

Signs

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be the easiest to identify. Numbers are pretty universal."

On Monday some of the poles were up and most should be up by the end of this week. The number system was designed to be of

help during emergencies when the lifeguards are not on duty, such as after hours or in the off season.

In recent days the Beach Patrol has seen a number of lifeguards leave to return to school and some beaches are not being guarded. The last official day for lifeguards is

Sunday, Sept. 12. After hours staffing of the Beach Patrol Headquarters will continue through Sept. 30. After hours staffing means three lifeguards, including one lieutenant, are on duty at the headquarters to respond to an emergency, but no guards are on the stands.

Demolition may come sooner

By CHRISTOPHER SOUTH
Cape May Star and Wave

CAPE MAY - Ever since Convention Hall was deemed structurally unsound in April 2008, people have been wondering when it is coming down.

It was always the intention of the city to bid the demolition of the existing Convention Hall with the construction of a new structure.

At an Aug. 18 meeting of the Convention Hall Project Team, however, discussion led to the idea of dividing the project three ways: demolition of the old structure in the fall, doing the piling work in the later winter/early spring, and starting construction in May 2011.

City Manager Bruce MacLeod said the team looked at the potential of separating the project into those three phases and awarding three separate contracts. Asked if there was a consensus on moving forward with the plan, MacLeod said, "There was an absolute consensus on separating the demolition from the construc-

tion of the new structure."

He said there was some discussion and debate on separating the pile driving into a separate contract from the construction.

"There are pros and cons for doing it as an individual contract and some pros and cons for keeping that under the auspices of the contract of the general contractor for the construction," MacLeod said.

According to MacLeod, separating all three contracts would allow the city and the project team to continue working on the project leading up to the May 2011 start construction date. He said it is anticipated that the specific contract for demolition be bid in late September and the award of the contract would take place in late October. Under that scenario the demolition would take place in November and December.

With three separate contracts, the timeline for pile driving would be: bids in January, awarding a contract in February, and the pile driving to be accomplished in March and April. Bids for the construction would go out in

March with the anticipation of awarding a contract in April in order to commence construction in May.

"You can see how the timelines mesh," MacLeod said. "If you don't separate the contracts, it's possible pile driving wouldn't occur until a May date in 2011."

MacLeod said there could be a 30 to 60 day delay by not separating the contracts, which doesn't seem like a long time, but added that time is of the essence in this project.

"It is a very aggressive timeline, yes, but it's gotta be. We have to open by Memorial Day 2012," Deputy Mayor Jack Wichterterman said.

Wichterterman commended the project team, saying it was a great committee, and said they would be hearing from the architects, who would be attending the next project team meeting scheduled for yesterday. He said the team would be presenting ideas for modifications of a preliminary design known as Scheme No. 6, which calls for the demolition of the Solarium.

MA500

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released.....and for White Marlin caught (including releases) per boat fishing days at 1.39.

Marine conservation continued to be a big winner at the MA500. Blue Marlin releases were 11 of 13 or 85% and White Marlin releases were 526 of 557 or 94%. Dr. John Graves, of the College of William and Mary's Virginia Institute of Marine Science who oversees conservation issues during the tournament, credited use of circle hooks and increases in releases by sportfishermen for the recent slight increase in the

Atlantic's White Marlin population and a steady of the Blue Marlin population. He emphasized however that sportfishing accounts for less than 1% of billfish fatalities. By far the biggest factor in reducing billfish mortality rates are new rules forcing the foreign flag long line commercial fleet to quickly release any they catch. This rule has applied to United States fleet for years. In addition, this year's fundraising raffles \$25,000 was raised for the Guy Harvey Ocean Foundation and over \$3,000 for the Recreational Fishing Alliance.

A few things remain pre-

dictable at the MA500. It features world-class sportfishermen enjoying world-class hospitality and service. These anglers, while competing for big money and prestige, also bask in the camaraderie of their sport also. They and their families and friends also enjoy the unique historic attractions and fine dining and accommodations of Cape May. The MA500 also provides a big yearly boost to the area's economy with this year's infusion estimated at around \$5 million by tournament officials.

Dance away the pounds with Zumba on the beach

By JACKIE SISCONI
Cape May Star and Wave

CAPE MAY - With the advent of Dancing with the Stars and So You Think You Can Dance, America has realized dancing is more than just an art form: it is one heck of a workout.

Zumba has piggy-backed on the popularity of these television shows and is the latest fitness craze. Zumba instructor Kelsy Wise teamed up with the Cape May Recreation Department to bring this fun and intense workout to the beaches of Cape May.

So what exactly is Zumba?

Zumba is a total body workout that incorporates dance and interval training, which tones and sculpts the body while also burning fat.

"Zumba is based on four Latin rhythms: Salsa, Merengue, Cumbia, and Reggaeton, and then it also includes various international music such as Samba, Belly Dancing, Bhangra, Flamenco, and more," Wise said.

The class incorporates movements from all of these different styles. At times, participants are dancing at a high intensity levels, and then the next move or song will be lower intensity. This is where interval training

comes into play, helping exercisers to burn more calories and fat.

"Within one song, we may be jumping around during the chorus, and then when the verse comes in, we may do a move that is not as intense," Wise said.

While the fitness benefits of taking Zumba are obvious, some people feel intimidated by the class because they are not skilled dancers. Wise insists that you don't need to be a great dancer to reap the benefits of Zumba. The class is about having fun and letting loose.

"I tell people to pretend they are dancing in their bedrooms. I also mention that it might help to just focus on moving the feet and not wor-

rying about the arms or vice versa," she said.

The way the class is structured there is a lot of repetition of moves so even non-dancers are bound to catch on quickly. Also, the incorporation of popular songs into the class helps set dancers at ease. Wise likes to include songs from artists like Lady Gaga, Daddy Yankee, and Beyonce into her routines.

Many critics argue that yes, Zumba sounds fun, but how is it more effective than running on the treadmill or lifting weights? Wise counters this critique by pointing out that the average participant can burn anywhere between 400 and 900 calories during a 45 minute class and have fun while doing it.

"Zumba makes working out something people want to do. It provides a great cardiovascular workout, and students lose track of the time and stop thinking about the rest of their lives. They just have fun," she said.

Exercisers can expect to feel results after the very first class, and after a few more classes they will begin to see a change in their bodies. They will see more definition in their abs, buttocks, leg, and arms, and their endurance will improve with each session.

"It is awesome the feedback I get about how people feel the need to take a lot of breaks between songs when they first start, and then how amazed they are at needing fewer and fewer breaks with the more classes the take," Wise said.

Even participants with injuries can make Zumba work for them. Depending on the injury, students can modify the dance moves to work for their bodies.

"Students can contact me or talk to me before class if they

have questions about how to modify. I also suggest people talk to their doctors about what movements they can do," Wise said.

Wise teaches Zumba classes Mondays and Saturdays from 9 a.m. to 9:45 a.m. on the beach at Trenton and Beach Avenues. The summer session is scheduled to end Sept. 4, but she plans to continue the class during the fall. Time and dates are to be determined. For class schedules go to Wise's website www.KelsyWise.com.

The class is only \$5, and according to Wise the turnout has been incredible, attracting 10 to 20 people on average. She asks participants to bring water and a towel and wear comfortable clothes.

"Students have the option of leaving their sneakers on and staying on the wooden planks, or they can be barefoot in the soft sand. Because we have the ocean right there, on hot days I tell the class to feel free to jump in if they want to cool down during the class or after," Wise said. "They love it."



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