

Dear Members of the ALRC,

We are writing in regards to item #5 on your 6/11/12 agenda, the separated license renewal of Gretisman Investments aka Plan B at 924 Williamson.

There are places for people to be noisy, and there are places for people to sleep. In some places these two zones precariously co-exist. Plan B has upset the delicate balance that had been in place on Williamson St.

Our family owns 854 Jenifer St which is around the corner from Plan B. We would like to move there someday. However, our tenants (some of whom are also bartenders) have complained about over-served Plan B patrons passing out on our porch and the porches of neighboring homes, as well as creating noise disturbances as they find their way back to their vehicles. The colored wrist bands they wear gives away that they are coming from Plan B.

Plan B is externalizing the costs of their business on the neighborhood in noise pollution. This is no different from a factory emitting chemical pollution. This is a serious detriment to the quality of life in the neighborhood as well as on individual's health due to interrupted sleep from both music noise and noisy patrons.

Interrupted sleep and deprivation of sleep are recognized forms of torture and have serious detrimental effects on health. Physiologic studies suggest that a sleep deficit may put the body into a state of high alert, increasing the production of stress hormones and driving up blood pressure, a major risk factor for heart attacks and strokes(1). Additionally, in a study on the impact of chronic partial sleep loss on the body, researchers found chronic sleep loss can reduce the capacity of even young adults to perform basic metabolic functions, such as processing and storing carbohydrates or regulating hormone secretion (2). Also sleep deprivation is considered a factor in thousands of vehicle crashes every year (3).

People need to sleep for the simple reason that they need to work, and be parents, and be the drivers who share our roads, and it is not unreasonable to expect to be able to sleep while lying on your own bed.

All the neighbors are asking is that Plan B continue to provide quality entertainment and recreation, but in such a way that does not negatively impact all the nearby residents.

We desperately urge you to not expand the current capacity limits, not to approve any outdoor facilities, and to institute clear limits to the volume across the A, C, G and Z weighted decibel scales which can be emitted from speakers within Plan B at the point of the speaker itself as a condition of the renewal of Plan B's liquor license.

Thank you for your time and consideration,

Leslie and Nick Schroeder

Owners, and hopefully future residents, 854 Jenifer Street

(1) Scientists Finding Out What Losing Sleep Does to a Body By Rob Stein Washington Post Staff Writer Sunday, October 9, 2005

(2) University of Chicago Medical Center in the October 23, 1999 issue of The Lancet.

(3) Effects of Partial and Total Sleep Deprivation on Driving Performance by Robert D. Peters, Esther Wagner, Elizabeth Alicandri, Jean E. Fox, Maria L. Thomas, David R. Thorne, Helen C. Sing, and Sharon M. Balwinski