

Toxic exposure -- the U.S. Navy's microwave irradiation of Monterey

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The US Navy has been exposing the city of Monterey, California to high levels of microwave radiation for decades from Naval Support Activity Monterey (NSAM) including the Naval Postgraduate School (NPS), with full knowledge of the damage this does public health.

In fact, ten years ago, after a hearing on a proposed commercial cell tower, Navy personnel in Monterey mocked local opposition to the radiation, saying cell tower levels were nothing compared to the quantity of radiation coming from the Naval Postgraduate School. Levels have now increased with 5G, which will be discussed later.

The Navy knows the damage it is doing to Monterey, because the Navy and US government have been studying and funding microwave and EMF

¹ research for decades since at least the 1950s,² especially after radar workers and pilots began developing cancer and other illnesses following exposures. Then in 1971, the Naval Research Institute conducted a review³ eventually totalling more than 2300 references and found 132 biological effects and diseases linked to wireless radiation exposure. This was 55 years ago. Extensive ongoing military and civilian research has been conducted internationally since then demonstrating harmful health and environmental effects. Part of the military's interest in EMR properties and negative biological effects has been to develop microwave weapons to cause specific effects.⁴

EMF and RF health effects include:⁵

cancers and tumors

heart attacks and cardiac interference including tachycardia, arrhythmias, heart pain

DNA damage

changes to the blood, red blood cell clumping

connections to diabetes and blood sugar regulation

neurological problems, brain damage, and altering brain waves

strokes, breaches in the blood-brain barrier

oxidative stress, free radical formation, premature aging

decreased immune function and autoimmune disorders

blackouts

seizures

headaches and migraines

changes in the blood including red blood cell clumping

dizziness

difficulty walking or paralysis

difficulty speaking

cataracts, vision problems

mitochondrial impacts

fertility dysfunction including sperm damage, sterility, miscarriages, birth defects

nausea and vomiting

urinary urgency

bleeding, including nosebleeds and ear bleeds

inflammatory and autoimmune reactions

pain

fluid retention, edema

dermatological reactions – rashes, bruising, flushing, psoriasis, eczema

sleep disturbances and insomnia

microwave auditory effect; hearing whistling, ringing, or clicking sounds

hormone changes

cognitive problems including to concentration, learning, and memory

mood disorders and mental illness, including depression, anxiety, agitation

electromagnetic sensitivity (also known as electrohypersensitivity - EHS)

impacts to birds, insects, and wildlife – including immune, learning, and navigation impairment

damage and death to trees and vegetation⁶

For example, cancer clusters have been found around cell towers.⁷ With much higher radiation levels than a cell tower --

– how large is the cancer zone around the Naval Postgraduate School and other Naval Support Activity Monterey (NSAM) facilities such as Fleet Numerical and Meteorological, and the Navy Research Lab?

– what other disease and health problem clusters exist around NSAM facilities and in the hills overlooking the facilities – heart attacks, stroke, insomnia, memory loss?

– and with the new increased levels of 5G and new radiation projects at NSAM, how has community health worsened?

There is no public discussion or disclosure on the EMF emissions from these military facilities. If the Navy blanketed Monterey with thick, choking clouds of smoke, everyone would see it and recognize the hazard to public health, economic viability, and the community's collective future, and take action opposing it, including ousting any elected leader that supported it. But the Navy radiation is invisible. Federal, state, and local public health officials are silent on the hazards. The transmitters, transceiver equipment, and radar are mostly hidden from public view, and silently spray the air with emissions day and night without monitoring, measurements, or health surveys of local residents, the environment, or wildlife. And local leaders promote the Navy's presence. As a result, the public doesn't know. And if you're not informed about something and you can't see it, then you can't investigate it or avoid it.

No safe level of exposure to this radiation has been established. British researcher Andrew Goldsworthy said in 2012, "Our present exposure to manmade microwave frequencies is about a million billion billion times greater than our natural exposure to these frequencies." It has increased considerably since that time. Children are especially at risk due to their developing systems, and thinner, softer bones and craniums. The highest exposures are to those closest to the Navy facility,⁸ but some health effects, such as breaches in the blood-brain barrier,⁹ occur at low exposure levels and short exposure periods. FCC guidelines are only based on heating effects caused by a brief exposure, not biological effects, cumulative or long-term exposure, effects to children and other vulnerable populations, or environmental effects. And the FCC not only allows high levels of exposure compared to many countries¹⁰ and does not enforce its own guidelines.¹¹

However, when researchers alert the public to these health hazards, the U.S. government and the Navy oppose them. Allan Frey who worked for the Pentagon, including developing the

microwave auditory effect into voice-to-skull technology for military pilots, Paul Brodeur, Robert Becker, and Milton Zaret are a few examples.¹² The news media effectively censors research discussions.

These questions need to be answered:

- What is the strength of the peak pulses of the Navy's EMF emissions in Monterey – RFR (including microwave), laser, low and very low frequency EMF?
- What are the frequencies and signal characteristics?
- In what direction are the radiated transmissions directed?
- What are the radar frequencies used and the pulse rate?
- What is the public's exposure in nearby neighborhoods and surrounding hills from the peak radiation?
- How do exposure levels compare to research findings (not “consensus”) on health effects?
- What is the purpose of Naval Support Activity Monterey transmissions and projects, past and present?
- What microwave weapons are being tested at NSAM?
- And are there other toxic exposures from the NSAM?

Humans aren't the only ones affected. Monterey is experiencing unprecedented death in its rare pine forest. The Navy's radiation is one factor, and its radar in particular, which Siemens engineer and physicist Wolfgang Volkrodt documented in Germany in the 1980s and 1990s.¹³ Microwave radiation – EMF-RF -- stresses, damages, and kills trees and plants, and causes a terpene stress response which increases fire risk.¹⁴ The trees in front of my family's home overlooking NASM have grown crooked as if to dodge the beams of radiation as they grew. And since 5G began, they have grown visibly weaker and are now failing, unable to cope with the rising radiation levels.

Artificial EMF and RF are extremely harmful to wildlife including bees, butterflies, and birds, including damaging the organisms' navigation, learning, memory, and immune system.¹⁵ Substantial bird deaths occur at communication towers.¹⁶ Ethno-botanist Mark Broomhall documented the decline in populations of different species over a 15-year period after cell towers were placed at UNESCO's Mt. Nardia World Heritage Park.¹⁷ When a 5G AT&T-Air Force system went operational in New Mexico, many 100,000s of birds died.¹⁸ 5G seems to have much worse impacts than 4G; Greece and Japan naturalists have documented mutations and sterility in insects and plants since the 5G roll-out, raising the spectre of pollinator extinction and food crop failures due to this radiation.¹⁹

These known hazards have not deterred the military.

DoD is promoting 5G technology development, by becoming an early adopter of 5G networks and applications, as well as by contributing to 5G technology innovation and maturation. According to the department, 5G is important because it offers higher performance and additional capabilities, particularly for data-driven applications and machine-to-machine communication. The DoD's 5G Implementation Strategy states that 5G provides improved performance and enhanced security when compared to earlier generations of wireless technology...DoD-led 5G innovation includes research at the NPS. On its campus, NPS and AT&T are researching potential military data applications of 5G communications technology to support national defense

capabilities...²⁰

In 2020, the military stated that 5G was a top priority at Monterey County facilities.²¹ Beginning in 2021, the Navy publicly partnered with AT&T, using AT&T's civilian 5G cell tower network to support capacity for the Navy's military projects. This was not disclosed to the public when the towers were approved. One is at a retirement home, two are at hotels, and another is at a shopping center. As a result of the military usage, these towers will transmit at much higher radiation levels than would be normal. The Navy also built a 5G AT&T/military cell tower on Del Monte Beach for its new Sea Land Air Military Research (SLAMR) Lab²² without public notice, public hearings, or environmental review, that is adjacent to homes. And in 2025, the Navy launched a 5G AT&T antenna in the Monterey Bay Marine Sanctuary,²³ despite knowing the radiation is toxic to marine mammals, birds, and ocean life, and the bay is already extremely stressed.²⁴

These levels will increase further if the planned Naval Innovation Center is built, expanding and intensifying classified experiments and 5G radiation exposure in Monterey.²⁵

The Navy has turned the city and the public into a military testbed without disclosure to the community.

- How many residents are already ill or have died due to the Navy's past and present activities?
- How will Navy expansion worsen community and wildland health?
- And will the Innovation Center include a nuclear reactor²⁶ to support its energy demands, with additional carcinogenic pollution?

The public has no control over these activities, including the development and testing of microwave and laser weapons, and other weapons of mass destruction.

My family's home in the Monterey hills overlooks and is in the line of sight of the NPS and NSAM. I have increasing health problems from the microwave emissions, including heart rhythm disturbances, nausea, loud microwave auditory effect, skin irritation, severe insomnia, blood vessel breaks in my hands, vision problems, and daily morning headaches, in addition to already being disabled by electromagnetic sensitivity. My body's defenses are failing as the exposure increases. How many other people have worsening health but don't know why?

In August 2022, biologist and researcher Alfonso Balmori published a comprehensive review of the existing scientific literature in Environmental Research titled, "Evidence for a health risk by RF on humans living around mobile phone base stations: from radiofrequency sickness to cancer", and found these effects in approximately 75% of the studies: cancer (76.9%), radiofrequency sickness (73.9%), and changes in biochemical parameters (75%).²⁷

The U.S. Navy is an existential threat to Monterey. None of us consented to this toxic exposure or the endangerment of our community's security. Monterey is like so many other communities which the Navy, Army, Marines, Air Force, or Space Force have turned into toxic zones and Superfund sites: fouling air, soil, waterways, food sources, drinking water, and homes with unremediable contaminants,²⁸ including Fort Ord, near Monterey.²⁹ Yet military EMF and microwave pollution can be stopped, and therein lies hope.

NPS is very different from a regular “school”. Together with other agencies at Naval Support Activity Monterey, it is a military hub for Naval and Pentagon operations worldwide and US interagency and military-industry research - “where science meets the art of warfare.”³⁰ However, the community of Monterey did not agree to be in the crosshairs.

To continue operating, Pentagon officials have pressured and poisoned the local political and economic establishment to host this enormous liability, boasting of great benefits for the community, but hiding the many substantial costs.³¹

This occurs against a backdrop of wider damage by the U.S. Navy to Monterey Bay and the region, and the U.S. Navy's practices of corruption, betraying its own personnel, deadly experimentation on the public and the Earth, killing marine wildlife, and aggression against other nations, without accountability.³² This history looms over the city of Monterey. The echo chamber of propaganda, “full spectrum dominance” ideology, hysteria, individual and bureaucratic dysfunction, war propagation, and mission expansion poses a danger to everyone, keeping no one safe, not even the companies that profit from it. Does the Navy have the right to poison us? No, it does not.

The 2023 Compatible Use Study³³ only looked at community compatibility from the military's standpoint. The real question is: is the Navy compatible with Monterey?

True national security is the safety, security, and healthiness of one's home and community. Security is based on integrity, love, respect, honor, and well-being -- protection that cares about everyone and all species.

Will Monterey continue marching blindly toward its demise, allowing the Navy to operate here and turn it into another “sacrifice zone” – collateral damage to the Pentagon's war pursuits? Or will city leaders and the public wake up before it's too late, and see that the costs are much too great?

It's up to this community to safeguard its own security and future by saying goodbye to the U.S. Navy.

¹EMF – Electromagnetic frequency or field; EMR – electromagnetic radiation; RFR – radio frequency radiation

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Microwave Weapon Unveiled; Burning Pain To Control Crowds

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⁵Joel Moskowitz Ph.D, School of Public Health, University of California, Berkeley www.saferemr.com

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¹⁴ Tree Damage Caused by Radiofrequency Radiation Exemplary Observations from 2005 to 2021 in Germany
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¹⁶ Department of Interior letter on FirstNet to Department of Commerce, 2-7-14

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¹⁷ "UNESCO Report on Disappearance of Species from Mt. Nardia Park World Heritage Area 2000-2015 with Increased Expansion of Telecommunications Antenna". Ethno-Botanist Mark Broomhall.

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¹⁸ "We've never seen anything like it," Martha Desmond, University of New Mexico – "New Mexico: 'Hundreds of thousands, if not millions' of birds died during 2020 USAF-SpaceX 5G exercise"

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³³ Monterey Regional Compatible Use Study (CUS) final administrative draft, April 2023

[https://montereyregionalcus\[dot\]com/images/docs/MRCUS_AdministrativeDraft_2023%2004%2025a%20AEB_sm.pdf](https://montereyregionalcus[dot]com/images/docs/MRCUS_AdministrativeDraft_2023%2004%2025a%20AEB_sm.pdf)