

# Trying to live a stress-free life and boy, it isn't easy

Stress – never mind what Webster says it is. It's just a culmination of chaos and confusion going on in and around us that cuts a hole in peace, happiness and the sheer joy of living! Unless you are really strong and have a good grip, you could go absolutely nuts from all that's said and done about everything around us.

Health care and financial problems touches everyone, safety at home and abroad is at its worse and terrorism a chief concern for our country. You know, all the things that help to make your hair go gray – good for the dye makers – and gives you ulcers, heart palpitations, and thousands of other physical ailments.

This gives more business for the doctors. You can believe somebody is benefiting from your stress ailments.

However, chances go around. Doctors are being called on the carpet for mal-

practice, nurses for lack of being competent, and then there's the over-crowded and under-staffed health facilities. And don't forget how insurance premiums are out of reach for John Doe. Six out of ten have no or inadequate coverage – that's me – for themselves or their families. Need I say more? The circle is never ending. Them that's got gets – or think they have. Then BAM! something happens. Stock market crash! Them that had, have no more. How do you spell all of this? S-T-R-E-S-S.

I tend to believe that Alzheimer's Disease is not a disease at all. Just nature's way of shutting down the mind to save it from the perils of the times. Boy, I know I have put my foot in it now!

Now with all the stress aside, are you ready for autumn? I rather see it as Indian summer. I think we might have one this year. Cool mornings, warm pleas-

ant afternoons and evenings, and cool nights. Soon foliage will be easing into an array of fantastic colors. All so good for the healing of mind, body, and soul.

But you have to yield to better thoughts, give into good memories, and look for the best of the present. It's not all bad!

I let my mind wander back a few years and remembered how at this time of the year the air was filled with anticipation of all the beauty and joy the upcoming season would bring. Nearing the end of another year and hoping, praying, next year would be better.

This past week was wonderful. Activities everywhere. I was thrilled to be a part of the fundraising affair held at the First Presbyterian Church on Last Sunday. There were so many fantastic musicians donating their time and talent to the cause. I had not seen many of them for a long time.

It was double the pleasure for me.

Currently, I am trying to enjoy things that are made to be enjoyed. A couple of good friends, fairly good health, being blessed and highly favored by God. In spite of all the stressful vibes around, I try to focus on what I do have instead of what I think I would be happy with – like money.

If I had any, the only happiness would be for the people I owed it too. By the time I payed it all out, gave to worthy causes, I would soon be broke again. If not broke, I would have no peace because I would be bored with life having everything I thought I wanted! I could not handle it! I've heard some people say they would just like to have the chance to try and handle it.

Ha! Not me! I know me! You know – first to thine own self be true. Stress-free I call it.

## Times to Remember

By Lois Smith



Leaving work today, I decided I would go home, relax and watch Oprah. Well, do you know what the show was about? A young girl who was born with her legs fused together. They called her the only living mermaid. Next was a woman who's husband shot her face off! Now mind you, I work in social services, listening to problems all day long. I just wanted to go home

and be stress-free for a few moments.

Can't win for losing, but I keep trying.

I turned the darn television off and took Mimi (my dog) for a short walk in spite of the fact that the arthritis in my ankle killing me. No stress here! Now I'm going to bed!

See Ya!

# 26th annual Beachfront Run set for Saturday, Sept. 26

CAPE MAY – The Cape May Beachfront Runs scheduled for this Saturday, Sept. 26 should have close to four hundred runners competing in the 2-mile and 5 mile races.

The course along Beach Avenue is very fast and the weather is usually ideal for runners, which translates to favorable times. The Beachfront Run features a certified 5-mile course, and the 2-mile course is also offi-

cial. Both courses are secured with volunteers from the Kiwanis Club of Cape May, Cape May Police, Beach Tag Department, Civic Affairs and the fire police handle traffic control at every intersection to insure safe races.

All runners receive T-shirts and both races award overall and age group trophies to place winners.

The course has three water

stations, bananas and bottled water available before and after both races. Both races start and finish at Cape May Convention Hall beginning with the 2-mile at 8:30 a.m. The 5-mile starts at 9:15 a.m. following the completion of the 2-miler.

The 2-mile race is run on an out and back course, with the turn around point just beyond Pittsburgh Avenue. The 5-mile race is basically two

lengths of Beach Avenue. Each race has clocks at the start/finish, and each mile is prominently marked.

The Cape May Beachfront Run is heartily supported by the business community and local organizations including Atlas Inn, Uncle Bill's Restaurant, Cape May Kiwanis, Montreal Inn/Cafe Promenade, NIA, The Ugly Mug, Fresco's/410 Bank Street, Lucky Bones, Pizza

Hut of Wildwood, Summer Station, Sports 'n Stuff, P.A.L. of Cape May, the U.S. Coast Guard Training Center, the Mid-Atlantic Center for the Arts, Chamber of Commerce of Greater Cape May, Cape May Police, Cape May Fire/Rescue, Cape May Beach Taggers, Cape May Public Works and Cape May Civic Affairs Department.

For race registration forms or other information call

Cape May Civic Affairs 884-9565 or pick up race applications at Convention Hall, City Hall, the Welcome Center, or go online at capemaycity.org, or metroraforum.com.

Race day registration and packet pickup begins at 7 a.m. on Saturday, Sept. 26 at Cape May Convention Hall.

# Lower council removes DRBA properties from tax sale

By CHRISTOPHER SOUTH  
Cape May Star and Wave

LOWER TOWNSHIP – Lower Township Council met at 9 a.m. to remove properties leased by the Delaware River and Bay Authority (DRBA) from the tax sale scheduled for 10 a.m. that day.

Deputy Mayor Kevin Lare said he requested the council to hold a special meeting and remove the properties from the tax sale after attending a DRBA meeting and being approached on the matter there.

The DRBA allegedly owes Lower Township about \$4,500

for the current year's taxes. Lare said there is some dispute over how much is actually owned. He said the DRBA is only taxed on properties that are occupied, not for vacant buildings. He said if a building is only occupied half the year they are taxed for the entire year.

"If this goes on the tax sale today this problem won't be resolved, but our relationship (with the DRBA) will be impacted," Lare said.

Lare said he would rather remove the DRBA properties from the tax sale and try to hammer out an agreement with them.

Councilman Thomas Conrad said he agreed with Lare, saying without a resolution the township would be in the same position next year. He said he would rather see council remove the DRBA and discuss the matter. He said he would like to talk it out rather than go to court, where the township takes the risk of losing everything.

Councilman Glenn Douglass agreed with the idea of holding negotiations with the DRBA, but asked how many meetings the township has already had with the DRBA. Solicitor Anthony Monzo said there was one

meeting in 2007 and another this year, as well as communication and correspondence.

Councilman Wayne Mazurek said he had reservations about removing the DRBA properties from the tax sale.

"We've been messing around with this for years. Why are we the bad guys here because we are trying to get what is owed by the DRBA?" he said. "What would we do if this was an individual taxpayer?"

Mazurek asked if the \$4,500 represented all of what the DRBA owed the township. Monzo said the total amount

was between \$25,000 and \$28,000.

Lare said he was approached by the DRBA, and did not think they would refuse to pay the taxes for occupied buildings.

Members of the Lower Township Taxpayers Association attending the meeting were split on the issue of going forward with

the tax sale or removing the DRBA properties and continuing negotiations. Council opted to remove the DRBA from the tax sale, but followed a recommendation from LTTA member Joe Winters, who suggested there be a 90-day time limit for negotiations.

## Hurricane preparedness

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State Sen. Jeff Van Drew said legislation he sponsored approves the recommendations by the Assembly Coastal Evacuation Task Force. Some of the recommendations include ensuring consistency among various evacuation plans, coordinating county offices of emergency management to revise any inconsistent evacuation plans, restricting trailers or semi-trailers during a reverse lane strategy and plans that address the evacuation of families of emergency responders.

Van Drew said sheltering pets during a hurricane is overlooked and viewed as trivial by some.

"Many folks have pets, most especially senior citizens will

not leave without their dog or their cat," Van Drew said. "We don't have a good enough way of sheltering all of the animals."

Van Drew said there are efforts in Cape May, Atlantic and Cumberland counties and various animal shelters to make the Atlantic City Race Track in Mays Landing a possible shelter location for animals during an emergency.

Cape May County Director of Emergency Management Frank McCall stressed the importance of planning for evacuation.

"Planning and preparation are the key steps to safety," McCall said. "There are several things that residents can do to prepare for the unforeseen as well as reduce stress and confusion during an emergency. The basics of

preparedness for most hazards are the same. Take time to create an appropriate emergency plan and you will

be better prepared to handle any potential emergency."

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