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DESPITE RECESSION INTEGRA TELECOM EMPLOYEES GAVE BACK MORE IN 2009

Employees Volunteer Nearly 6,000 Hours In 2009

Portland, Ore. – Jan. 28, 2010 – The employees of [Integra Telecom](#), an integrated [communications carrier for business](#), contributed 5,705 volunteer hours through the company's [Community Matters](#) program in 2009. Integra's Community Matters program—which marks its second anniversary this month—provides all full-time Integra employees with eight hours of paid time off each year to volunteer for organizations that promote health and safety for youth and the overall well-being of the communities that Integra serves. Integra also contributed more than \$100,000 in cash to charitable causes throughout its 11-state service area.

"I am very proud of our employees for taking the time to step up their volunteerism and help out our communities through the tough economic times this past year," said [Dudley Slater, CEO of Integra Telecom](#). "Integra is committed making our communities a better place to live and work and the volunteer efforts that our employees contribute through Integra's Community Matters program play a very significant role in the impact that we're able to make. We couldn't do it without them."

During 2009, 394 Integra employees volunteered through Community Matters, assisting nonprofit organizations such as Boys & Girls Club, Muscular Dystrophy Association, Habitat for Humanity, American Cancer Society, and American Heart Association.

Noteworthy 2009 Integra Telecom Community Matters Achievements:

- Donated 2,800 pounds of clothing — equal to the weight of a midsize car — to the Portland Rescue Mission in Portland, Ore.
- Raised more than \$120,000 through its annual charity golf tournament in Aloha, Ore. for the Providence Newberg Health Foundation's Hope for Children Fund.
- Contributed approximately \$76,000 in telecommunications services and support to seven Jerry Lewis Muscle Dystrophy Association telethons held in seven states during Labor Day Weekend.
- Collected more than 2,400 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 and Internet solutions 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. It owns and operates a best-in-class fiber-optic network comprised of metropolitan access networks, a nationally acclaimed 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 Goldman, Sachs & Co., Tennenbaum Capital Partners, funds managed by Farallon Capital Partners and Warburg Pincus. Integra Telecom and Electric Lightwave are registered trademarks of Integra Telecom Inc. For more information, visit: www.integratelecom.com.

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