

**From:** Foster, Laythan <[layfoster@pa.gov](mailto:layfoster@pa.gov)>  
**Sent:** Wednesday, January 17, 2024 9:32 AM  
**To:** Watson, Jeffrey <[jeffwatson@pa.gov](mailto:jeffwatson@pa.gov)>  
**Subject:** FW: [External] C-2018-3001414-DARLENE SHEDLOCK V. PENNSYLVANIA ELECTRIC COMPANY



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Laythan Foster Jr. DDiv  
Legal Assistant  
Pennsylvania Public Utility  
Commission  
Office of Administrative Law Judge

Phone: 412-565-3555  
Email: [layfoster@pa.gov](mailto:layfoster@pa.gov)  
Consumer Hotline:  
1-800-692-7380

**From:** darlene shedlock <[darshedlock@gmail.com](mailto:darshedlock@gmail.com)>  
**Sent:** Tuesday, January 16, 2024 6:15 PM  
**To:** Foster, Laythan <[layfoster@pa.gov](mailto:layfoster@pa.gov)>  
**Cc:** [llepkoski@firstenergycorp.com](mailto:llepkoski@firstenergycorp.com); [tgeisler@firstenergycorp.com](mailto:tgeisler@firstenergycorp.com)  
**Subject:** [External] C-2018-3001414-DARLENE SHEDLOCK V. PENNSYLVANIA ELECTRIC COMPANY

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Please see attached files for C-2018-3001414-Darlene Shedlock v. PENNSYLVANIA ELECTRIC COMPANY.

Sincerely,

Darlene Shedlock  
814-487-5852

Laythan Foster, Legal Assistant  
layfoster@pa.gov

C-2018-3001414-DARLENE SHEDLOCK V. PENNSYLVANIA ELECTRIC COMPANY

I'm writing to respond to the letter I got to present evidence against smart meters.

The evidence I have is what I experience when around (EMF) electromagnetic frequency -- microwave radiation. We have removed everything from our home including the electric stove because I couldn't even cook without going crazy. I believe my sensitivity started with Lyme disease which has taken a toll on my body.

At work no one is permitted to bring a cell phone when I am there. Last year a smart meter was put on the propane tank outside the large area where I work. I got so bad I could barely walk from the fatigue, extreme mood swings and memory lapses and insomnia. Finally I found out it was the meter outside. My employer asked about it and I told him around the date it was put on and he was shocked. He had it removed the next morning and it took me months to get back to normal. I've missed work and had to leave many times when someone new thought I was lying about this and would test me. When I asked them if they have cell phone on they look at me shocked that I know. I know because I can feel it. My chest gets very tight and my heart goes crazy. I also become short of breath, very agitated and angry. At times my vision goes in and out then I become an emotional wreck with uncontrolled crying that can last for days and the fatigue gets so bad. The more exposed to EMF the quicker I can feel it affecting me, then I have insomnia and that adds to more fatigue.

This is called electro hypersensitivity. It took me a long time to figure out what was affecting me and why. It has been a very lonely life of being around people not going places and doing things. I can't do the things I used to do. People do not understand and it causes embarrassment, humiliation, and hurt that I have to experience because of this. The only way I can explain this to you is it is like auto immune disease when your body attacks itself and causes many sensitivities. It is very similar as to the effect on the body.

Though you may not be able to feel the effects from these devices I can. This does happen. I can only ask you to please consider not putting this meter on my home so I can function like a normal human being, keep my job and the things I care about. Environmental pollution is real and the commutative effect is devastating to me. I can read the meter or pay extra to send someone out to read it. Please I am asking you again not to put this meter on. There has to be another way.

Thank you,

Darlene Shedlock  
226 Krayn Road  
Windber PA 15963

814-487-5852

Maintain sharp memory in old age by giving your brain what it needs to stay healthy. 010

# Mind & Body

THE EPOCH TIMES

8A WEDNESDAY AUG 9, 2023



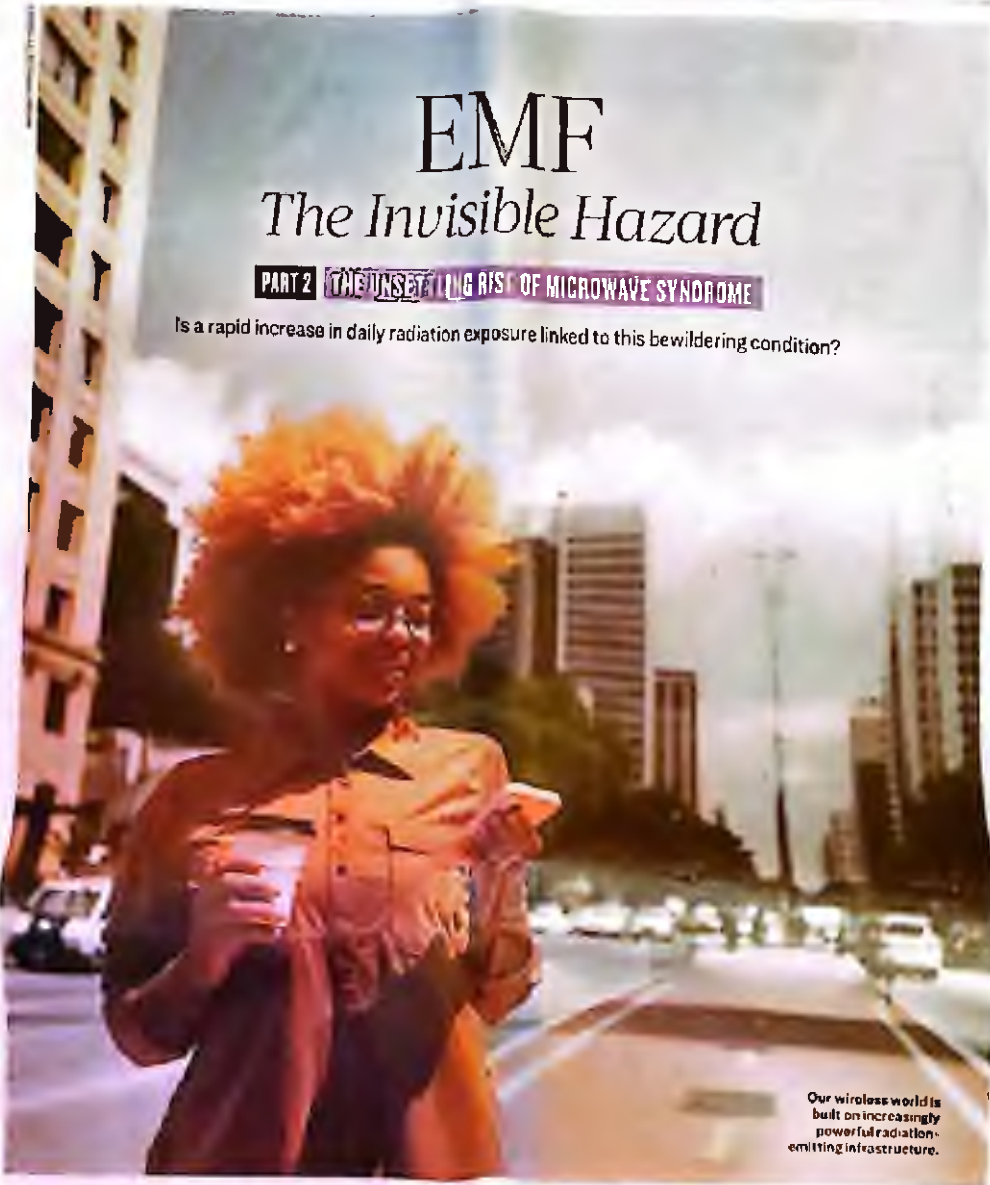
HERBAL MEDICINE

Turmeric may prevent fluoride from damaging the brain. 00

DR. J. VA. CANNON/ISTOCK

YOUR DNA

Your DNA is under constant assault. Here's how to help your body repair itself. 00



## EMF The Invisible Hazard

PART 2 THE UNSETTLING RISK OF MICROWAVE SYNDROME

Is a rapid increase in daily radiation exposure linked to this bewildering condition?

Our wireless world is built on increasingly powerful radiation-emitting infrastructure.

By Marka Zhang

In this series, we explore the omnipresent effects of electromagnetic fields—from common home electronics to 5G—and their impacts on the brain and body.



Previous Parts:  
TheEpochTimes/EMF

Courney Gilardi's 10-year-old daughter never had problems sleeping. But in August 2020, the morning after a 5G cell tower was switched on within 450 feet of their Pittsfield, Massachusetts, home, she woke up complaining of headaches, dizziness, a buzzing in her head, and general malaise.

Normally, she gets up at 8 a.m. But on that day, she didn't come downstairs till the afternoon.

"She didn't look well, and she said that she was headachy, dizzy, buzzy. Those are not words that she has ever used to

describe how she's been feeling before," Ms. Gilardi said.

The girl, her sister, and Ms. Gilardi herself, who said she started experiencing sleep disturbances, rapid heart rates, and migraines, were soon diagnosed with microwave syndrome, a condition known to develop after a person is exposed to electromagnetic fields (EMFs) emitted by wireless technologies.

The doctor's advice was simple: Stay away from your home.

**Microwave Syndrome: What Is It and How Does It Harm You?**

Microwave syndrome refers to sensitivity and symptom development caused by environmental microwave radia-

tion. This is the same type of radiation that's used to heat food in microwave ovens.

People are primarily exposed to microwave radiation through wireless devices and antennas: Cellphone towers, Wi-Fi modems, phones, tablets, smart wearables, and smart home appliances continuously emit these waves 24 hours per day, 365 days per year.

Symptoms of microwave radiation exposure include insomnia, headaches, fatigue, stress, pain, and even skin rashes. Individuals with chronic diseases may experience a worsening of preexisting symptoms as part of microwave syndrome, according to research.

Continued on B2

## Could Dentists Help Stop Systemic Diseases?

By Amy Conroy

Controversial oral microbiome test highlights discord among professionals

There's a continual battle in our mouths among microscopic bacteria, viruses, and fungi. Unfortunately, most patients are unaware they're vulnerable to pathogenic microbes until it's too late.

There's a simple way to know when some dental professionals

are now associated with periodontal disease. But most dentists don't offer it. Neither do medical doctors. Insurance doesn't cover it. And many professionals aren't even trained to test patients' oral microbiomes. Some dental and medical professionals who could be collaborating to prevent systemic disease patients and



Dentists could be at the forefront to prevent certain disease, suggests study.

# EMF The Invisible Hazard

## PART 2 THE UNSETTLING RISE OF MICROWAVE SYNDROME

As our radiation exposure increases, so do concerns of possible harms

Continued from 81

**Microwave Radiation's Health Effects: Current Findings**  
Microwave radiation's health effects have long been debated, with industry-funded studies often concluding no link between exposure and health.

Randomized human studies are lacking due to ethical considerations, but prospective studies on humans, animals, and cells suggest potentially harmful biological effects.

**Naval Medical Research**  
In 1974, researchers at the Naval Medical Research Institute published a report on the biological effects of electromagnetic fields, including radio frequency and microwave radiation. The report examined their effects on humans, animals, and cells.

Professor Marie Pall from Washington State University, who specializes in chronic fatigue syndrome, multiple chemical sensitivity, and the effects of low intensity microwave frequency electromagnetic fields on the human body, summarized the biological effects as follows:

- Forty neuropsychiatric effects, including changes in brain structure, brain functions, psychological responses, and behavior.
- Eight hormonal effects, including hyperthyroidism and pulmonary dysfunction.
- Cardiac effects, including decreased heart activity and changes in heart rhythm.
- Chromosome breaks and changes to chromosome structure.
- Histological changes to the testes.
- Cell death, an important process to neurodegenerative diseases.

Other biological effects included changes to metabolism and digestion.

**The Brain Initiative Report**  
The Brain Initiative Report, co-authored by Dr. David Carpenter, professor of environmental health sciences at the University at Albany School of Public

Health, investigated the correlation between EMFs and health. It found that adverse biological reactions can be triggered even at levels far below the industry standards of maximum body exposure, set at 10 watts per kilogram.

The current standard is based on the assumption that microwave radiation affects the body slowly through heat (thermal effects).

However, exposure to nonthermal EMF radiation at a chronic level of 0.00034 microwatts through mobile phones has been linked to a significant reduction in sperm count. Microwatts represent a millionth of a watt.

Furthermore, children and adolescents exposed to 0.02 microwatts for a short period reported symptoms such as headaches, irritation, and difficulties with concentration in school, according to the report.

"There is really no level that you could say is safe for everybody," Dr. Carpenter told *The Epoch Times*. He added that acting as if there were no biological effects is unrealistic given the rapid growth in wireless technology use since the report's publication in 2007, leading to increased microwave radiation exposure for individuals.

While the report faced scrutiny for its lack of peer review, all of the included studies were subjected to peer review.

**The Moscow Signal**  
Between 1993 and 1996, a microwave transmission was directed at the U.S. Embassy in Moscow. It ranged between 2.5 and 4 gigahertz, which

aligns with the frequency range of today's Wi-Fi and 4G networks.

Although the U.S. government eventually determined that the exposure was an espionage attempt with no significant health effects on embassy staff, this conclusion has been disputed.

In 1975, Walter Sussel, the U.S. ambassador to the Soviet Union, became sick, experiencing bleeding from the eyes and later succumbing to leukemia. Other embassy personnel also developed cancer, fueling the controversy surrounding the link between microwave radiation and cancer.

A year later, the U.S. Department of State commissioned a study comparing the health outcomes of Moscow embassy staff and their families to counterparts from sixteen European cities, who were assumed to have not been subjected to the same exposure. The study found that the staff in Moscow suffered no significant ill effects from the microwave exposure.

A 2019 review of the epidemiological study suggested that the original findings were toned down by the Department of State and that some key questions remain unanswered.

**More People Likely Suffering From Microwave Syndrome Than Previously Thought**  
EMF sensitivity affects an estimated 1.5 to 13.3 percent of the population internationally, according to population-based surveys in various countries.

However, the actual prevalence of sensitive individuals is likely higher than expected. Cecelia Doucette, an advocate for public education about the harms of EMF, told *The Epoch Times*.

The rapid proliferation of wireless devices and smart appliances has significantly increased EMF exposure in people's surroundings, amplifying the potential risks associated with this radiation, Magda Havas, who has a doctorate in environmental toxicology and is an emerita professor specializing in the health effects of electromag-

netic radiation at Trent University, told *The Epoch Times*.

Since most microwave syndrome symptoms are pretty vague and common, many people may be sensitive to electromagnetic radiation emitted from wireless devices but are simply unaware of it, she added.

A 2005 letter to the editor of the journal *Electromagnetic Biology and Medicine* highlighted that only 0.06 percent of the Swedish population was EMF sensitive in 1985. However, this figure rose to 9 percent in 2003, and it was estimated that by 2017, about 50 percent of the population could be affected.

A 2019 report observing more than 435,000 UK residents gave the most recent estimation of the prevalence of EMF sensitivity. The author estimated that 3 to 30 percent of the population has mild sensitivities, 1.5 to 3 percent has moderate sensitivities, and less than 1.5 percent has severe cases of sensitivity.

There has also been an increase in sensitivity following the switch from analog to smart digital meters, and the emergence of Wi-Fi in schools has raised concerns about children's cases, according to Ms. Havas.

"More recently, I'm hearing that as the 5G small cells are being erected, more people are feeling unwell in their own homes," she said.

She pointed to a case study published by Swedish doctor In January that revealed that participants started experiencing symptoms after their apartments' 4G antennas were replaced with 5G antennas.

"Levels of exposure were much higher, and both the number and the severity of symptoms increased dramatically with the 5G antennas," Ms. Havas said.

The severity of microwave syndrome varies from person to person. Some people can tolerate a certain level of EMF exposure, while others experience such severe adverse reactions that they're unable to use electronic devices, even those not emitting wireless radiation.

**Who's Most Vulnerable to Microwave Syndrome?**  
Studies have shown that children and women are more susceptible to developing EMF sensitivity than men.

Individuals with chronic diseases, including chronic fatigue and multiple chemical sensitivity, or previous injuries or trauma are at a higher risk. Previous injuries can include physical incidents or intense exposures to environmental toxins such as mold, chemicals, and EMFs.

"If you have one of these kinds of diseases, you're much more likely to have others," Dr. Carpenter said.

Additionally, any form of damage to the central nervous system heightens susceptibility to radiation. This sort of damage affects people with diseases such as Lyme disease, individuals taking certain medications, or those with compromised immune systems, according to Ms. Havas.

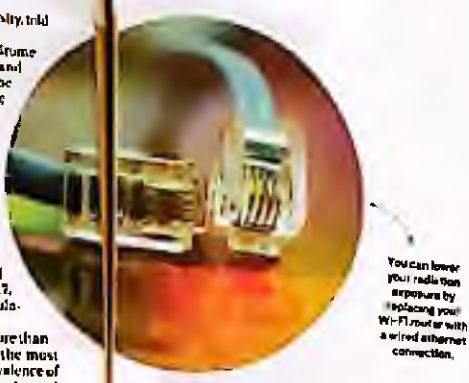
"People with multiple sclerosis, Parkinson's disease, or any kind of neurodegenerative disease typically experience worse symptoms in electromagnetically exposed environments," she said. "Conversely, their symptoms subside to a certain degree when they are in an electromagnetically clean environment."

**Tips to Alleviate Microwave Sensitivity**  
Some people with EMF sensitivity may experience such severe symptoms that they find it challenging to venture beyond their room or home. However, there are treatment options to help them, Dr. Elizabeth Seymour, a family medicine specialist at the Environmental Health Center in Dallas, told *The Epoch Times*.

**Reduce Environmental Pollutants**  
Taking measures to prevent exposure

1.5 to 13.3

percent of people may suffer microwave syndrome, according to surveys in various countries.



You can lower your radiation exposure by replacing your Wi-Fi router with a wired ethernet connection.

to EMFs is the initial step in addressing sensitivity. This approach helps reduce symptoms and allows the body to recover.

Here are some commonly recommended strategies, the details of which will be discussed in later parts of the series:

1. Turn off Wi-Fi and smart devices, and switch to airplane mode while sleeping.
2. Use wired connections, such as ethernet modems, instead of Wi-Fi to connect to the Internet.
3. Keep a clean living environment. EMF sensitivity can be triggered or exacerbated by factors such as mold, chemical sensitivity, and heavy metal toxicity.
4. Use an EMF meter. It can identify the frequencies that you're sensitive to.

**Improve Individual Health**  
Some people may need more help in restoring their bodies to a normal state. The following are actions that can help improve overall health:

1. Undergo detox therapies to address mold, chemical, and heavy metal toxicity. If present alongside EMF sensitivity.
2. Supplement with vitamins C and melatonin. Dr. Seymour suggests. These antioxidants help neutralize the oxidation that EMF causes in the body.
3. Implement therapies aimed at rebalancing the immune system.
4. Get regular exercise and stay hydrated.
5. Improve dietary habits by consuming clean, wholesome food.

**Health Issues Persist as Residents Battle Cell Tower Controversy**  
Other residents in Ms. Gillard's neighborhood have been experiencing nausea, insomnia, and headaches since the installation of a nearby cellphone tower.

"They began fighting to have Verizon move the tower, but it continues to operate as legal proceedings are ongoing.

Meanwhile, residents' symptoms worsened. Ms. Gillard's daughter resorted to keeping a bedside bucket in case they vomit, while the youngest developed rashes.

"I'll never remember this one night when my youngest daughter said that she felt like her skin was crawling," Ms. Gillard said. "She asked me to look at her skin, but there was nothing on her. I went upstairs and checked her bed, her sheets... and there was literally nothing."

Finally, in April 2021, the family members sought refuge in their century-old rundown cottage, which lacks essential amenities. Despite its dilapidated state and pest problem, to Ms. Gillard's surprise, her daughters slept peacefully the first night, without requiring assistance.

"I was like, 'Wow! It was such a marked improvement,'" she said. Ms. Gillard and her daughters have since moved into the cottage, and all of their previous symptoms have disappeared.

There is a key difference between natural EMFs and manmade wireless EMFs