



In response to resident's requests for assistance in writing or calling city officials regarding constant and excessive train noise, we are listing some feedback of reported experiences. These include: preventing family members from talking among themselves or on the phone or from going outside to use their own backyard when trains pass their residences, creating headaches, crying children covering their ears, hissing in their ears, heart palpitations, irritability and exhaustion from being awakened from a sound sleep due to sleep interruptions from excessive train noise.

There is considerable published medical evidence that chronic sleep deprivation causes serious health problems, such as increased heart rates, placing undue stress on the heart which can lead to a heart attack or stroke. In addition, prolonged exposure to excessive and constant noise from train horns above 85 decibels can cause hearing damage. We have received information from some residents who have been to doctors regarding effects of stress associated with sleep deprivation from excessive noise.

When writing or calling, cite your experiences that affect your health and quality of life. In so doing, you can help us help you by:

Calling the Mayor's Hotline at: (714) 744-5511 - open 24 hours

Writing the City Council Members at:
300 E. Chapman Ave.
Orange, CA 92866-1508

E-mailing at: citycouncil@cityoforange.org

Please, share this information with your neighbors and encourage them to contact the city as well. Together, we are making a difference. If you so desire, send a copy of your e-mail or letters to us so we can compile a data base, while recognizing your right to privacy at: www.quietzoneorange.org or fax to: (714) 538-5765.

In case of questions, feel free to contact us at:

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