

Digital Times is a "for eCommerce newsletter reporting on the development and/or availability of interactive products and services."  
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## Living in' Digital Times®

### Cellphone Radiofrequency danger

\*Scroll down for solution products.

A [Journal of the American Medical Association](#) article published in February warned against holding cellphones next to the head. Dr. Nora Volkow, lead investigator, advises users to keep cellphones at a distance by putting them on speaker mode or using a wired headset whenever possible. The next best option is a wireless Bluetooth headset or earpiece, which emit radiation at far lower levels.

If you are in a noisy, crowded place, step outside to make your call, rather than hold the phone next to your head as holding it just slightly *away from your ear* can make a big difference; the intensity of radiation diminishes sharply with distance.

Some studies have suggested a link between cellphone use and cancer, lower bone density and [infertility in men](#). For that reason, you might not want to put your cellphone in your breast or pants pocket either... get a nonmetallic belt clip or store in briefcase or purse to keep it away from your body. [I guess I'd best NOT store it in my fanny pack anymore].

Weirdly enough, this study pointed out an increase in glucose metabolism after using the phone for less than an hour, suggesting negative health or behavioral effects.

\*See various protection accessory products, below...

The phone used in Dr. Volkow's study was a Samsung Knack, model SCH-U310, a flip phone that was in wide use when she began planning her experiments two and half years ago. Today's ubiquitous smartphones emit *even more radiation* as they transmit more data, and *more complex data*.



You can get an idea of the relative amounts of radiation various cellphone models emit by looking at their **SAR, or specific absorption rate**.

Here is a **CHART** listing [the Best and Worst phones](#), ranked by radiation, currently available from major carriers. Also, here is a **CHART** indicating radiation levels of *ALL available phones*. What do SAR [specific absorption rate] of RF [radiofrequency] values mean for **YOU?**

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### The 'Situation' !!!

I have been caught in a 'black hole' vortex of intensifying demands, events and limitations, requiring the courage to cope during extremely challenging & trying times.



Effectiveness = Doing the Right Thing

Efficiency = Doing Things Right

Productivity = Efficiency + Effectiveness

\*I have done neither...thank You for your patience ;~) -editor

### Book Reviews: Coming Up

Since mid-January I have, by necessity, had to be prone, with R leg elevated. Additionally, bursitis, fatigue & fibromyalgia + changes in my hubby's health has made it impossible to effectively work ;(.

During that time I did a LOT of reading, including [Gary Shapiro's 'The COMEBACK'](#) and [Shelly Palmer's 'Overcoming the Digital Divide.'](#) I have a lot to say about both, and will get to it, as I complete backissues.

**3d at CES:** My February report on 3d has been partially completed for some time. Will finish in the next few days--don't miss it! An update on the current status of 3d is planned for October. [One of my family members is in a [3d Civil War drama](#) that will be offered on the 3d Discovery Channel.]

**There is nothing more appreciated than loyalty and support. Please accept my thanks!**

-editor

## Cellphone Radiofrequency danger

\*Continued

A sampling of available products:



**iClooly Phone Desktop Handset** for Wireless Phones: The stand plugs into an iPhone headphones jack: Features: Convenience, stability, non-slip. platform accommodates your phone vertically or horizontally.

Price: \$59.95

Vendor: [hammacher](#)

Price: \$39.99

Vendor: [Amazon](#)



**Native Union MM03i Moshi Moshi Curve Bluetooth Wireless Handset and iPhone Dock.**

Price: \$134.80

Vendor: [Amazon](#)

This **iPhone Throat Mic** hugs your neck and picks up sound directly from your vocal cords.

You can whisper and still be heard clearly on the other end and the person you're speaking to hears no outside sound, only your voice.

- \* Advanced throat mic technology
- \* Perfect for noisy environments
- \* Comfortable in-ear headset design
- \* Integrated iPhone answer button on cord

Price: \$119.99

Vendor: [ThinkGeek](#)

[uTube video](#)



These **RETRO** phone handset(s), a replica of the classic phone handset for decades, the Western Electric 500 series, works with the jack of most cell phones. These are available in red, black and pink.

A "hands free" type of adapter kit is also available.

Price: \$29.99

Vendor: [Amazon](#)

Colors: Soft Touch Green, Red, Dark Purple, Black, Dark Blue, Pink.

## Still Hiking Weather

For those of you who can, it is not too late to take advantage of the magnificent experience that hiking affords. I did a great deal of hiking when I lived in Germany, and the memories live with me still...

**A great new product for consumers: A 15-minute, computer animation on-demand 'Tour Guide' VIDEO from the U.S. Forest Service to learn help hikers learn about the environment .**

**Per the Agency's Bob Loudon, their stated goal is to "disconnect people from their video games, music -- things that take them away from the beauty of the wilderness.**

**The 'Tour Guide' is broken down into segments, played as hikers reach checkpoints marked by numbers along the trail.**

**Needed: A Smartphone. Interested? Download [HERE](#).**

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