

June 13, 2024

To Lyons Mayor Hollie Rogin, Board of Trustees and Town Staff,

We all know that noise pollution isn't good for us, though we don't really like to think about it.

The following is some information to think about if you've been concerned about the mental health of Lyons residents and/or are wanting Lyons to be considered a Blue Zone and may be helpful when you're considering the requested PUD changes at Riverbend regarding amplified music.

Noise pollution can have negative effects on mental health, including:

Anxiety, Depression, Stress, Fatigue, Hysteria, Behavioral Problems and Suicide.

Some studies have found that people who are highly sensitive to noise are more likely to experience these effects. Noise can also lead to cardiovascular diseases, such as heart disease, stroke, and heart failure.

For further reading if you're interested:

"A study by the World Health Organization (WHO) outlined that prolonged noise exposure could lead to elevated stress levels, sleep disturbances, cognitive impairment in children, and even cardiovascular disease. The psychological impact of noise pollution is considerable, with various studies linking it to increased rates of anxiety, depression, and psychological distress."

<https://www.portagepath.org/not-so-silent-saboteur/>

"To say the onus is on the individual to fix their noise exposure is not feasible."

<https://magazine.hms.harvard.edu/articles/noise-and-health>

"Through daytime stress and nighttime sleep disturbances, loud sounds can hurt your heart and blood vessels, disrupt your endocrine system, and make it difficult to think and learn."

<https://www.scientificamerican.com/article/everyday-noises-can-hurt-hearts-not-just-ears-and-the-ability-to-learn/>

Something else to consider:

Amplified sound at Riverbend affects residents in an area larger than Indian Lookout Road and Upper Fifth Avenue. The first time I heard the amplified sound from Riverbend in 2014-2015, I thought "Wow, my next door neighbors are having a wedding with a DJ in their backyard", that's how loud it was.

It affects this lower neighborhood including residents at Bloomfield Place, many who have health concerns and are already experiencing a lot of noise due to traffic, Mainstage, Moxie and Farra (into the night when they're winding down and cleaning up).

Thank you for your time and consideration, we appreciate your dedication.

Patricia Appelfeller
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