



**BMTS Article Digest**  
**November – December 2025**

**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>.

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## **Pedestrian & Bicycle Information Center FREE Webinars**

Go to <https://www.pedbikeinfo.org/webinars/>.

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## Come out and play in Broome County

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



## Take a hike: Maine school trades detention for fresh air and exercise

By Angelica Stabile

Published November 18, 2025  
[Fox News](#)

A high school [in Maine](#) is ditching detention in favor of disciplinary hikes.



As part of its "detention hikes" program, Morse High School in Bath, Maine, is offering students the option to go for a walk instead of sitting in a classroom as punishment.

The idea was sparked by school counselor Leslie Trundy last year, who is an avid hiker, according to a report by The Washington Post.

At first, the concept was met with doubts from students who thought the hikes on nearby trails might be "boring," sophomore Alexander Soto told the publication.



But the students reportedly took a fast liking to the alternative, enjoying the fresh air, wildlife and conversation with others. They also noted that the experience improved their mood.

Morse High School in Bath, Maine, has brought back "detention hikes" for a second year. (Actual students not pictured.) (iStock)

"People seem really different in a good way at the end," Trundy told The Washington Post. "Kids have even expressed it to me. They've said, like, 'That was really awesome, thank you.' ... Even if they're not as vocal about it, I can tell that they're in a better place."

The hikes reportedly span about three miles. Students stop for a break near a creek with snacks supplied by Trundy, who also brings along a poem about "starting anew."

One student, Elsie Nelson-Walling, told The Washington Post that she attended five detention hikes after getting in trouble for skipping class, as she "struggled to sit still in a classroom."

Students have reported opting to go on hikes even when they're not in trouble. (iStock)

The junior reported that after completing the hikes, she felt more invested in school and volunteered to go on more hikes, even though she was not in trouble.

Fellow student Soto added that the "rush" he would feel after breaking the rules was replaced with a new perspective and relaxation from hiking.

#### **Health perks of walking outside**

Beyond burning calories, recent research has supported the benefits of walking for improved brain health.



A new study from Mass General Brigham found that even small amounts of walking could slow down the brain changes that lead to Alzheimer's.

In an interview with Fox News Digital, psychiatrist Dr. Daniel Amen, founder of Amen Clinics in California, shared that walking induces blood

flow to the brain.

Amen suggests "walking like you're late," which could entail 30 minutes of alternating between three minutes of normal walking and three minutes of fast walking. This concept has also been called "Japanese walking."

Walking induces blood flow to the brain and can help ward off Alzheimer's disease, according to experts. (iStock)

"Do that five times for 30 minutes, and it increases blood flow to your brain," he said.



Exposure to sunlight and fresh air has also been proven to boost the immune system and support overall health, according to Dr. Roger Seheult, a critical care physician, pulmonologist and associate clinical professor at the University of California and Loma Linda University schools of medicine.

In a previous interview with Fox News Digital, Seheult referenced research from Japan that analyzed the "aromatic compounds" given off by trees, called phytoncides, which can have healing benefits for the body.

"If you're living in Manhattan [and] you were to go to Central Park once a week, studies show that these substances the trees give off can actually have an impact on your innate immune system for up to seven days," he said.

Video

In addition to regulating sleep and boosting mood, certain spectra of light from the sun can have "dramatic effects" on the body's metabolism, research has shown.

**'Respectful' discipline**



An Oregon family recently went viral for disciplining their child with physical fitness after a young boy spoke back to his mother.

Although the approach was met with contradicting opinions from the public, the parents shared with Fox News Digital that using physical activity as punishment teaches "emotional regulation" and offers a healthy outlet when a child is feeling overwhelmed.

Educational psychologist and parenting expert Dr. Michele Borba reacted to the viral moment, noting that discipline is not one-size-fits-all.



It is important for discipline to be delivered in a way that is both responsible and respectful, a parenting expert said. (iStock)

In a previous interview with Fox News Digital, the California-based expert stressed that discipline should always be age-appropriate and tailored to the child, as making a child do strenuous exercise that they are not comfortable with would be considered inappropriate.

It is important for discipline to be delivered in a way that is both responsible and respectful, Borba added.

Fox News Digital reached out to Morse High School and Leslie Trundy for comment.

Angelica Stabile is a lifestyle reporter for Fox News Digital.

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#### URL

<https://www.foxnews.com/health/take-hike-maine-school-trades-detention-fresh-air-exercise>

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**Bloomberg**

## On the French Riviera, Street Reforms Come from the Right

Politically conservative Côte d'Azur cities like Cannes and Nice have embraced pedestrianization, car bans and bike lanes. That's a departure from global norms.



Cyclists use a bike lane beside pedestrians on Promenade des Anglais in Nice, France, in 2020.

Photographer: Jeremy Suyker/Bloomberg

By [David Zipper](#)

November 19, 2025 at 4:00 AM EST

Corrected

November 19, 2025 at 9:08 AM EST

During a recent trip to

France, I spent an afternoon sipping coffee at an outdoor restaurant abutting a three-tiered fountain. The surrounding city square bustled with activity: Tourists clutching shopping bags ambled past, while parents kept a watchful eye on children zig-zagging through the crowd. Despite the commotion, the area felt remarkably calm.

A key reason why: It was completely free of cars.

The square I visited is not located in Paris, where left-leaning Mayor Anne Hidalgo has transformed the city by [restricting car traffic](#) and [welcoming walkers and cyclists](#). I was sitting next to the Fontaine de la Place du Général de Gaulle in Cannes, a city on the French Riviera that is one of the most politically conservative parts of France. Like most nearby municipalities, Cannes is led by a right-of-center mayor.

Saskia Hermans, a local transportation planner who showed me around town, explained that the square had recently undergone a transformation.

“When I moved here 20 years ago, there was parking — and double parking — all around the fountain,” Hermans said between sips of café Viennese. “If you were sitting here, you’d be almost on the street.” When the city redesigned the square in 2022, cars were banned. “Now there’s just so much more space,” she said, waving her arm. “Even if you don’t want to spend a lot of money on drinks, you can enjoy being here.”

The recently pedestrianized  
Fontaine de la Place du  
Général de Gaulle in  
Cannes. *Photographer:*  
*David Zipper/Bloomberg*  
*CityLab*



In both Europe and North America, conservative politicians have been making a concerted effort to court drivers and shun those who travel by foot, bicycle or transit. “I am on motorists’ side,” former UK Prime Minister Rishi Sunak [proclaimed](#) in 2023. An upstart Czech party, Motorists for Themselves, echoes Sunak’s line almost verbatim in its [policy program](#). In Italy, Prime Minister Giorgia Meloni’s party has organized [protests](#) against “useless bike lanes,” and her government has pushed to reverse [Bologna’s citywide adoption](#) of 30 kilometer per hour speed limits.

US President Donald Trump’s administration, meanwhile, cut funding for transportation projects it considers “[hostile to cars](#).” In Canada, Doug Ford, the conservative premier of Ontario, has [demanded the forced removal](#) of several major bike lanes in Toronto.

But it’s another story entirely in the Riviera. There, many right-leaning leaders have not railed against efforts to reduce driving. On the contrary, they have advanced them. The region offers intriguing lessons for transportation advocates elsewhere who are striving to expand coalitions supporting multimodal mobility.





Cyclists ride bikes on the croisette in Cannes in 2021. *Photographer: Pascal Le Segretain/Getty Images Europe*

The Riviera, or Côte d’Azur, is tucked into the southeastern corner of France, running along the Mediterranean Sea to the Italian border. The area has long been a

magnet for visitors: Over [5 million people](#) visited Nice alone in 2024, more than five times the population of the entire region.

In 2024 *Politico* dubbed the Riviera “[France’s Florida](#),” noting the conservative politics of its many affluent retirees as well as the legacy of resettled *pieds-noir* (“black feet”) who fled Algeria after that country’s independence in 1962. The Riviera’s electorate landed eight points to the right of the national vote [in the 2022 presidential election](#). (Paris was 27 points to the left.) Conservatives dominate senior positions, leading the regional department as well as major cities including Nice, Cannes and Antibes.

Despite the region’s political complexion, local leaders in the Riviera have happily limited urban driving while encouraging people to bike, walk and ride transit. Nice opened a [tram network](#) in 2007 and booted cars from Avenue Jean Médecin, a major shopping thoroughfare. Visiting the city, I strolled along the Promenade du Paillon, a ring of parks featuring fountains, gardens, and a [playground in the shape of an octopus](#), which was constructed a dozen years ago atop the site of an old bus station and parking facility.



A tram stops at Place Massena in Nice in 2022. *Photographer: Hollie Adams/Bloomberg*



A few miles to the west lies Cagnes-sur-Mer, another Riviera city led by a center-right mayor, which recently [revamped its coastal promenade](#) to establish a protected space for pedestrians and cyclists. In Cannes, center-right mayor David Lisnard has overseen an array of urbanist-friendly projects, including [pedestrianizing Rue Hoche](#), a teeming shopping street, and [revamping seaside Boulevard de la Croisette](#) with new dedicated lanes for buses and bicycles.

In a [2018 interview](#), Lisnard said that economic development motivated his reforms, noting that “the quality of public spaces is [a] criterion for regional competitiveness and helps stimulate private investment.” Hermans, who has been a transportation planner for the city of Nice as well as the Riviera region, said such thinking was common among local leaders — and justified, since visitors could easily spend their money elsewhere. “If you want to attract tourists, you need an attractive city,” she said. “Nobody’s going to sit and have a coffee in a parking lot.”

Yonah Freemark, a researcher at the Urban Institute who has studied French urban planning, noted that conservative voters in this part of France are more likely to support restrictions on cars because they benefit directly from them: “Many people on the right live in high-density neighborhoods.”

They’re also likely to be aware of efforts to restrict cars in other European cities. “People who live here travel,” said Hermans. “They see the pedestrianized zones when they go to Zurich or Amsterdam or Barcelona.”



An E-Veloblu bike rental parking station in Nice in 2022. *Photographer: Hollie Adams/Bloomberg*

Compared to France, the political distribution of residents in North America is more polarized, as voters in rural and exurban areas [lean](#)

[significantly further](#) to the right than those in dense cities. For conservatives in the US or Canada living in car-dominated places, it may be hard to imagine themselves riding a new transit line or enjoying a pedestrianized square.

But pitching walkability and transit access as economic development might resonate in conservative parts of the US and Canada, just as it has along the Riviera. In 2018, during Amazon’s headline-grabbing search for a second headquarters, cities such as Detroit and Phoenix were eliminated partly because of their meager public transportation. Walkable neighborhoods, meanwhile, are a mainstay in tourist marketing materials disseminated by Republican-dominated states like [Oklahoma](#) and [Florida](#).

Conservatives on both sides of the Atlantic might brush aside calls to promote walking, biking, and transit to reduce emissions, address environmental justice or assist low-income residents. But such reforms also create jobs, support local businesses and build wealth — benefits that anyone can appreciate, regardless of their politics.

Indeed, Hermans warned against assuming that the Riviera’s leaders were merely following in the footsteps of progressive Paris, which has [famously shifted street space](#) away from motorists and toward those walking and biking. “When I moved here decades ago, I learned quickly that people hate Marseilles” she said, referring to France’s second-largest city, 120 miles down the coast. “But they hate Parisians even more.”

*(Corrects spelling of Saskia Hermans in fourth paragraph)*



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## NEWS

# Gault Auto donating bikes to local children

by: [Samantha Rich](#)

Posted: Dec 8, 2025 / 04:59 PM EST

Updated: Dec 8, 2025 / 04:59 PM EST

ENDICOTT, N.Y. (WIVT/WBGH) – Gault Auto is ensuring local children have a pair of wheels to ride come springtime.

Gault Auto is building and giving away bikes to kids in Broome and Tioga Counties through the annual Bikes for Kids event.

Several community sponsors participated in the initiative, contributing \$100 per bike and helmet.

Sponsors, Gault Auto team members, and community volunteers will join together on Thursday to assemble the bikes in the Gault Auto showroom.

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## Pedestrian struck and killed while walking in crosswalk in Cortland

By [Madeline Adams](#)

*Published: Dec. 18, 2025 at 6:22 PM EST*

CORTLAND, N.Y. (WBNG) -- A pedestrian was struck and killed in a crosswalk in Cortland Thursday afternoon.

The City of Cortland Police Department said the crash occurred at the intersection of Main and Court Streets just after 2:30 p.m.

According to police, an Amazon driver was operating their personal vehicle and made a left-hand turn from Court Street to Main Street, headed south.

A pedestrian walking in the crosswalk headed east was fatally struck by the vehicle.

The pedestrian and the driver both had signals to proceed; however, the driver had a flashing yellow turn signal and failed to yield to the pedestrian.

The driver is cooperating with law enforcement, and police say at this time, there are no signs of driver impairment.

This is a developing story; more details are expected to be released.

Police were assisted by the City of Cortland Fire Department, the Cortland County Sheriff's Office and TLC Ambulance Service.

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