Occupation: I am Diana Ostermann and am currently retired. I worked for AT&T and their spinoff, Lucent Technologies for a total of 22 years in Marketing, primarily Product Management. I live in Michigan.

Wireless Health Effects: All wireless makes me "fuzzy headed", meaning I can't concentrate or remember things I know well. I get intermittent ear buzzing, and sometimes a sharp pulsing pain on the left side of my head. I also have trouble sleeping. I am most sensitive to WiFi, which gives me heart arrhythmia, sharp chest pain, high blood pressure and skin rashes. One time at a hotel my heart was pounding so hard, it felt like it would leap out of my chest. I ended up sleeping on the floor by the door. That was the spot in the room farthest from the WiFi router.

Wireless technology has affected my life*:* I do whatever I can to avoid wireless exposure. My home phone is a landline, and I have no WiFi. I use a long Ethernet cord to connect my laptop to my Comcast Internet modem. I continue to pay a high price for my Internet, having declined the very low-cost Internet upgrades offered by Comcast, as I know they have a public WiFi antenna built into the modem. I live in a small town that owns the electric utilities, so I have an analogue electricity meter. However, my neighbors have WiFi, and it does affect me. I have to wear and/or carry multiple mitigation devices to limit my symptoms. When I travel, I ask the front desk clerk for a room as far from the WiFi modem as possible. I also wear a 'hoodie' made of fabric with silver (the metal) threads in it when I fly, and it takes a couple of days to recover. I cannot go to crowded places where many people are using their cell phones, like parades and concerts. I cannot go to any place of business (grocery store, department store, restaurant) that is too near a cell tower. If a store has WiFi, I either avoid it, or else complete my business in as short a time as possible (under 10 mins).

Concerns about the future: I worry that the density of wireless emitters (cell towers, WiFi, smart meters) is ever increasing, and it is becoming difficult to find places that are not saturated with wireless emissions. With the impending deployment of 5G, the frequencies do not travel far, so the 'base stations' are roughly 500 meters (0.31mile) apart. Due to Telecommunication Act of 1996, if a wireless provider installs equipment in a particular location (cell tower, water tower, and now light posts), any other wireless provider is permitted to add their equipment to the same location. This means the low-to-the-ground and close together 5G infrastructures can be co-located with 4G equipment.

If 5G were deployed in my neighborhood, I would not be able to spend anytime outside, and I am an avid gardener. Regardless of how warm it was outside, I would need to be covered with some RF blocking material. My house would have to be turned into a Faraday cage, with the entire inside coated with either RF blocking paint or fabric. The only alternative is to move to someplace very rural. This would mean moving away from my daughter and one-year old grandson. I would worry about how my grandson would be affected, as children absorb much more radio frequency radiation than adults. Since their cells are multiplying so rapidly, any damaged cells are likely to be copied many times, with cancer as a possible outcome.

Diana Ostermann, 7364 North Shore Drive, South Haven, MI 49090 906-362-9090