

PRESS RELEASE

FOR INTEGRA TELECOM



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Integra Telecom and TDS Metrocom Negotiate Exchange of Markets

Mutually beneficial agreement signed; customers in various Minnesota and North Dakota areas will have new provider, same service.

Minneapolis - January 26, 2006 - Competitive local phone service providers, TDS Metrocom and Integra Telecom, have announced an agreement to exchange service areas between markets in North Dakota and Minnesota. Under the agreement, TDS Metrocom customers in the Fargo, N.D. service area will become Integra customers and the majority of Integra customers in the Duluth, Minn. area will become TDS Metrocom customers. The agreement, pending federal and state regulatory approval, is expected to close within a 90-day period.

Proposed Market Changes:

Market	Current Provider	New Provider
Fargo, ND	TDS Metrocom	Integra Telecom
Grand Forks, ND	TDS Metrocom	Integra Telecom
Little Falls, MN	TDS Metrocom	Integra Telecom
Nisswa, MN	TDS Metrocom	Integra Telecom
Fergus Falls, MN	TDS Metrocom	Integra Telecom
Duluth, MN	Integra Telecom	TDS Metrocom

The exchange of markets was a result of many factors, including cost efficiencies for both companies, as well as the opportunity for TDS Metrocom and Integra to strengthen their businesses by focusing on markets where each can expand its facilities-based infrastructures. This improves each company's ability to service customers via their own telephone and data networks.

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What does this mean to customers?

Beginning approximately on or after March 18, 2006, all voice and data customers will begin converting over to the other provider's service. Customers will continue to receive their current services and rates after the conversion, unless they choose to change to any of the new provider's service offerings. Both Metrocom and Integra customers have already been notified of this transaction and will continue to receive detailed communications prior to and throughout the conversion period.

"This arrangement is a win-win for both companies and in the end will make us each stronger and more efficient," states Jim Butman, president of TDS Metrocom. "Customers will benefit from the transaction with our superior customer service and a broader range of products available to them."

Dudley Slater, Integra's CEO, agrees. "We firmly believe this agreement is in the best interest of our two companies and our customers. Both companies are committed to making the transition as smooth and seamless as possible for our valued customers."

About Integra Telecom

Integra Telecom is a fast-growing, integrated communications carrier dedicated to providing a better choice for small and mid-sized businesses. A privately held company, Integra employs approximately 600 people and serves more than 270,000 access lines. Primary equity investors in the company include Bank of America Capital Partners, Boston Ventures, Nautic Equity Partners and primary lenders Goldman Sachs and Tennenbaum Capital. Integra Telecom is a registered trademark of Integra Telecom Inc.

About TDS Metrocom

TDS Metrocom, part of the TDS family of telecommunications companies (AMEX TDS, TDS.S), is a competitive local telecommunications provider established in 1997 that serves key markets in Wisconsin, Illinois Michigan, Minnesota and North Dakota. TDS Inc., a Fortune 500 company, is a Chicago-based telecommunications corporation founded in 1969 with established local wireline and wireless businesses and rapidly growing competitive local phone service operations. Through its

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strategic business units and business unit divisions, TDS Metrocom, TDS Telecom and U. S. Cellular, TDS provides service to customers in rural and suburban markets around the country. The company employs approximately 11,500 people and serves more than six million local telephone and wireless customers in 36 states. TDS Metrocom can be accessed through the Internet at www.tdsmetro.com.

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