



FOR IMMEDIATE RELEASE

“BARELY BREATHING” MORE THAN JUST A SONG
ECC and ALA “Blowing the Whistle on Asthma”

IRVING, Texas, March 13, 2007 – “I almost died, but I’m used to it.” This simple statement made by asthma sufferer, Jamie Countryman, comes across as matter-of-fact rather than alarming. “My husband and I wanted to celebrate our son’s good grades by taking him to Medieval Times, but I ended up standing outside all night since the horses and hay triggered extremely labored breathing. But I should have known better and simply not gone.” Countryman, Operations Manager for ECC, is one of several ECC employees joining the American Lung Association® (ALA) in the fight against asthma by participating in the “Blowing the Whistle on Asthma” walk on March 31, 2007 at Grand Prairie’s Lone Star Park. The goal is to raise asthma and lung health awareness and vital funds to find a cure for lung disease.

Being able to breathe is taken for granted by most people. They wake up and go about their daily lives never thinking twice about it, but the 15 million Americans with asthma view it differently. Most have to consider their actions before doing everyday things such as making a purchase, working out or attending an event. According to a survey by the ALA, 73 percent of parents and 61 percent of adult patients said that being prepared for asthma symptoms is always a consideration when planning activities. A number of focus group participants said they take the necessary precautions to avoid asthma "triggers," which can include avoiding dogs, cats, smoke, cold, dampness, carpeting and any kind of strenuous physical activity.

“I have to be careful buying her things like flowers, perfume or stuffed animals, since those can trigger an attack. If she’s already feeling under the weather, it can make it even worse,” said Jamie’s husband, Jason. “Even selecting a restaurant can be tricky since we have to avoid as much smoke as possible.”

Steve Conwell, ECC Executive Vice President and Co-founder, says, “Our mission statement is ‘Helping Others Be Successful,’ and we try to give back to the community as much as possible. When you’ve seen one of your own employees affected by a disease, it motivates you to get involved and make a difference.” ECC is involved in the community with organizations such as Christian Community Action (CCA), YMCA, SPCA, Promise House, Texas Youth Commission (TYC), and Dallas Life Foundation (DLF).

About ALA

The mission of the American Lung Association® is to prevent lung disease and promote lung health. The American Lung Association® is the oldest voluntary health organization in the United States, with a National Office and constituent and affiliate associations around the country. Founded in 1904 to fight tuberculosis, the American Lung Association® today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. The American Lung Association® is funded by contributions from the public, along with gifts and grants from corporations, foundations and government agencies. The American Lung Association® achieves its many successes through the work of thousands of committed volunteers and staff.

About ECC

ECC is a woman-owned professional services and business hiring solutions firm headquartered in the Dallas/Fort Worth metroplex. ECC partners with national Fortune 500 and middle-market clients to assist within the areas of Accounting/Finance, Audit, Tax and Information Technology. The Business Hiring Solutions (BHS) team provides recruiting services for direct placement, project staffing, and executive search. ECC’s Enterprise Solutions (ES) group works with senior executives struggling to address legal and regulatory requirements, offering full-service enterprise risk management, corporate governance and regulatory compliance solutions at affordable prices.

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