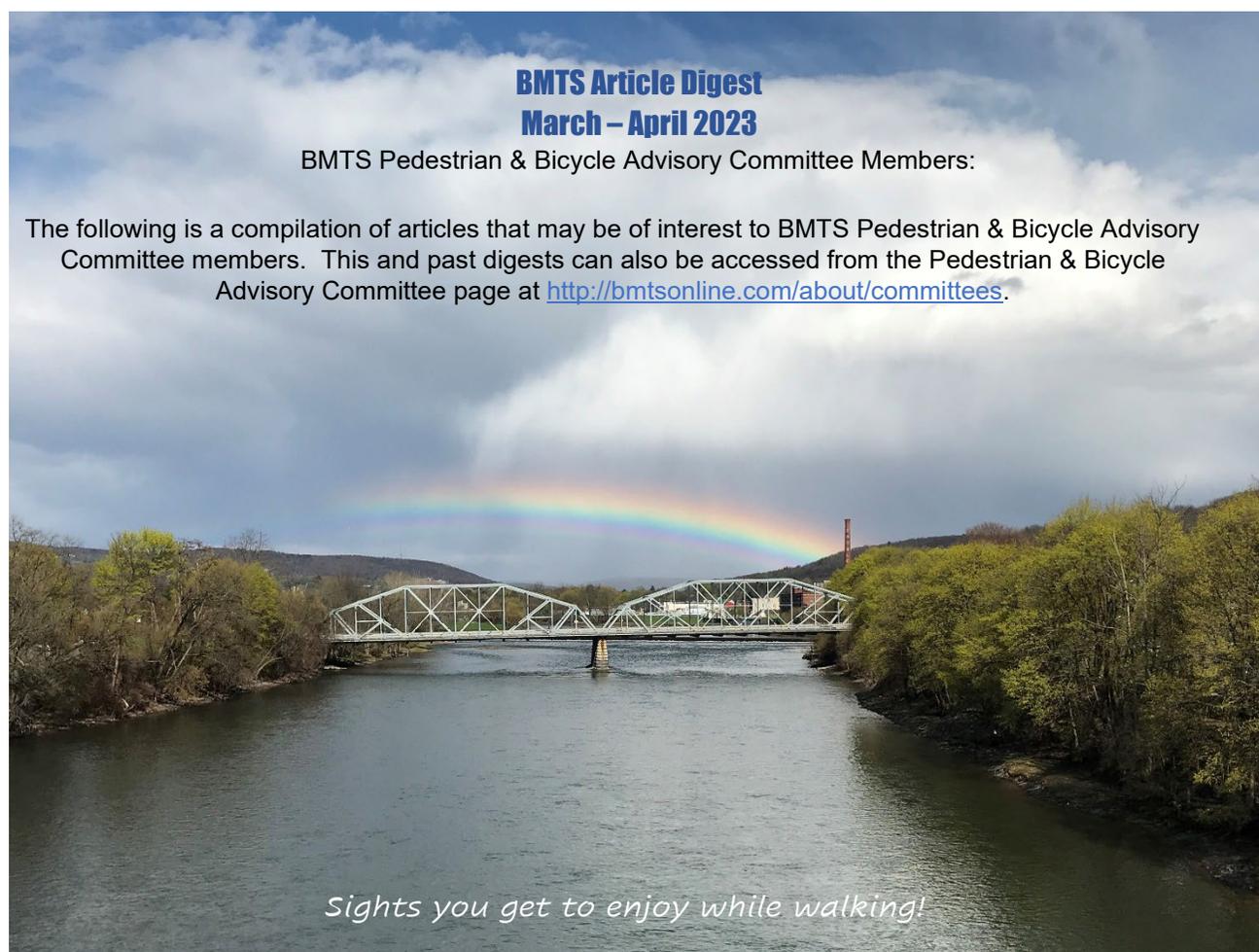


## **BMTS Article Digest March – April 2023**

BMTS Pedestrian & Bicycle Advisory Committee Members:

The following is a compilation of articles that may be of interest to BMTS Pedestrian & Bicycle Advisory Committee members. This and past digests can also be accessed from the Pedestrian & Bicycle Advisory Committee page at <http://bmtsonline.com/about/committees>.



*Sights you get to enjoy while walking!*

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## **Pedestrian & Bicycle Information Center (PBIC) Messenger e-Newsletter**

Go to <http://www.pedbikeinfo.org/newsroom/newsletters.cfm>.

[Subscribe](#) to the new monthly PBIC Messenger. Send news for future issues to editorial team member [Linda Tracy](#).

## **FREE Webinars**

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## Come out and play in Broome County

Go All Out Broome County is your simple guide to hundreds of places and thousands of acres in your own backyard or just down the road. Easily locate hidden gems and local favorites then map your next outdoor adventure in Broome County. Go to [www.GoAllOutBroome.com](http://www.GoAllOutBroome.com).



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See the **Two Rivers Greenway Pedestrian & Bicycle Monthly Counting Reports** at <http://bmtsonline.com/data/bikeped-counts>.



Fun Photo 😊

*a truly  
artistic  
crosswalk!*

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GIVING BACK

## This volunteer is clearing trails for you at Waterman Conservation Center and beyond

*Jerry Michael has worked at Waterman for nine years, and identifies capital needs, maintains equipment and organizes trail maintenance.*

Connie McKinney

March 14, 2023 – Special to the Binghamton Press & Sun-Bulletin

When storms topple trees onto the trails at the Waterman Conservation Education Center in Apalachin, Jerry Michael of Chenango Bridge grabs his chainsaw and gets to work clearing the trails.

When wooden boardwalks need to be built, Michael will plan the project, organize a work party and then join the crew to install the boards, swing a hammer and pound nails.

When new volunteers visit Waterman, they're greeted by Michael, who will mentor them and help find them a volunteer role that fits in with their interests, talents and experience.

Michael has done all these tasks and more in his nine years with Waterman, which promotes conservation and environmental education. Waterman also maintains six nature preserves, including the main site on Hilton Road in Apalachin, Brick Pond in Owego, Hiawatha Island, the IBM Glen, the Apalachin Marsh and the Pettus Hill Preserve in West Windsor.

"I find it very stimulating," he said of his volunteer work with Waterman. "It aligns with my personal interest in the outdoors and education."



A forester who runs a tree farm in Whitney Point, Michael also serves on the Waterman Board of Directors. He's now in his ninth year on the board and the sixth year as chairman of the buildings and grounds committee.

"Forestry has been my avocation for 50 years," he said. "I expected when I joined the board to be primarily there to give advice and counsel on forest management. But my role has expanded since then to cover a much broader sphere of responsibility."

Michael's responsibilities include identifying capital needs of the center and maintaining equipment, he said.

"A lot of it is planning and supervision," he said. "I am also a very hands-on guy."

He helps clear trails when trees fall after storms. He also recruits other volunteers who

help with projects such as clearing brush, cleaning culverts and replacing broken boards in wooden boardwalks.

"I don't just recruit people. I become part of the work party," Michael said.

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**Published** March 27, 2023 10:00am EDT

## Be well: Take a walk outside to boost your mental health

Benefits of exposure to nature have been shown after spending just 15 minutes outdoors, doctor said

By **Melissa Rudy** | Fox News

Studies have shown that breathing in fresh air and soaking up vitamin D improve many aspects of physical health — but spending time outdoors also benefits the brain.

Next time you're lacking in motivation, struggling to focus or feeling a little blue, head outside for a walk.

Cindy McPherson Frantz, professor of psychology and environmental studies at Oberlin College [in Ohio](#), said that being in nature has multiple benefits, one of which is restoring the ability to concentrate.

"Essentially, it rests our brain," she told Fox News Digital in an email.

Additionally, being outdoors lowers stress hormones, she said.

**Spending time outside helps people become more helpful and pro-social, which is behavior that benefits the community as a whole, one doctor said. (iStock)**

"It is a judgment-free space, so if we spend a lot of our day thinking about how others view us, nature provides an escape from that," Dr. Frantz said.



"It increases positive mood and can also lead us to experience transcendent emotions such as awe, wonder and being connected something larger than ourselves."

**"Spending time outdoors essentially rests the brain."**

[Spending time in nature](#) also helps people become more helpful and pro-social, the doctor said, citing recent research about behavior benefiting the community.



"[Being outside] increases positive mood, and can also lead us to experience transcendent emotions such as awe, wonder and being connected something larger than ourselves," the doctor said. (iStock)

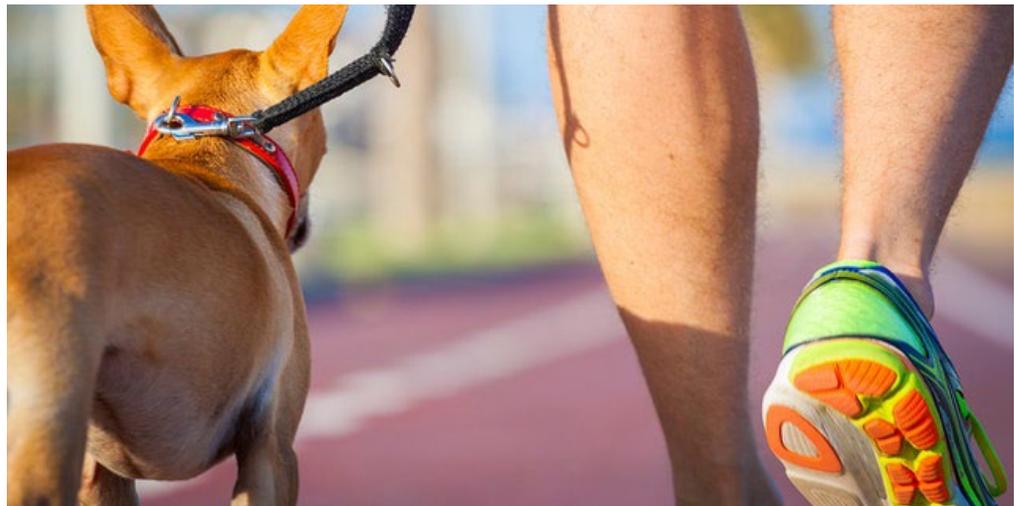
"All of this is separate from the exercise benefits, which are just the icing on top," she said.

## Even a short walk can boost mood

Squeezing in just a few minutes of time outdoors during a busy day can do the trick — and the location doesn't matter.

"Benefits of exposure to nature have been shown after 15 minutes," said Dr. Frantz.

"For the cognitive benefits, natural environments are more likely to elicit a 'soft' focus, as opposed to the 'hard' focus we use when looking at screens and reading." (iStock)



"They do not need to occur in vast, pristine wilderness areas either. Pockets of nature in city parks also have a positive effect."

## Adding movement boosts the benefits

Just 11 minutes of moderate-intensity physical activity each day is sufficient to lower the risk of diseases such as heart disease, stroke and a number of cancers, recent research has found.

The mental health benefits are enhanced when people focus on being present in their surroundings, said Dr. Frantz.

And that means truly experiencing those physical surroundings.

"My strong hypothesis is that if you are staring at your phone the whole time, the benefits will be reduced," she said.

"For the cognitive benefits, natural environments are more likely to elicit a 'soft' focus, as opposed to the 'hard' focus we use when looking at screens and reading."

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March 8, 2023

## Three Women who Changed the Course of History On Bicycles

*Bicycles empowered the women's rights movement, which in turn changed the world.*

Written by: [Hilary Angus](#)

It's International Women's Day and a great opportunity to acknowledge some of the key bicycle-loving women who changed the course of history.

Susan B. Anthony, famed suffragette leader and women's rights reformer, once said of the bicycle, "I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance." Anthony described the image of a woman on a bicycle as "the picture of free, untrammelled womanhood."

It may seem surprising that the bicycle could have played such a pivotal role in the women's rights movement. What exactly was it about this familiar two-wheeled transportation device that lent itself so freely to unparalleled social change?



“[La bicycliste et caricature, 1897](#)” by Montorgueil, Georges, 1857-1933 (creator)Somm, Henry, 1844-1907 (illustrator) – This image is available from the [Brown University Library](#) under the digital ID [1123259547400435](#).. Licensed under Public Domain via [Wikimedia Commons](#).

An 1897 ad featuring a woman in bloomers. “[Ellimans-Universal-Embrocation-Slough-1897-Ad](#)“. Licensed under Public Domain via [Wikimedia Commons](#).

In the mid-1800s, when the early women's rights movement was gathering steam in the West, there were clearly defined roles and expectations for women. A woman's place was thought to be in the home and her role was a domestic one. But as women pushed back against these structures and demanded a place in the public sphere, the bicycle came to be emblematic of their bid for freedom. By enabling women to control their own transportation needs, it offered an autonomy that had previously been out of reach. Riding a bicycle shattered norms of appropriate conduct for women of the day and ushered in a new era of women asserting control over their bodies and behavior.



But the bicycle's role as a catalyst for social change did not stop there. Amelia Bloomer, another famous women's rights advocate and the namesake of the 1800's women's pants commonly referred to as "bloomers," made dress reform a cornerstone of her work. Bloomer believed the full-length skirts and dresses worn by women in the 1800s to be restrictive and overburdening. A woman in a long skirt or dress could not easily ride a bicycle, and a woman

who could not ride a bicycle was inhibited. Rather than be discouraged, Bloomer and many of her contemporaries switched to pants so they could ride unencumbered.

To those interested in maintaining the status quo, the image of a woman in bloomers was scandalous. The “unseemly” and “masculine” attire was so groundbreaking at the time that it came to be held as a symbol of the early women’s rights movement in much of the Western world. Bloomers provided women not only with the physical freedom of mobility and greater health, but served as a symbolic challenge to commonly-held notions of femininity, and represented a marked cultural shift away from the Victorian attitudes of the day.

In celebration of Women’s History Month, let’s take a look back at three incredible women that shaped the world on two wheels.

## Annie “Londonderry” Kopchovsky

In 1894, Annie “Londonderry” Kopchovsky was not unlike most 19th-century women. A Jewish immigrant, a 23-year-old mother of three, and a dutiful housewife, Kopchovsky was neither a cyclist nor an advocate for women’s rights. But when two men made an alleged bet that no woman could encircle the globe on a bicycle while earning \$5,000 along the way, Kopchovsky took up the challenge.

Leaving from Boston in full skirts on a 42-pound Columbia bicycle, Kopchovsky set out to prove to the world that women were not only physically and mentally strong, but fully capable of providing for themselves in a man’s world. She carried advertising placards on her bicycle and on her person to earn money on the journey, and even adopted the surname Londonderry as a contract with the Londonderry Lithia Spring Water company. She bicycled through Europe and North Africa and sailed on to the South Pacific before returning to the states through San Francisco.

When she rolled into Boston 15 months later, Londonderry was a new woman. Clad in bloomers and physically transformed, Londonderry went on to become a vocal – and popular – advocate for both cycling and women’s rights. The New York World remarked in 1895 that her trip was “the most extraordinary journey ever undertaken by a woman,” leaving an immeasurable impact on the attitudes about women – and of women – at that day.

## Kittie Knox

When Katie Knox walked into the annual meeting of the League of American Wheelmen (now the League of American Bicyclists) in 1895 and presented her membership card, she also presented a challenge to American racial segregation.

Knox, a bi-racial seamstress, avid cyclist, and at the time only 21 years old, had been a card-carrying member of the League since 1893. But when the League passed a color bar in 1894 declaring that only white people could be awarded membership, Knox’s status in the organization was called into question. Rather than accept the news sitting down, Knox got on her bike.

Clad in men's clothing and with the support of her peers in the cycling community, Knox entered a racially segregated social space and calmly asserted her right to be there. While there are conflicting reports on the outcome of the day – some newspapers claimed she was denied entry while others said she was accepted – her appearance at the event nonetheless thrust the issues of race and gender into the public consciousness.

At a time when few black people – and even fewer black women – were riding bikes in the U.S., Knox's actions were groundbreaking. Receiving wide public support for the act from both black and white community members, Knox challenged public perceptions of both black people and women, igniting a local and national debate about race and gender in the cycling world and in the wider community.

*“[Women Repairing Bicycle, c. 1895](http://arc.lib.montana.edu/msu-photos/item/135)” by Unknown – <http://arc.lib.montana.edu/msu-photos/item/135>. Licensed under [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/) via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Women_Repairing_Bicycle,_c._1895).*



## Maria Ward

If a bicycle offers a woman independence, then full independence can be achieved only through total responsibility for her bicycle. This was the idea behind Maria Ward's "[Bicycling for Ladies](#)," a definitive guide to cycling for women published in 1896. Ward aimed to emancipate women from reliance on men by teaching them everything they need to know about buying, riding, and maintaining a bicycle.

While almost all women of the day had mastered domestic technical skills such as sewing, more mechanical skills such as bicycle repair were thought to be the domain of men. Ward maintained that women were no less capable of mechanical pursuits than their male counterparts, writing in her introduction to "Women and Tools," "I hold that any woman who is able to use a needle or scissors can use other tools equally well."

"Bicycling for Ladies" covered everything from choosing a bicycle to cycling etiquette to the laws of mechanics and physiology, providing women with the tools they needed – both literal and figurative – to ride their way to freedom.

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## LOCAL

# Tioga County sheriff: No criminal charges for driver in triple fatal Newark Valley crash



**Jeff Murray**

A Broome County man will not face any criminal charges related to a February crash in the Town of Newark Valley that killed three pedestrians and injured a fourth.

Tioga County Sheriff's Office announced Wednesday Dominic Fontana, 18, of Endicott, faces a traffic violation for an unsafe lane change following an investigation into the Feb. 15 crash on state Route 38.

The sheriff's office accused Fontana of leaving the southbound lane of travel in an unsafe manner and striking four pedestrians who were walking along the shoulder of the roadway.

Three of those four — 66-year-old John Stephens, 25-year-old Kurtis Acker, and 52-year-old Doreen Wood, all of Newark Valley — were killed in the collision.

The fourth pedestrian, a 27-year-old woman from Newark Valley, was airlifted to Upstate Medical Center in Syracuse and has since been released, the sheriff's office said.

The crash took place shortly before 11:30 a.m. on state Route 38 between Brown and Wilson Creek roads. Fontana was the lone occupant of a 2017 Hyundai Santa Fe SUV that was traveling southbound on Route 38 when the crash occurred, according to the sheriff's office.

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## **No criminal charges filed in Tioga County crash that resulted in 3 deaths**



State Route 38 was shut down for the majority of the day on Feb. 15 after emergency crews responded to a crash that resulted in the deaths of three people. On March 29, the Tioga County Sheriff's Office announced no criminal charges have been filed based on the results of the investigation. (WBNG)

By [Matthew Benninger](#)

*Published: Mar. 29, 2023 at 4:19 PM EDT | Updated: 21 hours ago*

NEWARK VALLEY, NY (WBNG) -- The Tioga County Sheriff's Office said on March 28 it arrested an 18-year-old in an investigation into a crash that killed three pedestrians.

On Feb. 15, 2023, four pedestrians were struck by the 18-year-old driver on State Route 38 in the Town of Newark Valley. Three of the pedestrians, John Stephens; 66, Kurtis Acker; 25 and Doreen Wood; 52, were killed. All of the dead were from Newark Valley. A 27-year-old woman, also from Newark Valley, was flown to Upstate Medical Center and later released.

On Wednesday, the sheriff's office said it charged the driver for the violation of moving from lane unsafely, based on the results of an investigation.

The office said a search warrant for the vehicle involved all of the electronic devices inside of it as well as a subpoena for phone records. Video from commercial vehicles on-board cameras, doorbell cameras and residential and business cameras were also reviewed.

The Sheriff's Office Drug Recognition Expert was called in to administer drug and alcohol sobriety testing on the driver as well. However, following the investigation, the sheriff's office said there was nothing found that would support criminal charges related to the crash.

State Route 38 between Wilson Creek and Brown roads was shut down for nearly an entire day after the crash occurred.

Multiple emergency agencies responded to the crash, including several from Broome County.

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