

To the editor:

April 22, 2021 is the 51st annual Earth Day, an event that led to the passage of landmark legislation in the 1970's. Every year on Earth Day we celebrate the beauty of nature and acknowledge the need for ongoing vigilance to protect the earth.

One form of environmental pollution that is often overlooked is noise. Some experience the noises from everyday life like motorcycles, gas-powered leaf blowers and lawn mowers, loud car stereos, barking dogs, helicopters, airplanes, car traffic, noisy neighbors, raucous restaurants, and back-up beepers. Unfortunately for others, NW Washington has an extreme example of noise pollution from the Navy Growler jets which can reach over 100 decibels when heard from the ground. This jet noise damages the health and well-being of people, places, wildlife and communities all across the region.

All this noise is very harmful. High noise levels are associated with elevated blood pressure, heart disease, hearing loss, sleep deprivation, ringing of the ears, headaches, and chronic fatigue. Excessive noise is also a cause of decreased job and academic performance, as well as reduced property values.

A recent study conducted here in Washington found that Growler jet noise can reach orca pods and their primary food source, salmon, up to 100 feet underwater, putting the already endangered species more at risk.

Please join the Sound Defense Alliance in the fight to restore that balance between the military and our communities across NW Washington. We are building a broad coalition to let the Navy know that we hear them - but we need them to hear US. Please join us in the fight.

Sign up at <https://sounddefensealliance.org/take-action/join-us/>, follow, like and share us on social media.

YOUR NAME