

Blue Zones

Serve yourself, put the food away, then eat.”

– Dan Buettner, author of “How To Live To 100 - Nine Healthy Habits”

May is Bike Month! Pedal out and become a ‘spokes’ person for safety



A father and mother ride mountain bikes together with their two small children. A fun way to spend time together and exercise while on vacation in the Seattle, Washington area. RYAN J. LANE/GETTY IMAGES

Megan Greer
Blue Zones Project-SWFL Worksite Lead

“Life is like riding a bicycle. To keep your balance, you must keep moving.” Albert Einstein

You know what they say about the squeaky wheel... Now, you can hear hundreds more of them out on the streets and trails as many residents have brushed off their bicycles and started riding again.

With gyms and fitness centers closed, the bicycle has re-emerged as a primary tool to Move Naturally and provide a more enjoyable form of transportation. As a result, local bicycle shops have become a champion for facilitating outdoor exercise while social distancing.

“We’re the new toilet paper,” said Tony Catalina, general manager of 9 Trek Bicycle Stores in Southwest Florida as line of customers needing a new bike or a tune up waited to get into the Naples store.

Though the bicycle industry has been

stagnant over the last several years, and the number of kids ages 6-17 who ride their bike at least twice a month decreased by more than a million from 2014-2018, bicycle sales across the country skyrocketed the last couple of months.

Specialized Bicycles USA Leader of Brand Management, Stacey Wilhelm stated, “With cycling as one of the safer exercise options during COVID-19, we’ve seen more riders coming back to cycling, interested in replacing their bikes and equipment and spending more time out on the paths and trails.”

Enjoyment aside, Wilhelm noted the role that cycling plays in transportation. “We’ve (the bicycle industry) gone from something people love to something they need.”

This need is something that Blue Zones Project, in tandem with local municipal planners and policy makers, Naples Pathways Coalition, Safe Routes to School, and local cycling groups, is striving to meet through advocacy of more bike lanes, sidewalks, trails, and traffic calming measures to make

cycling and bike commuting safer and more accessible.

As we work toward a shared Vision Zero goal of eliminating all traffic deaths and major injuries in Collier County, we aim to increase the amount of cyclists riding for enjoyment, running errands, and commuting to work — eventually making biking for transportation the healthier and easier choice.

Here’s how you can help: While you are out riding, pay attention to the built environment that is dictating your trip. Is there a bike lane you can ride in? Are you sharing the sidewalk with walkers and cyclists going in both directions? Can you cross intersections safely and in a space designated for you? What makes you feel safe and what prevents you from riding in certain areas?

Secondly, please take a moment to take our Bicycle & Pedestrian survey at <https://www.surveymonkey.com/r/55XZN5M>. This

See **BLUE ZONES**, Page 6D

Ways other than diet, exercise to stay healthy while at home

Courtney Kueppers
The Atlanta Journal-Constitution

The coronavirus outbreak has upended a sense of normalcy and daily routines, which may be affecting your typical health and wellness regimen as well.

And while health experts say maintaining a healthy weight is important, you don’t have to go overboard to avoid gaining weight right now.

“I’m not suggesting starting a strict diet or intense exercise program while sheltering in place, but there are some simple things you can do to prevent weight gain and protect yourself not only from Covid-19-related complications, but also from diseases such as diabetes and heart disease,” Dr. Melina Jampolis wrote in an article for CNN.

Make stress management a priority

Amid the coronavirus outbreak, it’s important to take care of your mental health as well as your physical health, experts note.

“I know, it isn’t easy. Balancing homeschooling, financial challenges, cabin fever, social isolation and illness is stressful, but stress can contribute to poor eating choices and increase fat deep in your belly (underneath the muscle) that can contribute to heart disease and diabetes,” Dr. Jampolis wrote in the CNN article.

Additionally, the CDC recommends the following measure to look out for your mental health during the coronavirus outbreak:

Pay attention to what you’re buying

When you go to the grocery store, or order supplies to be delivered, pay attention to what you’re adding to your cart. Try to stay away from having too much junk food in the house to avoid temptation.

Getting enough water and servings of fruits and vegetables is also recommended.

More tips on cooking amid the pandemic can be found here.

Get a good night’s rest

If you’ve been having trouble sleeping lately, a new study shows that you’re not alone.

The study, commissioned by Sleep

Standards, found that nearly 77% of Americans have lost sleep over the coronavirus pandemic.

Sleep is an essential part of all-around health.

“Both excess sleep and inadequate sleep have been linked to weight gain, increased appetite and worsening blood sugar control, so try your best not to completely abandon your sleep schedule,” according to CNN.

Stay social

Just because you’re sheltering in place, doesn’t mean you have to be socially isolated. In fact, the World Health Organization even encouraged experts to move away from calling it “social dis-

See **HEALTHY**, Page 6D

Teen chafes under dad's strict parenting



Dear Abby
Jeanne Phillips

Dear Abby: I am a teenage girl in an average family. I started getting interested in LGBTQ+ and other social justice topics when I was in fifth grade.

Since then, I have realized that, among other things, I'm a lesbian, a liberal and an atheist. This wouldn't be a problem, but my father hates many of the things I am or stand for. He's an extremely conservative, Christian, gun-rights person, and he wants me and my brothers to join the military. He constantly pushes me to be the best that I can be, and I try, but his idea of "best" is very different from mine.

I have several mental problems, which resulted in me getting special privileges in school. I use them whenever

I can, but it is never enough for him. He keeps searching through my grade book until he finds something new for me to do, regardless of the date it was assigned or whether it can be graded anymore.

I have various restrictions on my use of technology, so I can barely contact my friends. It has gotten to the point that I am worried about when I come out and looking forward to college just so I can get away. Please tell me what to do in the meantime because college is five years away.

— *Waiting in Virginia*

Dear Waiting: You and your dad have very different outlooks on life, and that's OK. That said, you must live under his roof for the next five years, so be diplomatic and keep some of your opinions to yourself as long as possible.

You may think your father is heavy-handed in parenting you, but has it occurred to you that when he goes through

your grade book, he's trying to make sure you know how to work all the problems in it? Placing restrictions on a minor's use of technology is intelligent parenting, at least for someone just entering her teens. Please try to cut him some slack. Recognize there is a bright future ahead of you if you concentrate on your studies to the best of your ability and buckle down now.

Dear Abby: My 32-year-old son, "Jerry," wanted to propose to his girlfriend, but didn't have money for a ring. My husband offered him my original engagement ring, assuming for some reason (or maybe just not thinking) that my old ring didn't hold sentimental value to me, although I wore that 1/3-carat diamond every day for 32 years before getting a new, larger one.

After the ring was offered, I felt forced to let him have it. I knew it wouldn't fit his girlfriend, and I also didn't think she would settle for such a

small diamond, but I figured he would have the diamond put into a setting that fit her. I got over my feeling of loss knowing he would use the ring.

Well, he didn't. He gave her MY ring, and then they went out and charged a nice-sized engagement ring that she selected. My original ring now hangs on a chain in her jewelry box. Should I ask for my ring back?

— *Means A Lot in Texas*

Dear Means A Lot: Because your first engagement ring is not being used as intended and was only a place holder until your son's fiancée got what she really wanted, I see no reason why you shouldn't ask, and I also see no reason why she shouldn't graciously comply.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Let go of negative childhood experiences and get vaccinated



To Your Health
Dr. Keith Roach

Dear Dr. Roach: I will never willingly get a vaccine for anything. I have been sick only once in my life, and it was from a vaccination that I received in the seventh grade. I am now 80. Besides my bad experience, I do not get vaccinations because I do not know what they are. Also, I do not know the difference between a virus, a germ and bacteria nor how they make a person sick. How do these things interface with the cells that make up our bodies? Many of us cannot accept the advice to "take this, because it will prevent whatever." If I had the medical details, I might reconsider vaccination. — *Anon.*

Answer: Making a medical decision should ideally be based on the best,

most up-to-date information. For more than 65 years, you have been choosing against one of the most important medical interventions we have, based on a single bad experience. I assure you that vaccine technology is much, much better now than it was in the 1950s.

Vaccines get your body's immune system prepared to fight a specific infection. Infections are caused by germs, but "germs" is an imprecise term that includes microscopic invaders, including bacteria, viruses, fungi, protozoa and other parasites. However, all commercially available vaccines at present work against bacteria or viruses. Bacteria are microscopic organisms that live virtually everywhere: Only a tiny fraction cause human disease. Viruses are structures of protein and nucleic acids that use the host cells to reproduce. Viruses take over the genetic information of a cell and force it to replicate viruses instead of performing the normal job of

a cell.

Vaccines can be made to combat bacteria (like pneumococcus, a bacteria species that is the leading cause of pneumonia) and viruses (like measles, the most infectious disease known). A vaccine may use either attenuated (weakened) strains of the bacteria or virus, or purified structures of the bacteria or virus. By being primed against the invader, the body is ready to respond in the case of actual exposure to infection. Both types can provide long-lasting protection from infection. Although most vaccines are for infections that, if survived, the body has immunity to, some vaccines provide immunity to an infection that even survivors do not develop immunity to. One example is tetanus.

Vaccines teach the immune system how to make antibodies to a particular infection, and may also stimulate the cellular immune system. The way this

works is complicated, and physicians spend months learning how the immune system works and how vaccines interact with the immune system. By contrast, vaccine scientists spend years or decades learning in great detail how to make safe and effective vaccines.

At the time I write this, I know of many different teams trying heroically to develop a safe and effective vaccine against coronavirus. A vaccine could prevent millions of deaths. As a provider on the front line of taking care of these patients, I cannot express how much I look forward to a vaccine. As a person in their 80s, you should too.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or send mail to 628 Virginia Dr., Orlando, FL 32803.

Readers appreciate COVID-19 column



Animal Doctor
Michael W. Fox

Dear Dr. Fox: I applaud your recent article on COVID-19. You have rightly identified one of the root causes of this disease, as well as many other zoonotic diseases: our invasion of the natural world, leading to intermingling of species that were never naturally meant to mix. This is also intertwined with our climate crisis. One thing not noted is our increasing population, and its impact on the Earth by continually degrading the natural world. We must both curb our species growth and our demand for so many disposable material items.

I frankly fear that we are too late to stop it, and may only be able to slow the final degradation some. We, as a species, tend to go along with the status quo until the metaphorical gun is pointed to our head, and then we'll act. But unlike movies that show an immediate return to normalcy, Nature doesn't move that quickly.

After this pandemic's crisis stage is over, and everyone starts to evaluate what went wrong and what to do in the future, I fear that the focus will only be

upon disease testing and treatment. There will not be an examination of the true root causes. Thus, we will repeat this again, and likely with greater frequency.

Thank you for identifying this. Maybe it will spark someone to rethink their actions.

— *R.M., Stroudsburg, Pennsylvania*

Dear R.M.: I have received several letters from readers expressing appreciation for my short postings on the coronavirus pandemic in my column. For more in-depth discussion, I refer readers to two related articles on my website (drfoxonehealth.com): "What SARS-CoV-2 and COVID-19 Are Telling Us: A Holistic Veterinary and One Health View," and also "From Conventional Medicine to One Health: An Essential Transformation."

Your letter provides an excellent synopsis of this human-caused, anthropogenic health crisis. Indeed, there will be more pandemics, plagues and pestilence in the future, along with famine and war, if COVID-19 does not make us change our behavior on planet Earth!

Dr. Albert Schweitzer summed it up with prescience decades ago when he opined: "We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as

much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace."

Dear Dr. Fox: I have a 19-year-old female inside cat who is in good health for her age. However, within the last year, she seems to have lost her hearing, which was confirmed by our veterinarian.

She used to sleep in our bed during the night, but gave up doing so approximately two years ago. For about the last six months, she has been crying out in the middle of the night (and of course, her cries wake us up). Now, for the past couple of weeks, she not only cries out, but gets up and down out of our bed several times a night. She will not lie down in our bed.

I recently saw your reply concerning a cat with other issues, in which you suggested using melatonin at bedtime. Is this something we could try on our cat to help her rest in the evening, and help increase our sleep, too?

— *B.T., New Carlisle, Indiana*

Dear B.T.: Old cats like yours, who become restless at night, are often afflicted with the feline equivalent of senile dementia. In some instances, com-

binated with this brain degeneration, there is painful arthritis. Give your cat 1 to 3 mg melatonin close to bedtime, mashed up in a canned sardine, which has anti-inflammatory benefits for possible arthritis, and may also help neurologic function.

Get some catnip from the pet store; if your cat enjoys it, nibbles some and rolls in it, some sedation may result. Alternatively, put a pinch of valerian herb, available in drug stores, in the sardine along with the melatonin. You should occasionally take one-week breaks from these medications to avoid over-challenging your cat's liver.

In addition, my book "The Healing Touch for Cats" can teach you how to give your cat regular massage-therapy sessions, the therapeutic value of which is well documented.

Send all mail to animaldocfox@gmail.com or to Dr. Michael Fox in care of Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106. The volume of mail received prohibits personal replies, but questions and comments of general interest will be discussed in future columns. Visit Dr. Fox's website at DrFoxOneHealth.com.

Healthy

Continued from Page 4D

tancing" and instead opt for "physical distancing."

Maintaining a sense of connection with people in your life can help keep a sense of normalcy, which can help keep you healthier all around.

"It occurred to me from the beginning that this was an unfortunate

choice of language to talk about 'social distance,' when actually what was meant was 'physical distance,'" Martin W. Bauer, a London-based sociology professor told Al Jazeera. "It is good that WHO finally tried to correct an early error of mistaking physical distance for social distance. In these strange times of the virus, we want clear physical distance, but at the same time, we want people to remain close to each other 'socially.'"



Exercise and healthy eating are important, but there are other ways to stay healthy while staying at home during the coronavirus outbreak. GETTY IMAGES

Blue Zones

Continued from Page 4D

survey will help us share your experience as we encourage planners and policy makers to implement greater measures for cycling access and safety.

Finally, participate in a Bike Month event in May such as Naples Velo's Community Ride for Harry Chapin Food Bank. For more information or to donate, visit <https://bit.ly/3f2SMA2>. Or, you can participate in the Safe Routes to School — Bike to School Day event. For more information, visit walkbiketoschool.org/.

It's time to dust off that helmet, pump up your tires, and move that squeaky wheel. Actually, it's more likely your chain that's making the noise. Wipe it down, throw some grease on it and ride on my friends.

ONLINE POWER ACTIVITY OF THE WEEK

Blue Zones Project Southwest Florida wants to know how you are living the Power 9, a set of shared principles

followed by the longest-lived people.

Each week, we will have a specific Power 9 activity for you to try and share with us.

Last week we discovered many creative ways people practiced 80% Rule (a way to avoid over-eating). Some suggested that using smaller plates helped them while others simply ate slower or at their kitchen table rather than in front of the TV.

This week's Power 9 activity is Move Naturally. Bicycling is one of the best ways to Move Naturally and safety is essential.

Are there areas along your usual bike route that could use some safety improvements? Be sure to take a picture or video, note the location and share with us on Facebook by tagging us @BlueZonesProjectSouthwestFlorida or use #BlueZonesProjectSWFL. Or, tell us your story by emailing bluezones-projects@sharecare.com.

Participants will be entered into a random prize drawing for a \$50 bike shop gift card.

Next week's Power 9 Online activity will be Purpose.