

Alpine County Choose Civility Campaign

(An initiative of the Alpine County Superintendent of Schools)



December Focus:

Keep It Down, and Rediscover Silence

According to Dr. PM Forni, author of Choosing Civility: The Twenty-five Rules of Considerate Conduct, "careful management of noise is a must for those who want to be civil." For example, if a musician is immersed in trumpet practice, he or she may not even notice the time has passed and the noise may be keeping a neighbor awake. Similarly, early morning lawn mowing may wake the neighbors. In libraries, places of worship and theaters chattering and cell phones can disrupt others' concentration. It is the civil thing to do to notice those around you and quiet down if your noise is bothersome.

Also, be mindful that silence can be a refreshing result of choice. Especially during this hustling and bustling time of year, sitting still and enjoying some quiet time can help us calm down and appreciate our time alone with our thoughts. Teaching young children to use inside voices while in doors surely helps those around them but also teaching them to think quietly helps children calm themselves and think through problems and issues.

There's a whole field of study related to noise pollution including agencies and researchers studying the effects of so much noise. Some studies suggest that too much noise may actually cause hearing loss, stress and high blood pressure. Let's do what we can to bring peace and quiet to our lives. It's a civil thing to do!