

The Mercury News

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Posted on Sat, Jul. 22, 2006

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Work together to help lung ailment sufferers

So far this summer, the Bay Area Air Quality Management District has issued an unprecedented five "Spare the Air Days" as a result of elevated smog levels. Many Bay Area residents have done their share of reducing the level of smog by using public transportation during these days. This is critically important to help make breathing easier for the tens of thousands of people who are vulnerable to elevated smog levels during hot summer days, especially people with asthma. In the Bay Area alone, close to half a million men, women and children are affected by this lung disease. Everyone can help reduce air pollution by finding alternatives to smog-producing, gas-powered vehicles. We can switch to low- or zero-emission vehicles, ride our bikes or walk, carpool and take mass transit as often as possible, especially on Spare the Air days when air pollution reaches critical levels.

Air pollution is a public-health issue, and we can all do our part to reduce it. For more information, go to **www.californialung.org**.

*Karen Fulton Holine, American Lung Association of California
Emeryville*

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Tri-Valley Herald - July 24, 2006

Spare that air

SO FAR this summer, the Bay Area Air Quality Management District has issued an unprecedented six "Spare the Air" days as a result of elevated smog levels. Many Bay Area residents have done their share of reducing the level of smog by using public transportation during these days. This is critically important to help make breathing easier for the tens of thousands of people who are vulnerable to elevated smog levels during hot summer days, especially people with asthma. In the Bay Area alone, close to half a million men, women, and children are affected by this lung disease.

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Karen Fulton Holine
American Lung Association
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Oakland Tribune - July 24, 2006

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Karen Fulton Holine
American Lung Association
of California, Emeryville



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Letters to the Editor

Everyone can help alleviate air pollution

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