

**From:** Edeltrud Coll <[edeltrud27@outlook.com](mailto:edeltrud27@outlook.com)>

**Sent:** Thursday, July 26, 2018 11:01 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Subject:** Stamford Office Parks Text Change with Unenforceable Restrictions.

Esteemed members of the Land-use/ Urban Redevelopment Committee;

The Code of the Stamford Ethics Board is : "Public Service is Public Trust".

From the many questions you have put forward regarding the Stamford Office Parks Text Change and the relevance to the Life Time Fitness test case proposed for the High Ridge Office Park, it is evident, that the Stamford Representatives share the Credo of the Ethics Board and that you take your work very serious and we thank you.

In that spirit, may we prevail on you to take a trip and see for yourselves Life Time Fitness in Harrison NY.

It is a Comprehensive Retail, no-moderation, all-or-nothing brand to be replicated at the High Ridge Office Park. . Various types of offices, Child care, Restaurant/Cafe, Botox - Detox - Mani/pedi spa, Pool-A-Palooza, bikini and dance jams with glow sticks & music. Cycle and champagne event and not to miss out on anything - free babysitting. Since you are already on a field trip, continue to the proposed site Building #3 at the High Ridge Office Park.

Nothing can be added to what you have already heard but unless the City plans to relocate the Riverturn Fire House, envision if you will, a First Responder truck unable to get through - there is no room for vehicles to move aside.

Planning Board Chair Theresa Dell anticipates an additional 2000 cars a day going though Turn of River/Buxton Farms Road, converging past the Fire house. Life Time Fitness is open 18 hours, 24/7. Adding at least three shifts of staff, deliveries and services to this traffic congestion. **Who is liable if a firetruck is delayed ?**

In a conversation with Mayor David Martin, I was expected to be sympathetic to Comfort & Sons, owner of the High Ridge Office Park. No tenant income and no revenue to the City. Sorry sir, but that is the cost of doing business.

How dare Turn of River be so obstinate. Well, we are listed by name, one of five residential neighborhoods the City promised to be protect and enhance. On that premise mortgages were signed a/o savings invested in a life stile.

**Everyone expects and accepts changes that serve the greater good  
At the High Ridge Office Park - Life Time Fitness could never make that claim.**

Quoting the Stamford Law Department:

" The petition process is purposefully cumbersome, designed for petitioners to fail ". This forthright but also shameless statement is leaving me personally speechless. (temporarily)

Riverturn Association Owners are gratified, that we are legitimate landowners, (1/70 of three acres) living neither on stilts nor in a black hole, but truly invested in our neighborhood and our voice is officially heard and considered.

For that we thank the Board of Representatives. But now please follow up and do the research. Most likely you will conclude it to be the right thing for our City to convince the Zoning Board to reverse the Office Parks Text Change.

Respectfully,  
Edeltrud A. Coll  
Riverturn Unit 19B

**From:** Nan Preschel <[ngordon819@aol.com](mailto:ngordon819@aol.com)>

**Sent:** Thursday, July 26, 2018 10:05 PM

**To:** de la Cruz, Virgil

**Subject:** Text change

Dear Representative de la Cruz,

I urge you to reject the text change that will allow recreational facilities like Lifetime Fitness to be built near residential neighborhoods. The traffic in my neighborhood is already very difficult and I am deeply concerned about increased traffic and noise levels.

Sincerely,

Nan Gordon  
181 Turn of River Rd.  
Stamford

Sent from my iPhone

**From:** [thomas kijek](#)  
**To:** [de la Cruz, Virgil](#); [Pia Jr., Charles](#); [Rosenson, Valerie](#)  
**Subject:** Text change statement  
**Date:** Thursday, July 26, 2018 1:59:13 PM

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The Stamford Board of Reps

Dear Board members,

Thank you for giving the public the opportunity to weigh in on this very important issue as the text change will adversely affect the citizens of Stamford.

I was born and raised in Stamford and attended local schools until I went off to college. During this time I have seen it grow from a small town to the thriving city it is today. This text change affecting office parks would turn the High Ridge and Long Ridge corridors into nightmare alleys of congestion, lower home and property values for surrounding property owners as well as and reduce the quality of life as it exists today.

This does not take into account the effect increased traffic would have on the desirability of these areas for residents. As a Realtor with William Raveis Real Estate and a resident of North Stamford I can tell you that property values in North Stamford have under performed in the past few years. As property values decrease and taxes remain the same or increase it will deter people from moving here and force more people to leave Stamford.

The issue of commuter traffic going from both High Ridge and Long Ridge corridors to downtown and the Metro North station has been a deterrent for people moving into these areas in general, not just adjacent to the office parks. If you were to poll residents traffic would rate high on a list of residents concerns and gripes.

The text change as conceived and written and approved by the Zoning Board is too open ended and vague allowing developers a free hand to do what they want and where they want--and not what is in the best interest of the citizens of Stamford, who elect you to do the right thing for them and to protect them from rampant over development.

I understand that the Master Plan allows for the re-purposing of office parks. That does not mean turning them into Amusement Parks with outdoor water slides, multiple swimming pools with music, outdoor summer camps with young children, parties, unenforceable noise levels and bright lights with hours of operation from 6 a.m. until late in the evening.

The text change seems to have been written to retro-fit the needs of Life Time Fitness.

I believe it is your obligation to the taxpayers to overturn the Zoning Board's "text change" decision. This decision will affect ALL the office parks in Stamford and will have a catastrophic negative impact on this city and its residents.

Thank you and best regards,

Tom Kijek  
Stamford Realtor

**From:** Howard Malis <[projectdoc@aol.com](mailto:projectdoc@aol.com)>

**Sent:** Thursday, July 26, 2018 3:31 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Subject:** text code change

dear land use committee member.

concerning your vote on August 1 to recommend or reject the text code change.

I strongly urge you to **reject** the text change.

To allow it would ruin other neighborhoods of Stamford. And specifically the Turn of River neighborhood if Lifetime Fitness would be allowed to build inside the High Ridge Office Park.

Thank you,

Howard Malis  
14 Talmadge Ln.

**From:** Sandy McPherson <[sandy.k.mcpherson@gmail.com](mailto:sandy.k.mcpherson@gmail.com)>

**Sent:** Thursday, July 26, 2018 9:36 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Subject:** Please Help Preserve Property Owner's Rights

Dear Land Use Committee Members,

As a fellow Stamford resident, I am writing you regarding the review of the recent Zoning Board "Text Change" decision. I am asking for your YES vote on August 1st to reject the Zoning Board decision for the following reasons.

- The new zoning definition of how the land in the corporate parks can be used is "too broad and open-ended". It allows much more than your average fitness or health club. It would have to allow a resort-like club such as Life Time Fitness with 3,000 to 5,000 family memberships. (photos below). How would you like to have that in your backyard?
- The text change does not adequately protect the neighborhoods along High Ridge and Long Ridge Roads. Negative impacts will be felt with more congestion on roads, reduced property values, and quality of life for surrounding single-family property owners.
- The Planning and Zoning Boards need to go back to the drawing board and tighten-up the controls in zoning regulations.
- These two appointed boards just got it wrong. We need you now to protect our neighborhoods as described in our City Master Plan.
- As our elected officials, we need you to "right the ship" and put the People and the Master Plan as the top priority before the wants of major developers.

Thank you for your consideration and for your service to our City.

Sandy McPherson







Jul 14, 2018



Jul 14, 2018 12:21 PM

**From:** Robert Amster <[bamster@retailtechgroup.com](mailto:bamster@retailtechgroup.com)>

**Sent:** Friday, July 27, 2018 7:06 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Summerville, Annie; Sherwood, Nina; Cottrell, Megan; Michelson, Bradley; Lee, Benjamin; Graziosi, Anzelmo; Lion, Bob

**Subject:** Regarding the Board of Reps Land Use Committee Vote Aug. 6th

Let it be very clear that we (this household) stands against the vote of the Zoning Board on this issue and rejects the idea of the fitness facility.

We are not against progress, but we are for conserving the character of this city which has been our home for over 40 years. Some changes are necessary. Some changes improve the aesthetics and traffic flow. Some changes detract from the character of a neighborhood or increase the traffic (of which we already have plenty).

There is no need to deviate from the master plan just as there was no reason to allow the Trump building to become taller than the Landmark Square building. There was to have been no taller structure than Landmark in Stamford. The parks-like appearance of the properties along High Ridge and Long Ridge Roads are a tranquil, gentile sight and to whatever extent we can, we should preserve that characteristic.

Let this testimonial count as two!

Bob & Judy Amster

Tel. 203-329-2621

email: [bamster@retailtechgroup.com](mailto:bamster@retailtechgroup.com)

**From:** Hank Cuthbertson <[hankcuth@hotmail.com](mailto:hankcuth@hotmail.com)>

**Date:** July 27, 2018 at 11:03:06 AM EDT

**To:** "[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)" <[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)>, "[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)" <[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)>, "[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)" <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>, "[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)" <[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)>, "[blee@stamfordct.gov](mailto:blee@stamfordct.gov)" <[blee@stamfordct.gov](mailto:blee@stamfordct.gov)>, "[blion@stamfordct.gov](mailto:blion@stamfordct.gov)" <[blion@stamfordct.gov](mailto:blion@stamfordct.gov)>, "[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)" <[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)>, Nina Sherwood <[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)>, "[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)" <[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)>

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**Subject:** LTF Would Be "The Camel's Nose" in the High Ridge Office Park

Dear Representative,

If the LTF text code changes are approved, Life Time Fitness will get a valuable foothold in the High Ridge Office Park. These text code changes will not just let LTF put a large indoor/outdoor athletic complex adjacent to our residential neighborhood. It will give Life Time Fitness a base of operations that they will then have the right to expand. In the future they could take over the entire High Ridge Office Park.

LTF is a very aggressive growth oriented company. The complex proposed for the High Ridge Office Park would be one of their smallest installations in the U.S. The vast majority of their centers are twice as large as the one they are planning to develop in the High Ridge Office Park.

As soon as the opportunity presents itself LTF could move to push out other office park tenants. In Harrison they occupy over thirty acres and they are expanding. They plan to add an additional swimming pool and high-end concessions. The reason that they are adding the new swimming pool is because the first pool is "too loud and noisy". They want to build a quieter place where adults can relax and enjoy some food, a drink and get away from the water slides and screaming kids.

LTF typically offers a much greater number of services than they will initially have the room to provide in the High Ridge Office Park. If the LTF text code changes are approved they will have the right to expand and offer their full range of retail and personal services.

This mall-like complex would threaten many of Stamford's family owned small businesses.

When you are evaluating the potential affects of allowing Life Time Fitness to go into the High Ridge Office Park you can not just look at what this "mini" LTF Fitness complex would do to the quality of life in the neighboring residential neighborhoods. Whether it is noise, traffic, congestion, light pollution etc., the initial negative impact could double or triple if LTF is given what it is asking for in their text code changes.

C-D zoned office parks were initially conceived and designed to fit seamlessly into residential neighborhoods. They were not supposed to disrupt or negatively impact the quality of life of the neighboring residential communities. If the LTF text code changes are approved, all of our C-D zoned office parks will be changed forever.

These text code changes give developers new rights. They increase the probability that other inappropriate facilities will be built in our C-D zoned office parks.

The protections that local residents thought they had will be permanently destroyed.

Please vote to overturn the Zoning Board's short-sighted approval of the LTF text code changes.

Respectfully yours,  
Hank Cuthbertson  
President, Sterling Lake Association

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The following are lists of activities and services typical of a Life Time Fitness facility as described in their website:

### **Services and Programs:**

- Kids camps – summer and school breaks
- Kids Sports
- Spa – includes hair, skin, massage, nails
- MediSpa – includes injectables (Botox) for skin treatments, laser services, medical aesthetics (peels, etc.), hormone replacement therapy, testosterone replacement therapy
- Nutritional Coaching
- Pilates
- Weight Loss Programs
- Yoga
- Health Assessments – includes specialty lab testing regarding metabolism, hormone levels, & food sensitivities
- Child Center
- Personal Training
- Physical Therapy and Chiropractic Care
- Social Events
- Kids Academy
- Group Fitness Classes
- Basketball Leagues

### **Spaces and Facilities:**

- Outdoor Pool
- Lap Pool
- Kiddie Pool
- Water Slides
- Indoor Pool
- Indoor Tennis Courts
- Fitness Studio
- Squash and Racquetball Courts
- Rockwall
- Yoga Studio
- Pilates Studio
- Sauna
- Whirlpool
- Steam Room
- Gym
- Basketball Courts
- Cardio & Weights Floor
- Café
- Bar

**From:** [Craig Esses](#)  
**To:** [Lion, Bob](#)  
**Subject:** Support for Lifetime Fitness  
**Date:** Friday, July 27, 2018 4:27:21 PM

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Hi Bob,

You may be receiving some emails similar to below. For the record, consistent with Elisa's articulated support,

I am in favor of the approved regulation to allow Gymnasium and Physical Culture Establishments to be located in our corporate office parks (C-D Zones), and in particular to enable LifeTime Fitness to request a Special Exception and Site Plan application at High Ridge Office Park. I urge the Board of Representatives to uphold the Zoning Board approval.

Best Regards,  
Craig Esses



**From:** G Kendall Hubbard <[gghubbard@us.ibm.com](mailto:gghubbard@us.ibm.com)>

**Sent:** Friday, July 27, 2018 11:31 AM

**To:** DEBORAH BILLINGTON

**Cc:** [acarella@stamfordadvocate.com](mailto:acarella@stamfordadvocate.com); Amy Temple; Graziosi, Anzelmo; Anthony DiRollo; Na Ashok; asoave3527; Summerville, Annie; [Barry.lytton@stamfordadvocate.com](mailto:Barry.lytton@stamfordadvocate.com); Erica Bates; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Robert Martino; Rep. Simmons, Caroline; Cynthia Reeder; Pia Jr., Charles; [donnamgardner16@gmail.com](mailto:donnamgardner16@gmail.com); [eaton.jere@gmail.com](mailto:eaton.jere@gmail.com); Edeltrud Coll; Greta Wagner; George Shepherd; [HACKEN3448@AOL.COM](mailto:HACKEN3448@AOL.COM); Hank Cuthbertson; Helen; Howard Malis; Intervale / Turn of River Action Group; Jackie Kaiko; Jane Cuthbertson; [jeff@accuratetoolanddie.com](mailto:jeff@accuratetoolanddie.com); [jeffrey.a.wu@gmail.com](mailto:jeffrey.a.wu@gmail.com); [jesinche@aol.com](mailto:jesinche@aol.com); [jngrosso@yahoo.com](mailto:jngrosso@yahoo.com); Jeffrey Salvatore; Joe Tedesco; Margaret Toal; Marian Freed; [marlen5@aol.com](mailto:marlen5@aol.com); Mike Battinelli; Maureen Boylan; Cottrell, Megan; [mderosa@wpsir.com](mailto:mderosa@wpsir.com); Jeanne Marconi; Meera Vasudevan; Meera Vasudevan; [MKurland@stamfordjcc.org](mailto:MKurland@stamfordjcc.org); Nan Gordon; Sherwood, Nina; [Paullongo@optonline.net](mailto:Paullongo@optonline.net); Paul Longo; Peter Licopantis; Paul Gordon; Paul Hickey; [RAWolfsohn2@gmail.com](mailto:RAWolfsohn2@gmail.com); Rhoda Adler; Risa Raich; Lois Berlingo; [roucero@optonline.net](mailto:roucero@optonline.net); RSinche; [sseager6@gmail.com](mailto:sseager6@gmail.com); Stephanie Mark; [Ted.adler@gmail.com](mailto:Ted.adler@gmail.com); de la Cruz, Virgil

**Subject:** Re: LTF Would Be "The Camel's Nose" in the High Ridge Office Park

No.....I live in Stamford on Turn of River Road!

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Date: 07/27/2018 11:24 AM

Subject: Re: LTF Would Be "The Camel's Nose" in the High Ridge Office Park

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So have you been fighting this in the New Castle LTF? Due to open this Fall?  
Readers Digest site?

Sent from my iPhone

On Jul 27, 2018, at 11:20 AM, G Kendall Hubbard <[g Hubbard@us.ibm.com](mailto:g Hubbard@us.ibm.com)> wrote:

Exactly what we are all concerned about and have been fighting for the last 15 months!!!! This is a nightmare for any of the neighborhoods in the area and a number of existing Stamford businesses as well.

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From: Jeffrey Salvatore <[jsalvatore@accuratetoolanddie.com](mailto:jsalvatore@accuratetoolanddie.com)>  
To: Hank Cuthbertson <[hankcuth@hotmail.com](mailto:hankcuth@hotmail.com)>  
Cc: "[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)" <[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)>, "[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)" <[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)>, "[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)" <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>, "[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)" <[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)>, "[blee@stamfordct.gov](mailto:blee@stamfordct.gov)" <[blee@stamfordct.gov](mailto:blee@stamfordct.gov)>, "[blion@stamfordct.gov](mailto:blion@stamfordct.gov)" <[blion@stamfordct.gov](mailto:blion@stamfordct.gov)>, "[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)" <[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)>, Nina Sherwood <[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)>, "[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)" <[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)>, Peter Licopantis <[pglydl3@optonline.net](mailto:pglydl3@optonline.net)>, "[mderosa@wpsir.com](mailto:mderosa@wpsir.com)" <[mderosa@wpsir.com](mailto:mderosa@wpsir.com)>, "[acarella@stamfordadvocate.com](mailto:acarella@stamfordadvocate.com)" <[acarella@stamfordadvocate.com](mailto:acarella@stamfordadvocate.com)>, Intervale / Turn of River Action Group <[itv.tor.actiongroup@gmail.com](mailto:itv.tor.actiongroup@gmail.com)>, "Rep. Simmons, Caroline" <[Caroline.Simmons@cga.ct.gov](mailto:Caroline.Simmons@cga.ct.gov)>, Joe Tedesco <[jtedesco@drsw.com](mailto:jtedesco@drsw.com)>, "[marlen5@aol.com](mailto:marlen5@aol.com)" <[marlen5@aol.com](mailto:marlen5@aol.com)>, asoave3527 <[asoave3527@yahoo.com](mailto:asoave3527@yahoo.com)>, Mike Battinelli <[mbatt6@aol.com](mailto:mbatt6@aol.com)>, "[Paullongo@optonline.net](mailto:Paullongo@optonline.net)" <[Paullongo@optonline.net](mailto:Paullongo@optonline.net)>, "[jngrosso@yahoo.com](mailto:jngrosso@yahoo.com)" <[jngrosso@yahoo.com](mailto:jngrosso@yahoo.com)>, Paul Hickey <[phickey@italiancenter.org](mailto:phickey@italiancenter.org)>, Greta Wagner <[greta@chelseapiersct.com](mailto:greta@chelseapiersct.com)>, Erica Bates <[bates@chelseapiers.com](mailto:bates@chelseapiers.com)>, Edeltrud Coll <[edeltrud27@outlook.com](mailto:edeltrud27@outlook.com)>, Meera Vasudevan <[meeravasudevan@gmail.com](mailto:meeravasudevan@gmail.com)>, Meera Vasudevan <[meerav@me.com](mailto:meerav@me.com)>, Na Ashok <[ashokv@mac.com](mailto:ashokv@mac.com)>, Stephanie Mark <[Stephipepper1@aol.com](mailto:Stephipepper1@aol.com)>, "[Ted.adler@gmail.com](mailto:Ted.adler@gmail.com)" <[Ted.adler@gmail.com](mailto:Ted.adler@gmail.com)>, Rhoda Adler <[rhodaadler@gmail.com](mailto:rhodaadler@gmail.com)>, "[RAWolfsohn2@gmail.com](mailto:RAWolfsohn2@gmail.com)" <[RAWolfsohn2@gmail.com](mailto:RAWolfsohn2@gmail.com)>, Robert Martino <[bob@martinocommunications.com](mailto:bob@martinocommunications.com)>, Marian Freed <[marian.freed@gmail.com](mailto:marian.freed@gmail.com)>, Nan Gordon <[ngordon819@aol.com](mailto:ngordon819@aol.com)>, Paul Gordon <[pgordon819@aol.com](mailto:pgordon819@aol.com)>, G Kendall Hubbard <[g Hubbard@us.ibm.com](mailto:g Hubbard@us.ibm.com)>

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Date: 07/27/2018 11:11 AM  
Subject: Re: LTF Would Be "The Camel's Nose" in the High Ridge Office Park

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Great letter

Sent from my iPhone

On Jul 27, 2018, at 11:03 AM, Hank Cuthbertson <[hankcuth@hotmail.com](mailto:hankcuth@hotmail.com)> wrote:

Dear Representative,

If the LTF text code changes are approved, Life Time Fitness will get a valuable foothold in the High Ridge Office Park. These text code changes will not just let LTF put a large indoor/outdoor athletic complex adjacent to our residential neighborhood. It will give Life Time Fitness a base of operations that they will then have the right to expand. In the future they could take over the entire High Ridge Office Park.

LTF is a very aggressive growth oriented company. The complex proposed for the High Ridge Office Park would be one of their smallest installations in the U.S. The vast majority of their centers are twice as large as the one they are planning to develop in the High Ridge Office Park. As soon as the opportunity presents itself LTF could move to push out other office park tenants. In Harrison they occupy over thirty acres and they are expanding. They plan to add an additional swimming pool and high-end concessions. The reason that they are adding the new swimming pool is because the first pool is "too loud and noisy". They want to build a quieter place where adults can relax and enjoy some food, a drink and get away from the water slides and screaming kids.

LTF typically offers a much greater number of services than they will initially have the room to provide in the High Ridge Office Park. If the LTF text code changes are approved they will have the right to expand and offer their full range of retail and personal services.

This mall-like complex would threaten many of Stamford's family owned small businesses.

When you are evaluating the potential affects of allowing Life Time Fitness to go into the High Ridge Office Park you can not just look at what this "mini" LTF Fitness complex would do to the quality of life in the neighboring residential neighborhoods. Whether it is noise, traffic, congestion, light pollution etc., the initial negative impact could double or triple if LTF is given what it is asking for in their text code changes.

C-D zoned office parks were initially conceived and designed to fit seamlessly into residential neighborhoods. They were not supposed to disrupt or negatively impact the quality of life of the neighboring residential communities. If the LTF text code changes are approved, all of our C-D zoned office parks will be changed forever.

These text code changes give developers new rights. They increase the probability that other inappropriate facilities will be built in our C-D zoned office parks.

The protections that local residents thought they had will be permanently destroyed.

Please vote to overturn the Zoning Board's short-sighted approval of the LTF text code changes.

Respectfully yours,

Hank Cuthbertson

President, Sterling Lake Association

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The following are lists of activities and services typical of a Life Time Fitness facility as described in their website:

### **Services and Programs:**

- Kids camps – summer and school breaks
- Kids Sports
- Spa – includes hair, skin, massage, nails
- MediSpa – includes injectables (Botox) for skin treatments, laser services, medical aesthetics (peels, etc.), hormone replacement therapy, testosterone replacement therapy
- Nutritional Coaching
- Pilates
- Weight Loss Programs
- Yoga
- Health Assessments – includes specialty lab testing regarding metabolism, hormone levels, & food sensitivities
- Child Center
- Personal Training
- Physical Therapy and Chiropractic Care

- Social Events
- Kids Academy
- Group Fitness Classes
- Basketball Leagues

### **Spaces and Facilities:**

- Outdoor Pool
- Lap Pool
- Kiddie Pool
- Water Slides
- Indoor Pool
- Indoor Tennis Courts
- Fitness Studio
- Squash and Racquetball Courts
- Rockwall
- Yoga Studio
- Pilates Studio
- Sauna
- Whirlpool
- Steam Room
- Gym
- Basketball Courts
- Cardio & Weights Floor
- Café

· Bar

**From:** [Renee Kahn](#)  
**To:** [Lion, Bob](#)  
**Subject:** High Ridge Park  
**Date:** Friday, July 27, 2018 4:55:54 PM

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I strongly oppose any potential change in zone as it opens a Pandora's Box of further development in all the commercial zones (lots on Long Ridge Rd.. I have learned through years of hard experience that if something bad COULD happen, it will.

We can't even control the commercial development below me on Long Ridgex34. Lights are on all night long and Jim Lunney says it's all perfectly legal

Thank you for all your hard work.

Renee Kahn

**From:** [joy\\_katz](mailto:joy_katz)  
**To:** [de la Cruz, Virgil](#); [Pia Jr., Charles](#); [Cottrell, Megan](#); [Graziosi, Anzelmo](#); [Lee, Benjamin](#); [Lion, Bob](#); [Michelson, Bradley](#); [Sherwood, Nina](#); [Summerville, Annie](#)  
**Cc:** [Larry](#)  
**Subject:** Vote to overturn text change  
**Date:** Friday, July 27, 2018 4:55:09 PM

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I am writing regarding your review of the recent Zoning Board “Text Change” decision which would permit the building of a Life Time Fitness in High Ridge Park. I urge you to vote to **OVERTURN THE TEXT CHANGE** decision for the following reasons:

- 1) The new zoning definition of what type of facility could be built in corporate parks is “too broad and open-ended.” It allows much more than your average fitness or health club. It would have to allow a resort-like club such as Life Time Fitness with 3,000 to 5,000 family memberships.
- 2) The text change does not adequately protect the neighborhoods along High Ridge and Long Ridge Roads. Negative impacts will be felt with more congestion on roads (resulting in more pedestrian accidents and possible fatalities,) more traffic during the evening hours and on weekends, reduced property values, and a reduced quality of life for surrounding single-family property owners. Noise levels above those provided for in the text change would be unenforceable.
- 3) There are other areas in Stamford which are appropriately zoned for this type of business, and that is where an enormous facility like Life Time Fitness should be built – not next to a residential neighborhood.
- 4) As our City Representative, we need you to protect our neighborhoods as described in our City Master Plan, a plan that neighborhoods helped design. As our elected officials, we need you to put the “people” and the “Master Plan” as the top priority before the wants of major developers.

Thank you for your time in serving our community.

Joy A. Katz 48 Janes Lane Stamford, CT 06903 203-329-3359 JoyAKatz@yahoo.com



**From:** "Frank J. Mercede" <[FJ@frankmercede.com](mailto:FJ@frankmercede.com)>

**Date:** July 27, 2018 at 11:45:32 AM EDT

**To:** "[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)" <[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)>, "[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)" <[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)>, "[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)" <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>, "[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)" <[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)>, "[blee@stamfordct.gov](mailto:blee@stamfordct.gov)" <[blee@stamfordct.gov](mailto:blee@stamfordct.gov)>, "[blion@stamfordct.gov](mailto:blion@stamfordct.gov)" <[blion@stamfordct.gov](mailto:blion@stamfordct.gov)>, "[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)" <[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)>, "[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)" <[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)>, "[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)" <[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)>

**Subject:** Lifetime Fitness Application

I own property at 1200 High Ridge Road, not far away from High Ridge Park and it is where my office is located.

Every morning, I drive from Long Ridge Rd to High Ridge Rd (HRR) via the Merritt Parkway. Often, the exit ramp is backed up while trying to exit onto HRR. Part of the issue stems from cars coming from Turn of River Road and Buxton Farms either going North or especially going South, preventing many cars from exiting the Merritt during one stoplight change.

At the end of the day attempting to turn left from DUNN AVE to get to the Merritt, there is a wall of cars going South, coming from the HRR exit and a wall of cars going North on HRR most likely trying to get to the Merritt either North or South. This is coupled with the mass exit of cars leaving the High Ridge Office Park.

I cannot imagine what the traffic will be like with all of the added traffic going to and from Life Fitness and find it very hard to believe that any traffic study would/could find anything different than one large traffic jam.

I would also like to comment that I too have experienced a vacancy in our building which seems to be the major issue from George Comfort and sons. We have had half of our third floor vacant (10,000 sq ft) for well over six years and only now are starting to get some activity. While I know that doesn't compare with the size of their vacancy in the proposed building,

they knew fully well when investing in the property what they were up against. Does that mean that I should go to Planning & Zoning and ask for a text change so that I can accept a different use in my building to cure my vacancy?

*F.J. Mercede*

Frank Mercede & Sons

Email: [fj@frankmercede.com](mailto:fj@frankmercede.com)

Cell: 203 943-5152

**From:** Amy Temple <[aetemple@optonline.net](mailto:aetemple@optonline.net)>

**Sent:** Friday, July 27, 2018 7:38 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Cc:** McMullen, John

**Subject:** LTF Zoning Decision

Dear Board of Representatives Land Use Committee Members,

As you gather on August 1st to deliberate on the zoning appeal for the text change that would allow a facility like Lifetime Fitness or any "gymnasium and social cultural establishment" to go into such a large part of Stamford's acreage, I urge you to reject the text change.

There are many reasons why I personally hope the text change gets rejected:

1. I live down the road from the High Ridge office park where LTF wants to build and it will be a step change for the worst in our neighborhood.
2. The investment we made in building our house on Talmadge Lane will decrease significantly in value.
3. It will be dangerous for me to go for nightly walks which I look forward to each day because I have to walk on Turn of River Road to walk anywhere from my house.
4. Pedestrian accidents are likely to increase on the stretch of High Ridge from Vine to the Merritt as well as on Turn of River Road where there are no sidewalks for much of the road.
5. Many other Stamford home owners will have their neighborhoods ruined as well when other "social cultural establishments" go into the other 5 office parks and these residents are not even aware that this text change has the potential to do this to their lifestyle.

But here is what you as a board must consider in making this sweeping decision for the city of Stamford:

1. Does this text change meet the requirements of the Master Plan? In particular does this major text change open the door for changes in the character of all the neighborhoods up and down Long Ridge and High Ridge Roads?
2. Does this text change ensure that traffic will be lessened on the streets of Stamford, especially High Ridge and Long Ridge Roads? What does lessen congestion on the streets mean? What was the intent of the creators of the Master Plan? It is the spirit of the Master Plan that must be adhered to.
3. Does the outdoor use that the Planning Board specifically spelled out as being problematic really need to be allowed by this text change? Should this text change be rejected so a more viable, more specific text change that is consistent with the Master Plan can be developed? Should the zoning board have required the developer to

propose a more specific text change where it was clear what was allowed and what was not so that they could be sure the Master Plan would be adhered to?

These are not easy questions to debate. These are not easy questions to stay focused on when people's emotions get in the way. But these are the questions you need to discuss on August 1st. This decision is critical to what will happen to the Ridges corridor and it will have long lasting effects for many of the city's residents. This decision cannot be made lightly. Just because people in North Stamford want an upscale gym closer to their homes is not a reason to approve this text change. Just because the Mayor wants this club in town is not a reason to approve the text change. There is way for residents to get access to an upscale club close to home without ruining life for many other residents. If the text change was rewritten to exclude outdoor activities, the Master Plan might be able to be adhered to. One has to question why the zoning board did not suggest this to the developer.

After sitting and watching you and the other members of the Board of Representatives for both 4+ hour long public meetings I have a profound appreciation for how much you all do your homework. You looked up case law, you visited the site in question, you read and reread long documents all after a day's work at your regular job. You really do provide a service to the city and it is appreciated by many including myself and I want to thank each of you for that service.

Please think about the points made by many residents, think about the Master Plan and whether there is a better solution and consider rejecting the zoning text change. If this developer or a future developer wants to bring a business venture into the office parks that is consistent with the Master Plan (lessen congestion in the streets, maintain the character of the neighborhood) then the residents of the area will embrace it. This text change however will change the character of the neighborhood and will increase congestion especially on weekends when we all usually enjoy your homes. There can be a win-win for all of Stamford where the office parks are utilized fully and the residents enjoy their neighborhoods. This text change is not going to be a win-win.

Regards,  
Amy Essinfeld Temple

**From:** "Roberto Ucerro" <[roucero@optonline.net](mailto:roucero@optonline.net)>

**Date:** July 27, 2018 at 1:45:22 PM EDT

**To:** <[vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov)>, <[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)>, <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>, <[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)>, <[blee@stamfordct.gov](mailto:blee@stamfordct.gov)>, <[blion@stamfordct.gov](mailto:blion@stamfordct.gov)>, <[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)>, "Nina Sherwood" <[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)>, <[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)>

**Subject:** LTF - High Ridge Office Park

Dear Representative,

Just wanted with the utmost respect to you and your position, to please consider that allowing development of the Life Time Fitness in the High Ridge Office Park by approving text code changes will bring irreparable damage to the neighborhoods not only adjacent and in close proximity to the High Ridge Office Park, but to all of Stamford.

Among other considerations, please see the below:

--C-D zone: is already creating havoc around the Office Park neighborhoods as the access roads (particularly Buxton Farms and Turn of River) were really not initially constructed to accommodate Office Park – Commuters, but remain residential neighborhood two lane roads.

--Changing C-D zone will allow continuous development within the High Ridge Park by Life Time Fitness expansions and/or other(s). In addition, many other Stamford residential neighborhoods will be facing the same overdevelopment problem.

--Traffic: Light and Stop signs add havoc into/from High Ridge Rd. and already an unacceptable level of traffic around Turn of River, Buxton Farms, High Ridge, and Intervale. Furthermore, commuters are now cutting through Turn of River and Vine Rd. to access Newfield Rd.

--Noise: activity from outdoor pool(s), kids camps, whirlpools/Jacuzzis/saunas and restaurants have no room in residential neighborhood areas and reiterating noise from the increasing traffic.

-- A 5,000 member facility will just ruing the area by all the aforementioned and added contamination and pollution.

--The Jewish Community Center, Italian Center, and YMCA already provide sufficient services for those seeking gym recreation. In addition, there is already the Chelsea Pears facilities – Stamford is more than serviced and covered.

Sincerely thank you for the kind attention to my email,

Roberto & Margarita Ucerro  
18 Geriak Rd (off Turn of River)  
Stamford, CT 06905

**From:** Colangelo <[alfred@colangelos.com](mailto:alfred@colangelos.com)>  
**Sent:** Saturday, July 28, 2018 12:21 PM  
**To:** de la Cruz, Virgil  
**Subject:** Lifetime fitness

I implore you to vote against LTF. It's out of place and does not belong in a residential area.  
Thank you

Alfred P. Colangelo  
[Alfred@colangelos.com](mailto:Alfred@colangelos.com)  
[10 Fox Glen Dr 06903](#)

Alfred P. Colangelo  
[Alfred@colangelos.com](mailto:Alfred@colangelos.com)  
203.273.3605

Sent from my iPhone

**From:** [hacken3448@aol.com](mailto:hacken3448@aol.com) <[hacken3448@aol.com](mailto:hacken3448@aol.com)>

**Sent:** Saturday, July 28, 2018 3:02 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Subject:** Fwd: Zoning change that will allow lifetime fitness to build in the high ridge office park

please read my e mail to the board of reps.

-----Original Message-----

From: hacken3448 <[hacken3448@aol.com](mailto:hacken3448@aol.com)>

To: bmichelson1 <[bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov)>; dwatkins1 <[dwatkins1@stamfordct.gov](mailto:dwatkins1@stamfordct.gov)>; vdelaCruz <[vdelaCruz@stamfordct.gov](mailto:vdelaCruz@stamfordct.gov)>; isaftic <[isaftic@stamfordct.gov](mailto:isaftic@stamfordct.gov)>; tadams <[tadams@stamfordct.gov](mailto:tadams@stamfordct.gov)>; ecoleman <[ecoleman@stamfordct.gov](mailto:ecoleman@stamfordct.gov)>; mcottrell <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>; rroqueta <[rroqueta@stamfordct.gov](mailto:rroqueta@stamfordct.gov)>; gdePina <[gdePina@stamfordct.gov](mailto:gdePina@stamfordct.gov)>; lwallace <[lwallace@stamfordct.gov](mailto:lwallace@stamfordct.gov)>; dpatterson <[dpatterson@stamfordct.gov](mailto:dpatterson@stamfordct.gov)>; asumerville <[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov)>; mdiCostanzo <[mdiCostanzo@stamfordct.gov](mailto:mdiCostanzo@stamfordct.gov)>; lmiller1 <[lmiller1@stamfordct.gov](mailto:lmiller1@stamfordct.gov)>; afigueroa <[afigueroa@stamfordct.gov](mailto:afigueroa@stamfordct.gov)>; nsherwood <[nsherwood@stamfordct.gov](mailto:nsherwood@stamfordct.gov)>; jstella <[jstella@stamfordct.gov](mailto:jstella@stamfordct.gov)>; rpratt <[rpratt@stamfordct.gov](mailto:rpratt@stamfordct.gov)>; pgiordano <[pgiordano@stamfordct.gov](mailto:pgiordano@stamfordct.gov)>; mmoore <[mmoore@stamfordct.gov](mailto:mmoore@stamfordct.gov)>; aliebson <[aliebson@stamfordct.gov](mailto:aliebson@stamfordct.gov)>; jzelinsky <[jzelinsky@stamfordct.gov](mailto:jzelinsky@stamfordct.gov)>; jjacobson <[jjacobson@stamfordct.gov](mailto:jjacobson@stamfordct.gov)>; mmcGarry <[mmcGarry@stamfordct.gov](mailto:mmcGarry@stamfordct.gov)>; agraziosi <[agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov)>; emorson <[emorson@stamfordct.gov](mailto:emorson@stamfordct.gov)>; dlutz <[dlutz@stamfordct.gov](mailto:dlutz@stamfordct.gov)>; blee <[blee@stamfordct.gov](mailto:blee@stamfordct.gov)>; tpendell <[tpendell@stamfordct.gov](mailto:tpendell@stamfordct.gov)>; skolenberg <[skolenberg@stamfordct.gov](mailto:skolenberg@stamfordct.gov)>; mquinones <[mquinones@stamfordct.gov](mailto:mquinones@stamfordct.gov)>; maquila <[maquila@stamfordct.gov](mailto:maquila@stamfordct.gov)>; mfedeli <[mfedeli@stamfordct.gov](mailto:mfedeli@stamfordct.gov)>; jmcullen <[jmcullen@stamfordct.gov](mailto:jmcullen@stamfordct.gov)>; cpia <[cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)>; blion <[blion@stamfordct.gov](mailto:blion@stamfordct.gov)>; rmatherne <[rmatherne@stamfordct.gov](mailto:rmatherne@stamfordct.gov)>; dmahoney <[dmahoney@stamfordct.gov](mailto:dmahoney@stamfordct.gov)>; snabel <[snabel@stamfordct.gov](mailto:snabel@stamfordct.gov)>

Sent: Sat, Jul 28, 2018 2:58 pm

Subject: Zoning change that will allow lifetime fitness to build in the high ridge office park

As a resident of stamford since 1972 and one that moved to sterling lake in 2002 to enjoy the quality of life in this residential area, I am vehemently opposed to the zoning change for a myriad of reasons, all of which make sense. First, lifetime fitness is a mammoth facility that will result in increased traffic, noise in the neighborhood, will be the death knell for the jcc and Italian center ( both of which have been an important part of our community for as long as I can remember) and totally disregards the quality of life for residents on turn of river road, and its surroundings. There already is a lot of traffic on turn of river from autos coming down intervals to get to the Merritt parkway. Many of the drivers run, or roll the stop sign when making a right from intervall to turn of river rd. This is quite dangerous when trying to make a left out of sterling lake. This situation will be exacerbated with the tremendous increase in traffic. For the aforementioned reasons, and many more not enumerated in this correspondence I respectfully request that the land use committee and board of reps agree with the planning board and turn down the zoning change.

thank you

Robert Rothenberg  
181 turn of river road  
stamford ct.

**From:** "Sharon & Michael Sabia" <[noodles222@gmail.com](mailto:noodles222@gmail.com)>

**Date:** July 28, 2018 at 4:02:33 AM EDT

**To:** [cpia@stamfordct.gov](mailto:cpia@stamfordct.gov)

**Subject:** Proposed Text Change

Mr. Pia-

My wife Sharon and I are opposed to any text change that would allow gyms or physical cultural establishments in existing office parks. We would suggest that you vote to overturn the Zoning board's decision to allow such a change.

Thank you,  
Michael Sabia  
217 Haviland Rd.



**From:** "Seager,Steven,Stamford,NWNA SLS STM Merch Ex"  
<[Steven.Seager@waters.nestle.com](mailto:Steven.Seager@waters.nestle.com)>  
**Date:** July 28, 2018 at 11:23:16 AM EDT  
**To:** "[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)" <[mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov)>  
**Cc:** Steven Seager <[sseager6@gmail.com](mailto:sseager6@gmail.com)>  
**Subject:** **Stamford Resident Request!**

Hi Megan and Happy Saturday!

For the first time ever, as a Stamford resident of 19 years, raising 4 children here and working in this great city; I'm writing to my city leaders.

It's time to stop the application of Life Time Fitness. On August 1<sup>st</sup>, please vote to overturn the Zoning Board's decision on the code change and make the "people" and the "Master Plan" ... not the wants of major developers ... the top priority!

These accurate points listed below have been circulating amongst my concerned neighbors and I AGREE with all of them! My biggest concern is safety and the enormous added congestion in an already busy area here on Buxom Farm and Turn of River Road!

The zoning change is inconstant with the City's Master Plan

- The Master Plan provides the framework for development and advocates for protecting the interests of residential property owners and their neighborhoods. The zoning change does not adequately protect neighborhoods. Rather, it paves the way for a traffic-centric development—and the congestion, reduction in property values, and impact on quality of life that comes with it.
- The new zoning definition for a "physical culture establishments" is too broad and open-ended. The zoning change allows much more than your average fitness or health club, including extensive outdoor recreational facilities, such as swimming pools. The aggressive business model for these businesses can only be supported through thousands of memberships and a steady stream of non-member retail customers for pool-side recreation, massages, facials, and other ancillary services. These facilities are more analogous to a big-box-type recreational club than a neighborhood gym.
- At peak traffic hours, a fitness center generates more than twice the traffic of an office park. In fact, athletic clubs can generate as much as 4 times the traffic as an office park!
- There is no need to change the zoning laws. Fitness centers and gyms are already permitted in 6 commercial zones where they are more appropriate.

Thank you in advance for doing the right thing to support and protect the quality of life and safety of this great neighborhood.

Sincerely

Steve Seager

180 Turn of River Road Unit 17C

Stamford, CT 06905

203-829-8284

**Steve Seager** | Shopper Strategy & Solutions

Nestle Waters North America Inc

900 Long Ridge Road | Stamford, CT 06902-1138

**O 203.863.0346 | C 203.496.2203**

**From:** Rhoda Adler <[rhodaadler@gmail.com](mailto:rhodaadler@gmail.com)>

**Date:** July 29, 2018 at 6:27:29 PM EDT

**To:** [rblessing@stamfordct.gov](mailto:rblessing@stamfordct.gov), [tmills@stamfordct.gov](mailto:tmills@stamfordct.gov),  
[dmartin@stamfordct.gov](mailto:dmartin@stamfordct.gov), [vdelacruz@stamfordct.gov](mailto:vdelacruz@stamfordct.gov), [cpia@stamfordct.gov](mailto:cpia@stamfordct.gov),  
[asummerville@stamfordct.gov](mailto:asummerville@stamfordct.gov), [mcottrell@stamfordct.gov](mailto:mcottrell@stamfordct.gov), [bmichelson1@stamfordct.gov](mailto:bmichelson1@stamfordct.gov),  
[blee@stamfordct.gov](mailto:blee@stamfordct.gov), [agraziosi@stamfordct.gov](mailto:agraziosi@stamfordct.gov), [blion@stamfordct.gov](mailto:blion@stamfordct.gov)

**Subject:** Lifetime Fitness

We are opposed to any changes that would enable Lifetime Fitness to build in the corporate park.

Rhoda and Theodore Adler

**From:** Hank Cuthbertson <[hankcuth@hotmail.com](mailto:hankcuth@hotmail.com)>

**Sent:** Sunday, July 29, 2018 2:46 PM

**To:** Michelson, Bradley; Watkins, David; de la Cruz, Virgil; Saftic, Ines; Adams, Terry; Coleman, Elise; Cottrell, Megan; Roqueta, Robert; DePina, Gloria; Wallace, Lila; Patterson, Denis; Summerville, Annie; DiCostanzo, Monica; Miller, Lindsey; Figueroa, Anabel; Sherwood, Nina; Stella, Jeffrey; Pratt, Rodney; Giordano, Philip; Moore, Mavina; Liebson, Alice; Zelinsky, John; Jacobson, Jonathan; McGarry, Marion; Graziosi, Anzelmo; Morson, Eric; Lutz, Diane; Lee, Benjamin; Pendell, Tom; Kolenberg, Steven; Quinones, Matt; Aquila, Marc; Fedeli, Mary Lisa; McMullen, J.R.; Pia Jr., Charles; Lion, Bob; Matherne, Raven; Mahoney, Dennis; Nabel, Susan

**Subject:** LTF Site Pictures You May Not Have Seen

Dear Board of Rep Member,

Attached are pictures that were submitted to your committee during the LTF public hearings. When Rep. Graziozo visited my neighbor here in Sterling Lake he was surprised at how close the potential Life Time Fitness complex would be to our homes. He also said he had not seen the attached pictures.

There would be nothing between my back door and the outdoor swimming pools and other athletic facilities but water. The noise restrictions that the Zoning Board added to the LTF text code changes are not enforceable. They will not be able to stop kids from screaming and yelling at the top of their lungs as they come down a water slide. We will be able to hear it all from the insides of our homes.

I invite all of you to come over to our house and experience this for yourself so you will clearly understand what this complex will do to our quality of life.

The number one reason that the Planning Board unanimously voted to deny the LTF application was noise and its affect on the neighboring residential communities.

I urge you to please join with the Planing Board and vote to reject the LTF text code change application.

Respectfully yours,  
Hank Cuthbertson  
President, Sterling Lake Association  
181 Turn of River Road  
Unit 7  
203-461-9501

















**From:** [irenekaras@aol.com](mailto:irenekaras@aol.com) <[irenekaras@aol.com](mailto:irenekaras@aol.com)>

**Sent:** Sunday, July 29, 2018 9:06 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie

**Cc:** McMullen, John

**Subject:** LTF Zoning Decision

Dear Board of Representatives Land Use Committee Members,

As you gather on August 1st to deliberate on the zoning appeal for the text change that would allow a facility like Lifetime Fitness to be built in our neighborhood, I urge you to reject the text change.

I live down the road from the High Ridge office park where LTF wants to build. There are many reasons why I personally hope the text change gets rejected:

1. The character of the neighborhood will change
2. Congestion especially on weekends when we all usually enjoy our backyards will increase
3. The investment we made in building our house on Talmadge Lane will decrease significantly in value
4. Walking along the Turn of River Road will become dangerous especially at night when I often walk to Trader Joe
5. Pedestrian accidents are likely to increase on the stretch of High Ridge from Vine to the Merritt as well as on Turn of River Road where there are no sidewalks for much of the road
6. Many other Stamford home owners will have their neighborhoods ruined as well when other "social cultural establishments" go into the other 5 office parks and these residents are not even aware that this text change has the potential to do this to their lifestyle.

I strongly oppose to the text change!

Regards,  
Irene Karas

**From:** Chip J Cingari <[Chip.Cingari@wakefern.com](mailto:Chip.Cingari@wakefern.com)>

**Sent:** Monday, July 30, 2018 12:01 PM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob

**Subject:** Lifetime Fitness Center

I am very much opposed to the proposed Lifetime Fitness Center, for reasons of traffic and further expansion beyond the proposed site.

Chip Cingari  
Grade A ShopRite  
360 Connecticut Ave.  
Norwalk, CT 06854  
[chip.cingari@wakefern.com](mailto:chip.cingari@wakefern.com)  
203-299-5736  
203-855-5943 (fax)

**From:** Hank Cuthbertson <[hankcuth@hotmail.com](mailto:hankcuth@hotmail.com)>

**Sent:** Monday, July 30, 2018 2:52 PM

**To:** Michelson, Bradley; Watkins, David; de la Cruz, Virgil; Saftic, Ines; Adams, Terry; Coleman, Elise; Cottrell, Megan; Roqueta, Robert; DePina, Gloria; Wallace, Lila; Patterson, Denis; Summerville, Annie; DiCostanzo, Monica; Miller, Lindsey; Figueroa, Anabel; Sherwood, Nina; Stella, Jeffrey; Pratt, Rodney; Giordano, Philip; Moore, Mavina; Liebson, Alice; Zelinsky, John; Jacobson, Jonathan; McGarry, Marion; Graziosi, Anzelmo; Morson, Eric; Lutz, Diane; Lee, Benjamin; Pendell, Tom; Kolenberg, Steven; Quinones, Matt; Aquila, Marc; Fedeli, Mary Lisa; McMullen, J.R.; Pia Jr., Charles; Lion, Bob; Matherne, Raven; Mahoney, Dennis; Nabel, Susan

**Subject:** LTF Would Be "The Camel's Nose" in the High Ridge Office Park

Dear Representative,

If the LTF text code changes are approved, Life Time Fitness will get a valuable foothold in the High Ridge Office Park. These text code changes will not just let LTF put a large indoor/outdoor athletic complex adjacent to our residential neighborhood. It will give Life Time Fitness a base of operations that they will then have the right to expand. In the future they could take over the entire High Ridge Office Park.

LTF is a very aggressive growth oriented company. The complex proposed for the High Ridge Office Park would be one of their smallest installations in the U.S. The vast majority of their centers are twice as large as the one they are planning to develop in the High Ridge Office Park.

As soon as the opportunity presents itself LTF could move to push out other office park tenants. In Harrison they occupy over thirty acres and they are expanding. They plan to add an additional swimming pool and high-end concessions. The reason that they are adding the new swimming pool is because the first pool is "too loud and noisy". They want to build a quieter place where adults can relax and enjoy some food, a drink and get away from the water slides and screaming kids.

LTF typically offers a much greater number of services than they will initially have the room to provide in the High Ridge Office Park. If the LTF text code changes are approved they will have the right to expand and offer their full range of retail and personal services.

This mall-like complex would threaten many of Stamford's family owned small businesses.

When you are evaluating the potential affects of allowing Life Time Fitness to go into the High Ridge Office Park you can not just look at what this "mini" LTF Fitness complex would do to the quality of life in the neighboring residential neighborhoods. Whether it is noise, traffic, congestion, light pollution etc., the initial negative impact could double or triple if LTF is given what it is asking for in their text code changes.

C-D zoned office parks were initially conceived and designed to fit seamlessly into residential neighborhoods. They were not supposed to disrupt or negatively impact the quality of life of the neighboring residential communities. If the LTF text code changes are approved, all of our C-D zoned office parks will be changed forever.

The definition of "Gymnasium and Cultural Establishment" is intentionally vague. It would permit all kinds of outdoor uses. Disney-like themed amusements, water parks and outdoor cultural events featuring live music could be built in any of our C-D zoned "office parks".

These text code changes give developers new rights. They increase the probability that inappropriate facilities will be built in our C-D zoned office parks.

The zoning protections that local residents thought they had will be permanently taken away.

Please vote to overturn the Zoning Board's short-sighted approval of the LTF text code changes.

Respectfully yours,  
Hank Cuthbertson  
President, Sterling Lake Association

\*\*\*

The following are lists of activities and services typical of a Life Time Fitness facility as described in their website:

### **Services and Programs:**

- Kids camps – summer and school breaks
- Kids Sports
- Spa – includes hair, skin, massage, nails
- MediSpa – includes injectables (Botox) for skin treatments, laser services, medical aesthetics (peels, etc.), hormone replacement therapy, testosterone replacement therapy
- Nutritional Coaching
- Pilates
- Weight Loss Programs
- Yoga
- Health Assessments – includes specialty lab testing regarding metabolism, hormone levels, & food sensitivities

- Child Center
- Personal Training
- Physical Therapy and Chiropractic Care
- Social Events
- Kids Academy
- Group Fitness Classes
- Basketball Leagues

### **Spaces and Facilities:**

- Outdoor Pool
- Lap Pool
- Kiddie Pool
- Water Slides
- Indoor Pool
- Indoor Tennis Courts
- Fitness Studio
- Squash and Racquetball Courts
- Rockwall
- Yoga Studio
- Pilates Studio
- Sauna
- Whirlpool
- Steam Room
- Gym
- Basketball Courts
- Cardio & Weights Floor
- Café
- Bar





**From:** Cyboski, Susan (GECAS) <[Susan.Cyboski@gecas.com](mailto:Susan.Cyboski@gecas.com)>

**Sent:** Monday, July 30, 2018 1:37 PM

**To:** de la Cruz, Virgil

**Subject:** Stop the Zoning Change

Vote Yes to REJECT the zoning "Text Change" amendment. -New Definition is "to open-ended", resort-type business like Life Time can't be denied -Not in the Master Plan for these Corporate Parks -Does not Adequately protect neighborhoods: more traffic congestion, reduced property values, noise levels controls will be unenforceable. As our elected officials, we need you to "right the ship" and put the "people" and the "Master Plan" as the top priority before the wants of major developers.

Respectfully submitted,

**Thank you,  
Susan C. Cyboski**

**The information contained in this electronic message is privileged and confidential and is intended for the use of the individual(s) named above and others who have been specifically authorized to receive it. If you are not the intended recipient, you are hereby notified that any dissemination, distribution or copying of this message is strictly prohibited. If you have received this message in error, please destroy it immediately, and notify the sender. Thank you.**

**From:** Marian Freed <[marian.freed@gmail.com](mailto:marian.freed@gmail.com)>

**Sent:** Monday, July 30, 2018 11:22 AM

**To:** de la Cruz, Virgil

**Subject:** Thank you

Dear Mr. de la Cruz,

I wanted to thank you for all the time you've spent on the Lifetime Fitness text code issue. You chaired some very contentious meetings, listened to the public and asked probing questions.

This text change is wrong for the residents of Stamford and for the city, and I hope you will vote to support our petition. Let's find a solution for the office parks that works for the entire city.

Thank you.

Marian Freed

Sent from my iPad

**From:** joseph gatto <[mrjg429@optonline.net](mailto:mrjg429@optonline.net)>

**Sent:** Monday, July 30, 2018 1:50 PM

**To:** Michelson, Bradley; Watkins, David; de la Cruz, Virgil; Saftic, Ines; Adams, Terry; Coleman, Elise; Cottrell, Megan; Roqueta, Robert; DePina, Gloria; Wallace, Lila; Patterson, Denis; Summerville, Annie; DiCostanzo, Monica; Miller, Lindsey; Figueroa, Anabel; Sherwood, Nina; Stella, Jeffrey; Pratt, Rodney; Giordano, Philip; Moore, Mavina; Liebson, Alice; Zelinsky, John; Jacobson, Jonathan; McGarry, Marion; Graziosi, Anzelmo; Morson, Eric; Lutz, Diane; Lee, Benjamin; Pendell, Tom; Kolenberg, Steven; Quinones, Matt; Aquila, Marc; Fedeli, Mary Lisa; McMullen, J.R.; Pia Jr., Charles; Lion, Bob; Matherne, Raven; Mahoney, Dennis; Nabel, Susan

**Subject:** Life Time Fitness

All

Please Vote Yes to REJECT the zoning "Text Change" amendment.

-New Definition is "to open-ended", resort-type business like Life Time can't be denied

-Not in the Master Plan for these Corporate Parks

-Does not Adequately protect neighborhoods: more traffic congestion, reduced property values, noise levels controls will be unenforceable.

As our elected officials, we need you to "right the ship" and put the "people" and the "Master Plan" as the top priority before the wants of major developers.

Respectfully submitted,

Joseph C Gatto Jr  
25 Elmbrook Dr  
Stamford, CT 06906

**From:** Robert Metrey <[rjmetrey@gmail.com](mailto:rjmetrey@gmail.com)>

**Sent:** Monday, July 30, 2018 10:06 AM

**To:** Pia Jr., Charles; de la Cruz, Virgil; Summerville, Annie; Sherwood, Nina; Cottrell, Megan; Michelson, Bradley; Lee, Benjamin; Graziosi, Anzelmo; Lion, Bob

**Cc:** Cynthia Reeder

**Subject:** Over development along the High Ridge/Long Ridge Corridor

Dear Honorable Mayor, and our Public Officials of Stamford,

Please consider quality of life in Stamford. The continued use of text change to the Master Plan will only hurt our neighborhoods and the quality of life in our growing city.

I do understand the need for growth, but incoming business's need the people of Stamford as well! Either as an end consumer, or as potential workforce.

Please do not force us to move in an effort to maintain our enjoyment of our homes.

Please consider these reason's to reject the text changes.

**1. The zoning change is inconstant with the City's Master Plan**

The Master Plan provides the framework for development and advocates for protecting the interests of residential property owners and their neighborhoods. The text change does not adequately protect neighborhoods. Rather, it paves the way for a traffic-centric development—and the congestion, reduction in property values, and impact on quality of life that comes with it.

**2. The new zoning definition for a “physical culture establishments” is too broad and open-ended.**

The zoning change allows much more than your average fitness or health club, including extensive outdoor recreational facilities, such as swimming pools. The aggressive business model for these businesses can only be supported through thousands of memberships and a steady stream of non-member retail customers for pool-side recreation, massages, facials, and other ancillary services. These facilities are more analogous to a big-box-type recreational club than a neighborhood gym.

**3. At peak traffic hours, a fitness center generates more than twice the traffic of an office park.**

In fact, athletic clubs can generate as much as 4 times the traffic as an office park!

**4. There is no need to change the zoning laws.**

Fitness centers and gyms are already permitted in 6 commercial zones where they are more appropriate.

**5. It's time to put the rights of individual property owners first and to keep intense commercial and retail developments out of single-family neighborhoods.**

Sincerely

Robert J. Metrey

**From:** Wendy Rogovin <[wrogovin@gmail.com](mailto:wrogovin@gmail.com)>

**Sent:** Monday, July 30, 2018 9:59 AM

**To:** de la Cruz, Virgil; Pia Jr., Charles; Cottrell, Megan; Graziosi, Anzelmo; Lee, Benjamin; Lion, Bob; Michelson, Bradley; Sherwood, Nina; Summerville, Annie; Watkins, David; de la Cruz, Virgil; Saftic, Ines; Adams, Terry; Coleman, Elise; Roqueta, Robert; DePina, Gloria; Wallace, Lila; Patterson, Denis; DiCostanzo, Monica; Miller, Lindsey; Figueroa, Anabel; Stella, Jeffrey; Pratt, Rodney; Giordano, Philip; Moore, Mavina; Liebson, Alice; Zelinsky, John; Jacobson, Jonathan; McGarry, Marion; Morson, Eric; Lutz, Diane; Pendell, Tom; Kolenberg, Steven; Quinones, Matt; Aquila, Marc; Fedeli, Mary Lisa; McMullen, J.R.; Matherne, Raven; Mahoney, Dennis; Nabel, Susan

**Subject:** Not in the Corporate Parks! Keep our neighborhood a neighborhood

Dear Representatives:

Vote Yes to REJECT the zoning "Text Change" amendment. -New Definition is "to open-ended", resort-type business like Life Time can't be denied -Not in the Master Plan for these Corporate Parks -Does not Adequately protect neighborhoods: more traffic congestion, reduced property values, noise levels controls will be unenforceable. As our elected officials, we need you to put the people and the "Master Plan" as the top priority before the wants of major developers. Respectfully submitted,  
Wendy Rogovin

Wendy Rogovin  
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