

# West Cape May Strawberry Festival Saturday, June 7

WEST CAPE MAY - The 2008 West Cape May Strawberry Festival will be held all day Saturday, June 7 in Wilbraham Park at the corners of Sunset and Broadway in West Cape May. Rain date is Sunday, June 8.

This year the festival will expand into Myrtle Ave leaving room for more vendors,

more food, and more games. Michael Davis & The Bullets will again get the crowd hopping from noon until 3 p.m. At 3 p.m. the 2008 Strawberry King and Queen will be crowned followed by Mark Jacopec and his Drum Troupe.

There will be a special area this year with children's

games and face painting. A yoga demonstration for all ages will be held on the stage in the morning along with East Lynne Theatre Company's Lee O'Connor performing a reading.

This year's food vendors include favorites such as JB's Barbeque, Kettle Korn, Cape May Crab Cake Company,

Vanthia's and, of course, strawberry shortcake along with some new vendors selling funnel cake and lemonade.

Flying Fish Studios of West Cape May will again be the featured West Cape May Strawberry Festival T-shirt and sweatshirt purveyor with this year's original strawber-

ry designs and Les Rea's Farm will sell homemade pies, fresh strawberries and other Jersey fresh produce. Antiques, local art, jewelry, books, pottery, stained glass, gourds, birdhouses and even marionettes will be for sale.

The Strawberry Shortcake booth is staffed by volunteers from Animal Outreach and

the funds raised are shared with them to help support their efforts to rebuild their shelter.

The Strawberry Festival is sponsored by the West Cape May Business Association.

For more information call Diane Flanagan at 609-884-9325.

## Blood

Continued from page A1

Midwest.

Konschak said the region likes to maintain a five-day supply of blood in each blood type, but a number of types

have only a one-day supply, such as O-Negative and B-Negative. Only six percent of the population has B-Negative blood.

"With O-Positive we have a three and a half day supply," Konschak said. "We are not as bad as in past, but not great."

Konschak said the Red Cross is trying to reach out to other people. He said a lot of people who are not blood donors because of misconceptions, or simply because no one has asked them to donate.

"The number one reason people don't donate is because no one ever asked them before. Then it's needles," he said.

Konschak said the donor would feel a pinch from the needle, but it is a pinch that could save up to three lives. He said the pinprick each donor gets in the finger to test hemoglobin is more painful than needle during donation.

He said they tell people the donation process is about 45 minutes to an hour from start to finish, but the actual donation takes seven to 10 minutes, during which they take a little less than a pint of blood.

Konschak said healthy people over 17 year old and over 100 pounds can donate blood every 56 days. He said a lot of people feel they are not eligible to give blood when they are.

"People think they are not eligible if they are diabetic or have high blood pressure, or if they have a tattoo or piercings, but that's not true," he said.

He said most of our deferrals are for people who have traveled out of the country and people on blood thinners.

Konschak said some people believe they shouldn't eat or drink anything, as when they are having blood work done.

"We encourage them to eat and drink plenty of fluids," he said.

Some people think they can get HIV from giving blood. Konschak said that is impossible because they use sterile equipment only once and then it is discarded.

Rather than being a health threat, Konschak said blood donation is healthy. He likened it to getting a mini-physical at no cost, because everyone's blood is tested for many diseases. In the event disease was found the donor would be notified. He said people also get to know their blood type, if not know, their blood pressure, and whether they are anemic or not.

Additionally, with every donation the body produces new blood cells. The total blood volume is replaced within 24 hours.

Konschak said it is critical for people to donate blood because there is no other way of getting blood, and nine out of 10 people will need blood sometime in their life. One of every 10 hospital patients will require a blood transfusion, the average being three pints. With a transplant or cancer patient the number could go up to 50 to 100 pints.

Konschak said people can go to 1-800-GIVELIFE to schedule an appointment, or call Vickie Banks at Sticks and Dirt at 609-889-3500.

**SHOP AROUND**  
Get the Best Deal in Town  
at  
**Big Wally's**  
**DISCOUNT FURNITURE**  
NORTH CAROLINA DIRECT

- Large Selection of Seashore Prints
- Wicker & Rattan Furniture
- Cottage Style Bedroom & Dining Room

All colors available

**SLEEPERS • BEDDING • DINETTES**

514 New Road (Rt. 9)  
Somers Point, NJ 08224
(609) 926-1155

IT'S HERE!

Cape May

Spring 2008

NEW year  
NEW look  
NEW columns  
DON'T MISS  
AN ISSUE!

Pick up a copy at these local stores:  
Whale's Tale, Atlantic Books,  
Kaleidoscope, Dellas, Fudge Kitchen,  
and Swain's.

Can't get to town?  
Subscribe online [capemaymag.com](http://capemaymag.com)  
or call 1-888-898-2997 Visa/MC accepted

Now open 7 days a week. Four cinemas.  
Starting May 30th, we have...

(PG-13)

Fri: 4:00, 6:45, 9:30  
Sat & Sun: 1:30, 4:00, 6:45, 9:30  
Mon - Thu: 6:45, 9:30

GET CARRIED AWAY

(R)

Fri: 3:15, 6:15, 9:15  
Sat & Sun: 12:30, 3:15, 6:15, 9:15  
Mon - Thu: 6:15, 9:15

THE WITNESSES

From acclaimed director  
André Téchiné  
(NR)

Fri - Sun: 5:00, 7:15, 9:30  
Mon - Thu: 7:15, 9:30  
Subtitles

ROBERT DOWNEY JR.

IRON MAN

(PG-13)

Fri: 4:05, 6:35, 9:00  
Sat & Sun: 1:45, 4:05, 6:35, 9:00  
Mon - Thu: 6:35, 9:00

Now FREE WiFi  
in Lobby Cafe!

Beach Theatre

Cape May's home for movies since 1950.

711 Beach Avenue Cape May, NJ

Beachboxoffice.com - BeachFlix 24 Hour Hotline 884-4403

Managed by

www.beachtheatre.org