April 13. 2017

Dear Colorado Public Officials,

My name is Helen Hess, and I have been a licensed massage therapist for over 35 years. I am 65 years old, and have lived in my Boulder home since 1983. Besides my symptoms from electromagnetic field (EMF) exposure, I have always been in very good health. I have known for a long time about the negative effects of EMF exposure, and therefore I use a corded landline phone instead of a cordless phone, a wired internet connection instead of Wifi, and hardly ever use my cell phone. I have no microwave, and I drive an older car with no wireless technology.

When I am exposed to strong EMFs, I experience rashes, flushing and a feeling of heat in my face, irregular heart beat and racing heart, digestive upsets and acid reflux, anxiety, and/or fatigue. I have trouble remembering things and become mentally confused. In the extreme, I've shown signs of neurological problems such as weakness in my grip and trouble speaking. These symptoms disappear when I stay away from EMFs.

Because of the proliferation of cell phones, cell towers, Smart meters and Wifi, it is more and more difficult for me to lead a normal life. Luckily I can work at home, but going out in public is becoming increasingly problematic. I rarely attend movies, concerts, or other indoor events any more, since I can start to experience symptoms in a short time. I have a hard time traveling due to Wifi and other EMFs in planes, trains, motels etc.

The fields in government buildings make it hard for me to be there for any length of time. When I was called for jury duty, I was worried that being in a high-EMF courtroom would make me incapable of performing the duties of a juror. I thought about trying to get a doctor's letter to excuse me, but EMF sensitivity is not recognized as a disability. I decided not to voice my concerns during the selection process for fear of getting a negative response, and I was very grateful when I was not chosen for other reasons.

With the World Health Organization classifying radio frequency (RF) radiation as a possible carcinogen, and the many studies showing the negative effects of RF, I am deeply concerned about the effects of ever-more-powerful wireless technology on public health. I strongly object to the 5-G roll-out, which proposes to install small cells emitting 24 Ghz90 Ghz radiation in front of every 2-10 houses. If this were to happen on my street, I would be forced to move away from my home.

Please examine the evidence on the dangers of EMF exposure, and do whatever you can to stop the 5-G roll-out and promote safer technology.

Respectfully,

Helen Hess
3045 St. Boulder CO 80304
303-447-8707