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***Frontier Helps Local Football Teams Score a Spot on ESPN360.com
Aquinas vs. McQuaid Game Will Be Shown on Popular Sports Website***

ROCHESTER, N.Y. – ESPN360.com – the online sports experience where the viewer is in control – will soon feature an exclusive online webcast of the September 2nd football game between Aquinas Institute and McQuaid Jesuit High School, thanks to Frontier Communications. Frontier is going across the country, filming one high school football game a week and replaying them online at ESPN360.com.

The Frontier crew will be at St. John Fisher College at 2 p.m. on Sunday, September 2 to capture all the action between the Aquinas Institute Li'l Irish and the McQuaid Jesuit Knights. The game will be featured as a live a webcast shown exclusively on ESPN360.com, a unique sports website available free of charge to Frontier High-Speed Internet subscribers. Replays of the edited game will also be available for a limited time at FrontierOnline.com by clicking on the GAMEON! link.

“This game is especially exciting because of the long standing football rivalry between Aquinas and McQuaid. We’re thrilled to be able to bring this world-class exposure to Rochester and allow all of our High-Speed Internet customers to see the game live online,” said Peggy Kalbfus, alternate channel manager for Frontier’s Rochester Region. “We are continuously striving to bring the latest and best technology to our communities, and this program is a great example of that initiative. To be able to bring an opportunity of this caliber to Rochester is very exciting,” added Kalbfus

This national program is designed to demonstrate the reliability and speed of Frontier’s High-Speed Internet service. ESPN360.com is one of the many features offered to customers with a Frontier High-Speed Internet connection.

“We want to make sure all local Frontier High-Speed Internet subscribers can see the live webcast because we know how busy life can get between traveling and students participating in multiple sports. This is a great way to make sure you, and your family members, don’t miss any of the action,” said Kalbfus.

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Frontier will also film the upcoming September 29th Rush-Henrietta High School vs. Penfield High School football game, which will also be available on ESPN360.com.

About Frontier

Frontier is part of Citizens Communications Company (NYSE: CZN), a full-service communications provider and one of the largest local exchange telephone companies in the country. Frontier offers telephone, television and Internet services, as well as bundled offerings, ESPN360.com streaming video, security solutions and specialized bundles for small businesses and home offices. Additional information about Frontier's products and services is available at www.frontieronline.com. For more information about Citizens Communications, visit www.czn.net.

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ESPN360.com is available only through select Internet Service Providers including: BELD, Conway, Charter (select markets only), Frontier, Grande, INS, Liberty, Mediacom, Mid-Hudson, MTC, Starstream, SMU, US Cable and Verizon.

For more information on how to get ESPN360.com, go to www.ESPN360.com.

For photos and logos go to <http://media.espn.com/MediaZone/ESPN360.htm>.

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