My name is Laura Montgomery. I live at 6385 E. Deerhollow Way in Norcross, GA. I am here to speak up for stronger EPA rules to limit carbon pollution from power plants and fight climate change.

Power plants are the largest source of carbon emissions in the U.S. today and these standards are critically important in protecting public health and in reducing the effects of global warming. The new EPA rules will contribute to a much-needed transition to a cleaner electricity system.

I know what it feels like not to be able to breathe. I have asthma. In the summer months the air quality is the worst. In June and July breathing is the most difficult. Every time the air quality alerts go into orange or red I get very congested and have an asthmatic cough. I get a headache.

The unhealthiest days for asthma and other lung diseases are recorded by EPA by county for Fulton, Gwinnett, Cobb and deKalb. I don’t even need to see the recorded air quality. I can tell by how I feel.

Particulate matter or particle pollution, especially fine particles, can get deep into the lungs and cause serious health problems. Ground-level ozone is also a serious health pollutant. Breathing ozone can trigger a variety of health problems including chest pain, coughing, throat irritation, and congestion; it can worsen bronchitis, emphysema, and asthma. Ground level ozone also can reduce lung function and inflame the linings of the lungs. Repeated exposure may permanently scar lung tissue. Ozone is experienced as a burning of sensitive tissues. Even relatively low levels of ozone can cause health effects. People with lung disease, children, older adults, and people who are active outdoors may be particularly sensitive to ozone.

I urge you to work quickly to strengthen and finalize strong standards for existing power plants and finalize standards for both new and existing power plants by June 2015.