State: Idaho

Name: Heidi Lumpkin

Occupation: I have a Bachelor of Science degree in Soil Science from Washington State University, graduating Summa Cum Laude in 2000. I currently work in the aerospace industry in north Idaho as an International Regulatory Compliance specialist. My work involves obtaining regulatory approval from international civil aviation authorities for sales of U.S. aircraft and aircraft parts.

Wireless Health Effects: Wireless technology has ruined my health. When the powerline communication system employed by Avista Utilities was rolled out in my area in approximately 2009, I and my 9 year old son experienced severe reactions to the radio frequency electric meter installed next to our home as well as the RF exposure emanating from the powerlines and into the wiring in our home. My symptoms at the time were severe heart palpitations, severe anxiety and mood swings, headaches, ear pressure due to acoustic shock, extreme gut pain, insomnia, and headaches. Visits to my internist as well as a cardiac evaluation revealed no organic causes for my symptoms. My son's symptoms were even more alarming. He developed partial and full paralysis in various parts of his body. First, he temporarily lost the use of his hands, then his mouth, then full body. These episodes were transient and would come on unexpectedly, typically at night in our home. He was taken to Bonner General emergency room the first time it happened and given a CAT scan. No evidence of stroke was detected. After several more episodes his pediatrician ordered a full neurological evaluation, which was fast tracked due to the seriousness of his condition. He was seen by a pediatric neurologist at Sacred Heart in Spokane and given a full physical and MRI scan. No brain abnormalities were detected thank goodness but no explanation for his symptoms. My symptoms continue to this day and have worsened as my tolerance diminishes. His paralysis episodes, thank God, have abated although he suffers from memory loss and headaches.

After much research and connecting with others having similar symptoms, as well as evaluation by an environmental health physician, I became convinced, and was diagnosed, as suffering from exposure to electromagnetic radiofrequencies. The exposure was from the RF meter and the powerlines

primarily as well as the cell phone towers. I documented my health symptoms and wrote to Avista Utilities, my electric power provider, and asked them to remove the RF meter and discontinue the powerline communication system in my region, as this was the only way my son and I could get better. This was met with complete denial of responsibility and also a complete lack of understanding of the nature of the system they are using to communicate with their equipment in the field. I contacted the Idaho Public Utility Commission and was supported in my request to Avista, which was directed by ID PUC to comply with my request for more information. However, due to declining health I have not been able to follow up my original request with a subsequent one, although I still intend to do so.

Wireless technology has affected my life: In the meantime, I have had to leave my home and move to an area in Sandpoint where there is a different electric company, Northern Lights, who has allowed its members to opt out of the RF meters and revert to the analog meters. My mother owns a home in their service area and my son and I are currently living in a tiny 3 room cabin on her land. I felt instantly better after moving into this cabin but still plagued by my symptoms when I leave home or even spend much time outdoors, depending on my proximity to the powerlines. I am still paying a mortgage on a home I cannot live in. What's even worse is that the entire area is toxic for me as the powerlines are emitting RF frequencies that cause me to feel nauseous, dizzy, ear pain, chest pain, and mental confusion. There is nowhere I can go to find relief from this technology. I have gone to areas in Washington where the PLC is not used and feel somewhat better so I know what it will take to get relief, but this is falling on deaf ears in the state of Idaho.

My concern for the future is that I am struggling with day to day living. There is no joy in life when you are feeling sick everywhere you go. There is no joy when you cannot go home and find solace and comfort. There is declining health as my body is exposed to frequencies that cause inflammation reactions. It is a slow death and very demoralizing. The only remedy is to stop the exposure, which is impossible to do in Idaho. Other people I know that have not had symptoms of RF sensitivity are now developing them. Some of us have symptoms immediately upon initial exposure. Others develop them over time as their exposure increases. This tells me that we will all become RF sensitive unless this technology is

drastically scaled back. We are seeing increasing anxiety and learning difficulties in our school systems as our children are exposed to wireless systems and devices in their schools.

Concerns for 5G: Many, many people are sickened by this technology and it gets worse every day. The only way to recover is to stop exposure and yet there is nowhere people can go to get away from these harmful communication frequencies. Not at home, not at work, not at school, not even in doctor's offices and hospitals, not in parks, and now with 5G – not anywhere. There is no choice here. I am absolutely convinced of the harm this technology is doing to me and my family and yet I cannot choose, as a citizen of the U.S., as a consumer, as a parent, as a human being – to avoid it. It is being imposed on me and should be illegal.

There is increasing evidence that the microwave radiofrequencies used by wireless communication systems is having an adverse effect on the environment. In particular, studies are showing its impact on migrating birds and pollinating insects. There is evidence of adverse effects in soil microorganisms as well as stimulate the activity of harmful bacteria such as E. coli; evidence that these RF frequencies diminish the effectiveness of medicines used in cancer treatment, cause the blood brain barrier to leak – the scientific studies are out there and industry ignores them at their peril and at the risk to the lives of everyone exposed the this technology.

Please take this seriously. Sincerely,

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