



Greener Glenview Bulletin

July 2023

July Bulletin Focus: Noise

In this month's Bulletin, the focus is on noise, the second topic in Greener Glenview's three-part series "Hidden In Plain Sight: How Artificial Light at Night, Noise, and Traffic Impact Health and the Environment". "Hidden in Plain Sight" has been funded by a 2023 Judy Beck Grant.

In this issue, you'll learn about:

- Noise issues and concerns in Glenview
- Village Ordinances related to noise
- July 24 presentation "How Much Noise is Too Much? It's Not Just Your Hearing Being Harmed" at Glenview Public Library
- App to register noise decibels
- A landscaper going electric

Plus a whole lot more!



Heard Any Silence Lately?

Sometimes it takes a little bit of silence to notice how noisy life has gotten. Science is showing that noise is not good for us or the environment. Mark your calendar for our important July 24 program on noise.

What do we know about the impacts of noise, i.e. unwanted sound? For wildlife, noise blocks natural sounds that are important for communication, finding habitat and food, courting and raising families, and avoiding predators. For humans, noise pollution is becoming widely recognized as the cause of many acute and chronic health problems. Consider our routine exposure to indoor sound—appliances, TVs, children playing & arguing. In the warmer weather especially, add in traffic and construction, barking dogs, leaf blowers and lawn mowers, and pickleball plink. Wedding receptions, movie theater previews, personal listening devices, and concerts all assault our ears. (The June 24 Summerfest concert registered 92 decibels measured 30 feet from the stage.)

In addition to our “routine” levels of noise exposure, look at what is facing some Glenview neighborhoods: a proposed outdoor concert venue downtown inches away from a residential area; 500+ trucks moving through the redeveloped Allstate property; proposed I-294 on/off ramps; and public and private pickleball courts.

Greener Glenview believes it is time to educate the public and decision-makers about the impact of noise on our everyday lives as this issue grows in prominence across the nation.

How Much Noise Is Too Much? It's Not Just Your Hearing Being Harmed

HOW MUCH NOISE...



IS TOO MUCH?

IT'S NOT JUST YOUR
HEARING BEING HARMED

Hidden in Plain Sight Part 2 • GreenerGlenview.org

The second program in the Greener Glenview series "[Hidden In Plain Sight: How Artificial Light at Night, Noise, and Traffic Impact Our Health and the Environment](#)"

DATE: Monday, July 24 @ 7:00 PM

LOCATION: Glenview Public Library Community Room

Join Greener Glenview for the important presentation "[How Much Noise Is Too Much? It's Not Just Your Hearing Being Harmed](#)".

Glenview, like the rest of the world, is becoming a noisier place. Many people do not know that noise pollution is a major environmental hazard. The goal of this presentation is to help residents, including decision-makers, learn about the harmful impact of noise on our brains, our bodies, and the environment, and understand what it takes to reduce exposure.

The presenter is Northwestern University neurobiologist Nina Kraus. Dr. Kraus will address how moderate, "safe" levels of noise interferes with or harms our health and well-being as well as how it impacts the environment. She will explain the acute, chronic effects, and long-term health risks of noise pollution in the community setting. She will also address what we can do about noise pollution.

Kraus is the author of the 2021 book [Of Sound Mind: How Our Brains Constructs a Meaningful Sonic World](#), published by MIT Press. She is Hugh Knowles Professor of Communication Sciences, Neurobiology, and Otolaryngology and leads the [Brainvolts](#) Lab at Northwestern, has more than 400 peer-reviewed scientific articles and book publications, and currently holds five patents (and three pending) for assessment of sound processing in the brain.

Glenview's Noise Ordinances

There are multiple sections of the Glenview Municipal Code that address noise. For this reason, the most relevant parts of the code are introduced here with a link to the complete ordinance. **Enforcement is on a complaint basis.**

NOTE: If you live in the "Edens Expressway Noise Impact Area", i.e. properties with common addresses of 905 to 941 Long Road, Glenview, Illinois, special building requirements apply to you in order to mitigate noise from the Edens. (See Chapter 18, Buildings and Building Regulations, Article XIV).

Chapter 46: Offenses and Miscellaneous Provisions

Article III: Offenses Against the Public Peace and Safety

Sec. 46-104. - Noises generally.

(a) It shall be unlawful for any person within the Village to make or continue, or cause to be made or continued, any loud, unnecessary, or unusual *noise* which either annoys, disturbs, injures or endangers the comfort, repose, convenience, health, peace or safety of others within the limits of the Village.

(b) The following acts are declared to be loud, disturbing and unnecessary *noises* in violation of this section, but such enumeration shall not be deemed to be exclusive;

[READ MORE](#)

Chapter 98: Zoning

Article VIII: Performance Standards

Section 98-371: Purpose

The land in the Village and surrounding areas is predominantly devoted to residential use. People who reside in such areas have chosen the location because of the suburban atmosphere, free from objectionable noises, smoke, odors, vibrations, and other irritants that are frequently found in more urban locations.

The performance standards contained in this article are designed to minimize operations that would disrupt the existing suburban atmosphere.

[READ MORE](#)

Chapter 90: Vehicles and Traffic

Article IV: Vehicle Equipment, Size, Weight, and Load

Section 90-322: Mufflers and exhaust systems

Every motor vehicle driven or operated upon the streets of the Village shall at all times be equipped with an adequate muffler or exhaust system in constant operation and properly maintained to prevent any excessive or unusual noise. No such muffler or exhaust system shall be equipped with a cutout, bypass, or similar device. No person shall modify the exhaust system of a motor vehicle in a manner that will amplify or increase the noise of such vehicle above that emitted by the muffler originally installed on the vehicle, and such original muffler shall comply with all the requirements of this section.

[READ MORE](#)

Noise Awareness Is In Your Hands (and an App)!



Want to become more knowledgeable about your personal exposure to noise?

Greener Glenview and The Grove are partnering on Sunday, September 10 for a 2-hour training and practice session on sound level meter phone apps. Earplugs will be provided. If you want to start learning on your own, download the NIOSH Sound Level Meter app (iOS) or Sound Meter (Android). FYI, the smoothie setting on a Vitamix hits 85.2 decibels. How does that compare to other sounds? Think busy restaurants and police sirens.

And Speaking of Noise: Landscaper Goes Electric

Many of us cringe when a crew arrives to mow and blow a yard in our neighborhood. Imagine hearing a soft vacuuming sound instead of that nasty

growl of a gas-powered leaf blower! That's just what we heard recently as we passed a crew working with electric blowers! Who is this landscaper who's going electric? George Cardenas Landscaping, 847 562-9144.

We called Cardenas Landscaping to thank the company for going electric and spoke with Alejandro. He said that there are many reasons to go electric. Gasoline is very expensive. Clients don't like the noise and the smell of gasoline-powered equipment. And the company would like to be as sustainable in its equipment as it can be. All backpack blowers are now electric for Cardenas crews, and the aim is to convert gradually to all-electric lawn care equipment.

The 30% tax credit on the purchase of ride-on mowers offered by the Inflation Reduction Act may help speed up Cardenas' transition to electric equipment. And going fully electric—including the mower—will help improve local air quality. The EPA reports that emissions from gas-powered lawn care equipment account for 5% of air pollution in the U.S. A four-stroke lawnmower operating for one hour equates to a vehicle traveling for 500 miles. Read more about lawn care and climate change [here](#).

If you know a landscaper who has begun the transition to electric equipment, please email us at Greener Glenview. We'll start a list to help readers find lawncare providers who create fewer fumes and less noise.

Save and Donate Your Gently-Used Sports Equipment for the August 27 SportSwap!



Clean out that garage, bedroom, or trunk!

Looking for an opportunity to do good, free up space in your home, and get some equipment you need at a great price?

Swap • Shop • Save

Greener Glenview and the Glenview Park District are combining efforts to hold the first annual [Glenview SportSwap](#) at the Glenview Park Center West Gym.

Donations Days

Thursday, August 24 through Saturday, August 26

We are asking residents to donate gently used sports equipment and receive a voucher for donated items.

Shopping Day

Sunday, August 27

Then, everyone is invited to shop and save on August 27. You don't need to donate an item to come shop. But if you do donate, you can use your voucher towards the purchase of items at the SportSwap.

[All the details including the type of sports equipment accepted for the SportsSwap](#)

Benefits

Proceeds benefit the Glenview Park Foundation. The environment benefits by reducing the amount of equipment going to the landfill. And all shoppers benefit by snagging stuff at great prices!

Volunteers Needed

If you'd like to volunteer, we will need help on donation days (accepting, sorting, etc. on Thursday-Saturday, August 24-26) and on the SportSwap sales day (Sunday, August 27). Let us know when you can take a shift by contacting Ann Yoshida at amyoshida@aol.com. Any time you can donate will be greatly appreciated! Thank you in advance. This event will be lots of fun!

Tree Keepers, Neighborhood Tree Walks, and Tree Care

Request a Tree Walk in your neighborhood

Glenview's generous tree canopy may be one of the reasons you moved here. The tree canopy coverage is 34%, and growing. The 2022 Urban Forest Management Plan sets a goal of increasing it to 37% in the next ten years. The Village of Glenview is responsible for planting and maintaining approximately 31,000 trees in parkways and on municipal property. Each year, they plant hundreds of new parkway trees. For information about requesting a new parkway tree in front of your property, contact the village [here](#).



Park Manor Tree Walk

Residents of the Park Manor neighborhood learned about tree care in June when they attended the neighborhood Tree Walk led by Glenview's natural resources manager Robyn Flakne and several local TreeKeepers (see more on TreeKeepers and tree care below).

The idea for the Tree Walk was started by neighbors interested in learning about tree care. If you and your neighbors would like to take an educational and enjoyable Tree Walk with Glenview's knowledgeable tree team of staff and

volunteers, contact Robyn Flakne at rflakne@glenview.il.us.

Love trees? Be a TreeKeeper

If you love trees, consider joining Glenview's chapter of [TreeKeepers](#). The TreeKeepers program is sponsored by OpenLands, a 60-year-old organization dedicated to conservation in our region. Training in identifying and caring for trees consists of six weeks of two classes per week followed by a certifying exam. Once certified, TreeKeepers join in events to support trees planted on public land in their community.

Greener Glenview sat down recently with TreeKeepers Henrietta Saunders and Sara Spitz to learn more.

Q. What made you decide to become a certified TreeKeeper?

A. Henrietta Saunders became a TreeKeeper to stay active in conservation in Glenview after she stepped down as chairperson of the Environment and Natural Resources Commission. The Urban Forest Management Plan, updated during her tenure on the ENRC, recommended that Glenview start a TreeKeeper chapter. For Glenview Library Trustee Sara Spitz, the idea was planted at an event hosted by Robyn Flakne to educate residents in the Secret Hollow neighborhood about caring for newly planted parkway trees. Spitz says the training has changed her life. "Everyone in the neighborhood knows I'm a TreeKeeper," she said. Neighbors now ask her about tree care, and inform her of trees they think need care. Her training makes her able to do a preliminary assessment of the parkway tree and report the issue to the Public Works Department which is responsible for 31,000 trees on public and municipal property.

Q. What do TreeKeepers do?

A. TreeKeepers help take care of trees on public property. For example, this spring, Glenview's TreeKeepers met with Robyn Flakne and Director of Public Works Joe Kenney to make sure that contractors mulched newly planted parkway trees the right way. (Hint: it's not the volcano of mulch that you too often see. See more info below.). This spring TreeKeepers helped plant and mulch trees at Glenbrook South High School and at Village Hall. And in June, area TreeKeepers from Glenview, Evanston, and Winnetka joined the Park Manor Tree Walk to demonstrate proper mulching.

Q. What is the most important part of caring for a newly planted tree?

A. For baby trees, just like baby humans, the first three years are of crucial importance. Proper watering and mulching are the key parts of caring for your new tree.

Proper mulching: arrange the mulch in a donut shape, and follow the 3 x 3 x 3 rule: the mulch should be 3" away from the trunk of the tree, 3" deep, and 3 feet in diameter for a newly planted sapling. As the tree grows, extend the mulch to the leaf line, if possible, but maintain at least the 3-foot diameter around the tree. Avoid VOLCANO mulching, even though you see so much of it. Piling mulch up against the trunk of the tree leads to disease and rot.

Proper watering? Give your tree 10-20 gallons of water a week, applied in one slow watering. Follow this rule of thumb for the first three seasons.

Glenview 2023 Garden Walk



Visit six amazing gardens including three certified native gardens at the Glenview Gardeners 2023 Garden Walk

WHEN: Sunday, July 9 @ 1:00 PM to 4:00 PM

WHERE: [Six locations](#) in Glenview and Morton Grove

Greener Glenview is partnering with the Glenview Gardeners for this annual event. In addition to three gardens created by Glenview Gardener members, the walk includes three native gardens certified by the National Wildlife Foundation as

native habitats.

If you've been thinking about adding natives to your landscape, now is your chance to see three certified native gardens ranging from a 10x10 townhouse plot to a whole-yard native and vegetable garden. Seeing is believing how beautiful native plantings can be.

We hope to see you there this Sunday. [For more information](#) including the locations of the six gardens.

Artificial Light at Night Presentation Now Available on Video!

Greener Glenview's April 10 presentation by Robert Sullivan "Artificial Lighting at Night (ALAN) and Its Effects on the Environment and Human Health" is now available on the Greener Glenview website and our YouTube Channel. The presentation has been edited into five sections.

[Section 1: Introduction and Overview \(18:00\)](#)

[Section 2: ALAN and Melatonin \(7:27\)](#)

[Section 3: How Does Light Pollution Affect Animals and Plants? \(21:19\)](#)

[Section 4: What YOU Can Do About ALAN \(8:50\)](#)

[Section 5: Questions and Answers \(25:00\)](#)

Greener Glenview Partners with the Glenview Park District: Nature -- There's An App for That!

Free Classes at The Grove!

Join The Grove and Greener Glenview as we collaborate with other experts and share our knowledge of some amazing community science apps that help you with nature identification and turn you into citizen scientists.

The sessions are free, but please reserve your spot by calling The Grove at 847-299-6096. For more information contact Diane at diane.michalski@glenviewparks.org, 224-521-2101.

WHAT: Nature -- There's an App for That! i-Trees

WHEN: Sunday, July 23 @ 1:00 to 3:00 PM

WHERE: The Grove

iNaturalist: Sunday August 12, 1 to 3 pM

NIOSH-Sound Level Meter Sunday, September 10, 1-3 pm



A program of Greener Glenview

Glenview Native Habitat Continues to Bloom

Glenview Garden Walk

See you at the [Glenview Garden Walk](#) on Sunday, July 9. We'll have a table at Janelle and Omar's garden so be sure to stop by and say 'hi'!

Certify Your Garden

We added three new certifications this month, to a total of 67. Help us reach 100 this year. We're getting close! [Learn more.](#)

GNH needs volunteers

Want to help the Glenview Native Habitat project? [We need volunteers](#) for our many activities. [Volunteer here.](#)

GNH wants your photos

Do you have a picture of your pollinator garden that you'd like to share? [Send us your pictures](#) and a list of some of the natives you've planted, and we'll post the information in the Bulletin and in our social media. [Send us your pictures](#) of

wildlife and native gardens around Glenview. Please include the date, location, and any details we should know.



Did you see us in the 4th of July Parade? Thank you to Glenview Gardeners who invited us to join their float in the parade. We got lots of thumbs up and applause from the crowd lining Harlem and Central.



Glenview 2023 Garden Walk

WHEN: Sunday, July 9 • 1 PM to 4 PM

WHERE: Six gardens in Glenview and Morton Grove

SPONSORS: Greener Glenview (Glenview Native Habitat) and the Glenview Gardeners

Six gardens are featured, three of which are native gardens. [For the complete list of locations and garden descriptions](#)

Dual Fuel Heating Systems

WHEN: Wednesday, July 12 • 1 to 3:30 PM

WHERE: Virtual

SPONSOR: Electrify Now

Heat pumps are now the technology of choice for heating homes in the US, outpacing sales of gas furnaces for the first time. Many installers, however, recommend dual fuel systems which combine a heat pump for efficient cooling and heating with a gas furnace for backup heating during the coldest times of the year. Other installers say these systems are unnecessary and a stand-alone heat pump is a better solution.

This subject will be discussed with a panel of experts who will address the pros and cons of dual fuel systems, when they might be a good solution, and the relative installation and operational cost differences between this solution and a stand-alone heat pump.

[REGISTER](#)

Environment & Natural Resources Commission Meeting

WHEN: Monday, July 17 • 7 PM

WHERE: Glenview Village Hall

There's an App for That! i-Trees

WHEN: Sunday, July 23 • 1 to 3 PM

WHERE: The Grove-Kennicott House

Learn about the ecosystem benefits of trees (e.g. how much carbon is stored, oxygen produced, stormwater absorbed, monetary value) by getting trained on the iTrees phone app. This app has a suite of tools that help users identify trees and upload data to the Chicago region tree canopy database. Sponsored by Greener Glenview and The Grove. The session is free; park district registration is not required. REGISTER with The Grove by contacting Diane at diane.michalski@glenviewparks.org, 224-521-2101.

How Much Noise Is Too Much? It's Not Just Your Hearing Being Harmed

WHEN: Monday, July 24 • 7 PM

WHERE: Glenview Public Library Community Room West

SPONSOR: Greener Glenview

Northwestern University neurobiologist Nina Kraus, Ph.D., will explain the impact of noise exposure on our physical & mental health and the environment. She'll address what can be done to reduce noise and our exposure to it.

The Grove Restoration Workday

WHEN: Sunday, July 23 9:00-11:00 AM

WHERE: 1421 Milwaukee Avenue, Glenview

Please [RSVP here](#) to reserve your spot. Work parties may be canceled due to inclement weather. Volunteers under age 15 must participate with an adult.

North Branch Restoration Workdays

All workdays are 9:00 a.m.-12:00 p.m.

[To register for any of these workdays](#)

Watersmeet Prairie Grove

WHEN: Saturday, July 8 and 22

WHERE: This site is located in the village of Northfield near the Glenview border. On Winnetka Road, east of Wagner Rd. Park on Avon Ave, a side street to the north of Winnetka Road. Meet near the Forest Preserve sign, across the road from Avon

Harms Woods/Glenview Woods

WHEN: Sunday, July 16

WHERE: Glenview Woods parking lot is just south of Glenview Rd. on Harms Rd.