Edie Barrett
On April 16, 2024
Documentation for clinic appointment

Midco updated the router for my Internet. I am sensitive to strong Wi-Fi. My computer and my television are hardwired into my house. I was concerned about the additional power of this update.

Originally, I had the Wi-Fi turned on, but had a reaction to that. I had the technician come back to provide me the option of turning the Wi-Fi off. Midco provided me a detachable unit that plugs in to the electricity source for the Wi-Fi.

According to him, the Wi-Fi was completely off in my home. I was using my cell phone through my roaming option with that carrier.

It would be up to me whether I would want to attach the electrical line to activate it. I left the Wi-Fi off.

On Tuesday, April 30 I had an appointment with the city, who wanted to update my water meter. I had been told that there was communication problems regarding my water information. At no time did they disclose that I was receiving a Smart water Meter.

During the installation, my concern is that it would add Wi-Fi to the house, which I don't want. I was told that the meter is not stronger than a cell phone so it shouldn't be a problem. This is incorrect information.

> Environmental Health Trust
> https://ehtrust.org/educate-yourself/health-risks-posed-by-smartmeters/
> **The radiation generated by smartmeters is the same type as generated by your cell phone- radiofrequency radiation.**
> Peer reviewed science has found increased cancer, immune system damage, and headaches after exposures to radiofrequency radiation.
>
> Dr. David Carpenter's letter "Correcting the Gross Misinformation" **addresses** the biological health effects of smartmeters… Daniel Hirsch, the retired director of the Program on Environmental and Nuclear Policy at the University of California, Santa Cruz, and president (unpaid) of the Committee to Bridge the Gap, a nuclear policy NGO.explains his analysis of misleading reports on smartmeter radiation by EPRI, "When you correct for these two facts, the whole body and cumulative, rather than the cell phone being 100 times more exposure than a smartmeter, the smartmeter turns out to be roughly 100 times more exposure than a cell phones."

Within 30 minutes of the installation, I was having a significant physical reaction: dizziness, confusion, inability to think clearly, massive headache, pain in my ears, nausea, that night I had an inability to go to sleep and stay asleep. The next morning, I called the city to let them know I was having a physical reaction. And that this needed to be out of my house because they had made my home unlivable for me.

Cognitive challenges included not being able to get my phone number right, starting to make dinner only to realize I had already begun a different meal, I was pulling into the finish line on the semester in a graduate course at the U of M, and was wondering if I would need to contact the University that I would not be able to complete in a timely manner. I was scheduled to be at a zoom event that evening. I was able to last for 20 minutes and then shooting needles of pain started to go into my left ear.

The city arrived the next morning, Wednesday, May 1st, at 10 AM. Three men were here to "Hardwire the meter into Wi-Fi which means there would be no energy in the house at all and it would solve the issue."

I think it helped, but it did not solve the problem. And I was very hopeful that this would make a difference and I was very grateful for such a quick response.

My BAD headache never went away. I thought maybe there was some residue and that would take some time.

I decided it would be reasonable to buy an EMF detector which detects electromagnetic radiation from Smart Meters. This arrived on Monday, May 6. This way I would be dealing with factual data that would allow me to understand what was truly happening in my house.

The EMF detector that I purchased has a safe range for radio frequency of 0 to 50
The alert/yellow zone is from 50 to 100
The red avoid/danger zone is anything over 100

After the meter was hard wired, while in my bedroom, the radio frequency wave cycled up to 86.9 points. This means it would be doing that numerous times throughout a 24 hour period. This supports my lack of ability to go to sleep and stay asleep.

(On May 11, I took my EMF detector and did a tour through my neighbor's house to the north. They have an old meter in an old Wi-Fi system. Pretty much it was registering zero throughout the house other than the television in the microwave. So this eliminated the thought that these waves could be coming from my neighbor from the north.)

During this time, I had numerous conversations with Minnesota Public Utilities Commission. They told me that Excel in The Cities has given all customers a 90 day letter informing them of a transition to smart meters with a opt-out and they would install

a non-communicating meter at $15 extra per month. This letter was repeated at 60 days, and again at 30 days.

My symptoms were debilitating and on Monday, May 6 I had a medical appointment at 3:30 PM with Dr. Amanda. After 6 nights of not sleeping, that night I slept at my sister's cabin.

May 7. After significant effort, delivering research to the city, calling the state, purchasing the EMF detector, and documenting readings, and having a medical appointment, the city has returned my original water meter to me. I will simply write my water use down monthly and submit it to them. This was a 15 minute replacement process. I am grateful they had my old meter and are willing to let me participate in the billing process. I will write my numbers on my bill once a month and submit it to them.

I was at the clinic to document my medical challenges with the Smart Meter installed in my home on April 30th..

The meter was replaced yesterday afternoon, the radio frequency in my office had consistently been at 50 to 70 points which was solidly in the yellow zone with an alarm. It's now down around 40. Because I don't know what it was prior, I don't have any comparison, but I'm assuming this is perhaps the norm.

I still have a significant headache. I think it's gonna take me a few days to try to get back to normal. I did sleep well last night. Blood pressure is QUITE ELEVATED with flushed cheeks.

While it's easy to define me as "sensitive", the more important question is: Why are we putting these meters into our home when they have a researched medical impact on infants, children, and adult mental and physical health? Why would we put these in our homes and prioritize the efficiency of billing at the cost of our health?

On one hand, the hospital is doing stellar work to ensure and support our health, on the other hand the city is putting in Smart Meters, without much/any public awareness. This was a very STEEP learning curve for me.

Thank you, Dr. McMahon. I look forward to seeing you under different circumstances.
Edie