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Submitted written testimony to the Joint Committee on Transportation for the 6/4 Roadshow Hearing:

Hi, my name is Colt. (I use She/her pronouns.) I am a very strong human being, and I don't desire anyone to pity me, because I generally am a happy person and have learned to make my life better and more fulfilling. I still proudly ride bikes to this day and utilize public transportation, but sharing my story feels important. I'm a survivor of traffic violence, and was hit by a car a few years ago. Even after 2.5 years, I still have to get medical care for my injuries due to this. More highways are not the answer. More highways are not accessible for public transportation. I feel like if there was less highways, more people would feel comfortable relying on public transit. Also as a bicyclist, bike lanes, especially protected bike lanes, help keep my community safer. I am not a big fan of more highways due to the effects of noise pollution it causes. There have been several reputable medical studies saying that traffic pollution can result in cardiovascular issues: noise pollution can cause your body increased stress which can lead to blood pressure issues, and leads to inflammation in your blood vessels. The risk of having high blood pressure due to traffic noise increases by 6%, and the risk of a blood clot in your heart increases by 6%-8%. Not to mention the mental health effects. Traffic noise has an increase of someone having anxiety by 9%. Traffic noise can also cause sleep difficulties in many people which can lead to fatigue, and reduced cognitive function. Traffic noise can also cause stress reactions, respiratory agitation, racing pulse, headaches, gastritis, and colitis. In children, traffic noise can lead to cognitive impairment. Having buses that come as soon as every 10 minutes can be a real game changer. I think instead of spending a bunch of money on a bigger highway that isn't necessary, we should focus on fixing our roads and even sidewalks that have unpleasant pot holes. These pot holes have been around for a long time and I feel like that's where we should be putting our resources to use to make our city more equitable and accessible for our multi modal transit options. Thank you for your time.