



# **Technology, Health & Society**

**Saturday, April 7, 9am – 5:30pm**

Cesar Chavez Student Center, Rosa Parks Rooms, San Francisco State University

## **A Day-Long Community Conversation About: The Effects of Technology on Personal & Public Health:**

- **Technological Health Risks**
- **Information Overwhelm & Misinformation**
- **Positive Uses of Technology & Media**

*Technological progress is not human evolution. The way we do things today does not need to be, nor can it be, the way we do things tomorrow. The best way to survive the 21st century is together. -- Ed Dowding, Systems Analyst*

### **Schedule**

- 8:30 Check-In & Social Time
- 9:00: Host Welcome & Overview
- 9:30 *Disconnect* – new film showing documenting health impacts of cell phone radiation, with award-winning filmmaker Kevin Kunze, <http://kevinkunze.com>
- 10:30: *e2 (Green) Design* - PBS film: facing eco-cultural crises with ecological design.
- 11:00: Break
- 11:15: Panel 1: *The Impact of Technology & Media on Personal & Public Health*  
w/ Rich Lear, Tom Mahon, Gary Malkin, Ellie Marks, Toni Stein, Moderator: Meghna Parikh
- 12:30-1:30: Lunch & Discussion Groups\*
- 1:30-2:30: Panel 2: *Managing Social Media, Information Overwhelm & Propaganda*  
w/ Mary E. Gomes, Bonnie Hale, Lloyd Morgan, Moderator: Maegen Degroff
- 2:30: Break
- 2:45: Panel 3: *Transformative Technologies & The Tech-Assisted Future*  
w/ Rich Gary Malkin, Ellie Marks, Tom Mahon, Moderator: Toni Stein
- 3:45-3:55: Closing: (leaving the Student Center by 4pm)
- 4:15-5:30: \*Discussion Groups & Action Steps (HSS Building, room: 306)

### **Key Conference Questions/Learning Objectives:**

- Which current technologies and patterns of use put us at greatest risk?
- How do we manage these risks?
- How do we healthfully adapt to the demand of digital devices and the explosion of information?
- How can we separate propaganda and misinformation from credible, trustworthy information?
- Can good technological design (aligned with nature) help humanity face a challenging future?

### **\*Discussion Groups** (Lunch & Afternoon)

1. Technological Risks & Health
2. Managing Information Overwhelm & Balanced Use of Social Media
3. Media Literacy: Junk News, Misinformation & Trustworthy Media
4. Positive Uses of Technology

## Speaker Bios

**Bruce Cryer** is Global Director, *HeartMath HealthCare*. For eleven years he served as President and CEO at *HeartMath*, an innovative research-based firm offering unique services and award-winning technology to boost performance, productivity and health while greatly reducing stress. Healthcare clients included Kaiser, Mayo Clinic, Duke Health System, Sutter Health, Scripps, Stanford, UCSF, UCLA, more than 65 VA medical centers, Blue Cross Blue Shield, the NHS (UK), and many corporate and government clients.

Bruce's 30+ years of experience include eight years as VP of a biotech company. His work at *HeartMath* included designing health-enhancing technology that have been sold in more than 75 countries and are in use by thousands of executives, managers, staff, physicians, educators, professionals, athletes and individuals. Clinical studies have demonstrated the critical link between *HeartMath's* stress reduction technologies and improvements in blood pressure, diabetes and congestive heart failure. Bruce was recently named one of the Top 50 Thought Leaders in Personal Excellence by Leadership Excellence magazine. He has been interviewed for or written for the *NY Times*, *Wall St. Journal*, *Modern Healthcare*, *Future Healthcare*, and various journals.

**Mary E. Gomes, PhD**, is a Professor of Psychology, *Sonoma State University*, and a co-editor with Theodore Roszak and Allen Kanner, of *Ecopsychology: Restoring the Earth, Healing the Mind*. In the last five years, Dr. Gomes has collected data on her students as they conduct "media fasts" -- refraining from electronic media use for up to a week. She will report on her findings on the value of "unplugging" on a regular basis.

**Bonnie Hale, MA** is senior program coordinator in SF State's *Institute for Civic & Community Engagement*. She presented on "Social Media as Tools of Engagement" at the 2009 National Conference on Volunteering & Service about lessons learned from working with online student activists. She has been writing for online publishing and interactive electronic media for the past 17 years, including her work with *The Peninsula Peace and Justice Center* near Stanford.

**Kevin Kunze** is an award-winning filmmaker, making his first film with his father's home movie camera at the age of 7. While in high school he directed and edited films for India's national television network Doordarshan, the New York International Children's Film Festival, and the Westport Arts Center. Kunze's latest clients include: Google, NASA Ames, Singularity University, Microcinema International, Pinnacle Communications, Zynga, and MastaMind Productions. In 2008, Kunze joined the Board of Directors for RevitalArts, one of the only student run non-profit organizations in the United States, which produces several annual theatre, music, and film programs including the Stratford Film Festival. A social activist at-heart, Kunze enjoys making socially relevant films. His work is featured further on his site: <http://kevinkunze.com>

**Rich Lear** is co-founder and Chairman of *GreenWave International*, which offers 'clean electricity solutions' to consumers and businesses. He has worked in technology for twenty-two years, and has founded four Silicon Valley-based businesses. In 2006, Rich began researching the impacts of electromagnetic fields on health, including 'dirty electricity.' He has penned more than a dozen articles on the subject and is currently writing a book called *The Theta Factor*, which explores the environmental connection with the unexplained explosion of the "diseases of civilization" since the mid-1980s: cancer; heart disease; Alzheimer's and other neurological disorders; diabetes; and autoimmune disease. Prior to graduating from *Brown University*, he received his bachelor's with honors in economics, with pre-medicine and engineering at *Georgia Institute of Technology*.

**Tom Mahon** has been a public relations consultant, documentary filmmaker, reporter, novelist, merchant sailor, peace activist and glass artisan. He has been writing about technology for 35+ years, most of that time in Silicon Valley. His time reporting on technology has led him to write and speak about the need to reconnect technical capability with social responsibility. His articles and work have appeared in *The Wall Street Journal*, *National Catholic Reporter*, *Electronic Engineering Times*, *Business Week*, *NY Times*, and various other publications. Speaking venues have included MIT, Stanford, US State Department, Oxford and global interfaith gatherings. <http://reconnecting-calm.blogspot.com>

**Gary Malkin** is an award-winning composer, producer, performer and public speaker who has received multiple *Emmy*, *ASCAP*, and *Clio* awards acknowledging his work in film and television over the last three decades. He is founder of *Wisdom of the World*, committed to using music to support Transformational Media. Acclaimed by key figures in the world of healthcare and education, he has presented to numerous conferences, including *Harvard's Conferences on Spirituality and Health*, *the National Hospice and Palliative Care Association*, *Scripps Clinic*, *Institute for Functional Medicine*. As a writer, he is represented in an acclaimed compilation on spirituality at the end of life, *A Time for Listening and Caring*, compiled by Christina Puchalski, MD. Through his performances, presentations and products, he is dedicated to promoting an essential role for music and the arts as a resource for wellness and healing. [www.wisdomoftheworld.com](http://www.wisdomoftheworld.com)

**Lloyd Morgan, PhD** is an electronic engineer by training with 38 years of industrial experience and a member of international science organizations. His latest science paper "Estimating the Risk of Brain Tumors from Cellphone Use: Published Case-Control Studies" reports that the Interphone studies on the risk of brain tumor from cellphone use has a systemic-protective-skew that result in an underestimation of risk of brain tumors. He is lead author of the "Report, Cellphones and Brain Tumors: 15 Reasons for Concern". Since 1995 he has been involved in the study of exposure to electromagnetic fields and resultant health problems. He is Senior Science Fellow, *Environmental Health Trust* (<http://www.environmentalhealthtrust.org>), Scientific Advisor, *EM Radiation Research Trust* and worked on a UCSF team investigating childhood leukemia in Fallon, Nevada.

**Antoinette "Toni" Stein, PhD** is the Co-Coordinator of the *Collaborative on Health and the Environment - Working Group on Electromagnetic Fields (EMF)* -- a diverse international gathering of more than 170 health professionals, scientists, and concerned individuals from the U.S. and 17 other countries. Toni is an Environmental Engineer with experience in industry bringing a scientific engineering perspective to research and development in manufacturing industry applications. She has particular interest in air quality control, hazardous materials, toxic pollution prevention, zero waste, corporate performance and protection of public health including neurotoxicity. She has a proven track record of working on technically diversified cross functional teams and possesses expertise in harmonization for controversial topic areas for policy setting.

She has six years of experience working for the State of California in, the *Department of Public Health* in the *Indoor Air Quality Program* and in the *Dept. of General Services* in the *Environmentally Preferable Purchasing Program*. She has been deeply involved in the development of sustainability standards for a variety of different products and their life cycle phases. She also co-founded *Eastbay Citizens Climate Lobby* and works as a citizen technical volunteer with *Informed Green Solutions* and *The Environmental Health Trust*. She is currently working to develop three medical textbook chapters on "health literacy."

**Host: The Holistic Health Network** – SF State student group, supported by:  
*The HH Learning Center (HHLC)*, HSS 329 • (415) 338-6416 • [www.sfsu.edu/~holistic](http://www.sfsu.edu/~holistic) --  
and the *Institute for Holistic Health Studies, Department of Health Education*