

Remediation work continues

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trucks will be positioned to collect excess soil that's being removed as part of the trenching process, he said. The contaminated soil will be taken offsite and out of Cape May, according to MacLeod.

He said when the containment wall is completed, the next segment of work this spring will involve the removal of soil at a depth of 2 feet throughout the fenced-in containment area.

"To enable that to take place, there will be 50 to as many as 100 trucks per day for a three-week period of time," MacLeod said. "The reason for that is that any truck that is removing soil will not be used to bring in the fresh soil."

He said that phase of work is projected to be completed in mid-April. MacLeod said from about mid-April to mid-May, the fresh soil would be seeded and temporary fencing and equipment removed. The dog park will reopen from mid-May until about mid-October, when the crew will return for the next phase of the work, MacLeod said.

He said the path some children use to walk to Cape May City Elementary School along Lafayette Street will be changed during the three weeks that large dump trucks would be arriving and departing. MacLeod said police would provide additional crossing guards to have children cross Lafayette Street at St. Johns Street. Children



Jack Fichter/CAPE MAY STAR AND WAVE

This empty storage container will be filled with one of the ingredients used for the construction of the primary containment wall. The material will be fed into the pneumatic trailer, which will feed the trencher with the other ingredients and soil to construct the wall.

would then walk down Lafayette Street away from the work zone on the other side of the street and cross in front of the crossing guard station at the school.

During public comment, resident Tom Keene said the city should be prepared to make repairs to Lafayette Street if 4,200 truck moves take place in three weeks. Mayor Edward Mahaney said if repairs are necessary, the city would step up.

JCP&L provided notice of the route dump trucks would be traveling during the remediation. The truck route was established and approved based on discussions with the Cape May Police Department, city of Cape May and Cape May County officials, according



Jack Fichter/CAPE MAY STAR AND WAVE

Most of the current phase of work at the site of the former coal-gasification plant on Lafayette Street will be done by mid-April until after summer.

to JCP&L.

According to the notice: trucks entering the city will enter south bound on Lafayette Street toward the job site. Trucks will then turn right into the job site.

Trucks exiting the work site will turn right and pro-

ceed southbound on Lafayette Street, turn right onto Jackson Street, continue onto West Perry Street and turn right onto Broadway northbound to Seashore Road, turn right onto Route 9 and then continue north on Route 9.



Betty Wund/Special to the CAPE MAY STAR AND WAVE
Linda Johnston teaches a combination tap, jazz and ballet class to senior citizens at 2 p.m. the first Thursday of each month at the Lower Cape Senior Center.

Seniors tap, spin and kick way to fitness in Lower

By BETTY WUND
Special to the Star and Wave

VILLAS — A dozen ladies are enjoying, learning and exercising at the Lower Cape Senior Center in a tap, jazz and ballet combination dance class. One of the center's newest programs, it offers movements from all three to exercise the body and the mind.

Instructor Linda Johnston is a former owner of dance studios in Philadelphia and Lower Township. She has a song and dance group, the StarLite Steppers, that performs in the area at different venues. The group also entertains residents at assisted living and nursing and rehabilitation facilities with seasonal-themed presentations.

"I want to keep my hand in teaching," Johnston said. "It is an opportunity for others to renew their interest in dance as well as for new people to learn about dance. Several have joined my StarLite Steppers song and dance group."

Johnston taught at the Lower Township branch of the Cape May County Library before being asked if she would bring her class to the senior center. Classes begin with

warm-up exercises that are mostly ballet moves. Johnston leads the group with instruction in each of the three types of dance and gives the class the opportunity to learn routines.

The class meets at 2 p.m. the first and third Thursdays of each month. Many in the class have dance experience and come prepared with the proper shoes for each form of dance. That is not necessary, Johnston said. Comfortable shoes including sneakers are the only necessity. Socks do just as well, she said.

Dancers with professional experience are in the class. They are joined by novices who want to learn and find it an enjoyable way to exercise. Johnston noted it is good exercise with the ultimate goal of movement that helps improve health problems such as stiffness from arthritis or muscle aches.

The senior center at 2612 Bayshore Road is a home away from home to many seniors. They come to talk, play bingo, bridge, Scrabble, mah-jongg and poke no, as well as participate in classes including ceramics, water color painting, quilting, knitting and scrap booking.

Exercise and instructional classes include the tap, jazz and ballet class, line dancing, chair yoga, Tai Chi, Exercise, Sit and Get Fit and Healthy Bone Exercise. Monday is movie day and each month there is a birthday party day for those that attend regularly and have birthdays in that month.

Classes are scheduled for various days and times. A schedule can be picked up at the center. Seniors can come anytime between nine and 4:30 p.m. from Monday to Friday. They can have lunch at 11:30 for \$2 and participate in classes or use the facilities for shuffleboard, pool table play, or just coffee and conversation. Farefree transportation is available for trips to the center. Calls may be directed to Stephanie at the center, (609) 886-5161, for more information.

TIDES : March 2016

DATE	HIGH		LOW	
	A.M.	P.M.	A.M.	P.M.
23	8:52	9:13	2:30	2:53
24	9:27	9:48	3:09	3:26
25	10:01	10:22	3:46	3:58
26	10:36	10:56	4:23	4:29
27	11:10	11:31	5:00	5:01
28	11:46		5:40	5:35
29	12:10	12:27	6:23	6:16
30	12:55	1:16	7:14	7:07

MOON PHASES
Full moon, March 23 • Last quarter, March 31