

## coast LINES

### SANTA CRUZ

#### Campus showing election films

UC Santa Cruz's Cowell College will offer screenings of two documentaries about voting irregularities.

"American Blackout," which suggests a disenfranchisement of black voters in Florida in 2000 and in Ohio in 2004, will be shown at 7 p.m. Jan. 15 in the Cowell College dining hall. "Hacking Democracy," which investigates the reliability of electronic voting machines, will be shown at 7 p.m. Jan. 29 in the Stevenson College event center. Both films will be followed by discussions.

Visitor parking permits are available for \$2 at the kiosk near the main entrance to campus. For information, call the Cowell College programs office at 459-2255.

### SANTA CRUZ

#### U.S. foreign policy subject of forum

A group of local organizations will host a town hall meeting featuring a well-known national journalist and a former U.S. Marine Corps officer who is an outspoken critic of the Iraq War.

"U.S. Foreign Policy: The Iran Talks and What Mainstream Media Don't Tell Us About Iran/Iraq" features Scott Ritter, a U.N. senior weapons inspectors in Iraq from 1991-1998, after eight years as an intelligence officer in the U.S. Marine Corps, and Jeff Cohen, a former MSNBC on-air commentator and senior producer of "Donahue." He founded Fairness & Accuracy In Reporting, co-hosted CNN's "Crossfire," and was a weekly panelist on Fox News Channel's "News-watch."

The meeting will be 7-9 p.m. Jan. 17 at the First Congregational Church, 900 High St. Tickets at \$10. The event is sponsored by First Congregational Church, Fellowship of Reconciliation and Peace Action and Media Watch. Call 423-6355.

### SANTA CRUZ

#### Vets Hall board has open seat

The Santa Cruz County Veterans Memorial Building is seeking applicants for an open seat on its board of trustees.

The board's mission is to preserve the veterans building as a historical monument dedicated to the memory of the men and women who have served the country. The building operates as a nonprofit, providing affordable rental space for the educational, cultural and recreational needs of the community.

Applicants should submit a resume and letter of introduction to 846 Front St., Santa Cruz, CA 95060, or call 454-0478, ext. 10.

### SANTA CRUZ

#### Faith groups plan outreach

Temple Beth El and the Spirituality Committee of the Diversity Center will partner to become more welcoming of lesbian, gay, bisexual and transgender individuals.

Money from the Community Foundation of Santa Cruz County helped fund the partnership.

Temple Beth El and the Diversity Center will work to expand "Out in Our Faith," and interfaith education and support group, by growing the clergy coalition as well as offer mentorships for pastors, speaker training and clergy recognition at Santa Cruz Pride 2008.

Call 425-5422 or 479-3444.

## SETTING IT STRAIGHT

It is the policy of the Sentinel to correct factual errors.

We encourage readers to call our City Desk if they are aware of any mistakes. Call 429-2436 or e-mail jcopeland@santacruzsentinel.com.

# Welcome to laid-back Santa Cruz

**Q** My family and I moved here about 2½ years ago from back East. Last week on my way home from work, I was traveling in the right-hand lane on a southbound highway. On my left was another vehicle, on my right came a car from the onramp. When possible, I will move to the left to make space for traffic entering the freeway. However, on this night, it was not possible. The car on my right had accelerated to a speed possibly faster than the flow of traffic. As the onramp completed its merge with the travel lane, the front of the entering car was about even with my front door. At this point, there began quite a display of great displeasure that I had not somehow yielded the right of way. (The driver demonstrated that the car's horn and both the high and low beams worked, and that he could count to one.)

When I got home, I went online to see if I missed something in the state driver's



**BRIAN SEALS**  
Street Smarts

handbook. It was hard to find, but there in black and white, on Page 44 were the words for which I had been searching: "Freeway traffic has the right of way." So, now I know.

#### RICK HOLT

LA SELVA BEACH

**A** Thanks for writing and welcome to laid-back Santa Cruz, Rick, an area where even motorists in error can luxuriate in their righteous indignation and obscene hand gestures. Your absolutely correct. The information is there in black and white on the page you cited. A good reminder for all of us, supposing the aforementioned driver you had run-in with knows how to read.

Another highway no-no, according to the handbook, on Page 41:

Don't try to "get back" at another driver by flashing one's bright lights. The handbook says that can be a danger to both vehicles. The next page suggests not using the horn to show one's anger, but that may be as quaint as saying "please" and "thank you" in these modern times.

**Q** Why does the CHP block multiple lanes of traffic and not let people pass? Highway 1 is madness as it is, and a 15-minute commute can easily take 45 minutes. We do not need CHP to slow things down further, especially when traffic can actually go the speed limit.

#### JOE PAQUIN

APTOS

**A** Some days, it seems anything that slows the commute more than it already is can be maddening. I was contemplating this just the other day while driving home in my Civic and loading my 20-gauge. But that's another story. (If you were wondering, I'm joking.)

Joe, the CHP actually gets that question quite often, said CHP

spokesman Grant Boles. While it may look a bit strange and is often misunderstood, there are actually a couple of good reasons. CHP officers are the people responsible for removing debris from roads. So, occasionally one cruiser will drive slowly and block the lanes to slow down traffic so another cruiser a mile or so up the road removes some debris, Boles said.

During rain and fog you might see the CHP in a similar maneuver on Highway 17 to calm traffic during slick and hazardous conditions so as to prevent accidents. The CHP asks that drivers do not pass them on these occasions. That's timely information for the winter rain season.

Brian Seals is the Sentinel's transportation writer. "Street Smarts" appears Mondays. If you have a transportation question or idea, contact him at streetsmarts@santacruzsentinel.com. Be sure to include a name, city of residence and daytime telephone number.

## SANTA CRUZ COUNTY STORIES



Dan Coyro/Sentinel

Jennifer Barley picks up the pace along West Cliff with her entourage.

# JENNIFER BARLEY

## Weight Watchers leader, life coach talks the talk, walks the walk

### Your stories

Every Monday, we feature profiles of Santa Cruz County residents. We welcome your suggestions of the local folks to write about.

Contact Ann Parker at [aparker@pacbell.net](mailto:aparker@pacbell.net).

By ANN PARKER  
SENTINEL CORRESPONDENT

Jennifer Barley just might be one of the best comics in the San Francisco Bay Area — but you can't see her in clubs or on television.

But just show up at the Surfing Museum next Sunday morning and she'll be there, joking with her weekly group fitness walkers.

Or join Weight Watchers in Santa Cruz, where she comes with the price of membership. Eleven times a week, Barley stands in front of a room packed with members, telling about the 40 pounds she lost and has kept off for three years. Encouraging, inspiring and just plain funny, her meetings are usually standing room only.

Jennifer's involvement in Weight Watchers was an important factor leading to her new career as a professional life coach. In 2001, she left 12 years of high-tech marketing.

"I had lost my drive and fire; I wanted to find my passion again," she says. "My husband Curtis said 'Go for it.' He always does."

Barley spent the next few years studying interior design and doing freelance interior design writing. She also spent 14 months working the morning shift at Linda's Seabreeze Cafe.

"I'm a born waitress," Jennifer declares. "And it allowed me to achieve one of my goals: to feel more connected with my community."

Her desire to work toward a healthier lifestyle drew Jennifer to Weight Watchers; her successful weight loss and the sense of taking

charge of her life led to training as a group leader in 2005.

"It's my dream job," she says. "Watching people change and supporting them is amazing. I get as much energy as I give — and I'm a pretty high-energy person."

After a recent meeting, one Weight Watcher member characterized her as "a Weight Watcher's Oprah." Another said, "Jennifer really cares. And she's hilarious."

"Life coaching came out of my love for Weight Watchers," Barley says. "I wanted that group experience one to one." Research convinced her that life coaching was what she was born to do: "I was already being my own coach."

She started her coaching business in August and is currently in a certification program that includes 320 hours of formal training and is accredited by the International Coach Federation.

"I work with individuals to help them achieve their personal goals," she says. "My own goal is to help them not need my help."

Her coaching areas include time management, business growth and career change, health-related goals and financial or household organization.

Where does Barley get her confidence? "From my parents. My father once told me that I could do anything I wanted in life. When I said I wanted to be a singer he said, 'Well, almost anything.'"

Jennifer Barley can make herself laugh, too.

### Jennifer Barley

**WEIGHT WATCHERS:** 2006 and 2007 Leader of the Year; 2007 Diamond Leader, top 20 percent in U.S.

**WEIGHT WATCHERS ADDRESS:** Brown Ranch Plaza, 3555 Clares St., Capitola.

**HUSBAND:** Curtis Lackado. 'He's a quiet storm, quietly funny.'

**FITNESS GROUP WALK:** Meets 9 a.m. Sundays at Santa Cruz Surfing Museum; no charge, open to all.

**COLLEGE:** Northwest Missouri State University; Bachelor's degree in broadcasting.

**BUSINESS:** Jennifer Barley Life Coach, 212-2793.

**WEB SITE:** [www.jenniferbarley.com](http://www.jenniferbarley.com).

## MEETING MONITOR: WRAP UP

### County Board of Supervisors

**NEXT MEETING:** 9 a.m. Tuesday at the County Government Center, 701 Ocean St., Santa Cruz.

THE ISSUE	WHAT IT MEANS TO YOU	FOR MORE INFORMATION
Consideration of a ban on polystyrene foam packaging for businesses.	Banning foam containers would reduce solid waste. Supervisors are deciding whether to make voluntary ban mandatory.	Visit <a href="http://www.cawrecycles.org/issues/polystyrene_ordinances_list">www.cawrecycles.org/issues/polystyrene_ordinances_list</a>
Updating and amending the county's well ordinance.	Designed to protect water resources and clarify environmental review of new and existing wells.	Contact your local water district.

### Watsonville City Council

**NEXT MEETING:** 6:30 p.m. Tuesday, Council Chamber, 250 Main St.

THE ISSUE	WHAT IT MEANS TO YOU	FOR MORE INFORMATION
City parking fees.	Annual parking permits for city lots would go up \$35 to \$165 if approved.	<a href="http://www.ci.watsonville.ca.us">www.ci.watsonville.ca.us</a>

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[WWW.SANTACRUZSENTINEL.COM](http://WWW.SANTACRUZSENTINEL.COM)

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Didn't have time to read the newspaper this morning? Checking your e-mail at work or on vacation? Sign up for the Santa Cruz Sentinel e-mail update online.

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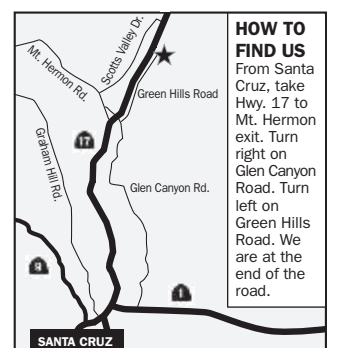
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