

EXHIBIT

From: [REDACTED]
Subject: Flights Creating Unsafe Conditions during Pregnancy
Date: Apr 21, 2019 at 11:12:57 AM
To: comments.NASWI@navy.mil

Dear Sir or Madam:

My name is [REDACTED] and I own the property at [REDACTED],
Coupeville, WA 98239.

I'm am following up to my message on Thursday evening, 4/18/19. I am 33 weeks pregnant. The Navy's evening flights that night flew directly over my house and every time the planes were directly over head, it resulted in a big response from my baby. We are monitoring decibel levels and they reached 108 DB indoors. Outdoors they reached 128DB.

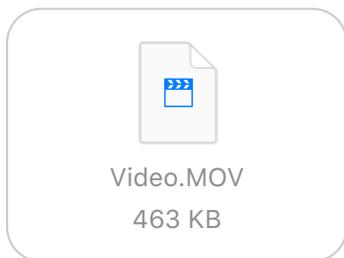
Given my baby's reaction, I had concern over the safety of the noise levels for him and reached out to my doctor. My doctor has advised that is not safe for my baby to be exposed to those decibel levels, and especially due to the low frequency nature of the emissions. Below are research and guideline links, including the Navy's guidelines, that all agree it is not safe:

<https://www.cdc.gov/niosh/topics/repro/noise.html>

<https://brooksidepress.org/Products/ed2/Enhanced/MedicalSupport.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665292/>

I have also attached a video of the planes over our house for the Navy's review:



I am respectfully requesting that the Navy alter the flight path slightly to not fly directly over my house. I can wear ear protection, but I have no way to protect my baby. And while I respect the Navy's training that is taking place, I have more concern for my baby and his long term health, as I'm sure the Navy can understand.

In the event that the Navy is unable to slightly alter the flight path, and must continue to fly directly over my house, I am requesting that the Navy provide me with ample notice of when training will occur specific to route 14. Route 32 does not result in decibel levels to reach unsafe levels at my house so the posted schedule provides little benefit for this specific situation. My doctor has advised that I will need to stay somewhere else if flights continue in the current manner and I need time to be able to leave.

I am available by phone [REDACTED] email, and in-person to further discuss.

I greatly appreciate the Navy's consideration of this serious matter and am hopeful that slight adjustments can be made so that I am not forced to leave my home for the safety of my baby.

Thank you,

