



Boeing may be turning page after contract wins

BUSINESS, 5A

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THE JOURNAL-STANDARD

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Loud sounds have hidden health risks



When using power tools, lawn equipment or other machinery, wear properly fitted earplugs or earmuffs from the start, rather than waiting until the noise becomes uncomfortable. PHOTOS BY GETTY IMAGES

Noise pollution a serious but often forgotten hazard

Laura Coco
San Diego State University | THE CONVERSATION

The human body is remarkably good at getting used to the environment around it. You've probably experienced this if you've ever gone to a matinee and emerged from the dark theater into sunshine. Your eyes sting, so you squint and shield your face until they adjust to the bright sunlight. • In the same way, the body can grow accustomed to constant noise. With repeated exposure to traffic, leaf blowers, construction, loud music, crowded restaurants, fitness classes and sporting events, you can become accustomed to loud environments. Over time, what once seemed unusually loud may barely register.

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Hearing damage is only part of the story. Noise acts as a stressor, activating the autonomic nervous and endocrine systems and affecting heart rate, blood pressure and other physiological processes.

Six things to do this weekend in the area

Kathi Edwards
Special to the Freeport Journal-Standard
USA TODAY NETWORK

The weekend brings PAWS to Read and the the Illinois Paranormal Conference, along with fundraisers, live music and more to the Freeport area.

Nik's Home Run

What: Celebrate 15 years of Nik's Home Run and help support Nik's Wish, an organization dedicated to bringing hope and joy to young adults ages 18-24 who are fighting cancer. The 15th annual Nik's Home Run features a 7K run and 1.5-mile walk. After the run and walk, participants can enjoy an indoor after-party with an auction and food.

When: 9 a.m. Oct. 10 (doors open at 8 a.m.)

Where: Mercyhealth Sportscore Two, 8800 E. Riverside Blvd., Loves Park

Cost: \$0-\$45

PAWS to Read

What: Visit the library and read a story to a pup from Therapy Dogs International.

When: 10 a.m. – noon Oct. 10

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Freeport seeks resident input for new path projects

Nida Tazeen
Stevens Point Journal
USA TODAY NETWORK

Residents are being asked to complete two surveys that could help the City of Freeport strengthen applications for state funding to expand portions of its shared-use path network.

The city is seeking support for two Illinois Transportation Enhancement Program grant applications, according to a community announcement. The projects focus on improving

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