

Insecticides linger in homes

STUDY FINDS TRACES IN ADULTS, CHILDREN

By **EDWARD ORTIZ**
[eortiz@sacbee.com](#)

The insecticides found in roach sprays, flea bombs, ant traps and pet shampoos persist indoors for years after use and collect in the bodies of both adults and children, for whom they may pose health risks, a new UC Davis study has concluded.

Levels of the insecticides – called pyrethroids – were found in a majority of the 173 children and adults tested from 2007-09 in Northern California. Of those families, 22 hailed from the Sacramento region, with 11 from Sacramento County

and five from Yolo County.

Pyrethroids, which are synthetic chemicals, have been linked to respiratory ailments, heart palpitations and nausea in farmworkers and have been identified as an endocrine disruptor in lab animals.

“It’s an important pathway for children,” said Kelly Trunnelle, post-doctoral scholar in environmental toxicology at UC Davis and lead researcher of the study.

She said researchers took wipe samples from floor surfaces of homes and also measured urine levels of mothers as well as children

born between 2000 and 2005.

The study found levels of multiple pyrethroids in 50 of 83 children tested, and 58 of the 90 adults tested. Exposure differed between mothers and children, and the study found the levels of the pyrethroids found in the floor samples are statistically related to what was found in the urine levels of the children tested. The same correlation was not found with the mothers, said researcher Deborah Bennett, professor of environmental and occupational health at UC Davis.

“That would indicate a child is getting a greater level of pyrethroid exposure from the home environment than the mother,” Bennett

said. “The pyrethroid levels in the mothers likely originated from diet or outdoor environmental exposure.”

To date, scant research has been done on pyrethroids, which are commonly used for farming as well as in household products, Bennett said. However, studies on the chemical are increasing, as are concerns about its possible health effects such as endocrine disruption and autism. A 2008 study found that the pyrethroid esfenvalerate delayed the onset of puberty in laboratory rats. A UC Davis study that same year found mothers of autistic children had shampooed their pets with an-

STUDY | Page B3

Agency may divert river flow

EAST BAY MUD’S
NORMAL SUPPLY
RUNNING LOW

By **MATT WEISER**
[mweiser@sacbee.com](#)

A Bay Area water agency may use its water contracts on the Sacramento River for the first time to help its customers survive the ongoing drought.

The East Bay Municipal Utility District anticipates it will need to divert water this year from the Freepoint Regional Water Project on the Sacramento River, which it helped build in partnership with Sacramento County at a cost of nearly \$1 billion. The district has not used the diversion since it was completed in 2010, but its board will vote in April whether to activate it.

“We’re definitely preparing for the possibility of using Freepoint for drought purposes,” said Andrea Pook, a spokeswoman for the district. “It doesn’t mean we will, and we don’t know how much water that will be. Really, there’s a lot that’s still up in the air.”

The district serves about 1.3 million people in Contra Costa and Alameda counties. Normally, their water comes mostly from the Mokelumne River in the Sierra Nevada, diverted across the Sacramento-San Joaquin Delta through a series of reservoirs and pipelines.

The Freepoint diversion is a large complex of fish screens, pumps and pipelines in Sacramento, north of the town of Freepoint along the Sacramento River. Completion in 2010 marked the end of a decades-long water war in the Sacramento region.

In 1970, EBMUD obtained a contract from the U.S. Bureau of Reclamation to purchase 150,000 acre-feet of water from the American River. Sacramentans feared this would deplete the capital region’s primary recreational asset. Opposition led by the Save the American River Association resulted in a lawsuit and ultimate compromise: EBMUD agreed to shift its water diversion downstream to the Sacramento River, and use it only in drought years.

Sacramento County became a partner in the Freepoint diversion because it needed a new water source to meet urban growth demands, and it already is using some of its diversion capacity at Freepoint. EBMUD is allowed to use its separate diversion pumps at Freepoint only when snowmelt in the Mokelumne River watershed is predicted to fall below 500,000 acre-feet. That is the current prediction, a result of the exception.

KILLER | Page B3

WATER | Page B4

WHO’S A PRETTY BIRD? AND LUCKY?



Hector Amezcua [hamezcua@sacbee.com](#)

Scott McCormick of Loomis watches Bobby T, a red macaw that he rescued from an abusive owner two years ago, along with another macaw called Sky as he plays with them Monday near his porch. McCormick said that he and his wife, Sarah C. Van Sweden, are hoping to get the birds looked at

by an avian specialist. Bobby T has taken out some of her chest feathers, he said, but they are now growing back. “I can’t stand seeing animals being abused,” said McCormick when asked why he took an interest in the birds. “They’ve been a really special part of our family, and we love them very much.”

Church buys out ‘Son of God’ showing

By **TILLIE FONG**
[tfong@sacbee.com](#)

A Roseville-based megachurch has joined a national movement promoting a new movie about the life of Jesus Christ.

Bayside Church bought out all 16 screens of a Rocklin multiplex Wednesday night for a private early showing of the feature film, “Son of God.”

Bayside is the only church in Northern California to participate in a national “theater takeover” by churches and religious groups for advance screenings of the film before it is released across the country on Friday.

“We’re always looking for ways to break down the walls between the church and the community,” said Curt Harlow, teaching pastor for Bayside Church, which has campuses in Sacramento, Folsom, Lincoln, Galt and Roseville.

“We hope to get some people to see this movie. We’re always looking for a reason to learn about Christ.”

Bayside Church, which has an average attendance of 14,000 at its weekend services, spent nearly \$24,000 to buy all 2,446 seats at the Blue Oaks Century Theatres for the 7 p.m. showing Wednesday.

“We made all of it back in ticket sales,” said Matt Robertson, pastor of communications for Bayside Church.

“We were pretty sure that Baysiders

MOVIE | Page B4

Life sentence for vet’s murder

FRIEND KILLED
MARINE FOR
VIDEO GAMES

By **ANDY FURILLO**
[afurillo@sacbee.com](#)

Gregory Cole stood in the courtroom hallway as a one-man reception line. One by one, they walked into his hugs – a graying woman, a grayer man, a younger man in a dark suit with a single tear falling from his left eye.

They were the family of the killer who had stabbed Cole’s son 74 times during a drug-crazed murder frenzy two years ago – middle class, professional-looking people just like himself, and just as utterly devastated.

Cole had gathered in court Monday with family and friends of his son, Michael Allen Cole, 26,

who survived an explosion from a 2006 roadside bomb in Iraq that killed three of his fellow Marines and nearly him, too, but instead left his body broken and his psyche shattered.

Mike Cole barely made it out alive. He fought through an excruciating recovery to regain an ability to live on his own. Then the life that he had regained was taken from him around 6 a.m. on Feb. 10, 2012, by Nicholas Jeffrey Mangelli, 23.

“To realize he’d been killed after everything he’d gone through, to learn the details of how and why, it was so difficult to wrap my whole being around it,” Gregory Cole said in the video that was played in Sacramento Superior Court.

Judge Michael A. Savage on Monday sentenced Mangelli to life in prison with no chance of parole after the defendant’s Jan. 13 guilty plea to murder during the course of a residential robbery of his friend. Mangelli told detectives he killed Cole to steal his vintage video games and consoles and sell them for money to buy more drugs.

Gregory Cole in the video called his son “a multimillion-dollar man” who had “more than a million worth of repairs” to put him back together after the explosion in a distant land. Michael Cole emerged from his coma, fought through painful physical therapy sessions in Palo Alto and then joined a new Marine unit in the Wounded Warrior Battalion at Camp Pendleton. He’d been visited during his recovery by Cher and Tom Selleck. He was discharged with honors and afforded a disability retirement that paid for his new house in Citrus

KILLER | Page B3

He’s armed for a reality TV debut

By **ED FLETCHER**
[efletcher@sacbee.com](#)

Orangevale resident Tom Nelson is a national player in a sport almost nobody knows about.

That’s all about to change as competitive arm wrestling joins the ranks of crab fishing, gold mining, lumberjacking, house flipping, auto restoring, pawn shopping and costume making as the subject of a nationally televised reality show. Nelson and the four other Northern California men who constitute the Sacramento Arm Benders make their TV debut tonight on AMC’s new reality show “Game of Arms.”

The show promises to be the biggest thing to hit the sport since Sylvester Stallone’s “Over the Top,” the 1987 film about the sport. The AMC show follows the competition and lives of five teams of competitive arm wrestlers. The other “Arm Benders” are Mike McGraw, Kenny Hughes, Allen Fisher and Luke Kindt. The other teams hail from New York City; Kansas City; Erie, Pa.; and Baton Rouge, La.

Competitive arm wrestling has existed in some form for decades. “Pullers” compete for prize money in various divisions based on gender, experience, dominant arm and weight of the competitor. The prize money varies but competitors often take home no more than \$500 for winning their division. Team competitions are decided by which team amasses the most points, much like track and field.

“It’s a pretty fascinating sport. It’s very primal and visceral ... but also very civilized,” said Dan Ilania, one of the show’s executive producers. While there is a degree of violence to the sport, he said it’s similar to a Victorian duel in that there is a very structured way winners are decided.

The show benefits from the ubiquitous nature of arm wrestling. Nearly every American – man or woman – has arm wrestled around

WRESTLING | Page B3

SETTING IT STRAIGHT

The Jan. 16 Inside Business column on Page B1 incorrectly stated that comedy club owner Tommy Thomas and his landlord filed police reports alleging theft by Jazz and Jokers owners Boomie and Cornell Cotton. Thomas and his landlord alleged theft, but they did not name suspects in their reports.



Ben Leuner [AMC](#)

Tom Nelson of Orangevale and his arm-wrestling teammates make their reality television debut tonight on AMC’s “Game of Arms.”

OUR REGION

Shooting suspect was evicted from her home

FOUR SLAIN AS TRIBAL COUNCIL HEARD APPEAL

The Associated Press

A woman accused of killing four people, including three of her relatives, at a tiny American Indian tribe's Northern California headquarters had been evicted from tribal housing because she was suspected of stealing from the tribe, the tribe's lawyer said Monday.

Cedarville Rancheria attorney Jack Duran said Cherie Lash Rhoades was suspended as tribal chairwoman just three weeks before the gun and knife attack, pending a federal investigation into allegations that she embezzled at least \$50,000 in federal grant money.

Rhoades' son, Jack Stockton, was ousted as vice chairman and evicted from tribal housing on the same grounds, Duran told The Associated Press.

Stockton was not at Thursday's hearing when the shooting broke out. He does not have a listed phone number.

Duran said the meeting in Alturas was being held to consider Rhoades' appeal of her eviction.

But at some point, Rhoades opened fire, killing her brother Rurik Davis, 50, who had

been named interim chairman by the tribal council, authorities said.

Also killed in the attack were Rhoades' niece Angel Penn, 19; her nephew Glenn Calonicco, 30; and Shelia Lynn Russo, 47. They were all members of the tribal council that evicted Rhoades, and Russo was the tribal administrator.

Duran said Penn was holding her newborn infant on her lap when she was shot, but the baby was unhurt and will be placed with a sister.

Davis' two daughters, Monica and Melissa Davis, were critically wounded, court documents said.

Responding officers arrested Rhoades outside the building, where a declaration of probable cause says Modoc County Undersheriff Ken Richardson saw Rhodes stabbing one of the victims in the parking lot and handcuffed her after another person tackled her. The document adds that police talked to six people who witnessed the shooting. The two women who survived bullet wounds were also cut with a knife.

A criminal complaint filed Monday in Modoc County Superior Court charges Rhoades with four counts of murder with a 9 mm semi-automatic handgun, and two counts of attempted murder. She was to be arraigned this

morning.

District Attorney Jordan Funk said she will face the death penalty if she's convicted, because the complaint carries the special circumstance of multiple victims.

Funk said it wasn't immediately clear if attorneys had been appointed for Rhoades yet, because they would have to be qualified to handle a capital case.

The Cedarville Rancheria is a federally recognized tribe with 35 registered members. The Rancheria owns 26 acres in Cedarville, where most members live in nine small, one-story houses built in the 1950s on the outskirts of town.

In 2012, the tribe received an Indian housing grant for \$50,399 from the U.S. Department of Housing and Urban Development, according to a news release on the agency's website.

Duran said he couldn't confirm whether that was the money in question, adding the amount could be less "or a lot more."

Though police have said they are still working on a motive, a nephew who lived with Rhoades, Jacob Penn, said she snapped under the pressure of her brother's attempt to evict her.

Eviction from tribal housing is among the most serious punishments for Indians.

Study: Insecticides found in homes, adults and children

FROM PAGE B1

tion Agency have been reviewing epidemiological studies on chlorpyrifos and are collaborating on a draft risk assessment that may lead to future regulation of the pesticide at the federal level, said Charlotte Fadipe, spokeswoman for the state agency.

In agricultural use, the chemical binds to soil and quickly degrades in the sun. "In an indoor environment you lack the sunlight to break the pesticide down," Trunnelle said. "The thing to be wary of is that these products, when used inside the home, last a very long time."

Trunnelle was lead researcher in a 2012 study of agricultural families in Mendota. That study found pyrethroid in 67 percent of household dust. A 2010 study of farmworker families in the Salinas area and urban homes in Oakland found that all household dust tested showed evidence of pyrethroid levels.

More research will be needed to assess the long-term exposure effects of agricultural workers to pyrethroids and what effect the insecticide may have when it is brought into the home, Trunnelle said.

"It's well-documented that pyrethroids and chlorpyrifos are more persistent in the indoor environment," Trunnelle said. "Unfortunately, this information may not be widely understood by the general public."

Call The Bee's Edward Ortiz, (916) 321-1071. Follow him on Twitter @edwardortiz.

Wrestling: 'Size means nothing'

FROM PAGE B1

the kitchen table, garage or backyard, Ilania said.

But while most people think about arm wrestling about as much as they think about tetherball, four-square or locking palms in a game of mercy, Nelson has dedicated years of his life to mastering arm wrestling.

Nelson said there is much more to being a champion arm wrestler than having the biggest muscles or being able to lift the heaviest weight. Wrist strength, stamina, power, reaction time, leverage and technique all play a role. He said some people, from lumberjacks to farmers, bring a dynamic strength to the table that doesn't show up in bulging muscles.

"I'm not talking size strong, I'm talking man strong. Size means nothing," he said.

As is the case with many reality shows, "Game of Arms" is as much a show about the people who do the activity as the endeavor itself. The world of arm wrestling provided a

rich collection of characters, Ilania said.

Nelson said he found his gift for twisting arms through some good-natured banter with his then-boss at United Parcel Service, where he works today.

"I stuffed him," Nelson said of the result once the talking stopped and the sleeves were rolled up. The boss, who had some experience arm wrestling, told him to get online and find a tournament to enter.

Fifteen years later, Nelson said he's approaching a dream shared by everyone in his sport. "It will change the entire sport to the point where every one of us will make a living at it someday," he said of the attention the sport will receive as a result of the show.

"Every single arm wrestler has dreamed about having people know about (the sport)," Nelson said. "The sport is huge but nobody knows about it."

Call The Bee's Ed Fletcher, (916) 321-1269. Follow him on Twitter @NewsFletch.

Killer: Vet slain for drug money

FROM PAGE B1

Heights.

"To have someone see him for just his stuff, I can't put it into words," Gregory Cole said. "It's very difficult for me to move on from this."

The best doctors in the world saved Michael Cole's life, but they couldn't put a full-length plastic encasement around his post-traumatic stress disorder. Michael Cole took care of that himself, his mother said, with alcohol. The drinking became another problem of war, but he attacked it through the 12 steps of Alcoholics Anonymous. And it was through AA that he met another man with a substance abuse problem - Nicholas Jeffrey Mangelli.

Mary Cole clutched a rosary when she addressed the court Monday. She told a story of how her son told her about this friend he met through AA.

"Of all his friends, Mike was really concerned for you," Mary Cole told Mangelli. "He cared a lot for you. Mike trusted and believed in you."

Like his family members who declined to comment outside the courtroom, Mangelli said nothing inside it on Monday. He told detectives after he killed Cole that he did it for drug money. He told them he'd been planning the killing for three hours or so before he knocked on Mike Cole's door at 2 in the morning. He told them that he and Cole drank beer and then

went to the store at 6 a.m. for more before they returned to Cole's house on Westbrook Drive. He told them how he launched a sneak attack on Mike with "a small little blade" from the dead man's collection of knives and swords.

"I can't get over the tragedy of a Marine who survived this explosive attack by enemy combatants on a foreign battlefield but couldn't survive a brutal attack by a friend in the sanctity of his own home," Deputy District Attorney Robin Shakely said in an interview after the sentencing.

Mike Cole's grandmother, Irma Cole, blamed drugs for the murder, and there were plenty of them to blame, according to Mangelli's probation report. It said that when Mangelli killed Cole, he was under the influence of alcohol, marijuana, heroin, Ecstasy and methamphetamine.

"I'm hoping young people who hear about his case will decide not to make that first mistake," Irma Cole said.

Cole's grandmother thanked Mangelli for entering his guilty plea to the special-circumstance murder charge, straight up, sparing both of their families "from an awful trial."

"I hope it will give him some measure of comfort in his long confinement," Irma Cole said. "I want Nick to know that I forgive him."

Mangelli wrote letters to the Cole family and to his own

before entering his guilty plea last month.

To the loved ones of the man he killed, Mangelli wrote, "I deserve to be punished for my crimes. Your son is the most helpful person that I know." He said that Mike Cole "fought for freedom and courage, something I know nothing about."

To his own family, Mangelli said, "I always wondered what it would be like to have to rely on myself. I know prison will teach me that whether I like it or not."

"Killing someone makes you doubt if you're a good person," he added.

Mangelli gazed in the direction of the judge and stood in the cage off to the side of the courtroom, with his orange trousers rolled up to the middle of his calves. He stood at times with one foot crossed over the other.

Defense attorney David W. Dratman thanked the Cole family for "the grace and kindness I've seen here today."

"Not only is Nick sorry, but his family is sorry," Dratman said. "They suffer for you and with you. They suffer on their own for what is going to happen to Nick."

One by one, in the courtroom hallway, they hugged the father of the man their loved one murdered.

Call The Bee's Andy Furillo, (916) 321-1141. Follow him on Twitter @andyfurillo.

WE'LL BEAT ANY LOCAL OR INTERNET PRICE BY 10% ON ALL LIGHTING, FLOORING, & HARDWARE!



60" Fan
16" Blade
Pitch/CFM
8000
SALE: \$289.50

*All Fans Shown Lifetime Warr.

ALL EMTEK
Cabinet, Door & Bath Hardware

35% OFF

6" W X 1/2" THICK HANDSCRAPED HARDWOOD FLOOR

\$289

25 yr. Warr. • Many Colors to Choose From

SQ FT

Floor Lamp
Sale \$169

Variety of Shades

Floor Lamp
Sale \$96

Table Lamp
Sale \$68

HUGE PENDANT LIGHT SALE!

Floor Lamp
SALE \$169

Bring in this ad & RECEIVE \$20 on your purchase \$100 & over!

Except sales items. Exp. 2/28/2014

WE REPAIR & MAKE Lamps • Chandeliers • Pendants

WE BUY CRYSTAL & ALABASTER CHANDELIERS

Best & Largest Selection of • Lighting • Parts • Bulbs in Northern California

AREZZO LIGHTING & DESIGN

372 N. Sunrise Ave., Roseville

Open Mon-Sat 10am-5:30pm & Sun 11am-4:30pm • Across from the Auto Mall

916-789-1144

Voted "Best Lighting" in Reader's Choice

KCRA's A List, Top 5, rated best houseware in Sacramento & Placer Counties

Bischoff's

MEDICAL SUPPLIES

House of Service Since 1917

Sales • Service • Rentals • Parts

FEBRUARY SAVINGS



Lift Chairs



Scooters



Walkers



Wheelchairs



Wound Care Supplies



Skincare



Incontinence Supplies



Stethoscopes & Blood Pressure Kits



Support Cushions



Mobility Aids



Orthopedic Supports



Floor to Ceiling Poles



Support Hose Socks



Bath & Safety Benches

Citrus Heights

7700 Sunrise Blvd.
At Sunrise & Antelope

(916) 721-1060

Roseville

118 Sunrise
At Sunrise & Douglas

(916) 780-1062

HOURS: MON-FRI 9AM - 6PM • SAT 10AM - 4PM • CLOSED SUNDAY