

October 21, 2026

Many thanks! to Secretary Kennedy and the HHS, for inviting public input on RF/EMF biological harms -- a matter previously suppressed ever since the Telecomm Act of 1996 and before.

Please, there is crying need for correction of both

- the telecomm industry <--> "regulatory-agencies" myth of "no biological harm from RF except by tissue heating,"
- and
- the Telecomm Act's Section 704 (not within your direct reach, I realize, but any related info you can reach to correct will influence its application.)

These misrules are allowing the polluting corporations to impose on me and others with complete denial and impunity -- are ruining my life.

I have personally experienced wireless-emissions harms ever since the mid-80's. My detailed account of some of these is attached, see <090620 OP AFFIDAVIT to FCC> (covering 1979-2009).

I'll now add (continuing from that account's lines 27-30) that

- PSE (Puget Sound Energy)'s 1999 initial rollout of "smart" meters (AMR, Automatic Meter Reader -- transmitting only) to my neighborhood -- which (among other effects)
 - knocked 3-4 hours off my sleep, from the first night -- down to 5 hours;
 - knocked down my eyesight (from lifelong 20/20, down to can't-thread-a-needle) by the next morning;
 - within a couple of weeks, introduced a hands-tremor;
 - impaired my digestion (to require digestive supplements -- obviated, only when I've gotten to spend overnight-or-longer in a space free of "smart" meters; (supplements-needed disappeared, and promptly resumed upon my return to more-electropolluted spaces);

and

- PSE "upgraded" their "smart" meters (after 20 years -- end of 2019) from AMR to AMI, Automated Metering Infrastructure -- both transmitting and receiving, daisy-chained among multiple properties, and changeable by remote control (the company's control, definitely not the homeowner's; indeed homeowners aren't told when or what, at all)). This time they allowed me NCM ("Non-Communicating Meters," for \$15/mo extra). Nevertheless, that rollout knocked another 1 1/2 hours off my sleep immediately (total sleep 3 1/2 hours); who knows how much worse it would be, with actual AMI on my house (20' from my bed)!, but there are still all the neighboring AMI's (the nearest ones are 40' from my bed).

As of 2026, my total sleep has dropped further, to 2 hours/ night, with increasing consequences further ruining my life, including

- deepening the tremor such that I can no longer draw or write intelligibly;
- increasing musculoskeletal imbalances and pains, to a point of impairing my mobility.

I can no longer correlate each change to PSE's changes in their meters' settings (since those are now made remotely, without tech-visit, entirely without telling me when or what); only, the effects are the same kinds as I've been correlating (with RF/ EMF exposures) since the 80's -- now just deepened in intensity.

I'm fortunate that the neighborhood powerlines are buried, and that there are not yet 5G antennas nearby -- only all the neighboring "smart" meters and WiFi's, etc. (besides the ever-more satellites). I keep my own house landlined (free of wireless-emitters), disconnect AC to my bedroom at night, etc. -- all good, but not sufficient.

Other relatedly-ungoverned harms:

- streetlights getting changed from mercury-vapor (warm yellow glow) to hard-white LED's. For me, these greatly reduce visibility (flatten all images -- most unhelpful for driving! compared to mercury-vapor light); and since 2022 there's also one right in front of my house -- impairs any nighttime organizing in my car or yard, and is downright hateful at my bedroom window (where previously the night sky, trees and creatures were my friends). This streetlight too is from PSE.

I have one friend who gets migraines from these streetlights; she had to change her route for driving to work.

It's obviously become possible to color-balance LED's so that they allow visibility; for instance, I now have LED flashlights and clamp-lights that are warm-colored, low-flicker, practical and enjoyable to use. So what's to stop PSE from similarly-balancing their streetlights to improve (rather than impair) visibility?

- The water department replaced my analog water meter (when they said it had quit functioning) with a digital device, "iPERL." They said it wasn't set to transmit -- only to be read "on demand"; and, indeed, I've never noticed any harm from it, to my own body. Yet, from that day forward (Oct 15 2014), the mixed flock of little birds who had always come through my yard twice a week (10-20 chickadees, bushtits, wrens, kinglets, nuthatches, et al, as cleanup-crew, clearing the trees of aphids etc.) suddenly stopped coming; instead they show up maybe one bird at a time, weeks or months apart, in hard hungry weather only. They still come freely to adjacent yards; as near as I can tell, this repulsion-radius is around 50'-100' (depending on species). Jays, robins, and the other larger birds seem unaffected. Plainly the smaller birds are clothed in finer antennas/feathers that better-match the frequency-range of whatever this device emits (even unintentionally?).
If that sounds vague to anybody, the effect is nevertheless perfectly distinct: the little creatures have been avoiding my yard for 12 years now -- their previously-regular visits ended, that day, as if cut off with a knife.

Please do all you can to

- require update of RF/EMF safety standards to
 - include technologies developed/ studied since 1984 (where the Telecomm Act of 1996 cuts off!), and ongoing further developments (especially as they are ongoing faster and faster);
 - in other words, the Precautionary Principle is called for;
 - address all frequency-emitting technologies -- including RF, EMF, magnetic fields from E-car batteries, light, sonar (think marine life, of all sizes -- the whale deaths are already tragic, but society shouldn't have to wait for casualties as big as whales, to recognize and halt a destructive practice! -- one that may be destroying also countless other creatures, including threatening/ extincting species that humans haven't yet even taxonomized -- any of which may have sensory and biochemical skills we could instead be learning from; and these concerns go for all the polluting technologies, not just sonar);
- move the burden of proof off of the injured parties (human, other species, and ecosystems), and onto the polluting industries;
- require that studies be independently funded (e.g. through a tax on the emitting products), i.e. not designed by the industry(ies);
- emphasize landlined telecomm buildout (far more secure, as well as far less electropolluting) -- not keep allowing the funding to be diverted to subsidize wireless industry's ever-more-pollution;
- require establishing electropeaceful spaces, both as sanctuaries and as baseline for observing and learning-from the contrast;
- require more truthful transparency, e.g. about
 - 1) "harm via tissue heating only"; studies showing harm at much lower exposures, by mechanisms much subtler than "tissue heating" -- studies including
 - the work of Prof. Martin Pall, e.g.
 - <https://www.regulations.gov/document/NHTSA-2016-0126-0102>
 - <https://smartmeterharm.org/wp-content/uploads/2018/08/martin-pall-8-18-report-5g-emf-hazards-dr-martin-l-pall-eu-emf2018-6-11us3.pdf>
 - Panagopoulos, D.J., Karabarounis, A., Yakymenko, I. and Chrousos, G.P. (2021) 'Human-made electromagnetic fields: Ion forced-oscillation and voltage-gated ion channel dysfunction, oxidative stress and DNA damage', International Journal of Oncology, 59(5), 92. Available at: <https://doi.org/10.3892/ijo.2021.5272>
 - Giorgi, G. and Del Re, B. (2021) 'Epigenetic dysregulation in various types of cells exposed to extremely low-frequency magnetic fields', Cell and Tissue Research, 386(1), pp. 1–15. Available at: <https://doi.org/10.1007/s00441-021-03489-6>
 - EHT STUDY ON ROULEAUX FORMATION DUE TO MOBILE PHONE EXPOSURE
<https://ehtrust.org/science/environmental-health-trust-rouleaux-project/?> (effect on red blood cells)
<https://www.frontiersin.org/journals/cardiovascular-medicine/articles/10.3389/fcvm.2025.1499499/full>
 - 2) 5G "reducing" RF exposure because "it's focused and on-demand" -- neglecting to mention that it doesn't stand alone -- that "5G" is mostly 4G — enormously more of it than ever before, and at "Small Cell" proximity (with 5G's "short reach and doesn't pass through walls easily" as the excuse). The boast of 5G is to carry a lot more data a lot faster — but 5G doesn't reach between satellites and the ground, so the satellites <—> "Small Cells" part depends on 4G — enough more 4G to carry the more-data-faster, to feed the 5G; and 4G does reach far, pass through walls, etc.
Relatedly -- though 5G is supposedly targeted and on-demand, so may (by itself) generate less emissions (as claimed — if true, so far so good) — the enormously-more-4G that it depends on is NOT targeted, NOT on-demand — is wide-angled and full-time, through each "small cell" on (potentially) every neighborhood streetlight pole; and this extra load of 4G is true of not only "small cell" antennas (at much closer quarters than before), but also between them and every "5G" satellite / drone.
In short, "5G" is a Trojan horse for also vastly more 4G than before.

- 3) Impacts on wildlife, e.g. <https://doi.org/10.3389/fpubh.2022.1000840>
<https://doi.org/10.1515/reveh-2021-0026>
<https://doi.org/10.1515/reveh-2021-0050>
<https://doi.org/10.1515/reveh-2021-0083>
<https://doi.org/10.3389/fvets.2024.1283709>
<https://doi.org/10.1515/reveh-2023-0072>
<https://doi.org/10.1038/s41598-024-77883-9>
<https://doi.org/10.1016/j.scitotenv.2020.144913>

Thank you for your attention.

Sincerely,
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