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We're driving ourselves crazy
Traffic stress is on the rise — and may be hazardous to health

By ALFONSO CHARDY
Herald Staff Writer

South Florida's traffic is driving motorists out of the front seat and onto the psychologist's couch.

"You wouldn't believe how many clients come in and traffic is the first thing out of their mouths," said Pennie Markus, a Boca Raton psychotherapist.

Our roads are getting to be sick, sick places. South Florida psychologists and psychotherapists say that traffic now ranks with money, love and jobs as one of life's major struggles.

TIPS FOR COPING WITH ROAD STRESS, SA

"Traffic has become a distinct source of stress," said Eric Goldstein, a South Miami clinical psychologist who noticed an increase in traffic angst after Hurricane Andrew.

Congestion on South Florida's expressways went from bad to worse immediately after the 1992 hurricane. Many drivers think that roads are still more difficult to negotiate and the commute more miserable. In fact, metropolitan Dade County has ranked as the nation's fourth most congested area since 1988, according to Texas A&M University.

Goldstein tells of a patient who suffered a panic attack when stuck in traffic on South Dixie Highway.

"The driver simply turned off the engine, removed the key, got out and walked away, leaving the vehicle blocking traffic in the middle of the lane. The driver just couldn't take it anymore."

The patient called Goldstein from a payphone. Goldstein calmed the person. When the patient returned, the driver was all right. The money was there.

Road planners neglecting pedestrians, study finds

TALLAHASSEE — The nation's city planners are neglecting pedestrian safety in their design of high-speed arterial roads in busy commercial urban areas, according to a new study by a group of community activists.

The study, conducted by the American Association of Pedestrian Safety, found that 10,000 pedestrians are killed annually on arterial roads, more than in all other accidents combined. The study also found that the number of deaths has increased by 25 percent since 1980.

The study recommends that city planners consider pedestrian safety when designing arterial roads, including the use of pedestrian crosswalks, sidewalks and bike lanes.

"We've got to do a better job of planning our streets," said study author Dr. John Smith. "Pedestrians are the most vulnerable road users, and we must do more to protect them."

The study was funded by the National Safety Council and the Federal Highway Administration.

Orange was right behind with 11 deaths. They were followed by Broward, 10; Hillsbor-
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transportation alternatives

London, UK
transportation alternatives

London, UK
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size matters

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size matters

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- Live-work
- Courtyard
- Mansion Apartment
- Apartment House
- Corner Store
- Mixed-use Main Street Building
new traditional neighborhoods

Pulelehua Town, Maui, HI
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