

SANTA CRUZ STYLE

SANTA CRUZ SENTINEL

FRIDAY, DECEMBER 29, 2006



Contributed photo

Juli Rivera, Annie Rothmeier and Mackenzie Deeter raised money for the SPCA.

These kids care for canines

It all adds up to a happier life for animals at the Santa Cruz SPCA.

JULI RIVERA, ANNIE ROTHMEIER and **MACKENZIE DEETER**, third-graders at Main Street



PEGGY TOWNSEND
Name Dropping

Elementary School in Soquel, recently set out their high-end doggie treats at the Main Street Craft Fair, and presented the proceeds to **LISA CARTER**, director of the local SPCA, according to

spokeswoman **SUZI ESZTERHAS, JENNY DEETER** and **CYNDI ROTHMEIER** accompanied the fundraising team to the SPCA to hand over the money.

"We all have at least one dog each and wanted to do something for a dog charity," said Mackenzie.

Weight Watchers winners

The local Weight Watchers chapter is known for its losers — those who drop pounds under the plan.

Now it has some winners.

Three locals came back with awards from Weight Watchers' annual meeting and recognition conference in San Ramon.

JENNIFER BARLEY was named Leader of the Year and got an award for having the most members reach their goal weight for the year. **JANE LARTER** was named Receptionist Mentor of the Year and **BETTY HONG** was awarded Receptionist Rookie of the Year.

Congratulations all.

New board members

There are four new names on the board of Court Appointed Special Advocates of Santa Cruz.

Marriage and family therapist **CARMEN ARRIAGA-KUMASAKA** of Watsonville, accountant **KAREN SEMINGSON** of Aptos, business owner **NANCY KEIL** of Aptos and international ombudsman consultant **SHEILA GOTTEHER** are now on the board, according to spokeswoman **JOANNE SANCHEZ**.

The group, which trains volunteers to support children in the court system for kids who have been removed from their homes because of abuse or neglect, also has a new board president: **MARILYN KOLL**. Former board president **DALE JOHNSON** is now vice president.

Food for all

MBA Poultry, through New Leaf Community Markets, has donated 1,400 pounds of its Smart Chicken to Second Harvest Food Bank, reports **PATTI BOND**.

The donation came thanks to customers at the three New Leaf stores in Capitola and Santa Cruz who purchased Smart Chicken. For every 10 pounds of chicken purchased, MBA Poultry donates one pound of its air-cooled chicken to New Leaf's charity of choice.

Said New Leaf Marketing Coordinator **SARAH OWENS**: "We are pleased to donate to the Second Harvest Food Bank again this year, thanks to the support of MBA Poultry."

And **CHRISTINE WOODWARD**, public relations director for Second Harvest, said the donation would make a "huge difference" in the group's ability to provide food to families in need during the holiday season.

To find out more about Second Harvest Food Bank, call 722-7110.

Got a story to tell, an event to report, an award to announce? Write to Peggy Townsend at P.O. Box 638, Santa Cruz, CA 95061; fax to 429-9620, e-mail to ptownsend@santacruzsentinel.com.



Ed Price puts his client through a workout.

Dan Coyro/Sentinel

ED PRICE

Self-employed trainer has brains and brawn

Your stories

The Style section features profiles of Santa Cruz County residents. We welcome your suggestions of the local folks to write about. Contact Peggy Townsend at ptownsend@santacruzsentinel.com.

By **SORAYA GUTIERREZ**
SENTINEL STAFF WRITER

APTOS — Ed Price remembers being that short, overweight kid who was always the last to be picked to play sports in high school. Now, at 51, he dedicates his time to helping people get fit for their high school reunion.

Realizing he wasn't destined to become a star basketball player, he opted to pursue running, and loved how it slimmed him down and boosted his confidence. Those are the results he wants other people to experience, and he eliminates common excuses people give for not exercising.

"I bring the gym to them," said Price, known to his 15 steady cli-

ents as the traveling trainer.

Since he works for himself, he can work around your schedule.

And he doesn't believe in fancy exercise equipment, so you don't have to drop too much cash to get in shape.

The top two requests he gets from clients, he said, are to help them lose extra pounds and for general body conditioning.

In Santa Cruz County, he said, people are spoiled when it comes to finding an outdoor activity to pursue. But to get on the fast track to losing weight, he recommends developing a habit for taking brisk walks.

It also helps to lay off processed foods, but even he has a guilty pleasure: ice cream.

For the most part, he eats a well-balanced diet that includes chicken, fish and small amounts of red meat. As someone who has participated in 40 triathlons and six Iron Man competitions around the world, diet and exercise become second nature.

If not for sports, he'd be waiting tables today, because that's all he could see himself doing before he started running.

Instead, he turned his love for running into a career in fitness training.

"It's not so much about money," Price said. "It's about feeling good about what I do."

Contact Soraya Gutierrez at sgutierrez@santacruzsentinel.com.

Ed Price

AGE: 51.

BORN: Pennsylvania, Sept. 27, 1955.

EDUCATION: Santa Cruz High, Cabrillo College, UC Santa Cruz, San Jose State.

OCCUPATION: Personal trainer, charges \$30 an hour.

RESIDENCE: A 600 square-foot cottage in Aptos.

FAMILY: Wife, Debbie; and two Pomeranian dogs, the children they never had.

HOBBIES: Besides working out, he enjoys photography, playing electric guitar and watching the San Francisco 49ers.

'I don't think of myself as 51, that's for sure.'

ED PRICE

COMMUNITY BRIEFS

CAPITOLA

City Council seeks history buff

The city of Capitola is recruiting for a vacancy on the Capitola Historical Museum Board.

The City Council is seeking applications from people who are preferably Capitola residents, 18 years of age or older, with a general interest in local history and in becoming involved in local government. The board meets at 5:30 p.m. the first Thursday of each month in the Capitola City Hall Community Room.

The deadline for submitting applications is Jan. 26. Applications are available at City Hall, 420 Capitola Ave., or by calling 475-7300 and requesting an application be sent to you, or at the Capitola library, 2005 Wharf Road. An application is also available on the city's Web site at www.ci.capitola.ca.us.

For information, call Carolyn Swift, museum director, at 464-0322.

COUNTY

Jail tours offered to public

Correctional officers are offering tours of the county's Main Jail and Rountree facilities to the public. The new

program, one of the first in the state, will open the two jail facilities to adults for free hourlong guided tours every Sunday.

The tour program aims to educate the community about jail conditions and programs, understand how the jail system affects the surrounding community and create awareness about the jail system's role in maintaining public safety and the process of law.

Tours are held Sundays at 1 p.m. and limited to 10 people per tour. Participants must sign up at least five days in advance. For information, go to www.scssheriff.com, click on "Detention" and go to "Jail Tours."

SANTA CRUZ

Foster care/adoption orientation

On Wednesday, Jan. 3 from 6 to 7:30 p.m., Family and Children's Services of Santa Cruz County will hold an orientation for people interested in becoming a foster and/or adoptive parent. The orientation is designed to review the child welfare system and to give you a chance to have your questions answered by child welfare staff. Active foster and adoptive parents will also be there. Application packets for Foster Care and Adoptions will be distributed at this meeting. The orientation meetings will be held the first Wednesday of

every month in Room 206, 1400 Emeline Ave. To register or for directions, call 454-4044. Please attend the meeting smoke, scent and child-free.

CAPITOLA

Free shuttle available New Year's Eve

During the New Year's evening, the Capitola Police Department reserve officers and police volunteers will provide a free shuttle service to any person who feels impaired by alcohol.

The shuttle will run between the areas of Aptos and Santa Cruz with the following restrictions:

■ Caller must be within the city of Capitola wanting to go home within the area between Aptos and Santa Cruz.

■ Capitola residents who are within the area between Aptos and Santa Cruz can be picked up anywhere within that area and taken home.

■ The shuttle will give rides home from 9 p.m. to 3 a.m. Rides will not be given to another celebration location.

The number for a ride home Dec. 31 is 475-4935.