



## Cape May Point Women's Lifeguard Challenge

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## House of the week

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168th YEAR NO. 30 CAPE MAY, N.J. Serving America's National Historic Landmark City WEDNESDAY, AUGUST 3, 2022 \$1.00

# Cape Island municipalities want lower speed limit

By JACK FICHTER  
Cape May Star and Wave

CAPE MAY — With pedestrians, bicycle riders and an increasing number of low-speed vehicles (LSVs), a 30- to 35-mph speed limit can be too fast in Cape May, West Cape May and Cape May Point.

The governing bodies of the three municipalities are asking the county to lower the speed limit on county roads that pass through their towns.

Cape May City Council passed a resolution July 19 urging a lower speed limit on county roads such as Pittsburgh Avenue and

Broadway.

Deputy Mayor Stacy Sheehan asked if West Cape May had been contacted regarding Broadway. City solicitor Chris Gillin-Schwartz said the resolution was sent to the solicitors of both boroughs. He said the other two towns would have the opportunity to create a Cape Island-wide policy of a 25-mph speed limit.

The resolution states there are only two roads in Cape May with a speed limit in excess of 25 mph, both of which are county roads: Pittsburgh Avenue and Broadway, which have posted speed limits of 30 mph.

Mayor Zack Mullock said the resolution contains a graph that states if a pedestrian is hit by a car traveling at 20 mph, the fatality rate nationwide is 5 percent. He said if a pedestrian is hit by a car traveling at 30 mph, the fatality rate is 45 percent.

"There's a 40 percent difference within that 10 mph and I think we all know in Cape May that difference between 20 and 30 (mph) is significant," Mullock said.

Gillin-Schwartz said there was talk of traffic studies and traffic volume but there were other considerations under the motor vehicle

statutes for making changes to speed limits.

Councilman Mike Yeager, liaison to the city's Pedestrian and Bicycle Safety Advisory Committee, said statistics are similar for bicycle accident fatalities.

"You significantly reduce the level of injury when you lower the speed limit to 20 or 25 mph," he said.

An additional benefit, the lower speed limit would make most of Cape May accessible to LSVs, Yeager said. He said LSVs are barred from Pittsburgh Avenue and Broadway since the speed limit exceeds

25 mph.

Mullock said the Pedestrian and Bicycle Safety Advisory Committee may recommend the speed limit be lowered on other streets.

"There are certain streets in the city of Cape May, if you're going 25 mph, you're going extremely fast," he said, citing Yacht Avenue as an example.

A number of streets in Cape May were designed for horse-drawn buggies, Mullock said.

Sheehan called for more enforcement of a 25-mph speed limit.

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# 'Use your body as a tool'

Women share how they stay fit all year for guard season

By DAVID NAHAN  
Cape May Star and Wave

CAPE MAY POINT — "Every day, think about how amazing it is that you get to train in order to help people, that you can use your body as a tool to keep others alive and safe."

That was the advice of Cape May Beach Patrol Lt. Sara Werner on how to best prepare to become a lifeguard.

She, along with other lifeguards who were taking part in last week's Cape May Point Women's Lifeguard Challenge, talked about the sports they played in high school and how they have kept in shape since then to do the work of protecting the beaches in southern New Jersey.

All of the women are fit. They had to be, because they were completing a 1.3-mile soft-sand run followed by a 1-mile ocean paddle and half-mile ocean swim off St. Pete's beach.

Werner, a past competitor at the challenge, was a surfer in high school while attending Wildwood Catholic.

"Then I also swam, begrudgingly, because I knew I had to be strong for lifeguarding and helping people. And I also did track," the veteran guard said.

And how does she stay in shape now?

"I try to keep up with all of them," she said, pointing at the younger lifeguards. "I have to keep pushing them, so it pushes me to be strong for them."

Werner had taken part in a 6-mile bay race with one of the guards and two other team members encouraged her to do the 10-mile Sea Isle City race with them, "so we're kind of pushing each other. I do distance paddles for charity and I run soft sand every day because of this race."

She noted how her fellow lieutenant on the Wildwood Beach Patrol, Katie (Collins) Joyce, placed fourth at the Women's Lifeguard



David Nahan/CAPE MAY STAR AND WAVE

Cape May Beach Patrol Lt. Sara Werner, right, encourages Wildwood Beach Patrol Lt. Katie Joyce during the Cape May Point Women's Lifeguard Challenge, a triathlon of running, paddling and swimming. Werner, a past competitor at the race, and Joyce have advice on how young hopefuls can prepare for becoming a lifeguard and how to stay in shape after high school.

Challenge, "so we have to represent." All four of the CMBP's competitors finished in the top 15 at the race, including the duo that took the team title (see related story, inside).

"I wanted to do it with them but there were only four spots and they have been training so hard, so I had to give it to this next generation," Werner said. "They are studs. They're amazing."

Lindsay Robbins of the Upper Township Beach Patrol said she ran cross country and swam during high school.

"That's a good combination to train for this and lifeguarding," she said.

The graduate of Cape May Technical School attends Millersville University in Pennsylvania, where she is on the swim team. To keep in shape, Robbins still swims with her club team and runs.

Robbins and her partner finished third as a team at the challenge out of the 35 competitors.

Stacey Price said her preparation for lifeguarding came as she swam and rowed crew at Mainland Regional High School, from which she graduated in 2014. The Ventnor City Beach Patrol guard also rowed at Jacksonville University in Florida.

"I really just have that love for rowing," Price said about staying in shape. She recently was coaching crew at Temple University as a graduate assistant. "As I was studying I was coaching, which was really fun, and the athletes there really motivate me because I'm telling them what to do so I feel I have to have some credibility."

"I have to keep up with fitness because I'm encouraging them to do the same. They hold me accountable through the year and I have fun with the sport," Price said. "I love it. It's a matter of continuing it throughout the year."

Iris Sanchez from the Cape May Point Beach Patrol, now studying en-

gineering at University of Delaware, ran cross country and track throughout her years at Lower Cape May Regional High School.

"I think that definitely helped and swimming," she said. "Although the ocean isn't like a pool, I know the technique so it helps me in the ocean."

To stay in shape, Sanchez, a 2020 LCMR graduate, has kept up with cross country "because it's a stress reliever. If I ever have a bad day, I'll go on a long run and that will clear my head."

"I was a swimmer all throughout high school so that definitely helped me prepare to be a lifeguard," said Madeline Seybold of the Sea Isle City Beach Patrol. Those years of high school sports made the swimming aspect of the lifeguard job easy. "I just had to work on the running a little," she added.

Seybold, a graduate of Eastern Regional High

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# City Council balks at increased costs for library project

By JACK FICHTER  
Cape May Star and Wave

CAPE MAY — City Council has twice tabled a resolution authorizing the county to award a contract for restoration of the Franklin Street School after cost estimates increased from \$6 million to \$9.1 million.

The second time came July 27 following a closed meeting with County Administrator Kevin Lare and Deputy County Administrator Ron Simone. The city, county and county Library Commission have a shared services agreement to fund restoration of the former segregated school for use as a new branch library.

City solicitor Chris Gillin-Schwartz said the county has taken the lead on the bidding process but the city still has a voice. He said the parties need to discuss awarding a contract.

Gillin-Schwartz said council was expected to further consider the contract Aug. 2, too late for the Star and Wave's deadline. He said the county was expected to provide more

information on potential contracts.

Deputy Mayor Stacy Sheehan said the restoration originally had a projected cost of about \$6 million.

"This resolution has it coming in at \$10.2 million, so that's a big increase from what originally we were planning on paying for the library to be rehatted," she said.

Mayor Zack Mullock said the correct original cost of restoring the former school building was \$6.7 million. He said projected restoration costs were \$9.1 million with as much as \$10.1 million as a separate bid.

"Hopefully, the \$9.1 is what we'll be having but we're going to listen to the county for that," Mullock said.

Sheehan said the \$10.1 million just covered construction but not other costs.

Councilman Shaine Meier said since cost estimates were first given, the nation experienced a COVID pandemic, inflation and supply

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# West Cape considers limiting pesticide use

By JACK FICHTER  
Cape May Star and Wave

WEST CAPE MAY — When pesticide is sprayed on a lawn, the chemicals spread to adjacent land, infiltrate the water table and can be harmful to children and pets.

That's why Borough Commission discussed limiting the use of pesticide July 27.

Mayor Carol Sabo said signs are posted on pesticide-treated lawns to discourage use by children or pets for 24 hours after application. She said property owners make the decision if such a product will be used on their property.

"But then, we look at it from the greater good as to whether or not this is something that we want to

limit the use of within the borough," Sabo said.

West Cape May's Public Works Department does not use Roundup or similar chemicals on borough-owned property.

Sabo said some have asked how Roundup is still allowed to be sold.

"It's the same reason cigarettes are still allowed to be sold — they have a warning label on it, use it at your own peril," she said.

Roundup is at the center of class-action lawsuits dating from prior to warning labels being placed on the products, Sabo said.

At issue is how the borough can best influence the practice of pesticide or herbicide use, whether through

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# NAILED IT. Rusty Nail

The Rusty Nail is back! Our famed surfer bar and restaurant is back open for the 2022 season. Stop by for breakfast, lunch and dinner—as well as delicious cocktails and the coldest draft beer in Cape May (as verified by Exit Zero Magazine).

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