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INTEGRA TELECOM ASSOCIATES GIVE BACK MORE THAN 2,370 COMMUNITY SERVICE HOURS IN 2008

Portland, Ore. – Jan. 14, 2009 – The employees of [Integra Telecom](http://IntegraTelecom.com), a facilities-based, integrated [communications carrier for business](http://communicationscarrierforbusiness.com), contributed 2,371 volunteer hours through its [Community Matters](http://CommunityMatters.com) program in 2008. Integra's Community Matters program provides all full-time Integra employees eight hours of paid time off each year to volunteer for organizations that promote health and safety for youth and overall well-being of the communities Integra serves.

"I am excited and proud to see the level of commitment that Integra's employees have invested in our communities through Community Matters," said [Dudley Slater, CEO of Integra Telecom](http://DudleySlater.com). "With local offices in all of our markets, we work hard to serve our communities, yet it is truly the dedication of employees that have made our volunteer programs succeed."

This month marks the one-year anniversary of Integra's Community Matters program. In its first year, 567 Integra employees volunteered through Community Matters, assisting more than 69 nonprofit organizations. Boys & Girls Club, Muscular Dystrophy Association, Habitat for Humanity, American Cancer Society, and American Heart Association were among the organizations assisted by Community Matters in the 11 Western states Integra serves.

Noteworthy 2008 Integra Telecom Community Matters Achievements:

- Donated more than 200 pints of blood to the American Red Cross.

- Raised more than \$135,000 for the Providence Newberg Health Foundation's Hope for Children Fund through its annual charity golf tournament.
- Contributed approximately \$60,000 in telecommunications services and support to six local Jerry Lewis MDA Telethon broadcasts.
- Collected more than 27,967 pounds of food donations for the Oregon Food Bank.

About Community Matters

[Community Matters](#) is an Integra Telecom program that supports causes and organizations that promote the health, education and well-being of youth; improve the stability and quality of life within Integra's communities; and encourage wellness, safety and the eradication of disease. Through Community Matters, all full-time Integra employees receive eight hours of paid time off per year to volunteer in their communities.

About Integra Telecom

[Integra Telecom Inc.](#) provides voice, data and Internet communications to thousands of business and carrier customers in 11 Western states, including: Arizona, California, Colorado, Idaho, Minnesota, Montana, Nevada, North Dakota, Oregon, Utah and Washington. The company owns and operates a best-in-class fiber-optic network comprised of metropolitan access networks, a nationally acclaimed tier one Internet and data network, and a 4,700-mile high-speed long haul network. The company has earned some of the highest customer loyalty and customer satisfaction ratings in the telecommunications industry. Primary equity investors in the company include Warburg Pincus, Banc of America Capital Investors and Boston Ventures. Integra Telecom and Electric Lightwave are registered trademarks of Integra Telecom Inc. For more information, visit www.integratelecom.com.

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