Response to HHS Request for Information October 2026

2. Responding as individual consumer.

3. Describing Individual Experience.

I am a reasonable person who considers myself to be healthy and strong, but who has learned, in recent decades as new technologies have proliferated, that I am prone to adverse physical reactions to wireless activity and the electromagnetic radiation it produces. Some are skeptical that this condition exists, but I assure you, it's a thing. And although most people, thankfully, do not react as strongly as I do, I am by no means unique, although for years I thought I was. What this means for me is that I can be made uncomfortable, and even ill and significantly disabled, by wireless activity such as cell towers, wireless routers, wireless hotspots, cell phones, bluetooth, laptop wireless/bluetooth activity, radar, and other wireless utilities and devices.

If I can keep my exposure level down I am fine; I am able to live my normal life, and I can tolerate, for limited periods of time, other peoples' wireless networks and device activity, I can visit people, go to stores, travel, stay in motels. But if my exposure becomes significantly intense and/or prolonged, my sensitivity escalates, and I become highly reactive. I understand that for many people wireless digital access is very convenient. It is not, however, convenient to have pressure in one's head, as though charged, to have to work REALLY hard to concentrate, to not be able to pull up that word you are looking for, or the number you have used for decades, to have ear pain or hissing, exhaustion, and sometimes, to become dizzy and nauseous, to no longer be able to comfortably work in the building you have worked in for twenty years, to feel a loss of creative energy, with an accompanying dark feeling, happiness and joy no longer in reach. To sleep only fitfully, and worst of all, for your brain to be so stimulated that you can never ever simply relax it.

When my workplace installed a wireless network, I thought I would be okay; they had been testing for some time, and I was able to tolerate it. But as the network expanded and especially as additional devices came into use, and perhaps other local activity, it was too much too long. Day after day I returned determined to habituate, affronted that others could tolerate it and I could not. But in the end I could not. Leaving for the day no longer made the symptoms stop. Shortly before I was allowed to work elsewhere, I went out to plant garlic, which I have done for more than thirty years. I was shocked to realize that I had no idea which end to

put down. And this was not a momentary forgetfulness— this was a black hole with absolutely nothing there, nothing to access, and it was terrifying. I was relieved when, with decreased exposure, my cognitive clarity returned.

My reaction is significant enough, and identifiable enough (turn off identified wireless activity and there is an immediate relief, like turning off a lightbulb) that I have learned what my body reacts to. But I cannot help but wonder how many people may be adversely affected without recognizing it and knowing that there is something that they can do to alleviate their issues. How many people suffer needlessly? How many, without wireless exposure to the current extent, could sleep significantly better, alleviate memory or cognitive issues, headache, tinnitis, dizziness of unknown etiology, fatigue, mood disorders, heart palpitations…. Because who would ever think that something so pervasive, offered and promoted so readily throughout our society, could have such adverse effects?

I understand the skepticism for a condition not evenly experienced, and without a clear biomarker such as a virus, bacteria, or parasite. But people all over have reported the same set of exposure-related symptoms and escalation, with no prior knowledge that these are associated with exposure, and no expectation of experiencing them. We have widespread public exposure virtually mandated by government regulations, without a public health surveillance system and very little evaluative research.

I am including here a lengthy description of my experiences that I have kept over the years, in part to help me figure out what was impacting me and how I might be able to respond. Apologies for the informal journal presentation, but after initially trying to significantly compress my experiences for this response, it seemed that a more complete history might provide some useful details.

Case History:

On October 18, 2005 we upgraded from dial-up to high-speed cable internet. The next morning I set up a wireless router to see if that would work to get internet access upstairs to my daughter.

I had had some earlier indications of EMF/RF sensitivity. Years earlier, I associated proximity to my CPU at work with a persistent ache in my left shin; the CPU was under my desk with my legs next to it. When I finally thought to move my CPU box to the other side of a file cabinet, the pain went away.

And within the prior year we had purchased a new car that came with a ‘smart key’, which used radio frequency transmissions to communicate with a chip in the ‘key’. I had to turn off this feature, as it made me feel woozy and uncomfortable. The car feature, however, did include a warning against use by people with pacemakers, which the router did not, so I was hopeful.

The wireless router was a success in terms of internet access, but I was **significantly** adversely affected. I had tightness in my head and neck (it was the way I imagined you would feel in the heart of a thunderstorm, almost a rising, a feeling of excited molecules), I felt woozy, unable to concentrate, and so cognitively impaired that I worried that I would injure myself somehow (walking into something, falling, cutting myself while preparing food, etc.). I turned it off overnight, tried again in the morning, and promptly took it back.

I was highly sensitive for a number of days; if I went into the computer store (where they had wireless going), walked by an antenna station (cell), etc., my head would buzz for the rest of the day. I could feel electrical activity around me when I was at work, where I had not noticed it before.

Eventually, however, my reactions toned down---then slowly rose again. It now appeared that the cable itself was bothering me. The cable ran along the basement ceiling, under the living room, as this had seemed the easiest way to direct the cable from where it arrived at the house to the other side, where we had the computer. I could feel something emanating from the cable even in the living room. For the first time, I could feel it when watching TV (in another room) although we had had cable television and a line running to the radio for 18 years. And it was not only the living room; I could feel effects to varying degrees everywhere on the first floor. I felt woozy and even nauseous. Upstairs was better, in our bedrooms.

The night of a wind storm, we all slept downstairs in case of falling trees, and I ended up on the living room floor near where the cable was below. I got terribly sick and had to move in the middle of the night, even though we had lost electricity around 10:30 pm. I slept very fitfully, and eventually my head felt horrible, my breathing shallow; I felt that if I stayed where I was my body could not take it.

I was perplexed because at work I was surrounded by Ethernet lines of high-speed internet and I was fine. So there had to be a solution. Yet no one seemed able to advise me what to do to alleviate this (not our service provider, not Radio Shack, not hardware stores, not the computer store, ...).

I tried a number of things. Each time (except for the powerline networking) I found some initial relief, but only temporarily; it was as if my body relaxed at the adjustments, but then ratcheted up its reaction when the annoyance was still there, even if at a lower level.

When I would disconnect the cable at the splitter where it comes to the house, I felt relief.

Among the strategies I tried:

- I wrapped the entire length of inside cable in multiple layers of heavy-duty tin foil (having seen tin foil listed for emf shielding in web instructions for making your own coaxial cable). Temporarily felt better.

- I tried powerline networking (using the copper in your electrical wiring to conduct internet flow, so, a 'bridge' plugs into an electrical socket with an ethernet connection to the computer) (this worked great for getting internet upstairs, but there was also either leakage or emf generation that got to me, so it was also a no go; when my head got buzzy and clouded I pulled the plug on this one, too)

- I tried moving the modem down to the basement where the cable first enters, and running Ethernet cable from there. Seemed slightly better, but not good enough.

- A service provider employee came and checked for RF leaks. He replaced an old connector and cable that we had used (when we moved the TV and redirected the cable), and replaced the splitter. I did not expect this to help, but it seemed to. Not enough, though. He also said that I may have exacerbated the issue by disconnecting the cable that ran to our radio, thus leaving both splitter connection and cable end open for RF leakage (our cable company had discontinued analog feed, and since it was no longer serving a purpose I thought it might help to not have feed running through that cable also, since the cable run appeared to be an issue, and disconnecting the other feed helped).

Finally, I had our service provider reroute the cable to the outside of the house, rather than run inside (and across under the living room). At first, I could feel the cable strongly when I was out in the yard, or when I walked across the entry stairs. But I no longer felt it quite as strongly inside. Some areas were still a problem; when I was in the laundry room (surrounded on 3 sides by cable), I got dizzy.

I had noticed, when I moved the modem around, and when I added and subtracted a router (now wired only, not a wireless router), that these contributed to the strength of whatever leakage or emf that was bothering me, so I also had placed modem and router in cookie tins, which helped some.

Slowly, my reaction toned down, until I could go into the laundry room and feel buzzy instead of dizzy, and no longer felt a strong emanation from the cable when I went outside. After a few weeks, however, it was clear that I had reached a plateau and would not be improving any more with this setup. I felt a slight effect in my head, but the strongest effect continued in my neck. At the beginning, I had felt a tightness/electrical activity feeling in head and neck. For my neck, it was primarily at the front base of the neck. The discomfort in my neck had soon concentrated

in the left lower front area. The level of pain had directly corresponded to the level of exposure. While lessened now, it was not going away.

Towards the end of January, 2006, just as I had decided to give up and cancel the service, we had the use of a borrowed gaussmeter. The highest-registering area or piece of remaining equipment was the transformer for the modem. Of course, before getting cable we had plenty of transformers, and they had not caused a problem, but I put the transformer in the cookie tin with the modem. To my great surprise, everything eased up. I was no longer aware of emissions from the length of the cable. When my daughter plugged in the Ethernet cord to run up to her computer, I could no longer feel something emanating from it. I could work at the computer without getting cloud-headed.

However, a month later the pain in my neck had not yet disappeared, and I checked in again with my doctor to be sure that nothing longer term was developing. (postscript—I did see an article about amputees who suffered from cell radiation exposure stimulating nerve masses at the amputation site — see https://www.sciencedaily.com/releases/2016/02/160203110932.htm , and Bryan Black, Rafael Granja-Vazquez, Benjamin R. Johnston, Erick Jones, Mario Romero-Ortega. **Anthropogenic Radio-Frequency Electromagnetic Fields Elicit Neuropathic Pain in an Amputation Model**. *PLOS ONE*, 2016; 11 (1): e0144268 DOI:10.1371/journal.pone.0144268)

Eventually the pain at the base of my neck went away, and I felt pretty much 'normal'; I was no longer aware of wireless and emf activity around me, in general. Exposure above my tolerance threshold, however, caused not only point-source discomfort, but heightened my sensitivity to everything around me.

I had wondered if there was something unique about our home setup that exacerbated the issue. However, various experiences had shown this to be a more general problem:

When a co-worker a couple of cubbies down from me switched to a wireless mouse, it affected me quite strongly at first. Eventually, however, I was able to habituate.

In Oct 2008 I visited a friend who had a wireless router under the bed in the guest room. I immediately realized this when I went to bed. It was clear that I could not tolerate that level of exposure, even if I were to move the bed or mattress farther away. By the time my hosts graciously unplugged the router, the exposure was enough that for some days I was considerably more sensitive to activity around me.

When visiting college campuses with my kids, dormitories with wireless internet access were very uncomfortable for me.

Early spring 2009 we went to a beach for the weekend, and had to forego the offered deal on a nice ocean-view hotel room, because it was clear to me that I would be too uncomfortable from

their wireless internet. I had a heightened sense of discomfort on that side of the beach and town for some hours (perhaps heightened by multiple hotels in close proximity pushing out wireless waves), even could feel something from the cable television (even when not on) in our non-wireless inn room, until later in the day after a nice walk down the undeveloped portion of the beach.

Something changed in spring 2009 that broke my general equilibrium (I believe that it was early June when I noticed the change). I could again feel activity at home, outside, and at work. At work, I was tight-headed and had greater difficulty concentrating. At home, I was tired and tight-headed, I was uncomfortable when my daughter had her computer plugged into our (hard-wired) router, even when her computer was not turned on, I got dizzy in the laundry room, I got dizzy in the kitchen (next door to the laundry room) when the clothes washer was on. I developed a hissing in my ears, particularly noticeable at night. Because activity above my tolerance level increases my sensitivity to everything, I wasn't sure where the primary exposure was coming from. I worried that it was due to the switch to HD TV, and the overall increase in transmissions resulting from that. Although I had not expected HD TV to cause too much trouble, since I assumed companies had been double-broadcasting already to test, I knew the freed-up airwaves were auctioned off, and worried that changes in the airwaves and overall increases were bothering me. I considered that the increase could be from the antennas above the building next to work; the local radio station; the fire station; wireless meter 'smart grid' work; the transformer across the street; a new transmission/cell tower in the area that wasn't obvious; something else in the neighborhood or at the new neighbors'……. I hoped I would adjust/get used to it, but that did not seem to be happening. I bought some 'Stetzerizer' capacitors/filters to filter high-energy voltage transients in the house, after hearing them referred to by an epidemiologist who was discussing morbidity and mortality associated with man-made electrical activity, and they seemed to help a little bit. I was still having trouble, however.

When we returned from an August vacation at Yellowstone, I was very aware of electrical activity in the whole area, before even setting foot in the house. I could feel it in my yard, at the local park, in town. I got nauseous at an outdoor fair downtown, it was so strong. I wondered if the radio station's activity had changed. However, my excessive reactions toned down. I had seen statements that cars, especially hybrids, produce a field; although I had not overtly noticed reacting to the car (note that this was prior to wifi/bluetooth/radar/etc in cars), as I had to other things, perhaps the long drive home caused me to be additionally hypersensitive.

When visiting relatives in October 2009, I grew increasingly uncomfortable, especially in the living room. We considered whether the neighbor's wireless internet might be bothering me, until my father thought about his wireless earphones for the television (the television was not on). When he unplugged that, I felt immediate relief, as though someone had turned off a light. By then, their wireless telephones were bothering me too, and I was noticeably relieved by unplugging them as well. I felt much more comfortable in the house after that; however, presumably due to the over-exposure, the city seemed brimming with air wave 'pollution' for the

rest of my visit. I walked with a friend near the river and could feel something particularly bothering me, and after some time turned a corner and noticed a large radio antenna nearby.

Late October was not as bad at home and work, with some days more comfortable than others. When my neighbors at work reconfigured their workspace, and everything was unplugged and most of them were not in the office, it felt noticeably more comfortable and clear-aired. I could think more clearly, had more energy, and felt happier. I began to notice that when that work group was gone, it was better. My immediate neighbor was kind enough to stop using her wireless mouse, but although she changed that out in the morning, I went home that afternoon feeling 'zapped' and worn out all evening. The rest of the week felt better, however. I then learned that another co-worker had been using a wireless router at work for his personal computer.

The following week confirmed this as the source. Monday and Tuesday, when that co-worker was out, it felt great--the air was clear and I could think. When I came in on Thursday at 8:30, I could immediately feel the difference. Within a few minutes I had difficulty concentrating. Around 11:00, the fog cleared, and I could think again.
It seemed clear that the wireless router had been bothering me. And it is clear that, in addition to any personal discomfort it caused me, it compromised my ability to work efficiently and accurately.

He very nicely agreed to stop using his router when I was there, and I felt **much** better. I felt clear, my memory function returned, no more 'emf hangovers', I could work comfortably at my home computer, even when my daughter's computer was also plugged in, the cars felt better (I had begun noticing the fields in the cars by then). The hissing that had developed in my ears cleared up. I had no more hot flashes, either. I felt as though I had been suddenly cured of a chronic illness.

My husband's wireless weather station (that we had had for years) ran out of batteries, and I realized, when he replaced them, that that was also causing me discomfort, at least in this sensitized condition, so we stopped that and I got more relief.

In January, 2010, my son brought home a pager for his work volunteering with the fire station. I noticed some small discomfort, although not to the point of obvious thought and memory impact, and hoped I would acclimatize. I began having hot flashes and night sweats again, however, and wondered if the pager exposure might be triggering them. Also, in early February, there seemed to be an increase in 3rd party 'pollution' at work, from folks beyond my immediate circle, after my all-too-short period of relief! I tried putting the pager in a cookie tin, and that seemed to help---but it wasn't getting any of the messages. So I took off the top of the tin, placed the tin holding the pager sideways against the wall, and the pager received messages and did not seem to be emanating as strongly. Soon I no longer felt it. (Also, before putting it in the tin, I had noticed it seemed better when surrounded by things like bookbag, clothes, etc on the table—

perhaps absorbtive? So I also put some old rolled up socks in the tin for good measure). The night hot flashes subsided and I returned to 'normal'.

In May 2010 we joined a number of families for camping. After an activity, we went into the nearby town where a festival was taking place. I believe it was a school, but with the police station and city hall next door, there were at least 3 antennae/cell structures in close proximity. I felt the onslaught immediately, and my body heated up although it was not hot outside, and I began to feel nauseas. We did not stay long. I could feel it quite strongly in the city for some distance. I again had night hot flashes for a little while.

June 30, 2010, I went with friends to a new park, and felt a strong wave effect. Since it was fairly localized, and I had not been noticing anything at another nearby park, I presume it was from a 'PCTel' monument in the park from which I felt emission. I had an 'emf hangover' for some time.

The hissing in my ears, previously associated with my work neighbors' use of wireless router, returned in August or September 2010. As of December it was still noticeable. In early December I twice had to ask hosts to turn off their wireless routers—at book club and at a friend's. I had become less embarrassed about mentioning my sensitivity, because as often as not when I did someone ended up telling me about worrisome lesser symptoms they had noticed, but had never considered that wireless activity could be adversely affecting them.

Mid- December 2010 we went to a store-café(wifi hotspot) that was really strong—I couldn't stay inside while our sandwiches were being made.

Things had been relatively tolerable at work (in spite of suspicious chronic hissing in the ears); every so often I could feel a strong transmission, which felt even stronger when I walked down the hall and into the other wing of the building. However, these transmissions were occasional and temporary, generally not lasting more than 20 min to an hour. Then they started occurring more frequently. The week starting December 6 they occurred every day (M-Th -- I did not work Fridays), and I became quite uncomfortable. When they did not stop, I alerted my manager, who, on the afternoon of Dec 13, instructed me to leave when it became bad. That day it was nearly constant.—there was only perhaps an hour of respite until I left at 2:30. My ears ached all evening. Tuesday it did not become unbearable until approx. 3:30 (I tried sea-bands and earplugs, for awhile, but given how strongly I felt it when it came on, I doubt they did much). On Wednesday, 10:00. Thursday, 10:30. At this point I was set up to work at home if necessary. When the blast was going, I felt tightness in my head and neck, cognitive impairment, pressure on my ears and occasional ear pain, occasional pain at the top of my head, and even a kind of chest tightness/sense of shallow breathing if I did not leave. I had experimented by walking towards construction going on across the street, and felt increased strength, leading me to suspect something in the construction activity. I was by now more sensitized to activity in general. Sometimes the whole of downtown felt 'alive', and there were times that I was uncomfortable, say, going to the bank.

At Christmas my husband thoughtfully gave me a set of speakers to set up for the kitchen, something we had had and enjoyed years before, until those speakers had 'died' (become too fuzzy). When he unrolled the spool of speaker wire to connect living room to kitchen, I could feel it emanate a field, without even being attached to anything. I hoped that would disappear once both ends were connected. This was not the case. My poor husband removed it after a day (after spending hours crawling around the basement insulation). I asked Radio Shack if they could suggest any filter or anything, and the clerk asked if this was the first time we had speakers up---or if there was old wire that was creating a field with the new wire. Sure enough, we still had remnants of the old wire. I pulled what I could, but some was stuck within a surround we had built around a pipe run. I could feel a field from that, and my husband was able to remove it.

One day when I was able to be at work, I felt something. I followed the strength, in order to try to learn what was causing it, and could feel emanations from a conference room electrical panel, and, further down the aisle, from a group of printers (neither of these had been noticeable before) and, further down the aisle, from an area where there were workmen in a cubby. Someone asked them what they were doing, and they said 'pulling old cable'. The sensations stopped when they were finished. I can only deduce that there was some conduction going on related to this.

Another day, when it was not comfortable at work (but not as strong as it had been), I drove around the nearby construction area and noticed a large power substation right behind it, which I could feel then. This caused me to wonder if there was some 'piggybacking' of radiofrequency transmissions, wiring work in the building, or something with the substation that caused a broader effect, or perhaps even the city-wide 'electrosmog' that I often felt. I wondered if wiring in-process, not yet completed and connected, could be reacting with the substation to create a field. I called the DIS construction manager to ask if they had any particularly strong wireless communications going on, especially during the time of the glass installation, when I had found it particularly bad. He said they did, of course, have radio communications with the crane tower, and they had wireless off their T-1 line in the temporary construction office, and GPS for the earthmovers when they were doing their work. He kindly offered to help me try to identify what it was, if I called when I felt something strong. At this point, however, I was experiencing a less strong but widespread radiation; it did not cause me to become cognitively impaired, but did make me very tired and ratcheted up my sensitivity.

Meanwhile, I primarily worked at home, on a work-loaned laptop. This became increasingly difficult, with the laptop field causing me to become increasing uncomfortable, even sick-feeling, my head full, and causing me to wake up in the middle of the night feeling like my head was swirling, sweating, and even dreaming that I was an antenna. My ears sang back the high-pitched hum the laptop made, and sometimes when I closed my eyes it felt like my eyes were twitching to the remembered oscillation. When I stopped using the laptop I felt better, but then felt overall bad again, with chronic sensitivity/nausea, and wakeups picked up again.

At times, when overexposed from staying at work when it was active, and from using the laptop, I could feel like there was low-level activity in the house, and even higher levels out in the yard. I drove my son up to a nearby city to school, and it felt much better there; when I got back to our city I could feel the increased activity (or maybe just the fact that my body recognized and rebelled against the local power/RF/etc signature).

When I was putting something away in the basement, I noticed a copper grounding wire attached to a water pipe from the oil line, and it occurred to me that we may be able to improve our own grounding---we replaced our clogged metal water line with a plastic line in 2002. I noticed we have a grounding line from the outdoor panel into the ground, and a grounding line from the indoor panel to the ground, and also a grounding line from the indoor panel to a water pipe—which no longer has a metal link to the well, although there are a couple of underground lines extending from the house to outdoor faucets, which might suffice—but something to maybe check on.

When I overdid it a couple of days after stopping the laptop use (was it from being zapped while I was outside weeding for a couple of hours and felt nauseous with exposure out there? 3/ 4G? Or the mitigation attempts of protective covering and grounding mat that I received in the mail and tried, which perhaps served to charge me rather than the reverse?) and again had a couple of rough nights, I noticed that it seemed like I woke up feeling activity in my head when the refrigerator was cycling in the kitchen below. Was it unduly active, or was it just that I was sensitized? I turned it off for the night, but still had difficulty sleeping, with multiple wakeups feeling like I was a cold war espionage victim being zapped—feeling of swirling electricity/ magnetized head, dark feeling, inability to relax and sleep.

I also noticed, when measuring the inside levels and pondering possible sources, that there was something coming from the direction of the street, which grew stronger with proximity. I suspected the transformer across the street, but a bigger source was the underground utility culvert on our side of the road.

I was exhausted, could not be comfortable at home (tightness in whole body, nausea, tingling, shaky, felt fields all over the house, hard to sleep for any length of time, felt supercharged, like electrons swirling in my head, pain in head).

At one point I did contact my health provider. They ran some tests to rule out the possibility that my health issues were related to a heart condition.

We took the train to Montana for a long Presidents Day weekend. I did not know if train or etc would be a problem, but it was wonderful. I could relax and feel normal, both on the train and at the resort. The only really noticeable effect (other than the basement wifi at the inn, which I avoided) was when the train pulled off at Spokane. I could feel intrusive discomfort, and saw a large antenna nearby.

When we returned, I could feel the 'electrosmog' as we entered our home town. We went into a grocery store and I was uncomfortable. At home, I could feel some activity, and eventually switched off a number of circuits, felt a bit better, and slept fairly well, only slightly effected. The next day the house actually felt pretty good. We had an electrician come out to check grounding and circuits, but he saw nothing untoward. It seemed my spiral had been broken; I was on edge, could feel low levels, but not debilitated. I could sleep alright. I began working with an acupuncturist on trying to further tone down my reactivity, and it seemed to help a bit. I returned to work, where I could still feel a low level field, but while it wore me out, it did not leave me unable to work well. I figured I would be even more uncomfortable working at home, and it might exacerbate my sensitivity to home issues. By the end of the week, it was harder to tolerate, and I went home and slept 11 hours, but I was still considerably better than before.

A friend noted that the period that had been so very bad for me coincided with a large coronal mass ejection (solar flare)—could this have been why I felt I was being zapped from outer space? The following weekend, when I felt a blanket of field outside and grew nauseous, I momentarily despaired that there was some horrible local activity that would be continually uncomfortable, and my recovery was not progressing as well as I hoped. But when I checked a solar weather site, I found that the time of greater discomfort was also when there was solar radiation activity slated to hit, although only a C-rated activity. And that another lesser coronal mass ejection was approaching, so that when I was awakened at night with a magnetic feeling, I was relieved to think there might be a temporary cause.

April 1, 2011-- I had become increasingly more tolerant and comfortable, as the construction near work neared completion. I was now comfortable again at home, could work at computer, watch TV comfortably, almost didn't notice emf activity at work. Had a great vacation away backpacking/hiking in Utah, where I felt nothing while out, and was successfully able to tolerate staying at a wifi-enabled motel.

So there I was a month or so earlier, so spiraled out of control that I could not work at work, could not work at home, could not be comfortable at home, felt fields everywhere, at home as well as out, felt a blanket of electrosmog pulsing all over town, lights in stores made me sick, I was so tuned in I could tell when solar flares hit (they made me sick), I couldn't sleep because I could feel charge coursing through my body (especially my head) and felt like I was being zapped----I didn't know how much more I could take. I never expected these disabling reactions, and had no visual cues that a source was present, but could detect the radiation (which made me feel horrible) and verify hidden sources. My recovery has been aided by a lessening of exposure (not the same level of activity near work—I still feel fluctuations and increases sometimes).

I realized later that the work laptop I had been using at home still had bluetooth enabled. While we had disabled the wifi, I had not realized there was a separate control for bluetooth. Stopping the use of that bluetooth-enabled laptop had made a big difference.

At some point I replaced many of the CFLs in the living room with incandescent or non-dimmable LED bulbs, and this also helped with the level of discomfort I felt in the living room.

March 2012: I had been doing very well. However, another observation: visiting my folks at the same time as my brother, I did not notice any overt issues related to his cell phone. However, I slept very fitfully (we shared a room), and felt like I had an ear infection sometimes. The first I thought due to the very soft bed. However, a new mattress resulted in a much better back, but continued fitfulness and restlessness, poor sleep. The ear pain I thought due to the plane ride somehow. The last night of the week or more visit, my brother set his phone to airplane mode to use the alarm, and I slept wonderfully. It was only then that I learned that when he had had it plugged in at night (when I thought it was simply charging), it was still on and sending/receiving. My ears were fine after leaving.

In January or so of 2014, we got a Macbook Pro laptop. I was slightly nervous about using a laptop after my earlier problem. When I had returned my work laptop months after not needing it anymore, I plugged it in to see if I would still react. Indeed, I could feel a strong emission. I did notice some effects with our new laptop, although I had turned off the wifi. A friend noted that the Bluetooth settings are separate, and I turned that off, and found relief. I have not generally had problems using it with both turned off.

In October 2014 I visited my parents at the same time as my siblings. Their cell phones did not obviously bother me during the day, but when they forgot to turn off them off at night, I woke up VERY awake in the middle of the night with that feeling like someone was holding a ray gun to my head, and shallow breathing. Luckily, each time this happened the culprit soon stirred, and I was able to ask them to check their phone and turn it off (and yes, it had been left on by mistake).

When my adult children are here at home, I often notice when they have forgotten to turn off their phones.

At work, they installed wireless video screens in nearby small conference rooms. The first time we met there afterwards, it was clear to me that it was on, with difficulty concentrating and the ‘excited molecule’ feeling in the head, although the keyboard and mouse were both off. Later I checked with admin support, and sure enough, the computer itself was hidden and on. (I added a note requesting that users turn off the computer as well as the keyboard and mouse when not in use)

June 2015 they put wireless in our work area, including an access port just 25 feet or so from my desk. They had some trouble getting it up and running, and I could tell when it was working and when it was not (a relief when it was not). At first, it made me feel like a charge was running up my body, with that same old pain occurring at the left side front base of my neck, and a burning sensation at the top of my head (note that decades earlier I had broken my left collarbone and hit my head hard enough for a bad concussion with temporary loss of consciousness). It impacted my balance. It did not make me completely unable to think, however. I did notice the effects

lingered after work as well, with some balance effects and memory impacts (again, I had difficulty recalling words I was trying to use, or tracking what I was trying to do without forgetting what it was). I noticed a little increased sensitivity to things like the computer and the television. However, I was able to habituate more or less, and those impacts decreased. There were times at work when I was fairly comfortable, and other times when I was impacted and felt uncomfortable, with a feeling of buzzing of the head, like electrically active. It seemed like when there were people using wireless devices, in the conference rooms or elsewhere around me, it could be difficult.

I was initially determined and optimistic that I could adapt. A month later, I was having a harder time. Some times were much better than others, perhaps worse as folks either used wireless devices with the wireless system, or left their device wireless switches on even if they did not have access (at this point I believe no one in our group was allowed access). Sometimes I felt like the subject of a quantum physics experiment, with the particles in my head vibrating rapidly. The gluey web sometimes building in my head made it difficult to concentrate. The 'EMF hangover' could last a long time after leaving work. I could feel my memory recall impacted as the wall remained.

November 2015: I asked about the possibility of disabling the data port nearby, as I had heard that our group was not using it. The assistant director asked that I fill out a reasonable accommodation form. I did so, and management stated that they did not want to accommodate one person by turning off the port and potentially impacting many others, but they would accommodate me in other ways. I was given an alternate location to try, where the signals were much less strong. This location did turn out to be significantly more comfortable physically, although I missed the convenience of being with my team, where I could hear what was going on, and we could trade information easily. I held off moving for good, hoping that they might be willing to turn off the port for our area (before I had heard a definitive no). I also suggested that, if they had a wireless coverage map, the agency should have a relationship with an RF engineer who could be consulted about practical ways to shield an area. However, they seemed reluctant to pursue identifying and consulting someone.

Admittedly, I felt rather evicted and banished at first; it seemed an appropriate irony that I was relocated in the 'surplus' cubby. It would be different if I could see an actual benefit to our division from this wifi, but no-one had been able to explain to me how it might be truly useful. We worked with confidential data and data security was very important. I felt like after 19 years I had been thrown away so that people didn't have to walk twenty feet to update their tablets. I was in denial, but over time I accepted that it would never be the same for me. I would never again be able to just work in peace with my team at my nice workstation.

I was nearly ready to move to my alternate location, but was waiting to hear back on my suggestion that we might be able to shield just our side of the router, which would impact few sites other than our workgroup, when the alternate location stopped feeling better. The alternate location had been pretty good, although not perfect; I still had a noticeable increase in volume of hissing in my ears there, and when I stretched out my legs for long I got the tingly discomfort of

being near a field, but I thought I could manage that by either moving transformer/power strip or whatever, or shielding. There were very occasional other emf annoyances, but in general I could work okay, and I noticed that the sense of dread I had previously developed on Sundays went away. Then, however, something changed the week of Oct 18, 2015 and there was an uncomfortable level of emf activity. The next week I moved back to my old desk, and while it was good to be 'home', I felt worse and worse. The first weekend it took 24 hours to recover. The second weekend I felt like I was recovering from a concussion all weekend. I could not think clearly, and felt horrible. I had a feeling of pressure in my head, which at times would give way to an almost warm, liquidy feeling, almost like when bleeding, and then to a kind of ache similar to that of a wound healing. When, at work, I closed my eyes in discomfort, I noticed that my eyes would bounce around with rapid eye movement. I noticed an unusual amount of random firing of the muscles in my legs. I had a feeling of near-shakiness.

The functional impacts of lingering cognitive and memory deficits were not insignificant. One day I found myself briefly driving on the wrong side of a one-way road. Another day I lost my ATM card – presumably left it in the machine. I planted garlic, as I have for 30 years, and was utterly confused about which end of the clove should be up. And this was not an oh-it-will-come-to-me moment — this was a black hole with absolutely nothing there, nothing to access, and it was terrifying.

I had no creative energy for motivation or decision-making. I slogged through with difficulty. Luckily, at this point I had been provided with a laptop for home use, and was allowed to work at home. I had yearned for the days when I could simply work, able to think---and at home I could experience that once more (at least, after I figured out how to disable the background wireless/bluetooth). And when I forgot something, it was momentary, and with great satisfaction I could find the thought instead of feeling lost, with nothing to grasp.

I also noticed that once I was working at home, lesions on my back, which had been bothering me for months, cleared up. These itchy lesions had seemed to be a reaction to any slight irritation (labels, seams, edges) and had primarily occurred on my mid-upper back, my mid-lower back, and my left upper shoulder. I had noticed that on a 2-day backpack in September these lesions also cleared up (surprisingly, since they were otherwise so persistent and slow to heal). I had made no connection, but now could not help but wonder if this was also an effect of the wireless exposure. I understand that some people experience heightened skin sensitivity.

Since turning off or shielding one side of the router was not an option, management and I decided to try putting shielding material between the router and my desk, to see if that might mitigate the impacts. They were kind enough to do this, but I was hesitant to come back into the office very soon, since the contrast in comfort and quality of life was so immense when allowed to work at home.

I came into the office when requested, about once a week, and stayed until no longer needed, then returned. As I moved back and forth from behind the copper material screen, it often seemed worse behind the screen. It occurred to me that while this might be more effective if the router was the only source, there were likely devices in use (routers as well as personal devices)

above, below, and in neighboring wings of the building, as well as possible bouncing of more localized emissions, and these might be reflecting back at me and actually exacerbating my exposure level.

I was informed at the end of December that I was expected to be in the office for 25% of the time. I did not think I would be able to do it, but resolved to try, and the thought that it might be possible was uplifting. I had to go in for about 4 hours during the last week in December. While not comfortable, I stayed longer than I expected. The first week in January 2016 I tried only 2 hours per day, 3-5 pm when activity has historically been a bit better. I could not do it. I was uncomfortable, could not work at full engagement, and the effects lingered when I went home. I did not go in on Thursday. The next week I went in on Monday for a full afternoon, and had to take sick leave the next afternoon. I was exhausted and my head still hurt. I slept most of the afternoon. I was tired all week, and my head actively hurt until the following Monday, primarily upper sides, near the top of my head. I noticed sores on my head, particularly along the bone ridge at top left. It occurred to me that it might have hurt more because, at the assistant director's suggestion, I used some leftover copper material as a scarf for possible additional protection, so that I could tell her I had tried her recommendation. This may have backfired if it reflected signals entering from below, or my face, or elsewhere, that could not escape from my head. Years ago I very briefly tried a protective scarf, but felt like it 'burned' the top of my head for the same likely reasons. Although I did not notice increased discomfort or burning sensation while 'wearing' the copper material at work, and did not wear it for a very long time as I found it distracting (it may have been as long as 40 minutes, but I am not sure), it makes sense that this more active pain for the following week might have resulted from this, and I was hopeful that it might be better without that.

I was quite nervous about returning after having such a bad week after a single afternoon in the building, but we decided to try 4-6 pm. I had mentioned to my boss that the afternoons I had worked, I had consistently noticed that at some point between 4:30 and 5:00 the air cleared, I felt fine, and I could work normally.

Tues Jan 19 I went in at 4:45 and removed the copper shielding. I worked for 3 days that week from 4-6 pm (with a late start the first day). While at 4:00 there was a noticeable (and uncomfortable) amount of electrosmog, it would generally lighten by about 4:40, and while there were still spikes, even between 5:00 and 5:30, it was certainly more tolerable than earlier in the day, and the period from 5:40-6:00 was relatively comfortable. I did notice hissing in my ears at work, and this was noticeable when I went to bed as well. However, it was significantly better than before. While I went home with a slightly 'magnetized' feeling in my head, it did not reach the level of active pressure, it would dissipate, and I could actually still feel decent for much of the evening. I was encouraged, although I did find by the last night that I woke up in the night sweating, with dark unformed exposure-related thoughts.

The following week I went in Monday and Tuesday, and it seemed tolerable. Wed-Friday I spent my days in a hospital visiting a relative. There was wifi (although slow), sometimes in active use by two relatives, but I did not notice any active symptoms.

Feb 7 we stayed in a motel where there was wi-fi, and although I noticed it at first, I was able to habituate and stopped noticing it. Feb 16-18 (the 3 days I worked that week) were really quite good, with very low level of noticeable activity.

With office time of 4-6, working at home for most of the day, I returned to feeling like a normal person. Eventually I moved my office time up to 3:30-5:30. Sometimes I felt no discomfort while in the office; at other times I was made uncomfortable by unknown activity. I did notice when we had meetings in conference rooms where we used the wireless keyboard/mouse with the computer wirelessly it was uncomfortable.

In June 2017, I bought a desktop sit/stand unit for working at home. Shortly after that, I noticed radiation discomfort. I began to feel the emanations more and more, and started to feel a little nauseous, much like the start of motion sickness. I wondered if it could be reflecting from my laptop off the metal plate in my new desk. I tried various adjustments, I wrapped my laptop in tin foil, but nothing made a difference. I became more and more uncomfortable. At the time, my nephew was staying with us, and although out in the field for the week, his Macbook was hibernating in the corner. Although he knew to limit wireless and cell activity in our house, so I did not expect that would be a possible source, I went closer—and it was clear to me that that was indeed the source of the emanation. I took it to a distant corner of the house and immediately felt better. When he came home and checked his laptop, he was surprised to find that bluetooth was enabled.

In early December 2018, late one morning I began to feel ill with the usual EMF sensations, so much so that I checked laptops and devices to be sure none were unexpectedly wireless or bluetooth enabled. As it worsened, I had a thought and checked online for solar flare activity. Sure enough, it was in a window of activity rated for low level disruption. Half an hour later it was fine.

At some point I noticed that a street where friends lived, several miles away, was pulsing with EMF/RF activity, which I had not previously noticed. This was the case every time I passed that way until I saw that the electrical utility was replacing the lines. After that work was completed the street felt fine again.

Early October, 2019, our local power utility finished installing a new pole and new reclosers and related equipment. The last bit was a small white box halfway up the pole. I had assumed it was part of the circuit breaker related equipment, but noticed a hissing in my ears when I was home, and sometimes ear pain, and a feeling like there was increased wireless activity (some chest pressure, etc). After a few days, I noticed a worker out there, and asked him about any wireless activity. He said there was a unit that was basically like a cell phone. Luckily, after some weeks

the actual pain dissipated, but I continued to have hissing in my ears when in the nearest portion of the house for a long time.

In May 2021 I visited my mother. I slept normally the first night. The second night, after my brother had arrived, I slept very fitfully. He knows to turn off his phone at night for me, but it occurred to me that he might be leaving his Mac hibernating but on at night (meaning there would be wireless/bluetooth activity). Sure enough, he had. Once he turned it off at night, I slept well again. A few nights later I slept very poorly again, with the 'pinging' of my brain — the sudden pulling back to awake state I recognized as cell phone activity. Sure enough, my Mom had left her cell phone on.

In early September, 2021, I noticed intermittent pain in my ears, of the type I have learned to associate with wireless/cell phone exposure, with increasing fitfulness sleeping, and growing tension in my chest. I wondered if the auto shutoff on the power pole across the street had increased power, or the electric metering had changed, or there was a big ship with radar, or the satellites were bothering me, or if I was getting asthma symptoms from the fall decomposition, or……. ?????? I finally thought to check all of our devices just in case, and found that somehow the bluetooth in my 'phone' that is my mp3 player for audiobooks (and has no sim card) had been turned on. I turned it off and was much more comfortable — and very happy that the cause could be controlled.

In November 2021 I became aware of more emf activity, and increased hissing in my ears. I assumed it was a solar flare or something, until I noticed a truck out front — the contractor upgrading wireless electrical meters. For a couple of days I had in addition to the increased hissing occasional ear pain, a rising feeling in my head, and occasional dizziness. Luckily after several days it subsided for the most part. I wondered if it was due to the disruption in the system as meters were replaced, in addition to the meter activity itself. In January our meter was replaced with a non-communicating meter. I was outside when it was replaced, and noticed nothing, but when I went back in and to work, to my surprise I noticed increased emf activity and impacts, but luckily for a short while.

I was pleased to find that I was able to tolerate a shared cabin with friends — the wifi, the phone activity (I did use the bedroom farthest from the wireless router, and ask my friends to turn off their devices' wireless/bluetooth/cellular activity at night). The greatest discomfort occurred when a friend showed me a word puzzle on her phone and I held the phone myself, and also when we skied into an area where I noticed and clearly felt a large cell tower above. I was also disappointed to notice increased unpleasant activity when walking around a local park, and upon scanning for possible sources noticed new wireless antennas above a new apartment building nearby.

In April 2022 I turned on Internet Sharing on my computer, in order to download and set up an airline app to the phone we bring with us when travelling (but never leave on) as I was staying somewhere where I might not have internet access to check in for the return flight. I really felt

the exposure (maybe I should have moved farther from the laptop?) and was beyond ready to stop when I completed the task, disappointed that I could not better tolerate it. The effects continued — I noticed a lack of clarity and a tiredness/mood drop in addition to the slight Star Trek beam-me-up feeling in my head. I still felt it some the next day, with great disappointment, and finally grew suspicious and rechecked the laptop. While it indicated that wifi was off, and bluetooth, when I checked the Internet Sharing interface, although internet sharing was no longer checked, the 'wifi' sharing option in the other table was checked, and when I unchecked it I felt immediate relief.

In early June 2022 (the 3rd) I downloaded and installed an OS update to our Mac laptop. The next day when I used it I noticed discomfort and checked, only to find it appeared to have turned on bluetooth as a default setting. I turned it off, and the wifi was off, so I thought it would be fine. I did some work at the computer, and began to feel crummy. I went outside to do some yard work, and felt down, almost a hint of nauseous, and tired, and noticed 'electrosmog' in the air, and felt a bit like when you are starting to get carsick, rather than feeling good and enjoying being outside as I usually do. I went inside to eat and rest, got suspicious at the way I felt, and checked the laptop. Although both bluetooth and wifi were shown to be off, the wifi was checked in internet sharing. I unchecked it and noticed immediate relief.

Approx. June 7 or so 2022 I noticed a utility truck out across the street and went to check. He said the cellular communication auto reconnect had stopped communicating, so they were fixing it. Software update, etc. Since I had previously more or less habituated, other than low-level hissing in the ears, I did not really expect to notice much, but boy, it hit me. Strong assault on the ears, heavy hissing, occasional pain at the old trauma site where I broke my collarbone, a rising feeling in my head and discomfort in the head, a bit like cells were bouncing around, charged; a bit like when you are starting to get motion sickness. I was still bothered weeks later. Given the immediate impact after they turned the auto-connect cellular antenna back on, I assume that is the primary culprit, although I also learned that a local internet service provider had a new business model creating a mobile phone network out of giving their business and residential clients strong wireless routers that are used to create hotspots that their mobile phone subscribers can automatically connect to. I checked with the neighbor up the street who is listed as a hotspot on the provider hotspot map and they were not even aware. I also see that the nearby church is an outdoor hotspot which likely has quite a big range and may be contributing. My symptoms became really bad on the 16th, with relentless head stimulation (think Star Trek beam-me-up) for the first time really impacting my ability to sleep, and a chest tightness and general stress. I was hoping this was perhaps exacerbated by the laptop issue and that it would improve so that I could be almost relaxed and comfortable again.

On June 20th I saw a utility employee working on the antenna, installing a new bigger antenna. I asked him what was going on, and told him that I am sensitive to wireless activity. He at first said it was only receiving — but then admitted that it was constantly communicating with the other relays to check on the status. I asked if they might be able to just use, say, an electric switch triggered by loss of power on one side and not the other or something, to turn on the

antenna only when power was off, and he said that would add to the power loss time — they were aiming for 5 minutes or less. I commented that I guess I am an anachronism, and he responded noting that there are lots of other people like me. Then he suggested I give it a try, and if it still bothered me to give them a call, and perhaps they could move it. I continued to be impacted, still noted activity, if anything, worse, had strong hissing in the ears with occasional minor ear pain, a 'charged' feeling in the head, discomfort at the base of the neck, sometimes a feeling of near-shakiness. It was wearing, causing me to have to work harder to concentrate, for example for work, drained energy and was more taxing to do tasks — and to be happy. On Thursday we went for a hike and I noticed activity and symptoms as soon as we returned and I stepped back out of the car in the driveway.

When I tried to do some computer work on Sunday June 26, I felt a piercing magnetic field and had a very difficult time concentrating. When I went into town I noticed activity everywhere — I had been sensitized. In the meantime I had replaced our modem with a newer modem, and had not returned it to the cookie tin I had previously placed it in (I thought it would be okay since wired and could use the air access for heat). The modem had been purchased earlier when our router failed and I thought it might be the modem, but when it turned out to be the router I continued using the old modem, until we got an email that our old modem could not handle the current service. I tried to reproduce more of how the setup had been prior — I replaced the transformers for modem and router with the old transformers, and this did not seem to make a difference. I placed the modem back in the cookie tin, and that helped. While still not completely comfortable, the piercing field feeling was gone. On June 30 2022 I went for a walk and was much more aware than previously of high levels of activity — sensitized. I also heard that a neighbor down there had 5g wifi. The next day I felt horrible — all day had a feeling that my head was magnetized and could not relax, had pain at the base of my neck (and where I had broken my collarbone when younger), and had ear pain strong enough to cause me to exclaim 'Ow!' multiple times. I felt wrung and ill, with no energy to be able to concentrate on anything. I worried about my ability to feel comfortable again at home. I felt like curling up and hibernating until the world became a more welcoming place again. At the end of the day I noticed that my husband had removed the top from the modem tin. I replaced it, and felt better. The next day I could sometimes feel almost normal, even with continued noticeable activity both indoors and out, although I slept half the day. I was so relieved. It is possible that there were electric grid disruptions that had contributed; I noticed a day or two later that a bank of electrical equipment up on a telephone pole some distance down the road was no longer in place, and I also saw references to a near-miss coronal mass ejection July 1 that 'snowplowed' plasma etc our way with possible implications for the electric grid, even a reference to impacts in our state, but I could not find much corroborating information beyond that single article. For a good week I could feel the pressure of activity around me, and my body felt on the edge of panic, fearful of being pushed back into that state. I have loved my home and yard, but found little joy in the midst of the discomfort. At last I stopped noticing the activity around me at times, at least in such an emphasized manner, and could once again enjoy being in my yard and home.

On July 8 our internet went out, and our ISP needed to send a technician, who replaced old fixtures and fixed the issue. He also noted, when I mentioned my sensitivity, that in his

current work, as well as in prior work in retail, he had run into lots of people with electrosensitivity.

I continued feeling low levels of activity, especially outside, and found it uncomfortable — like within a field— to work at the computer for a length of time (I had to cover even the power cord adapters that have been there for years, which may have helped a bit). My head was often charged/clogged and I had little creative energy. We went to visit family July 16-18 2022 and it was wonderful to have a clear head and feel normal and energetic again. I felt great, even though they had personal wifi in the home. When we got back home and I stepped out of the car, I immediately felt the activity again. I worked on relaxation techniques to try to forestall the escalation, and came to a point where I was okay. I worried about how much contribution there might be from the local hotspots or other activity. At the very end of July I finally regained some energy and, while I continued to notice, especially outside, some pressure, increasingly there were periods when I did not notice and could feel comfortable and happy again.

I went backpacking with friends in early August. It was nice to have a clear head, to be in air less clogged with 'electrosmog'. I did notice discomfort from one friend's phone and had to ask her to turn off her wifi and bluetooth, which she had incorrectly assumed would be off in airplane mode. When I returned from the trip, my home environment felt better. I noticed at the same time that a bank of electrical equipment some ways down the road that had been removed had finally been replaced. I wondered if that helped. In the months that followed, I was pleased to be comfortable and happy once more at my own home. In October I travelled with family to Spain, and was pleased to find that although there were cell towers and building facilities all over, and wireless in most of the places we stayed, and phone use by others for navigation, I was fine. There were only a few times that I briefly felt uncomfortable. I wondered if it might be due to the lower power limits I believe they have, or a more stable electrical grid, or the lack of added exposure from utilities.

Throughout the fall I was happy. On Nov 30 I went out in the afternoon to run some errands. When I returned, the old electrosmog had returned. My head was uncomfortable, with pressure, chest tightness with a feeling of shallow breath, and a slightly ill feeling, like the start of nausea. We had lost power for a few hours the evening before, and I wondered if in fact the antenna had been turned off after all, and after the outage it got turned back on again. I was so grateful that it was not prolonged.

With time I came to feel very good — one of those prolonged times when I almost hope that something has changed, either with technology or with me, and this will not be an issue anymore. But then little events pop up. I think it helped when I fully retired May 2023 and was no longer spending as much time at even a wired computer.

I was pleased to find when I visited my mom in her senior apartment that I was able to be comfortable, as long as everyone turned off devices or wifi/bluetooth at night. Of course, the in-building wifi did not show a super strong signal, televisions were cable rather than wifi, and the elderly folks there would not be quite as fully involved in the wireless world, although I am sure many have smartphones and tablets. When one night my mind would not turn off to be able to sleep, sure enough, my brother had left his wifi-enabled computer on.

When biking with a friend, and driving bikes down to a bike trail south of here, I noticed a significant amount of 'electrosmog' as we came into an area — and then saw a newish cell

tower there. One point in Jan 2024 I began to notice my mind was unduly filled with a dark sense of cell activity, and activity at my daughter's house and neighborhood was more noticeable and tiring. I reacted more to exposure, lights, etc. I did not feel like I had energy to work at the computer (which I attributed to late stage cold recovery). Then I noticed that the laptop wifi had somehow been turned on. I turned it off and felt much better.

At the moment I am doing well; with no wifi/bluetooth/cell/'smart' devices active in my home, and retired without the need to spend time in an electro-active office building, or spend 8 hours a day at my computer at home, my tolerance level is high for the times that I do go elsewhere. I can comfortably go to friends' homes, hotels, stores, etc., although I do notice the high levels of 'electrosmog' in some areas, such as very urban settings.

Note that this history is by no means complete; it presents seminal events/circumstances that prompted me to make note. There were many other circumstances where I was made uncomfortable, and many circumstances where I was just fine.

I hope this gives a sense of what it is like to live with an inconvenient sensitivity to a technology that is being advanced for its profit potential without regard to adverse impacts. We *can* do this right. I have confidence that if we are truly open to learning about and exploring possible issues, we can figure out a better way.