I am Krista Blue Hess-Mills, a 39-year-old single mother of three children, ages 15, 13, and 10.

Wireless Health Effects: In February of 2014 I moved to this house in Oldtown, Idaho. To report our energy usage we wrote-in the meter reading on the form the power company sent us, and the next month we were billed for it. In early June of 2015 Inland Power put on the new electric meter, I had tried several times to dissuade them from putting it on. I asked the technician who put it on "is this a smart meter?" He said, "no." Because Inland Power is a cooperative, I thought the information I had previously presented them on the negative effects from "smart meters" in regards to higher prices, loss of privacy and effects on health from increased EMF exposure had had some effect. I later learned this was completely false. Since I now had this Itron Meter, which I thought was like my old meter, I just forgot about it and went along as usual. **About 3 weeks later I began to wonder why my children who usually had such a healthy appearance, now had grayish, ashen complexions.** A short time later I started wondering why my stomach was cramping up and hurting, when nothing was different about any of my habits. I mentioned my newfound symptoms to a homeopathic friend of mine. She brought it to my attention that it might be EMF exposure. After this I tried experimenting a bit with how I felt when away from the house for a while versus in it. Sure enough all my symptoms, including pains in my abdomen and headaches went away after being out of the house for 15 or so minutes. I also started developing pressure in my ears when using a cell phone I had had for 7 years.
The power company offered an opt out of the Itron meter plan which cost and additional $25 a month, which I signed up for, but I found it was still too much EMF exposure for me to sleep in the house. I had to move out to a tent in my yard to get any sleep in late June of 2015. All this time my kids are also reporting headaches and random pains that were never there before. We couldn't enjoy being in the house more than an hour or so. I had just earned my massage therapist certificate in Boise Idaho prior to moving here in February of 2014. The plan was to fix up this house and work out of it. Now that plan was off because I couldn't stand to be in it to paint it. We cooked and spent basically all our waking hours in the yard. This lasted until mid-November when a large windstorm, (the biggest in 70 years) took out the power for 3-4 days. It was wonderful; I could sleep in the house again and not have to bundle up to stay warm in nights where temperatures were dipping to 10^{o} at night! I told the power company that I was going on vacation and to put on the regular Itron meter, (so I wouldn't keep being charged the $25 a month for a house that I could not enjoy being in) and disconnected the power. They put a plastic plug on the meter so no 2-way communication was possible. We have had no symptoms, at least not in our house, ever since.

Wireless technology has affected my life: Going to town still results in foggy brain, abdomen pains and headaches for all, but at least we have a refuge. I was going to take Inland Power to court for discriminating against people who have disabilities, but they were going to make it look like I was just making up my symptoms to avoid what I thought was a privacy invasion from the 2-way communications meter. I decided to let someone more educated than me (who they will believe more so) take on the battle, and just live off the grid lifestyle. It costs at least $6500 to do so. I'm still able to avoid having to worry about working for the time being, and I

homeschool so my children don't have to take on the school system so they can attend comfortably.

Concerns for 5G: Our trips to town always result in the same symptoms if we're there over 2 hours especially now with 5G looming on the horizon I don't think there would be any basic social life for me or my children. Possibly way out in the woods there would be some refuge, but not with those satellites that I heard may also be launched into the atmosphere to give us yet more internet access. Killing and damaging healthy cells just isn't the price to pay for getting more information. There is a better way, wired Internet access and books.

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