

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION

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PARTNERSHIP LAUNCHES AIR PARTICULATE MONITOR DATA IN REAL TIME

CARLISLE, PA (Nov. 19, 2008) – The Clean Air Partnership of Cumberland County today unveiled its Met One BAM-1020, an EPA-certified air quality monitor, to provide data in real-time on an ongoing basis for PM 2.5 fine particulate. The ceremonial launch was held today at The Sentinel building, 457 E. North St., where the BAM-1020 is housed.

The Clean Air Board of Central Pennsylvania (CAB), The Sentinel and Carlisle Regional Medical Center (CRMC) formed the partnership earlier this year to protect the health of residents living, working, studying and playing in the Greater Carlisle area by providing them with information that will allow them to make informed decisions about their health.

The endeavor is the only such partnership in the country. Medical, political and community leaders were invited to the event marking the unique project aimed at improving awareness of regarding dangerous particulate matter in the air.

In 2007, the Harrisburg-Carlisle-Lebanon area ranked 14th on the American Lung Association's list of metropolitan areas "most polluted by short-term particle pollution." Cumberland County ranked No. 17 on the county rankings of most polluted by short-term particle pollution. Provided by the Met One BAM-1020, PM 2.5 levels are now posted continuously on *The Sentinel's* Web site, www.cumberlink.com, and a daily average will be published in the newspaper's print edition daily.

In addition to the continuous, real-time readings from the Met One BAM-1020 on www.cumberlink.com, the Web site provides educational information about PM 2.5, air quality and health-related issues.

Continually providing the level of PM 2.5 will protect people's health. People with heart disease can refer to the monitor settings before going outside to exercise. Children with asthma can avoid the increased risk of an asthma attack when PM2.5 levels are high. School districts can refer to the monitor on high pollution days to make informed decisions about calling off outdoor activities. The entire community's awareness of the effects of PM2.5 will be raised by having monitor results available at any given time

PM 2.5 is an air pollutant that is a concern for people's health at all levels, but medical studies have shown increased effects when levels are raised. A study published in the *Journal of the American Medical Association* found that short-term spikes in PM 2.5 levels translated into more people being hospitalized for a variety of heart and lung ailments. Scientists and health experts have been unable to identify a safe level of exposure to diesel exhaust, a level below which exposure to diesel PM 2.5 has no health effects.

PM 2.5 is fine particles about 30 times smaller than a human hair; several thousand of them could fit on the period of a typed sentence. Due to their extremely small size, particles travel deeply into the respiratory tract, reaching the deepest recesses of our lungs. Exposure can cause short-term health effects such as eye, nose, throat and lung irritation, coughing, sneezing, runny nose and shortness of breath. Long-term effects can cause asthma, chronic bronchitis, reduced lung function and increased mortality from lung cancer and heart disease. In the Harrisburg - Carlisle area, diesel exhaust is a significant source of PM2.5 due to the concentration of truck traffic and transportation activities.

- ABOUT THE CLEAN AIR BOARD -

Alarmed by the deteriorating air quality in Central Pennsylvania caused by PM2.5 (soot), as noted in an August 2005 public letter signed by more than 100 area physicians, a faith-based group of concerned citizens formed the Clean Air Board of Central Pennsylvania (CAB). The Clean Air Board of Central Pennsylvania is an organization dedicated to achieving clean air to protect our health and quality of life. They accomplish their mission by raising public awareness of air quality issues, advocating, promoting and coordinating policy and practices for clean air and monitoring air quality. For more information, go to www.cleanairboard.org.

- ABOUT CARLISLE REGIONAL MEDICAL CENTER -

Carlisle Regional Medical Center is a comprehensive community hospital committed to the delivery of consistent quality services. Carlisle Regional is home to some of the area's finest physicians who represent a full spectrum of nearly 40 diverse clinical specialties and are supported by a strong contingency of consulting physicians to complement their expertise. Carlisle's physicians trained in many of the most prestigious institutions in the country and are dedicated to using the most advanced medical technologies and procedures available today. Each year Carlisle Regional Medical Center improves the community's access to healthcare and advanced technology through the enhancement of services and the purchase of the latest medical technology available. Last year alone, Carlisle Regional invested \$2.9 million in the purchase of new equipment used in the care of patients. Together, Carlisle Regional Medical Center's management team, physicians, employees and volunteers, are focused on improving the health status of our community. For more information, go to www.carlislermc.com.

- ABOUT THE SENTINEL -

The accomplishments of The Sentinel through the years are reflected in the esteem with which it is held by its readers, in its circulation and advertising acceptance, and in its community leadership. More than 34,000 people read The Sentinel each day. Cumberlink.com, the official online site of The Sentinel, receives 1.1 million page views every month. The Sentinel provides readers with international, national, state, regional and local news for Cumberland County. This year, The Sentinel earned the sweepstakes award for its division in the annual Keystone Press Awards for the 14th time in the past 20 years. The Sentinel also is a community supporter and sponsor for a variety of non-profit events, such as Summer Fair, First Night Carlisle, Mechanicsburg Earth Day Festival and the Red Cross, as well as a member of local chambers of commerce. In addition, The Sentinel is an environmentally active company. Newspaper is printed on recycled paper, it recycles and it publishes Go Green, an environmental publication, three times per year. www.cumberlink.com