



# Inside the Communicator

**Page 2:** Businesses join and renew.

Page 3: Farm transition seminar March 9; Eagle awards named.

Page 4: Military Ball April 8; Honors Banquet April 12.

#### Page 6-8:

Ambassadors help celebrate member achievements.

Page 10: Job Service ND offers training.

Page 11: Vietnam Vet celebration March 29. Job Fair April 11

#### **Page 13:**

County adopts new emergency notification system.

Pages 15-20:

Members offer news and updates.

**Page 21:** 

Calendar of events

# Communicator

THE MINOT AREA CHAMBER OF COMMERCE AND YOU!

Vol. XL. Issue No. 3

www.minotchamber.org

March 2017

## Minot AFB boosts Minot economy

Minot is home to the 5th Bomb Wing and 91st Missile Wing and the community is proud of that. Minot Air Force Base brings so much to the City of Minot — the people are outstanding at volunteering around town whenever needed, they bring diversity to our community, and the economic impact keeps our economy strong.

On Feb. 2, the MAFB 5th Bomb Wing

Comptroller budget office released the 2016 economic impact report. It shows that there are 12,129 personnel living on the base and the total economic impact is \$591,500,550. Minot Air Force Base provides an economic boost to our area and that of the state, but it's the people that make it outstanding, as "only the best come north."

#### Prairie Warrior Auction supports Minot AFB

The 31st annual auction, set for Saturday, March 18, will be held in the Holiday Inn in Minot. A preview of auction merchandise, refreshments, hors d'oeuvres and the silent auction will all begin at 5:30 p.m. The live auction, with auctioneer John Bearman, will begin at 6:30 p.m. There is a \$25 charge at the door.

Each year, the event raises thousands of dollars to help with expenses of Minot Air Force Base competitions. Donations by area businesses and individuals make this event successful. Donations are still be accepted, and can be serious, humorous, unusual, imaginative or creative. Any special instructions or information about the items, such as historical significance, should be included if applicable as the information may increase the items' value during bidding. If an item is an intangible gift such as a service or membership, a certificate or letter from the donor or business must be included.

The Chamber extends a special thank you to chair Betty Fedorchak (Esoterica) for her tireless dedication to this event.

For more information about donating auction items, appropriate auction items, or to arrange for pick-up of auction items, please call the Chamber at 852-6000.

## **Business After Hours: March 23**

Thursday, March 23, 2017 • 5–7 p.m.

First International Bank & Trust - North
Hill Location: 2150 21st Ave. NW



Network with other chamber members, enjoy some delicious food, and take your chance at some great prizes, including \$500 in Chamber Bucks! If winner is not present, \$50 in Chamber Bucks is guaranteed.

Must be present to win.

\$5 charge at the door

#### MINOT AREA CHAMBER OF COMMERCE COMMERCE

P.O. Box 940 • Minot, ND 58702 • 852-6000 chamber@minotchamber.org • minotchamber.org

Material published in the Chamber Communicator expresses the viewpoints or policies of the Communicator, the Minot Area Chamber of Commerce and its Board of Directors. The purpose of this newsletter is to communicate with the membership of the Minot Area Chamber of Commerce.

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Shannon Webster (Town & Country

Credit Union) ......852-2018

#### **New Members**

The Minot Chamber welcomes new members. Join us in thanking Pursuit of **Happiness, LLC.** Please let them know how much of a value they are to our community.

#### PURSUIT OF HAPPINESS, LLC

1123 6th Ave. NE • Minot, ND • 419-680-0945 Robert C. Gates, Owner/CEO

Email: GatesRC@POHFinancial.com • Website: www.pohfinancial.com We use "Asset Crowdfunding" to bring shareholding to the lending process, allowing for your community and loyal customers to invest in your next big asset.

### **Saturday Legislative Forums**

The Minot Area Chamber of Commerce Governmental Affair's Saturday Legislative Forums are underway at the ND State Fair Center. The Legislative Forums feature the 12 area legislators from four Minot districts who are able to

Participants can submit a question to a moderator who then asks the question of the lawmakers. All meetings will be at the ND State Fair Center at 9 a.m. Watch for signs for the meeting room. Meetings are subject to change depending on the status of the Legislative session.

#### March 4 & 18 | April 1 | 9 – 11 a.m. | ND State Fair Ctr **Watch for signs for the correct meeting room**

#### **Renewals**

The Chamber extends a big "THANK YOU" to our members who have renewed their membership through Feb. 27, 2017. Your continued support helps your Chamber promote the business community and do the work seen in the pages of this newsletter.

Farmers Insurance Latendresse

Elite Real Estate

AFLAC - Cassie Loard
Alamo/National Car Rental
Albertson Consulting, Inc.
All-State Contracting
Allstate Insurance Company, The
Kim Albert Agency
Ameriprise Financial Services, Inc.
Anne Carlsen Center
Behm Energy
Broadway Bean and Bagel Co.
Broadway Family Dentistry
Randy Burckhard
Cash Wise Foods
Century Eyewear
Clute Office Equipment
Dakota Square Mall
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Domestic Violence Crisis Center,
Inc.
Don Bessette Motors, Inc.
Eagles Wings Community
Fellowship
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Edward Jones Financial Advisor:

Edward Jones Financial Advisor:

Edward Jones Financial Advisor:

Edward Jones Financial Advisor: Greg Tschetter AAMS

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Brenda Cook

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ranners mourance Latendresse
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GCR Tire Center
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Block
Heartland Payment System
U.S. Senator Heidi Heitkamp
Heritage Insurance Services
Home of Economy
Homesteaders Restaurant
Horace Mann
Interiors Plus
JL Beers
Kalix
Lafarge Dakota, Inc.
Leingang Home Center
Liberty Business Systems, Inc.
Magic City Beverage
Magic City Harley-Davidson-Mi
Margie's Art Glass Studio
Marketplace Foods
Mary Me Bridal & Formal Wear
Inc.
Minot Area Homeless Coalition

Minot Electric

Minot Housing Authority

Monarch Products Company Montana Dakota Utilities Company Montessori of Minot Mowbray & Son Plumbing & Heating, Inc. North Country Mercantile Northwest Building Improvement Northwest Projector Olson & Burns, P.C. Paradise Spas & Motorsports Party City Prairie Supply Professional Hearing Services **ProIT** Roger Ward North American Simonson's Station Stores Small Business Development Center Jim & Vicki Soltis Souris River Designs & Home Improvements SpartanNash The Starving Rooster Lila Striefel Thorsrud Supply Co., Inc. Titan Machinery Waste Management of ND - Minot Watne Realtors White Drug

**Minot Area Chamber of Commerce** 

March 2017

The WriteDesign

#### Agribusiness Committee hosts Farm Transition Planning seminar

Every year the Minot Area Chamber of Commerce's Agribusiness Committee works to coordinate seminars and events for area farmers and ranchers. The first seminar in 2017 will be on Thursday, March 9 at the North Central Research Extension Center, south of Minot. Representatives from the CHS Inc., Inver Grove Heights (Minnesota office), and

Nationwide Insurance will address common questions that producers have about transition planning, such as:

- Who should have a transition plan?
- How does transition planning help?
- How do you get a transition plan in place?
- What else do you need to know before getting started?

The seminar will begin at 10 a.m. with lunch to follow at 11:30 a.m. A second seminar will be added if need be, which will start at 12:30 p.m., with lunch prior at 11:30 a.m. Space is limited for the seminars. If you wish to attend please RSVP to the chamber by March 3 by emailing chamber@minotchamber.org or by calling 852-6000.

#### **Eagle Awards**

The Eagle Award winners were recognized in February and thanked for superior customer service skills. If you would like to nominate someone for outstanding customer service, please call the Chamber at 852-6000 for a nomination form, or visit the website at minotchamber.org. A special thank you goes out to **Homesteaders Restaurant** and **Rainbow Photo Lab** for providing gift certificates for each Eagle recipient.



ANNETTE FUNK
Trinity Health



NATALIE MELIN Gate City Bank



GARY GRAVSETH Des Lacs-Burlington School



RYAN SCHOENWALD Minot Automotive Center



ANTONE MCMAHON Perkins Restaurant & Bakery



PAM WALKER McDonald's

# Save the Date: April Business After Hours

April 20 | 5 to 7 p.m. | Capital RV Center | 3000 14th Ave. SW

# Cost of living slightly higher than national average in 2016

Minot's cost of living measured at 100.8%, or less than one percent higher than the national average for 2016, according to the Cost of Living Index, published by the Council for Community and Economic Research.

The ACCRA Cost of Living Index measures differences between areas in the cost of consumer goods and services, excluding taxes and non-consumer expenditures. It is based on 100,000 data points for which prices are collected quarterly by the Minot Area Chamber of Commerce and other urban areas across the nation.

#### Cost of Living Index: 2016 Annual Average Data

U.S. Average Composite Index: 100%

	Minot ND	Bismarck ND	Fargo/Moorhead Metro	Minneapolis MN	Pierre, SD
COMPOSITE INDEX	100.8	97.0	98.9	105.6	102.8
GROCERY ITEMS	106.2	101.1	106.0	106.0	100.1
HOUSING	99.8	96.0	93.9	107.9	119.8
UTILITIES	79.0	85.1	90.1	95.8	99.6
TRANSPORTATION	92.8	106.9	96.3	101.0	96.3
HEALTH CARE	113.4	113.2	109.7	105.7	95.8
MISC. GOODS	MISC. GOODS 106.5 106.5	106.5	102.2	107.8	94.0

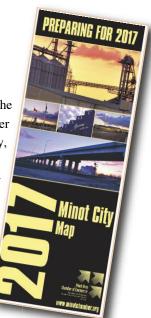
Minot Area Chamber of Commerce

March 2017 3

# 2017 city maps are now available

The City of Minot has changed dramatically in the past few years. The newly designed, vertical Chamber 2017 maps show the expansion of the community, including the newer sections of town.

These free maps are available at the Chamber office at 1020 20th Avenue SW between 8 a.m. and 5 p.m. Monday through Friday. We extend a big thank you to our sponsors who helped make this project possible!



#### **February Business After Hours**





## International Military Ball April 8

The 29th annual International Military Ball, a formal event with a gourmet meal and entertainment, is set for Saturday, April 8 at the Grand Hotel.

The black tie event begins with a social featuring antipasto hors d'oeuvres at 6 p.m. This will also be a time to take formal pictures and pass through the receiving line, which will include commanders of Minot AFB and our Canadian counterparts. At 7 p.m., dinner chimes will bring guests into a separate room for a formal meal. See the mouth-watering menu below. Enjoy the Canadian Bagpipers and a program featuring a moving tribute to POW/MIA's. The evening will be capped off with dancing to Flash Bang, a component of the 188th Army Band.

Don't miss out! Contact the Chamber today to sign up. Cost is \$75 per person. For more information or to register, please call 852-6000 or email chamber@minotchamber.org.

#### Menu

- \* Red pepper gouda soup
- \* Spinach salad with strawberries, blueberries, and walnuts topped with a blueberry vinaigrette
- \* 8 oz. tenderloin with caramelized bourbon onions, mushrooms, and bacon
- \* Pepper bacon shrimp vegetable
- \* Asparagus with hollandise sauce
- \* Baked sweet potato with maple butter
- \* White chocolate raspberry cheesecake

#### **Honors Banquet April 12**

The Minot Area Chamber of Commerce annual event recognizing top area students is set for Wednesday, April 12 at the Holiday Inn at 6:30 p.m.

The Honors Banquet is possible thanks to the generous support of Chamber members who sponsor students and teachers. There is still time if you would like to sponsor the meals of deserving recipients.

This is a special evening that recognizes the hard work of graduating seniors from eight schools with a grade point average of 3.75 or higher. Nearly 100 students from Glenburn, Berthold, Bishop Ryan, Minot, Our Redeemer's, Sawyer, Surrey, and Des Lacs Burlington are featured during the evening along with staff and teachers from the schools with 25 years of service.

Please call the chamber at 852-6000.

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0511\_02-17

If you know of a business that's new to town or is having a milestone, like a renovation or addition, contact Carla at 857-8205 to schedule a ribbon cutting.



HighAir Ground: 1210 4th Ave. NW • Minot, ND • 837-5876 • www.highairground.com

HighAir Ground received the First Dollar of Profit award from Chamber Ambassadors. HighAir Ground is becoming the area's premiere entertainment venue with 10,000 square feet of wall-to-wall trampolines, parties, dodgeball, basketball, and more!



**Premier Chiropractic:** 300 3rd Ave. SW, Suite F • Minot, ND 58701 • 838-0090 • Website: premierchiropracticnd.com Owner(s): Dr. Becky Perry-Domres & Dr. Kirk Mason

Ambassadors presented a First Dollar Award to Premier Chiropractic, a new chiropractic business in Minot. Premier Chiropractic provides patients with cutting-edge advances in natural health care. Dr. Becky specializes in seeing pediatric patients (ages 0-18 years) and pregnant patients, while Dr. Kirk sees a wide variety of patient populations. Both combine traditional chiropractic with functional rehabilitation, acupuncture, soft tissue techniques, and nutrition.

The primary goal is to improve the movement, function, and health of the Minot community.

If you know of a business that's new to town or is having a milestone, like a renovation or addition, contact Carla at 857-8205 to schedule a ribbon cutting.



Sport Clips: 3112 16th St. SW • Minot, ND • 852-4247 • Mitch Kost, Owner • scnd201@gmail.com • www.sportclips.com/nd201

Minot Chamber Ambassadors presented a First Dollar Award to Sport Clips in southwest Minot. The Sport Clips experience includes sports on TV, a relaxing neck & shoulder massage, legendary steamed towel treatment, and a great haircut from a guy-smart stylist.



**Village Inn:** 3816 South Broadway • Minot, ND • 838-0466
Operated by Hospitality Management & Integration, LLC • www.villageinn.com

Minot Chamber Ambassadors celebrated with a First Dollar Award to Minot's newest family dining restaurant. Village Inn offers moderately priced, high quality food and beverage, as well as delicious pies complimented by congenial hometown service and atmosphere.

If you know of a business that's new to town or is having a milestone, like a renovation or addition, contact Carla at 857-8205 to schedule a ribbon cutting.



MBS Studio: 816 20th Ave. SW • Minot, ND • 852-3054 • www.mbssalon.com • Shannon Berens, Owner MBS (Mind, Body & Spirit) recently underwent renovations that have brought a whole new look to the studio. Chamber Ambassadors were on hand to cut the ribbon to mark this special occasion.



# Weareyou.

Minot is special. Just visit with anyone here and you'll soon realize we have a uniquely connected community. Simply put, Minot people love Minot! In part, it's how we create advantage out of challenges – continually moving forward, growing and getting stronger. First Western Bank & Trust is part of it all – a local bank with good people and all the latest conveniences and technology you want. You often hear banks claiming "we're here for you" but at First Western Bank & Trust, we can say "we are you".



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# Training program offered by Job Service North Dakota

One of the actions specifically noted in our 2017–2019 Strategic Plan reads, "Determine the availability and possible applications of job re-training programs." To that end, Job Service North Dakota's On-The-Job Training (OJT) Program can certainly be used to help someone become acclimated to a new profession or position. The OJT Program makes funds available to help defray the costs of hiring and training

candidates who are 18 or older and not currently attending school. Utilization of the OJT Program presents an opportunity for employers to train new employees in the skills needed to meet business needs. Plus, participating employers receive up to a 50% reimbursement of wages for up to six months. So, if you interview a candidate who lacks the skills for your job opening, but you're willing to train them while receiving financial assistance with

the job training costs, please contact Job Service at 328-5000 (ask for



Carol or Scott) to see if the OJT Program will work for you. Please note however, that all OJT Program contracts must be approved before the first day of work.

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# CTB Women's Leadership program announces 2017 participants

Center for Technology & Business (CTB) is pleased to announce the selected participants of the fifth class of the CTB Women's Leadership Program in Minot. Participants were chosen from a pool of applicants submitted by outstanding women in the community looking to connect, grow and pay it forward through a challenging and inspiring experience. The women will join the statewide network of highly motivated and forward thinking individuals that are making a difference all across North Dakota.

- Jodeen Bergstrom-Dean, 42 Bistro
- Shelly Bohl, Domestiv Violence Crisis Center
- Heather Cymbaluk, Companions for Children
- Courtney Feil, Prairie Engineering, P.C.
- Leslie Herslip-Stevens, Apple Core Enterprises
- Phil Koapke, NDSU North Central Research Extension Center
- Denise Larson, First International Bank & Trust
- Denise Martin, Peoples State Bank of Velva

- Tracey Mays, Minot State University
- Karla Paurus, First International Bank & Trust
- Nancy Simpson, AmeriCorps
- Tori Srey, Tori Dany Designs

The CTB Women's Leadership Program is a unique six month program dedicated to expanding the personal, professional, community and health leadership skills for women of all ages and backgrounds in Minot. Throughout the program participants will hear from an array of top leaders representing North Dakota and beyond that will guide and challenge the women to take the next steps in leadership development. Participants will gain hands on experience through leadership exercises and a philanthropy challenge.

This is the fifth year of the successful and highly anticipated program. In total, the CTB Women's Leadership Program participants for Minot have raised almost \$54,000 in cash and in-kind donations for local organizations.

The public will be invited to attend a graduation ceremony on June 22, more information to follow.

For more information visit ndwomenleaders.com.

## Multi-industry job fair set for April 11

Job Service North Dakota will sponsor the spring Multi-industry Job April 11, 2017. The event will be held at the Vegas Motel Ballroom, 2315 N. Broadway, Minot.

Veterans only will be invited from 4 to 4:30 p.m. The event will run until 7 p.m. for all participants. Tips for potential

employees include:

- Dress for success.
- Bring copies of your resume.
- Be prepared to interview.

Participating employers can search job order \$491348 on jobsnd.com or visit jobsnd.com/job-fairs.

## Celebration honors Vietnam veterans

The Minot Vet Center will host the 6th Annual Vietnam Veterans celebration Wednesday, March 29. The event will be held at LaQuinta Inns & Suites, 1605 35th Ave. SW, from 1 to 4 p.m.

Thanks to generous donations, food and drinks will be provided on a first-com, first-served basis.

For more information, call 852-0177.

# Taxpayers "plant and protect trees" by supporting trust fund

Taxpayers have the ability to play an important role in the overall health and well-being of our State's forest resources by making a donation to the Trees for North Dakota Trust Fund on their individual income tax returns. The North Dakota Forest Service distributes these funds as grants to communities to help diversify their forest resources by planting a variety of trees adapted to North Dakota's climate. A variety of trees also reduces the impacts of invasive insects, such as the emerald ash borer (EAB), which attacks and kills all species of ash

trees and is as close as Minnesota.

Ash is the most common tree planted in communities, reaching 60 percent of the tree population in some towns. Ash also represents a large percentage of the state's 55,000 miles of field and farmstead windbreaks. There are also an estimated 78 million ash trees within North Dakota's forests and woodlands. The cost of removing, disposing and replacing trees lost to EAB, coupled with the economic benefits associated with trees lost, such as reduced energy costs and ecosystem services, could far exceed \$1 billion

dollars!

Our collective efforts can make a difference. Please enter your voluntary contribution on the 2016 North Dakota Individual Income Tax Return. On the ND-1, look for Line 31 on the Refund Return, and Line 35 on the Tax Due Return. On the ND-EZ, use Line 5 on the Refund Return, or Line 8 on the Tax Due Return. The North Dakota Forest Service welcomes your financial support. For more information, contact: Thomas.Claeys@ndsu.edu or call 701-328-9945.



http://secureenergyfuture.org/voters-recognize-coal-should-be-the-future-in-north-dakota-energy-production/



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**ACKERMAN-ESTVOLD.** 

Meet Nathan. He's a young, forward-thinking civil engineer. But we know there's more to Nathan than that. He's a friend, a volunteer, and your next door neighbor. Whether he's on the hockey rink or out hunting with his dog, this Minot native knows the community and has grown along with it. So when Nathan is creating the latest hydraulic model analyzing stormwater routes, he knows he's not only protecting our future, he's building his.









f www.ackerman-estvold.com

## Ward County adopts the CodeRED community notification system

Minot Central Dispatch and the Ward County Emergency Management Office are announcing the launch of the CodeRED community notification system to send important Emergency Notifications and alerts that are time-sensitive messages to residents of Ward County. This new system replaces the former City Watch Emergency Notification system. Landline and registered cell phone numbers will receive these messages. A new feature with the Code Red System is the ability to receive Automated Weather Warnings from the National Weather Service. Residents who previously were signed up their cell phone numbers with City Watch are urged to resign up with CodeRed as the program offers more flexibility in what type of notifications they wish to receive. Registration is customized, allowing residents to choose which alerts they'd like to sign up for as

well as how they would prefer to receive them. Residents can choose several different methods: landline, cell phone, email, text message, TTY (Tele Typewriter Technology) & TDD (Telecommunication Device for the Deaf) which allows communications to be sent to hearing impaired individuals, or even a combination. These alerts can be specific to streets, neighborhoods, or regions so that residents in affected areas are sure to receive this valuable information.

Additionally, residents and visitors alike can keep track of alerts within all of Ward County with the CodeRED Mobile App, which notifies smartphone holders of real-time alerts in the area. Similar to the online registration, users choose which notifications they'd like to receive via the app. An enhanced weather warning program is available for occasions when you are trav-

eling out of your local area.

The mobile technology for CodeRED is extremely advanced, providing enhanced flexibility to issue general and/or emergency messages. Residents potentially impacted by weather and other time sensitive events will receive them directly to their smartphones. This all happens within seconds, which can make a huge difference in saving lives.

All residents are encouraged to visit minotnd.org or wardnd.com and go to "CodeRED Signup "and immediately start receiving these informative, life-saving alerts. For more information on the CodeRED notification system or registration, please contact Larry Haug, Ward County 9-1-1 Coordinator, at 857-6422 and/or larry.haug@wardnd.com.

## **Member Business Briefs**

North Star Community Credit Union and Northern Tier Federal Credit Union Exploring Strategic Partnership

The Boards of Directors for Northern Tier Federal Credit Union of Minot AFB, ND and North Star Community Credit Union of Maddock, ND are excited to announce they have mutually agreed to pursue a possible merger, contingent upon successful due diligence, a favorable membership vote, and regulatory approval. "This partnership is a terrific opportunity to create more value for our combined memberships and the communities that we

serve," stated Marvin Wierenga, Chairperson of the Board of Directors of Northern Tier Federal Credit Union. "While there is more due diligence ahead, our initial analysis suggests a merger would enhance the capabilities of the combined credit union and offer significant benefits to our members."

Although both credit unions continue to successfully operate independently, both Boards agree that a combined credit union offers many benefits for their respective memberships. The combined organization would offer members an expanded branch

network, improved and additional products and services, significant operating efficiencies, and the ability to pass cost savings on to the members through competitive loan and savings rates. The combined \$300M credit union will have 10 branch locations and approximately 24,000 members.

Both North Star and Northern Tier will hold informational meetings to gather member feedback and answer merger related questions in the near future. Meeting schedules will be posted on their respective websites, www.northstarccu.com and www.ntiernd.org.



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#### Zarr Financial Services hires Palumbo

Zarr Financial Services has expanded to better serve clients' needs by hiring Dawn Palumbo to oversee the newly-

formed insurance division. Palumbo serves as insurance advisor and is licensed to sell insurance products through LPL Financial and its licensed affiliates. Palumbo is licensed to



Dawn Palumbo

sell personal lines, commercial lines, as well as life and health lines.

Palumbo is a native of Minot, and brings over eleven years of insurance industry experience. She is active in the community with various service groups throughout Minot and the surrounding area.

# Souris Valley United Way announces 2017 officers, campaign results

Souris Valley United Way announces 2017 officers: Perry Olson (First International Bank & Trust), president; Monica Peterson (Enbridge) vice president; Perry Erdman (SRT), treasurer; and Todd Jensen (MIDCO), past president.

Additional board members include: Tawnya Bernsdorf, Niki Carlson, Jim Knudsen, Dr. Krista Kelly, Casey Klein, Seth Lange, Linde Paige, and Dr. Mark Vollmer.

Souris Valley United Way celebrated the 2016-17 campaign year at the Third Annual Donor Recognition Luncheon held in February.

Area businesses and donors gathered to celebrate the official end of the 2016 campaign cycle. Campaign pledges reached \$562,615, which is a decrease of 17% from the prior year. SVUW also received \$402,739 from in-kind donations, gifts, grants, and more.

Brenda Foster, 2016 Campaign Chair, expressed thanks for continued support and presented the following awards:

Top 10 Business Leadership: Scheels, SRT Communications, Cognizant Service Center, Enbridge Pipelines, First Western Bank & Trust, Minot Public Schools, Ryan Family Dealerships, First International Bank & Trust, Xcel Energy, UPS.

Level up Awards: Brown & Saenger, Central Power Electric Cooperative, Dig

#### **Roosevelt Park Zoo names MAFB top contributor**

Volunteers are of high value at the Roosevelt Park Zoo. As top contributors of volunteer hours for three years running, Minot Air Force Base personnel and their families show commitment to our community. Last year, MAFB individuals and groups put in more than eleven hundred hours performing duties such as spring grounds clean up, exhibit enhancement projects, animal enrichment projects, assistance with special events, and diet preparation for the zoo collection. In appreciation of the long hours generously donated,



Zoo Director Becky Dewitz and Public Programs Manager Renee Escherich presented our neighbors to the north with the Top Contributor Award at a Military Affairs Committee lunch hosted by the Minot Area Chamber of Commerce. Our military men and women put country first day in and day out, and on days off, their clear commitment to community first is priceless.

2014	
2015	1425.50 volunteer hours completed by 583 MAFB members
2016	1104.24 volunteer hours completed by 375 MAFB members

It Up Backhoe Service, Johnson Eyecare & Eyewear, Olson & Burns P.C.

New Business Leadership: Ameriprise Financial Legacy Financial Partners, Farstad Foundation, Greater Northwest Publishing, Harry's Tire Service, Michael Buseth Agency, Minot Sash and Door, Inc., Parkland Industries, Ltd., Prairie Engineering, Souris Valley Dental Group.

Other recognitions included Joyce Hanson, who received the Tocqueville award for individual donation over \$10,000. An anonymous donor, Richard and Diane Olthoff, Bob and Laurel Weigelt, and Vallely Sport & Marine made significant contributions to the SVUW Endowment Fund.

DelRae Zimmerman (with Brokers 12 Real Estate) and Matt Geinert (Future Builders, Inc.) were announced as the 2017-18 Campaign Chairs.

#### Community giving campaign launched

First International Bank & Trust is proud to announce the third annual community giving campaign. This campaign encourages community members to apply for a Live First Community Grant, which awards \$5,000 to a project or cause that makes a difference in the community. Three runner-ups will also receive \$1,000 each, as voted on by social media followers.

Applications are due March 12. Voting is from March 13 to March 31. Winners

will be announced April 11. All of the details can be found on the blog post: <a href="https://firstintlbank.com/blog/apply-forthe-3rd-annual-live-first-community-grant/">https://firstintlbank.com/blog/apply-forthe-3rd-annual-live-first-community-grant/</a>.

# St. Joe's Community Health Foundation grants exceed \$6.2 million

The 18th Regional Grant Award Luncheon for St. Joseph's Community Health Foundation will be held Wednesday, March 15 at 11:30 a.m. at the Grand Hotel where \$400,000.00 will be distributed to area organizations. This will bring the dollar total of gifts granted by the Foundation to \$6.2 million.

More than 90 grants will be distributed for projects that impact the mental, physical, spiritual and/or emotional wellbeing of people in an 11-county area. Hear about the Dakota Boys and Girls Ranch sensory environment room, a wireless nurse call system, the Angel Plan Memorial walkway in Westhope, life-saving equipment needs, pillows for cancer patients, food pantries, church camps, and much more.

Reserve your spot at the luncheon by emailing sjchf@minot.com, calling 837-1726, or through the Foundation website using PayPal atcommunityhealthfoundationnd.com. Tickets are \$20 each.

Help celebrate the organizations and people who work tirelessly in our region to secure a better quality of life.

#### **Brady Martz & Associates announces** employee updates

Brady Martz & Associates is proud to announce the promotion of six employees. In announcing the promotions, Kevin Sanders, Shareholder, congratulated the six on their hard work and dedication to the Firm and more importantly to the clients they serve. The six include:

David Blikre has been promoted from

manager to senior manager. Blikre is a Minot native who received his Bachelor Accountancy Degree from the University of North Dakota in May 2005. Blikre is also a CPA



David Blikre

who began working at Brady Martz in the fall of 2007. He works in the tax department specializing in the Trust and Estate area. David and his wife Mandie have two children; Brayden and Reece.

Sidney Compton has been promoted from senior associate to manager. Compton is originally from Grand Forks, ND. She graduated from Minot State



University in 2012 with a Bachelor's Degree in Accounting subsequently and received a Master's Degree Management. Compton joined the

Sidney Compton

Firm in 2012 and works in the audit and tax department. Sidney and her husband, Chris, have a son, Grayson, who will turn three in April.

Alex Kalliokoski has been promoted from senior associate to manager. Kalliokoski is originally from Neche, ND and graduated from Jamestown

College in May of 2012. He has been with Brady Martz since October 2012 and works primarily in the A & Department on financial institutions, not for profits, and various other entities.



Alex Kalliokoski

Tyson Schatz has been promoted from senior associate to manager. Schatz graduated from Minot State University in

2012 with Bachelor's degrees in Accounting and Finance and began working with Brady Martz in 2012. He is a CPA and works in both A & A and tax. He has a 6-year-old daughter named



Tyson Schatz

Cambri. He spends his time away from work golfing and going to the lake in the summer and hunting and fishing in the fall and winter.

Mandie Blikre has been promoted from associate to senior associate. Blikre joined Brady Martz in the fall of 2014. She graduated from Minot State

University earlier that spring. Blikre is a CPA and works primarily in the outsourcing and tax departments. Previous to this career, she enjoyed 10 years as a cosmetolo-



Mandie Blikre

gist. Mandie is a Minot native and is married to David and they have two sons, ages 9 and 7.

Melissa Roller has been promoted from associate to senior sssociate. Roller



is originally from Pick City, ND. She graduated from the University of North Dakota with a Bachelor's Degree in Accountancy December 2014. Roller

Melissa Roller

began working at Brady Martz in January 2015. She became a

CPA in May of 2016. Roller works mostly on the A & A side of the Firm performing audits and agreed-upon procedures in the financial institution and governmental industries. She also works on audits, compilations and reviews in various other industries.

For more information please contact Rae Schobinger at Brady Martz at 852-0196 or email her at rae.schobinger@bradymartz.com

#### Geisen named Elevation's assistant general manager

Ian Geisen has recently been promoted

to the assistant general manager at Elevation Restaurant, located at the Minot Country Club. A native of Minot, Ian has 14 years in the customer service industry. His vast restaurant knowl-



Ian Geisen

edge and experience has proven to be crucial in his transition to AGM. Geisen is involved in the Minot Lions Club, and started with Elevation in June 2015.

#### SRT certified gig-capable provider

SRT was recognized by NTCA-The Rural Broadband Association, the premier association representing nearly 900 independent, community-based telecommunications companies that are leading innovation in rural and small-town America, as a Certified Gig-Capable Provider for delivering gigabit broadband speeds and enabling technological innovation in the Antler community.

As a Certified Gig-Capable Provider, SRT joins a national campaign to build awareness and industry recognition of community-based telecom providers that have built communications networks capable of delivering Internet speeds of up to 1 gigabit per second, which is 100 times faster than those currently available in many U.S. households. SRT also received tools to promote itself as a Gig-Capable Provider in the Antler community and will be recognized in NTCA media, on the NTCA website, and during association conferences and events.

To achieve certification, telecommunications companies must show that gigabit technology is currently commercially available within 95% of one or more exchanges within its serving territory and that such service can be provided without new trenching or stringing new aerial facilities. This statement must be confirmed by a letter from an engineering firm or other independent source involved in the company's network planning, deployment or operation.

More information about the NTCA Gig-Capable Provider certification proavailable gram is www.ntca.org/gigcertified.

## Coronary artery disease: common and mostly preventable

The most common form of heart disease, for men and women, is coronary artery disease, which causes heart attacks. Coronary artery disease is caused by plaque formation within the lumen, the inside of the arteries, which restricts the blood flow to the heart muscle, explained C. Etta Tabe, MD, a cardiothoracic surgeon with Trinity Health.

As the arteries provide oxygenated blood to the heart muscle, any restriction – or, eventually, a total blockage – can lead to further health issues.

"If you experience chest pain, numbness or pain down the left or right arm, numbness or pain in one or both jaws, and sometimes even heartburn, those may be signs you are experiencing coronary ischemia, or decreased blood flow to the heart," Tabe said.

According to the American Heart Association, heart disease accounts for one in 7 deaths in the United States. The good news is that the majority of contributing factors for coronary artery disease are behaviors, and thus preventable. Those behaviors include:

- \* Smoking is "a major contributing factor," not to mention a habit that isn't healthy to begin with, Tabe said. The American Heart Association states that cigarette smokers have a higher risk of developing several chronic disorders, such as fatty buildups in arteries, several types of cancer and COPD.
- Cholesterol is a waxy, fat-like substance found in cells of the body. While there is some cholesterol that is good - cholesterol can be produced by the body to meet its need, such as to make hormones, Vitamin D, and substances that help digest foods - there is some cholesterol that is not good and can do some damage; that bad cholesterol can be found in food, the National Heart, Lung and Blood Institute explained. Having a general knowledge of your cholesterol level is important, Tabe said, suggesting that getting a cholesterol level screening should be on your heart health checklist. Screenings are usually recommended for individuals "starting at age 50," Tabe said.
- \* Studies have shown that exercise is good for your heart. If there is little to no exercise, the heart cannot benefit. With respect to exercise, Tabe suggests that patients use Smart Phones or FitBits to measure steps. The general

- recommendation is 10,000 steps a day, or 5 miles.
- \* Patients who have diabetes should also take note: an accelerated development of plaque formation in the coronary arteries tends to occur in patients with diabetes, Tabe said. "Keeping your sugars under control is extremely important."

Hypertension and high blood pressure is also a risk factor to look out for, Tabe said. "Talk to your primary care physician, check glucose level, blood pressure and cholesterol."

In regards to the systolic blood pressure – this is the top number on a blood pressure reading – "130 to 140 is the grey zone," Tabe said. "Anything above 140, you should seek primary care from a physician or talk to a cardiologist." The diastolic blood pressure – this is the bottom number – 80 to 90 is the grey zone, and anything over 90 is definitely a problem."

Family history also plays an important part in knowing the factors. "If a parent died from a heart attack at the age of 40 and a grandparent died of it at the age of 40, that's important, that suggests the individual may have a genetic predisposition to premature development of coronary artery disease and needs to be screened earlier. In fact, all immediate family members (parents, siblings, and children) should be screened for a genetic mutation called familial hypercholesterolemia."

If you are concerned about your heart health, please speak with your primary care physician or with a cardiologist.

C. Etta Tabe, MD, is a board-certified cardiothoracic surgeon who has recently joined Martin Rothberg, MD, on Trinity Health's cardiothoracic team. His office is located at Health Center-West, 202-3rd Avenue SW, in Minot. He can be reached at 857-3655.

#### First Baptist hosts women's retreat

SHE Ministries of First Baptist Church, Minot, will host the 2017 Women's Retreat, "I'm Going Free" April 7 to 8, 2017, at the Holiday Inn Riverside, Coliseum Room. The retreat schedule is Friday from 7 to 9 p.m. and Saturday from 8:30 a.m. to noon.

The featured speaker, Dannah Gresh, is an international speaker and has authored over 27 books. Gresh will encourage participants to search their hearts and share some thoughts on developing a craving for a more intimate relationship with our Savior. She has appeared on Fox News, CNN, the 700 Club, and is a frequent guest on Focus on the Family and Family Life Today.

Registration is required. The retreat fee is \$30 if registered by March 14; \$35 after March 14. You may register online at www.fbcminot.org or contact First Baptist Church at 852-4533 for a registration brochure. Over 350,000 people have attended Gresh's live events, and we hope you can join us for this exciting weekend!

#### PJ's, Popcorn, and Story Time to benefit Domestic Violence Crisis Center

United Community Bank of ND is throwing a pajama party and you're invited! On March 10 at 10am, the Minot location of UCBND will be opening up their doors to kids of all ages to come and enjoy popcorn, story time and a behind the scenes tour of United Community Bank.

Those attending are encouraged to bring a pair of new kids' or women's pajamas, twin bedding or pillows to benefit the Domestic Violence Crisis Center. Party attendees will be treated to a behind the scenes tour of the bank, popcorn, story time and a visit from Tank the Tauro. Visitors are also welcome to wear their most stylish pajamas and bring a blanket and pillow to get cozy during story time.

In 2016, the Domestic Violence Crisis Center sheltered 119 women, 73 children and responded to 1,173 crisis calls. Services are free and confidential and include 24-hour crisis lines, 24-hour emergency shelter for fleeing victims, and support groups for women and children who have experienced domestic violence and/or sexual assault.

"Many of the women and children who enter the emergency shelter come with no belongings and providing pajamas is an essential part of providing them comfort," states DVCC Assistant Director Tara Bjornson.

If you are unable to make the party but would still like to donate pajamas, the pajama drive will be taking place all week from March 6-10 in United Community Bank's lobby. This will be UCB's third year hosting this event, last year 148 pairs of pajamas were donated.

Contact Jennifer Hubrig at 420-5734 or jhubrig@ucbnd.com with any questions on the event. For more information on the Domestic Violence Crisis Center please call 701-852-2258 or visitwww.courage4change.org.

#### Houston Engineering offers updates

Donna J. Bye joins Houston Engineering, Inc. (HEI) as a planner

working out of the Minot office. Bye will be adding even more depth to the urban and community planning department.



Donna J. Bye

With her 16+ years of experience in the

public planning sector, Donna can assist clients in navigating and complying with the many different city codes and ordinances that are required for property development. She previously worked as the chief resilience officer and city planner for the City of Minot advising land developers and property owners on planning, zoning, and other planning procedures and policies.

Bye is active in the North Dakota Planners Association and is also a board member of the International Peace Gardens serving on the planning and development committee and horticulture committee. She grew up in Williston and Minot, ND, and holds a BLA in land-scape architecture and BS in environmental design from North Dakota State University.

Kory Alexander joins HEI's Minot office as a survey crew chief. Kory will perform standard crew chief duties while working towards his licensure



Kory Alexander

increasing HEI's capacity to serve clients in the western half of North Dakota. A Minot native, Kory earned his AOS in architectural drafting and construction estimating from North

Dakota State College of Science. He brings more than seven years of experience to HEI's survey team and previously worked for Ackerman Surveying & Associates, Inc.

Anne Haws, EIT, joins HEI's Maple Grove office as civil engineer. Anne will work within HEI's water resources team on hydrologic and hydraulic studies, permit reviews, and public drainage projects. Anne grew up in Blackduck, MN, and earned her MS in environmental engi-



Anne Haws

neering from University of Stavanger in Norway and her BS in civil engineering from the University of Minnesota. Anne's previous work experience includes working as a water resources engineer for Short Elliott Hendrickson and a student researcher for the Saint Anthony Falls Laboratory.

# Town & Country Credit Union named Champion of Affordable Housing

Town & Country Credit Union has been named a Champion of Affordable Housing by the North Dakota Housing Finance Agency (NDHFA).

"The Champion awards recognize and celebrate the work of individuals, non-profit organizations, public agencies, and private sector businesses that make exceptional affordable housing contributions in North Dakota," said Jolene Kline, NDHFA executive director. The award was announced during the NDHFA Statewide Housing Conference in February. This is the third time that Town & Country Credit Union has received this recognition.

The Champions of Affordable Housing awardees are selected based on market penetration and loan production, special programs used, their portfolio performance and loan quality. "We take great pride in again receiving this recognition from the NDHFA. Our mortgage team consists of experienced professionals who make it their life's work to provide



financing solutions for members within the communities we serve," commented Darrell Olson, President and CEO of Town & Country Credit Union.

Town & Country Credit Union is a member-owned financial cooperative founded in 1939 to provide a source of credit at reasonable interest rates and encourage savings from its members by paying competitive dividends. Today the credit union serves more than 18,400 members and has ten locations throughout North Dakota.

NDHFA began recognizing its housing partners with Champion of Affordable Housing Awards in 1995. For more information on the awards or the agency's program, contact NDHFA at (800) 292-8621 or www.ndhfa.org.

#### Spin United fundraiser Feb. 27

The YMCA is teaming up with the Souris Valley United Way to host the 4th Annual Spin United event Feb. 27 at 9 a.m. Registration begins at 8:30 a.m. Proceeds from the event will support Backpack Buddies.

Each team consists of 6 members and one spin bike. Each team member will ride for 20 minutes while winning prizes for best team name, best team costumes and name drawings throughout the event. No experience is necessary - just spin! Additional games and activities will be available during the event, including the rock wall.

For a chance at extra prizes, participants created online fundraising pages to raise funds for Backpack Buddies. Every \$50 raised enters them in a drawing for a \$100, \$75, and \$50 dollar gift card. Registration is located on Souris Valley United Way's website and don't forget to check out their Facebook Page.

For more information on how you can participate, donate prizes, be an event sponsor or donate to Backpack Buddies, email svuwcampaign@srt.com or call 839-2994.

Minot Area Chamber of Commerce

18

#### MAB Home Show March 3 - 4

The Minot Association of Builders is proud to announce the all-new 2017 Home and Garden Show. Join the Minot Association of Builders on March 3 and 4, 2017, at the North Dakota State Fair Center's Magic Place Room for the 2017 Home and Garden Show. MAB is pleased to announce new additions to the show, like The Pub in the Park, presented by Lowe's Garden Center, the Ready Builders Lego Competition for Kids, Belt Sander Races, workshops with the Market on 4th, and the Youngster Yard. A complete description of the new additions is below.

- Parade of Home Passes Want to learn more about the 2017 Parade of Homes? The Home and Garden Show is the perfect place to get the first details of next year's Parade and be the first to pre-buy your tickets.
- Ready Builders Lego Competition Do you have a junior builder in your house? The Minot Association of Builders and Ready Builders are hosting the first annual Lego competition at the Home and Garden Show on March 4, 2017. Children ages 5-12 will compete in building houses out of
- Pub in the Park, presented by Lowe's Garden Center The Pub in the Park, presented by Lowe's Garden Center, will welcome you into the Home and Garden Show. It's an indoor park that will feature landscaping, plants, flowers and even grass INSIDE the Magic Place room! Visit the Pub to rest your feet after a long day of planning your future!
- Belt Sander Races Is your belt sander bad to the bone? We won't believe it unless we see it! Dress your sander up or bring it as is to compete against others — the fastest one wins!
- The Market on 4th Workshops Have trouble getting into those sold out Market on 4th workshops? You're in luck! The Market on 4th is coming to us! Join us Friday, March 3 and Saturday, March 4 for two workshops

- a day.
- The Youngster Yard

Do you want to keep shopping but the kids are ready to go home? Let them play at the Youngster Yard! Make a Scene Kids Theater will have a theater set up for kids to partake in as well as other activities.

The 2017 Home and Garden Show is open to the public on Friday, March 3 from noon to 7 p.m. and on Saturday, March 4 from 10 a.m. to 5 p.m. Admission is \$4. Bring two travel size hygiene items to benefit the Lord's Cupboard on Friday, March 3 and receive two for the price of one admission!

Visit website our www.minotab.com/home-garden-show or our Facebook page http://www.facebook.com/mabhomeshow for more details!

#### First Western Bank & Trust offers new employee updates

First Western Bank & Trust is pleased to announce that Sam Foss has joined our team. He serves as vice president and manager of mortgage lending for the Minot and Bismarck

offices. Foss graduated from the University of Montana with a bachelor's degree in business/finance and from the Graduate School of Banking at the



Sam Foss

University of Washington. He has 27 years of experience in the financial industry. He has been on the Advisory Board of Community Works of North Dakota for five years and on the Advisory Board of Century High School Baseball for three years.

Lori Hetletved was hired in May 2016 and is presently the executive assistant

and corporate secretary for First Western Bank & Trust. Hetletved has years of financial and banking experience, working at Eide Bailey and



Lori Hetletved

Dakota West Credit Union. First Western Bank & Trust is pleased to have her join the team.

Krystal Girard was hired in May 2016

as a part-time customer service representative for First Bank Western Trust. Girard is pursuing a bachelor's in accounting and minor in business management at MSU, on



Krystal Girard

track to graduate in spring 2018.

Jen Paterson was hired in August 2016 as an accounting assistant for First



Western Bank & Trust's Main Bank location. Paterson is a 2005 MSU graduate with a bachelor's in accounting and minor management.

Jen Paterson worked at Nuverra before joining First Western Bank & Trust. We're glad to have her join our team.

June Stroklund was hired in September 2016 as a computer techni-

cian for First Western Bank & Trust's Main location. Bank Stroklund has a bachelor's degree in computer science from Minot State



June Stroklund

University, graduating in 2002. She worked with ING, in their insurance division, and then Cognizant in project management and IT before joining the First Western Bank & Trust team. Stroklund is a welcome addition to our team.

Karen Rollman was hired in September 2016 as a bookkeeper for First Western Bank & Trust's Main location. Bank Rollman has over 14 years of experience in



Karen Rollman

the financial arena, working for Pacific Marine Credit Union & Wells Fargo. She is also a welcome addition to our team.

#### Peoples State Bank names new CEO and promotes employees

Peoples State Bank announces the promotion of several employees, including the promotion of Rick Beall to CEO.

Rick Beall has been promoted to CEO

Peoples State Bank. Originally from Velva. Beall started his career as a fourth generation banker at PSB when he was 14 years old. Graduating Concordia from College and the



Rick Beall

University of Colorado Graduate School of Banking, he returned to PSB, most recently serving as Minot branch president.

Missy Feist-Erickson has been pro-



moted from assistant vice president to vice president of Peoples State Bank's Minot location. A Sawyer native and graduate of North Dakota State University and the

Missv Feist-Erickson Dakota School of Banking, she has been with PSB since 2009.

Denise Martin has been promoted to lead CSR at Peoples State Bank. Relocating to Minot from Harvey in 2011, Martin joined PSB as a CSR and brings five years of banking experience to the position of lead CSR.



**Denise Martin** 



Velva Promotions: David Kramer has been promoted to president of Peoples State Bank's Velva location. Previously the vice president, Kramer has

David Kramer been with PSB for 20 years. He has over 25 years of banking experience and is a graduate of Minot State University.

Melinda Kroeplin has been promoted from assistant operations officer for Peoples State Bank to operations offi-

#### Fraternal Order of Police present NPCAC with \$1,000

In February, the Fraternal Order of Police – Souris Valley Regional Lodge #7 presented a check for \$1,000 to the Northern Plains Children's Advocacy Center (NPCAC) in Minot. The mission of the NPCAC is to protect children by providing on-site agency collaboration utilizing a multi-disciplinary team approach in prevention, investigation, assessment and referral for prosecution and treatment of child abuse. The NPCAC provides a compassionate and effective way to bring services to children victimized by abuse. This public-private collaboration significantly reduces the trauma associated with reporting child abuse and holds offenders accountable. The Fraternal Order of Police is the world's largest labor representation organization for sworn law enforcement officers with more than 330,000 members in more than 2,200 lodges. Over 100 members comprise the Souris Valley Regional Lodge #7, which covers northwestern North Dakota. Recognizing that NPCAC's work goes hand in hand with law enforcement's efforts to investigate incidents of child abuse and ultimately prosecute offenders, the members of Souris Valley Regional Lodge #7 were excited to present this donation to the organization.



Left to right: Tim Gates (Lodge Treasurer), Christal Halseth (NPCAC Executive Director), Nic Boys (Lodge President), Larry Hubbard (NPCAC Board of Directors member)

cer/assistant vice president. Originally from Drake, Kroeplin joined the Velva bank in 2012 and has 10 years banking experience in customer personal Melinda Kroeplin service. banking and internal auditing.



Ty Bruner has joined Peoples State



Bank as an agriculturloan officer. Originally from Drake, Bruner is a recent graduate of North Dakota State University and brings to his new position prior ag banking

Ty Bruner

experience as well as a farming background.

#### MSU students and senior citizens learn from each other in book club

Minot State University freshmen enrolled in Leisa Harmon's University Studies 110 class are facilitating a book club, which is reading Laura Ingalls Wilder's "Little House in the Big Woods," at the Parker Senior Center. The university students lead the group, which is attended by senior citizens. They have met twice to discuss their memories of themes related to the book. Two books clubs remain: Wednesday (March 1) and March 8 from 2:15 to 2:45 p.m.

"It has been amazing watching the generations interact and share experiences," Harmon said. "This has been a great experience for both the students and the seniors."

The University 110 class is part of a First Year Learning Community cohort, which is three separate classes tied together by a common theme. The three classes are "Survey of Communication Disorders," "Children's Literature" and "First Year Seminar." The cohort of students is enrolled in all three classes. Instructors Nicole Thom-Arens, Erin Holt and Harmon meet regularly to integrate information and assignments for the three classes in the Learning Community. The book club is the community-based service learning project

**Minot Area Chamber of Commerce** 

March 2017 20

# **March 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Ribbon Cutting, 10 a.m., Elite Real Estate, 1829 S. Broadway, Suite 1 Military Affairs Committee, Noon, Grand Hotel	3 Ambassadors are Special Olympics VIP escorts, 11:30 a.m., MSU Dome Ribbon Cutting, Noon, Home & Garden Show, ND State Fair Center	4 Legislative Forum, 9 a.m., ND State Fair Center
5	6	7	8 Right Start Presentation, 10 a.m., MAFB	9 Ag Committee Protect Your Legacy Workshop, 11 a.m., North Central Research Extension Center	10 Infrastructure Committee, 7:30 a.m., Homesteaders Restaurant	11
12	13 FTAC Right Start Presentation, 9:45 a.m., MAFB Military Ball Planning Committee, 3:30 p.m., Grand Hotel	14 Eagle Awards Presentation, 10 a.m., Chamber office	15 Coffee with the President, 1:30 p.m., Chamber office	16	17	18 Legislative Forum, 9 a.m., ND State Fair Center Prairie Warrior Auction, 5:30 p.m., Holiday Inn
19	20	21 Board of Directors, 7:30 a.m., Grand Hotel	22 Right Start Presentation, 10 a.m., MAFB	23 Energy Committee, 11:30 a.m., Vegas Motel Business After Hours, 5 – 7 p.m., First International Bank & Trust, 2150 21st Ave. NW	24	25
26	27 FTAC Right Start Presentation, 9:45 a.m., MAFB	28	29	30	31	