

**QWEST AWARDS MINNESOTA SCHOOLS \$20,000 IN GRANTS**

***20 Schools with Highest Parent Participation  
In Qwest's Online Safety Program to Receive Funds***

**MINNEAPOLIS, Sept. 17, 2007** – Qwest Communications International Inc. (NYSE: Q) has chosen 20 Minnesota schools to receive \$1,000 each for securing the highest levels of parent participation in Qwest's Online Safety Certification program.

Saint Jude of the Lake School in Mahtomedi certified the highest level of parents, 149, through the Qwest Connected Family Online Safety Classroom. Today, students and teachers at Saint Jude of the Lake School will celebrate with Minnesota Twins' right fielder, Lew Ford and pitcher, Carmen Cali.

"Qwest is committed to promoting online safety education in partnership with the Minnesota PTA, the Minnesota Department of Education and many other statewide organizations" said Paula Kruger, Qwest executive vice president of mass markets and leader of the Qwest online safety program. "I congratulate Minnesota families for their high level of participation and taking the first step to keep children safer online."

More than 40 Minnesota schools participated in Qwest's online safety school challenge. The 20 schools to receive \$1,000 grants are:

- Andersen Elementary School (Bayport)
- Bel Air Elementary School (New Brighton)
- Central Montessori School (Forest Lake)
- Friedell Middle School (Rochester)
- Jedlicka Middle School (Proctor)
- Jefferson Elementary School (Rochester)
- John Adams Middle School (Rochester)
- Lincoln K-8 Choice School (Rochester)
- Lino Lakes Elementary School (Lino Lakes)
- Marine Elementary (Marine on St. Croix)
- Oak Hill Elementary School (St. Cloud)
- Pine Meadow Elementary School (Sartell)
- Plymouth Middle School (Plymouth)
- Riverside Elementary School (Jackson)
- Roosevelt Elementary School (Virginia)
- Saint Jude of the Lake School (Mahtomedi)
- St. Louis Park Junior High School (St. Louis Park)
- Saint Michael's Lakeside School (Duluth)
- Withrow Elementary School (Hugo)
- Woodland Elementary School (Brooklyn Park)

“Education is what we do,” said Marilyn McReynolds, a computer teacher and the technology coordinator for Saint Jude of the Lake School. “I applaud Qwest’s continued online safety efforts to educate both parents and students about these issues, and I expect this \$1,000 to make a difference in the technology we can bring to our school.”

Schools registered for the Qwest online safety challenge at [www.IncredibleInternet.com/onlinesafety](http://www.IncredibleInternet.com/onlinesafety) and encouraged parents to visit the Connected Family Online Safety Classroom to learn about online safety and take the Parent Safety-Net Test. The schools with the highest parent participation won grants.

Tips, quizzes and expert information about safer Internet use from the National Center for Missing & Exploited Children and leaders in law enforcement and education can be found in the Connected Family Online Classroom at [www.incredibleinternet.com/onlinesafety](http://www.incredibleinternet.com/onlinesafety). Families can be certified in online safety by completing an easy-to-follow online safety course and then taking the Parent Safety-Net Test.

### **About the Program**

Qwest and the Qwest Foundation are committed to helping families learn to protect their children from online threats. Since 2003, Qwest has partnered with NCMEC to raise awareness among families on online safety issues and to help combat online exploitation of youth proactively by encouraging increased parental and guardian understanding and education. Qwest currently is expanding its Online Safety Program nationally and throughout its Western 14-state region. For more information visit [www.incredibleinternet.com/onlinesafety](http://www.incredibleinternet.com/onlinesafety). In addition, the Qwest Foundation sponsors NCMEC resource [www.NetSmartz411.org](http://www.NetSmartz411.org), a free, first-of-its-kind resource that gives families direct access to experts at NCMEC who can respond to their specific questions and concerns about online safety.

### **About Qwest**

Qwest offers a unique and powerful combination of managed voice and data solutions for businesses, government agencies and consumers - locally and throughout the country. Customers coast to coast are turning to Qwest's industry-leading national fiber optic network and its Spirit of Service for quality products and superior customer experience. Qwest is a participant in Networx, the largest communications services contract in the world, to provide leading-edge voice, data and video services. For more information on Qwest, and its various operating subsidiaries, please go to [www.qwest.com](http://www.qwest.com). For information about the products and services Qwest is offering in the Networx contract, visit [www.gsannetworx.com](http://www.gsannetworx.com).

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