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Walton Resident Warns of Health Effects From Electromagnetic Exposure



Walton resident Katherine Bridges spoke during the public comment period at the Walton town council meeting Feb. 9 about the ill effects of electromagnetic frequencies.

LILLIAN BROWNE/THE REPORTER

Posted Wednesday, February 11, 2026 5:10 pm

By Lillian Browne

WALTON - During the public comment period at the Walton Town Council meeting Monday, Feb. 9, resident Katherine Bridges urged town officials to consider what she described as harmful effects of electromagnetic frequencies, particularly from smart meters and wireless technology.

"I'm coming here tonight because I'm hypersensitive to electromagnetic radio microwave frequencies," Bridges told council members, explaining that she moved to Walton, in part, because of what she said were relatively low levels of exposure. She said she had taken extensive steps to shield her home, including installing capacitors and using steel piping, after suffering migraines for two decades.

Bridges said her symptoms worsened after smart meters were installed locally last fall, despite opting out.

"By mid-September, I got a migraine of unknown origin," she said, adding that her condition escalated to "five or six migraines a week."

Holding a handheld electromagnetic meter, Bridges demonstrated readings she said measured radiofrequency exposure in microwatts per meter squared. She contrasted what she described as a "biologically safe" level of one microwatt per meter squared with current federal standards.

"They said, 'We're within acceptable standards,'" Bridges said of utility representatives, calling those standards "not acceptable."

She cited international comparisons, noting that some European countries have adopted lower limits, and encouraged officials to “do your own research,” distributing printed materials from advocacy groups and medical websites. Bridges emphasized that she was raising the issue to increase awareness.

“This is a national issue,” she said, adding that she plans to document mitigation costs and pursue reimbursement.

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