

Traffic sign boxes to monitor speed, volume

By Rochelle Moore
Staff Writer

The Public Works Department is currently collecting data from three recently purchased portable traffic monitoring signs to help battle traffic concerns residents have raised.

The department mounted two of the portable traffic sign boxes, one on Beverly Road and the other on Fern Street. The results are still being evaluated; however, preliminary reports indicate average traveling speeds.

"I think they did find the average speed on the road is 35 miles per hour," said Public Works Director Dana Hallenbeck after talking with someone in his department who is currently looking at the data collected on Feb. 11. "That is a real good speed for an average but we don't know the volume at this time."

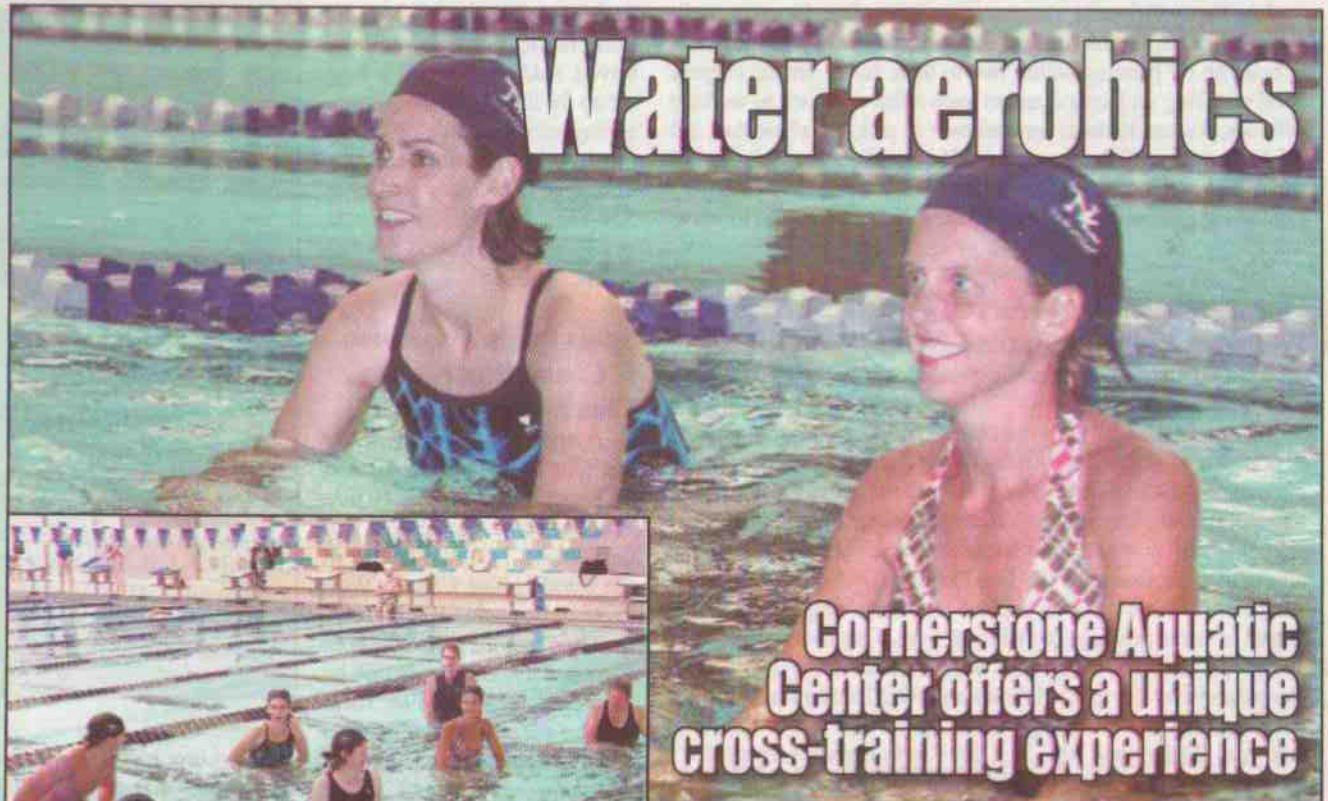
The Town Council asked the department to conduct the study after many residents reported concerns on the growing traffic traveling in and out of town.

"The council asked us to do a study on traffic calm-

Traffic sign boxes/page 7

Council approves additional money for home improvement projects

The Town Council approved a \$5,000 increase to the Housing Rehabilitation Program grant/low interest loan program at its Jan. 22 meeting. Now income eligible homeowners can expand the scope of their home repairs with additional funding totaling up to \$25,000. Homeowners can use the money to remove hazardous materials, correct housing code violations, remove handicapped barriers, make energy conservation improvements, and replace gutters, downspouts, and water lines.



Cornerstone Aquatic Center offers a unique cross-training experience

Submitted photos

Top, two women enjoy a workout at the Cornerstone Aquatic Center in West Hartford.



Above, a group works out at the Cornerstone Aquatic Center in West Hartford.

By Erica Schmitt
Intern

A morning jog is often the best way to revitalize your mind and get energy for the day - but have you ever thought about jogging in the water? At the Cornerstone Aquatic Center in

West Hartford, you can do just that. The facility, located in West Hartford, recently installed an exclusive cross-

training center which is one of only 15 like it in the entire country, with others in New York and California.

"We are the only ones to do it on this scale," said Dave Rowland, president of the aquatic center.

Special underwater treadmills and underwater stationary bikes are what

distinguish this center from a regular pool/gym facility. There are also mats for floor exercises and stretch cord exercise equipment on the pool deck for flexibility and strength training. They have 16 stationary bikes in total, along with four treadmills for members' use.

Hydrorider is the name of the company that manufactures these unusually innovative machines. They import them from Italy, where the project began in the year 2000.

Water aerobics/page 6

Cornerstone Aquatic Center offers a unique cross-training experience

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Exercising in the water is known to be a much better workout for the body than doing land exercise. People are most familiar with water aerobics and swimming, the conventional water fitness activities. Because electrical equipment obviously can't be in or near water, the machines run purely from the athlete's own movement.

The treadmills have long, thin white pipes fashioned together that roll underneath running feet. The stationary bikes have adjustable seats and are used for other exercises besides spinning, such as push-ups and sit-ups.

Cornerstone offers a number of different membership options for use of their facility. A swimming membership gives you unlimited use during any of the 95 hours a week that they are open. A low usage membership is perfect for the occasional swimmer, who wants to pay-per-visit. If you are only interested in using the new equipment, not independently swimming, then you can purchase a Program Pass which allows you to register for courses, lessons, and pool parties.

The courses cost an extra registration fee, but there is a multitude to choose from with a range of intensities from low to high. Classes have names like "Spinner's Delight," a low intensity course, or "Power Lunch," one of the higher intensity fitness options. Maybe you want to be a "Weeknight Warrior," and do a moderate intensity workout. There are also more difficult workouts geared toward people who are in training and need the highest intensity class. These athletes can choose from "Aqua Boot Camp" and "Triathlon Training."

Cornerstone asks that all participants take a preliminary orientation to learn how the machines work and practice adjusting them for personal use. After taking this 15 minute



Submitted photo

Cornerstone Aquatic Center in West Hartford offers water aerobics classes like the one seen above.

class, you will be ready to register for the other 25, which can run any time from 6:15 a.m. to 7:30 p.m.

Because it is much more difficult to exercise in water than it is otherwise, the workout is radically better for you.

"The water is essentially pressing on all of your blood vessels, so they get smaller," explains Rowland.

Although your heart works harder to pump, the water cools you off simultaneously so you can exercise at a much more vigorous rate than you normally would on land when you can overheat. Kidney function is even improved, as water fitness increases it by 30 percent. For those with joint problems who have to limit what kinds of exercise they do and how hard they work out, the water's

buoyancy reduces joint compression and improves muscle balance.

Even when recovering from an injury this type of aqua training can be vital to rehabilitation. Muscle contractions also increase and flexibility is strengthened because resistance comes from every single direction all at once. The facility also overhauled their water sanitation system and now has a chlorine filter that eliminates any smell or taste of chlorine from the water.

The Cornerstone Aquatic Center opened its cross-training facility's doors on Jan. 4 just the right time to challenge New Year's resolutions. To get involved with this new and exciting aqua fitness, visit swimcornerstone.com or contact them at 521-3242.

Come eat your first hamantashen of 2008!