**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 — Kevin Price is never grudgingly, because I knew how to make sure he in shape since then to do the work of protecting the people. That you can use things that took the team title (see 263rd YEAR NO. 30

The Rusty Nail is back!

By JACK FICHTER
Cape May Star and Wave

House of the week

$1.00

Wednesday, August 3, 2022

Serving America’s National Historic Landmark City

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Cape May Star and Wave

City Council balks at increased costs for library project

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West Cape considers limiting pesticide use

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Cape May Island municipalities want lower speed limit

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