



GRANDFORKSISCOOLER.COM

FRIENDLIER
LIVING

SMARTER
SCHOOLS

BETTER
OPPORTUNITIES

HEALTHIER
PEOPLE

LIVELIER
EXPERIENCES

GREATER GRAND FORKS

WELCOMING & RELOCATION GUIDE



WELCOME TO COOLER LIVING

WELCOME TO THE GRAND FORKS REGION!

With livelier experiences, smarter schools, friendlier living, healthier people, and better opportunities – without high costs and hassles – Greater Grand Forks truly is way cooler than you think.

In Grand Forks County, North Dakota, and the surrounding region, you’ll find lively urban centers, quaint rural main streets, beautiful college campuses, rolling farms, miles of hiking and biking trails, picturesque parks, scenic lake country, and so much more.

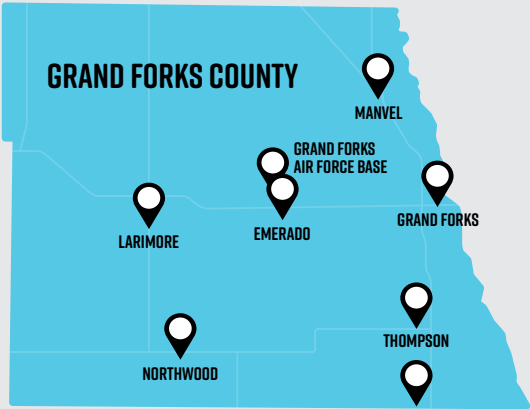
Grand Forks is the business and entertainment hub of our region. Spurred by more than \$1 billion in public and private investment, the city is undergoing a phenomenal transformation. Redevelopment, new construction, and downtown revitalization are breathing new life into an already cool place.

You’ve heard the phrase that time is money, and you’ll have more of both here. With an average commute time of just 14 minutes and a cost of living that’s 6 percent lower than the national average, your life will be richer in so many ways.

This guide will help you get to know Greater Grand Forks. Before long, you’ll feel right at home.



KEITH LUND
President & CEO,
Grand Forks Region Economic Development Corp.



GREATER GRAND FORKS WELCOMING & RELOCATION GUIDE

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WELCOME TO COOLER LIVING

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

FIRST COMMUNITY CREDIT UNION DOWNTOWN ICE RINK

THE QUALITY OF LIFE IN THE GRAND FORKS AREA IS A UNIQUE BLEND OF SMALL-TOWN SECURITY WITH BIG CITY FLAIR.

No matter the season, you'll find enriching activities for you and your family – even when it's just a little chilly.

Geographically speaking, Grand Forks County, North Dakota, is situated in the Red River Valley and shares a border with Minnesota at the Red River of the North. To the west of the Red River, you'll find lush land with fertile soil, and to the east, lake country.

In the following pages, we've spotlighted eight communities in Grand Forks County (and one in Polk County, Minnesota) that make this region cooler.

Grand Forks-East Grand Forks is the region's business, shopping, and entertainment hub. Thompson, Manvel, Northwood, Reynolds, Larimore, and Emerado are smaller communities, each with its own unique personality. And our region wouldn't be the same without the airmen and their families stationed at Grand Forks Air Force Base.

RANKED #1 BEST PLACE TO LIVE IN NORTH DAKOTA.
- MONEY





SERTOMA 4TH OF JULY FIREWORKS

GRAND FORKS

"THERE'S PLENTY OF OPPORTUNITIES, AND PLENTY OF OPPORTUNITIES TO CREATE YOUR OWN OPPORTUNITIES. YOU CAN MAKE AN IMPACT QUICKLY HERE." – ANDY CONLON

 **POPULATION**
57,056 PEOPLE LIVING COOLER

 **AVERAGE COMMUTE**
14 MINUTES

 [CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/GRANDFORKS](https://grandforksiscooler.com/grandforks)
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

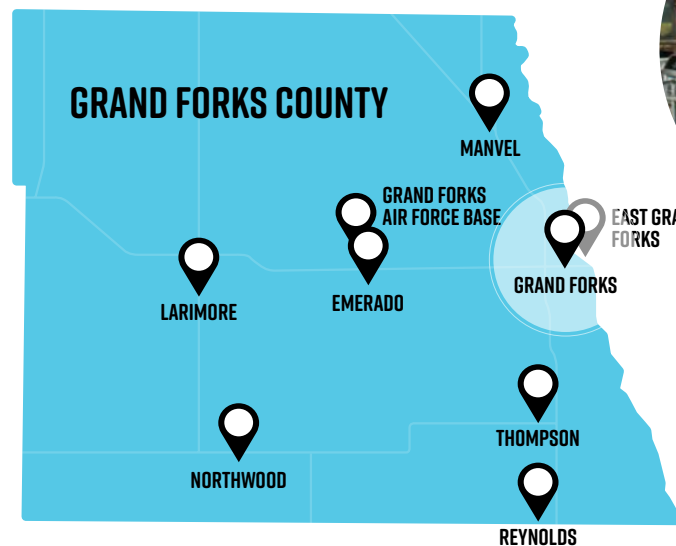
With 30 parks, including the Greenway which is nearly 3 times the size of New York's Central Park, there's plenty of room to hike, bike, run, ski, and rollerblade!

The largest city in Grand Forks County and the third largest city in North Dakota, Grand Forks was named one of the Top 100 Places to Live by Livability in 2018 for a reason. With a 14-minute average commute time to get anywhere, your pace of life can be as fast or slow as you'd like.

Head downtown for nightlife with Broadway shows at Empire Arts Center, live music at Half Brothers Brewery, unique shops, and mouthwatering fare. Or check out south end for big box retail and gourmet grub.

Grand Forks is growing faster than two-thirds of the nation's other metropolitan areas and there's tons of correlating opportunity. If launching a successful career is your goal, more than 1,000 jobs are available in Grand Forks at any time. And everywhere you turn there are places for kids (and kids at heart!) to explore. City park districts, libraries, and community centers organize all kinds of youth activities. Paired with incredible schools and safe neighborhoods, Grand Forks provides a place to raise a healthy and happy family.

WWW.GRANDFORKSGOV.COM



EAST GRAND FORKS RIVER FRONT

EAST GRAND FORKS

"WE LOVE THE TIGHT SENSE OF COMMUNITY AND SMALL-TOWN FEEL, WHILE HAVING ACCESS TO EVERYTHING WE NEED MINUTES AWAY." – KIM SEAMON

 **POPULATION**
8,631 PEOPLE LIVING COOLER

 **AVERAGE COMMUTE**
15 MINUTES

 [CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/EGF](https://grandforksiscooler.com/EGF)
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

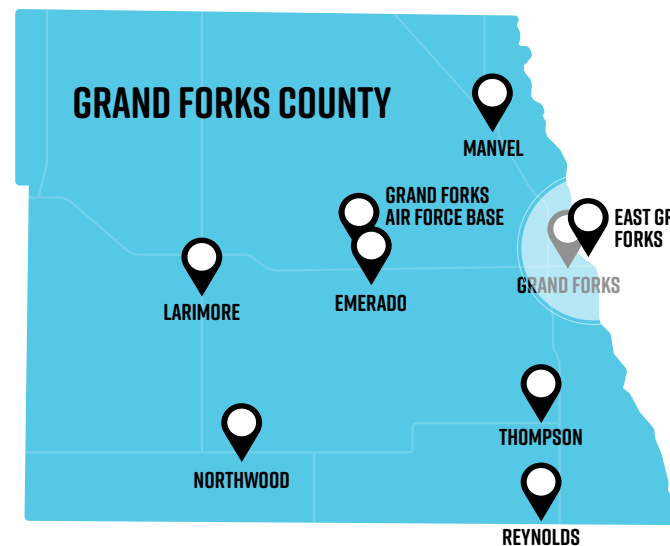
A Boardwalk Empire: Local lore says Al Capone was once a key supplier of bootleg liquor during Prohibition. You can still visit Whitey's Underground, a private banquet room and former speakeasy. Make sure to grab delicious food from the many restaurants on the Boardwalk. Thankfully, you won't be jailed for having a cocktail nowadays.

A small city with a big sense of connectedness, East Grand Forks sits just over the Red River, across the Sorlie bridge on the Minnesota border. In the summer months, the downtown boardwalk comes alive with the outdoor patios and decks of local eateries lining the Red River. In the winter, downtown remains a bustling center with charming small boutiques and River Cinema 15. For fun annual events, check out Heritage Days celebrating the history of the region. The East Grand Forks American Legion also comes alive for a healthy dose of nightlife during BJ Armani's monthly Cabaret and Drag Show.

The Greenway, a 21-mile paved walking path spans both sides of the Red River making outdoor activities like hiking, biking, snowshoeing and skiing a breeze. And for those who like to tee off, Valley Golf Course offers a free putt-putt course, driving range, and an eighteen-hole oasis.

Speaking of green, the Green Wave of high school sports floods over East Grand Forks residents who come out in droves to appreciate a game of hockey, basketball, or baseball. Two elementary schools, a middle school and a high school offer plenty to learn and the district is notably friendly to New American populations.

WWW.EGF.MN





RQ-4 GLOBAL HAWK AND GFAFB AIRMEN



EMERADO MAIN STREET

GRAND FORKS AIR FORCE BASE

"COMMUNITY LEADERS HERE REALLY CARE ABOUT ALL THAT IMPACTS THE LIVES OF AIRMEN AND OUR FAMILIES." - CMS RYAN THUYNS



POPULATION
3,500+ MILITARY & CIVILIAN



AVERAGE COMMUTE
6 MINUTES



CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/GFAFB
FOR A DIGITAL MAP OF THE AREA

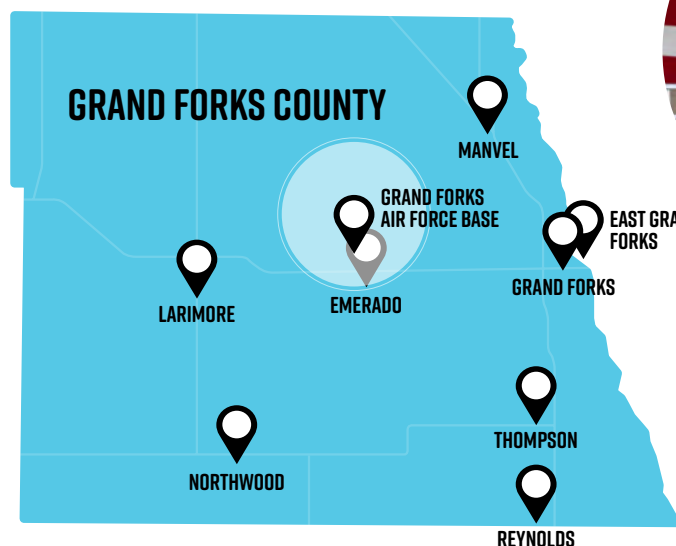
COOLER FACT:

Rock Out: The Grand Forks Air Force Base has a world-class fitness center, including one of the largest rock-climbing walls in North Dakota. Do you have what it takes to get to the top?

3,500 airmen and their families are stationed at the Grand Forks Air Force Base. The base has everything families need to live cooler including grocery stores, bowling alleys, movie theaters, restaurants, pools and parks! GFAFB was voted the sixth-best base in the Air Force for its quality of living. There are tons of things for kids to do and excellent childcare options, a preschool and a grade-A school.

There's an annual Freedom Fest with concerts to celebrate our nation's Independence Day, hunting forays, and live theater performances. The community is known to be close-knit and welcoming and housing options are in tip-top shape (Seriously! The oldest house was built in 2009). And going downtown is a breeze (yes, it's windy here) with a short 18-mile commute to the city center of Grand Forks.

WWW.GRANDFORKS.AF.MIL



ACC REDESIGNATION CEREMONY

FREEDOM FEST

EMERADO

"WE'RE A COMMUNITY OF STRONG NEIGHBORS" - BRANDON BAUMBACH



POPULATION
428 PEOPLE LIVING COOLER



AVERAGE COMMUTE
10 MINUTES



CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/EMERADO
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

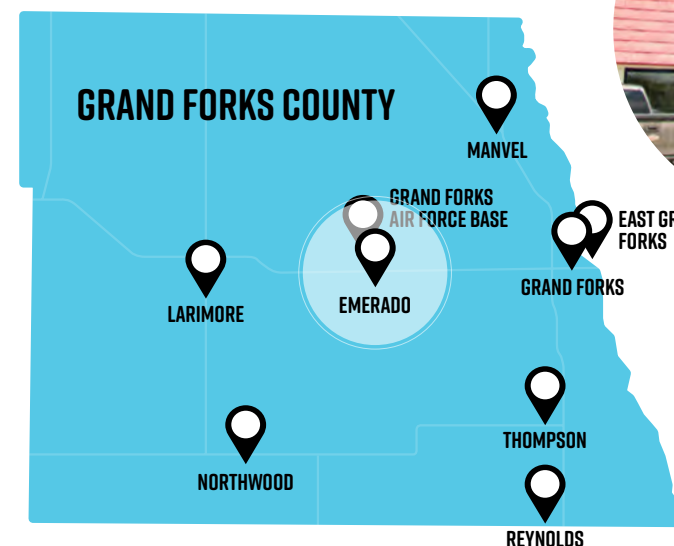
Aw, Shucks! If you're looking for a little kernel of happiness, Emerado can't be beat. The residents there really butter you up by giving away a whopping 1,467 free ears of corn during the annual Emerado Corn Feed.

Just 1 mile away from the Grand Forks Air Force Base, the City of Emerado knows all about welcoming a regular rotation of newcomers. Military servicemembers, police, and volunteer firefighters build a culture of safety and community in the Emerado streets.

With sprawling farms and country estates, the lush landscape of the North Dakota plains surrounds the community and makes a perfect locale for outdoor activities like snowmobiling, biking, horseback riding, and hunting. After a long day of activities, residents can grab an ice cream cone at the local Dairy Queen or enjoy a frosty pint at Johnny's.

Family-friendly events happen year-round, and both the Community Center and Emerado Public School help keep young families entertained and involved. From movie nights to turkey bingo to the Annual Corn Feed, kiddos will be smiling from ear-to-ear.

WWW.CITYOFEMERADO.COM



EMERADO DAIRY QUEEN



EMERADO CORN FEED



THOMPSON DAYS



JASON STADSTAD ARENA

THOMPSON “WE’RE GOOD, AND WE’RE GETTING EVEN BETTER.” - DESI SPORBERT

 **POPULATION**
1,196 PEOPLE LIVING COOLER

 **AVERAGE COMMUTE**
12 MINUTES

 [CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/THOMPSON](https://grandforksiscooler.com/thompson)
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

We Are Family: School is very cool in Thompson, and the community continues to invest in making sure there’s great education AND top-notch facilities. Thanks to continued growth of enrollment, construction is underway on a brand-new gym, stage, and two new classrooms.

If you’re looking for a community where backyard barbecues, pool parties, and potlucks with your neighbors fill up nights and weekends, you’ll feel right at home in Thompson. People here aren’t afraid to lend you a cup of sugar if you’re in need. Sure, if you’re a resident you’ll be seeing green – but that’s only because the green and white colors of the Thompson Tommies fly year-round. Tommies are known to be tough competitors and statewide champs in several sports including baseball, football, cross-country, and volleyball. And the school doesn’t slouch off the field either, with exceptional teachers and small class sizes.

Activities for folks of all ages happen throughout the year. Check out Thompson Days bi-annual celebration for block parties, inflatable games, and live music. Or grab a pint with friends at the neighborhood watering hole known as Brewski’s. (Make sure to check out page 71 to drool over Brewski’s Bloody Mary bar – voted a favorite food in Grand Forks County!)

WWW.CITYOFTHOMPSONND.COM

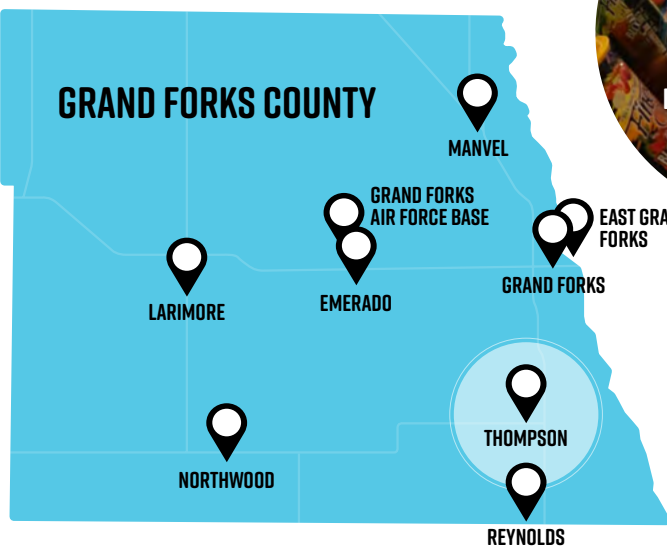


BREWSKI’S BAR & GRILL
BLOODY MARY &
CAESAR BAR

GOAT YOGA



FUN NEAR THE
TURTLE RIVER



MANVEL “WE HAVE OPEN ARMS.” - SHANNON HOVERSON

 **POPULATION**
372 PEOPLE LIVING COOLER

 **AVERAGE COMMUTE**
13 MINUTES

 [CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/MANVEL](https://grandforksiscooler.com/manvel)
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

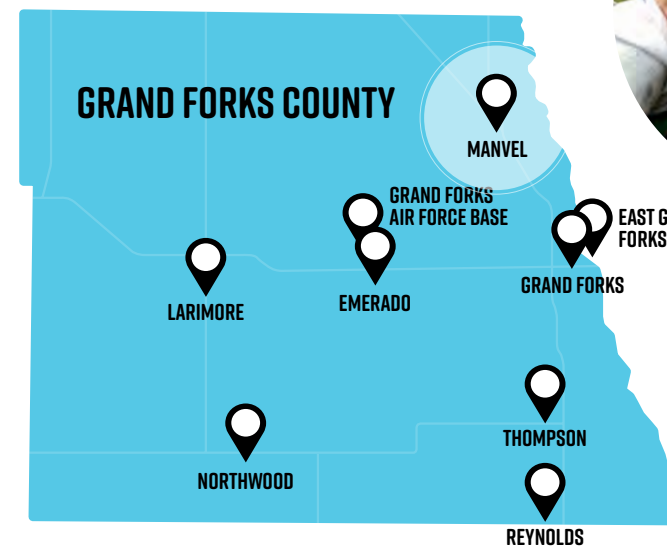
Whispering Oaks Golf Course in Manvel can be played forwards and backwards, creating two 9-hole layouts. Golfers come from near and far to tee off and take on the challenging fairways.

The Turtle River meanders through Manvel, creating a landscape perfect for nature lovers. Snowmobiling, sledding, and hockey dominate the winter months while the summers are filled with fishing, hunting, golfing, and baseball.

Whether eating hot meals served every Tuesday and Thursday at the senior center, drinking a frosty pint at the Oldham Saloon, or cheering from the sidelines at the Jason Stadstad Hockey Arena, community support bolsters every activity. Livelier events like the John Sweeney Golf Scramble bring a hubbub of activity to the small town and every other year, Manvel Days livens the streets with a parade, car show, and kids’ activities.

Speaking of kids, Manvel Public School was named a Blue Ribbon School by the US Department of Education for achieving superior standards of academic excellence. Students can attend through grade 8 and are bused into Grand Forks to attend high school. During the summer months, the Migrant Program at Manvel School educates children school whose parents work seasonally in high-need employment areas.

WWW.MANVELPARKDISTRICT.COM
WWW.MANVEL.K12.ND.US



WHISPERING OAKS GOLF COURSE



OLD FASHIONED SATURDAY



LARIMORE PUBLIC SCHOOL

NORTHWOOD “WE HAVE IT ALL RIGHT HERE.” - DAVE ENGEN



POPULATION

945 PEOPLE LIVING COOLER



AVERAGE COMMUTE

9 MINUTES



CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/NORTHWOOD
FOR A DIGITAL MAP OF THE AREA

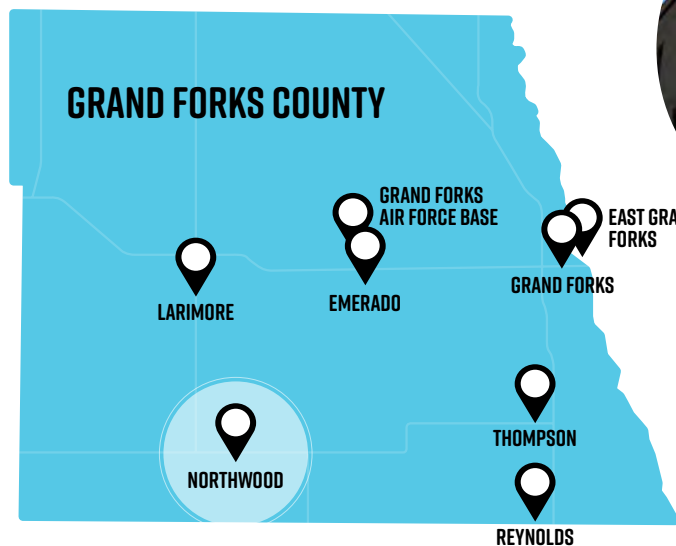
COOLER FACT:

House About That? New residents building a home in Northwood can cash in on up to \$10,000 in incentives and swag – including tax credits, free gym memberships, free cable & internet, free golf memberships and, of course, a free subscription to the local newspaper *The Gleaner*.

A community of go-getters honors the resilient history while creating a promising future. Northwood residents understand the meaning of friendlier living! Families flock to Northwood’s school because it’s exceptional (It won best small school district AND top principal in the state in 2018!). Low crime rates and an active group of volunteer first responders make this community safe and secure. With healthcare facilities – including a hospital, clinic, physical therapy, and nursing home – as well as complete city services and affordable housing, Northwood offers the full package.

Take in some of the livelier events like the annual Old Fashioned Saturday (which is really Old Fashioned Wednesday through Sunday because the festivities just couldn’t be contained). Become involved in one of the many community organizations like the Literary Club, American Legion, VFW, or the Happy Hooker Crochet Club. Swing a club at the golf course or take a dip in the city’s swimming pool. If a family-friendly place with a volunteer-oriented community is your thing, consider calling Northwood home sweet home.

WWW.NORTHWOODND.ORG



NORTHWOOD
PIONEER MUSEUM



CENTENNIAL PARK

LARIMORE “VISIT FOR A DAY, STAY FOR A LIFETIME.”



POPULATION

1,425 PEOPLE LIVING COOLER



AVERAGE COMMUTE

9 MINUTES



CLICK HERE OR VISIT
GRANDFORKSISCOOLER.COM/LARIMORE
FOR A DIGITAL MAP OF THE AREA

COOLER FACT:

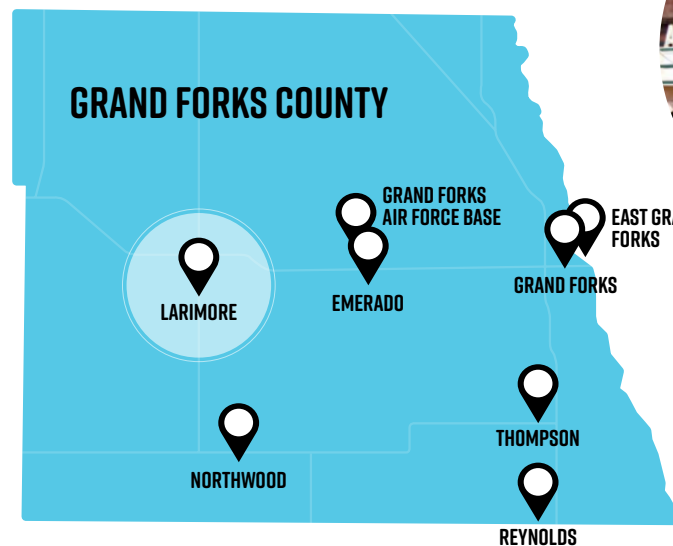
Dam Fun! The Larimore Dam and Recreation offers fun for the whole family. With nature trails, bike paths, boating dock, and a sandy swimming beach, exploration is on the agenda.

All the towns in Grand Forks County know how to properly celebrate winter, but Larimore takes the Cooler trophy. Starting with their tree lighting ceremony and Holiday Extravaganza that includes hot cocoa, winter movies, a parade, bonfire pits, and caroling, the winter carousing continues all the way to Spring! Sledding hills fill with tracks as kids go zooming down the Larimore Dam and Recreation area and an annual Family Fun Day gets the whole fam out onto the ice to compete in a fishing tournament.

During the warmer months, the Larimore Golf Course offers nine chances for golfers to hit a hole-in-one. And the nearby Myra Arboretum serves up a totally different kind of green with over 500 varieties of trees and shrubs.

If you see a Polar Bear roaming about, don’t be afraid! That’s just the mascot for the Larimore Public School District, which is known for teachers who truly care about the success of their students. Students have the chance to excel both in and out of the classroom with athletics, e-sports competitions, fine arts programming and even a clay target trap team!

WWW.LARIMOREND.COM



AVALON THEATER



LARIMORE DAYS



REYNOLDS STEAK FRY

REYNOLDS “WE LIVE LIFE AT OUR OWN PACE.” - DORIAN BECK

 **POPULATION**
314 PEOPLE LIVING COOLER

 **AVERAGE COMMUTE**
14 MINUTES

 **CLICK HERE OR VISIT**
GRANDFORKSISCOOLER.COM/REYNOLDS
FOR A DIGITAL MAP OF THE AREA

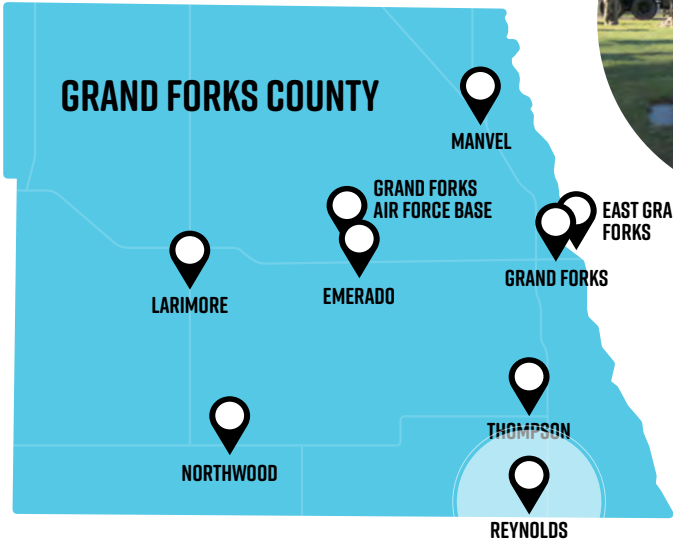
COOLER FACT:
One Cool School: Reynolds shares a school with neighboring Buxton and the district excels in academics and athletics. It’s not hard to figure out why. One teacher for every eight students equals lots of one-on-one attention.

Life in Reynolds plays out at a steady plod forward, with neighbors taking an active interest in each other and building their community. The city splits itself down the middle between the southern border of Grand Forks County and the Northern border of Traill County.

If you’re looking for a place with that true small-town spirit, look no further than Reynolds. At the heart of the community lies City Hall – a historic theater now retrofitted to become a hub of activity. You’ll frequently find community plays, cake walks, bingo, and holiday gatherings interspersed with official city meetings. A group of active volunteers in Reynolds Community Betterment makes certain the whole city is invited.

For families, both historical housing and new construction are on the market at affordable rates. An excellent school district with small class sizes, lots of athletic offerings, and a heap of extra-curriculars help kiddos thrive academically while exploring new interests.

WWW.REYNOLDSND.COM

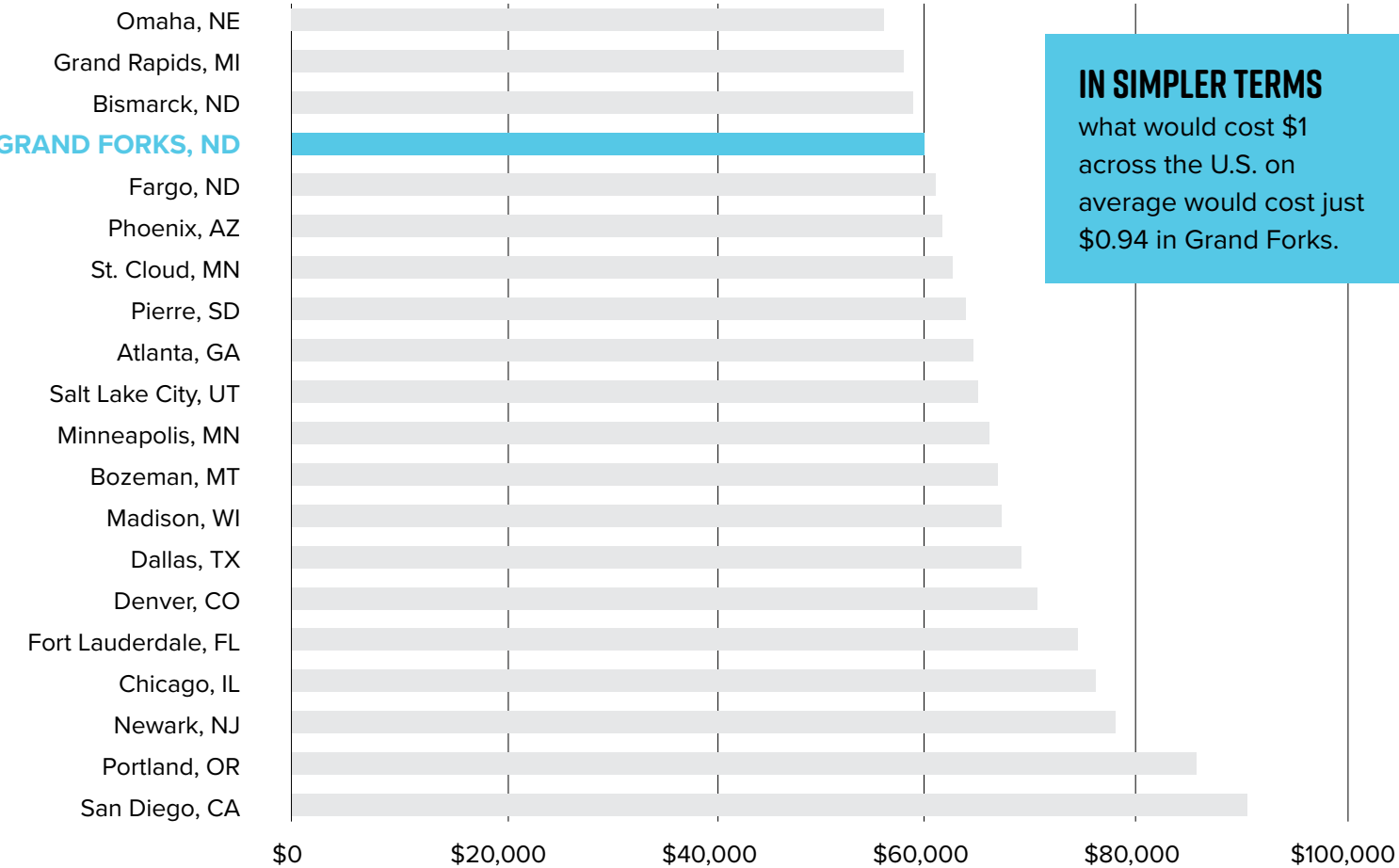


A COOLER COST OF LIVING

Want to know how far your paycheck will go in the Grand Forks Region? We’ve calculated how much you’d need to make in metros across the country to keep the same standard of living if you made \$60,000 in the Grand Forks area.

COST OF LIVING COMPARISON

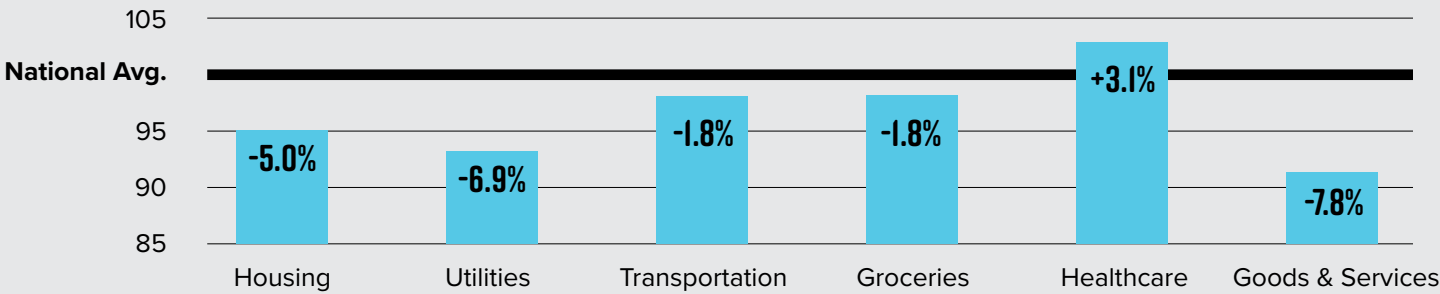
PAGE DATA SOURCE: Council for Community & Economic Research: Cost of Living Index (2019 average)



IN SIMPLER TERMS
what would cost \$1 across the U.S. on average would cost just \$0.94 in Grand Forks.

A CLOSER LOOK

PERCENTAGES OF THE NATIONAL AVERAGE
We know that moving to a new area can be daunting, and one of the most important considerations is cost of living – what you pay to cover the basics to live – such as housing, food, and utilities. Our region consistently ranks below the national average in almost every cost of living category.



SETTLING IN

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

LOCAL LEMONADE STAND FUNDRAISER

SO, YOU'RE READY TO STAY FOR A WHILE. RELOCATING IS EXCITING, STRESSFUL, CHALLENGING, AND EXHILARATING. OUR FRIENDLIER PEOPLE ARE JUST AROUND THE CORNER WAITING TO MAKE YOU FEEL WELCOME.

Maybe you're looking for that perfect neighborhood, or that downtown condo vibe. You'll be happy to know that we've got places to fit all lifestyles and they won't cost you a fortune.

Speaking of friendlier people, that includes our public workers. Whether you're getting plugged in to utilities, smiling for a new driver's license photo, or checking out a book, public employees here are approachable and ready to answer questions.

Part of settling in means knowing how to get around. With a 14-minute average commute time, it's easy to travel in town by car, bus, or bike. If you're looking to get out of town, that's a breeze, too. Take a plane from our international airport, which was the 9th busiest in the nation for number of takeoffs and landings in 2019.

HOWEVER YOU WANT TO LIVE,
WE HAVE A NEST FOR YOU!

#GFISCOOLER

WHAT’S YOUR LIVING STYLE?

HOW DO YOU WANT TO LIVE? THE GRAND FORKS REGION IS A FANTASTIC BLEND OF CITY LIVING, SMALL TOWNS, AND RURAL SETTINGS. HOWEVER YOU WANT TO LIVE, WE HAVE A NEST FOR YOU.

URBAN

Grand Forks offers single family housing in neighborhoods with distinct vibes. Whether you’re looking for historical charm and quiet streets, newly built homes with manicured lawns, or townhomes and lofts in the heart of downtown, we’ve got you covered.

SMALL TOWN

Want to be close to the action, but live in a suburban setting? The communities surrounding Grand Forks offer family-friendly options where block parties, after-school ball games, and small-town festivals dominate the culture.

RURAL

If a farm or rural setting is more your speed, we have plenty of space for you to call home. And with some of the richest soil in the U.S., we know you’ll grow to love it.

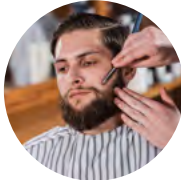


HOUSING

If you’re looking for a professional Realtor to help navigate the region’s housing scene, you’ll find a friendly face who can help open the door to your dream home.

FEATURED REALTORS*		
Crary Real Estate	701.775.0013	craryrealestate.com
Berkshire Hathaway	701.419-1233	grandforksfamilyrealty.com
Grand Real Estate	701.213.1408	liverealgrand.com
Greenberg Realty	701.772.6641	greenbergrealty.com
FOR A FULL LIST OF REALTORS VISIT		GRAND FORKS REALTORS ASSOCIATION grandforksndrealestate.com/index.php
LOOKING TO RENT?		FORX BUILDERS ASSOCIATION forxbuilders.com/list/ql/builder-residential-27
		GRAND FORKS CHAMBER OF COMMERCE gochamber.org/directory.html
		GOOGLE GRAND FORKS ND APARTMENT OR HOUSE RENTALS
HOME BUILDERS		
Affinity Builders	701.314.0061	affinitybuilders.info
Applegren Construction, Inc.	701.746.6978	applegrenhomes.com
Bekkedahl Construction Services	701.741.8711	bekkedahlconstruction.com
Echelon Development Inc.	701.732.0577	facebook.com/EchelonDevelopment/
Forx Builders Association	701.746.4536	forxbuilders.com
Garon Construction	701.599.2127	garonconstruction.com
GSC Construction	218.791.8680	gscconstructiongf.com
Innes Construction	701.746.5461	innesconstruction.com
Mak Construction, LLC	701.330.8196	makconstructiongf.com
Otter Creek Homes	701.741.0663	otterhomeco.com
Roberton Construction, Inc.	701.772.4012	robertonconstruction.com
The Craftsmen, Inc.	218.779.9092	facebook.com/TheCraftsmenInc
Thompson Homes	701.478.3000	thomsenhomesllc.com/
Todd Williams Construction LLC	701.739.6675	twc-nd.com
Tony Anderson Construction	701.775.0822	facebook.com/TonyAndersonConstruction
MOVING & STORAGE COMPANIES		
All About Moving & Storage	701.772.4100	all-aboutmoving.com
East Grand Storage	218.773.3700	storagemaxmn.com
Hanson Maves & Co.	701.772.7208	bekins.com
Henningsen Cold Storage Co	701.335.5000	henningsen.com
Kedney Moving Center Inc	701.772.6686	kedneymoving.com
Minn-Dak Movers	218.401.0891	minndakmovers.com
U-Haul of Grand Forks	701.775.0586	uhaul.com
Whalen's Moving & Storage Inc	701.775.5557	whalensmoving.com

*Featured businesses are EDC member companies.



FEELING LIKE YOURSELF IN A BRAND-NEW PLACE STARTS WITH FINDING A HAIR STYLIST WHO CAN CUT IT. If you’re looking for a trim, shave, or a new ’do find the perfect salon or spa at visitgrandforks.com/things-to-do/spas-wellness.

UTILITIES

If you’re buying a home, you’ll likely need electric, gas, and water. If you’re renting an apartment, ask your landlord which utilities are included and what you’re responsible for. And don’t forget phone and internet service!

UTILITIES							
Grand Forks	701.746.2670			grandforksgov.com			
East Grand Forks	218.773.1163			egf.mn			
Emerado	701.594.4542			cityofemerado.com			
Larimore	701.343.2181			larimorend.com			
Northwood	701.587.6291			northwoodnd.org			
Reynolds	218.779.9060			reynoldsnd.com			
Thompson	701.599.2973			cityofthompsonnd.com			
TELECOMMUNICATIONS PROVIDERS							
PROVIDERS	GRAND FORKS	EAST GRAND FORKS	EMERADO	LARIMORE	NORTHWOOD	REYNOLDS	THOMPSON
AT&T (Phone, Internet & TV) 701.795.5700 att.com	✓	✓	✓	✓	✓	✓	✓
Century Link (Internet, TV & Home Phone) 1.800.261.1691 getcenturylink.com/availability/nd/grand-forks	✓	✓					
Cyberonic (Internet & Phone) 888.359.4545 cyberonic.com	✓						
Direct TV (Satellite TV) 855.802.3473 directtvonline.com	✓	✓	✓	✓	✓	✓	✓
Dish Network (Satellite TV) 1.855.634.9648 dish.com	✓	✓	✓	✓	✓	✓	✓
Hughesnet (Satellite Internet) 701.746.0006 hughesnet.com	✓						
Midcontinent (Internet, Cable TV, Home Phone) 800.888.1300 midco.com	✓	✓	✓	✓		✓	✓
Verizon (Internet & Phone) 701.795.6033 verizonwireless.com	✓	✓	✓	✓	✓	✓	✓
Viasat (Satellite Internet) 844.725.5606 viasat.com	✓						
ENERGY PROVIDERS							
East Grand Forks Water & Light 218.773.1163 egf.mn/244/water-light		✓					
Nodak Electric Co-Op Inc 701.746.4461 nodakelectric.com		✓	✓	✓	✓	✓	✓
PKM Electric 800.552.7366 pkmcoop.com		✓					
Xcel Energy 800.895.4999 xcelenergy.com	✓	✓	✓	✓	✓	✓	✓

BANKS

Looking for a credit union, a regional bank, or a financial institution with locations around the globe? We’ve got your checkbook covered!

FEATURED BANKS		
Alerus	701.795.3232	alerus.com
Bank Forward	701.738.8700	bankforward.com
Bremer Bank	701.795.4500	bremer.com
Choice Financial	701.746.6010	bankwithchoice.com
First Community Credit Union	701.772.9960	myfccu.com
First International Bank & Trust	701.757.6500	firstintlbank.com
First State Bank	701.746.7766	firststatebanks.com
Frandsen Bank & Trust	701.780.7700	frandsenbank.com
Gate City Bank	701.792.4370	gatecity.bank
U.S. Bank	701.795.6295	usbank.com
United Valley Bank	701.402.0253	uvbank.net
Wells Fargo Bank	701.775.1676	wellsfargo.com
BANKS AND CREDIT UNIONS		
1st Liberty Federal Credit Union	701.772.9519	1stliberty.org
AgriBank Farm Credit Union	701.775.3193	agribank.com
American Federal Bank	701.775.1133	americanfederalbank.com
America's Home Loans	701.795.1606	americashomeloans.com
Area Community Credit Union	701.772.2690	gfaccu.com
GFAFB Service Credit Union	701.594.3347	servicecu.org
Med Park Credit Union	701.780.5733	medparkcu.com
Northern Valley Federal Credit Union	701.772.7922	northernvalleyfcu.com
Northwest Community Bank	701.746.1424	nwcommunitybank.com
Postal Family Federal Credit Union	701.772.5699	postalfamilyfcu.com
Riverfork Federal Credit Union	701.775.0593	riverforkfcu.com
Ultima Bank	218.399.1200	ultimabank.com
University Federal Credit Union	701.775.3738	universityfederalcu.org

*Featured businesses are EDC member companies.

PUBLIC LIBRARIES

You might be used to a library full of shushing, but our regional libraries are playgrounds for curious minds. Hubs of the community, our libraries offer spaces for events, family activities, and yes – of course – books of all kinds.

LIBRARIES			
Grand Forks Public_	701.772.8116	gflibrary.com	
Grand Forks Air Force Base Public Library	701.747.3046	319fss.com/library.html	
East Grand Forks Campbell Library	218.773.9121	egflibrary.org	
Edna Ralston Library (Larimore, ND)	701.343.2181	larimorendlibrary.com	
Northwood (ND) City Library	701.587.5692	northwoodndlibrary.org	
University of North Dakota Chester Fritz Library	701.777.2617	library.und.edu	

VOTING

North Dakota doesn’t require voter registration. As long as you provide an accepted form of ID, are at least 18 years old, and are a U.S. citizen, you’re all set to participate in elections. For Minnesota, you can register at your polling place on election day or during early voting, or pre-register online or via mail.

Visit your Secretary of State’s website or a local library to find out what forms of ID are accepted.

NORTH DAKOTA SECRETARY OF STATE
vip.sos.nd.gov

MINNESOTA SECRETARY OF STATE
sos.state.mn.us/elections-voting/register-to-vote/

POLLING LOCATIONS
There’s no better duty than civic duty. If you want to make your way to a polling booth, make certain you check in with your city’s website to find up-to-date and accurate polling locations, as well as information about early voting or absentee ballots. Remember, polling places can change from year to year.

ELECTION INFORMATION

EAST GRAND FORKS
218.773.2493
eastgrandforks.us/index.aspx?nid=423

EMERADO
701.594.4542
cityofemerado.com

GRAND FORKS
701.746.4636
grandforksgov.com/government/city-departments/public-information-center/election-information

LARIMORE
701.343.2176
larimorend.com

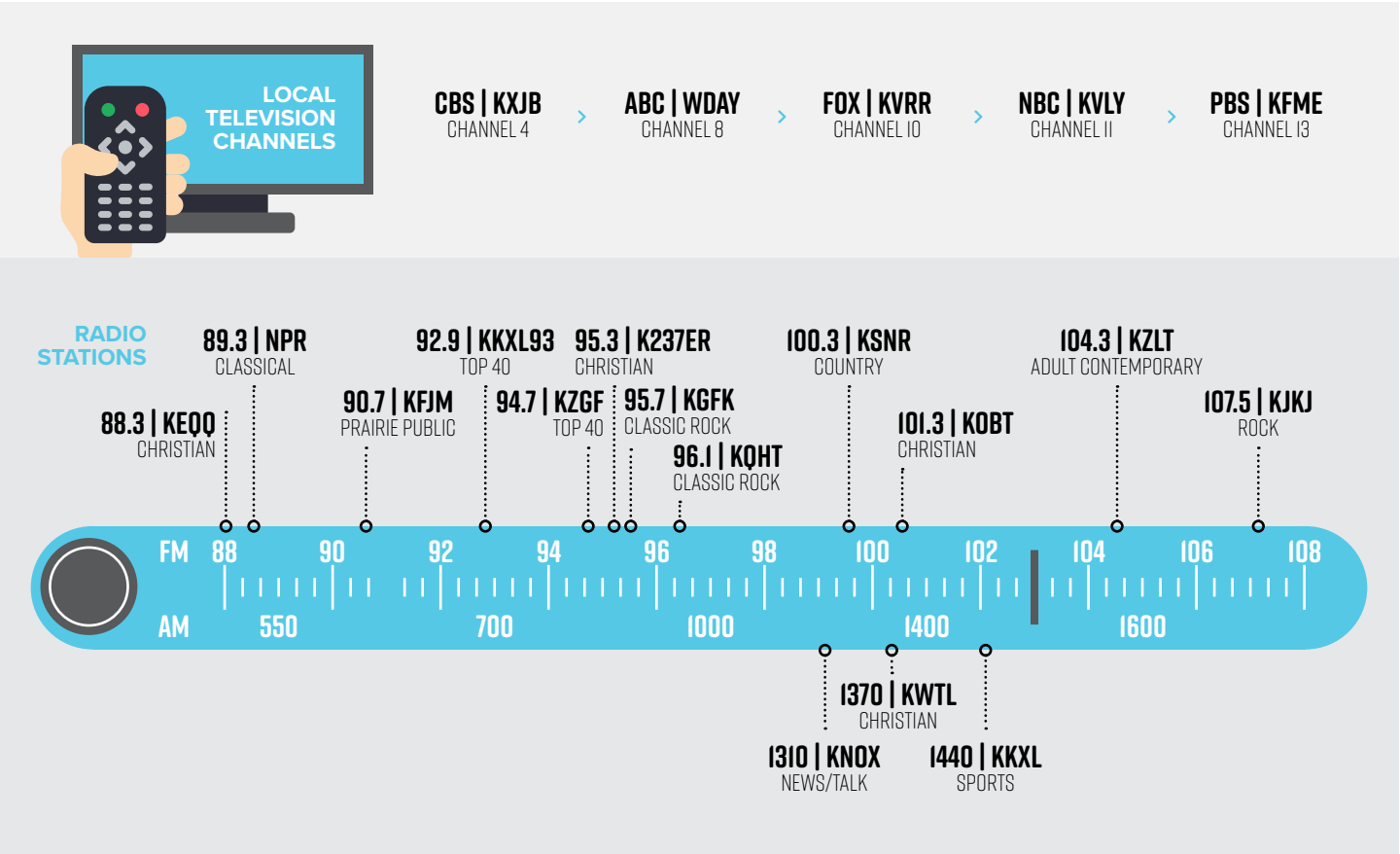
REYNOLDS
218.779.9060
reynoldsnd.com

THOMPSON
701.599.2973
cityofthompsonnd.com

NORTHWOOD
701.587.6301
northwoodnd.org

MEDIA RESOURCES

When you want local news and information, your favorite sitcom, or sweet jams to rock out to in your car, here’s where you tune in.



PUBLIC SAFETY

We get it. You want to live in a place where you feel safe walking down the street late at night, or letting your kiddos walk to school by themselves. The Grand Forks region was named in the top 20 most secure places in the U.S. by Farmers Insurance, so we know a thing or two about public safety.



NEED TO DIAL IN SOME HELP?

- EMERGENCY**
- **9-1-1:** Use in the case of emergency to reach police, fire, or medical assistance. 24 hours, 7 days a week.
 - **2-1-1:** Use this for information about health and human services, including suicide prevention. 24 hours, 7 days a week.

- NON-EMERGENCY**
- **Grand Forks Count Public Safety Answering Point (PSAP):** A direct communication link for 33 agencies in our County providing a single point of contact for the residents of Grand Forks County. 701.746.2542, M-F 8 a.m. to 5 p.m.
 - **East Grand Forks Police Non-Emergency Line:** 218.773.1104, 24 hours, 7 days a week.
 - **Grand Forks Police Non-Emergency Line:** 701.787.8000, 24 hours, 7 days a week.

PRINT MEDIA

Grand Forks Herald grandforksherald.com
Grand Lifestyle Magazine grandlifestylemagazine.com
Larimore Leader-Tribune ndna.com
The Exponent (East Grand Forks) page1publications.com
The Gleaner (Northwood) ndna.com



TRANSPORTATION

EASY COMMUTE

With one of the best commute times in the U.S., our “rush hour” is measured in minutes – not hours. Whether you choose to live in the heart of the city of Grand Forks, or one of our surrounding communities, our drive time averages about 14 minutes.

Some days you might wish for your drive to take a little longer so you can savor your coffee and enjoy our breathtaking North Dakota sunrises.

If you like to get places without hopping in your car, you can ride your bike, walk, take a bus, or use your favorite app to get a ride! Traveling out of the area is easy, too. Connect easily by train, plane, or automobile.

- **Major Highways:** Interstate I-29, U.S. Highway 2
- **North Dakota Weather & Road Conditions:** 800-696-3511, dot.nd.gov
- **Minnesota Weather & Road Conditions:** 800-542-0220, hb.511mn.org

GRAND FORKS INTERNATIONAL AIRPORT

Grand Forks International Airport (GFK) is North Dakota’s busiest commercial airport. With flights arriving and departing around the clock and average one-way airfare of just \$184, vacations and business trips are a breeze.

GRAND FORKS AMTRAK STATION

Grand Forks has long been known as a dynamic rail community. Track down a ticket to take you to Chicago, Minneapolis-St. Paul, Seattle, and myriad stops in between.

- **Grand Forks Station:** 800.872.7245, amtrak.com



BUS SERVICES

From retail hubs, to college campuses, to workplace centers, to downtown hotspots, Cities Area Transit stops all around the city. They even have Learn to Ride classes that offer individualized ridership lessons. If you’re looking to get out of town, don’t worry – we’ve got wheels for that. Greyhound and Jefferson Lines drive across the region and nation.

- **Cities Area Transit:** 701.746.2600, www.grandforksgov.com/bus, CAT Prowler app
- **Dial-A-Ride:** Paratransit for persons not able to utilize the city bus system due to disability. 701.787.9120, www.grandforksgov.com/bus
- **Jefferson Lines:** 701.775.4781, jeffersonlines.com
- **Greyhound:** 701.775.4781, locations.greyhound.com

TAXIS, UBER, AND LYFT

Need a driver? There’s an app for that. Grand Forks is serviced by Uber and Lyft and also has taxi companies that can get you where you need to go.

- **Grand Forks Taxi:** 701.775.8294, facebook.com/GrandForksTaxi
- **S & S Taxi:** 701.772.4142, sstaxis.com

GRAND RIDES BIKE SHARE

They say two wheels are better than four – or at least healthier. If you’re looking to jaunt around town on a sweet looking bicycle, use one of the 17 bike share stations around Grand Forks. To find the nearest bike share hub, download the Pace Bike Share app.

- grandforksgov.com/our-city/community/grand-forks-bike-share



311 APP
grandforksgov.com/
services/gf-311

Need to plan a bus route? Want to know what’s on the next city council agenda? Need a guide to downtown parking? Have a concern to report to the city? Download the GF311 app on your phone and you’re just a touchscreen away from easy access to information about the City of Grand Forks.

LICENSES

DRIVER’S LICENSES

In the Grand Forks region, bridges over the Red River connect Grand Forks County in North Dakota and Polk County in Minnesota, and motor vehicle laws vary by state.

For Grand Forks County, you’ve got 150 days to obtain a North Dakota Driver’s license. For Polk County, you’ve got 60 days to apply for your Minnesota license. Make sure to visit the proper DMV website to see what documents you need.

- **Grand Forks Department of Motor Vehicles:** 701.787.6540
- **East Grand Forks Department of Motor Vehicles:** 218.773.7535

PET LICENSES

Making a new home for your furry family members is just as important as making a home for yourself. All pets are required to be registered and receive a valid license tag that proves current rabies vaccination. Fees in Grand Forks are \$15 and fees in East Grand Forks are \$10.

- **East Grand Forks:** 218.773.2483, egf.mn
- **Grand Forks:** 701.746.2620, grandforksgov.com/government/city-departments/finance-and-administrative-services/animals-in-grand-forks/animal-licensing
- **Emerado:** 701.594.4542, cityofemerado.com

GROCERY STORES

Whether you’re cooking for a crowd or making a scrumptious meal for yourself, we’ve got a grocery store that will be right up your aisle. From big-box superstores to neighborhood marketplaces, to international specialty foods, our flavor isn’t lacking. Pro tip: If you’re looking for fresh produce in the summer, check out one of the amazing farmer’s markets all season long across the region.

GROCERY AND SPECIALTY STORES		
GROCERY STORES		
Grand Forks Commissary	701.747.3083	568 H St., Grand Forks Air Force Base
Hugo's Family Marketplace	701.746.0688	1750 32nd Ave. S, Grand Forks
Hugo's Family Marketplace	701.772.5531	1925 13th Ave. N, Grand Forks
Hugo's Family Marketplace	701.772.7283	1315 S Columbia Rd, Grand Forks
Hugo's Family Marketplace	701.772.3419	1631 S Washington St., Grand Forks
Hugo's Family Marketplace	218.773.2418	306 14th St. NE, East Grand Forks
Miller's Fresh Foods	701.343.2332	Lewis Ave., Larimore
Miller's Fresh Foods	701.587.5053	511 2nd Ave., Northwood
Natural Grocers	701.775.8333	1901 32nd Ave. S, Grand Forks
Sam's Club	701.795.9449	2501 32nd Ave. S, Grand Forks
Target	701.787.6177	3601 32nd Ave. S, Grand Forks
Walmart Supercenter	701.620.6003	5755 Gateway Drive, Grand Forks
Walmart Supercenter	701.746.7225	2551 32nd Ave. S, Grand Forks
Weber Grocery	701.746.7225	422 4th Ave., Reynolds
SPECIALTY STORES		
Al Amiin Grocery & Halal Meats	701.740.8338	1440 S Washington St., Grand Forks
Asian Grocery	701.757.4335	2550 S Columbia Rd. Suite D, Grand Forks
Daryeel Grocery	218.399.0132	910 Central Ave. NW, East Grand Forks
FM International Market	701.772.0937	205 N Washington St., Grand Forks
Hamro Asian Market	701.850.0526	1375 S Columbia Rd. Suite C, Grand Forks
L&M Meats	701.775.2009	2801 S Washington St., Grand Forks
Safari Market	206.861.6508	1305 Stanford Rd., Grand Forks
Toucan International Market	701.775.4692	1826 S Washington St. # 62, Grand Forks



HUGO'S FAMILY MARKETPLACE

HIDDEN GEMS

AS YOU’RE GETTING ACQUAINTED WITH COOLER LIVING, YOU WON’T WANT TO MISS THESE FUN STOPS AROUND THE REGION.



BOAT HOUSE ON THE RED | GRAND FORKS
Right along the banks of the Red River in downtown Grand Forks, a bright blue rental stand filled with kayaks, paddleboards, and canoes beckons water explorers to dip their toes in adventure.



NORTH DAKOTA MUSEUM OF ART | GRAND FORKS
Visit the art museum for a free look at the art, sign your kids up for a summer camp, enjoy a live concert in the garden, or have a seat in the tiny café with freshly-sourced, mouthwatering food.



NORTHWOOD PIONEER MUSEUM | NORTHWOOD
Take in the history of the early pioneer days and the founding of Northwood. This volunteer-run museum holds mementos through the ages.



GRAPE MILL VINEYARD & WINERY | EAST GRAND FORKS
Delicious wine in the Northern Valley! Stop by the vineyard for a tasting, frequent live music, and special events.



MUIDERMAN THEATER | THOMPSON
Kevin and Amy Muiderman created the theater and host traveling artists and intimate concerts in the 80-person gallery.



DEMO DERBY | NORTHWOOD
Happening once a year and run by the Northwood Men’s Club, spectators can have a full mudslinging view of derby cars and trucks vying for prizes.

FRIENDLIER LIVING

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

DOWNTOWN STREET FAIR

FRIENDLIEST PLACE IN THE USA? WE THINK SO! NORTH DAKOTA NICE IS A WAY OF LIFE. WHY ARE PEOPLE SO FRIENDLY? THAT'S EASY - NO RUSH HOUR, SAFE NEIGHBORHOODS, AND A PACE OF LIFE THAT FITS ANY STYLE.

North Dakota Nice isn't just a phrase we made up. It's a term North Dakotans have earned through centuries of finely-honed kindness and legendary ability to welcome friends and strangers alike. There's something for everyone in Greater Grand Forks and we can't wait to show you all the cooler things lie just around the corner!

Looking for an international market with tons of cultural staples? We're cool like that. Want to find a place to for kiddos to spend some energy while you mingle with other parents? We've got you covered. Looking to connect with other professionals to brush up on skills? You guessed it – greater Grand Forks is all in. Want to celebrate Pride in style or hit up a local drag show? Then what are you waiting for?! Flip the pages to discover your style of friendlier living.

IN GRAND FORKS COUNTY, WE LIVE BY THE
STANDARD OF NORTH DAKOTA NICE.

#GFISCOOLER



NORTHERN AIR FAMILY FUN CENTER

FRIENDLIER LIVING FOR
KIDS

No matter what city in greater Grand Forks you choose to live in, there’s no doubt it’s the best place to raise a family. We’ve got smarter schools with exceptional teachers. (Thumb through to page 38 for even more info about what sets our schools apart.)

There are tons of things to keep your kiddos engaged: get techy at a robotics club, fly a drone at UAS camp, tune it up in a children’s orchestra, or kick it at one of the many youth sports leagues. Everywhere you turn, there are places for kids (and kids at heart) to explore, play, and fuel imaginations.



SUMMER PERFORMING ARTS (SPA)

FIRST SEASON COMMUNITY CENTER

Your kids will have a ball – and a slide and a tunnel – at this indoor playpark. Open year-round if you want to skip the hats and mittens in winter.

NORTH DAKOTA MUSEUM OF ART

If you have a young Picasso on your hands, you’ll want to sign them up for art camp, or take them to the many free family days. And no artistic talent is required to take in the art at the free museum!

NORTHERN AIR FAMILY FUN CENTER

Who doesn’t want to bounce in an inflatable castle or wall-to-wall trampoline park? If you’d rather not test gravity, there’s also a laser tag arena for the whole family.

SUMMER PERFORMING ARTS COMPANY

Dance, sing, play, act! The summer months got a whole lot cooler because your littles can take center stage with curated art programming.

PUBLIC LIBRARIES

In Grand Forks, libraries aren’t a place for shushing. Imaginations run wild with story time, arts classes, and year-round kids programming.

For an inclusive list of family fun, visit: visitgrandforks.com/things-to-do/family-fun/

One of the best ways to find out about current child-friendly events, programs, and activities is through the Facebook group **Things to do With Kids in Grand Forks, ND**. If you’re looking for other parents, there’s a group for that, too! Check out **Grand Forks Area Mothers**.



FRIENDLIER LIVING FOR
COLLEGE STUDENTS

Home to the University of North Dakota (UND), which houses the state’s only medical, law, and aerospace schools, and Northland Community and Technical College, which offers a variety of nationally renowned technical programs, Grand Forks and East Grand Forks are college towns through and through. To learn more about our smarter schools, check out page 38 .



RALPH ENGELSTAD ARENA (REA) & UND HOCKEY

If UND Hockey teams are the Fighting Hawks, then the REA is their nest. In a region that bleeds green and white, the \$110 million, 400,000-square-foot “Taj Mahal of Hockey” welcomes the best atmosphere in college hockey.

POTATO BOWL USA

French fries, football, and so much fun! It’s the time we celebrate football and potatoes annually at the famous Potato Bowl Week.

WELCOME WEEKEND

Whether you’re a first-time UND student or life-long learner, this event is designed to provide all the resources and information you need to be successful as you transition to life at UND.

THE BIG EVENT

Every year, 1,000 UND students take part in the largest annual single-day community service event. Volunteers rake, paint, and wash their ways through the region’s yards, nursing homes, parks, and more.

CAREERS & INTERNSHIPS

College students searching for their career path will find that our region offers many avenues for career development, such as InternGF, City of Grand Forks internship program, UND Career Fair, and Career Conversations – to name just a few.



FRIENDLIER LIVING FOR LGBTQIA+

We take pride all year long in building an inclusive community and there are plenty of ways to connect with new friends and allies.

We've got social gatherings to help meet new peers. If you need support or a safe space, we've got resource groups filled with caring people. And if you're looking for a night on the town, check out our monthly drag shows.



BJ ARMANI'S CABARET & DRAG SHOW

BJ ARMANI'S CABARET & DRAG SHOW

Held monthly at the East Grand Forks American Legion, hundreds of people come together to enjoy a night of fun and humor with multiple genres of music and the coolest drag kings and queens around.

COLLEGE LGBTQIA+ ORGANIZATIONS

Both UND (Ten Percent Society, facebook.com/UNDTPS/) and Northland Technical and Community College (Northland Epic Pride facebook.com/NorthlandEpicPride/) have campus chapters to provide support and community for LGBTQIA+ college students.

GRAND FORKS PRIDE

An annual event held in the fall with several days of festivities celebrating the diversity of Grand Forks.

UNITED WE TRANSEND

A support group for transgender and gender nonconforming people with open monthly meetings surrounding relevant topics and issues.

RUBY RIVER SOCIETY

A resource for networking and creating social connections in the gender and sexual diversity community. The Society hosts events and gatherings and promotes positive identities.

FRIENDLIER LIVING FOR PROFESSIONALS

Making new friends and professional connections in a new community can be challenging, but greater Grand Forks offers built-in support systems that can help from the second you arrive into town.

Looking to get social and explore new places in Grand Forks? There's a club for that. Want to get socially conscious and try out a new volunteering gig? There's an org for that. Searching for ways to expand your skill sets and develop professionally? There's a group for that.

GREATER GRAND FORKS YOUNG PROFESSIONALS

GGFYP hosts social events like group kayaking, volunteering opportunities like planting flowers for nonprofits, and monthly Lunch-N-Learns with top-level executives.

THE CHAMBER BUSINESS AFTER HOURS

Open to anyone who works for an organization that's a Chamber member, this monthly get-together with apps and drinks helps you get to know the businesses and business professionals in your community.

GRAND FORKS 1 MILLION CUPS

Looking for other entrepreneurs? Grab a cup of free Bully Brew coffee at the Fire Hall Theatre on the 4th Wednesday of every month to learn from creative innovators and others who've launched their own startups.

WOMEN'S LEADERSHIP COOPERATIVE

Monthly networking events and quarterly speakers will have you feeling inspired and empowered by the women around you.

DRONEBIZ

This quarterly lunch event seeks to expand networking opportunities among the region's businesses, entrepreneurs, and the drone industry. Each DroneBiz features a new speaker in the UAS industry and the events are hosted at venues throughout the community.



1 MILLION CUPS



FRIENDLIER LIVING FOR INTERNATIONAL RESIDENTS

Our community welcomes cultures from around the world. From events featuring global traditions to community-wide initiatives, we make a special effort to extend a friendly hand – no matter where in the world you hail from.



FEAST OF NATIONS

FEAST OF NATIONS

Presented by UND’s International Organization, the region’s largest multicultural event showcases cultural performances, a five-course international meal and live music from around the world!

WELCOMING COMMUNITY ROADMAP

Our region’s 5-year plan strives to help newcomers have access to basic services, connect them to the community, and create economic opportunities.

GLOBAL FRIENDS COALITION

The Global Friends Coalition assists refugees in learning English and helping them navigate the community. It hosts the annual Global Friends Picnic attended by over 700 community members and organizes the local World Refugee Day celebration.

AFRICAN ARTS ARENA

The organization uses art as a medium to demystify Africa’s multi-textured traditions by providing cultural competency training, guest speakers, and by teaching traditional African drumming and dance.

INTERNATIONAL MARKETS

The Grand Forks region is home to several international markets. If you’re looking for traditional and diverse foods, flip to page 26 for a guide to shopping cultural fare.

ENGLISH LANGUAGE LEARNERS

For a list of English Language Learners class offerings, contact Global Friends Coalition at 701.746.8233 or gfcoalition.org



MISSION-READY AIRMEN

FRIENDLIER LIVING FOR MILITARY & VETERANS

The Grand Forks region isn’t just military-friendly; we make it our mission to be one of the best places in the U.S. for military members. Men and women from the National Guard, U.S. Air Force, and Customs and Border Protection make their homes in the region for a reason.



AMERICAN LEGION 100TH ANNIVERSARY PARADE



SESAME STREET LIVE

UNMATCHED COMMUNITY SUPPORT

Airmen rank the Base in Grand Forks as the 6th best in the Air Force. Why? Quality of life for them and their families, awesome schools, and community support. We were voted in the inaugural class of Great American Defense Communities and have received the Abilene Trophy – awarded annually to a community in the U.S. that is most supportive of its airbase – twice. UND is the #9 most military-friendly school in the nation.

OPERATION ENDURING FRIENDSHIP

Grand Forks and East Grand Forks partner with UND and the North Valley Arts Council to provide military families with free or discounted tickets to area sporting events, theater productions and music concerts.

VETERANS ASSOCIATIONS

The Grand Forks region is home to several American Legion and Veterans of Foreign Wars posts.

YMCA MILITARY OUTREACH INITIATIVE

The Y is proud to offer memberships to eligible military families and personnel to give them extra support.

RECIPROCITY & RETIREMENT

North Dakota offers licensure reciprocity, making it easy peasy for military spouses to find jobs in their chosen career fields right away. Additionally, North Dakota exempts benefits for retired military personnel from state income tax.



FRIENDLIER LIVING FOR PETS

We love your pets as much as you do and there are plenty of reasons why we're paws down the best region for furry friends.

If your best friend wants a little pampering or a night on the town, we've got mobile grooming stations, specialty pet boutiques, local coffee shops that offer puppacinos, and downtown breweries with pet-friendly patios.

Looking for a pet? Circle of Friends Animal Shelter and Journey Home Pet Rescue can help find forever homes for dogs and cats alike.



DOG PARKS

Lincoln Park offers 2.75 acres of off-the-leash fun, and new puppy pals are made daily at Circle of Friends Dog Park.

TURTLE RIVER STATE PARK

Wagging tails and hiking trails! Dogs have a reason to bark when exploring Turtle River State Park.

THE GREENWAY

Our Greenway is the heart of downtown and provides over 20 miles of smiles for you and your pawsome friends.

PET DAY CARES

Ruffing It Doggie Day Care, Stay & Play Pet Resort, Wag-N-Train, and Petopia are just a few of the options that will make your dog or cat feel at home.

GRAND FORKS DOG TRAINING CLUB

Offering classes from kindergarten through advanced agility, the GFDTC promotes responsible dog ownership throughout the region.



FRIENDLIER LIVING FOR

PEOPLE WHO HAVE DISABILITIES

People of all abilities make up the fabric of life in Grand Forks and we know that moving to a brand new community can bring brand new challenges. But have no fear: for those looking to connect with new friends, find the perfect job, get an awesome education, perform onstage, or enjoy a day in the park, our region enables a life lived to the fullest!

THE ARC, UPPER VALLEY

The Arc provides advocacy, resources and referrals, and support and education for people with intellectual and developmental disabilities. Not to mention they host book clubs, play groups, and teen nights out!

ALI'S BOUNDLESS PLAYGROUND

Located in Sertoma Park, this playground is certified as boundless, making it accessible to people of all abilities. Here every child can play side-by-side at their own ability level.

CAT PARATRANSIT "DIAL-A-RIDE"

Need to get somewhere in a flash? This complimentary service is for people who aren't able to utilize the fixed-route city bus system due to a disability. Available in Grand Forks and East Grand Forks.

RYDELL ACCESSIBLE DEER HUNT

Get out into the woods and enjoy rifle season with this hunt designed to enable hunters who have disabilities with as much personal freedom as possible. Independent and volunteer co-hunts, managed by Options Outdoors, are both available.

SPECIAL OLYMPICS GRAND FORKS

Get on the track, dribble the ball, make a splash in the lanes, or compete in one of 15 sports offered in North Dakota. Training and competitions are open to anyone who has an intellectual disability.



SMARTER SCHOOLS

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

DISCOVERY ELEMENTARY SCHOOL

WE GET IT. YOU WANT YOUR KIDS TO GO TO THE BEST SCHOOLS WITH TEACHERS WHO CARE ABOUT THEIR SUCCESS.

It turns out, that's what we in the Grand Forks region want, too! We are home to four K-12 National Blue Ribbon Schools because of excellence in academics.

And for the students who are a little older, don't worry – they won't be left behind. We were voted in the Top 5 Best Small College towns by USA Today! Every accredited university offers education, but not every school prepares students to make a real impact the way the University of North Dakota does. UND is regarded as one of the top academic and research institutions in the nation. We also are home to several other colleges and tech schools, including Northland Community & Technical College. NCTC offers 80+ program options to prepare college students for high-wage jobs.

And for the students who are even older, we've got lifelong learning opportunities through advanced classes, online learning, and adult education! With all these options right here in our region, it's safe to say we're not too cool for school.

WHETHER YOU'RE 5 OR 55 OR SOMEWHERE IN BETWEEN, SCHOOL IS COOL IN THE GRAND FORKS REGION.

#GFISCOOLER

PRESCHOOL & CHILD CARE

FINDING THE PERFECT PLACE FOR YOUR YOUNG CHILDREN TO BE SAFE, SECURE, AND HEALTHY WHILE YOU'RE BUSY BRINGING HOME THE BACON CAN BE ONE OF THE MOST CHALLENGING PARTS OF A NEW MOVE. FROM LARGE CHILDCARE CENTERS TO PRESCHOOLS WITH GREAT LEARNING ENVIRONMENTS, WE'VE GOT IT ALL.



PRESCHOOL & CHILD CARE CENTERS		
Sunshine Childcare Center	701.757.1128	facebook.com/sunshineccc
East Grand Forks School Readiness	218.773.1141	egf.k12.mn.us/o/school-readiness
Sunflake Preschool & Daycare	701.772.8287	sunflakepreschool.com
Immanuel Christian Children's Center	701.746.8112	immanuelgf.com
Wonder Years	701.746.7287	wonderyearsgf.com
St. Michael's Catholic School	701.772.1822	stmichaelsgf.com/school
St. Mary's Early Childhood Center and Preschool	701.775.7067	stmarysgfnd.com/st-mary-s-preschool
Sacred Heart Child Care Center	218.793.0021	sacredheartegf.net
All About Kids Inc.	701.772.4141	allaboutkidsinc.com
University Children's Learning Center	701.777.3947	campus.und.edu/uclc
Great Expectations Child Care	218.773.1086	facebook.com/pages/category/Day-Care/Great-Expectations-Child-Care-1436431523295530
Grand Forks Montessori Academy	701.757.2224	grandforks-montessori.com
Little Keepers	701.738.8129	littlekeepersdropin.com
Stay, Play & Learn Childcare	218.399.1010	stayplaylearn.wixsite.com/stayplaylearn
Toadally Kidz Child Care	701.740.1820	facebook.com/toadallykidz
Grand Forks YMCA Family Center	701.775.2586	gfymca.org
Little Miracles Inc.	701.772.3851	littlemiraclesinc.com
United Day Nursery	701.772.3773	uniteddaynursery.org
Sunnypatch Preschool	218.791.0972	sunnypatchpreschool.com
Riverside Christian School (East Grand Forks)	218.773.1770	rcsrms.com
Sacred Heart Preschool	218.793.0021	sacredheartegf.net/school
Bright Star Family Childcare (Emerado)	407.497.7953	facebook.com/Bright-Star-Family-Childcare-607448569276175/
Little Lambs Daycare Center (Larimore)	701.213.1842	facebook.com/littlelambkids
Generations Learning Center (Northwood)	701.587.6287	greatschools.org/north-dakota/northwood/ 927-Generations-Learning-Center/
GFAFB Child Development Center	701.747.3042	319fss.com/cdc.html
Grand Forks Head Start	701.746.2433	gfschools.org/Domain/692

 A full listing of daycares in the region with rankings and licensure records can be found at Child Care Aware of North Dakota, ndchildcare.org. For a listing of childcare providers in East Grand Forks/Polk County, Minnesota, visit parentaware.org.

ELKS POOL & SPRAY PARK



LOOKING TO CONNECT WITH OTHER CHILDCARE PROVIDERS AND PARENTS?
Check out the Grand Forks Childcare Co-op Facebook group: facebook.com/groups/119194524829633/

K-12 SCHOOLS

SMALL CLASS SIZES + CARING
TEACHERS = ACADEMIC SUCCESS.

Our graduation rates are well above the national average at 89%. There are nine public school districts and four private schools in Grand Forks County; and 11 public school districts and five private schools in Polk County.

Students excel beyond academics, too. This area is home to a variety of state titles – whether you’re a mathlete, athlete, or both! The schools provide a safe and respectful environment for children to strive while thinking critically, creatively, and collaboratively.



Grand Forks Public Schools			
Public Schools		701.746.2200	gfschools.org
Ben Franklin Elementary School	K-5	701.746.2250	gfschools.org/Domain/104
Century Elementary School	K-5	701.746.2440	gfschools.org/Domain/176
Community High School	9-12	701.795.2777	gfschools.org/Domain/1330
Discovery Elementary School	K-5	701.787.4359	gfschools.org/Domain/291
Elroy Schroeder Middle School	6-8	701.746.2330	gfschools.org/Domain/1317
Grand Forks Central High School	9-12	701.746.2375	gfschools.org/Domain/381
J Nelson Kelly Elementary School	K-5	701.746.2265	gfschools.org/Domain/1293
Lake Agassiz Elementary School	K-5	701.746.2275	gfschools.org/Domain/568
Lewis and Clark Elementary School	K-5	701.746.2285	gfschools.org/Domain/1297
North Dakota School for the Blind	Infants-Age 21	701.795.2700	ndvisionservices.com
Phoenix Elementary School	K-5	701.746.2240	gfschools.org/Domain/1299
Red River High School	9-12	701.746.2400	gfschools.org/Domain/782
South Middle School	6-8	701.746.2345	gfschools.org/Domain/1320
Valley Middle School	6-8	701.746.2360	gfschools.org/Domain/1323
Viking Elementary School	K-5	701.746.2300	gfschools.org/Domain/1304
West Elementary School	K-5	701.746.2310	gfschools.org/Domain/1306
Wilder Elementary School	K-5	701.746.2320	gfschools.org/Domain/1309
Winship Elementary School	K-5	701.746.2325	gfschools.org/Domain/1312
Grand Forks Private Schools			
St. Michael's Catholic School	K-5	701.772.1822	stmichaelschurchgf.com
Grand Forks Montessori Academy	Infants-Age 5	701.757.2224	grandforks-montessori.com
Prairie Voyager Christian Elementary	K-8	701.775-5936	grandforkschurch.com/school
Holy Family - St. Mary's Catholic School	K-5	701.775.9886	hfsmschool.org

East Grand Forks Public Schools			
Public Schools		218.773.3494	egf.k12.mn.us
New Heights Elementary	K-2	218.773.0908	egf.k12.mn.us/o/new-heights-elementary
South Point Elementary	3-5	218.773.1149	egf.k12.mn.us/o/south-point-elementary
Central Middle School	6-8	218.773.1141	egf.k12.mn.us/o/central-middle-school
Senior High School	9-12	218.773.2402	egf.k12.mn.us/o/senior-high-school
East Grand Forks Private Schools			
Sacred Heart School	PreK-12	218.773.0877	sacredheartegf.net/school
Riverside Christian School	PreK-8	218.773.1770	rcsrams.com
Emerado			
Emerado Public Schools	PreK-8	701.594.5125	emeradok8.com
Grand Forks Air Force Base			
Nathan Twining Elementary & Middle School	K-8	701.787.5100	gfschools.org/Domain/651
Inkster			
Midway Public Schools	K-12	701.869.2432	midwayk12.org
Larimore			
Larimore Public Schools	K-12	701.343.2366	larimorek12.org
Manvel			
Manvel Public Schools	K-8	701.696.2212	manvel.k12.nd.us
Northwood			
Northwood Public Schools	K-12	701.587.5221	northwoodk12.com
Reynolds			
Central Valley Public Schools	K-12	701.847.2220	centralvps.org
Thompson			
Thompson Public Schools	K-12	701.599.2765	tps-k12.org
After School Programs			
YMCA M.A.S.H After School Program		701.775.2587	gfymca.org
Central Valley Before and After School Program		701.847.2220	centralvalleynd.com/resources/before-and-after-school-program
Grand Forks Air Force Base Youth Center		701.747.3150	319fss.com/yc.html

COLLEGES & UNIVERSITIES

FOR POST-SECONDARY STUDENTS AND RESEARCHERS, GREATER GRAND FORKS TRULY DIFFERENTIATES ITSELF.

Higher education in the region is anchored by the state’s flagship, the University of North Dakota, consistently ranked in the Top 200 among U.S. News & World Reports best universities lists.

And the awards don’t stop there! US News & World Report ranked the University of Minnesota-Crookston as the #1 Midwest Regional Public College in 2013 and Mayville State University was #4 on the same list. And Northland Community and Technical College was voted a Top 10 Community College in the nation. Any way you look at it, our higher ed scene will set you up for a lifetime of accomplishment.

AREA COLLEGES & UNIVERSITIES				
SCHOOL	LOCATION	2019 ENROLLMENT	2019 ANNUAL TUITION (IN-STATE)	HIGHEST DEGREE OFFERED
University of North Dakota	Grand Forks, ND	13,581	\$9,736.08	Doctorate, Professional
Northland Community & Technical College	East Grand Forks & Thief River Falls, MN	4,583	\$5,715.00	Associate’s
University of Minnesota-Crookston	Crookston, MN	1,834	\$10,438.00	Bachelor’s
Mayville State University	Mayville, ND	1,114	\$7,079.56	Master’s
Lake Region State College	Devils Lake, ND	1,982	\$3,778.08	Associate’s

GRAND FORKS AIR FORCE BASE EDUCATION & TRAINING CENTER

All area adults have access to four on-base schools that combine to provide undergraduate and graduate options. The accelerated course format offers flexible scheduling and internet classes for shift workers and those frequently TDY.

Learn more: 319fss.com/ed.html

LIFELONG LEARNING

Even if you are done with school, you’re never truly done learning! We offer robust Adult Community Educations classes in arts, technology, healthy living, dancing, cooking, and more!

Learn more at gfschools.org/Page/8579.



NORTHLAND COMMUNITY & TECHNICAL COLLEGE

COOLER FACTS ABOUT UND

24 STUDENTS
AVERAGE CLASS SIZE

225+
ACADEMIC PROGRAMS

550
ACRE CAMPUS

17
NCAA DIVISION I
ATHLETICS TEAMS

#9
MOST MILITARY-
FRIENDLY SCHOOL

250+
STUDENT CLUBS
& ORGANIZATIONS

13%
LOWER TUITION & FEES
THAN SIMILAR INSTITUTIONS
IN 11-STATE REGION

85%
OF UND GRADUATES
ARE EMPLOYED IN
POSITIONS RELATED TO
THEIR EDUCATION

1,500
JOBS CREATED



UND CAMPUS

BETTER OPPORTUNITIES

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

701 COWORKING SPACE

THE OPPORTUNITIES TO CREATE, DEVELOP, AND GROW ARE ENDLESS IN GRAND FORKS COUNTY.

We are innovators and collaborators here to help you launch your next career, start a new business, or volunteer your time.

In the past few years we were voted:

- **Best Place to Live in North Dakota, Money Magazine**
- **Top 100 Best Places to Live, Livability**
- **#1: Best States for Millennials, MoneyRates**
- **#1: Young People Are Moving to These States, U.S. News**
- **#4: Best States to Start a Business, Wallethub**

WON'T YOU BE OUR NEIGHBOR?

Let your inner “North Dakota Nice” shine bright! One of the greatest gifts you can give is your time, and there are endless ways to do that in the Grand Forks region. No matter your age, you can share your time with people – and animals – from a variety of backgrounds.

Visit gfiscooler.com/volunteer for a list of volunteer opportunities.



GRAND FORKS JOBS: COOLER CAREERS

IF YOU'RE LOOKING FOR A CAREER, HANDS DOWN, THERE ARE COOL PLACES TO MAKE A LIVING WHILE YOU'RE MAKING A LIFE AROUND GRAND FORKS.

Everywhere you look you'll find opportunities for talented and adventurous people willing to take a chance on our region in businesses and industries of all sizes and types. You'll find your next career opportunity here in the Grand Forks region.

TOP EMPLOYERS	
EMPLOYER	INDUSTRY
Altru Health System	Health Care
University of North Dakota	Education
Grand Forks Public Schools	Education
Valley Memorial homes	Nursing & Residential Care
LM Wind Power	Manufacturing
Walmart	Retail
City of Grand Forks	Government
Development Homes	Nursing & Residential Care
Hugo's Grocery	Supermarkets
SOURCE: 2018-2019 JOB SERVICE OF NORTH DAKOTA	

LOOKING FOR A JOB? THE GRAND FORKS REGION OFFERS PLENTY OF SERVICES TO HELP YOU IN YOUR SEARCH.

EMPLOYMENT RESOURCES		
Express Employment Professionals	701.787.5655	expresspros.com
Command Center	701.775-.5100	commandonline.com
Job Service	701.795.3700	jobsnd.com
People Ready	701.775.9675	peopleready.com
Kelly Services, Inc.	701.780.9509	kellyservices.us
Doherty The Employment Experts	701.757.0562	doherty.com
Burdick Job Corporation	701.746.5476	quentinnburdick.jobcorps.gov
Success Unlimited INC	701.775.3356	successunlimitedinc.org

SALARIES & WAGES		
OCCUPATION	TOTAL EMPLOYMENT	MEAN HOURLY/MEAN ANNUAL
Office & Administrative Support	6,640	\$18.14 / \$37,720
Food Preparation & Serving Related	5,330	\$12.19 / \$25,350
Sales & Related	5,270	\$15.95 / \$33,180
Education, Training, & Library	3,700	\$27.54 / \$57,280
Transportation & Material Moving	3,380	\$19.54 / \$40,650
Production	2,710	\$20.08 / \$41,780
Personal Care & Service	2,500	\$13.51 / \$28,090
Management	2,360	\$46.05 / \$95,790
Construction & Extraction	2,230	\$23.04 / \$47,930
Installation, Maintenance, & Repair	2,180	\$24.50 / \$50,970
Building & Grounds Cleaning & Maintenance	2,130	\$14.26 / \$29,650
Healthcare Support	1,700	\$17.36 / \$36,110
Business & Financial Operations	1,600	\$31.72 / \$65,980
Community & Social Service	900	\$24.45 / \$50,850
Arts, Design, Entertainment, Sports, & Media	660	\$21.70 / \$45,130
Computer & Mathematical	600	\$34.45 / \$71,660
Architecture & Engineering	570	\$34.24 / \$71,220
Protective Service	550	\$21.50 / \$44,730
Life, Physical, & Social Science	480	\$28.38 / \$59,040
Legal	210	\$37.46 / \$77,920
SOURCE: GRAND FORKS MSA, 2018 JOB SERVICE OF NORTH DAKOTA		

WORKFORCE SNAPSHOT

2.5%

UNEMPLOYMENT RATE

(DECEMBER 2019)

1,764

TOTAL NUMBER OF
JOB OPENINGS

(JANUARY 2020, ALL OCCUPATIONS)

54,700

2019 GRAND FORKS
MSA LABOR FORCE

SOURCE: JOB SERVICE OF NORTH DAKOTA



LEADING INDUSTRIES



ADVANCED MANUFACTURING

From composites to metal to food processing, the Grand Forks region has a diverse manufacturing base, with niche companies that manufacture products for industries including wind energy, oil and gas, aviation, construction, food, and automotive.



AGRI-BUSINESS

The Red River Valley boasts some of the United States’ richest farmland. Agriculture is a vital economic force to the area as crops grown here support many businesses and manufacturing enterprises. The region has nearly 6,000 ag jobs where career opportunities exists in fields such as natural resource management, food, animal and plant sciences, environmental services, agricultural mechanics and technology, and agriculture business management.



ARTS, CULTURE & TOURISM

With the revitalization of downtown Grand Forks, a thriving arts scene, and several prominent NCAA Division I college sports programs, Grand Forks is a regional entertainment hotspot. Our Canadian neighbors to the north frequent the region’s restaurants, hotels, and retail businesses, which are significant employers and economic drivers.



HIGHER EDUCATION

The area’s colleges and universities are recognized for excellence, reasonable cost, and for breaking ground in disciplines such as biomedical sciences and engineering. It’s clear that the region has much to offer for anyone looking to start – or continue to grow – a successful career in the field of higher education.



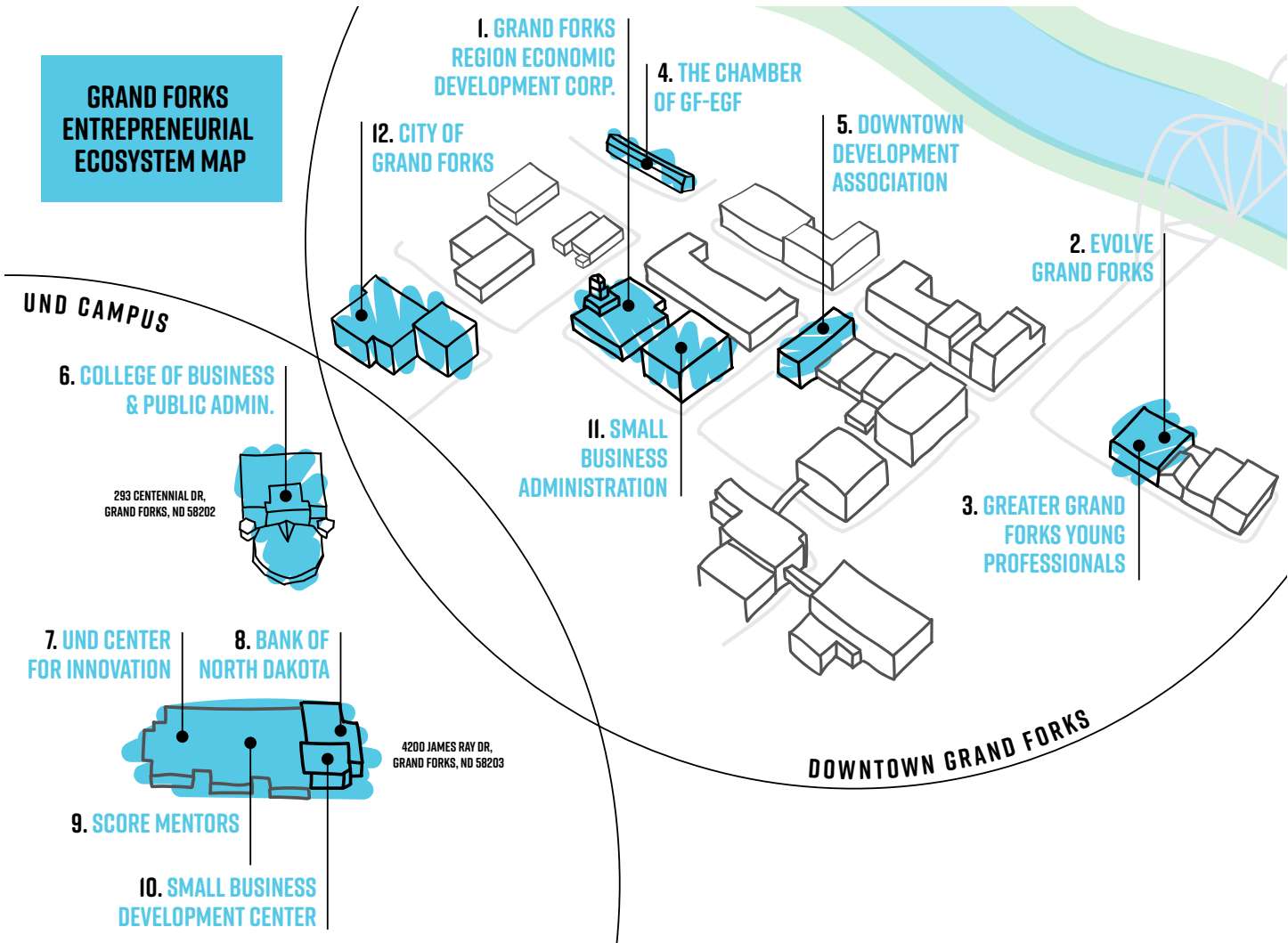
UNMANNED AERIAL SYSTEMS (UAS)

Known in UAS circles as Silidrone Valley, the Grand Forks region is a nationwide hub of UAS flight testing, training and development. The unmanned ecosystem here is the most robust in the country, establishing many industry firsts in the best state for business. The strength of our vision is your advantage.



THE 701

The 701 is a coworking space by Evolve Grand Forks designed for freelancers, remote employees, and independent professionals to work together and share resources and ideas. Located in the heart of downtown Grand Forks, The 701 provides a unique environment that promotes creativity and provides a sense of community for remote and independent professionals. Learn more at the-701.com.



INNOVATIVE ECOSYSTEM

WE WELCOME ENTREPRENEURS WITH OPEN ARMS.

Do you have a cool idea? Are you an innovator? Starting your own business? No worries. We have you covered. You have the opportunity to be supported by a network of organizations that wants you to succeed. We’ve provided this map of our robust entrepreneurial ecosystem to get you started.

- | | |
|---|--|
| 1. GRAND FORKS REGION ECONOMIC DEVELOPMENT CORP.
Direct Financing, Subsidy Loans, Tax Exemption, Networking, Funding
701.746.2724 grandforks.org | 8. BANK OF NORTH DAKOTA
Financial Support, Funding Programs
701.795.3795 bnd.nd.gov |
| 2. EVOLVE GRAND FORKS
Programming; Networking
701.335.7638 evolvegf.com | 9. SCORE MENTORS
Mentorship, Business Plan Assistance
701.746.5851 grandforks.score.org |
| 3. GREATER GRAND FORKS YOUNG PROFESSIONALS
Networking, Professional Development
701.732.0035 ggfyp.com | 10. SMALL BUSINESS DEVELOPMENT CENTER
Financial Projections, Business Plan Assistance, Consulting
701.738.4851 ndsbdc.org |
| 4. THE CHAMBER OF GF-EGF
Networking, Business Information
701.772.7271 gochamber.org | 11. SMALL BUSINESS ADMINISTRATION
Development Funding
701.746.5160 sba.gov/nd |
| 5. DOWNTOWN DEVELOPMENT ASSOCIATION
Networking, Marketing, Information
701.757.4051 downtownforks.com | 12. CITY OF GRAND FORKS
Financing, Licensing and Permits, City Code
701.746.4636 grandforksgov.com |
| 6. COLLEGE OF BUSINESS & PUBLIC ADMIN.
701.777.3513 undedu/business | |
| 7. UND CENTER FOR INNOVATION
Programming, Entrepreneurial Coaching, Office Space
701.777.6987 und.edu/innovation | |

HEALTHIER PEOPLE

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

KAYAKING ALONG THE RED RIVER

IN GREATER GRAND FORKS, WE BELIEVE IN INVESTING IN BODY, MIND, AND SPIRIT AND CARVING OUT A PATH FOR HEALTHIER PEOPLE WHO WANT TO LIVE IN A VIBRANT REGION.

Walkable neighborhoods? Check. A top-rated healthcare system with a brand spankin' new hospital? Check. Hiking, biking and rollerblading trails? Check. Check. Check.

With more than 40 public parks in the Grand Forks region (including a 21-mile paved pathway that spans both sides of the Red River), it looks like you've got some exploring to do. Go solo and get lost in nature at Turtle River State Park or take the whole family for an afternoon outing.

Our healthcare system is tops in the nation for a reason. We aren't just building a state-of-the-art hospital, our region is building a whole-body system of wellness. With community wellness classes, healthy events, and more than 5,000 providers offering care in our region, you'll be feeling fit as a fiddle.

We know spiritual health can play a big part of feeling connected and whether you're looking for a church, mosque, temple, or other faith family, the Grand Forks region can help you find your new community.

**WE HAVE WHAT YOU NEED
TO NOURISH AND FLOURISH!**

#GFISCOOLER



MOVIES IN THE PARK AT RIVERSIDE PARK



JAPANESE GARDEN AT SERTOMA PARK



SNOWSHOEING AT TURTLE RIVER STATE PARK

AREA PARKS

THERE'S NO DOUBT ABOUT IT, GREATER GRAND FORKS WILL HAVE YOU SEEING GREEN. WITH MORE THAN 35 PARKS IN THE SURROUNDING AREA, THERE'S LOTS OF EXPLORING TO DO!

Lincoln Drive Park is a year-round play place for adults and children alike. If you're looking to play a game of frisbee golf, volleyball, horseshoes (or Pokémon Go), head over during the summertime. If you'd like to strap on some ice skates and get cozy with cocoa in a warming house, then just wait until the snow flies! Your furry friend will love it, too, because it's got an off-leash dog park.

Is public art your thing? Check out Sertoma Japanese Garden with three granite lanterns gifted to Grand Forks from its sister city, Awano, Japan. It also boasts Ali's Boundless Playground, which makes it easy for kids of all abilities to enjoy the park with ease.

Suit up and take a trip to Riverside Park for a dip in the community pool, or head over to University Park to run through the splash pads and take in beautiful blooms.

Become kings and queens of the wooden castle playground at Sherwood Park in East Grand Forks, designed with the help of junior architects from local elementary schools.

Take a drive out to Larimore Dam & Recreation Area for a dip in the lake on a sandy beachfront and gorgeous sunsets. Or stop over to Turtle River State Park for year-round activities including hiking, biking, geocaching, cross-country skiing and one of the best sledding hills you've ever seen.



SPLASHERS OF THE SOUTH SEAS | CANAD INN

SPLISH SPLASH!

With 11 splash pads, public pools and waterslides throughout the region, you better make sure you've got some clean towels at the ready. Check out Grand Forks Park District for a full listing of all the ways to get your swim on.

gfparks.org/parks-facilities/pools-spray-parks

COMPLETE LIST OF AREA PARKS

- **East Grand Forks Parks & Recreation**
egfparkandrec.com | 218.773.8000
- **Grand Forks Park District**
gfparks.org | 701.746.2750
- **Minnesota Parks & Recreation**
mnrpa.org | 763.571.1305
- **North Dakota Parks & Recreation**
parkrec.nd.gov | 701.328.5357





GREENWAY IN WINTER



GREENWAY IN SUMMER

THE GREENWAY

NEW YORK CITY MIGHT BE THE BIG CITY, BUT WE'VE GOT ITS PARK SYSTEM BEAT.

The Greenway of Greater Grand Forks spans three times the size of Central Park and cuts through Grand Forks and East Grand Forks. It was voted the 7th best park in the United States by ELGL in 2019!

The Greenway is connected to several other recreational parks along a 21-mile paved pathway perfect for cycling, running, rollerblading, cross-country skiing, and snowmobiling. Stop by a designated dog park, throw some discs at a frisbee golf course, rent a kayak at Boathouse on the Red, or spread out a picnic and enjoy the scenic views of the Red River.



HUNTING, FISHING, & BIRDING

BIG GAME, SMALL GAME AND WATERFOWL ROAM THE NATURAL PRAIRIES AND WETLANDS OF THE GRAND FORKS REGION, MAKING IT A PRIME LOCALE FOR SPORTSMEN.

Because practice makes perfect, most communities in the region have rifle or archery ranges, along with sporting clubs and organizations.

Cast a line any time. Grand Forks County is surrounded by lakes and a short drive will have you reeling in the big ones on a boat during the summer, or in an icehouse during the colder months. For more about “The Lake,” see page 76.

- AREA HUNTING, FISHING & BIRDING CLUBS:**
- **East Grand Forks Rod & Gun Club:** egfgunclub.org
 - **Mule Deer Foundation:** muledeer.org/state/north-dakota
 - **Northwood Men’s Club:** facebook.com/Northwood-Mens-Club-138871023463825/
 - **Thompson Men’s Club:** facebook.com/Thompson-Mens-Club-178005562246673/
 - **Dakota Hunting Club & Kennel:** facebook.com/pages/Dakota-Hunting-Club-Kennel/115652301830034
 - **Minnesota Deer Hunters (MinnDak Border Chapter):** mndeerhunters.com
 - **Forks Rifle Club:** forksrifleclub.org
 - **Red River Archers:** redriverarchers.org
 - **Red River Catfish League:** rrvcatfish.com
 - **GF Lethal Ladies Shooting Club:** facebook.com/GF-Lethal-Ladies-Shooting-Club-277179256345143/

GOLFING

Did you know that Grand Forks County has more golf courses per capita than any other region in the country? Or that we had the first cheeseburger delivered by drone at King’s Walk Golf Course in 2018? Well you do now.

AREA GOLF COURSES		
Albatross Indoor Golf Club	701.757.3220	albatrossgf.com
Grand Forks Country Club	701.772.4831	gfcountryclub.com/index.cfm
King's Walk Golf Course	701.787.5464	kingswalk.org
Larimore Country Club	701.343.2201	facebook.com/LarimoreGolfCourse
Lincoln Golf Course	701.746.2788	lincolngolf.org
Northwood Golf Course	701.587.5373	facebook.com/GolfNorthwood
Plainsview Golf Course	701.747.4279	319fss.com/golf.html
Ray Richards Golf Course	701.777.4340	facebook.com/RayRichardsGolfCourse
Valley Golf Course	218.773.1207	valleygolfegf.com
Whispering Oaks Golf Course	701.696.1005	whisperingoaksgolfclub.com



FITNESS & RECREATION

LET’S GET PHYSICAL, PHYSICAL. LET’S GET PHYSICAAAAAL.

But seriously, whether you want to sing along to Olivia Newton John in a stepdance class, hit up a CrossFit gym, or take the whole family to a fitness center, we’ll help you get your sweat on. Check out Choice Health & Fitness Center with a waterslide and pool, in-gym daycare, and a range of classes.

League options abound for people of all ages and abilities. Park districts in cities across the Grand Forks region serve up action on a volleyball court or knock it out of the park at a softball diamond. We’ve even got winter leagues, because life doesn’t stop below zero. Check out broomball (look it up – you’ll thank us), lace up your skates for hockey, or throw a stone at the largest indoor curling rink in North Dakota.

FOR A COMPLETE LIST OF ACTIVITIES FOR CHILDREN AND ADULTS ALIKE, VISIT:

- **East Grand Forks Parks & Recreation:** egfparkandrec.com, 218.773.8000
- **Grand Forks Park District:** gfparks.org, 701.746.2750
- **Minnesota Parks & Recreation:** mnrpa.org, 763.571.1305
- **North Dakota Parks & Recreation:** parkrec.nd.gov, 701.328.5357

Grand Forks Parks offers league play for everything from Cornhole to Raquetball and everything in between.

Visit gfparks.org/programs-activities to find a program for you.

FITNESS CENTERS		
YMCA Family Center	701.775.2586	gfymca.org
Choice Health & Fitness	701.746.2790	choicehf.com
UND Wellness Center	701.777.3000	und.edu/wellness
INDEPENDENT SPORTS CLUBS		
Grand Forks Disc Golf Association	facebook.com/groups/470018816524015	
Grand Forks Curling Club	gfcurling.org	
Red River BMX	usabmx.com/tracks/1360	
Grand Forks Broomball	broomballgf.com	
Red River Valley Athletics	rrvathletics.org	
Rydell Skatepark	gfparks.org/parks-facilities/arenas-athletic-complexes/rydell-skatepark	
Red River Runners	facebook.com/rrrgf	
Extreme North Dakota Racing	endracing.com	
Red River Rotocross	facebook.com/redriverrotocross	
Grand Forks Flag Football	fcand.org/grand-forks-flag-football?	
Red River Snowmobile Club	mnsnowmobiler.org/get-involved/our-clubs/club-listing/red-river-snowmobile-club	
Northern Star Cycling Club	facebook.com/groups/nsccgf	
Red River Runners	facebook.com/rrrgf	



PHYSICAL & MENTAL HEALTH

PERHAPS YOU'D LIKE TO MOVE TO A REGION WHERE THE HEALTHCARE SYSTEM WAS RATED NUMBER ONE IN THE STATE.

Or where they were nationally recognized for being one of the most wired hospitals because of excellent telehealth solutions, price transparency, and consumer data access. Or maybe you'd like to live in a place where that same healthcare system was recognized internationally for preventing childhood injuries.

If that sounds dreamy, have we got the region for you! Not only is Altru Health System investing in a state-of-the-art hospital, they are recognized as a national leader in a range of initiatives from healthcare technology to children's safety. Sanford Health and Deaconess Health Center also help provide the region with even more options.

In fact, we've got more than 5,000 providers, including specialty care providers, private practice providers, chiropractors, dentists, and ophthalmologists practicing in the Grand Forks Region. So feel free to turn your head and cough. You'll be in great hands.

MENTAL HEALTH MATTERS

We want Grand Forks to be an emotionally healthy place to live, where people receive the support they need to thrive and succeed. That's why the Mental Health Matters community collaboration was formed. Learn more at gfcares.com.

HEALTHCARE ORGANIZATIONS			
Altru Health System	Broad spectrum care from specialty services and family medicine to emergency & rehabilitation	701.780.5000	altru.org
Sanford Health (East Grand Forks)	Family medicine, walk-in clinic	218.773.6800	sanfordhealth.org
Northwood Deaconess Health Center	Clinic, hospital, rehab, long term care & assisted living	701.587.6060	ndhc.net
Spectra Health (Grand Forks & Larimore)	Community health	701.757.2100	spectrahealth.org
Red River Behavioral Health System	Psychiatric hospital	701.772.2500	redriverbhs.com
Riverview Clinic	Family medicine, rehabilitation & specialty services	218.773.1390	riverviewhealth.org
UND Student Health Services	Medical & psychiatric care	701.777.4500	und.edu/studenthealth
GFAFB Medical Clinic	Acute care & family medicine	701.747.5601	airforcemedicine.af.mil/MTF/Grand-Forks
The Village Family Service Center	Counseling services	701. 746.4584	thevillagefamily.org
Prairie Harvest Mental Health	Social services	701.795.9143	prairieharvest.net
Grand Forks Public Health Department	Public health services	701.787.8118	www.grandforksgov.com/publichealth
Grand Forks County Social Services	Public social services	701.787.8500	gfcounty.nd.gov/Social_Services
Polk County Social Services	Public social services	218.773.2431	co.polk.mn.us/250/Social-Services

CRISIS LINES

2-1-1: Use this for information about health and human services, including suicide prevention. 24 hours, 7 days a week.

Grand Forks Community Violence Intervention Center (CVIC): The CVIC provides a safe way out of violence for those in danger, offers hope and healing from trauma, and promotes healthy relationships.

- **24/7 Crisis Line:** 701.746.8900
- **Office Line:** 701.746.0405 (8:30 am - 5:00 pm)
- **Website:** cviconline.org

SPIRITUAL HEALTH

FINDING A NEW FAITH FAMILY CAN BE ONE OF THE HARDEST PARTS ABOUT MAKING A MOVE.

With 178 places to worship in Greater Grand Forks – including churches of all denominations, mosques, temples, and spiritual centers – connecting with others who share your beliefs just got a whole lot cooler.

Every year people of all faiths mingle during University of North Dakota's Interfaith Week, sharing beliefs, practices and transitions. It's a great place to make new friends and learn about the people who make up your new community.

YOGA & MEDITATION		
WillowLife Center	218.791.5418	willowlife.com
117 Yoga & Wellness	701.738.8888	grandforkswellness.com
Ganesha Yoga	701.740.1360	ganeshayogaegf.com
Haute Yogis Hot Yoga	701.373.5523	haute-yogis.com
New Love Traveling Yoga	701.739.3034	facebook.com/newlove.yoga
Thaw Yoga	770.324.2047	thawyoga.com



GANESHA YOGA



MORE THAN HORSEING AROUND

Stable Days Youth Ranch offers cost-free programs for kids 5-17 of all abilities and income levels. Kids and youth work on personal development through equine therapy and agriculture adventures.

LIVELIER EXPERIENCES

WAY COOLER THAN YOU THINK
◦ GREATER GRAND FORKS ◦

WE'RE HUMBLE IN THE GRAND FORKS REGION, SO WE DON'T USUALLY BRAG ABOUT THE EXPERIENCES THAT MAKE OUR LIVES COOLER. LUCKILY, WE HAVE OTHER PEOPLE WHO'VE TALKED US UP.

Thanks to TripAdvisor, you know that we've got the best pizza in North Dakota (Rhombus Guys Pizza). And thanks to Travel + Leisure magazine, you know that we've got the best hot dogs, too (DogMahal DogHaus). The truth is, we've got tons of mouthwatering delights along with a great downtown scene.

We cheer for the puck. For the 5th consecutive year, we were named America's Best Hockey Town by Smartasset. But hockey isn't the only lively thing about our Friday nights. We've got Broadway performances, cultural festivities, live music nearly every night, and activities for both the young and young at heart.

If you celebrate the weekend with a good book and quiet conversation, don't worry! We were voted in the top 7 Hygge (pronounced hoo-gah) cities in the U.S. by Livability. Hygge means cozy, and we'll pour you a steaming cuppa cocoa, provide you with ample sweater weather, share our hotdish, and even invite you to game night.

**WHATEVER YOUR PACE, WE KNOW YOU'LL
LIVE COOLER IN GREATER GRAND FORKS.**

#GFISCOOLER



WINTER

Events in Greater Grand Forks don't stop for a little snow. Think cozy sweaters and snow-laden sleigh rides. Cups of cocoa and ice skating under strands of light. Skiing over miles of glistening terrain or cheering at a hockey arena. The Cooler mindset was born in the winter months.

GREENWAY SKI DAY

Join in a snow-filled day of skiing, snowshoeing, ice skating, horse-drawn sleigh rides, and a famed cardboard sled race!

FEAST OF NATIONS

One of the biggest and longest-running multicultural events in the region, Feast of Nations celebrates culture and diversity through skillful live performances, a red carpet runway, a delicious five-course international meal, and an amazing afterparty.

FROZEN FEAT 5K/10K

It's frosty, it's fun and it's a February run! The Frozen Feat sees runners in their finest winter apparel plodding through downtown Grand Forks to raise money for Special Olympics.

HOCKEY

Hockey, hockey, hockey! Oi, oi, oi! With the Taj Mahal of hockey (Ralph Engelstad Arena) and a rabid fan following, it's no wonder Smartasset has named Grand Forks as the top hockey town in the U.S. for five years running.

HAPPY HARRY'S PORK & BREW

Imagine an arena filled with hundreds of craft beer vendors and locally created bacon-infused dishes. Live music, hammerschlagen competitions, and a bacon eating contest cap off the festivities.

FIGHT THE FROST

How many bouncy houses and inflatable games does it take to make you cooler? Find out for yourself on the arena floor of the Alerus Center.



SPRING

Events transition from snowy revelries to cool happenings as the region makes way for Spring. Cultural festivities celebrating diversity dominate the season. And the Northland shows up in droves to wish our University of North Dakota grads a hearty congratulations as they throw their caps in the air.

TIME OUT WEEK

University of North Dakota TimeOut Week & Wacipi Powwow is a celebration of Native American culture. It includes performances, art, music, dance, and presentations.

ARTSEE

Showcasing both up-and-coming and distinguished artists, ArtSee gives guests the opportunity to view art from a variety of mediums, mingle with talented local and regional artists, and purchase one-of-a-kind pieces in a delightful social atmosphere.

COMMENCEMENT

The University of North Dakota and Northland Community and Technical College help to define the Grand Forks region, and we celebrate our graduating students every spring. Ceremonies and festivities abound.

SHRINE CIRCUS

Tightrope walkers and high-flying circus acts keep families on the edge of their seat! Pair that with some cotton candy and there's a big top worth of fun in store.

SYTTENDE MAI

Norwegian Constitution Day is observed on May 17 and the region is invited to celebrations at the Sons of Norway Gyda Varden Lodge in Grand Forks, as well as other communities in the region. Enjoy traditional Norwegian fare like lefse or rømmegrøt and dance to live folk music.

TURTLE RIVER FISH'N'FUN

Test your fishing skills at a kiddo-friendly fishing derby. Park rangers at Turtle River State Park will teach you how to tie knots, bait a hook, and cast a line like a pro.

SPRING FEVER

Dance like there's no tomorrow and party with your classmates at the Alerus Center's annual event geared toward college students.



HOLIDAY HAPPENINGS

HollyDazzle Festival of Lights:

Watch as beautifully decorated floats make their way through downtown Demers Avenue, followed by fireworks over the Sorlie Bridge.

Old Fashioned Christmas: The magic of the holiday season is kept alive in Northwood with community celebrations spanning from visits with Santa, kids crafts, holiday meals, Christmas caroling, and a lighting of a Christmas tree.

Santa Village: With more than 40 decorated trees, Santa, Mrs. Claus, and the elves can't stay away. Festive music adds ambiance for a horse-drawn sleigh, hot cocoa & cookies, games, arts & crafts, and even an upside-down tree!



TOWN SQUARE FARMER'S MARKET



FIGHTING HAWKS FOOTBALL

SUMMER

Sunshine dapples the streets as live music, farmers markets, and festivals welcome revelers throughout the region. The Red River roars up and down the valley as community events big and small celebrate life, history, and culture.

MOVIES IN THE PARK

Grab a lawn chair or your favorite picnic blanket and watch movies under the stars, June to August. The big screen travels to different regional parks each time, so you'll have the chance to explore green spaces!

ART ON THE RED

Art on the Red caters to art lovers and festival-goers from around the region with two full days of art, food, kids' activities and art projects, live entertainment, and more.

SERTOMA 4TH OF JULY

The Sertoma Club has lit up the night in honor of Independence Day for over 60 years. The day features a kiddie parade, games, prize giveaways, contests, food concessions, live entertainment, and a simply grand fireworks display at dusk.

OLD FASHIONED SATURDAY

Northwood's Old Fashioned Saturday will wrap you up in old-timeyness at Main Street, where festivities include a community picnic, teen dance, karaoke, used book sale, parade, demolition derby, water carnival, petting zoo, all faiths service in the park and a whole lot more.

HERITAGE DAYS

A weekend to celebrate the days of yesteryear in a pioneer village in East Grand Forks. Live demonstrations, threshing, sawmilling, blacksmithing, and broom making are just some of the things to do.

TOWN SQUARE FARMER'S MARKET

Fresh farm produce, homemade goods, live entertainment, handmade art, and local knick-knacks. These are just some of the few fabulous finds at the Town Square Farmers Market open every Saturday from June through September.

THOMPSON DAYS

Street dances, fireworks displays, golf cart races, bean bag tournaments, and goat yoga. This community festival pulls out all the stops for four days of full-on, eclectic fun in Thompson.

GREATER GRAND FORKS FAIR

The fair takes place annually, featuring a carnival, 4-H exhibits, fair food, vendors, machinery exhibits, music, racing, and other entertainment for all ages.

LARIMORE DAYS

Get your dancing shoes on for four days of street dances. Polish up that classic for a car show. Take the kiddos out for bouncy houses, movies in the park, and tricycle races.



FALL

Falling leaves and windswept prairies make Fall the perfect time to break out your sweaters and enjoy the crisp night air. The city comes alive with Kelly green as UND students stream back to campus. And pumpkin patches, street fairs, and parades usher out the year with a cozy wave goodbye.

DOWNTOWN STREET FAIR

Food vendors, artists, musicians, entertainers, kids' games, and more will line the streets of downtown at the annual Downtown Street Fair. The fair attracts over 30,000 visitors over a two-day weekend.

POTATO BOWL

Since 1965, UND and the Red River Valley potato growing industry have teamed up to throw an epic weeklong party. Major festivities include the Potato Bowl parade, World's Largest French Fry Feed, concert, and of course, a UND football game!

ROLLIN' ON THE RIVER

The third-largest inline skating event in the United States races through our city streets and along the beautiful Greenway! This one-of-a-kind skating and cycling marathon welcomes all participants from beginners to pros.

GLOBAL FRIENDS PICNIC

The Global Friends Coalition hosts an annual picnic as an opportunity to meet new neighbors in the community. The gathering features ethnic food, music, and games.

PUMPKIN PATCHES

Find your way out through a maze at the Valley Corn Maize, ride a horse-drawn wagon at the Patch on the Point Paradise Stables, or take a spooky walk through Nelson Pumpkin Patch's Haunted House. Don't miss out on all the thrills, chills, and scares of the season.

WILD HOG MARATHON

The Annual Wild Hog Marathon weekend features races for all levels. A sporting expo, pasta party, and post-race celebration make it fun for the whole family.

GRAND FORKS PRIDE

Socials, panels, speakers, spoken word, drag shows, and community worship sparkle up the city during this annual celebration of diversity.

GREENWAY TAKEOVER FESTIVAL

A massive stage creates the scene for four days of live music along the banks of the Red River. Food trucks, vendors, wellness classes, and children's games are among the many activities.

EMERADO CORN FEED

Local farmers grow enough corn to feed the whole county and guests will grin from ear to ear. Street vendors, live music, and a classic car show line the streets of downtown Emerado.

DEER HUNTING OPENER

Historically the second weekend in November, the hunting opener kicks off the two-week period when North Dakota and Minnesota hunters don their blaze orange in hopes of tagging a monster whitetail.



DOWNTOWN CONCERT



DOWNTOWN SIDEWALK ART



HAIRSPRAY LIVE AT THE EMPIRE ARTS CENTER

ARTS & CULTURE

BROADWAY PERFORMANCES, LIVE MUSIC, AND ART MUSEUMS - OH MY!

Enjoy a show at the historic Empire Arts Center, catch a flick at the art-deco inspired Avalon Theatre in Larimore, or hone your acting skills on a community stage like the Firehall Theater.

Music aficionado? Between local performances at Half Brothers Brewing and Ojata Records, street dances in Thompson, Reynolds, and Emerado, or outdoor festivals, live music fills the streets nearly every night. The Greater Grand Forks Symphony orchestra hits all the right notes with classical and modern orchestral music. And if the kids want to play on, there are many youth orchestras throughout the county, too!

Gallery spaces sprinkle the area at places like the North Dakota Museum of Art, Empire Arts Center, or downtown coffeehouses. If you're more inclined to make art, check out Muddy Water Clay Center and give a pottery wheel a spin!

ARTS & CULTURE		
MUSEUMS, GALLERIES, AND COLLABORATIVES		
Art of Wellness Gallery	919.922.0852	publicartnd.org
Arts & Artist Among Us Gallery	919.922.0852	publicartnd.org
Arts for Vets	701.330.3072	facebook.com/Arts4VetsPublic
Artwise	701.787.4260	artwise4kids.com
Colonel Eugene E. Meyers Gallery	701.777.2257	arts-sciences.und.edu/academics/art-design
East Grand Forks Campbell Library	218.773.9121	library.egf.mn
Elwyn B. Robinson Department of Special Collections	701.777.4625	library.und.edu/special-collections/hours.php
Grand Forks City Hall Atrium	919.922.0852	publicartnd.org
Grand Forks County Historical Society	701.775.2216	grandforkshistory.com
Grand Forks Public Library Mezzanine Gallery	701.772.8116	gflibrary.com/512/Mezzanine-Gallery
Heritage Village	218.791.5313	egfheritage.com
Larimore Community Museum	701.343.2181	larimorend.com/pdfViewer.asp?PagelId=230423
Muddy Waters Clay Center	701.775.1168	muddywatersclaycenter.org
North Dakota Museum of Art	701.777.4195	ndmoa.com
Northern Lights Railroad Museum	218.773.6668	nlrn.org
Northwood Pioneer Museum	701.587.5264	ndtourism.com/northwood/local-legends/northwood-pioneer-museum
UND Art Collections Gallery, Empire Arts Center	701.746.5500	empireartscenter.com
World's Smallest Gallery	701.746.9531	facebook.com/Urban-Stampede-172057126141562
YOU ARE HERE Gallery	701.746.5090	browningarts.com
MUSIC, DANCE, AND THEATER		
African Arts Arena	701.739.4310	africanartsarena.org
Alerus Center	701.792.1200	aleruscenter.com
AMC Classic 10	701.772.3514	amctheatres.com
Avalon Theatre	701.343.2181	larimorend.com
Chester Fritz Auditorium	701.777.4090	und.edu/chester-fritz-auditorium
Empire Arts Center	701.746.5500	empireartscenter.com
Grand Cities Children's Choir	701.885.4242	grandcitiescc.org
Grand Forks City Band	701.746.7471	gfcityband.org
Grand Forks Master Chorales	701.732.0091	gfchorales.org
Greater Grand Forks Community Theater	701.746.0847	ggfct.com
Greater Grand Forks Symphony	701.620.9043	ggfso.org
Muiderman Theater	701.599.2348	muidermanguitars.com
North Dakota Ballet Company	701.746.6044	northdakotaballet.org
North Dakota Shakespeare	870.245.5560	northdakotashakespeare.com
Northern Valley Youth Orchestras	701.757.3009	nvyo.org
Ralph Engelstad Area	701.777.4167	theralph.com
River Cinema 15	218.399.9000	moorefamilytheatres.com
The Summer Performing Arts Company (SPA)	701.746.2411	spacompany.org
Thompson Summer Theater	701.599.2765	facebook.com/thompsonsummertheater
UND Music Department	701.777.2644	arts-sciences.und.edu/academics/music
UND Theater	701.777.3446	theatre.und.edu
ARTS ORGANIZATIONS		
Artwise	701.787.4260	artwise4kids.com
East Grand Forks Arts & Crafts Council	218.773.6525	freewebs.com/egfcraftcouncil
Greater Grand Forks Women in the Arts	701.777.7344	facebook.com/GGFWomenintheArts
Public Arts Commission	919.922.0852	publicartnd.org

DOWNTOWN REIMAGINED

OUR DOWNTOWN SPANS NOT JUST ONE CITY – BUT TWO! GRAND FORKS AND EAST GRAND FORKS CONNECT BY WAY OF THE SORLIE BRIDGE AND OUR DOWNTOWN WILL LIGHT UP YOUR DAY OR NIGHT.

Start your day with a cuppa joe at one of the local coffee shops. Put on your dancing shoes for a downtown concert in Town Square. Wheel your way around on the Greenway, a paved path that spans more than 21 miles. Find fresh food at our Farmer’s Market every Saturday in the summer. Snag tickets for a show at the historic Empire Arts Center, Firehall Theater, or River Cinema 15.

Treat yourself with delicious fare from all over the world at one of more than 25 restaurants. Whether you’re looking for a low-key dinner with friends or an upscale eatery that’s sure to impress, downtown delivers. Roll with it and score some sushi. Grab some nosh at one of the many patios or rooftops overlooking the gorgeous Red River. We’ve even got local breweries serving up pints of craft brews, right in the heart of downtown.

And things are only going to get cooler from here. The future of downtown will see more than \$50 million in investments, 300 new housing units, room for nearly 20 new businesses including a downtown grocery store, and revitalized public spaces.



RENDERING OF GRAND FORKS' FUTURE TOWN SQUARE - COURTESY OF RDG PLANNING & DESIGN

MAIN STREET PROUD

Across the state, North Dakota Governor Doug Burgum called on communities to invest in the Main Street mentality. The Grand Forks region took the challenge head-on. From cafes with hearty fare to community festivals to investments in new infrastructure, the cities in the Grand Forks region are Main Street proud.

Summer, spring, winter, or fall, Main Street beats in the heart of every community. Sure, the downtowns in Grand Forks and East Grand Forks have a hopping nightlife and a bevy of restaurants but take a drive to the surrounding communities and you'll soon find lots more to offer.

Freshly built pergolas on Northwood’s Main Street have created a new gathering place for families to enjoy a summer lunch. A line of classic cars juxtaposes a shiny new fire truck on Main Street in Emerado during its annual Corn Feed celebration. A splash of bright paint on a new collaborative artist studio highlights a flurry of Main Street business renovations in Reynolds.

Learn more about the Main Street Initiative at nd.gov/living-nd/main-street-nd



DOWNTOWN GRAND FORKS



DOWNTOWN NORTHWOOD



EMERADO MAIN STREET

DINING & NIGHTLIFE

WE AREN'T CALLED GRAND FORKS FOR NO REASON. (OK... SO THIS HAS TO DO WITH THE FORK IN THE RED RIVER, AND NOT THE SILVERWARE - BUT WE'LL OVERLOOK THAT FOR A GOOD PUN).

Whether you're a connoisseur of cultural culinary experiences, in the mood for rib-sticking comfort food, or want to enjoy the game over a slice of delicious 'za, Grand Forks will serve it up hot.

Grand Forks offers flavors from around the world. You'll find Thai, Japanese, Norwegian, Mexican, Somali, Vietnamese, Jamaican, Italian, Chinese, and French dishes permanently on the menu or served fresh from a food truck window.

Ready for a night on the town? We've got a bevy of bars, breweries, and distilleries throughout the region, live music nearly every night, and nightclubs where you can show off your signature dance moves.



HOTDISH WHAT IS IT?

Hotdish, or "casserole" to you non-Midwesterners, typically contains a starch, a meat, and a canned or frozen vegetable mixed with canned soup. For example, Tater Tots + ground beef + corn + cream of mushroom soup = regional favorite Tater Tot Hotdish.

LOCAL FAVORITES

NEARLY 1,000 VOTERS WANT NEWCOMERS TO KNOW ABOUT THESE REGIONAL DELICACIES.



SAMOSAS STEERS RESTAURANT

These pastries are stuffed with meat, potatoes, and peas, and fried to golden perfection.



CHIPPERS WIDMAN'S CANDY SHOP

Chippers are potato chips covered in chocolate, resulting in a delicious symphony of sweet and savory.



T-REX PIZZA RHOMBUS GUYS

There's nothing extinct about this award-winning pizza.



FRIED CHEESY PICKLES TOASTED FROG

Often imitated, but never duplicated. These are the real deal.



OOF-DA TACOS

Get these delicious tacos, made with Indian fry bread, at fairs and food trucks throughout the summer. Oof-da! They're good.



POUTINE LARSON'S DRIVE INN

Poutine is a Canadian-born delicacy, and Larson's consists of French fries, gravy, and cheese curds.



PANCAKES DARCY'S CAFE

Pancakes so good they would make your grandmother proud.



WINGS PARROT'S CAY

With heat levels ranging from 3 through 40, even the most adventurous wing connoisseurs may not be able to beat the heat.



GRINDER RED PEPPER

A sandwich so popular you can have it delivered overnight to almost anywhere in the U.S.

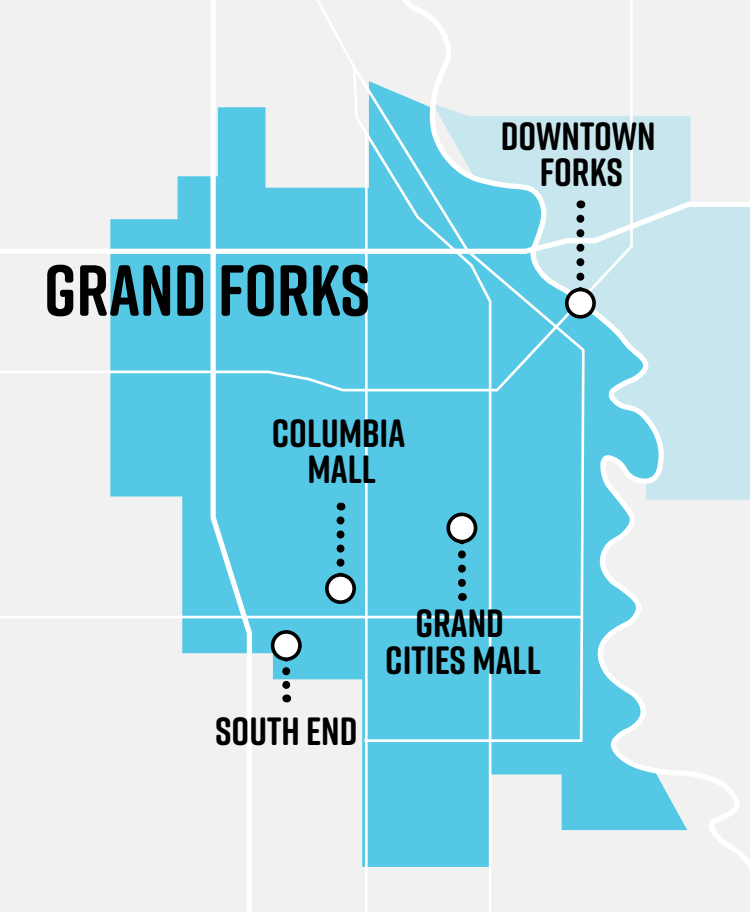


BLOODY MARY & CAESAR BAR BREWSKI'S BAR & GRILL

Basically a meal and a drink once you pile on all your fixings.



NEW FLAVORS FOOD TRUCK



LOOKING FOR MORE COOL SHOPPING?
Go to VisitGrandForks.com/things-to-do/shopping



SHOPPING

WANT TO WALK OR RIDE YOUR BIKE TO A NEIGHBORHOOD GROCERY STORE? FIND A PERFECT GIFT AT A UNIQUE BOUTIQUE? SPEND HOURS GETTING LOST IN THE AISLES OF TARGET?

Whether you're shopping for household essentials or specialty items, Greater Grand Forks will help you fill your cart. And with an average commute time of 14 minutes or less, you'll have lots of extra time to find what you need.

DOWNTOWN GRAND FORKS & EAST GRAND FORKS (DOWNTOWN FORKS)

Kitschy boutiques or mom-and-pop shops with lots of local flair and specialty gift items dominate the scene on both sides of the river. If you're looking for basic essentials, there's also a local pharmacy and soon-to-be a grocery store.

GRAND CITIES MALL

Visit the very first indoor shopping mall in North Dakota! The Grand Cities Mall holds a host of small retail shops including a cobbler and a baker – but no candlestick maker. A local bookstore, hardware store, and an international market round out a shopping experience. The mall also boasts an indoor playpark for the kiddos, and monthly vendor shows.

COLUMBIA MALL

Brand name clothing retailers and departments stores, along with specialty stores make up the Columbia Mall. Whether you're looking for sporting equipment, a new wardrobe, or that special holiday present, Columbia Mall delivers.

SOUTH END

Major retailers, big-box icons and a handful of smaller boutique shops make the South End the perfect shopping corridor to cover all your needs. With five grocery stores located in a three-mile stretch, you won't have to look far to find your favorite brand of ice cream.



SPORTING EVENTS

FACT. HOCKEY IS GOOGLED 7% MORE OFTEN THAN FOOD IN GREATER GRAND FORKS.

The Fighting Hawks men's hockey team dominates the ice most Friday and Saturday nights during winter. On a slightly greener terrain, the Fighting Hawks football team offers up opportunities for both tailgaters and hardcore fans to suit up in Kelly green. We've even got a semi-professional football team (Tri-City Northstars) that tears up the turf.

There are so many cooler ways to get your cheer on. Get mud on your face during a race night at the River Cities Speedway or Red River BMX bike track. Watch visiting teams be disgraced by elite drone racers during the Collegiate Drone Racing Championships. Or see the Sugar Beaters roller derby team kick some cans all over the place at the Blue Line Club. Whichever sport you like to watch most, we will rock you.



FOOTBALL
[FIGHTINGHAWKS.COM](https://FightingHawks.com)
[GONORTHSTARS.COM](https://GoNorthstars.com)



HOCKEY
[FIGHTINGHAWKS.COM](https://FightingHawks.com)



RACING
[RIVERCITIESPEEDWAY.COM](https://RiverCitiesSpeedway.com)

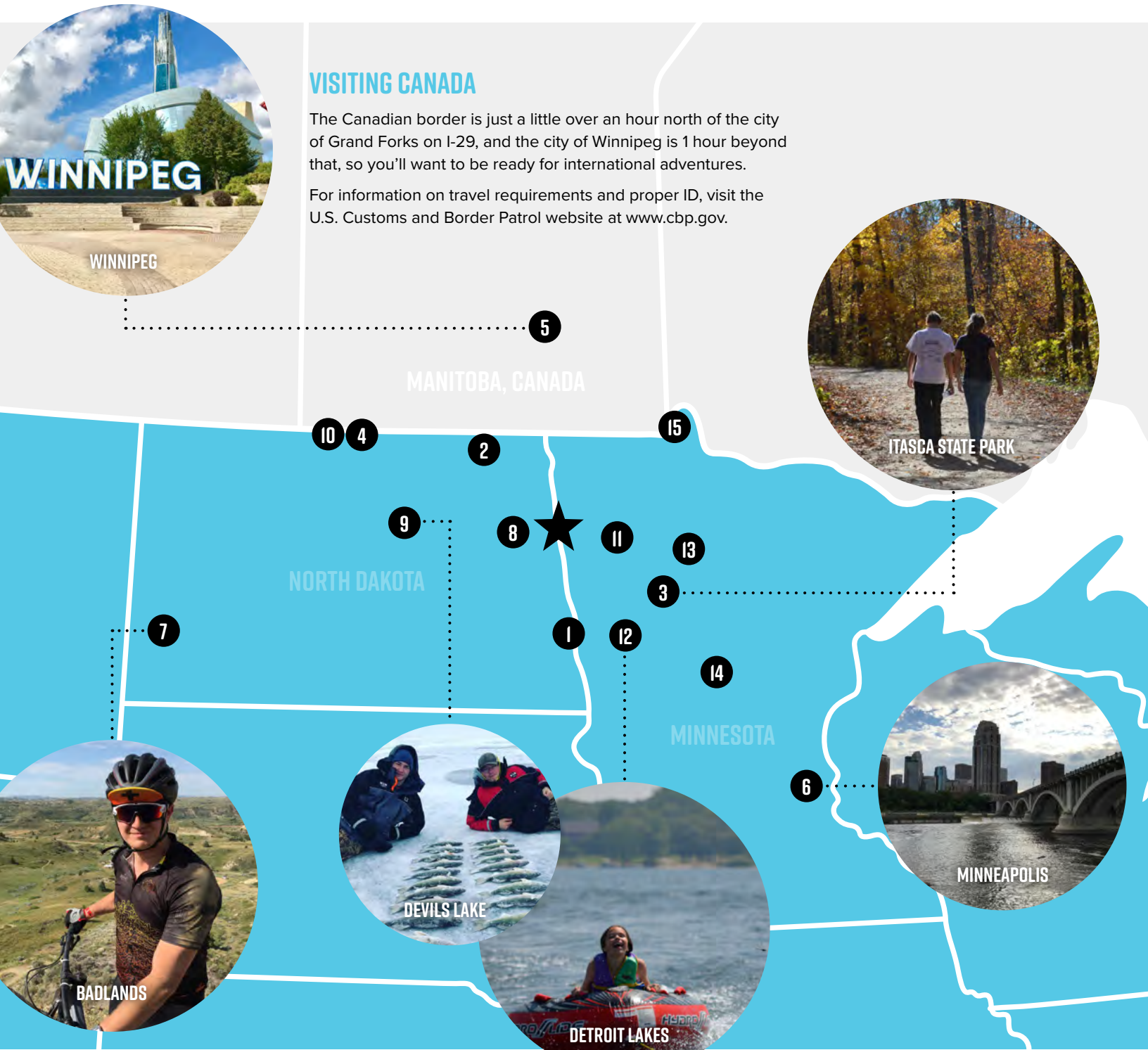


ROLLER DERBY
[FACEBOOK.COM/FORXROLLERDERBY](https://Facebook.com/ForXRollerDerby)

BRANCHING OUT

ONCE YOU'VE MASTERED THE GRAND FORKS REGION, YOU'LL WANT TO START DISCOVERING THE REST OF THE SURROUNDING AREA.

From the crystal clear lakes of northern Minnesota to the rough landscape of the Badlands in southwest North Dakota, we've compiled a list of some of the cooler things to see outside the Grand Forks region.



DAY TRIPS

- 1. Fargo (1 hour):** You might recognize the 1996 film, Fargo, featuring thick Midwestern accents, white barren landscape, and the infamous woodchipper scene (their tourism bureau has the original on display!). While the accents are mildly accurate and it is pretty flat, Fargo (pop. 122,000) offers a surprising array of cultural influences, attractions and activities. fargomoorhead.org
- 2. Pembina Gorge and Frost Fire Park (2 hours):** The gorgeous Pembina Gorge State Recreation Area near Walhalla, N.D., offers more than 30 acres of trails to enjoy horseback riding, hiking, kayaking, mountain biking, and ATVs. Enjoy a Broadway-style production at Frost Fire Theatre, an outdoor amphitheater overlooking the Gorge. In the wintertime, hit the slopes at Frost Fire Park Ski Resort. frostfirepark.org
- 3. Itasca State Park (2 hours):** Itasca is Minnesota's oldest state park and the second oldest in the United States behind Niagara Falls. Beautiful in all seasons, it is here the mighty Mississippi begins its 2,552-mile journey to the Gulf of Mexico. visitbemidji.com/itasca-state-park
- 4. International Peace Garden (3 hours):** One of the continent's most symbolic and scenic attractions, tourists flock to this unique tribute to peace and friendship between the U.S. and Canada. The 2,300-acre garden encompasses two pristine freshwater lakes, scenic hiking and driving trails, wildflowers, waterfalls, and a variety of North American birds and animals. peacegarden.com

A WEEKEND AWAY

- 5. Winnipeg, Manitoba (2.5 hours):** Winnipeg (pop. 750,000) is the capital of the Canadian province of Manitoba. Its heart is The Forks, a historic site at the intersection of the Red and Assiniboine rivers, with warehouses converted to shops and restaurants, plus ample green space dedicated to festivals, concerts and exhibits. tourismwinnipeg.com
- 6. Minneapolis-St. Paul (4 ½ hours):** As the closest major metro to our region (pop. 3.42 million), the Twin Cities (or just the "Cities" to locals) is incredibly diverse. It offers a dramatic riverfront skyline, three professional sports stadiums within 1.3 miles, and a vibrant arts scene with a theater on almost every corner. It's a foodie paradise where you can get Nordic cuisine for breakfast, Ethiopian for lunch and a "Jucy Lucy" for dinner. minneapolis.org
- 7. Medora and Theodore Roosevelt National Park (6 hours):** Medora is your place for lodging, provisions and entertainment at the entrance of Theodore Roosevelt National Park. In town, horse-drawn historic tours and cute downtown shops will keep you busy during the day, before you take in the can't-miss Medora Musical and one-of-a-kind Pitchfork Fondue at night. Theodore Roosevelt National Park is home of the North Dakota Badlands. Breathtaking views make way for deer, antelope, buffalo, and wild horses that roam the hills. medorand.com

TAKE IT TO THE LAKE

Grand Forks County shares a border with Minnesota – the Land of 10,000 Lakes – so life at "the lake" is ingrained in our culture. From the unmatched walleye fishing on Devils Lake in North Dakota, to the watersport-friendly chain of lakes around Bemidji, Minnesota, a day at the lake can be whatever you want to make it.

NORTH DAKOTA LAKES

From the free-flowing waters of the Missouri River to deep blue Lake Sakakawea and the year-round resort destination of Devils Lake, North Dakota has a vast array of waters suited for all recreational needs.

- 8. Larimore Dam (33 minutes):** The area offers fishing, nature trails, bike paths, 144 campsites, a sandy swimming beach, basketball and volleyball courts, a baseball diamond, horseshoes, an adjacent nine-hole golf course and winter sledding.
- 9. Devils Lake (90 minutes):** A year-round recreational destination for open-water and ice fishing. Hunters flock here for waterfowl and boaters enjoy relaxing summer evenings on the water. Grahams Island State Park attracts campers and day trippers alike.
- 10. Lake Metigoshe State Park (3 hours):** The small lakes within the park on the U.S.-Canada border provide opportunities for fishing, canoeing, boating and swimming.

MINNESOTA LAKES

It's difficult to narrow down our fave lakes – there are 10,000 to choose from, after all. So, we've broken down Minnesota Lake Country into regions that are just a splash away.

- 11. Maple Lake (1 hour):** Near the town of Mentor (pop. 153), is a popular summertime destination for lake-goers in the Grand Forks Region.
- 12. Detroit Lakes (2 hours):** With more than 400 lakes within 25 miles of Detroit Lakes, you're sure to find a match, no matter the season.
- 13. Bemidji (2 hours):** Claiming to be the First City on the Mississippi, as well as the birthplace of Paul & Babe, you'll find plenty to do in and around Bemidji's 400 lakes.
- 14. Brainerd (3 hours):** Nestled in the center of Minnesota, Brainerd is the heart of lake country. Cruise Gull Lake Chain or Whitefish Chain for two lake chains bustling with dining and lodging amenities. If slower pace is your style, kayak the quiet, less populated lakes where you feel like you have the lake to yourself.
- 15. Lake of the Woods (4 hours):** Found on the Canadian border, Lake of the Woods is known as the Walleye Capital of the World. The stunning international waters welcome anglers year-round in search of that elusive record catch.

ABOUT US

GRAND FORKS REGION ECONOMIC DEVELOPMENT CORPORATION

Incorporated as a non-profit organization in 1988, the Grand Forks Region Economic Development Corporation promotes economic development in the Northeast North Dakota region, working to establish new wealth and job growth for the City and County of Grand Forks and outlying regional communities.

The EDC’s successful efforts help expand the economy, create new employment opportunities and improve the quality of life in the region.

www.grandforks.org



WHAT IS COOLER?

Greater Grand Forks: Way Cooler Than You Think! is a workforce attraction and retention initiative led by the Grand Forks EDC and driven by a diverse Advisory Committee composed of human resources executives representing sectors including finance, manufacturing, UAS, utilities, engineering, agribusiness, and health care.

THANK YOU TO THE INITIATIVE'S FOUNDING PARTNERS

- Grand Forks Region EDC
- The Chamber – Grand Forks/ East Grand Forks
- Greater Grand Forks Convention and Visitors Bureau
- University of North Dakota
- Grand Forks County
- City of Grand Forks



THANK YOU!

Economic development success is spurred by collaboration between public and private sectors investing in the Grand Forks Region EDC and supporting a shared vision for a vibrant regional

EMERALD: \$20,000+

Grand Forks County
City of Grand Forks
Alerus Financial
Altru Health System
Bremer Bank
Xcel Energy

DIAMOND: \$10,000 +

J.R. Simplot Company
LM Wind Power
Nodak Electric Cooperative
Northrop Grumman Corporation
University of North Dakota

PLATINUM: \$5,000+

AE2S
Alerus Center
Blue Cross Blue Shield of North Dakota
Border States Electric Supply
Brady, Martz & Associates
Choice Financial
Cirrus Aircraft
Enbridge Energy
Grand Forks Herald
ICON Architectural Group
JLG Architects
Minnkota Power Cooperative
U.S. Bank
Wells Fargo Bank

GOLD: \$2,500 +

Acme Tools
Black Gold
Britton Transport
C.L. Linfoot Company
Construction Engineers
CPS Ltd.
Crary Real Estate
Dakota Commercial &

Development
Dakota Supply Group
EAPC Architects Engineers
Edgewood Management Group
First International Bank & Trust
First State Bank
Gate City Bank
General Atomics
Aeronautical Systems Inc
Happy Harry's Bottle Shops/ Gershman Enterprises
HB Sound & Light
Hugo's
KLJ
Lunseth Plumbing & Heating
Midco
Norby's Work Perks
Opp Construction
Praxis Strategy Group
PS Industries Incorporated
Retrax Holdings LLC
Rydell GM Auto Center
Sanford Health
Steffes Corporation
Strata Corporation
Wells Concrete

SILVER: \$1,000 +

Aatrix Software
Advanced Business Methods
American Crystal Sugar
Bank Forward
Bank of North Dakota
BBI International
Bergstrom Electric
Biomass Solution, LLC
BNSF Railway
Brown Corporations
Camrud Maddock Olson & Larson
Countrywide Sanitation

economy. Thanks to the support of our dedicated member companies, we can provide our services at no cost. Our investors and partners are dedicated to helping grow the Grand Forks Region.

Custom Aire
EERC
Express Employment Professionals
First Community Credit Union
Florian & Sons Excavating
Frandsen Bank & Trust
Grand Forks Abstract & Title Company
Grand Forks Park District
Grand Forks Public Schools
Hannaher's Inc.
Hood Packaging Corporation
ICS, Inc
Ideal Aerosmith
IronHide (Bobcat of Grand Forks)
Lumber Mart
Mikkelson Consolidated
Northern Plumbing Supply
Northern Tier Seed Company
Northland Community & Technical College
Northridge
Paragon Pro
PCL Community Contractors
Philadelphia Macaroni Company
RDO Equipment
RJ Zavoral & Sons
Swingen Construction
Technology Applications Group
True North Equipment
UND Aerospace Foundation
Vaaler Insurance

BRONZE: \$500 +

Abra Auto Body & Glass
American Federal Bank
Assurity Finance & Development

BGLEE,LLC
Burian & Associates LLC
Canad Inns – Grand Forks
Dakota Carrier Network
Flint Group
Gowan Construction
Grand Forks Housing Authority
Grand Forks Regional Airport Authority
Grand Forks Scheels
Grand Forks Subaru Kia
Greater Grand Forks Young Professionals
Greenberg Realty
Hatch Realty GF
Henningsen Cold Storage Co
Houston Engineering
Iteris, Inc
Mayo Manufacturing
McFarlane
North Dakota Mill & Elevator
ODRA, LLC
ReadiTech IT Solutions
Steamatic
Sure Foot Corporation
The Chamber-GF/EGF
The Vidar Group LLC
UND Alumni Association and Foundation
UND Center for Innovation
UND College of Business & Public Administration
UND College of Engineering & Mines
United Valley Bank
US Foods
Vilandre Heating Air Conditioning & Plumbing
Webster Foster & Weston Consulting Eng
Western Polymer Corporation
Widseth Smith & Nolting

LIVE COOLER.

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