo, ND 58103 (701) 476-8351 www.northdakota.dalecarnegie.com IRAINING/EDUCATION SERVICES

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## Dan's Pest Control

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## Dean Foods N.C., Inc. - Land O'Lakes

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## Options: Interstate Resource Center For Independent Living

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## Second Impressions

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www.facebook.com/Touch-of-Art-with-Terri-1584903608393648/?fref=ts
touchofartwithterri@gmail.com
AMUSEMENT & ENTERTAINMENT

## **Town Square Farmers Market**

Caryl Lester
Po Box 13954
Grand Forks, ND 58201-5854
(218) 779-1382
www.tsfarmersmarket.com
tsfarmersmarket@yahoo.com
NON-PROFIT ORGANIZATION

## **Tractor Supply Company**

Seth Perdew 4460 32nd Ave. S. Grand Forks, ND 58201-3301 (701) 746-0391 www.tractorsupply.com str0116@tractorsupply.com RETAILERS

## TrainND Northeast

David Steffen 1501 28th Avenue S Grand Forks, ND 58201 (701) 662-1584 www.lrsc.edu david.p.steffen@lrsc.edu TRAINING/EDUCATION SERVICES

## Transystems

Troy Carl 2211 South Washington, Suite A Grand Forks, ND 58201 (701) 746-0389 www.transystemsllc.com tearl@transystemsllc.com TRUCKING

## Travelodge Winnipeg East

Suzanne Cave
20 Alpine Ave.
Winnipeg, MB R2M 0Y5 CA
(204) 255-6000
www.wyndhamhotels.com/travelodge/
winnipeg-manitoba/travelodge-winnipegeast/overview/CID=LC:
suzannecave@shaw.ca
HOTELS & MOTELS

## Treat Play Love Kelly Hilzendager

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

## Tri City Northstars Semi-Professional Football Team

Michelle Jalan Gerald Anton Grand Forks, ND 58201 (701) 740-9847 www.gonorthstars.com tricitynorthstars701@gmail.com AMUSEMENT & ENTERTAINMENT

## Triangle Coach Service, Inc.

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

## TRIIX Customs

Phil Hanson 1600 47th Ave. S., STE C Grand Forks, ND 58203 (701) 757-3075 www.triixcustoms.com TriixCustoms@gmail.com AUTOMOTIVE SUPPLIES & REPAIRS

### **Trojan Promotions**

Jessica Langerud Nelson 10 South Third Street Grand Forks, ND 58201 (701) 746-8888 www.trojanpromotions.com jessica@trojanpromotions.com ADVERTISING PRODUCTS

## True Healing Massage LLC

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

## True North Equipment John Oncken 5101 Gateway Drive Grand Forks, ND 58203-1109

(701) 746-4436
www.truenorthequipment.com
joncken@truenorthequipment.com
IMPLEMENT & MACHINERY DEALERS

## **True North Resource Center**

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

## Truyu Aesthetic Center

Julie Edman 3165 Demers Avenue Grand Forks, ND 58201 (701) 780-6623 www.truyu.net jedman@altru.org MEDICAL SERVICES/SUPPLIES/ FOULIPMENT

## Truyu Aesthetic Center-at Choice

ITUJU AESTNETIC CENTER-A
Health & Fitness
Julie Edman
4401 S. 11th St
Grand Forks, ND 58201
(701) 732-7570
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HEALTH & WELLNESS

## Turtle River State Park

Larry Hagen 3084 Park Avenue Arvilla, ND 58214-9478 (701) 594-4445 www.parkrec.nd.gov scrandall@nd.gov RECREATION

## **Twin Tandem Studios LLC**

Paul Hoplin 33 South 3rd Street, # 211 Grand Forks, ND 58201 (218) 464-6524 www.twintandem.com phoplin@twintandem.com VIDEO & MEDIA PRODUCTION

## U.S. Bank

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

## U.S. Bank

Pam Bernhardson 314 14th Street NE - Hugo's East Grand Forks, MN 56721 (218) 773-8701 www.usbank.com pamela.bernhardson@usbank.com FINANCIAL SERVICES

## U.S. Bank

Brad Bulger 1205 South Columbia Road Grand Forks, ND 58201 (701) 795-6230 www.usbank.com brad.bulger@usbank.com FINANCIAL SERVICES

## Ultima Bank Minnesota-Loan Production Office

Derek Nelson 722 Demers Ave., Suite 1 East Grand Forks, MN 56721 (218) 399-1200 www.ultimabank.com derek@ultimabank.com FINANCIAL SERVICES

## **UND Aerospace Foundation**

Chuck Pineo
Ryan Hall Room 211
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Grand Forks, ND 58202-9023
(701) 777-2184
www.undaerospace.com
cpineo@aero.und.edu
EDUCATION

## UND Air Force ROTC

George Noel 255 Centennial Dr., Stop 8360 Grand Forks, ND 58202-8360 (701) 777-0437 www.ndsu.edu/afrotc george.noel@ndsu.edu GOVERNMENTAL AGENCIES

## UND Alumni Association & Foundation

Deanna Carlson-Zink 3501 University Ave, Stop 8157 Grand Forks, ND 58202-8157 (701) 777-2538 www.undalumni.org deannac@undfoundation.org EDUCATION

## **UND Army ROTC**

Jason Murphy 255 Centennial Drive Stop 8360 Grand Forks, ND 58202-8360 (701) 777-3494 www.UND.edu/dept/msci jason.j.murphy@und.edu GOVERNMENTAL AGENCIES

## **UND Athletics Department**

Derick Stoulil
2751 2nd Ave N Stop 9013
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derick.stoulil@athletics.und.edu
EDUCATION

## **UND Career Services**

Ilene Odegard 280 McCannel Hall 2891 2nd Ave. N, Stop 9014 Grand Forks, ND 58202 (701) 777-3904 www.und.edu/student-life/careers ilene.odegard@und.edu EDUCATION

## **UND Center for Innovation**

Bruce Gjovig 4200 James Ray Dr. Stop 8372 Grand Forks, ND 58203 (701) 777-3132 www.innovators.net bruce@innovators.net FDIICATION

## **UND Chester Fritz Auditorium**

Betty Allan 3475 University Ave., Stop 9028 Grand Forks, ND 58202-9028 (701) 777-3076 www.cfa.und.edu betty.allan@email.und.edu AMUSEMENT & ENTERTAINMENT

## **UND Chester Fritz Library**

Stephanie Walker 3051 University Ave., Stop 9000 Grand Forks, ND 58202-9000 (701) 777-2189 www.library.und.edu stephanie.walker@und.edu EDUCATION

## **UND College of Arts & Sciences**

290 Centennial Dr, Stop 8038 Grand Forks, ND 58202-8038 (701) 777-2749 www.arts-sciences.und.edu debbie.storrs@und.edu FDIICATION

## UND College of Business & Public Administration

Margaret Williams Gamble Hall, Room 110 293 Centennial Dr., Stop 8098 Grand Forks, ND 58202-8098 (701) 777-2135 www.business.und.edu deam@business.und.edu

## UND College of Education & Human Development

Anne Walker
231 Centennial Dr., Stop 7189
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FDIICATION

## UND College of Engineering & Mines

Hesham El-Rewini Upson II, Room 165 243 Centennial Dr., Stop 8155 Grand Forks, ND 58202-8155 (701) 777-3412 engineering und edu rewini@engr.und.edu EDUCATION

## UND College of Nursing and Professional Disciplines

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## **UND Dean of Students**

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EDUCATION

## **UND Dining Services**

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### UND Energy & Environmental Research Ctr. Thomas Erickson 15 North 23rd Street Stop 9018 Grand Forks, ND 58202-9018 (701) 777-5130

(701) 777-5130 www.undeerc.org terickson@undeerc.org NON-PROFIT ORGANIZATION

## **UND Facilities Management**

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## **UND Housing/Dining**

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## UND Interim Vice President for Student Affairs

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## UND Interim Vice President for University and Public Affairs

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## UND Memorial Union

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## **UND Multicultural Student Services**

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## UND Office of Ceremonies & University Events

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## **UND Office of Extended Learning**

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## **UND Office of Human Resources**

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## **UND Office of the President**

Mark Kennedy 264 Centennial Drive, Stop 8193 Grand Forks, ND 58202-8193 (701) 777-2121 und.edu/president mark.r.kennedy@und.edu FDIICATION

## **UND Public Safety & University Police**

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## **UND School of Aerospace Sciences**

Paul Lindseth Odegard Hall, Room 200 3980 Campus Rd., Stop 9007 Grand Forks, ND 58202-9007 (701) 777-2197 aero.und.edu Iindseth@aero.und.edu FDIJICATION

## **UND School of Graduate Studies**

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## **UND School of Law**

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## UND School of Medicine & Health Sciences

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## **UND Student Government**

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## **UND Student Health Services**

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und.studenthealth@email.und.edu
EDUCATION

## **UND Student Wellness Center**

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Peter Johnson
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## UND Vice President for Finance & Operations

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EDUCATION

## Unique Auto Body & Sales, Inc.

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2205 DeMers Avenue
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AUTOMOBILE REPAIR & SALES

## United States Postal Service - Grand Forks, ND

Travis Larson 2501 28th Ave S Grand Forks, ND 58201 (701) 335-2010 www.usps.com travis.d.larson@usps.gov DELIVERY SERVICES

## **United Valley Bank**

Tim Horpedahl 2718 South Columbia Road Grand Forks, ND 58201-6006 (701) 780-9757 www.uvbank.net thorp@uvbank.net FINANCIAL SERVICES

## United Valley Bank - Downtown

Tim Horpedahl 200 1st Ave N Grand Forks, ND 58203 (701) 402-0253 www.uvbank.net FINANCIAL SERVICES

## United Way of Grand Forks, E. Grand Forks & Area

Pat Berger 1407 24th Ave South, Suite 400 Grand Forks, ND 58201-4508 (701) 775-8661 www.unitedwaygfegf.org pberger@unitedwaygfegf.org NON-PROFIT ORGANIZATION

## University of Mary

Debra Balzer-Plagemann 1351 Page Dr, Suite 103 Fargo, ND 58103 (701) 232-7088 www.umary.edu daplagemann@umary.edu

## University of Minnesota Crookston-Office of Admissions

Diane Rapacz Owen Hall, Suite A Crookston, MN 56716 (218) 281-8678 www.umcrookston.edu/online cronline@umn.edu EDUCATION

## **University Station, LLC**

Tami LePier 1300 Ralph Engelstad Arena Dr. Grand Forks, ND 58203-2169 (701) 738-8380 www.universitystation.net info@universitystation.net SERVICE STATIONS & CONVENIENCE STORES

## Up North Pizza Pub

Jesse Johnson 316 4th St. NW East Grand Forks, MN 56721 (218) 399-0200 www.upnorthpizzapub.com jesse@upnorthpizzapub.com RESTAURANTS, LOUNGES & LIQUORS

## **Urban Stampede**

Patti Eider 324 Kittson Ave Grand Forks, ND 58201 (701) 746-9531 patti\_eider@hotmail.com COFFEE SHOPS

## **US** Foods

Gary Nissen 4601 32nd Ave S Grand Forks, ND 58201 (701) 795-5900 www.usfoodservice.com gary.nissen@usfoods.com GROCERY SUPPLY

Vaaler Insurance, Inc.
Bruce Vaaler
2701 S Columbia Road
PO Box 12848
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www.vaaler.com
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INSURANCE AGENCIES / BROKERAGES

## Valley Aircraft Services, LLC

Daniel Malott 2550 17th St NE Manvel, ND 58256 (701) 330-7615 www.valleyaircraftservices.com dan@flyvift.com AIRLINES AND AVIATION

## Valley Bone & Joint Clinic

Jennifer Gerszewski

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

## **Valley Community Health Centers**

Mara Jiran 212 South 4th Street, Suite 101 Grand Forks, ND 58201 (701) 757-2100 www.valleychc.org mara\_jiran@valleychc.org NON-PROFIT ORGANIZATION

## **Valley Corn Maize**

Debbie Krueger HWY 2 East East Grand Forks, MN 56721 (701) 740-2042 www.valleycommaize.com kpkenterpriseslic@gmail.com AMUSEMENT & ENTERTAINMENT

## Valley Dairy/Valley Car Wash

Clark Érickson
1149 36th Ave. S.
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(701) 746-8371
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cerickson@valleydairy.com
SERVICE STATIONS & CONVENIENCE
STORES

## Valley Golf

Jeff Kamedula PO Box 461 East Grand Forks, MN 56721-0461 (218) 773-1207 www.valleygolfegf.com jeff.valleygolf@gmail.com RECREATION

## **Valley Health**

Laura Spicer
360 Division Avenue, STE 200
Grand Forks, ND 58201
(701) 775-4251
www.myvalleyhealth.com
laura@myvalleyhealth.com
NON-PROFIT ORGANIZATION

## Valley Memorial Homes Garth Rydland

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

## Valley Oral & Facial Surgery

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

## Valley Truck Parts & Service, Inc.

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

## **Valley Vision Clinic**

Lyle Hall, O.D. 2200 S. Washington St. Grand Forks, ND 58201-6346 (701) 775-3135 drhall@valleyvision.net OPTICAL

### Valvoline Instant Oil Change Jerome Gerszewski

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### Verizon Wireless - BeMobile Inc. Traci Kovar

2100 S Columbia Rd., STE 120 Grand Forks, ND 58201-5895 (701) 775-9996 www.bemobile.com traci⊚bemobile.com COMMUNICATIONS SALES & SERVICE

## Veterans of Foreign Wars #3817

Roger Pohlman 312 DeMers Ave. East Grand Forks, MN 56721-1816 (218) 773-2481 www.vfw3817.com vfw3817.com bARS/LOUNGES/NIGHTCLUBS

## Veterans of Foreign Wars Post 1874 and Auxiliary

Dennis Heap 1913 7th Ave N Grand Forks, ND 58203 (701) 739-0454 jmhanson@gra.midco.net NON-PROFIT ORGANIZATION

## Vibrant Painting & Contracting, LLC

Kelly Abrahamson Grand Forks, ND 58203 (701) 330-9546 www.vibrantpaintingandcontracting.com vibrantpaintinggf@gmail.com CONSTRUCTION & BUILDING TRADES

## **Vigen Construction Inc**

Tim Schlenker 42247 180th St SW East Grand Forks, MN 56721 (218) 773-1159 www.vigenconstruction.com thschlenker@vigenconstruction.com CONSTRUCTION & BUILDING TRADES

## Vilandre Heating, Air Conditioning & Plumbing

Jeff Wilson
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PLUMBING, HEATING & AIR
CONDITIONING

## **Village Family Service Center**

Luke Klefstad 1726 S. Washington St., STE 33A Grand Forks, ND 58201-6370 (701) 746-4584 www.thevillagefamily.org Iklefstad@thevillagefamily.org NON-PROFIT ORGANIZATION

## **Viscito Family Medicine**

Matthew Viscito
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CLINICS. PHYSICIANS & SURGEONS

## Vistage Worldwide

Trent Lee 6190 Martens Way South Fargo, ND 58104 (701) 219-4402 www.vistage.com Trent.Lee@vistagechair.com CONSULTING

Vogel Law Firm
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ATTORNEYS

## Vreeland Remodeling, Inc.

Lynn Vreeland 2003 Gateway Dr Grand Forks, ND 58203 (701) 775-2523 www.vreelandremodeling.com HOME BUILDERS--Commercial and Industrial

## Wag-N-Train

Dana Fiedler 1662 15th Ave NE Grand Forks, ND 58201 (218) 791-3388 www.wagntrain.net dana.fiedler@aol.com PET SERVICES

## Wahpeton Breckenridge Chamber of Commerce

Sarah Abel 118 North 6th Str Wahpeton, ND 58075 (701) 642-8744 sarah@wahpetonbreckenridgechamber.com CHAMBER OF COMMERCE

## **Wakefield Hearing Center**

Richard Wakefield 2514 S Washington St. Grand Forks, ND 58201-6776 (701) 746-7000 www.wakefieldhearing.com wakehear@yahoo.com MEDICAL SERVICES/SUPPLIES/EQUIPMENT

### Wall's Medicine Center Dennis Johnson

708 S. Washington St. Grand Forks, ND 58201-4328 (701) 746-0498 www.wallsrx.com walls@wallsrx.com PHARMACIES

## Walmart-32nd Ave

Johnny Harris 2551 32nd Ave. S. Grand Forks, ND 58201-6542 (701) 746-7225 www.walmart.com DEPARTMENT STORES

## **Walmart-Gateway**

Gail Butterfield 5755 Gateway Dr Grand Forks, ND 58203 (701) 620-6003 www.walmart.com DEPARTMENT STORES

## Waterfront Kitchen & Bath

Rochele Pierson
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PLUMBING, HEATING & AIR CONDITIONING

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## Webster, Foster, and Weston

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## WEEDEX

George Reck 1201 Dyke Ave PO Box 14562 Grand Forks, ND 58201 (701) 741-3461 weedex1@msn.com LAWN & TREE CARE

## WELCORE HEALTH

Molly Soeby Grand Forks, ND 58201 (701) 330-4216 www.WelCoreHealth.com Info@WelCoreHealth.com HEALTH & WELLNESS

## Wells Concrete Susan Norgard

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CONCRETE PRODUCTS

## **Wells Fargo Bank**

Amber Norton 33 S. 3rd St., STE E Grand Forks, ND 58203 (701) 792-5965 www.wellsfargo.com amber.l.norton@wellsfargo.com FINANCIAL SERVICES

## Wells Fargo Bank - Columbia Rd

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## Wendy's

Brad & Gina Towers 1503 S. Washington St. Grand Forks, ND 58201-8416 (701) 772-6536 RESTAURANTS

## Wendy's - 32nd Ave

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## Whalen's Moving & Storage

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

## **White Drug Pharmacy**

Lindsay Youd 2475 32nd Ave S Grand Forks, ND 58201 (701) 775-4209 www.thriftywhite.com p009@thriftywhite.com PHARMACIES

## Widman's Candy

George Widman 106 S. 3rd St. Grand Forks, ND 58201-4730 (701) 775-3480 SPECIALTY FOODS

## Widseth Smith Nolting Greg Boppre, PE

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## **Winmar Sleep Center**

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MEDICAL SERVICES/SUPPLIES/EQUIPMENT

## **Wintrust Mortgage**

Shanna Field 997 47th Ave S, Unit 4 Grand Forks, ND 58201 (701) 738-0651 www.mortgagesbyshanna.com stield@wintrustmortgage.com MORTGAGE COMPANIES

## **Wireless Concepts**

Pat Purcell 2550 S Columbia Rd, Suite H Grand Forks, ND 58201 (701) 795-5700 pat@wirelessconcepts1.com TELEPHONE SERVICES

## Women's Pregnancy Center

1726 S Washington St., STE 70 Grand Forks, ND 58201 (701) 746-8866 www.gfwpc.org jill@gfwpc.org MEDICAL SERVICES/SUPPLIES/ EQUIPMENT

## **Wonder Years**

Dan Polasky 2550 28th Ave S. Grand Forks, ND 58201 (701) 746-7287 www.wonderyearsgf.com wonderyears@live.com CHILDCARE / DAYCARE SERVICES

## Wy's Floral

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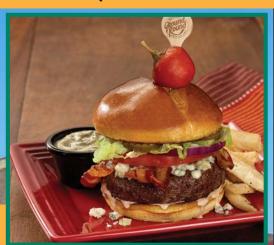


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