

Broadcast 50 Newsletter

www.broadcast50.com

“Alternative to mainstream news sources and entertainment”

“Electro Smog”: The New Invisible Threat

We are now living in the age of expected instant gratification supported by flat screen TV, cell phones, microwave ovens, wi-fi often taken for granted. Consumers have also taken for granted, and have been assured by the manufactures as well as government agencies that these modern electrical marvels are not detrimental to the users or the environment. An alarm is now being sounded by many sources about a cloud that surrounds us, not visible like the ones created by environmental pollutants.

*Because of the over abundance of man-made electromagnetic energy, known as **EME**, the word “**Electro Smog**” has been coined to describe the constant exposures to these potentially harmful energies that can result in health issues such as headaches, irritability, sleeplessness, fatigue and many more serious health concerns.*



Compact Florescent Lights (CFLs)

Under the “Energy Independence and Security Act of 2007” passed by Congress, incandescent bulbs will be barred from being sold in the United States in 2012, Australia has mandated that they be taken off the market in 2010.

The Department of Energy states that CFLs last five years longer than the Standard bulbs and use about seventy-five percent less energy. All light bulbs must use 25 percent to 30 percent less by 2014 and by 2020 must be 70 percent more efficient than they are today. About two dozen categories of light bulbs are exempt from the U.S. law’s efficiency requirements, including oven and refrigerator bulbs, candelabra lamps, plant lights, replacement traffic signal bulbs and the yellow bulb that doesn’t attract insects.

Critics of the technology say the following:

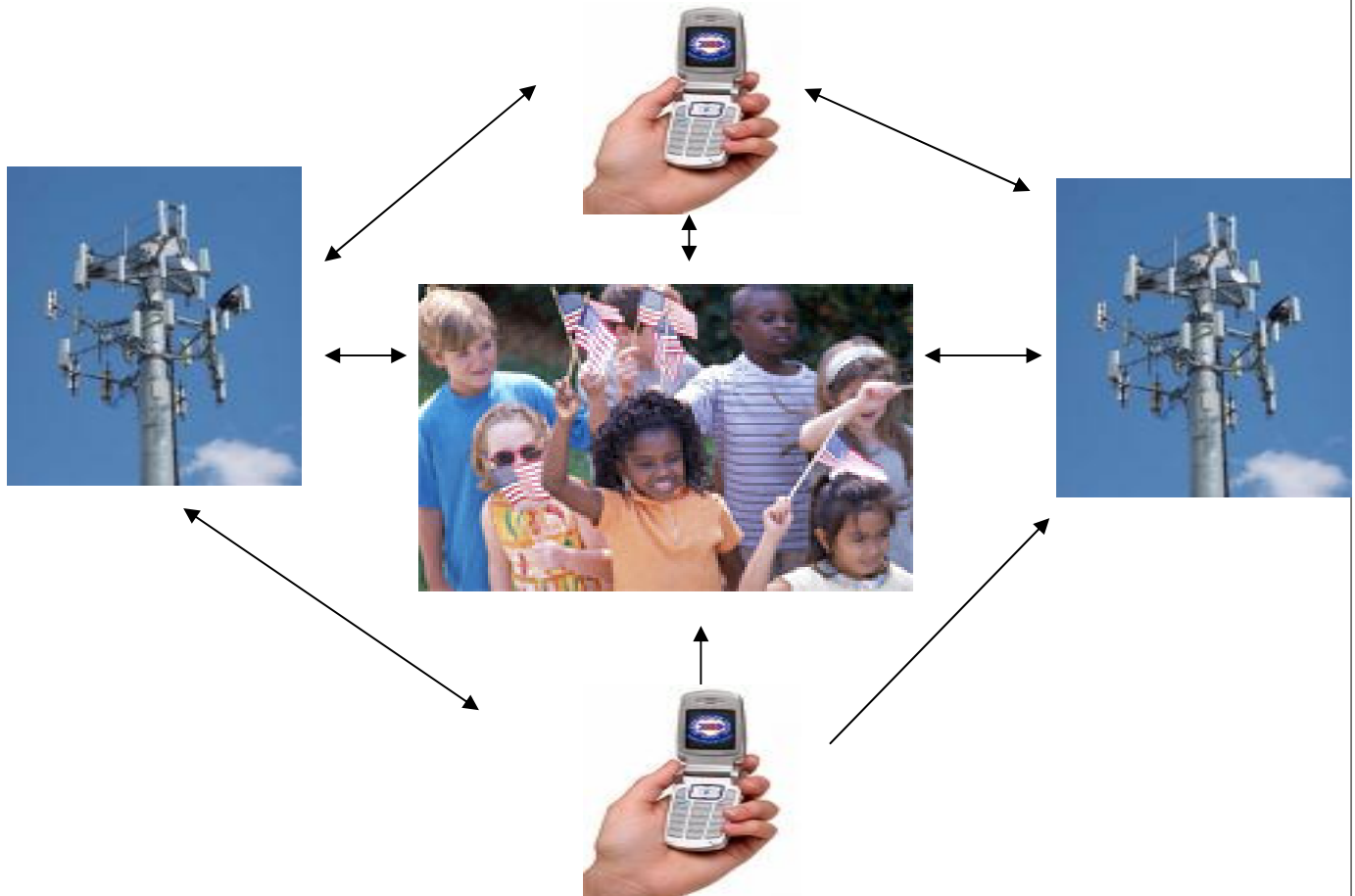
CFLs contain between four or five milligrams of mercury which is know to be extremely harmful if ingested or inhaled. (See clean up instructions for broken CFLs on page 3)

- CFLs won’t work with dimmer switches The ballast is designed to operate at a specific voltage. If you use a dimmer switch and fluctuate that, it could cause the ballast to fail.
- Can interfere with radios, cordless phones and remote controls
- The results of a study conducted by The National Institute of Environmental Health Sciences which are posted on its website states: Breaking a fluorescent bulb sends mercury vapor levels to unsafe levels for the elderly, pregnant and young – and those levels remain elevated for days.
- A number of consumers also complain that their pets react adversely to the new bulbs.

Resources: www.worldnetdaily www.nvisioncfl.com/mercury.aspx

U.S Department of Energy: http://management.energy.gov/administrative_services/989.htm

“Trust, But Verify” Send comments or suggestions to calvingriffin@rocketmail.com or call (808) 551-3701



Cell Phones ,Transmission Towers and EME Harzards

Where and when do we draw the line on protecting our children?

Dr. George Carlo former chief of scientists of the cell phone industry' \$28 million safety research project, predicts 500,00 new cases of brain and eye cancer each year by the year 2010, he feels is directly connected with cell phone use. There are currently 30-50,000 cases each year. Reputable studies have linked cell phone radiation to health problems such as headaches, brain tumors, cancers and many more physical issues. It is believed by researchers that because it takes time for the effects to be noticed and that we should take precautions now in case the preliminary studies prove to be right later.

Studies in other countries have let to taking steps to protect children from the harmful effects of Electro-magnetic Fields and related hazards. But here in the United States, mainly due budget cutbacks, many schools are leasing land or easements to cell companies. In California I, the Mesa Unified School district brings in \$419,000 a year for allowing 38 towers in the district. In England, the Children Act 1989 Part 3 Section Part 17, places legal obligation on local authorities to protect children in their area against significant harm and or abuse or risk of. The legislation states that the risk of harm does not have to be proven or to have been taken place., but could be a likelihood or perceived risk.

The possible harm and danger to children caused by Electromagnetic radiation is still ongoing, but parents should drastically limit cell phone use by children, since EMR penetrates the skull of a child because it is still developing. These harmful rays can effect a child faster than an adult because the child has thinner skin and bones as well as a low blood cell count. Even though studies are still ongoing, many experts strongly recommend the banning of cell phones in schools. It is also strongly suggested that pregnant women should limit their cell phone usage. (Continued on Page 4)

Environmental Protection Agency—Recommended Clean-up Procedures

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.
- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming. Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.

Health Risks of Exposure to Mercury

Elemental (metallic) mercury primarily causes health effects when it is breathed as a vapor where it can be absorbed through the lungs. These exposures can occur when elemental mercury is spilled or products that contain elemental mercury break and expose mercury to the air, particularly in warm or poorly-ventilated indoor spaces. There are several factors that determine the severity of the health effects from exposure to mercury.

Symptoms include these: tremors; emotional changes (e.g., mood swings, irritability, nervousness, excessive shyness); insomnia; neuromuscular changes (such as weakness, muscle atrophy, twitching); headaches; disturbances in sensations; changes in nerve responses; performance deficits on tests of cognitive function. At higher exposures there may be kidney effects, respiratory failure and death. People concerned about their exposure to elemental mercury should consult their physician.

Cell Phones ,Transmission Towers and EME Harzards

Where and when do we draw the line on protecting our children?

Studies in England and other countries seem to show a direct correlation between the use of computer games, cell phone use and certain childhood disorders i.e asthma, autism and hyperactivity as well as attention deficit disorder which many children are prescribed drugs for treatment.

People who were overexposed to electromagnetic fields (chronic EMF stress) such as children, tend to



suffer from environmental illnesses such as chronic fatigue, impaired ability to fight infection and an inability to concentrate, according to Blake Levitts' book "Electromagnetic Fields".

Additionally, Electrosensitivity is a real condition with symptoms such as headaches, stress, sleep disorder, fatigue, skin conditions and tinnitus. In 2004 a conference was held by the World Health Organization addressing EMS and Electromagnetic Sensitivity.

Swedish research indicates that children and teenagers are five times more likely to get brain cancer if they use the phones, causing some experts to predict an "epidemic" of the disease among today's young people in later life.

The French government will soon be enacting laws cracking down on children's use of mobile phones are to be introduced amid growing fears that they may cause cancer and other diseases. All advertising of the devices to children under 12 is to be prohibited under the legislation – announced by the Environment Minister, Jean-Louis Borloo, recently – and he will also take powers to ban the sale of any phone designed to be used by those under six. The French government will also introduce new limits for radiation from the phones and make it compulsory for handsets to be sold with earphones, so that users can avoid irradiating their heads and brains. And one of the country's largest cities last month started an advertising campaign to discourage the use of the phones by children.

“If Our American way of life fails our children, it fails us all” — Pearl S. Buck

Research Information and Resources

Bioinitiative Report Article <http://www.bioinitiative.org/report/index.htm>

Prolonged exposure to radiofrequency and microwave radiation from cell phones, cordless phones, cell towers, WI-FI and other wireless technologies has been linked to interference with short-term memory and concentration, sleep disruption, headache and dizziness, fatigue, immune disruption, skin rashes and changes in cardiac function. However, *“These effects can happen with even very small levels of exposure if they occur on a daily basis. Cell phone use is likely to be more harmful in children whose brain and nervous system development can last into late adolescence,”* says Cindy Sage of Sage Associates, *“The public health implications of billions of people who are exposed makes this a matter of critical concern to policy-makers around the world.”*

International Scientists Find Harmful Effects From Wireless Technologies and Urge New Safety Rules for Cell Phones

Mar 16, 2009 08:02 ET

NEW YORK, NY--(Marketwire - March 16, 2009) - Public health concerns and scientific evidence for risks from cell phones and other wireless devices is published today in the journal [Pathophysiology](#). Research professor and Editor Martin Blank, PhD (Associate Professor, Columbia University College of Physicians and Surgeons) says, "This special issue of *Pathophysiology* is about the human body's sensitivity to EMF signals in the environment, e.g., EMF effects on DNA, effects on the brain from cell phone radiation, and how EMFs in the environment may lead to Alzheimers disease, dementia and breast cancer. The scientific evidence tells us that our safety standards are inadequate, and that we must protect ourselves from exposure to EMF due to power lines, cell phones and the like." Want to read more about it? <http://www.marketwire.com/mw/release.do?id=961989>

EMR Policy Institute www.emrpolicy.org/

Environmental Health News www.environmentalhealthnews.org/

Healthy Schools Network Ink. www.healthyschools.org.

EMFacts Consultancy www.emfacts.com/