

Appendix K

Audrey Adams
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January 15, 2010

To the Washington Supreme Court:

This letter regards the case of the City of Port Angeles v. Our Water-Our Choice and Protect Our Waters, v. Washington Dental Service Foundation LLC, Case No. 82225-5.

I am competent to testify, age 54, and make this affidavit under oath and penalty of perjury.

My son Kyle Adams, age 24, has autism and suffers from pain, severe headaches and other symptoms when exposed to chemicals in his food, in the air or in his water. He works as an office assistant at Highline Community College, but cannot do his job after chemical exposures. He must be protected from such exposures, but water is the hardest to avoid.

His sensitivity to chemicals is so great that he cannot drink fluoridated water and cannot shower in fluoridated water without suffering a severe headache that lasts for hours. Someone wearing perfume will cause his heart rate to skyrocket (demonstrated by accident in the doctor's office). A tiny bit of yellow dye #5 in white cake will cause him to scream and run as if pursued by killer bees. Preservatives will cause him to break out in a red sweat and will guarantee a wild ride for all those around him. His doctor-ordered chemical and dietary avoidance regimen is complex, time-consuming and expensive, but necessary.

After exposure to chemicals, including fluoridated tap water, the intensity of his pain creates behaviors that make him appear many times more autistic—because he cannot talk, cannot listen, cannot cope—until the pain subsides. After exposure, his wild and erratic behavior makes him appear violent, but his normal self is a very gentle man, happy in his home, loving his job, enjoying playing the piano and showing tons of love to his family.

Even with the use of a chlorine filter on the showerhead, Kyle's headache, body pain and reduced function follow shortly after the shower. Moving his shower to the evening moves the pain to the evening and into the night, with screams, sweating, rapid heartbeat and violent bed-pounding, shaking our house like an earthquake. Visits to locations that do not fluoridate, but do chlorinate (with no chlorine filter) have shown that these severe reactions are not present with chlorine alone. He has no negative reactions to water as God made it.

Providing fluoride-free water is very expensive and labor-intensive. My tap water costs me \$0.0042 per gallon, but fluoride-free water at the grocery store is \$0.45/gal to refill jugs or \$1.00 to \$3.00 per gallon off the shelf—a mind-blowing 100-700 times more expensive!

My son's greatest impediment to a livable life is pain, not autism. Similar reactions to chemicals are very common in the autistic population and, unfortunately, those that are the most out of control have parents who do not yet know that their fluoridated water could be causing their child's wild behavior. It took me almost two decades to fully discover this, partly because his intolerance to chemicals continues to increase and worsen as he ages.

One might think that we should move to a non-fluoridated area, but Kyle's job took many years to cultivate and was tailor-made for him, with his unique abilities and disabilities in mind. It is in the heart of, and surrounded by, fluoridated water districts. He travels to work on Metro Access (a transportation service for disabled persons) which only serves areas in King County that are served by regular buses, an area almost entirely fluoridated.

The chemical drug fluoride can intensify pain and increase autistic symptoms due to their inefficient detoxification system. The cause of autism is unknown, but most experts agree that *genetic vulnerability + environmental exposures* = the behavioral symptoms labeled "autism". In the 1980's autism affected 1 in 2,000—now it's 1 in 110. Countless parents have reported improvement of their child's behavior and school success by reducing their child's toxic load and providing chemical-free food and fluoride-free water.

Every medication has a risk, including fluoride, but only one medication is delivered to everyone regardless of health status, regardless of vulnerability, regardless of consent, regardless of dose and regardless of individual tolerance. Our babies, children and vulnerable populations need our utmost protection and conservatism from ALL chemicals.

It is unconscionable to add a toxic drug to something so basic to survival as water when there is any chance whatsoever that doing so might harm even a single child and make that water undrinkable and unusable to those with chemical intolerances. There is simply no drug that is safe for everyone. No chemical or drug is benign, not even fluoride.

As a person with a developmental disability, a serious medical condition, and completely reliant on others to protect him, the refusal of public servants to recognize the toxicity and harm of fluoridation threatens every aspect of Kyle's right to life, liberty and happiness.

As I said before, I am 54 and competent to testify. I make this affidavit under oath and penalty of perjury.

Respectfully submitted,

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Washington Supreme Court

July 11, 2009

Linda Martin
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Dear Judges,

Fluoridation harms me and my family and deprives me of my home.

The Fifth Amendment to the US Constitution guarantees that I will not be deprived of property without due process of law. However, I have been forced to move when governments have fluoridated water going to my home. I have not had money to appeal to the Courts, so I have sold my belongings, uprooted my family, and moved to a community which does not fluoridate the water.

If they start fluoridating the valley where I live now, it will be devastating. I will have to move further away from the only family I have, who help me support my autistic son, and will have even more difficulty finding work. Basically, what this all boils down to is a lack of freedom, poverty, unavoidable pain and social isolation.

I can't live where I want to. I can't drink what I want to. I can't eat what I want to. I can't settle down and get comfortable anywhere because I don't know when governments will start fluoridating my water. Even food, which is often high in fluoride, gives me long-term health problems due to the fact that I'm very sensitive to fluoride. I cannot bathe in fluoridated water either. I have skeletal pain, joint pain, skin rashes, gastro-intestinal, vision, memory and thyroid problems when exposed to fluoride.

For example, during a work potluck on April 24th my heel started aching. I limped out of there, and I'm still limping today. I ate at the potluck because I was afraid of insulting my employer who was anxious for me to try the food and was sitting there watching me eat. If I tell people I can't handle fluoride, they think I'm a nut. This affects all my relationships, and in general has turned me into a hermit. I am having major health issues due to fluoridation, and I can't mention it to anyone. So naturally, they think I'm weird because I can't explain why I make the decisions I do.

I have to live in a rural area far from my relatives and my work, which is very expensive, time-consuming and exhausting. I have to spend a lot of time trying to figure out what food and drink is safe. I send countless emails and make countless phone calls to find out water sources for companies that manufacturer food and drink so I can check the fluoride status. If I can't get answers, or they use multiple manufacturing sites, I can't take the chance. My diet is somewhat monotonous as a result. I buy a lot of local farm produce which I'm sure did not get watered or manufactured with fluoridated water.

Please take action to prevent the spread of fluoridation. People like me need somewhere to live and thrive.

Thank you for your consideration.

Sincerely,

Linda Martin

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January 14, 2010

To the Washington Supreme Court

I am over 18 old and competent to testify. I make this affidavit under oath and penalty of perjury:

I am writing regarding the case of the City of Port Angeles v. Our Water-Our Choice and Protect Our Waters, v. Washington Dental Service Foundation LLC, Case No. 82225-5.

My 4th child, Ruth Helen Rausch was born on April 11, 2004. Near the end of May that year, she began to have a rash, reflux and digestive problems. This corresponded with the time when a baby's digestive system naturally begins to function more independently from the mother's system. With the help of our health caregivers, we found that her problems came from sensitivity to mold that was in an attic space of our house and the fluoridated tap water at our home. Her condition improved tremendously by September when we had installed a Custom Pure filter system and addressed the mold issue. Further improvement came in October when we also installed a filtration system for our milk goats as well. From the research we've done, goats allow excess fluoride in their systems to pass through in their milk. (Our goats will no longer drink fluoridated water, even when it is the only water available to them.)

Since we made the change to a filtration system that removes practically all of the fluoride and other contaminants from our city water, I have been careful to avoid unfiltered city water. There have been a couple of occasions when I was away from home and took a sip of fluoridated water to check it before letting Ruth Helen drink. Each time that has happened, I have immediately noticed a burning sensation in my throat, and the irritation has lasted for a couple of days. I am a vocal music teacher, so this affects my livelihood. When we were at a neighbor's house last Saturday and Ruth Helen was thirsty, I hesitantly let her have a drink of water that had been through a Brita filter, which removes some contaminants, but not fluoride. She took one sip and proceeded to cough and splutter for the next 5 minutes, a very unusual reaction. She chose not to drink any more. I suspect that her reaction was due to fluoride.

Sincerely,

Katharine M. Rausch