



House of the week

Real Estate Resource



4-Hers attend leadership conference

Page B3



Cape May leads county in surf zone injuries

Relationship with Cape Regional paying off with data collection, assessment

By JACK FICHTER
Cape May Star and Wave

CAPE MAY — The city's Beach Safety Advisory Committee has achieved four of its five goals, including the city getting permission to knock down sharp drop-offs in the surf zone and tracking emergency room admissions from beach injuries.

"We have cut down the injuries. Mother Nature was kind to us, we didn't have many storms," said Dennis DeSatnick, chairman of

the committee, reporting to City Council on March 20.

Dr. Andrea McCoy, chief medical officer of Cape Regional Medical Center, said the committee approached the hospital a year ago seeking data from emergency room admissions generated by surf zone injuries in Cape May and countywide. McCoy said Cape Regional has used a data-collection system that mirrors one created by Beebe Medical Center in Lewes, Del.

"I think this year gave us some

good data," she said. "It also gave us some opportunity to figure where we need to dig a little bit deeper and be able to do a little more collaborative work with data that's collected by the EMS crews and beach safety staff."

McCoy shared what she termed "high-level data" that explains what types of injuries are occurring on beaches throughout the county.

Cape Regional Medical Center treated 207 patients with beach injuries, she said, with 45 patients

originating from Cape May. Of patients throughout the county, two patients died and 18 were transported to another hospital that provided a higher level of care, McCoy said. She said five of the patients transported to another hospital were injured in Cape May.

"The types of injuries that occurred were water-related injuries in 80 percent of the patients who came to Cape Regional from the Cape May beaches," she said. "This is in contrast to the county

as a whole, in which only 63 percent of the injuries were in the water zone."

McCoy said the rest of the countywide injuries came from beach-related injuries, often from soccer played in Wildwood.

"Interestingly in the Cape May injuries, there was a higher percentage of upper extremity and head and neck," she said.

The head and neck injuries ranged from bruises to concus-

Surf zone injuries, Page A5

City OKs start of joint public safety building

Bond ordinance to fund survey and design work

By JACK FICHTER
Cape May Star and Wave

CAPE MAY — City Council has taken the first step to construct a public safety building to house the city's fire and police departments by funding preliminary work such as surveying and creating designs.

In a unanimous vote March 20, council approved appropriating \$300,000, with \$285,000 financed by a bond. Prior to the vote, resident John Van de Vaarst said after taking a tour of the firehouse and police station, what he saw "demands a new facility." He suggested the building be configured as a twin for the two departments with one heating and air conditioning system and one generator for both sides of the structure.

Resident Harley Shuler said he also toured the departments and that he was

amazed by what he saw. He said he recognized the need for larger quarters and more storage area for equipment.

City Manager Neil Young said the bonding would allow a survey of the proposed area, the site of the current firehouse, and allow the city to offer a request for proposals (RFP) for architectural firms to produce design ideas. He noted architect Robbie Conley offered conceptual plans for a public safety building.

Young said the city would get the actual plans and actual costs and also have the city's engineering firm substantiate the submitted plans can be built with available funding. He said an RFP could be offered in about 30 days with the hiring of an architect taking as long as six months.

The public applauded council following the approval of the vote.

Subcommittee: Keep Promenade buildings

By JACK FICHTER
Cape May Star and Wave

CAPE MAY — The central portion of the city's Promenade has a split personality. On one side is the sleek exterior of Convention Hall with retail space occupied by Pete Smith's Surf Shop. But the south side features former storefronts and a restaurant in need of renovation, all of which are owned by the city.

A subcommittee of the Municipal Building and Property Committee, led by Larry Reed, offered an

evaluation of city-owned buildings on the Promenade to City Council during a meeting March 20. He said the subcommittee wrestled with the question of whether some municipal buildings should be put up for sale or renovated. In the end, the subcommittee recommended the city keep the buildings on the Promenade.

Reed referred to the block near Convention Hall as the entertainment district of Cape May. He said the surf shop lease produces

See Keep, Page A3



John Cooke/Special to the STAR AND WAVE

A wall of sand

Another nor'easter, this one March 21, brought only a coating of snow to Cape May but it took its toll on the beach across from Congress Hall, creating a drop off of more than 5 feet.

Studies: Marijuana could ease opioid crisis

By JACK FICHTER
Cape May Star and Wave

PHOENIX, Ariz. — Recent studies are indicating marijuana may help those addicted to opioids kick the habit. As such, the legalization of marijuana could be a key to stopping a national opioid epidemic that has hit this county hard.

Dr. Jeffrey A. Singer is a senior fellow at the Cato Institute and works in the Center for the Study of Science and the Department of Health Policy Studies. He is principal and founder of Valley Surgical Clinics, Ltd., the largest and oldest group private surgical

'A study ... looked at medical marijuana patients in California and they found over 90 percent of those supplementing medical marijuana with opioids allowed them to reduce their opioid intake. And 80 percent said they actually found the pain relief from the marijuana to be better.'

-Dr. Jeffrey A. Singer

practice in Arizona. Marijuana was once referred to as a gateway drug but evidence has proved otherwise, according to Singer. He said there is the potential for marijuana to

become an off-ramp drug from opioid addiction.

A study by the Rand Corp., Johns Hopkins University and the University of Pennsylvania found states where medical marijuana had been

legalized had about a 25 percent lower opioid use and overdose rate compared with states where marijuana had not been available for medicinal purposes. Data was used from 1999 to 2014, according to Singer.

He said a 2016 University of Michigan Medical School study found that chronic pain sufferers on opioids were able to reduce their opioid use by about 64 percent by using medicinal marijuana.

"A study from U.C. Berkeley looked at medical marijuana patients in California and they found over 90 percent

See Marijuana, Page A5



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