

0-96-01  
II-A-385

---

# **NRTA-AARP NOISE COUNSELING PROGRAM**

---

**EPA Contract # 68-01-6115**

**An Abridgment of the**

---

## **FINAL REPORT**

---

**9/22/78 - 6/5/81**



**NATIONAL  
RETIRED  
TEACHERS  
ASSOCIATION**



**AMERICAN  
ASSOCIATION  
OF RETIRED  
PERSONS**

**NRTA-AARP COMMUNITY NOISE COUNSELING PROGRAM**

**EPA Contract # 68-01-6115**

**An Abridgment of FINAL REPORT**

**9/22/78 - 6/5/81**

**Submitted by: Linda Scott, Program Coordinator  
Community Noise Counseling Program  
National Retired Teachers Association-  
American Association of Retired Persons**

**Submitted to: Sylvia Jones, Project Officer  
Bill Topping, Contracting Officer  
U.S. Environmental Protection Agency  
Office of Noise Abatement and Control**

## Introduction

The Community Noise Counseling Program sponsored by The National Retired Teachers Association-American Association of Retired Persons, was initiated September 22, 1978 with contractual agreement with EPA-ONAC.

The Administration of the program was the responsibility of the Association's Senior Community Service Employment Program, Special Programs, and from the start was carried on in conjunction with the Older Worker Employment Program.

SCSEP eligible enrollees were recruited and assigned to the Noise Counseling Program by Project Directors in local projects where needs were identified and the site selection was made and approved by EPA program officials.

Linda Scott was hired as Program Coordinator for the Program, and was given the responsibility of training and supervising the selected enrollee Noise Counselors. Eight selected enrollees were given formal training in October, 1978.

In addition to the SCSEP program enrollees assigned, several volunteers were recruited and given both formal and individualized training in Community Noise Abatement projects.

In evaluating the Program, nothing stands out as much as the excellent performance of these Older Worker Program enrollees, when given: a meaningful job and assigned to a specific task; training and guidance to prepare them; and support and motivation from the SCSEP Projects and the community. In the words of the EPA Project Officer; "The program is very valuable to EPA because it works".

When given the challenge, the Noise Counselors responded. The increased awareness in their communities is well documented by publicity, letters of commendation, and on going public service

announcements, and, in general, increased efforts to pass meaningful local noise legislation by local officials, and increased enforcement for existing noise ordinances in their communities have been as a result of their efforts.

## Overview

In the past two and one half years, both the volume of counselor activities and the range of their activities has increased at a steady and significant rate as the program has gained acceptance and the counselors have grown in confidence and expertise.

In the early stages of the program the counselor's efforts were directed towards making their presence known to both the community at large and community leaders, and towards gaining community acceptance. This was accomplished in a wide variety of ways. All new counselors were "announced" in their local communities by letters to local leaders, newspaper articles, newsletters, television news programs and by counselor presentations at civic gatherings.

The most successful method of exposure initially was the establishment of a "Noise hotline". Begun by the Noise Counselor in Waco, Texas, the "noise hotline" was soon in use by other Noise Counselors. Its use resulted in a dramatic increase in complaints and requests for information. The publicity that resulted from the initial success of complaint solving resulted in a rapid community awareness of the program. Of the complaints received, approximately half of the problems were solved by the Noise Counselors in any one month. And of the problems solved, over half were achieved by persuading people to change their behavior or the source of the noise rather than referral to enforcement agencies. Other problems required extensive time commitments over a period of months, including some with legal implications, and some could not be solved at all. Many required several series of sound level measurements over a period of months. Some complaints reached the attention of the media and the counselors were effective

in using citizens groups to apply pressure to city councils, enforcement agencies and the media to solve noise problems.

As the Noise Counselor program gained community acceptance, the variety of noise complaints increased. Some of the noise sources for the complaints follow:

discos	model airplanes
barking dogs	railroads
sirens	theater sound systems
planes	roosters
traffic	compressors and air conditioners
power tools	music
construction	garbage collection
children	loud parties
car repair	sauna motors
motorcycles	fireworks
refrigerated trucks	helicopters
construction	intercoms
truck traffic	fans
houseboat hum	junction box hum
taverns	hot tub pump
	generators

Besides complaints, the "noise hotline" generated many requests for information. As the program developed, increasingly more questions about noise preventions, such as requests about the limits of ordinances and hearing protectors were received.

Proof of the success of the noise counselor program were the number of requests by those responsible for potential noise sources, such as discos that requested sound level tests before there were any complaints. This was prompted by the success of community groups, assisted by the Noise Counselor, in dealing with similar problems and the resulting publicity.

As the program developed, there was less need for the counselors to introduce themselves to civic groups or to seek speaking engagements. Instead, there was a steady increase in unsolicited requests for the counselors to speak and many more types of groups asking than had been anticipated in the early days of the program. Counselors began asking the national coordinator for more material on the techniques of public speaking and group presentations and for more handout material for distribution at these gatherings. A few of the types of groups that Noise Counselors have spoken to follow:

Kiwanis

AARP Chapters and NRTA Units

Y Clubs

Hospital groups including dietary workers and nurses

School groups including PTA, Nurses, and Health Teachers

Primary and Secondary school classes

TV and radio talk shows

Civic organizations

Park boards

Senior citizens groups

City Councils

Enforcement groups

The Noise Counselors were very creative in the forms of publicity that they developed. For instance, the hotline number has been published along with crisis numbers in newspapers. Many articles have appeared in the newspapers

in the form of advertisements and announcements, as well as letters to the editor and submitted articles. Also, people have interviewed the Noise Counselors or written about the program. Several Noise Counselors have persuaded radio and TV stations to air public service announcements on an on-going basis. Three counselors have succeeded in using local artists to develop posters that have been displayed city-wide on public buses. Noise Counselors have distributed information at many health and environmental fairs and other special events in their communities.

The Noise Counselor in the Boston area developed a school program that was spread with great success by the other counselors in their areas. This counselor methodically approached the hierarchy of school superintendents, public health nurses, school principals and school nurses and health teachers to persuade them to include his lessons on noise in their teaching curriculum. His approach was very successful, and he soon had classes scheduled through the end of the school year. In the first four months of his program, he gave 34 talks to over 3000 students on sound, its measurement, and the serious effects of noise. His program was such a success that it has become a permanent part of the school system's health curriculum planning committee.

Some of the other counselors could not initiate a similar program with the same degree of success. The development of school noise programs was a frequent topic for discussion at the training sessions that were held. However, by the end of 1980, most of the counselors had firmly established a noise program in the local school systems. This program has been most successful in elementary schools.



For instance, in Florida, a Noise Counselor has worked with school officials in the development of the "quiet school program" which is a county-wide program that will be built into the curriculum for 4th grade students. This summer, the Noise Counselor will be training teachers in the presentation of this program, and for the first time the quiet school program will be delivered simultaneously to every 4th grader in the county.

Another aspect where the counselors benefitted from one another's success is in the area of noise ordinances. All of the Noise Counselors reviewed the noise ordinances in their areas in the early days of the program. Several were successful in drafting and in facilitating their passage through city councils. All of the Noise Counselors have worked towards the enforcement of ordinances that already existed.

The Noise Counselors have had to limit the amount of oral presentations to civic gatherings and no data has been kept on the number of times that Noise Counselors have spoken to one group or another. It is suffice to say that there is no lack of requests for them to speak. However, the Noise Counselors have taken part in over 80 special events in the past two and one half years. These are events where there is a special display, booth, or workshop where handouts are distributed and someone is there to answer questions and meet the public. Examples would be health and county fairs, earth day festivals, library exhibits and the like.

Several of these types of events were very creative and notable, such as the motorcycle noise clinic. In Sioux

Falls, South Dakota, the Noise Counselor has developed a motorcycle testing program. After teaching classes on noise at a vocational school and realizing that teenagers might not want to be subjected to peer pressure for quieting their motorcycles, a program was started to test motorcycles by appointment. The program has been very successful in attracting teenagers for motorcycle testing and information dissemination.

Another particularly creative event was the barking dog clinic. There have now been several of these clinics. This was begun for those with barking dogs or with a problem of dogs barking in their neighborhoods. Included at these events are veterinarians, noise abatement officials and others to discuss the reasons why a dog barks, how this affects those around it, and the various ways of changing the dog's behavior. These types of events are always well covered by the media.

Approximately one dozen surveys have been conducted by the Noise Counselors during the grant period. Most notable, was a counselor in Massachusetts who trained and supervised eight students hired by the Summer Youth Employment Program. They completed a physical and attitudinal survey of several towns that was used by the Noise Counselor in consulting with the various town councils regarding noise control legislation.

The Noise Counselor in Naples, Florida, along with the SCSEP Project Director developed a county wide hearing test program which in the last year, over 8,000 children were tested for hearing deficiencies. Over seven per cent, some 560 children, were referred to doctors for follow-up treatment. These tests

were given to all students in the 7th grade, and included both public and private school children. The statistical information gathered from this pilot program is being used by EPA to study long term health effects of noise on school children. It is the probably the most complete hearing testing program ever used in a county school system, and this program will be continued for years to come.

Also, the Noise Counselor there has been giving hearing tests at shopping malls in conjunction with the County Health Department, and distributing handouts and answering questions. Hearing testing is a new dimension of the Noise Counselor program that is only now getting under way. Like other programs begun by creative Noise Counselors, there is interest in expanding this program to other areas.

For over two and one half years the Noise Counselors have had thousands of contacts with the public, and have spoken to hundreds and perhaps thousands of groups. The breakdown of some of these contacts which follows are not exact and are considered as minimum amounts. Incoming contacts from the local communities by phone, letter, or direct contact numbered at least 6,000. The Noise Counselors initiated contacts as well, but in slightly less numbers. There were over 2,300 requests for information. Over 2,471 complaints were followed up, and more than half of these were solved successfully. The Noise Counselors were able to reach the television media more than 250 times. This includes numerous appearances on talk shows and special reports as well as public service announcements. Some of these talk shows and special reports were aired many times. There were over 160 different occasions when the public was reached over the radio, and many of these radio spots and talk shows were aired repeatedly. There were

at least 138 newspaper articles about the program that have been identified, and probably many more as well. Besides the many oral presentations delivered by the Noise Counselors there were nearly 100 special events, exhibits, fairs, symposiums, seminars and other activities.

The volume and range of counselor activities has continued to grow throughout the length of this program as community acceptance and involvement has grown. During the last quarter, the counselors participated in 34 city meetings, often as a part of the program, not as a member of the audience as it was during the early days of the program. More and more of the counselors have been asked to help solve noise problems by local civic authorities and enforcement officials. The Noise Counselors are recognized as noise experts in their communities. Many of these problems are not the result of individual complaints, but technical problems from traffic engineers, lawmakers, enforcement officials, politicians, and school officials. The Noise Counselors now make regular visits to distribute materials throughout their communities to professional people such as doctors, dentists, veterinarians, and librarians. Their involvement has reached a scope that could not have been foreseen when the program began just two and one half years ago.

### Training

At the onset of the Community Noise Counselor Program in October, 1978, it was necessary to train the first Noise Counselors by means available at that time. The Noise Control Institute was being held that month in Boulder, Colorado so the original eight counselors were sent to that session. They arrived a day early for a preliminary meeting presented by Jim Adams, Boulder Noise Control Officer.

This first meeting was well accepted and understood. Most of the rest of the meetings that week were too technical for beginners and the emphasis was on vehicular noise, tending to confuse the new counselors with what their role was to be. But noting the negative aspects and working with the positive aspects i.e., mainly, Jim Adams presentation and Dr. Richard Krug's session on hearing, gave us initial ideas for use in future training.

To lessen the impact of new terminology and what could be perceived as more complicated material to be learned, we began the practice of conducting two day individual training sessions with each new counselor hired. In this, we covered basics of sound terminology, mechanics of the ear and hearing, health effects, use of the sound level meter, and individual direction and methods for getting started.

In March, 1979, the NRTA-AARP Program Coordinator designed a formal training session specifically for the Community Noise Counselors. This session was held in New Orleans, with 14 Noise Counselors attending. The curriculum included basic technical background information on sound, hearing loss, other health hazards, basic methods of quieting, ordinance development, noise control programs, and a discussion of the Noise Counselor role and skills needed to perform it. The counselors were also instructed in the use of the sound level meter and the calibration of the instrument. The fact that this training session was

specifically designed for the Community Noise Counselors made it more understandably appropriate to their training needs and valuable to their activities than the Boulder, Colorado session in October, 1978. In the evaluations of this March session, the counselors all stated that they felt that all aspects of the training was valuable. Even so, lack of time was a problem, and required exclusion of some discussion of practical aspects of Noise Counselor roles and skills and sharing of experiences.

Prior to the next training session, Noise Counselors were voicing the need for information regarding use of media, public speaking, legal parameters and the development of groups, among other practical aspects of their role. With this in mind, the Program Coordinator planned a session in November, 1979, held in Washington, D.C. This particular location was to encourage agency identity.

The November, 1979 training included a brief review of the basics of sound and hearing, then provided more in-depth information regarding the development of school programs, public speaking skills and use of the media. The highlights of the session, however, centered around a series of round table and panel discussions run by the counselors themselves, in which the counselors shared their experience, ideas, problems and solutions on the topics of getting started, developing ordinances, handling complaints and quieting methods. This training session provided the requested training, but also allowed the leadership and training capabilities of various Noise Counselors to surface. This very successful session reinforced the Noise Counselors' group identity and feeling of camaraderie which has been a most important factor in the success of this program.

In March, 1980, another training session was held; this time, for fifteen new Community Noise Counselors. The general areas covered in this training were basics of sound, noise and quieting methods, use of the sound level meter, roles of the Noise

Counselor and skills in giving talks and working with the media. In addition, two of our experienced Noise Counselors discussed their activities, problems and ideas with the new Counselors. We invited speakers to discuss basics of sound, hearing, and quieting methods, use and calibration of the sound level meter, and descriptions of Community Noise Programs and types of ordinances. This left at least half the training time to spend on the roles and skills needed by the Noise Counselor. The two experienced Noise Counselors led the discussion on the role of the Noise Counselor and their sharing of their activities, philosophies, problems and solutions.

Their presence throughout the week was valuable to and appreciated by the new Noise Counselors. They provided good information about role expectations and helped alleviate much anxiety. To provide help on development of skills, we had a workshop on working with the media and developing presentations. The emphasis on practical training experience, rather than factual information regarding public speaking and the media, appears to have been good preparation for the role of Noise Counselor, since all of the counselors have taken readily to speaking to groups and working with the media.

The NRTA-AARP Program Coordinator planned a training session for all the Community Noise Counselors, from the newest to those who had now been working at this for two years, to be held in October, 1980, in Daytona Beach, Florida. By the request of The Environmental Protection Agency, we were joined by the Urban Noise Counselors from the National Urban League. The same basic topics were discussed as usual, but we were not able to spend the time in sharing information, panel discussions, or workshop activity because of the group size.

The other complicating factor was the variety of experience in working as a Noise Counselor. The positive aspects were:

(1) all the counselors from both organizations becoming acquainted, with each other and the programs; (2) the newer counselors benefitting from the experience of the established counselors; and (3) the experienced counselors were able to show their capabilities in leadership. The major negative aspect was the learning process was hindered and the time was far too inadequate for discussion and questions. A group that large should be avoided in planning training sessions when at all possible.

With the experience developed from the training sessions described, the NRTA-AARP Program Coordinator has developed a Training Guide (see attachment). This guide has been developed from the information gained from the training sessions and the counselors evaluation, using those items that appear essential to obtain the knowledge necessary to carry out the functions of a Noise Counselor.

Not all counselors are active in all areas of noise education and abatement, therefore, after the general instructional categories, this training guide has been separated into modules. These modules can be used individually or in combination with other modules, depending on the particular interest. Not all modules are mutually exclusive, for example, a person selecting the Adult Education module may also want to use the Media module to develop further skills. These modules may also be used as revolving workshop sessions, or with break out groups interested in one or more specific topics.



## Evaluation

In the original few months of the program, there was a large amount of turnover. By analyzing the problem, it seemed to be primarily the result of hasty recruiting (in order to attend the original training session) by Project Directors who had little understanding of the program or the type of person needed to carry out the related duties. This was mostly corrected by the NRTA/AARP Program Coordinator going into the area ahead of time, further explaining the program to the Project Directors and assisting with the initial screening of potential Noise Counselors. The other turnover problems were mostly related to health problems or better employment opportunities, with another four due to marriage or administrative difficulty.

By the end of March, 1979, we had fourteen stable Community Noise Counselors on board, all were well qualified, trained, and prospects for program development were good. There was a lot of need for reassurance at this time, making personal contact by the Program Coordinator a must. In the early stages of a Noise Counselor's work, very specific direction is required.

As the counselor activities increased, it became difficult to tabulate without a guide, so the NRTA-AARP Program Coordinator developed a monthly report form. The idea was to get the most pertinent information with the least amount of paperwork. Most counselors keep a daily log as well, for easy reference for ongoing or recurrent problems. This monthly form has served its purposes well, with the exception being special programs of various sorts that the counselor would want to give more information and merely add an attachment.

The first duty of the Community Noise Counselor was to meet city officials, find out if an ordinance existed, if so, study it, and find out if there were enforcement capabilities and if so, was it enforced and by whom. At that point, they were to establish cooperation or coordination with the proper persons.

By the end of June, 1979, all of the Noise Counselors had obtained some media coverage through T.V., newspaper, radio, newsletters or a combination of two or more of these. They had began to give talks and have a fairly well established route of material distribution. They were also involved in special events and in the school system.

In the process of getting started, the counselors felt insecure in whether they were on the right track in their concept of the program and their expected duties, and were uncertain about their mastery of the information. Another major concern at this time was the apprehension in speaking to groups. Much of the work of the Program Coordinator was to reassure counselors with regard to immediate output expectations, and to provide support and encouragement.

In some cases, Noise Counselors were housed with appropriate agencies, usually a health or environmental agency. The others remained housed independently. There were advantages and disadvantages with each. Some located in public agencies acquired an added support system proving most helpful, especially in the getting started phase. They received additional training in many instances and sometimes became an integral part of the on-going office. In other situations, they became an arm of the agency, taking over duties not previously being done. On the other hand, those housed independently were often able to develop a broader base of actions and became quite resourceful and inventive in development of activities.

As the counselors became more comfortable, they also became more proficient in solving problems by persuading those involved to make available decisions to change their behavior or source of noise, rather than referral to enforcement agencies. They also began receiving calls requesting "preventive" information; requesting information about the limits of the ordinance, hearing protectors, and how to prevent creating or becoming involved in an offensive noise problem.

The counselors steadily increase in their ability to organize groups banded together by a particular problem, and guiding them to the media or city council to gain public attention.

By the first quarter in 1980, our Community Noise Counselors had developed a reputation for understanding their jobs, innovative approaches, and being quite proficient. For these reasons, two Noise Counselors and the NRTA/AARP Coordinator were requested to participate in the training for new Noise Counselors with the National Urban League. The two counselors did an excellent job of describing their activities, how they get started and discussing problems and solutions they had found. This proved to be an extremely valuable part of the program.

To finalize, we had a lot of personnel turnover in the beginning, but corrective action was instituted and the turnover has become what could be considered at a normal level.

Through the year and a half, numbers of contacts, complaints, presentations given as well as other routine procedure continued to rise. This past year, we have also seen innovative approaches develop into a broader scope of general activity.

The counselors have become adept at forming citizen groups and guiding them through techniques that have more political gain. This includes all types of media, city council meetings, etc. The message is clear that if enough people demand, someone has to listen.

Each counselor is more or less out there alone, so it has been necessary to provide a support system. Before they become established in their area, the Program Coordinator is responsible for that support. After the first couple of training sessions, the counselors created their own support system among one another. Finally, as they become more accepted by the community, other interested officials and individuals fulfill some of this need.

The Community Noise Counselors have become increasingly resourceful in developing their own material, and methods of handling complaints. They have also developed a self-assurance when developing and delivering presentations. Their manner of dealing with the public has become quite professional.

Requests for direction and assistance have become more specific-related to requests they have had or their own assessments of community need. Counselors who handle complaint calls are showing increasing ability to distinguish between "real" and crank or those of personal feuds. They have learned how to phrase their questions to pull out information. They have become very diplomatic in explaining their job function.

Many of the counselors have now perfected their role of ombudsman, dealing quite effectively with private citizens and all levels of city officials. Many times they have been able to solve otherwise difficult problems, just because of their establishment of this role.

Four questions were asked at the beginning of this contract and we have been able to determine answers for each:

Is it feasible to train older persons to be Community Noise Counselors? The answer is obviously yes, with this report in its entirety confirming this.

What is required to adequately train citizens to be effective as Noise Counselors in reducing community noise? See Training section.

Does the Community Noise Counselor's presence in the community create an awareness of the presence and effects of community noise? The sheer number of responses, complaints, and questions would indicate this to be positive.

What is the comparative effectiveness of noise person housed in public agencies and lay counselors housed independently? There are advantages and disadvantages to each, but after a counselor gets through the initial getting started program, they usually seem to be more creative and develop a wider range of activities when housed independently.

COMMUNITY NOISE COUNSELORS

David Adams  
107 Scott Drive  
Annapolis, Maryland 21401

Theresa Andrews  
Center for a Quiet Environment  
U.C. Richmond Field Station  
1301 S. 46th Street, Bldg. 167  
Richmond, California 94804

John Berdrow  
NRTA-AARP SCSEP  
2639 9th Street, North  
St. Petersburg, Florida 33704

Margaret Burnside  
NRTA-SCSEP  
04 North Franklin Street, North  
Watkins, Glen, N.Y. 14891

Delyle Compton  
P.O. Box 1761  
Fayetteville, Arkansas 72701

Lucy Connor  
3256 Hillcrest, Apt. 4  
Dubuque, Iowa 52001

Mr. Pat Croce  
NRTA-AARP SCSEP  
700 Arlington Road  
Jacksonville, Florida 32211

Joyce Daugherty  
NRTA-AARP SCSEP  
402 So. Jefferson St., Room 209  
Pensacola, Florida 32501

LaVaun Eve  
5817 Encina Road #201  
Galeta, California 93017

Eileen Halverson  
City Health Environmentalists  
1320 S. Minnesota, Rm. 207  
Sioux Falls, South Dakota 57105

Fred Harlow  
Savannah Science Museum  
4405 Paulsen Street  
Savannah, Georgia 31405

Leo Hurley  
47 Summitt Avenue  
Salem, Massachusetts 01970

Helen Johnson  
Citizens Against Noise  
P.O. Box 27705  
Honolulu, Hawaii 96827

Gladys McDonald  
NRTA-AARP SCSEP  
355 "F" 5th Avenue, So.  
Naples, Florida

Cecilia Metzger  
Columbus Health Department  
181 Washington Blvd.  
Columbus, Ohio 43215

Joseph McMullen  
Environmental Health  
Box 1293, City Hall  
Albuquerque, New Mexico 87103

Blanche Parker  
Alachua County Pollution  
825 NW 23rd Avenue  
Suite G  
Gainesville, Florida 32601

Dorothy Potter  
P.O. Box 3342  
West Palm Beach, Florida 33402

Thad Reed  
City Hall, Office of Noise Control  
East 1st and Locust Streets  
Des Moines, Iowa 50309

Fred Richardson  
Community Noise Counselor  
Pasco County Health Dept.  
610 Forest Avenue  
New Port Richey, Florida 33552

Elizabeth Ryan  
4600 Kietzke Avenue  
Reno, Nevada 89510

Florence Sass  
NRTA-AARP SCSEP  
1100 E. Oakland Park Blvd.  
Room 107  
Ft. Lauderdale, Florida 33334

Elizabeth Stroster  
401 Colley Avenue  
Norfolk, Virginia 23507

COMMUNITY NOISE COUNSELORS

June Sunderland  
3730 Calle Real  
Santa Barbara, California 93105

Ed Welsh  
NRTA-AARP SCSEP  
240 N. Washington Blvd.  
Suite 601  
Sarasota, Florida 33577

Mr. Paul Vice  
c/o Mr. Don Selvy  
Arizona Department of Health Services  
411 North 24th Street  
Phoenix, Arizona 85008

Mr. John Albanese  
NRTA-AARP SCSEP  
Regency East, Box 6  
1 Jackson Walkway  
Providence, Rhode Island 02903

JOB DESCRIPTION

COMMUNITY NOISE COUNSELOR

Qualifications include:

1. Initiative and self-motivation
2. The ability to work with minimal supervision
3. The ability to comprehend technical details and apply these to practical situations
4. The ability to communicate effectively with groups and individuals
5. A willingness to speak to groups
6. The ability to work effectively with other organizations or agencies involved in activities related to noise abatement
7. A somewhat flexible time schedule, as hours worked will tend to vary as need arises

Duties shall include:

1. Acting as community focal point in providing information related to noise problems.
2. Dissemination of information to develop community awareness, i.e., distribute materials, speak to community groups, maintain informational booths at special events such as fairs, appear on TV talk shows, etc.
3. Information and assistance, i.e., respond to inquiries and/or complaints and assist individuals in determining the extent of the problem and actions they can take to control or remedy the problem.
4. To the extent possible, coordination of activities with local agencies responsible for enforcement, i.e., when an enforceable situation exists, counselor will guide individuals through complaint and enforcement process and follow-up.
5. Development of a list of local community resources.
6. Forming citizens groups for action on specific noise problems.
7. Education in schools and the community concerning the adverse effects of noise.
8. Recruiting volunteers to assist in carrying out the above tasks and advocating for quiet.



## TRAINING GUIDE

### Introduction

#### Noise

What is Noise

Why is it a Problem

### Basics of Sound

#### Characteristics of Sound

Frequency, Amplitude

Sound Waves - Compression, Rarefaction

Reflections, Absorption

Measurement of Sound

Decibels

Sound Level Meter

### Hearing Loss Due to Noise

Anatomy of the Ear

Temporary Threshold Shift- Permanent Threshold Shift

Correctable versus non-correctable Hearing Loss

Trauma versus Gradual Hearing Loss

### Other Health Hazards Related to Noise

Stress

Psychological Manifestations

Job Performance and Sleep interference

### What Can be Done

Community Awareness

Education

Problem Solving

Legislation

Modules - Choose one or more depending on interests

Education for Adults

Community Awareness and Education  
Literature Distribution  
Approaching Groups  
Speaking to Groups  
Special Event Participation

Consumer Awareness

Buying Quiet

Appliances  
Machinery  
Living Areas  
Correcting present problems

Quieting Methods

Damping the vibration  
Barriers  
Proper Maintenance

Community Action and Legislation

Getting the community involved  
Documentation of problem  
Examination of solutions  
How to develop an Ordinance

Problem Solving

Community Program Development  
Investigation Methods  
Making use of available resources  
How to use a Sound Level Meter  
Quieting Methods

Education in Schools

Full curriculum  
One or a few sessions  
Available Material  
Development of Programs  
Projects for Individuals or Classes

Media

Newspaper  
Radio  
T.V.  
Public Service Announcements



## For Your Information

Noise Control: Have barking dogs kept you awake at night? Do large trucks disturb the quiet of your streets in the early morning? Are you fed up with the loud music from your neighbor's all-night party? Most of us have been disturbed by loud, irritating, or prolonged noise from various sources. Research has shown that 'noise pollution' can have significant and serious effects on our physical and mental health. You may be familiar with the effects of excessive noise, but do you know how to deal with it? Under the sponsorship of the Senior Community Service Employment

Program (SCSEP) a Noise Counselor has been appointed to help communities work on this problem. This is a national pilot project coordinated by SCSEP and sponsored by NRTA/AARP.

Blanch Parker, who worked previously with RSVP, is our area Noise Counselor and works out of an office located in the '400' senior citizens apartment building at 400 NW 1 Ave. Anyone with questions about the program or who has a noise problem should call Blanch at 904-372-1147. She is working to increase public awareness of the harmful effects of noise and to work

with local citizens to lessen these ill-effects. Blanch plans to work with individuals and with neighborhood groups to develop effective strategies for educating others about noise and for reducing the incidence of excessive noise in our communities. A special program will be held in the near future and will be a 'Barking Dog Clinic.' Owners of dogs are invited to participate (but please leave your pet at home!) to learn methods that will silence nuisance barking without harm to the dog or the dog's owner. Details on this workshop can be obtained by calling Blanch at her office.

Tuesday

May 20, 1980



# Benton County DAILY Democrat

The New Tradition

Volume 3, Number 100

Bentonville, Arkansas 72712

12 Pages

## Legislation May Be In Future

# Bentonville Too Noisy Ms. Compton Thinks So

By DANNY WILLIAMS  
Daily Democrat Staff

Your dog, your car, the place you work, your vacuum cleaner, the blender, and yes, even your kids, may be too loud, bothersome and dangerous to your health, a community counseling group is telling Bentonville citizens.

Through discussions with youth and civic groups, the public schools, the media, and possibly through the passage of a city ordinance, a community counseling organization sponsored by the American Association of Retired Persons plans to keep Bentonville hush-hush.

The counseling group is working throughout northwest Arkansas passing out literature from the Environmental Protection Agency concerning noise pollution and offering their services in fighting noises that they say can be dangerous.

"Even murders are committed with no noise," says regional counselor Delyle Compton, Fayetteville.

"Noise is painful. It can cause nervous problems and loss of hearing," she maintains. "You have the most beautiful sound system in the world. It would be a shame to have it destroyed."

Compton's goals are to have a "quieter Bentonville through awareness and education." She is also working in Springdale, Fayetteville, Siloam Springs, Fort Smith, Huntsville and Eureka Springs.

"I have found them extremely receptive," she told the Daily Democrat. "I expected a slow re-

She said some northwest Arkansas communities already have noise ordinances, and thinks most others eventually will.

What would an ordinance consist of? Compton has several possible examples, most separating industrial

and residential areas and defining maximum degrees of noise at certain times of day.

On passing an ordinance, she said, "Most of the time a person knows his neighbors are upset. You can usually reason with them but it's nice to have

something enforceable.

Complaints most common, included barking dogs, problems, loud music, and cycles.

"Even on the lake, a motor be troublesome at night," he



Noise Pollution's Everywhere

Delyle Compton, the AARP's community counselor on noise pollution, displays that noise pollution is everywhere in the office. Even typewriters are a form of bothersome noises that can be quieted, she says.

PHOTO BY AVIAR AND

# Community noise counselor raises her voice above the polluting din

By KATHLEEN HALLORAN  
Journal Staff Writer

You can't see it, touch it, taste it, feel it or smell it. And if you ignore it, chances are you can't hear it either.

Noise. Continuous, excessive, unwanted noise. It's a veritable onslaught. Your ears are being ravished.

Noise pollution doesn't receive quite as much attention as oil spills and lethal gas leaks, but it is pollution nonetheless. Sometimes it is just a minor annoyance; sometimes it is a menace.

Consider this fact published by the Environmental Protection Agency: 40 million Americans are exposed to potentially harmful noise levels without knowing it. And any noise-induced hearing impairment is irreparable. It is difficult to notice, because it usually is painless and develops slowly. It can only get worse. Surgery or medicine is useless.

And that's not the only problem. The hazards of noise first came to the public's attention in 1972 when the Noise Control Act was passed, authorizing the Environmental Protection Agency to research the problem of how noise affects public health and welfare. Researchers conclusively established that noise has an adverse effect on general health.

The EPA set up a network of "community noise counselors" to make the public aware of this problem. And, yes, Pensacola has its own community noise counselor.

Her name is Joyce Daugherty. She's no longer whispering about this problem — she's yelling.

Listen to what Daugherty claims continuous, unwanted, excessive noise can do besides just damage your ears:

— Noise can raise your cholesterol and adrenaline levels, blood pressure and heart rate. It can contribute to heart and circulatory disease, possibly even bringing on cardiac arrest. It can cause ulcers. It can run up your medical bills, shorten your lifespan.

— Noise can interfere with digestion, causing the gastric juices to flow and saliva to stop. (Remember when you were a kid and you got so scared your mouth went dry?) It can bring on stomach cramps, nausea and migraine headaches.

— Noise may contribute to emotional stress reactions associated with mental disturbances. It can make a person irritable, angry and tense, interfering with job performance and personal relationships. It can interrupt sleep, causing fatigue or insomnia, particularly for those millions of Americans who work night shifts. If it impairs your hearing, career choices narrow.

— Noise can make it harder for your children to concentrate and study and learn. Unsuspected hearing impairments can make it harder for them to talk, play and establish the relationships with other children essential for growth into healthy, stable adults.

— Noise can even affect the unborn child, who may be born too soon, or born defective, or hypersensitive.

A child may be born with impaired hearing. — Last but not least, noise can even affect your life, lowering your drive.

These are some of the facts put together and cited by Daugherty, who is sponsored by the National Retired Teachers Association ("They're the ones who sign my paycheck," she says) and the National Association of Retired Persons. She has a desk office of the Senior Citizens Service Employment Program, works directly with the EPA, the Department of Labor, the National Urban League, the National Quiet Center in Washington, D.C., a number of other agencies and programs that furnish materials and pamphlets.

Her goals are twofold: "One, to make people aware of the problem, and two, to be able to help the problems concerning noise by referring them to the proper people or agency."

Her activities in these arenas include lecturing, showing slides at schools, distributing information and material to anyone who's interested, taking complaints on excessive noise, and looking into laws on noise. She's interested in such issues as acoustics in the proposed Civic Center and positioning of runways at the airport.

"I'm proud to say that Pensacola is becoming more conscious of this problem. The city has a very good noise ordinance that can be enforced with a fine sentence or both," Daugherty says.

What that means is that if your neighbor is noisy, see NOISE, P

# 'Raging Bull,' 'The Elephant Man' lead Os

Complete nomination list, Page 3D

HOLLYWOOD (AP) — "Raging Bull," a hard view of the prizefight world, and "The Elephant Man," the real-life story of a freak in Victorian England, won top honors in the 53rd Academy Award nominations Tuesday, scoring in eight categories each. "Coal Miner's Daughter," the story of Loretta Lynn's rise to country music stardom, received seven nominations, followed by "Fame," "Ordinary People,"

"mood" — "Raging Bull" and "The Elephant Man." Also listed for the top prize: "Ordinary People," "Coal Miner's Daughter" and "Tess."

The best-actor nominees were all strong performers in bravura performances:

— Robert De Niro as Jake La Motta in "Raging Bull" — a role for which he put on 70 pounds during the filming so he could portray the boxer in his declining years.

— Robert Duvall as the hard-bitten wing command-

— Ellen Burstyn as a woman who experiences a near-fatal accident and acquires mystical healers in "Resurrection."

— Goldie Hawn, as a "Jewish princess" who joins the Army and gains the ability to stand on her feet in "Private Benjamin."

— Mary Tyler Moore as the wealthy, passive mother of a son who committed suicide in "Ordinary People."

— Gena Rowlands, as the former moll who tries to protect a child from the h

# Noise

Page 1D

RECEIVED  
FEB 25 1991

disturbing you, and your efforts to quiet them haven't worked, you can call the police. The police can investigate, cite the ordinance, and ask them if they are interested in talking to a judge about disturbing the peace.

"But outside the city limits, there is no noise ordinance whatsoever," she says.

That means that you can call the sheriff's office and deputies will investigate, but all they can really do is ask the noise makers to quiet down. Usually a deputy's uniform and a polite request will be enough.

"We are now circulating petitions and presenting them to the county Board of Commissioners. They are drafting a county ordinance, using some models I acquired from other counties in Florida. I'm hoping it will come up for a public hearing sometime soon. (Escambia County Sheriff Vince) Seely has promised full support," she says.

The question of whether a specific noise is too loud

is not just a matter of opinion, says Daugherty. Decibel readings on a sound meter provide a very easy and scientific method of measuring noise and estimating its impact on the ear.

At a typical listener's distance, a whisper will register about 30 dB on the scale; normal conversation will reach about 60 dB; household appliances or heavy traffic, 80 dB; an air raid siren, 130 dB.

The point on the scale where a person begins to hear is 0. At about 70 dB, constant noise can begin to damage hearing. At about 110 dB, the threshold of pain is reached, and the sound itself begins to hurt.

The accepted standard for most noise ordinances, according to Daugherty, is 40-60 dB at night and 50-60 dB during the day.

If you have any questions, or would like more information, or just want to talk about noise, you can call your community noise counselor. Daugherty's number is 433-5070, or after 5, 478-6012.

## Keep quiet and listen to some good advice

The Environmental Protection Agency offers the following information for people who want a quieter home:

- Wooden cabinets vibrate less than metal ones.
- Place a foam pad or towel under your typewriter.
- Install washing machines in the same room with heating and cooling equipment, preferably in an enclosed space away from bedrooms.
- Keep doors and windows closed to prevent disturbing others.
- Use acoustical tile on ceilings.

• Upholstered furniture will absorb more noise than hard-surfaced furniture.

• Caulk windows and install storm windows to cut down outside noise.

• Replace metal garbage cans with plastic ones.

• Wear ear protectors when you are using equipment or tools that produce sustained loud sounds.

• Put foam pads under blenders, mixers and other small appliances.

• Eliminate noise leaks in walls by sealing holes or cracks.

## Counselor Wants Message Carried To Schools

# Senior Citizens Sought To Aid Anti-Noise Campaign

By ALLAN HORTON  
Herald-Tribune Reporter

In a five-day noise control workshop held last week in Daytona Beach, C. Welsh, Sarasota County community noise counselor, hopes to enlist a cadre of volunteer senior citizens to carry a message to schools.

Welsh said a successful public awareness and education program to bring about noise abatement in the Pinellas County school system largely on volunteer senior citizens.

He said the formation of a similar group locally could

significantly augment the task he sees as larger than a one-man job.

Welsh is one of 27 community noise counselors operating nationally through the auspices of the National Retired Teachers Association and the American Association of Retired Persons to advise communities and educate citizens on ways to reduce urban noise.

He said all the counselors were assembled in Daytona Beach for the intensive, three-day workshop which also was attended by Urban League representatives.

As a counselor, Welsh has no enforcement power and spends much of his limited time acting as an ombudsman, speaking to civic groups, clubs and community organizations about how to control excess noise.

Welsh said one of his more successful efforts to date has been the conduct of a radio program in Venice in which he fielded questions about noise control called in by listeners.

He said he always stresses the adverse health effects of noise as a factor not only in hearing loss, but related also to hypertension, heart disease, headaches, fatigue and other stress-related health problems.

Although those problems are most likely to affect old persons, noise also harms youth, he said.

One phase of the workshop discussed information from studies of school children which Welsh said indicated that 10 percent of the children in the elementary grades suffer hearing problems. By high school, the percentage doubles and in college 30 percent of the students have hearing deficiencies.

In cases where continuous exposure to excessive noise such as prevails at rock concerts and discos has caused nerve damage, the hearing loss is permanent.

Welsh said although he has made no approach yet to school officials, he hopes to marshal six volunteers to help him educate local youth about the jeopardy excess noise poses for their health and welfare.

He said he plans to begin the program at the elementary level and "work up" to the higher grades.

Assigned to spend 20 hours per week providing noise control assistance to Manatee, Sarasota and Charlotte counties, Welsh said he is concentrating chiefly on Sarasota, though he remains available to the other counties as requested.

"It's too big an area," he said, calling it "no one-man job" to launch a program in all three counties.

He said there are "plenty of very active retired people" locally with the time and talent to help communicate the message that noise is an unnecessary, unwelcome pollutant which need not be tolerated in the community.

Potential volunteers for Welsh's program can contact him through the local offices of the NRTA-AARP Senior Community Service Employment Program at 240 N. Washington Blvd.



... has been proven. Thirty percent of students in high school and college have some hearing impairment." Contributing to increasing hearing loss in young children, he believes, are loud motorcycles and amplified music. Disco played in a confined space is a real menace, in Welsh's view.

Some noise is necessary, Welsh admits, but that does not make it any less a hazard.

Recently, Welsh conducted his own experiment on the noise-level of emergency vehicles. He rode in the Longboat Key fire engine and took sound level readings. "It was 128 decibels, almost double the toleration level." That level, he added, was just as high within 100 feet of the vehicle. One fireman, Welsh said, already had impaired hearing.

Welsh recommended heavier insulation between the roof of the cab, where the horn was situated, and ear muffs with earphones set in to help reduce the additional stress of radios registering at the 90-decibel level.

Anything above 60 decibels is considered loud, according to EPA standards.

Solutions to the noise problem, Welsh suggested, can be most effective if initiated through "a good neighbor policy." Good noise ordinances that are enforced, he added, have also proven very effective.

Welsh considers Sarasota's own noise ordinance "well drawn." He also says the idea of rerouting trucks away from residential neighborhoods could help solve the community's noise problem. Welsh also suggested signs for noise-sensitive areas, such as school or hospital zones.

A pilot and a former Air Force colonel, Welsh recognizes the problems of residential neighborhoods close by Sarasota-Bradenton Airport. He feels his relationship to neighborhood groups trying to reduce the level of noise in that area — or demanding that the airport find a new location — has to be that of an ombudsman.

Perhaps Welsh's most important role in the battle against excessive noise is that of educator. He now plans to take his program "directly to the schools, starting in the fourth grade, talking to the kids themselves." The earlier children are warned about the dangers of noise, Welsh said, the greater their chance of retaining their hearing. Pointing out the fondness among young people for radio and TV, he predicted "Eventually they'll see the picture, but they won't hear what's being said."

For further information, or to volunteer for Welsh's program, call 365-1373.



Sarasota MONITOR October 1980  
Edward Welsh, Sarasota, FL

## Anti-Noise campaign headquartered in Sarasota.

by Linda Harrington

"The crux of the whole situation is that it's a health problem, not just a simple nuisance," said Edward Welsh, community noise counselor for Sarasota, Manatee and Charlotte counties.

Because of limited manpower, Welsh's campaign against noise is concentrated in Sarasota, with his central headquarters at the Senior Community Service Employment Program office at 240 N. Washington. In order to better serve all three counties, Welsh is seeking community volunteers.

"I wanted to do something to help my community," Welsh said, explaining his own decision to accept a position as one of 27 counselors affiliated with the National Retired Teachers Association and the American Association of Retired Persons.

While serving on a Longboat Key home safety program, Welsh learned that of the 7,000 safety hazards discovered, most were "correctible on the spot." he feels the same is true of noise pollution.

Though many people move to the country to escape city noise, most people, Welsh said, tend to overlook the harmful effects of noise and accept it as necessary. Information accumulated by the Environmental Protection Agency, which funds the noise counselor program, indicates it is not. Welsh will serve as a source of information about means of control, as well as about the specific effects of noise on both the physical and mental systems of those exposed to it.

There is as yet, Welsh said, "no evidence noise can be an immediate and direct cause of death." Studies have shown, however, that it can indirectly contribute to heart disease, hypertension, stomach ulcers and, of course, hearing loss, eardrum and inner ear damage.

"The effects on the nervous system," Welsh said, "are most direct." Sleeplessness in the elderly due to noise disturbances can have adverse effects, and noise in a school situation has been shown to affect learning. Noise has even been linked to low birth weights and birth defects. Perhaps the most frightening aspect of noise damage, Welsh said, is its permanence: When nerve endings in either ear die "there is no way to revive them."

Evening Independent  
ST. PETERSBURG, FLA.

D. 165112

JUN 18 1980

8:12

## Noise Pollution Action Sought

PATSY V. PRESSLEY  
Staff Writer

Roaring along streets on a motorcycle is not a crime. Doing it without a muffler is. Pinellas County has a noise counselor who would like to see more of these types of crimes prosecuted in an effort to cut down on noise pollution.

John Bedrow, of the American Association of Retired Persons and the National Association of Retired Teachers, will ask the St.

Petersburg City Council Thursday to consider using two or three officers to work with him on noise problems.

One problem Bedrow is likely to face will be budget considerations on placement of officers. Because of the limited number of officers, says police spokesman William Daniel, two or three officers working on noise would be a "burden" on the force.

Daniel also says that only a small percentage of police calls involve noise.

Pointing to First Avenue N and 49th Street as an unusually noisy area, Bedrow says the problem could be solved if the police would give more citations for noise pollution.

Bedrow says St. Petersburg has a good ordinance dealing with noise, but police "don't enforce it as well as they could." Daniel said police have no records on noise pollution areas, but said there have been quite a few. Bedrow says other forms of noise pollution include parties, barking dogs, air conditioning units and loud sanitation trucks.



Margaret Burnside checks  
...noise levels on a Watkins street

## Counselor keeps ears open for dangerous noise

This is one of a series of articles focusing on a working day in the life of a Twin Tiers resident.

By **GLENDIA GEMHART**  
**WATKINS GLEN** — When some people are told what

Clute Park Community Center. Armed with a noise meter, Mrs. Burnside paid a visit there and found decibel levels well over 100. A safe decibel level is between 60 and 70, she said.

### LOCAL

• Margaret Burnside always has her ears open for noise. As Schuyler County's noise counselor, she works to lower unhealthy sound levels. Page 5A.

ade

## Noise —

(Continued on Page 5A.)

"It was very interesting. It is noisy, but I was surprised it wasn't even worse," she said, noting that the decibel levels ranged from below the 60 to 70 mark to up to about 90.

Mrs. Burnside said that the education program she has formulated would show children that loud radios, stereos and live music can hurt their ears after constant exposure. Loud music, for example, registers at about 120 decibels, which is higher than that of a jet engine at 2,000 feet and nearly equal to a jet engine at 75 feet.

Leaves rustling is about 10 decibels, normal conversation about 50 while conversation stops at about 80 decibels.

Noise can be a nuisance and as of now, it is covered by nuisance ordinances in Watkins Glen and Montour Falls. No municipality in the county has an ordinance dealing specifically with noise problems.

The EPA has set a goal of getting 4,000 noise ordinances established in the United States in 1981. But the federal agency also realizes the importance of general education, Mrs. Burnside said.

"What they would like us to do is just talk about it and convince people they should be working for a quieter environment."

Mrs. Burnside has information about how to create quieter surroundings. For example, people can buy quieter home appliances. It is faulty to think that the noisier an appliance, such as a vacuum cleaner, the more effective it is, she said.

Mrs. Burnside said she is willing to meet with groups to talk about noise problems and has already spent some time with Day Care children, using puppets to tell them about noise.

She has also the noise meter to make studies of certain things, if requested. But Mrs. Burnside emphasized that she has no power to put an end to incidents of noise problems. That has

to be done through law enforcement agencies.

With the Watkins Glen Tomorrow development program in the future, Mrs. Burnside has started taking part in environmental meetings to make suggestions about noise problems, such as during construction.

She also is interested in the planned housing complex for senior citizens and was happy to note that the walls will be of cement block construction, ensuring few noise problems from apartment to apartment.

The Noise Counselor Program, as established by EPA, was aimed specifically at getting older persons involved with environmental issues. Mrs. Burnside, who said she has always done office work, pointed out that most people working in noise control across the country are volunteers who are retired.

## Shepard honors w

MONTOUR FALLS — S the Shepard Niles Crane & received awards for their the company.

Those receiving the award employment were: Adrian erson, Sr., and Sam Bale VanVleet, Edward French Douglas Clark, 30 year Claude Cole and Austin S odore Martin, 20 years; Ronald Borden, Raymond States, Jr., 15 years; Helen John Ganung, Richard S. Frederick Barr, Emory Ly 10 years.

ST. PETERSBURG TIMES

# CITY PLUS

NEWS AND FEATURES OF SPECIAL INTEREST TO

## Counselor is hired to fight

By DEANNA SILBERMAN  
St. Petersburg Times Staff Writer

This used to be a quiet world. Our great-grandparents went about their lives in a stillness punctuated by occasional sounds: the whack of an ax, the scrape of a shovel, the familiar squeak of a stair or a porch swing.

They did not live with fluorescent buzz, refrigerator hum, TV drone, Muzak, jet scream, acid rock and power drills. In their entire lives they might not hear as much music as one teeny-bopper with a portable radio is exposed to in a week.

So it is that we have come to have a community noise counselor.

**HIS NAME IS** John Berdrow, and he's stamping out noise in Pinellas County, courtesy of the Federal Noise Control Act of 1972 and the Quiet Communities Act of 1978. His tool is a trusty red noise meter; his strategy is education, negotiation, and, where necessary, enforcement of the law.

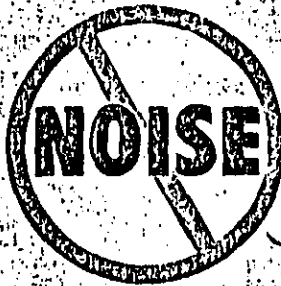
Since he took the job in December, Berdrow says he's learned enough to make him a believer.

He refers to new studies suggesting that noise not only causes hearing loss, but contributes to heart and circulatory disease, and damages unborn children. And, he says, it causes emotional stress. It's just as you've always claimed: Your teenager's stereo is driving you crazy.

This hits on a basic problem: One man's noise may be his son's (or neighbor's) nirvana.

**IN CASES LIKE** that, it's the volume that counts.

Noise, defined as any unwanted



ment of Berdrow and 27 other noise counselors across the country is aimed at eliminating dangerous noise at home and at play.

Berdrow is currently promoting the passage of a state law (House Bill 707) that will prohibit unnecessary horns, sirens and whistles at night.

Noise counselors have been recruited from the American Association of Retired Persons and the National Association of Retired Teachers. Perhaps for that reason, 10 of the 28 are here in Florida.

The counselors provide information to the community through speeches and the distribution of pamphlets, take noise-level readings and assist people who call with complaints.

Berdrow says problems among neighbors can usually be resolved by a visit to the offender. When they are well informed, most people cooperate willingly, he says. If necessary, sheriff's deputies can be called in to enforce the county noise control ordinance.

**THE ORDINANCE** decrees that noise in residential areas must be kept at 72 decibels or less from



John Berdrow checks the noise level of passing





Instrument used to measure noise. When accelerating, the noise level of the pier trolley is 88 decibels.

## et corners, malls are noisiest places in tow

lamor a menace right ersburg?

at question to John his noise meter last se results:

earing loss in the Sun- ough not to:

on the corner of 34th it Avenue N for days at 0 decibels).

inantly positioned be- able car downtown (88

decibels when accelerating).

✓ Spend the entire Christmas season at the center of Tyrone Square Mall (85 to 90).

**SHOPPING AT** an indoor mall, in fact, may be harder on your ears than it is on your feet; Folks in Aladdin's Castle, the pinball playground at Tyrone Square, were exposed to readings as high as 88 decibels last week, while shoppers at Disc Records across the way were soaking up Dan

Fogelberg at 85.

Movie previews at one of the Tyrone Square Sisk theaters varied from 75 to a startling 85. For comparison, Berdrow says television programs at normal volume are about 60. Archie Bunker, he says is 67; a televised basketball game about 75.

A car traveling at 55 mph with the windows open and the radio on is close to 70; motorcycles range from 80 to 110, depending on speed, perhaps

trucks do their thing at about 8

**WHEN MOTORBOATS** up speed, they go from 74 to washing machines and vacuum cleaners are about 70, a hand held dryer on high: 82. An evening boogie at Websters: about 120.

So where's a nice place for en St. Petersburg?

The downtown Plaza: 57 dec of Beethoven, Bach and Handel,

DUBUQUE, IOWA  
TELEGRAPH HERALD  
D. 39,315 S. 41,334

JUN 15 1980

# Noise counselor warns of

By KRIS HANSEN  
Telegraph Herald Intern

Lucy Connor would like to shout. Then, after she's gotten your attention, she'd like to tell you, quietly, what her message is: "There's too much noise."

Connor is the local head of the Community Noise Counseling Program, part of a national effort sponsored by the National Retired Teachers Association and the American Association of Retired Persons under U.S. Environmental Protection Agency guidelines.

Connor, who became the local noise counselor in February, 1979, says she needs help to quiet noisy areas and influence city noise policies in Dubuque.

"Our goal is to educate the public to the extent and severity of the problem of noise, how it affects health in the home, on the job, in schools and on the farm — in effect, to quiet the city," she says. The organization also intends to organize community volunteers to pinpoint problem areas and influence local government to decrease noise levels, she said.

Connor says she has spoken to many community action groups and fraternal organizations, but has gotten little response because the groups already have their own projects. She's also spoken at schools and distributed posters and information booklets, but gotten no volunteers.

She says she hasn't found help from the people who complain to her about noise problems in their neighborhoods, either.

"People can't complain if they're not willing to do something," she says. "There are many possible volunteers around who are older and don't want the hassle of running around, but are able, capable citizens who can help this program."

Connor lists faulty mufflers on cars and trucks, diesel engines, construction work, air conditioners,



Lucy  
Connor

"There's too much noise."

farm equipment, loud music and barking dogs as some of the major problems in Dubuque.

She says many people have complained to her that they can't leave their doors or windows open during the summer because of the racket made by nearby air conditioners or stereos. The loud music also damages



# sounds that are easy on the ears

By Mariam Brillantes  
News-Press Staff Writer

The message may be falling on deaf ears.

But June Sunderland and La Vaun Eve say raising the consciousness of the community about the harmful physical and mental levels of noise will help combat noise pollution and perhaps help prevent irreparable hearing loss.

They're doing it through the recently opened office of the Community Noise Counseling Program, which serves Santa Barbara County and was jointly organized in 1978 by the National Retired Teachers Association and the American Association of Retired Persons.

Ms. Sunderland and Ms. Eve, noise counselors, operate the program office at 21 E. Canon Perdido St., Suite 206. "Our main job is to influence people and educate them about noise and its effects on our health and the total environment," says Ms. Sunderland. "The reason noise hasn't received as much attention as other types of pollution is because you can't see, taste or smell it."

But noise exacts a toll on people who live in cities today, even when they're asleep, she says. Problems related to noise include hearing damage and loss, heart disease, chronic stress diseases, effects on the unborn, learning effects on children, sleep disruption, irritability, tenseness, insomnia and fatigue; and intrusion in work and private life.

As guardians of healthy eardrums, Ms. Sunderland and Ms. Eve try to educate the public about the serious effects of noise and of actions which can



News-Press photo by Steve

CHECKING THE READINGS on the decibel monitor, a device measuring the sound level of noise, are June Sunderland, left, and La

Vaun Eve, noise counselors at the recently opened Community Noise Counseling Program office.