

**CAN THE U.S. EVER  
MOVE BEYOND SLAVERY?**

**WILL LOCKDOWN LOSERS  
FINALLY FIND RELIEF?**

**HOW MUCH PROTECTION  
DO COPS REALLY NEED?**

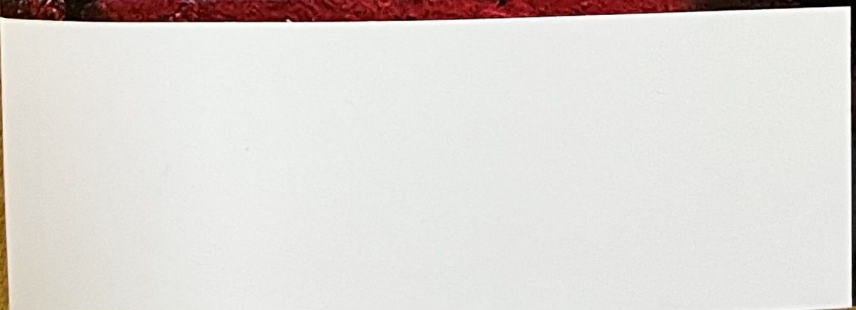
# USA TODAY

THE MAGAZINE OF THE AMERICAN SCENE

JANUARY 2021



**George Orwell's  
Nineteen Eighty-Four  
in Full Bloom Today**



**D**URING THIS PANDEMIC, speculation that 5G was a factor in the outbreak of the coronavirus has been covered by the media. That speculation may be a conspiracy theory, but a great benefit of the attention has been an awakening to the dangers of EMF, electromagnetic frequencies or fields. There are health impacts at 2G, 3G, 4G, and beyond.

As a rumble in the sphere of public opinion begins that our ubiquitous electronic devices may not be entirely harmless, the pushback from industry is inevitable. The rollout of 5G involves many companies and billions of dollars. This is not the time the telecom industry wants us to discover that all electromagnetic radiation (EMR) is harmful.

In February 2019, the directors of two telecom industry groups—Competitive Carriers Association and Cellular Telecommunications and Internet Association—told a Senate committee that they did not know of any independent research done on the health or safety effects of this higher level of 5G radiation. Although U.S. telecom companies have not funded any research by independent sources since the mid 1980s, thousands of studies on the health impact of EMF have been conducted globally since 2000.

At the end of the Senate 5G Commerce Committee hearing in February 2019, Sen. Richard Blumenthal (D.-Conn.) concluded, “So, there really is no research ongoing. We’re kind of flying blind here, as far as health and safety is concerned.”

Deep in the brochures of every new cell phone is a safety warning that the device should not be held closer than one inch from the body. Virtually nobody reads that far into the manual, and the industry does not want you to be informed of this safety measure.

In 2015, Berkeley, Calif., passed an ordinance that retail sellers of cell phones were required to post prominently in their establishment “Right to Know” instructions for safe use of the device. The telecom industry immediately filed a lawsuit challenging the city. In July 2019, the 9th District Circuit Court in San Francisco ruled against telecom. The case went to the Supreme Court in December 2019, which let the District Court ruling stand: telecom’s “free speech” was not violated by the city’s posting requirement.

In the 1960s, my dad was in the forefront of creating satellite communication systems for the U.S. Army Signal Corps. My siblings and I liked to visit his workroom, and he drilled into us: If a device emits radio signals and receives radio signals, it is dangerous. Keep back and keep it turned off when not in use.

In the 1970s, I knew of the Motorola engineers developing cell phones who died of cancer. I never forgot Dad’s lesson. When I bought my daughter her first cell phone in 1999 because she was commuting to the university, I warned her, “Never put this against your head—use speakerphone; keep it away from your body; and use it for short, urgent commu-

nication.” Well, two of the three lessons stuck, and she later bought air tubes for conversations.

How radioactive devices affect our bodies is elementary biology. Our bodies consist, basically, of cells in an aqueous base, and the actions of those cells are directed by electrical signals from the brain and heart. Our common medical devices are measuring these electrical signals. An electrocardiogram, for example, is capturing the varying electrical impulse to show the overall rhythm of the heart.

So, how could a cell phone not affect our cells? Any external source of radiation, which is what radioactive means, will affect human cells if the source is strong enough and continuous. Yes, there is radiation from the sun, but it is minimal and insignificant. Magda Havas, professor of Environment and Resource Studies at Ontario, Canada’s Trent University, estimates the radiation in the e-smog that blankets North America and Western Europe is one-

chiatic effects (anxiety and depression); attacks on the endocrine (hormonal) system; oxidative stress and free radical damage, a central cause of all chronic disease; breaks in the cellular DNA, resulting in cancers and mutations that can be passed on to future generations; elevated levels of apoptosis (programmed cell death), causing neurodegenerative diseases, infertility, lower libido, and more miscarriages; and production of excessive intracellular calcium, which signals most of the above conditions.

The outcome of these impacts has been epidemics of autism; anxiety (and depression); and Alzheimer’s disease (and dementia at increasingly younger ages). According to Blue Cross/Blue Shield, 90% of health care dollars are spent on chronic diseases.

In 2010, Lloyd’s of London began following the science related to electromagnetic radiation. Five years later, Lloyd’s excluded coverage of health problems due to cell phones and

# QUESTIONING THE ROLLOUT OF 5G

BY BEVERLY A. JENSEN

*“As a rumble in the sphere of public opinion begins that our ubiquitous electronic devices may not be entirely harmless, the pushback from industry is inevitable.”*

quintillion times the amount of nature-caused radiation (that is 18 zeros).

In 1984, the Environmental Protection Agency issued a report on biological effects of electromagnetic fields. The categories of the biological effects of radiofrequency radiation found in this meta analysis of studies done up to the early 1980s are nearly identical to the categories of some 20,000 global studies completed since 2000. Research on EMF stopped in the U.S. in 1986 when government and industry-supported funding ended.

Martin Pall, professor emeritus of biochemistry and basic medical sciences at Washington State University, began tracking research on EMR in 2000. He catalogued some 20,000 studies done globally; most findings are that EMR is harmful to humans and all life on the planet. The areas of health impacted in these studies are nearly identical as those reported in the 1984 EPA report.

They include damages to our biological nerve centers, with neurological and neuropsy-

chic damage from their policies. It had seen enough evidence of the harmful effects of non-ionizing radiation, and the insurance industry has followed this bellwether. EMF is regarded by the insurance industry as a pollutant and requires a separate, extraordinary policy.

However, you probably have not heard nor read in your local media outlets any stories of health risks due to EMF from 2G, 3G, or 4G—and 5G and the “Internet of Things” are being sold as technological marvels, even though the industry claims there has been no research on the health and safety impact.

You likely did not find out from your local media outlets that in July 2020, the Big Island of Hawaii decided there would be no 5G there. Moreover, you probably have not read in the press of the EU cities, provinces, and nations that have banned 5G due to health concerns.

When the environment minister of Brussels declared in April 2020 that there would be no 5G in that city because residents “would not be guinea pigs in an experiment,” the news

was not reported in *The New York Times* or any other major U.S. print media outlet. The *Times* company has a \$50,000,000 investment in 5G—and HuffPost now is owned by Verizon, so do not expect coverage of EMF and 5G there.

In municipalities across the globe, and some nations such as Switzerland, Slovenia, and Malta, rollout of 5G is being stopped until independent research indicates it is safe for humans and the planet. Besides Brussels, the “No 5G” list includes six of 26 counties in Ireland; 469 municipalities in Italy, including Rome and Florence; Kalamata, Greece; and several cities in the United Kingdom.

Nations that have banned wireless transmissions in classrooms include Belgium, France, Russia, Cyprus, Israel, and Taiwan. Russia tracked the health of workers in low-level radiation workplaces in extensive studies from 1960 to the 1990s; the Ministry of Defense refuses to release frequencies for 5G operators.

These cities and provinces refuse to raise the level of permissible radiation levels to allow 5G. Currently, Switzerland’s permitted level for public areas is 9.5 microwatts/Cm, China’s is 10 mW/Cm, where the U.S. level of permissible radiation is 1,000, the highest permitted anywhere.

Conglomerate ownership of the U.S. mass media has fairly well obliterated the role of journalists as the Fourth Estate, that is, providing surveillance of the environment for the public good.

“If cell phones and these towers were dangerous to our health, the government would tell us and make changes” is a common expectation. However, that is true only when the public’s interests are weighed and represented in the government agency regulating the industry. In the case of the Federal Communications Commission, the agency has been directed by veteran telecom executives and lobbyists, particularly since 1996. It is referred to as a “captured [by the industry] agency.”

The director of the FCC, Ajit Pai, is a lawyer whose career has included representing Verizon. He has reversed the rule of net neutrality; discarded protection of consumer privacy; and allowed media mergers to steamroll ahead.

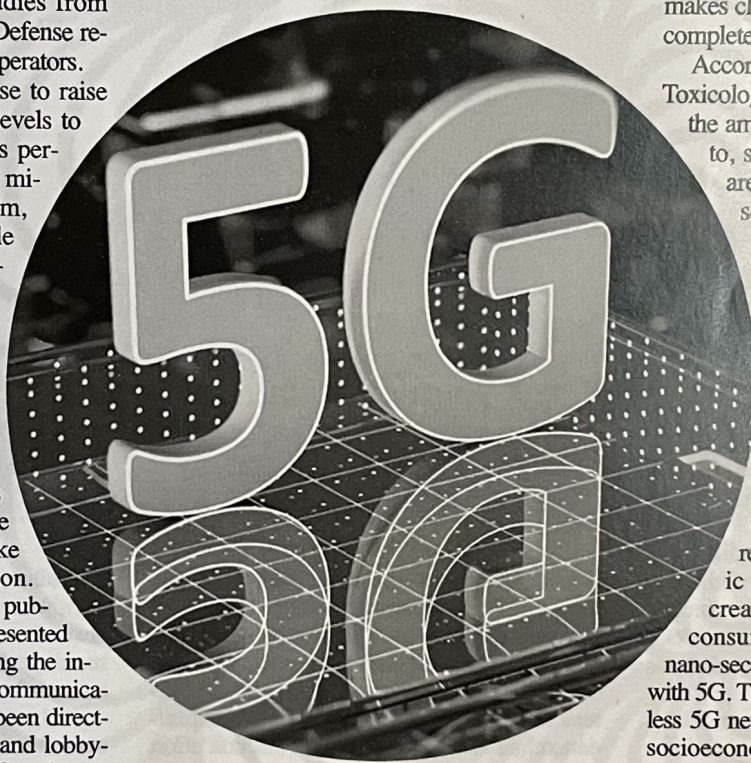
The FCC standards for permissible levels of radiation from cell phones was set in 1996 based upon a 220-pound male—larger than 97% of the population—and a cell phone held about one inch from the head for six minutes. Today, the average American is using his or her cell phone five hours a day. The industry has claimed that the cell phone causes only “thermal” effects on the body. This specific absorption rate (on a “brain” modeled with a saline solution) did not account for the nonionizing radiation of cells, which is the major health hazard.

In 2013, the FCC was directed to review the limits to reflect current science by the Government Accountability Office. Hundreds of scientists and medical professionals sub-

mitted peer-reviewed studies showing that RFR (radio-frequency radiation) is deeply harmful to people and the environment. Despite the well-documented record of harm from RFR, in December 2019, the FCC concluded that the 1996 limits were adequate.

The science think tank, the Environmental Health Trust, filed a court case against the FCC in July 2020 to force the agency to revise and update its 24-year old exposure limits for RFR. This follows a similar case filed in the U.S. Court of Appeals by the Children’s Defense Fund in February 2020 against the FCC.

The EH Trust and CDH are contending that the decision by the FCC was arbitrary and capricious by ignoring all the evidence calling for updated regulation to protect



against the biological harm of the public and the environment, and it violates acts in effect to protect public health and safety.

U.S. corporations have a history of engaging compromised scientists, lobbyists, and journalists when public opinion—or the findings of independent scientists—threatens profits of an industry.

The books *Industrial-Strength Denial: Eight Stories of Corporations Defending the Indefensible—from the Slave Trade to Climate Change* (by Barbara Freese); *Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming* (by Naomi Oreskes and Erik M. Conway); and *Feeding You Lies: How to Unravel the Food Industry’s Playbook and Reclaim Your Health* (by Vani Hari) report how industries have denied or obfuscated data and intel when faced with evidence of harm to people or the planet.

The denial campaigns of the tobacco in-

dustry (regarding cancer); the oil and fossil fuel industry (regarding climate change); and the agro-chemical industry (regarding toxic chemicals) have allowed corporations to continue their destruction by undermining public trust in science and government.

The first scientist to sound the alarm on the effects of cell phone radiation on children (1995) was working for the telecom industry. When electrical engineer Om Ghandi, a professor at the University of Utah, discovered that children’s developing skulls absorbed far greater radiation than adults’, his funding for the research was canceled, and the industry ranted to discredit him.

The industry’s obfuscation of the topic can be subtle and disarming. A popular Mom blog, under the guise of “evidence-based science,” makes claims based on selected reports and incomplete data.

According to this Mom blog, the National Toxicology Project lab results used 1,000 times the amount of radiation a person is exposed to, so the brain tumors and heart tumors are dismissed. However, an Italian research institute reported it had found the same results using 1/1,000th the radiation used in the NTP project. The Rizzatti Institute would recommend that the World Health Organization change the classification of EMR from “possible carcinogen” (which the Mom blog compared to rare vegetables instead of asbestos) to “probable carcinogen.”

These are the conditions we face—health and economic—with current levels of EMR. By some scientific estimates, radiation would be increased by 6,000 times with 5G. The consumer would not notice (or need) a nano-second improvement in download time with 5G. The cost of infrastructure for this wireless 5G network would preclude mid to lower socioeconomic groups and rural areas from ever having fiber optic access to the Internet, if left to private companies.

Simple changes in usage of our electronics and added precautions can protect us from much of the daily radiation exposure—at current levels. The work-at-home necessities and closed schools during this pandemic has radically exposed the necessity of wiring the nation with fiber optic cable for economic purposes, and wired electronics protect human health, as well as that of the planet.

Unless Congress intercedes, the protection of our population will depend wholly upon local communities—that is, citizen participation—and state governments. One bright note: consumers already have paid state public telecom utilities for the fiber optic cable installation in communities and for wiring the schools. ★

*Beverly A. Jensen is a certified health coach, founder of WomensMedicineBowl.com, and author of the upcoming book, 21st Century Rx: Self-care to Prevent & Cure Chronic Disease.*