THIEF RIVER FALLS



Game on or GLAM on...

Together RALPH ENGELSTAD

ARENA and HUCK OLSON

MEMORIAL CIVIC CENTER provide
the best in event venues. Whether
you're looking for a place to host the
big game or a more intimate formal
event like a wedding reception,
you've come to the right place.
Accommodating everything from
consumer shows to corporate meetings
and more.

525 Brooks Ave N. | 218-681-2183 venuworks.com/thiefriverfalls/





Fast. Reliable. Affordable.

THIEF RIVER FALLS REGIONAL AIRPORT is a jet setter when it comes to offering travelers a care-free experience. Enjoy 12 weekly roundtrip flights from Thief River Falls to Minneapolis with our 50 seat ERI-145 aircraft. Plus, free parking, hassle-free security, and affordable rates. Reliable jet service is provided by Denver Air Connection in partnership with Delta, United and American Airlines.

13770 Airport Dr. | 855-235-9322 | denverairconnection.com

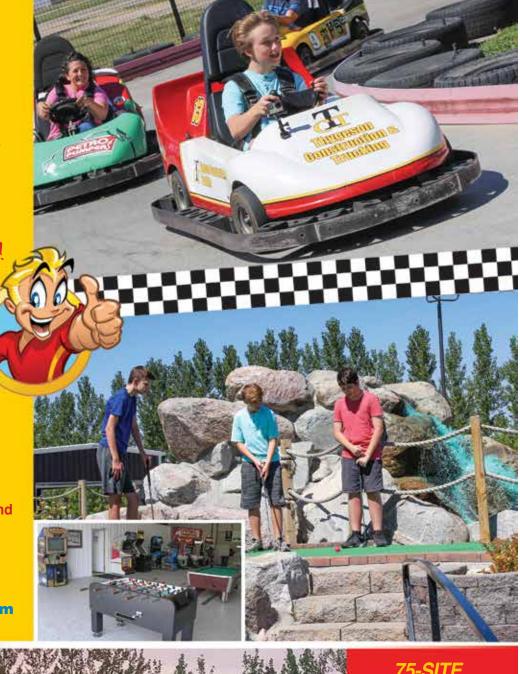


FALLS STAY 'N PLAY!

Your
All-In-One
Family
Destination!

- Thief River Falls' Main Attraction!
- 18-hole mini golf course
- 75 full hook-up camping sites
 - -With 50 amp service
 - -Free WiFi
 - -Cable TV available
- Arcade and playground equipment
- Go-Kart Track

218-681-7066 fallsstaynplaytrf.com





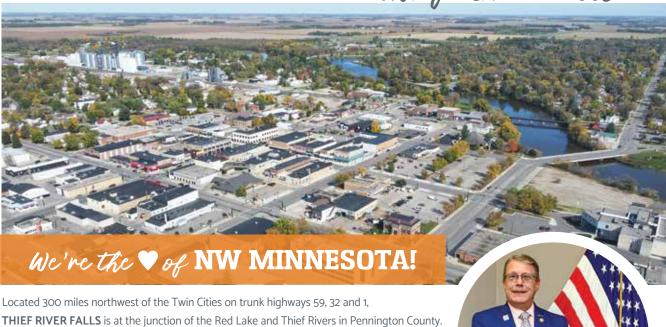
75-SITE RV PARK NOW OPEN!

Full hook-ups with cable TV!

All sites with 50 amp service!

Year-round sites!

WELCOME to Thief River Falls!



WEDDING & EVENT
FACILITIES6
RECREATION10
ATTRACTIONS12
THE MOST NORWEGIAN CITY IN AMERICA16
EVENTS18
SHOPPING20
INSTAGRAMMABLE HOT SPOTS27
DINING30

DAY TRIPPING38
ACCOMMODATIONS, CAMPING, PARKS40
AREA PARKS43
MOVING/EDUCATION44
AREA CHURCHES50
SNOWMOBILE TRAILS MAP51
THIEF RIVER FALLS CITY/ RIVER WALK MAPS52
BICYCLE TRAILS MAP54

DAY TRIBRING



102 Main Ave. N., Thief River Falls, MN 56701 218-686-9785 | info@visittrf.com visittrf.com

Visit Thief River Falls promotes the Thief River Falls area as a destination for conferences, conventions, events, group tours, and leisure travelers, thereby enhancing economic growth of the area. They are funded by the 3% Lodging Tax that is collected from overnight visitors at all seven hotel properties in Thief River Falls, as well as the city campground.

WELCOME to our corner of
Northwestern Minnesota, where
sparkling rivers and scenic prairies
offer numerous opportunities for
adventure. Our area prides itself
on a friendly community, a thriving
business climate, exceptional
schools, and safe neighborhoods.
Take time to explore our fascinating
attractions, check out our lively
events, and visit our delightful
restaurants and shops.

We know you'll want to come back again and again!

-Brian Holmer,
Mayor of Thief River Falls

THE HISTORIC SOO LINE RAILROAD DEPOT

The Historic Soo Line Railroad Depot, located on U.S. Highway 59 downtown, is listed on the National Register of Historic Places. From completion of construction in 1914 until 1967, when passenger train service was terminated, the Depot was a hub of community activity almost 24 hours a day. At the height of its use, the Depot saw 13 passenger trains arrive and depart each day. Following a successful "Save

the Depot" fundraising campaign in 1994-95, the City decided to renovate and remodel the building for use as City Hall. The completed project retained most of the building's significant interior features, including the terrazzo floor and wood trim and doors in the main passenger terminal area. Steam Locomotive No. 1024, a Soo Class L-4, 2-8-2 MIKADO, is on permanent display outside the Depot.

There are several photos with amazing stories inside the Depot. The Depot is open during City hours, which are 8 a.m.-4:30 p.m. Monday-Friday.



On the cover we have Engine 1024 today, and a photo of Hilary Stoltman at age 19 in 1952. Here is a tour of Engine 1024 by Hilary Stoltman in 2024! Hilary is available for tours for 5 people or more to get you into the engine to show you how it works! Contact Visit Thief River Falls to get connected.







DISTANCE TO:

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Megan & Paul Maloney Northern Obscura facebook.com/NorthernObscura northernobscura@gmail.com

Plan your big day HERE!

Are you and your significant other planning for the big day? Celebrating a special event or gathering and need ample space for your attendees? Whether you're looking for a wedding venue or a space to hold your next convention, you'll find Thief River Falls has may options to choose from with different amenities to suit your needs.

Ralph Engelstad Arena

Ralph Engelstad Arena (REA) or better known as "The Mini Ralph" is a palatial ice arena located in Thief River Falls. It is used primarily for hockey, yet it can be transformed into a court, and also includes a large banquet room called the Imperial Ball Room.

525 Brooks Ave. N. 218-681-2183 theralphtrf.com





Legacy Event Center

Known for dependable service and attention to detail, Legacy Event Center is here to make your event memorable. We offer catering and bar service, and on and offsite decor rentals. From birthday parties to weddings and corporate events, Legacy is dedicated to making sure your event is a success.

16458 160th Ave. N.E. | 218-686-4655 trflegacyeventcenter.com



The Venue at Copper Ridge

COMING JUNE 2024!

The Venue at Copper Ridge combines rustic charm with modern elegance for a stunning place to host your wedding or event. Situated on 26 acres of beautiful wooded land, The Venue is perfect any time of the year. The Venue accommodates up to 400 guests.

29111 Center Ave. N., Newfolden 218-230-0332 | thevenueatcopperridge.com



Mulligans Lounge & Golf Simulator

We have event space that will accommodate 250-300 guests, we offer a full-service menu and private bar for your event if you are interested. Very affordable rates and easy walking distance to two hotels makes Mulligans a perfect choice for any event!

1060 Hwy. 32 S. I 218-683-5601 mulliganstrf.com



Heritage Center

Heritage Center offers event and meeting space available for rent for up to 200 people.

301 4th St. E. | 218-681-2406



Thief River Golf Club

The Thief River Golf Club is a great place to host your event. Count on us for weddings or group outings. We have a great view with a full dining facility! We can handle small or large groups.

13697 188th St. N.E. | 218-681-2955 thiefrivergolfclub.com



The Piggy BBO

The Piggy BBQ features a private party room with an 85" screen TV that can accommodate 50-80 individuals.

123 3rd St. W. | 218-653-1031 thepiggylegendarybbq.com



Curling Club

The Curling Club has a large event space that can accommodate 500+.

815 3rd St. W. I 218-686-4380



Multi-Events Complex (The MEC)

The MEC is 37.19 acres complete with electricity, water, restrooms, picnic tables, parking and a softball/baseball park. The complex has seven softball fields and one baseball field.

College Dr.



The Eagles

The Eagles is a great location for wedding receptions, anniversaries, fundraisers, and reunions. Banquet space seats 300 people.

305 Red Lake Blvd. | 218-681-2406



National Guard Armory

The National Guard Armory features event space for up to 350 people.

301 4th St. E. | 218-681-2406

Get out AND PLAY!

Thief River Falls offers a winter wonderland with fantastic options to get out and play in the snow. Summer is a great time to for a round of golf or playing in our parks. Reel in a big one on our rivers, or plan a hunting trip, you can even hit the streets with your ATV and grab some lunch. Explore away!



Ride your ATV on the streets of Thief River Falls!

AN ATV PERMIT IS \$10.00 FOR A PERIOD OF 3 YEARS. (Fee is per household, so regardless of the number of ATVs, the fee is the same.)

Each user must be a licensed driver, be insured and have an ATV permit registered with the city.

NOTE: ATVs are NOT permitted on state highways! Go to citytrf.net for ATV permits and renewal applications-enjoy the ride!



Plan a river trip to take in some scenic views!

OUR RIVERS ARE A GREAT PLACE TO RELAX, UNWIND, AND GET BACK TO NATURE.

Launch your kayak at the kayak launch docks located at LaFave Park, the 8th St. Boat Landing (near Centennial Park) and Finsbury Park!

Forgot your kayak? No problem, kayak rental is available. Go to visittrf.com to find out more.



Hit the trails for a fun, outdoor adventure!

Thief River Falls Sno-Drifters Snowmobile Trails lead out of Thief River Falls in five directions and interconnect with over 500 miles of scenic groomed trails.

Goodridge/4G Snowmobile Trails connect with the Wapiti Trail system out of Thief River Falls, the Fourtown Trail system, the Riverland Trail System, Clearwater, and Gully, etc.

Riverland North Trail is a groomed trail that connects Thief River Falls with Red Lake Falls.



INTERNATIONALLY KNOWN,

but, locally grown...

ARCTIC CAT was born in the north, raised on snow and gravel, and today they are still at home on the great plains of Minnesota. Formed by Edgar Hetteen in 1960, Arctic Cat has transformed into a leading snowmobile, side-by-side and ATV manufacturer over decades of trail riding, racing, and bringing friends and families together. In 2017, a new era in Arctic Cat history began when they joined Textron Inc. Today, the bulk of their manufacturing still happens right here in Thief River Falls.



Cross-Country Skiing

Two cross-country ski trails can be found within the city limits. One follows along the Thief River, and the other trail is located in the Greenwood Trails Recreation Area. Both include wooded areas and small hills. Another option is Old Mill State Park, located 30 miles northwest of Thief River Falls. It offers six miles of ski trails.



Disc Golf

Throw yourself into the game! A game of disc golf, that is. Play a round at either Lion's or Oakland Park. Both are open to the public and free of charge. They are equipped with everything you need except the discs, so don't forget to bring your own.



Fishing

Hook, line, and sinker...river fishing is the best! You'll find excellent fishing opportunities year-round on our rivers. Reel in everything from walleye and northern pike to catfish, smallmouth bass, and pan fish. Whether you're trolling for the big catch or enjoying a relaxing afternoon fishing from a pier, our parks can accommodate you.



Hunting

With over two million acres of public hunting land to choose from, the Thief River Falls area offers hunters choices of bear, deer, ducks, ruffed and sharptail grouse, plus woodcock. Agassiz National Wildlife Refuge and the Thief Lake Wildlife Management Area offer even more options for hunters.



Ice Skating

Thief River Falls has two large indoor arenas: the Ralph Engelstad Arena and the Huck Olson Memorial Civic Center. Both offer recreational ice skating. The city also has two outdoor ice skating rinks in Northrup Park and Engelstad Park. Rentals are available at Legends Sporting Goods.



Pickleball

As pickleball becomes a more and more popular sport, people are always asking where they can play. Thief River Falls is ready with FIVE courts to choose from. Franklin Middle School (300 Spruce Ave. S.) has three courts, and Northland Community & Technical College (1101 State Hwy. 1) has two courts.

Gear Mp AND GET FIT!

Row it, ride it, or swing at it...just have fun being active! Indoors or out. find your fitness choice and look the part with great gear, too! Whether you decide to golf the greens or hit the gym, either way you can't lose-it's always an

adventure here.



Get your GEAR here!

Need something for your team? **LEGENDS SPORTING GOODS** has a great selection of Prowler apparel and other team wear also. Have a design idea of your own? They do custom screen printing and embroidery, too. The perfect source for hockey, baseball/softball, football, figure skating, swimming, and soccer equipment. Rent, lease, or buy figure and hockey skates.

212 Atlantic Ave. | 218-681-1006 | legendscustomapparel.com

The PAR-fect place to tee off with friends!

If golf is your game, the **THIEF RIVER GOLF CLUB** is a course you don't want to miss. Located just north of town along the winding banks of the Thief River, this picturesque course offers 18-holes and features 6,336 yards of golf. Forgot something...check out the on-site pro shop. Food and beverages are available.

13697 188th St. N.E. | 218-681-2955 | thiefrivergolfclub.com



Swing like a PRO!

FOSSTON GOLF CLUB

32132 Hilligoss Blvd. S. E., Fosston | 218-435-6535

MINAKWA GOLF CLUB

901 Fisher Ave., Crookston | 218-281-1773

OAK KNOLLS GOLF CLUB

702 Marshall Ave. S.E., Red Lake Falls 218-253-4423

OAK LAKE GOLF COURSE

23146 347th St. S.E., Erskine | 218-687-4653

SANDHILL RIVER GOLF COURSE

44203 Hwy. 32 S.W., Fertile | 218-945-3535 sandhillrivergolf.com

THIEF RIVER GOLF CLUB

13697 188th St. N.E., Thief River Falls | 218-681-2955 thiefrivergolfclub.com

WARREN RIVERSIDE GOLF COURSE

990 E. Johnson Ave., Warren | 218-745-4078

VALLEY GOLF COURSE

2407 Riverroad N.W., East Grand Forks | 218-773-1207



PEDAL to the metal?

Maybe more like pedal to the pavement? Biking is a safe way to tour the city, and **BIKE THIEF RIVER FALLS** is a great place to get started. They are a chapter of the Bicycle Alliance of Minnesota, and they work to make the area even more bike-friendly by encouraging active living and community connections. Call for meeting schedule.

218-689-1502 (Glen Kajewski) | biketrf.org Follow us on Facebook

STRIKE up the FUN...

SOUTHTOWN LANES

PIZZA & PUB brings you the best in entertainment! This 16-lane bowling center offers both league and open bowling. Enjoy cosmic bowling every Friday and Saturday after 6 p.m. Dine and play under one roof when you feast on their fabulous brick-oven style pizza. Offering a great selection of beverages for both kids and adults! A fun outing for friends and family!

906 Hwy. 32 S., 218-681-1270 Follow us on Facebook



the MAIN attractions!

When it comes to things to do in Thief River Falls, we can guarantee you won't be bored. Spend your day floating on a lazy river...well, it's actually a real river—the laziness is up to you! Grab those binoculars and spend the day outdoors bird watching, or see how the settlers lived when you visit Pioneer Village. Need a break from the outdoors? Come sing along with a delightful musical production or concert. You definitely have options.



Get in the A.C.T.!

The **THIEF RIVER FALLS A.C.T**. offers some of the best theater around! We present productions ranging from plays to musicals and a weekly radio show on Pioneer 90.1 fm. We also host special groups like the Fargo-Moorhead Opera, Workshops for Kids, and more! See our website and follow us on Facebook for announcements and details.

trfact.org | Follow us on Facebook

A TUBERIFFIC Time!

VOYAGEUR'S VIEW CAMPGROUND & OUTFITTERS is a vacationer's paradise! Enjoy an exciting float trip down the scenic Red Lake River, or test your skills on one of Northern Minnesota's finest class II kayak routes. After your river rendezvous, relax in one of the scenic campsites, then test your luck fishing in one of their secret fishing holes.

18611 105th Ave. S.W., Red Lake Falls | 218-253-4329 | voyageursview.com





facebook.com/snorrelodge

Take a walk through TIME...

What was life like when Thief River Falls was young? Find out with a visit to the

PEDER ENGELSTAD PIONEER VILLAGE

MUSEUM! Tour 19 buildings with over 25,000 artifacts on display. Train lovers can even hop on a real caboose. See old-time machinery and cars, depots, shops, a school, and a church-all for your viewing pleasure! Plus glow mini golf and laser tag by appointment. Open 1-5 p.m. daily Memorial Weekend through Labor Day.

825 Oakland Park Rd.

218-681-5767 pchs.org



Norway in late May and a "knitting queen" coming from Norway in early November.

even MORE Attractions

Get comfy...the popcorn is popping at our movie theater and the pins are set and waiting at the bowling alley. Maybe you're looking for a good read? Check out the library, then spend the day reading at your campsite, or take a stroll through our War Memorial.



Remembering and **HONORING**...

The **WAR MEMORIAL**, located at the historic Soo Line Railroad Depot was a project created by 3 Eagle Scouts. It includes a Veteran's Garden with a granite monument in honor of heroes that served surrounded by lush flowers, 2 bronze soldiers, benches and a flag. Please enjoy a stroll through the memorial at your leisure.



READ all about it!

Visitors and locals alike enjoy a stop at the

THIEF RIVER FALLS PUBLIC LIBRARY.

It's a nice quiet place to browse, relax with a good read, or check your email. They also host local events like the annual quilt show! Event and meeting space is available for groups.

522 Main Ave. N. | 218-681-4325 nwrlib.org/libraries/thief-river-falls

MOVIE mania...

Order up some popcorn, indulge in a sweet treat, and enjoy a movie at **FALLS CINEMA**! This state-of-theart, newly-remodeled theater offers you complete comfort with luxury recliners and stadium seating! Make it easy by downloading their app, then order your tickets and pick your seats online.

15469 Hwy. 59 N.E. | 218-681-9945 fallscinema.com



NATURE at its finest!

The Great Outdoors is fabulous in this neck of the woods and there are SO many opportunities to enjoy it...just take a look around you. If you're searching for that rare species with your binoculars or seeking a relaxing afternoon with a little history to boot, you'll find it here.



A scenic RIVER stroll...

the RIVER WALK is a great way to enjoy nature and take in some history, too. Follow the pathway to view 18 pictographs that showcase what the view along the river was like years ago. It travels through town along the Red Lake and Thief Rivers, passing by nine parks, three forest trails, and the dam. Along it you will also find historic sites like the Soo Line Railroad Depot and the statue of Chief Mekokonaye (Red Robe). Brochures and maps are available at Visit Thief River Falls and at area hotels.

A BIRDSEYE view...

The Thief River Falls area is on the PINE TO PRAIRIE

INTERNATIONAL BIRDING TRAIL which extends another 300 miles north of Minnesota into Manitoba, Canada with an additional 24 sites and even more bird species. With 51 separate sites and side trips along the way, bird watchers and lovers of wildlife will find this a virtual paradise! Situated at the juncture of three major ecosystems—tall-grass prairie, boreal forests, and aspen parkland—this Northwestern Minnesota trail provides a unique collection of habitats which provide homes for a tremendous variety of birds. Agassiz National Wildlife Refuge, the largest wildlife refuge in the state of Minnesota, is an incredible birding treasure, located just a short drive from Thief River Falls. The Refuge is a haven for as many as 280 species of birds. Look for a complete birding checklist and Pine to Prairie brochure at Visit Thief River Falls.





In 2012, the mayor of Thief River Falls issued a proclamation declaring a week in May to be Norwegian Heritage Week in recognition of the city's distinction as the "most Norwegian city in America with a population over 5,000." According to the U.S. Census Bureau, almost 50% of city residents are of Norwegian ancestry. The Sons of Norway Snorre Lodge #70 served as the impetus behind the proclamation and each year plans a week of festivities and

activities designed to increase understanding of our Norwegian heritage, arts, culture, and traditions. In honor of our Norwegian heritage, we have placed uniquely **HAND CARVED**TROLLS throughout our city. Have fun trying to

locate them all. What a great photo op!



8





BJORN

PEDERSON

at Ronning's



SNORRE

at The Hive

EDVARD at Lee Plumbing





18

FIRMA

ADVOKAT

at Charleston &

Jorgenson, PA



LILIAN J. at Heritage Center







An eventful PLACE to be!

Thief River Falls is home to many annual and up-and-coming events. You'll find everything from world-class snowmobile races and county fairs to theater productions and outdoor concerts. We strive to provide a safe and fun environment for all attendees of our events. For an up-to-date list of events, go to visittrf.com.



A family af-FAIR...

When you're looking for an event for the whole family, it doesn't get much better than the **PENNINGTON COUNTY FAIR**. It's been running for 100+ years, and it keeps getting better. Everyone will enjoy the warm summer breeze while attending this outstanding event running July 17-21, 2024. Major headliner Collin Raye appearing Thursday night (July 18th) with opening act Tigirlily Gold! **THUNDER ON HOOVES** (July 19 & 20) is once again part of the exciting lineup. Some of the best bull riders in the world are featured in this P.B.R. sanctioned event.

524 Barzen Ave. | 218-689-4208 | Call 218-686-3517 during fair week penningtoncountyfair.org





Polished to PERFECTION!

The sheen off the cars at the **STREET WIZARDS CAR SHOW** is unbelievable...better bring your shades! Car lovers are welcome, but this event isn't just for them, it's for everyone! Spectators can check out the hot rods, classics, and more August 3, 2024. Then cast their vote for the "People's Choice" trophy winner. Another fun family event!

218-681-6397



Sip and SAMPLE...

The Thief River Falls **ZEHLIAN'S ART & WINE WALK** takes place Downtown July 11, 2024. Sample wine and enjoy appetizers, all while shopping and enjoying art. What could be better? Over 25 businesses and artists take part in this yearly event.

Downtown Thief River Falls visittrf.com



Music to your EARS...

RIVERFEST is a community celebration held at the Pennington County Fair Grandstands, August 16-17, 2024. It features talented musicians, tasty food vendors, and cold brews! Friday headliner is Mullrats, Saturday is Boogie Wonderland.

218-681-3720 | trfchamber.com



Listen LIVE...

PIONEER 90.1 COMMUNITY RADIO presents FREE concerts Thursday evenings June-August at Floyd B. Olson Park. Bring a chair and your friends! Download the Pioneer Community Radio App to listen live. Supported by the MN Arts and Cultural Heritage Fund.

radionorthland.org





ready, set SHOP!

Don't worry, there's no time limit.
This is not a Black Friday special...
this is a slow and easy, check-itall-out kind of shopping. Whether
your fun day consists of seeking
out the perfect outfit or going all
out and redecorating your entire
house, we've got a store for you!



Treasures and TRINKETS...

Treasure comes in all shapes and sizes, and at **COMMUNITY**

CONSIGNMENTS, the possibilities are endless with new inventory every day. Providing quality products and outstanding customer service, they feature a wide variety of clothing, home decor, and accessories. Whether you're looking to sell a treasure or purchase one, the friendly staff is ready to assist you.

203 Main Ave. N. I 218-681-7088 I communityconsignments.com



SIMPLY ANDIE'S GIFT SHOP is a little bit of this and a little bit of that. With over 50 local sellers

all in one stop, you will find something for everyone. Variety of new, re-furbished and up-cycled one-of-a-kind items. Selections include essential oils, bath & body, home furnishings, baby apparel, and so much more! Find us on social media @simplyandies.

103 3rd St. E. | 952-693-6039 | earthlygoodsbyandie.com





TRENDY STYLES WITH A WESTERN VIBE AND KID STUFF TOO!

SARA JANE BOUTIQUE

is a locally-owned boutique specializing in baby items, kids clothes, men's wear, women's sizes small-3XL, western wear, and home decor. Also offering private shopping parties. Monday-Friday 10 a.m.-6 p.m., Saturday 10 a.m.-4 p.m.



302 3rd St. E. | 218-653-1777 | sjaneboutique.com

dynamic DOWNTOWN!

Enjoy a little window shopping before you buy? You're definitely in the right place! Shop everything from shoes to jewelry. Browse a large selection of clothes and home decor, too, and don't forget to treat your sweet tooth!

The **SWEETEST** store in town!

INGRAM'S CANDY STORE is a small shop with a huge menu. Featuring over 100 gourmet chocolates, a self serve gummi bar, dozens of bulk Jelly Belly and Taffy flavors, and hundreds of candies. Old fashioned hard ice cream and over 100 "real sugar" craft sodas round out the menu. Family owned and operated.

113 3rd St. E. | 218-683-5247 Follow us on Facebook





ARTISTS on display...

At **TONNABELL'S**, the arts and crafts are not just on display, they are also for sale! Our bright and cheerful shop is bursting at the seams with the work of local/regional artists and crafters. We have a variety of wall art, glass, candles, wood, pottery, jewelry, Lazy One pjs, Dixie Belle Chalk Paint, and textiles.

110 3rd St. E. | 218-686-3365 | tonnabells.com



PURDYS SHOE STORE is a must stop! Find the largest selection of women's, men's, and kid's shoes, boots, and athletic footwear. With great selection, great service, and no sales tax, Purdys is definitely a step in the right direction!

209 Labree Ave. N. | 218-681-2608 purdysshoes.com



Sparkle & SHINE!

There's no such thing as too much bling at

DIAMONDS & DESIGNS/THE DIAMOND BOUTIQUE.

The main floor offers a high-quality selection of jewelry for every price range along with one-of-a-kind gift items, some with a Norwegian flare. With three levels of clothing, purses and accessories, you're guaranteed to have a fun fashion experience.

207 Labree Ave. N. I 218-681-1490







Vintage & Antique Lovers' PARADISE!

OLD BOSTWICKS is a shopping destination filled with up-scale vintage finds. Choose from new, like-new, and antique items. Also featuring clothing, furniture, and home decor. The ever-changing store is updated daily to offer a fantastic selection.

> 224 Labree Ave. N. 218-681-3094 oldbostwicks.com

the BARE Necessities

Are you visiting and forgot your toothbrush? Or settling into your hotel for the night and want to unwind with a bottle of wine? Maybe you're tailgating and in need of some grill accessories? Or better yet, you're here on a kayaking trip and need some extra supplies. It doesn't matter if you're a camper in need of some groceries or your ATV is out of gas— whatever the reason, we have a store for that.

Quality at a DISCOUNT!

L&M FLEET SUPPLY has proudly served Northland customers since 1959. With a large selection of sporting goods, power equipment, clothing, gifts, footwear, pet supplies, agriculture, tools, automotive, paint, hardware, and small engine service, they are prepared to fill your every need!

1547 Hwy. 59 S. I 218-633-7170 I Imsupply.com





STOCK UP!

Located just 6 miles south of Thief River Falls on Hwy. 32, **BROADWAY STATION** is the only privately-owned liquor store in the county. Offering some of the best prices on all major beer, wine, and spirits. We are a unique, one-stop-shop store. Open seven days a week, Mon.-Sat. 10 a.m.-10 p.m., Sun. 11 a.m.-6 p.m.

215 N. Broadway, St. Hilaire 218-964-5220 | Find us on Facebook



A little bit of EVERYTHING!

RONNING'S is filled with a little bit of everything! Find quality clothing for the whole family and explore our gift shop filled with home decor, toys, gifts, and local products like our famous Minnesota Wild Rice. Wander downstairs for the largest selection of footwear in the area. And don't forget our Thief River Falls and Minnesota section! Stop by Ronning's to find out why we are Northern Minnesota's most iconic store.

225 Main Ave. N. | 218-683-6069 | ronningsmn.com



There's more in STORE...

BUDGET is a family-owned business that strives to provide excellent customer service for all your appliance needs. They are the go-to store for 4K Smart TVs, appliances, Pelican coolers, and Big Green Egg grills. It's your hometown appliance store and so much more!

101 3rd St. E. | 218-681-2309 budgettrf.com

LIVEN it up!

Looking for a place to channel your inner artist, or get the group together for art class? Maybe you already have the perfect art piece...it's just in need of a frame? Whatever your choice, you can find it all right here!



Creativity, mindfulness and CONNECTION...

At **SERENDIPITY ART HUB** you will find a variety of classes, workshops and events designed to invite everyone's creative spirit to come out and play, ages youth to adult. Here, you will be introduced to different mediums through glass-fusing, ceramics, working with clay and painting. We also host customized parties, instinctive meditation sessions, and company team building activities. **Walk-ins** are always welcome, and

no experience is needed...the mission at

healing, personal growth and a sense of community through engaging in the arts.

Serendipity Art Hub is to promote

708 Davis Ave. N. 218-689-1029 serendipityarthub.com Find us on Facebook

Show off your artwork in **STYLE!**

Let the experts at **THE 509 GALLERY** help you make the right choice. We have many options to choose from, including: custom framing, ready-made frames, matt cutting, needlework and shadow boxes. "Whatever it, is we can frame it."

708 Davis Ave. N. | 218-681-0270 Find us on Facebook



Instagrammable **HOT SPOTS!**

(O) instagram.com/visitthiefriverfalls/

Photo-ops are readily available here! With your selfie stick in hand, you're sure to find the perfect shot. Snap away with your phone or camera and show us what you're up to. We've shared some of our favorite things to see and do...we hope you'll share some of yours, too!



MICHEAL'S MEATS MURAL



GREENWOOD TRAILS



TONNABELL'S MURAL



NORTHLAND TRAILS



NORWEGIAN TROLLS



SCENIC RIVER WALK



PUBLIC ART AT RED ROBE PARK



AGASSIZ NATIONAL WILDLIFE REFUGE



CHIEF RED ROBE

it's all about CONVENIENCE!

No matter where you're coming from or going to, we want it to be convenient for you. You can access a gas station or convenience store at nearly every entrance to our city. So, whether you need to fuel up your gas tank or your stomach, we are here for you. Now that's the way to travel!

Best grab-n-go **LUNCH!**

ERL'S GAS & GROCERIES has

the best homemade pizza and broasted chicken in town with a great fast food area too! All your hunting, fishing, and snowmobiling needs, including Minnesota hunting and fishing licenses, fresh-cut red meat, and produce. Pay at pump is available, and be sure to take advantage of Marathon® Rewards!

103 E. 8th St. | 218-681-4627





Going the EXTRA MILE to serve you!

STATION 59 is a great place to get your morning coffee, and the clean, friendly facility is stocked with all your favorite items. The staff provides great service as they assist you with all your needs. Locals say this is their favorite place to get their car washed—it always come out really clean.

1580 Hwy. 59 S.E. | 218-683-5142



Re-fuel and RE-CHARGE!

NORTHDALE OIL is your pit stop for tasty Hot Stuff Pizza, Champs Chicken, breakfast items, sandwiches, and more. Stop for a fuel up, grab a bite, and browse the convenience store before you hit the road.

Main: 220 Main Ave. S. | 218-681-8888 Square: 100 Pennington Ave. S. | 218-681-4552 Petro: 17107 Hwy. 59 | 218-681-3546



Celebrating right there with you since 1947!

Thanks for making us the **#1 Liquor Store** in Northwest MN!

FALLS LIQUOR

is the most complete full-service liquor store in Northwest Minnesota with a HUGE selection of:

- CRAFT/BRANDED BEERS
- WINE
- EXCLUSIVE BOURBONS

Need advice on what to choose? The friendly and knowledgeable staff is ready to help. Stock up, or toast your visit to Thief River Falls with your favorite drink selection.





DIVERSE menu!

JEFF'S KITCHEN is known for its home-inspired cooking. They offer great menu items, including steak, shrimp, walleye, chicken, pizza, burgers, and nachos...but their specialty is Lavash. A great place for groups.

324 Brooks Ave. | 218-681-7034

local food FAVES!

Are your tastebuds tingling? In the mood for some tasty food? If you're looking to re-caf or if decaf is more your style, you're in luck. As dear old Dad always said... "If the locals like it, it has to be good." So we've gathered some of our favorites and some of our friends' favorites to give you plenty of choices. After all, bears aren't the only things that growl up here...our tummies do, too!



A TASTE of HISTORY...

The **BLACK CAT SPORTS BAR & GRILL** is the first restaurant of its kind with a special theme featuring Arctic Cat snowmobile memorabilia. The Cat has a legendary history and following for over 60 years...the items on display are amazing! Choose from a large selection of menu items, or try one of their tasty hand-pattied burgers and enjoy.

1080 Hwy 32 S. | 218-681-8910 | Follow us on Facebook



TRIP WORTHY!

BROADWAY STATION BAR & GRILL is worth the 6-mile drive! Offering a friendly bar and grill atmosphere with fantastic food and great specials. See you at the Station-and be sure to stop at the bottle shop too!

215 N. Broadway | St. Hilaire | 218-964-5220



WINGING IT...

THE RUSTY NAIL is a great place to gather with your friends to enjoy some good music along with a few beverages! Check out their full menu, including burgers, wings, and homemade pizza!

307 Main Ave. N. | 218-681-6245



PIZZA anyone? southtown Lanes Pizza & PUB serves up fabulous brick-oven style pizza made with only the freshest ingredients, plus a crisp, chewy crust to boot! Great selection of beverages for both kids and adults! Offering a fun atmosphere, it's the go-to place for pizza and entertainment for the whole family.

906 Hwy. 32 S., I 218-681-1270 I Follow us on Facebook

local food FAVES CONTINUED...

Keep 'em coming...we can never have too many options for great tasting food! And thanks to the many terrific choices, the decision of where to go just got a little harder. You'll have to choose wisely, or maybe you just have to try them all! Wherever you decide to dine, you're sure to have a pleasant and flavorful experience in Thief River Falls.



A sizzling FIESTA...

Located just a few blocks from Downtown, LAS RANITAS is the place to go for authentic Mexican food. Enjoy all your favorites, like sizzling steak fajitas, tasty taco salads, and crunchy nachos in a fun and vibrant atmosphere. Oh, and don't forget to come hungry-they serve large portions. Choose to dine-in, order online, or use the convenient drive-thru.

1845 Hwy. 59 S., Ste 900 | 218-681-0644 | lasranitasmexicanrestaurant.com





SCOOT on over!

Amazing People, Amazing Drinks...Amazingly Fast! **SCOOTER'S COFFEE** drive-thru offers an array of specialty coffee, specialty espresso drinks, single origin coffee, and fruit smoothies. Scooot! Energy drinks, cold brew, bakery items from our Scooter's bakery and savory breakfast options served all day. Our signature drink is the Caramelicious, available in hot, iced or blended. Be amazed! Download the Scooter's app.

1850 Hwy. 59 S.E. I 218-683-5331



Become a REGULAR...

One visit and you'll become a regular at **THE RUSTY NAIL**. Known for the best wings in town, it's a great place to grab lunch or dinner. Gather for a round of drinks with friends and try your luck at pulltabs. The night is young, so have some fun!

307 Main Ave. N. I 218-681-6245





Moe BURGERS. Moe WINGS. Moe BEER.

Great food plus great staff makes **MOE'S BURGERS & BREWS** a great place to grab a beer. Featuring fantastic burgers and wings and unique items like fried pickle spears, shrimp po' boys, and Asian shrimp, too. Our daily and happy hour specials make your stop even better. We can't wait to see you!

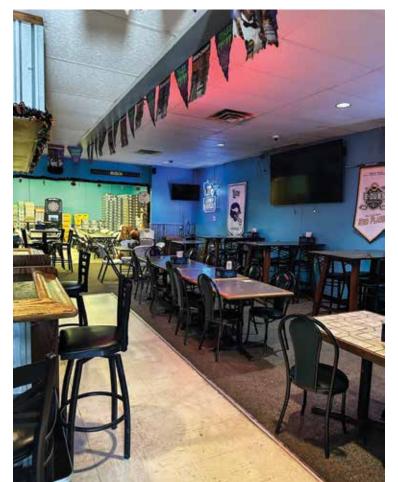
1554 Hwy. 59 S. Ste. 100 | 218-633-3215 Follow us on Facebook



A HOP, SKIP and a JUMP from Thief River Falls...

BROADWAY STATION BAR & GRILL is located 6 miles south of Thief River Falls on Hwy. 32. Offering a family-friendly atmosphere with some of the best food, daily specials, and homemade pizzas in the area. We are also large enough to hold big gatherings. Off-sale liquor available, too. Open 7 days a week.

215 N. Broadway, St. Hilaire | 218-964-5220 Follow us on Facebook





Frozen TREATS!

Craving a Dilly Bar or maybe a Blizzard? DAIRY QUEEN BRAZIER serves up its signature ice cream treats daily, plus they offer a full menu of your favorite fast-food items. Happy tastes good!

700 Hwy. 32 S. | 218-681-3007

The place to BEE...

Since opening in 2015, we have made it our mission to serve everyone! From our hand-cut ribeyes, to our homemade breaded walleye dinner, it's a truly special dining experience here. For a lighter option, during the week we provide a luncheon salad bar.

THE HIVE BAR AND GRILL is the place to receive a delicious steak dinner while enjoying one of our 20 tap beers or

signature cocktails.

1582 Hwy. 59 S. 218-683-5389 thehivetrf.com







For more than 50 years, DigiKey has been committed to providing something more than a place to work – a place to grow and thrive.

We're currently looking for good people to fill multiple openings at a range of experience levels. All positions offer highly competitive compensation, excellent job security, and an industry-leading benefits package.

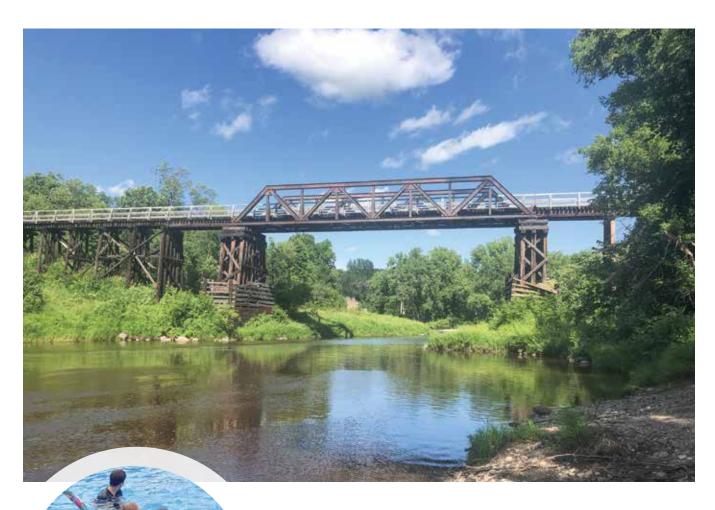
Everyone at DigiKey has a unique story to tell. We'd like to hear yours.



Find your more at digikeycareers.com



There's no better way to get a feel for the area than by taking a day trip. Go ahead and detour your plans a little and just wing it for the day...you never know what you'll find! Our neighboring towns offer their own unique events and sites to see. So whether you're looking to take in a local county fair, get a view of farm country, or check out a museum, it's all up to you. Have fun exploring!



A City For All SEASONS!

Discover **RED LAKE FALLS**! An oasis in Northwest Minnesota situated between the Clearwater and Red Lake Rivers, the natural geography of the area has spurred many outdoor attractions. Take in the beautiful scenery at one of the many city parks, explore the trails, enjoy a round of golf, have fun in our outdoor pool, take a relaxing float down the winding river, or camp at our scenic campgrounds. There is something for everyone!

19 miles south of Thief River Falls | 218-253-2684 | redlakefalls.com



Back to NATURE...

Load your family in the car and head to AGASSIZ NATIONAL WILDLIFE REFUGE to experience the many sights and sounds nature has to offer. Explore the refuge's 61,500 acres of diverse plant and animal life, plus find unique wildlife-related items in the bookshop. Bird watchers will flock to the refuge to see more than 280 species of birds.

22996 290th St. N.E., Middle River | 218-449-4115 | fws.gov/refuge/agassiz/







A hidden **GEM!**

Looking for new things to do? WARREN has enough activity to keep the whole family entertained. A unique shopping experience awaits in Warren as you take in the boutiques and shops. Enjoy our dining options, too. Outdoor adventures are year-round here...swim in our outdoor pool, pitch a tent at our campground, or hit the trails on your snowmobile. We're a small town with lots of character!

28 miles west of Thief River Falls | 218-745-5343 | warrenminnesota.com

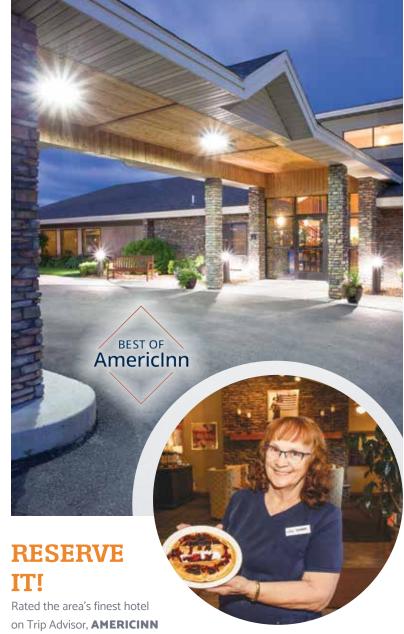
STAY

with us!

Kick back, relax and rest
easy. We know there's lots to
see and do here, and you'll
definitely need your beauty
sleep-or at least a cat nap so
you'll be ready and raring for
another day. There are plenty
of accommodations for the
choosing, whether you like to be
pampered in a hotel or if tenting
is more up your alley. You're
sure to find the place that fits
your needs.

Cedar Lodge 1010 Main Ave. N. | 218-681-6800

Custom Stay Residence & Suites 1510 Hwy. 59 S.E. | 218-681-2720



LODGE & SUITES is the area's most

popular lodging facility. Being only minutes away from all major businesses makes them the ideal lodging decision for business travelers, plus the large indoor recreation area easily facilitates family functions and sporting teams.

1920 Hwy. 59 S.E. | 218-681-4411 wyndhamhotels.com/americinn

Close to EVERYTHING!

THE QUALITY INN is close to everything and offers "big city" style with a "small town" atmosphere. Enjoy clean, comfortable, newly-remodeled rooms that include a flat-screen cable TV, coffee maker, refrigerator, and microwave. Traveling for work? You'll find free WiFi, a business center, and meeting space for as many as 200 to gather.

1060 Hwy. 32 S. I 218-681-755



EXTEND your visit!

GRANDSTAY HOTEL & SUITES offers a host of accommodations and amenities ideal for leisure and business. Guests can choose from a standard deluxe suite or upgrade to a whirlpool king or one-bedroom suite with kitchenette! It is the perfect place for families and extended stays.

1031 Wendt Dr. | 218-681-9988 grandstayhospitality.com







Feels like HOME...

C'MON INN and stay at a place that feels like home. Offering a unique Northwoods atmosphere and decor to match, the C'mon Inn gives you a cabin feel with all the hotel amenities. The giant aquarium is a big hit when traveling with kids, and business travelers put our meeting room and spacious courtyard to good use.

1586 Hwy. 59 S. I 218-681-3000



Nature at its BEST!

Whether you like to tent it or park it, **THIEF RIVER FALLS TOURIST PARK** has a spot for you. Enjoy a scenic view of the lower Red Lake River and Hartz Park, and the campground offers great amenities including: 16 full hook-ups, 56 electrical sites with cable, free Wi-Fi, and unlimited camping areas. Handicap-accessible bathhouse with free showers and a dump station are conveniently located nearby.

Hwy. 32 and Oakland Park Rd. | 218-681-2519 Reserve your spot now: campspot.com/book/thief-river-falls-tourist-park

CAMP with us too!



HAYES LAKE STATE PARK

48990 Co. Rd. 4, Roseau | 218-425-7504 | dnr.state.mn.us

OLD MILL STATE PARK

3489 20th Ave. N., Argyle | 218-437-8174 | dnr.state.mn.us

RIVERSIDE PARK

304 Bottineau Ave. N.W., Red Lake Falls 218-253-2684 | redlakefalls.com

ST. HILAIRE CITY PARK & ISLAND

S. Water St., St. Hilaire | 218-964-5257 | citydirectory.us/city-st-hilaire.html

SPORTSMAN'S PARK

502 7th St. N.W., Red Lake Falls | 218-253-2684 | redlakefalls.com

VOYAGEUR'S VIEW CAMPGROUND & OUTFITTERS

18611 105th Ave. S.W., Red Lake Falls 218-253-4329 | voyageursview.com | redlakefalls.com

Area PARKS City of Thief River Falls Public Works Department (218) 681-8506	Acreage	Shelter(s)	Playground Equip.	Electricity	Water	Restrooms	Picnic Tables	Parking	Swimming	Fishing Pier/Boat Dock	Horseshoe Pits	Volleyball	Tennis Court	Basketball Court	Softball/Baseball Park	Ice Skating Rink	Trail System	Disc Golf	Camping Sites	Kayak Launch Docks	Primitive Kayak Launch	Cornhole Boards
PARK FACILITIES 218-681-8506																						
ALAN-A-DALE PARK Nightingale Rd	4.96																					
BOY SCOUT PARK 3rd St./Markley Ave.	1.49						٠	•		Boat Dock												
CENTENNIAL PARK Centennial Dr./Hwy. 1 E.	7.10	•		•		•	٠	•		Boat Dock	•	•								٠		
ELKS PARK 3rd St./Davis Ave.	1.74			•													•					
ENGELSTAD PARK 1st St./Crocker Ave.	1.32			•	•	•		•					٠	•		•						
FINSBURY PARK Robinhood Dr.	12.40							•												•		
FLORENTINE PARK Annie St./Markley Ave.	4.13		•					•							•							•
FLOYD B. OLSON PARK 3rd St./Knight Ave.	0.83	•	•	•	•		٠	•														
HARTZ PARK Riverside Ave.	6.00	•	•	•	•	•		•				•					•				•	
LAFAVE PARK Taft St./Crocker Ave.	4.13		•	•	•	•		•	•			•		•						•		
LIONS PARK Nora St./Merriam Ave.	2.70	•	•	•	•	•		•			•							•				
GREENWOOD TRAILS Greenwood St.	48.50							•									•					
MILLYARD PARK Pennington Ave.	3.80							•		Fishing Pier							•					
NORTHROP PARK 9th St./Labree Ave.	1.60	•	•			•		•								•						
SOFTBALL/BASEBALL COMPLEX Highway 1 East	37.19		•	•	•	•		•							•							
OAKLAND PARK Baken St.	16.12	•	•	•	•	•	•	•			•	•					•	•			•	
RED ROBE PARK 8th St./Reserve Ave.	3.31	•	•	•				•		Fishing Pier							•					
TOURIST PARK Oakland Pk. Rd./Hwy. 32 S.	6.00	•		•	٠		•	•									•		•			
OTHER FACILITIES 218-681-2183																						
RALPH ENGELSTAD ARENA 525 Brooks Ave. N.				•	٠	•			٠							•						
HUCK OLSON MEM. CIVIC CTR. 501 Brooks Ave. N.				•	•				•							•						

making the MOVE!

Whether you're relocating or just visiting...when you're here, we treat you like family. Thief River Falls provides you with a growing community that is warm and welcoming, a local business district that's eager to have you become part of it, and the perfect environment to grow your family and your dreams.



Getting you CONNECTED!

SJOBERG'S CABLE TV provides television, high-speed internet, and telephone service to the area. They keep you connected and provide high-quality digital programming to suit your needs.

315 Main Ave. N. | 218-681-3044 trf.mncable.net



KID-Friendly!

DISCOVERY PLACE EARLY LEARNING CENTER is a

non-profit child care center that provides professional-quality care and early education for children ages 6 weeks to 12 years.

305 Nora St. E. | 218-681-5202 Follow us on Facebook

Local MORTGAGE LENDERS you can TRUST!

NORTHERN STATE BANK offers quick home mortgage solutions with no delays so you can get immediate approval online

or in-person. Trust Beth and Becky with all your real estate loan needs. Since 1935, Northern State Bank has been both a neighbor and community partner to Thief River Falls and the surrounding area. Visit our website, Facebook page, or one of our three Thief River Falls locations.

Website: nsbtrf.com

Main Bank: 201 3rd St. E. | 218-681-4020

Walk-in Teller Branch: 214 3rd St. E.

Hugo's Branch: 215 Pennington Ave. 218-683-7692





NMLS #653514



Walking you HOME...

Buying or selling a home is not something most people do frequently. At **NORDIN REALTY INC.**, their team makes it easy. They're used to working with buyers and sellers, and they will take as much of the confusion and complication out of the search as they can to make your transition as smooth as possible.

216 Pennington Ave. S. | 218-681-7789 | nordinrealtytrf.com





OFFICE on the go...

As the number one supplier to Northwest Minnesota, **QUICK PRINT** is "THE" office place. We not only offer the area's best copying services, we're also here to help you with large format printing, hole punching, cutting, laminating and binding. Don't forget our large selection of office supplies, too! Quick Print has all the tools and supplies to satisfy the needs of visitors and locals alike!

320 Knight Ave. N. I 218-683-5583



Top Employers

DigiKey	3,954
Arctic Cat	759
Sanford Health	560
Thief River Falls School District	375
Northern Pride, Inc.	200

Walmart	200
Northland Community & Technical College	150
Hugo's	143
Pennington County	140
City of Thief River Falls	87

Important Numbers

Bergan Travel	218-681-4100
Car Rental	
Chamber of Commerce	218-681-3720
City Hall	218-681-2943
Community Bus - T.H.E. Bus(Handicapped Accessible)	or 800-584-7020
Emergency	
Explore Minnesota Tourism	
Fire Department	218-681-3943
Garden Valley Telephone & Cable (Serving Thief River Falls)	218-687-5251
Law Enforcement Center	218-681-6161
MN Energy Resources (Gas)	800-889-9508
Northland Taxi	218-681-6666
Ottertail Power Co. (Serving St. Hilaire)	218-281-3632
Pennington County Government Center	218-683-7000
Pennington County Justice Center	
Poison Control Center	800-222-1222
Public Works Department	218-681-8506

Qwest (Serving Thief River Falls)	800-244-1111
Ralph Engelstad Arena	218-681-2183
Red Lake Electric (Serving rural St. Hilaire, Goodridge)	218-253-2168
Sanford Clinic Thief River Falls	218-681-4747 800-550-4109
Sanford Medical Center Thief River Falls	218-681-4240
Sjoberg's Cable (Serving Thief River Falls)	218-681-3044
Thief River Falls Regional Airport	800-225-2525
Travel Information Center	218-681-3720
U.S. Postal Service	218-681-3053
Visit Thief River Falls	218-686-9785
Water/Sewer/Garbage	
> Goodridge	218-378-4689
> St. Hilaire	
> Thief River Falls	218-681-4145
Winter Road Information	511
> Statewide	

Hot off the PRESS!

THE TIMES/NORTHERN WATCH & COMMERCIAL PRINTSHOP

is not only your community newspaper, they are #1 when it comes to delivering your local news and sports. They also provide printing services for just about any project. Whether it's brochures, envelopes, business cards, flyers, or invitations, we are here to help. Call our sales department today for more information.

324 Main Ave. N. | 218-681-4450 | trftimes.com



INTERNATIONALLY KNOWN, but, locally grown...



DigiKey is headquartered in Thief River Falls and is one of the fastest-growing distributors of electronic components in the world. Founded in 1972, DigiKey was a pioneer in the mail-order catalog business and a key resource for design engineers. Today DigiKey offers the world's largest selection of electronic components in stock which are available for immediate shipment. From prototype to production, they are here to fuel innovation all over the world.



Jefferson Highway

HISTORIC MILITARY
VEHICLE CONVOY

The MVPA-HA Convoy Command has announced its next transcontinental convoy will take place in October 2024. We will retrace the historic 1918 Jefferson Highway route from the Minnesota border to New Orleans, Louisiana, in 30 days, driving over 2,500 miles.

This is the eighth MVPA-HA Convoy promoted by the MVPA-HA, and the first to travel on a north-south axis through the center of the country. The convoy will celebrate the 15th year of the program created at the Little Rock MVPA Convention in 2006.

The Convoy has been designed to encompass American history along the route with multiple stops at historic sites such as: the headwaters of the Mississippi River, parts of the Red River Trail (voyageurs' oxcart trail) from Winnipeg to St. Paul, the Pony Express Museum, Old Fort Leavenworth, National WWI Museum and Memorial in Kansas City, the old Army Road along the frontier to Fort Scott and southward to the old Spanish Road, the Louisiana "Patton" maneuvers area, Fort Polk, and ending with the National WWII Museum in New Orleans. Less well-known stops will include original Jefferson Highway historical locations, the Border War between Kansas and Missouri, the John Brown Museum and cabin, and sites of Civil War battles and skirmishes.

Starting October 1, 2024, the Convoy departs East Grand Forks, Minnesota for Thief River Falls, Minnesota with over 30 vehicles. There will be a community fundraiser supper at the American Legion and a two-hour static vehicle display at the large arena parking lot to its north for the community and visitors to enjoy at that time. Please follow Visit Thief River Falls socail media and website VisitTRF.com for updates closer to the event.

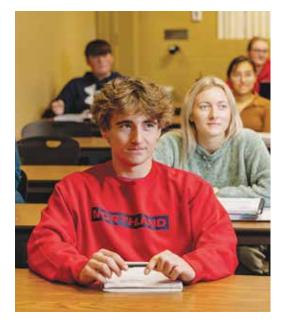
For additional information and to register for the Jefferson Highway JH'24 Convoy, contact MVPA HQ at 800-365-5798, 816-833-6872 or email: hq@mvpa.org.





MIND over matter!

Let's face it...when it comes to your mind, it really does matter! A great education is the key to getting those bright ideas to start lighting up. So...what are you waiting for? Go check out our learning opportunities.





Opportunity for ALL!

At **NORTHLAND COMMUNITY & TECHNICAL COLLEGE**, we believe education is for EVERYONE. High school graduate, mid-career professional, or someone ready for a fresh start—we have tailor-made an educational journey just for you. Get the best value for your investment. Our nationally ranked college offers an accredited education that won't break the bank with over 80 diverse programs designed to suit YOUR interests and career goals. From hands-on technical training to transfer-ready associate degrees, you perfect fit is Northland.

2022

HEALTHIEST

rington County, MIV

USNews

CVSHealth.

1101 Hwy. 1 E. | 1-800-959-6282 | northlandcollege.edu

Why put down roots in the THIEF RIVER FALLS AREA?

Located in Pennington County in Northwestern Minnesota, Thief River Falls ranks highly in health, equity, food, nutrition, and housing.

In June of 2022, U.S. News and World Report, in partnership with CVS Health, released rankings on the healthiest counties in the United States. Pennington County in Minnesota earned a rank of #54 in a peer group of "rural, high-performing counties" and had an overall ranking of #196. **Pennington County achieved a**

score of 70 on population health, which assesses access to care, healthy behaviors, health conditions, mental health, and resulting health outcomes within communities.

Pennington County achieved a score of 75 on equity. This category assesses income, education, health, and social equality to determine how well all members of a community are afforded the opportunity to live a productive, healthy life.

The County achieved a high score of 78 on food and

nutrition. The food and nutrition category tracks the availability and use of healthy foods in a community, as well as the prevalence of chronic diseases that have been linked to poor nutrition.

The County achieved a score of 75 on housing. The housing category tracks the availability, affordability, and quality of homes within a community.

Go to https://www.advancethiefriver.com/community-profile/for more information.





Thief River Falls Public School District/ISD 564 SHOWS ITS PROWLER PRIDE!

PRIDE IN ACADEMICS AND PRIDE IN THE COMMUNITY!

With more than 50 activities and athletic opportunities, students are given ample options to grow and try out new things. Our district is comprised of Challenger Preschool & Elementary School (K-5), Franklin Middle School (6-8), Lincoln High School (9-12), and Northwest Area Learning Center.



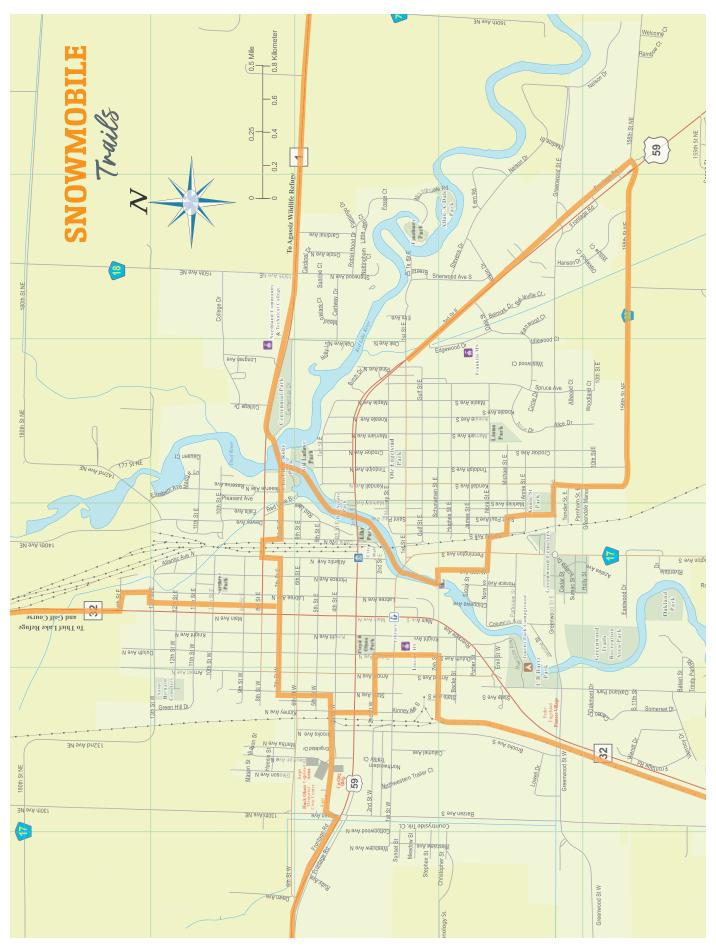
Area CHURCHES	Service Days/Times	Other Weekly Activities/ Events	Ġ
ABUNDANT LIFE FREE LUTHERAN CHURCH • F-3 1602 Pennington Ave. S., Thief River Falls • 218-681-2300 abundantlifetrf.com	Sun 9:30 am	Sunday School: 10:45 am	•
NEXUS CHURCH 246 Kendall Ave. N., Thief River Falls • 218-681-4716 nexuschurchmn.com	Sun 10:30 am	Nursery, Preschool, Elementary programs during message Sun at 10:30 am; Wed Night: Extreme Kids 6-7:30 pm, Youth Group 6-8 pm (during the school year)	
REDEEMER LUTHERAN CHURCH, ELCA · D-4 1300 Nora St. E, Thief River Falls · 218-681-3390 redeemertrf.org	Sun 9:30 am & Wed 6:30 pm Holy Commmunion: 1st, 3rd	Sept-May: Blast & 6th grade Confirmation Wed 5:30-6:20 pm; 7th & 8th grade Confirmation Wed 7 pm	•
ST. BERNARD'S CATHOLIC CHURCH • C-3 105 Knight Ave. N., Thief River Falls • 218-681-3571 stbernardscc.org	Wed 5:15 pm; Tues & Thurs 8 am Fri 8:30 am; Sat 5 pm; Sun 9 am	Adoration Tues-Thurs 8:30 am-10 pm; Confession: 30 minutes before weekday masses & one hour before weekend masses	
ST. JOHN'S LUTHERAN CHURCH (LC-MS) · C-5 101 Pine Ave. S., Thief River Falls · 218-681-4488 stjohntrf.com	Sun 10:45 am	Bible Class: Sun 9:30 am; Tues 7 pm; Fri 2 pm	•
THIEF RIVER FALLS EVANGELICAL FREE CHURCH · C-3 211 Arnold Ave. N., Thief River Falls · 218-681-3855 trfefc.org	Sun 10:30 am (June-August 9:30 am)	Sept-May: Sunday School 9:15 am; AWANA Wed 6:30 pm; Youth Groups: Wed 6:30 pm	
TRINITY LUTHERAN CHURCH (ELCA) · C-3 325 Horace Ave. N., Thief River Falls · 218-681-1310 trinitylutherantrf.org	Sun Worship 9 am	Sun Fellowship 10 am; Sunday School 10am (Sept-May); Wed Confirmation and Choir practice	•
THIEF RIVER FALLS UNITED METHODIST CHURCH • C-3 116 Horace Ave. N., Thief River Falls • 218-791-9724 thiefriverumc.org	Sun 10 am	Bible Study Tues 10 am; Chit Chat-Thurs. 10 am	•
ZION LUTHERAN CHURCH (ELCA) · C-3 505 Main Ave. N., Thief River Falls · 218-681-3296 ziontrf.org	Sun Worship 9 am	Sunday School 10 am (Sept-May)	•

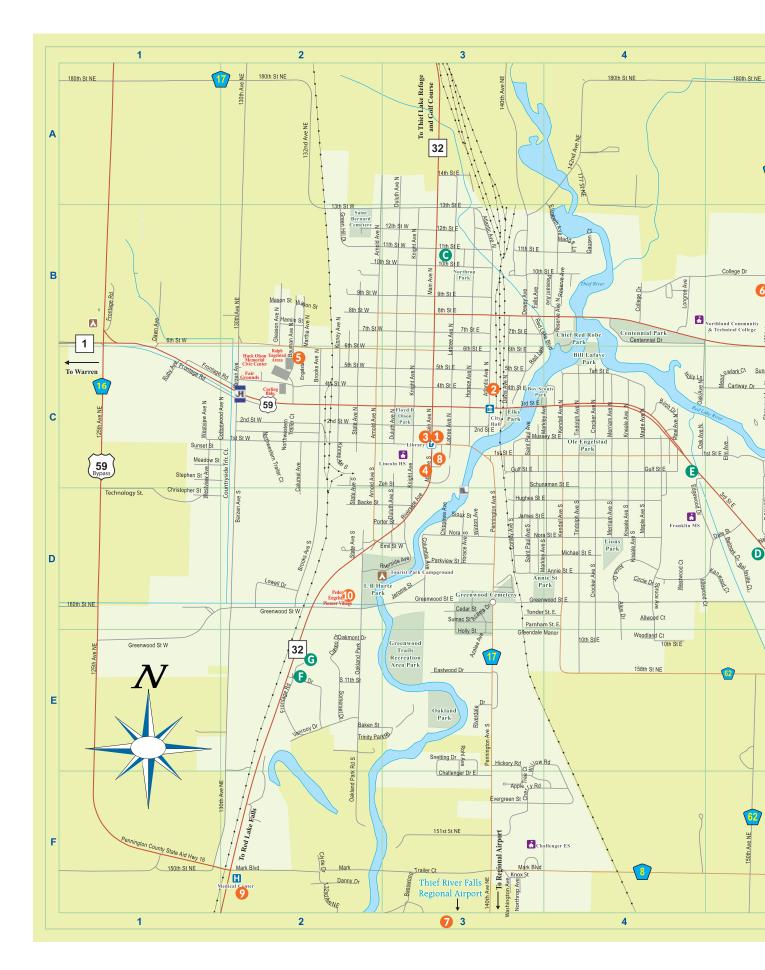
Go Make a DIFFERENCE!

Through worship, education, and service, **ST. BERNARD'S CATHOLIC SCHOOL** assists our students and families to grow in the love of Jesus Christ in a nurturing environment. We offer a faith-based quality education for students preschool through fifth grade.

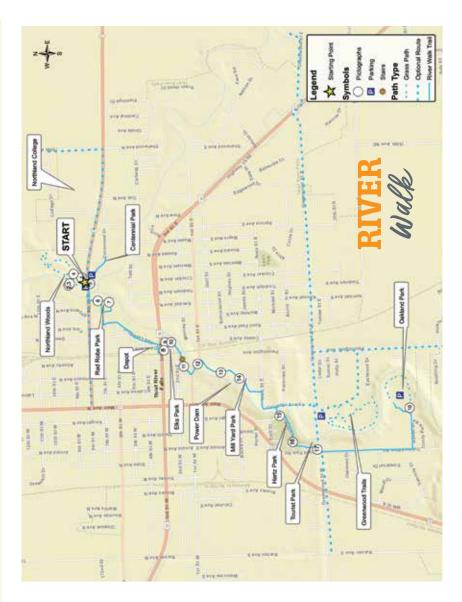
117 Knight Ave. N. | 218-681-1539 | stbernardscc.org









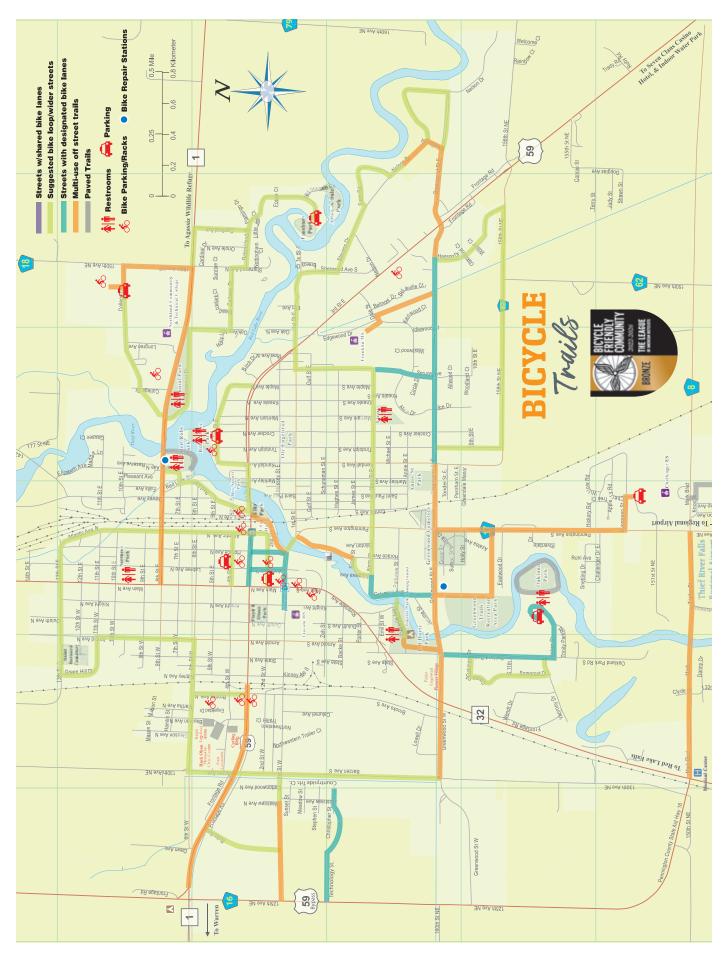


Attractions

- 1 Visit Thief River Falls/Travel Information Center/Chamber of Commerce
- 2 City Hall | 3 Pennington County Courthouse
- 4 Pennington County Justice Center
- 5 Ralph Engelstad Arena, Huck Olson Memorial Civic Center & Fairgrounds
- 6 Multi-Events Center | 7 Thief River Falls Regional Airport
- 8 Thief River Falls Public Library | 9 Sanford Medical Center
- Peder Engelstad Pioneer Village

Accommodations

- A Americas Best Value Inn | B AmericInn Lodge & Suites
- **ⓒ** Cedar Lodge Ⅰ **ᡚ** C'mon Inn
- **⑤** Custom Stay Residence & Suites Ⅰ **⑥** GrandStay Hotel & Suites
- **G** Quality Inn

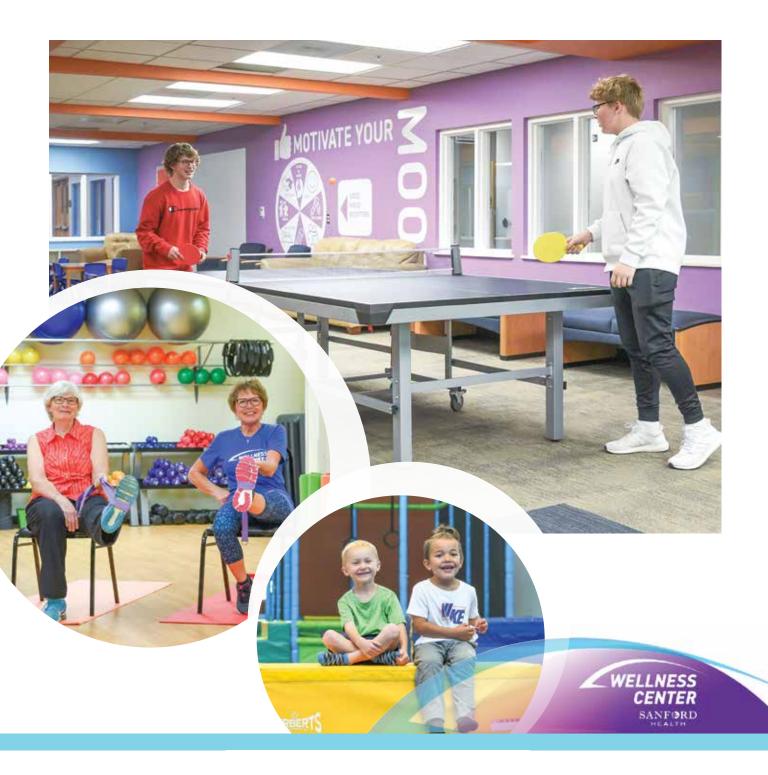




DOWNTOWN THIEF RIVER FALLS

218-683-6069

@RONNINGSMN



HEALTHY FUN For All Ages!

Sanford Wellness Center is a gym and playground all rolled into one. The 25,000 square foot facility provides 24/7 gym access and offers top-of-the-line cardio and strength equipment, group exercise classes, Kids fitZone with indoor playground, and Gymnastic/Ninja Warrior space with trampoline and climbing wall! They welcome every age and fitness level. Day passes are available to the public along with memberships.