



**'State of the Air' Report Shows Progress in Greater Sacramento Region**

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**Shall We Cha-Cha-Cha?**

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

April 29, 2016

**COMING OF AGE DURING THE HOLOCAUST: A DAY OF REMEMBRANCE**



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**COPS AND RELICS**



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**FATAL DISTRACTIONS (TO YOUR GOOD INTENTIONS)**



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## Carmichael Man Adds Humor to Reading for the Blind



Walt Farl worked in radio for 10 years after visiting a radio station at age 8 that was 25 miles from his hometown in Minnesota. Photo courtesy Kristin Thébaud Communications

**CARMICHAEL, CA (MPG)** - Walt Farl of Carmichael has a growing audience of people with low vision who listen to him read grocery store ads on Society for the Blind's Access News program. Yes, grocery ads.

"People are eternally grateful for what Access News readers do, but what can you do with grocery ads? I have a little fun with it and take a little bit of license," Farl said. "Food can take you back to people, places or things that you've known because families come together over the table. It draws your memories back from day one."

The former radio personality began volunteering with Society for the Blind's Access News program in fall 2010 to keep up his voiceover talents. He now reads grocery store ads four hours a week through Access News, which gives local people with low or no vision the chance to hear audio recordings of newspapers,

magazines, newsletters, and print media, as well as local ads from grocery, drug, discount, and department stores, 24 hours a day.

Despite offering readings for local magazines such as Comstock's and Sactown, as well as national media such as People and Newsweek, Access News' radio ads with Farl are some of the most popular segments.

"Most of the ads I read revolve around stories," Farl noted. "I saw a Raley's ad for bologna and remembered how much I liked bologna and ketchup sandwiches as a kid. Food brings you back to family; Thanksgivings when aunts and uncles would come over or backyard barbecues with friends. Everybody has a story to tell and you never run out of them."

Farl worked in radio for 10 years after visiting a radio station at age 8 that was 25 miles from his hometown in Minnesota. To this day, he can still remember the

**"Sometimes it's irreverent, and at the end of the day, listeners may not remember the price of spare ribs, but I hope they had a good time."**

— WALT FARL  
PROFESSOR OF POLITICAL SCIENCE

microphone and the room that seemed so big.

"Growing up in the 1950s and 1960s,  
Continued on page 4

## The Power of Music Closes Generation Gap

*River City Chorale's Spring Concert to Feature Two Young Singers*

**SACRAMENTO REGION, CA (MPG)** - The younger generation cannot imagine a world without social media, while those of us over a certain age may not be fluent with anything beyond email, but there is one thing that we all understand: the power of music.



Shelby Pierce, alto soloist. Shelby has been singing since she was about four years old. She enjoys many genres of music, but her heart belongs to Broadway. Photo courtesy River City Chorale

While styles may be different, it is still possible to span the years separating younger and older singers with beautiful choral music. Come hear it for yourself, when the Madrigal Choir of Del Campo High School, conducted by Pam Mitchell, joins with the long established River City Chorale in its Spring Concert, April 29th and May 1st.

The program will also feature two teenage soloists: Shelby Pierce, alto, and Colin Regan, baritone. Shelby has been singing since she was about 4-years-old. She enjoys many genres of music, but her heart belongs to Broadway. Her goal is to go to a performing arts school and major in music. Shelby is a junior at Del Campo High School. Colin sings with the Waldorf High School Choir at the George Washington Carver School of Arts and Sciences. He plays  
Continued on page 4

## Redeeming Goods and People

*Carmichael's Only Non-Profit Thrift Store Celebrates Second Anniversary*

**CARMICHAEL, CA (MPG)** - Paul Hobson, a burly 43-year-old former football player, manages the ATLAS Thrift Shop on Fair Oaks Boulevard, which is celebrating its second anniversary.

As a non-profit, the store finances efforts in Carmichael to help needy people turn their lives around by "Attaining Truth, Love and Self-Control." ATLAS and the store are both about redemption — like Paul's own life.

Four years ago, Paul was one of the scores of homeless people drifting along the Carmichael's streets

and hanging out in its parks. He slept on the stairs at a local church that sometimes gave him food. When the church asked him to leave, the woman who would become his wife let him live in her apartment until he threw a TV remote at her in a fit of anger, breaking her nose.

The domestic violence arrest that came the next day began another sorry chapter in a Paul's 20-year downward spiral of drug and alcohol addiction. Beginning at age 18, he had walked in and out of several recovery programs. He always relapsed. Nothing could compete

with drugs.

His addiction began when he was about to begin classes at American River College. He had turned out for football practice there and worked a graveyard shift as a security guard to pay his way. To keep alert, Paul started using methamphetamines, known on the street as "meth," "crank," or "speed."

"I was staying up nights, using crank," he said in a recent interview. "I never made it through the second football practice, and never started classes. I got hooked on crank. You get this great feeling. You're

Continued on page 10



Paul and wife, Cheryl Hobson. ATLAS refers people to local and county services and trains volunteers to mentor homeless people, abused women, addicts, and others whose lives are out of control. It also networks with churches and other groups to build community. Photo courtesy ATLAS Thrift Shop

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# Cops and Relics

## New Museum Records Legacy of Law

Story and photos by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Sacramento's first Sheriff, Joseph McKinney, was elected at 21 years old and shot dead a few months later. The year was 1850.

Lore of Sacramento law evokes the county's unruly past. Before a jail was built, bad guys were tied to trees or held in dirt pits.

"There is no forgetting that our department started in the Gold Rush," said veteran employee Sharon Telles. "Thousands of men were walking to the goldfields every day. There were riots and shootings. Sacramento was the wildest of Wild West towns."

The historian revels in department tidbits: early sheriffs, she notes, resided in the jail house. 1920s Sheriff Ellis Jones banged a pole on his bedroom ceiling when prisoners got rowdy above. Because his daughter took meals to miscreants, he dubbed his lass Sacramento's first female deputy.

Telles shows ancient jail meal trays, soldered with lead. "I never heard that anyone died from it," she pondered. Until the 1960s, deputies created their own uniforms from Army surplus oddments. The first official female deputies were kitted in pencil skirts, high heels, and nylons. "They carried their guns in shoulder purses," she laughed. "Imagine asking a bad guy to



Old Folger Adam cell keys accessorize a 1915 prisoners' register book.



Visiting exhibits, retired Lieutenants Harry Machen and Gil Magness suffer a short spell in the museum slammer.

wait while you got your gun out."

And if Sacramento jail walls could talk, infamy would be recounted. President Ford's attacker Squeaky Fromme, Unabomber Ted Kaczynski, bank robber Patty Hearst's accomplices, and serial murderer Dorothea Puente all cooled captive heels in the downtown slammer.

Telles served seven sheriffs and has established a museum to verify 165 years of local law history. In a former classroom at the Sacramento Sheriff's Academy, she displays artifacts to remind new recruits how tough their predecessors were. "Law enforcement is a calling," she declared. "I'm in awe of what it takes to get up every morning and do this job. If modern cops think they've got it bad,

imagine what it was like to sweat in wool gabardine in patrol cars with no air conditioning; without computers, and with little radio contact. These were the men and women that built this organization."

Museum exhibits bare her out. There are mothballed uniforms, clunky car radios, and a one-way glass used for vintage lineups. There are shackles, sap sticks, and gothic-looking cell keys. A recreation of Sheriff Duane Lowe's 1970s office includes his massive mahogany desk, his cowboy boots, and portraits of the steed Lowe rode at President Ronald Reagan's inauguration. A framed snap shows Lowe and Gerald Ford, hours before the president's near-assassination. Sheriff Don Cox is immortalized by gun belt and election posters.

A 1950s picture shows him with movie star buddy Roy Rogers. Central to displays is a cell, complete with bars taken from the ancient Sacramento jail house, demolished in 1980. "Most of today's recruits have never seen a cell block," said Telles.

Current Sheriff Scott Jones was among her museum's first visitors. "This will introduce new recruits to the culture of the department," he approved. "I tell them the department is like a stream. They jump in and they're our future. But they need to know that there was a significant upstream, and about the people who got us to where we are."

Telles is part of that upstream. During the long career that promoted her from PBX telephone operator to sheriff's secretary and communications officer, she



Sheriff Ellis Jones and his posse were armed to the teeth to combat a 1927 Folsom Prison riot.

envied other cities' police museums and lobbied for a similar local set up. "When they demolished the old brick jail, we lost most of our historical documents," she lamented. "Precious artifacts were just thrown away—that's men for you."

The historian began gathering relics in her final years with the department. Word of her quest spread. Families and retiring officers donated copabilia. Exhibition space did not materialize until after Telles' retirement. While working on Sheriff Scott Jones' election, she extracted promises from the campaigner.

"I hounded him," she admitted. "Some time after his election, his undersheriff, Rick Book, showed me a 40-ft classroom at the academy. He asked if it would do."

For the next two years, the tireless grandmother finessed design and display. Remodeling funds came from a benevolent foundation established by the wife of Bruce Verhoeven, a corporal killed during a 1973 robbery call.

"It's hard to tell the story of 160 years in 40 feet," conceded the curator. "We'll change exhibits regularly." Telles hopes veteran cops will help with docent duty. She also hopes more exhibits will materialize from retiring officers or police widows. "It's time to go through your garage," she urges them. "I know there's more treasure out there."

The museum's greatest treasure is nevertheless its founder, who witnessed seven sheriffs' administrations up-close and personal. Undaunted by their legends, she recalled the county's top cops. "I started under Sheriff John Mysterly," she said. "He was intimidating at first. But I soon learned how much he cared about the staff he called 'his girls.'"

"Sheriff Duane Lowe rode in on a horse in 1971. He whipped the department into the 20th Century. Robbie Waters and I were at school together; he was a life-long friend, then he became sheriff. It was surreal. Sheriff Glen Craig was a true leader and my mentor; he gave women in the department a voice. Lou Blanas was our Mr. Personality; as sheriff, he was everybody's buddy."

She recalls Sheriff John McGinness with motherly fondness. "He began his calling as an Explorer Scout," she said. "He worked his way to the top job. He's a cop's cop, with a mind like a steel trap. His brain should be bequeathed to science."

Current Sheriff Scott Jones earns her final accolade: "He kept his word and made my dream come true," she smiled. "We now have our museum."

The Sheriff's Department museum will be dedicated in early 2016. Though designed for department staff and families, outside groups may visit by appointment. For information, call (916) 876-7497. ★



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- 5134 Archcrest Way, Sacramento, 95835 - \$540,000
- 645 Swanson Lane, Colfax, 95713 - \$460,000
- 3004 Granite Park Lane, Elk Grove - \$340,000
- 4120 Daystar Ct., Sacramento, 95824 - \$135,000
- 5343-5345 Gibbons Dr., Carmichael, 95608 - \$307,500

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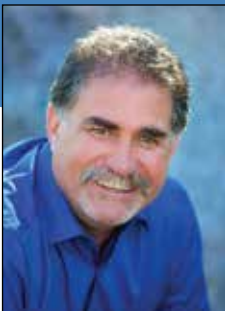
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Image by Debbie Gualeo



Image by Bruce Leavitt

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### Announcements & Events

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Thursday, May 5

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# Coming of Age During the Holocaust: A Day of Remembrance

By Elise Spleiss

**SACRAMENTO REGION, CA (MPG)** - Holocaust Remembrance Day is May 5th, 2016. On Sunday, May 1st, 2016 the Sacramento region will have an opportunity to learn about the experiences of two Holocaust survivors during World War II. This is a highly educational event and children and teens are encouraged to attend with their families.

The theme for this year's Sacramento Yom HaShoah (Day of Remembrance) Commemoration is: "The Holocaust: Coming of Age during the Holocaust."

The stories of survivors Gina Parker and Rita Rimalower-Nettler will be told by their daughters, Tamara Theodore and Michele Gold. Both survivors were 15-years-old when their stories began.

Theodore will tell her mother, Gina Parker's story in public for the first time. From the age of 15 to 22, Parker survived five labor concentration camps from 1939 to 1945, three in Poland and two in Germany. She also suffered through but survived two "death marches." She was finally freed from the second march by Russian troops on



Tamara Theodore is keeping her mother's memory alive, and will tell Gina Parker's story in public for the first time, a story that began when her mother was only 15-years-old. Photo courtesy of Tamara Theodore

April 23rd, 1945 at the age of 22. She weighed 65 pounds and was wearing only a prison dress, a high heel shoe and a boot. The march began with 10,000 prisoners but only 20 had survived from her group.

In 2007 Parker visited the classroom of Janet Smith, a teacher at Lincoln High School. Her talk was readily received by the students. Theodore will have thank you notes from these students at her talk. Gina Parker died on February 19th, 2013 of COPD, a pulmonary disease, related to enforced testing done on her by doctors during her incarceration.

Theodore said that she often felt guilty when she asked her mother about her experiences.

Even though those memories made her physically ill Parker maintained, "I will go to the grave with the pain I have and the loss I have. But I don't have any bitterness towards the Germans. They were duped."

Michele Gold is an educator at the Los Angeles Museum of the Holocaust and author of "Memories that Won't Go Away: A Tribute to the Children of the Kindertransport." Gold's mother was Rita Rimalower-Nettler who was 15-years-old when became one of 10,000 Jewish refugee children brought from Germany to Great Britain from 1938 to 1940 on the Kindertransport. She arrived in England on March 3rd, 1939 and was taken in and raised by



A young Gina Parker. From the age of 15 to 22, Parker survived five labor concentration camps from 1939 to 1945, three in Poland and two in Germany. Photo courtesy of Tamara Theodore

# Shall We Cha-Cha-Cha?



A free public dance will celebrate Cinco de Mayo at Mission Oaks Community Center, May 5. Picture courtesy John Skinner Band

Story by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - In the tradition of recent Valentines and St Patrick's theme events, a Cinco de Mayo dance party will bring out the Latin in Mission Oaks Community Center hoofers.

The free fiesta marks the Mexican day of celebration at Mission Oaks Community Center on Thursday, May 5th. Complimentary refreshments will accompany the dance. Music — ranging from Latin beats to American swing favorites and rock 'n roll — will be supplied by the John Skinner Band. Downbeat is at 1:15 p.m. County Supervisor Senora Susan Peters is event sponsor.

Any one may attend and festive attire is encouraged. For information, visit [www.morpd.com](http://www.morpd.com) or call (916) 972-0336.

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## Carmichael Man Adds Humor to Reading for the Blind

*Continued from page 1*  
there was always a radio on," Farl remembered. "We would listen to radio for baseball games."

When Farl was a teenager, his dad purchased a radio station to make sure there was still a small, local station in the suburbs of Minneapolis. That's where Farl spent the first five years of his radio career before heading to Jackson, Wyoming, and discovering the FM frequency that was considered underground radio in the 1960s.

Eventually he ended up in the oil business and then in the mortgage industry, but never lost his love for

radio. Since 2010, his volunteer work with Society for the Blind has kept him involved in the radio industry.

"I should probably pay Society for the Blind for what I'm able to get away with," Farl said laughing. "Sometimes it's irreverent, and at the end of the day, listeners may not remember the price of spare ribs, but I hope they had a good time."

For 60 years, Society for the Blind in Sacramento has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society

for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only rehabilitative teaching center for a 26-county region of northern California.

The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults, and seniors experiencing vision loss each year.

For more information or to make a donation, visit [www.societyfortheblind.org](http://www.societyfortheblind.org).

Source: Kristin Thébaud Communications ★

## The Power of Music Closes Generation Gap

*Continued from page 1*  
a number of musical instruments and is an award-winning tap dancer and Irish Dancer. Colin is also a writer, and his greatest dream is to write film scores for movies.

The River City Chorale has, in the last year, launched a Young Artists Program, the goal of which is to provide young singers with the opportunity to perform for audiences beyond their high school friends and family, as well as to have the opportunity to sing with an established adult group with professional accompaniment. They trust that it will be a joyful and productive meeting of music lovers across the generations!

The River City Chorale is the longest existing community choir in the greater Sacramento area; it is entering its 40th year of providing beautiful and accessible music

at convenient venues. Fifty-five voices strong, the Chorale is well known for offering eclectic programs of both secular and sacred music that appeal to a very wide audience. Conducted by the talented Richard Morrissey and accompanied by the highly skilled Theresa Keene, there will surely be something for everyone to enjoy.

The Friday, April 29th concert will be held at Northminster Presbyterian Church, 3235 Pope Avenue, Sacramento, starting at 7:30 pm. On Sunday, May 1st, the venue is the First Baptist Church of Fair Oaks, 4401 San Juan Avenue, starting at 4 p.m. Tickets are \$15 in advance; \$20 at the door. Tickets for children under 12 are \$5. Parking is free. Go to [www.RiverCityChorale.org](http://www.RiverCityChorale.org) or call (916) 331-5810.

Source: River City Chorale ★



### Cinco de Mayo Dance

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# Sacramento County DA Reports



*Defendants Convicted of Multiple Human Trafficking Related Charges*

*Father Convicted for First-Degree Murder of Wife, Two Sons*

**CASE:** Quoc Pham & Amro Farhat  
**PROSECUTOR:** Deputy District Attorney Sonia Satchell, Human Trafficking Unit

Twenty-eight-year-old Quoc Pham was convicted by jury of human trafficking, pimping a minor, and pandering a minor. Twenty-eight-year-old Amro Farhat was convicted of pimping a minor, pandering a minor, two counts of oral copulation of a minor, child pornography, and unlawful sexual intercourse with a victim more than three years younger.

The 16-year-old victim was a runaway from Contra Costa County. She came to Sacramento with a friend, who introduced her to Pham. Pham forced her to work as a prostitute on the stroll. He then took her to meet his friend, Farhat. Farhat took pictures of the victim and posted a prostitution advertisement on a website. Farhat also booked a room at the Travelodge so the victim could do dates. The victim was able to call her mom, who contacted law enforcement.

Pham faces a maximum potential sentence of 14 years, 8 months in prison. Farhat faces a maximum potential sentence of 8 years in prison. Sentencing is set for May 26, 2016, at 4:00 p.m. in Department 14 before the Honorable Donald Currier.

**CASE:** Kouei Saetern  
**PROSECUTOR:** Deputy District Attorney Thien Ho, Homicide Unit  
Fifty-three-year-old Kouei Saetern

was convicted by jury of three counts of first-degree murder. The jury also found true a gun use and a multiple murder special circumstance allegation.

On November 8, 2010, Saetern got into an argument with his wife, Chio Chong Saechao, and began beating her. Saetern's adult sons, Jerry Wang Saetern and Vern Cheo Saetern, held him on the ground to stop the beating. After the sons released him, Saetern retrieved a Russian SKS rifle, loaded it and shot his wife and his two sons, killing all three. Saetern also shot at his 12-year-old daughter, but missed as she ran out of the house with her 6-year-old sister and cousin. Saetern tried to flee the scene, but responding deputies apprehended him in his garage with the murder weapon.

Saetern was previously found incompetent to stand trial and sent to Napa Mental State Hospital on two different occasions. After several years at Napa, Saetern was returned to Sacramento and found competent to stand trial. After the jury found Saetern guilty, the court found Saetern was legally sane at the time of the murders.

Saetern faces a maximum potential sentence of 150 years to life in prison, plus life without the possibility of parole. Sentencing is set for May 20, 2016, at 10:00 a.m. in Department 41 before the Honorable Helena Gweon. ★

## FAIR OAKS CEMETERY

# 18th ANNUAL MEMORIAL DAY EVENT

**SATURDAY, MAY 28TH, 2016 @ 10:00AM**



## Honoring Pearl Harbor Survivors

The Eighteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 28, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10am. This year's theme is to honor the "Survivors of the Attack on Pearl Harbor", and with special emphasis on our Pearl Harbor Veterans.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local disc jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/Fair Oaks Grange & Fair Oaks Historical Society.

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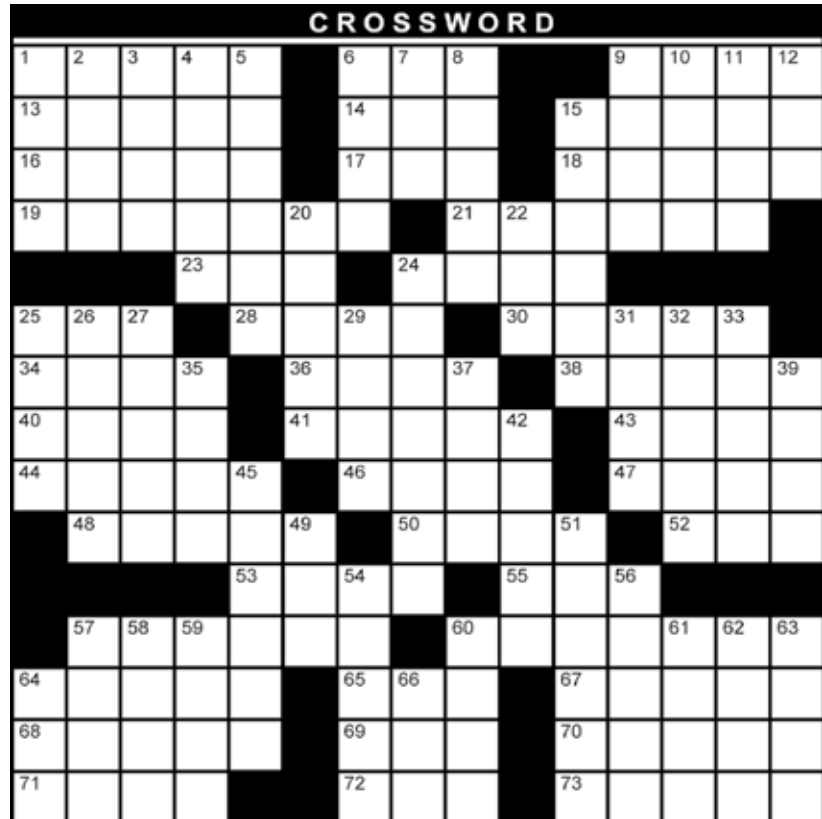
### CLUES

#### ACROSS

- Model material
- Kind of story
- Ginger-flavored cookie
- \*Severus Snape, \_\_\_\_\_ provocateur
- Romanian money
- Upholstery choice
- Give sheep a haircut
- Bruin legend Bobby \_\_\_\_\_
- Unlawful firing
- \*11-year-old spy
- \*Velveteen creature
- Common inquiries
- \*Master gave it to Harry Potter's Dobby
- Home of "Today" show
- One of deadly sins
- Dogma
- Spanish earthen pot
- Prayer leader in a mosque
- Jet setter's ride
- "\_\_\_\_\_, Born is the King of Israel!"
- \*Rabbit's first name
- Talk like a drunk
- Inundated
- "The Way We \_\_\_\_\_"
- Exhibiting good health
- Holy water holder
- TV classic "\_\_\_\_ Make a Deal"
- Jordan Spieth's helper
- Roentgen's machine
- Gear tooth
- \*Green \_\_\_\_\_ of Avonlea
- \*Norton Juster's "The \_\_\_\_\_ Tollbooth"
- Shrewdness
- Tint
- "Door," à Paris
- Orderly arrangement
- Young newt
- Gives off
- Word on a door
- Numbers, abbr.
- Audition tapes

#### DOWN

- Loud get-together
- Turkish honorific
- Suggestive look
- Eat when very hungry
- Relating to a heart chamber
- Vegas bandit
- Over, in poems
- Donkey in Latin America
- Acid gritty-textured fruit
- Not final
- Sir Mix-\_\_\_\_\_-\_\_\_\_\_
- \*Charlie Brown's friend, Pig\_\_\_\_\_
- Cursor-moving button
- Provide with gear
- Part of a play
- Formal and imposing
- \*This Strega was a \_\_\_\_\_
- What chinook does
- Sole traction aid
- Old World duck
- \*Ogden \_\_\_\_\_ of "The Tale of Custard the Dragon" fame
- Audience's approval
- Car rack manufacturer
- "The Sun \_\_\_\_\_ Rises"
- Bébé's mother
- \*Shel Silverstein's generous plant
- Throw up
- "Brave New World" author
- "Before" prefix
- Like lathered hands
- Anemic-looking
- \*Earthman in "The Chronicles of Narnia"
- Buddhist teacher
- What snob puts on
- Ho-hum
- \*Winn-Dixie and Ribsy, e.g.
- Barbershop request
- \*Anne Frank's father
- \_\_\_\_\_ hall
- Between generations
- Flying saucer acronym



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Crossword Puzzle Solutions on Page 6

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	1	4	8				
7	3		1		5		9
			3				
		3	7	5			8
	2				7		
8		6	1	2			
			5				
6	5			8		3	2
				2	4	7	

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9. Solutions on Page 6

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# Redeeming Goods and People

ATLAS, Carmichael's Only Non-Profit Thrift Store, Celebrates 2nd Anniversary

Continued from Page 1

excited. Everything is fun. It feels great. I started hanging out in bad places."

Paul called in sick too much to keep his job. He went on the street but still managed to find drugs.

"I continued to use drugs and spiraled downward. I began to have trouble with the law. My father tried to help by getting me into a recovery program for 28 days. It didn't help because I would still go out and get drugs. There were no drug tests."

Paul supplemented his addiction with alcohol. At age 25, he totaled his brother's car and was charged with driving under the influence.

"I got clean for a while, but went back on meth for 8 years. I obtained opiate pills from a doctor, then turned to heroin."

Still, he managed to stay sober for months at a time. He was sporadically involved with Alcoholics Anonymous and with an AA sponsor.

"Then I went on a bender and was offered Norco in the emergency room. That gave me the idea to call the doctor for more Norco pills. I said I still needed it for pain control. I burned down two apartment

kitchens, once while shooting up heroin, and was jailed for a while. After my release, I managed to avoid most of the 160 AA meetings the court ordered me to attend."

When Paul was arrested later on the domestic violence charge, a breakthrough came in the squad car.

"A cop said, 'You're a pretty good guy, inside.' He asked me if he could pray for me before he took me to jail. In jail, I prayed and promised to quit drugs. I prayed a lot and they dropped the charges. But after my release I went back on alcohol and meth."

The key turn-around came when Child Protective Services (CPS) referred Paul to a rehabilitation program for 90 days.

"This is when I started to get free from drugs and alcohol. I heard things that made sense. Someone read from the AA book that our only hope is divine intervention. Something came over me. God told me, 'Stay where you are. You'll spend Christmas here and all other Christmases with your family.' I started crying. Then it hit me, 'I'm not 100 percent in.' I got down on my knees and prayed, asking God to save my life.

"Little things matter. I needed a ride to a domestic violence class downtown. My wife Cheryl had told me about ATLAS and to call Scott Young (the director). He drove me to class, and then back to rehab. He asked if he could pray with me, and it took off from there. I started to pray regularly and to pay attention. We met once a week. God sent someone my way through ATLAS."

Released from the rehab program, he attended a CPS-sponsored class for six months and has been sober ever since. Eventually, he became manager after ATLAS leased the store in May 2014.

ATLAS refers people to local and county services and trains volunteers to mentor homeless people, abused women, addicts, and others whose lives are out of control. It also networks with churches and other groups to build community.

Paul receives and prices goods that are donated in an alley behind the store. He also oversees store employees. In his spare time, Paul coaches defensive linemen for a high school football team. He also participates in a men's small group. And he talks with

transients.

"Sometimes, when I see a homeless person in our alley, walking around in worn-out shoes, I'll offer a pair from our donations, also clothes. I can relate to what it feels like to be homeless. I can say, 'Hey, I used to be like you.' Many of them think that nobody can understand what they're going through.

"God placed me in that alley so I can share my experiences and help. I find out why they're here and fill Scott in. Right now, I've got a guy in a rehab program for a 90-day stay. I'm being mentored by Scott and I watch what he does. There are needs on the streets everywhere.

"There are days when I feel like giving up. Most of the time, I realize that it's not my job to fix people. But I can touch them if I can be in touch with God.

"Carmichael is coming together. We at ATLAS are here to help. We tell people, 'We're accepting your slightly used goods and helping needy people in the community. It's not an overnight deal, but when you donate, you're already doing God's work in Carmichael.'"

Source: ATLAS Thrift Shop ★



Paul Hobson and family. Paul became manager after ATLAS leased the store in May 2014. Photo courtesy ATLAS Thrift Shop

## The River-Friendly Antelope Gardens Reopens for Events and Walking Tours

SACRAMENTO REGION, CA (MPG) - Officials at Sacramento Suburban Water District (SSWD) announced today that Antelope Gardens will reopen on May 2nd to the public.

The Gardens have been closed for the past year to allow for construction of the new Antelope Pump Back Booster Pump Station. The new pump station is a co-venture of SSWD and the San Juan Water District.

The two-acre Gardens will be open Monday through Friday and the second Saturday of each month from 9 a.m. to 3 p.m. for self-guided walking tours and will remain open through the end

of October. Admission is free.

The Gardens were established in 1988 and feature an assortment of low-water use California native plants and other drought-tolerant plants. Educational kiosks containing information about the plants used and river-friendly landscape design are located throughout the Gardens.

"The Antelope Gardens offer great planting ideas for people interested in turning their yard into a river-friendly landscape this fall," said Greg Bundesen, SSWD's Water Conservation Supervisor. "The gardens also feature water-efficient irrigation systems that can easily be

implemented in people's yards. SSWD even has rebates available for our customers interested in making their sprinkler systems more efficient."

The entire facility can also be rented out for private events such as weddings, receptions, reunions, corporate retreats or public meetings. The Gardens include a food and beverage area, restrooms, and patio.

For more information, or to rent out the Gardens for an event, call the SSWD customer service center at (916) 972-7171.

Source: Sacramento Suburban Water District ★

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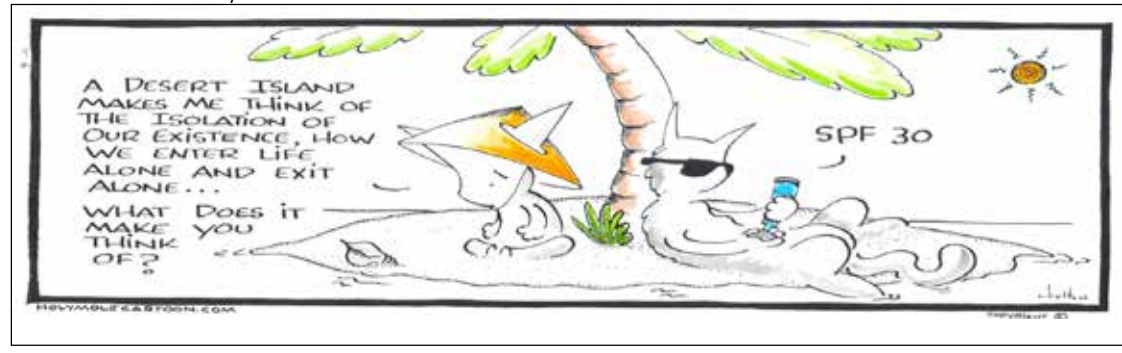
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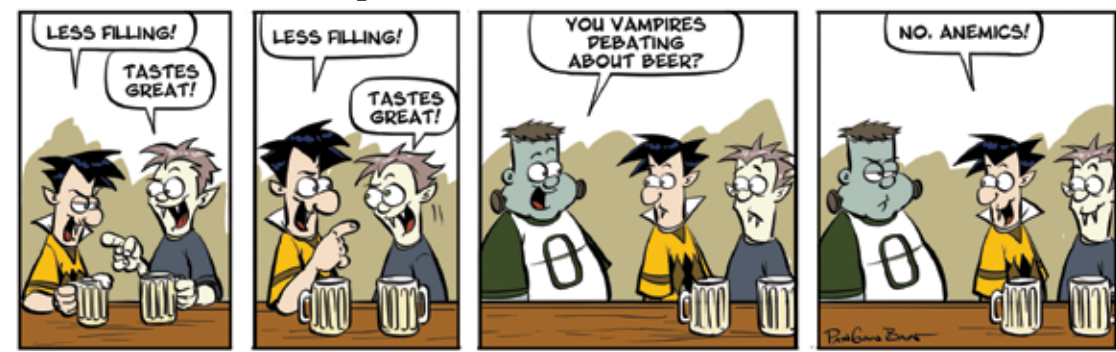
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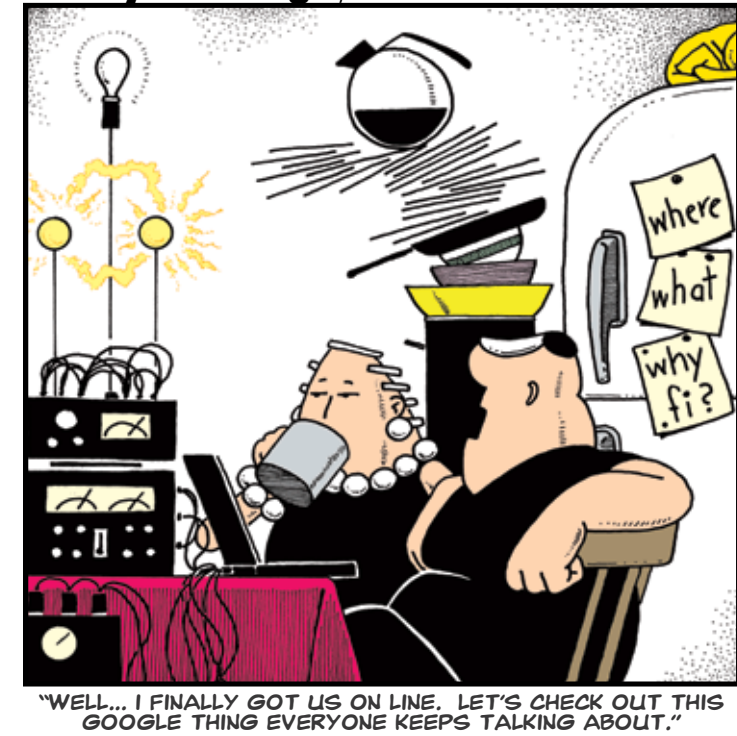
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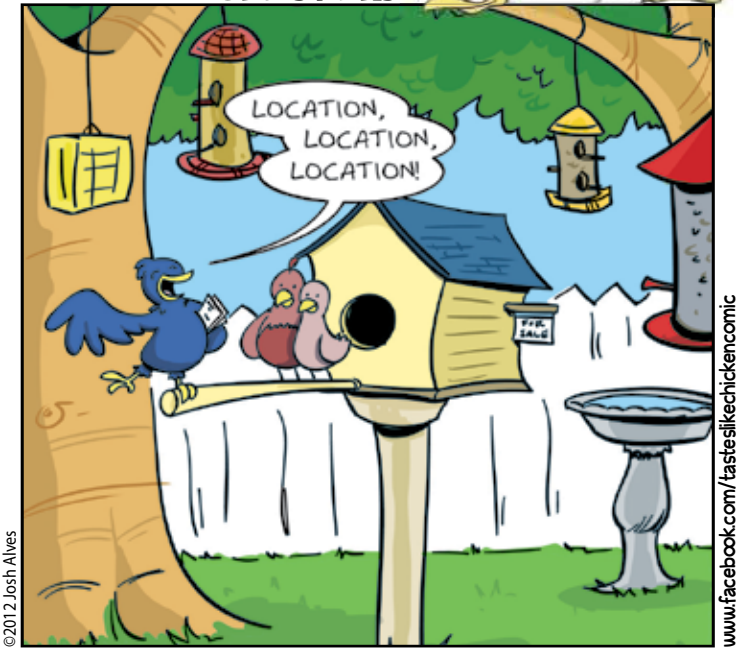
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# 'State of the Air' Report Shows Progress in Greater Sacramento Region

**SACRAMENTO REGION, CA (MPG)** - The American Lung Association State of the Air 2016 released recently found that the Sacramento region continues to make significant gains in reducing pollution, reporting fewer particle pollution days and the lowest ever unhealthy ozone days.

"The State of the Air 2016 report shows us that our clean air laws are working but we must increase our efforts to cut pollution that puts lives in our community at risk," said Olivia J. (Gertz) Diaz-Lapham, President and CEO of the American Lung Association in California. "Pollution from petroleum fuels and other sources is harming our residents, contributing to the incidence of asthma and other chronic lung conditions. Air pollution costs our communities in health care spending, lost productivity, reduced quality and length of life."

Covering air pollution data collected in 2012 to 2014, the report measures the two most widespread pollutants, ozone and particle pollution, which are dangerous to public health and can be deadly. Unhealthy ozone days have fallen by 53 percent, and unhealthy spikes in particle pollution have fallen by 76 percent over the course of the State of the Air.

Moreover, annual particle pollution levels have dropped by 23 percent. These improvements were driven by passenger vehicle and diesel emission controls, along with strong local wood burning restrictions. The Sacramento metropolitan region includes El Dorado, Nevada, Placer, Sacramento, Sutter, Yolo and Yuba counties.

Despite these improvements, more still needs to be done as all counties in the region except Yolo County received a failing grade for ozone pollution, and both Placer and Sacramento failed for daily particle pollution. Drought weather conditions, combined with ongoing traffic, diesel and wood smoke pollution contribute to high levels of pollution in the region.

Climate change is a growing threat to air quality in California. Drought weather conditions and wildfires related to climate change are contributing to elevated levels of particle pollution in the San Joaquin Valley and other areas of the state. Key sources of soot include wood burning devices, transportation sources such as diesel engines in trucks, buses and freight, and smoke from wildfires. These soot particles are so small that they can lodge deep in the lungs and trigger asthma attacks, heart attacks and strokes, and can even be lethal. In the Sacramento region, more than 200,000 residents have asthma, including 52,000 children.

"Sacramento continues to have air quality challenges but we are making progress in cleaning up the air. We know that climate change factors are contributing to increased levels of ozone and particle pollution, and will make it harder to meet federal health-based standards," said David Tom Cooke, MD, Head of the UC Davis Section of General Thoracic Surgery and member of the Lung Association's volunteer governing board. "Our most vulnerable loved ones, including children and seniors and those battling lung diseases such as lung cancer, asthma, chronic bronchitis, or emphysema, suffer the greatest. We must redouble our efforts to transition off of fossil fuels for transportation and energy generation by investing in zero emissions solutions."

To address the challenge of air pollution and climate change, the American Lung Association in California and major health and medical organizations urge the public and policy leaders to strongly support the federal Clean Air Act and the federal Clean Power Plan as well as California's strong clean energy and clean air policies. This year the lung association is also calling for support of Senate Bill 1383 (Lara) to set clear targets for reducing "super pollutants" like black carbon from diesel

exhaust and wood burning that threaten public health locally and are accelerating climate change.

For more information on the State of the Air 2016 report, the public should visit: [www.stateoftheair.org/california2016](http://www.stateoftheair.org/california2016).

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting For Air"

through research, education, and advocacy. For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit [www.lung.org/california](http://www.lung.org/california).

Source: American Lung Association ★

Unhealthy ozone days have fallen by 53 percent, and unhealthy spikes in particle pollution have fallen by 76 percent over the course of the State of the Air. Photo courtesy MPG

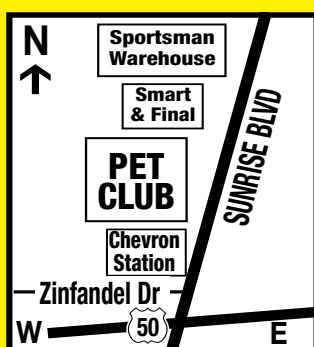


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**NATURAL BALANCE DRY DOG FOOD**  
•Lamb & Rice •Sweet Potato & Fish  
•Sweet Potato & Venison •Sweet Potato & Bison  
•Sweet Potato & Chicken 26-28 Lb Bag  
**SUPER BUY \$5 OFF**  
Limit 2 Bags Per Family  
Our Super Low Prices  
Effective 4/27/16 - 5/3/16

**NUTRO NATURAL CHOICE ADULT DRY DOG FOOD**  
Lamb Meal & Rice  
•Adult •Large Breed •Small Bites  
30 Lb Bag **\$10 OFF**  
Limit 2 Bags Per Family  
OUR ORIGINAL LOW PRICE!  
Effective 4/27/16 - 5/3/16

**FRISKIES GRILLERS BLEND DRY CAT FOOD**  
16 Lb Bag  
Limit 2 Bags per Family **\$9.99**  
Effective 4/27/16 - 5/3/16

**FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 2 Cases Per Family  
**20/\$9.00**  
Effective 4/27/16 - 5/3/16

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**  
20 Lb Box •Unscented •Double Duty (Clump 'n Seal Regular 19lb \$8.99)  
Limit 2 Boxes Per Family **\$5.99**  
Effective 4/27/16 - 5/3/16

**SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD**  
13 Oz Can All Varieties except Ideal Balance  
Limit 2 Cases Per Family **\$13.99**  
Effective 4/27/16 - 5/3/16

**SCOOPAWAY CLUMPING CAT LITTER**  
42 Lb Bag **Super Buy \$9.99**  
•Multi-Cat Formula  
Limit 2 Bags Per Family  
Effective 4/27/16 - 5/3/16

**CANIDAE GRAIN FREE PURE ADULT DRY DOG FOOD**  
•Lamb •Bison •Duck •Salmon  
24 Lb Bag Limit 2 Bags **\$8 OFF**  
OUR REGULAR LOW PRICES

**9 LIVES DRY CAT FOOD INDOOR COMPLETE**  
•Chicke & Salmon Flavor  
12 Lb Bag Limit 2 Bags Per Family **\$7.99**

**PURELY FANCY FEAST CANNED CAT FOOD**  
All Varieties 2 Oz. Limit 1 Case **\$1.09**

**PURINA BENEFUL DRY DOG FOOD**  
•Original •Healthy Weight 31.1 Lb (Selected Varieties 15.5 Lb \$13.99) Limit 1 Bag Per Family **\$24.99**

**NATURE'S MIRACLE CLUMPING CAT LITTER**  
"Natural Care" 10 Lb Bag Limit 2 Bags **\$7.99**

**SCIENCE DIET CANNED CAT FOOD**  
All Varieties 5.5 Oz Limit 1 Case **89¢**

**BLUE BUFFALO NATURALLY FRESH CAT LITTER**  
14 Lb Bag Limit 2 Bags Pellet **\$5.99** Clumping **\$9.99** Multi-Cat Clumping **\$10.99**

**CAT COUNTRY PREMIUM ORGANIC CAT LITTER**  
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

**CORE GRAIN FREE DRY DOG FOOD**  
22lb-26 Lb Bag  
Original **\$59.99** Reduced Fat **\$64.99** Ocean **\$66.99**

**100% Natural Walnut Based CORE NATURAL DRY CAT FOOD**  
3 FREE Core Cat Cans 5.5 Oz With each purchase  
•Original •Indoor •Turkey Grain Free 12 Lb Bag Limit 2 Bags Per Family **\$37.99**

**PREMIUM CHOICE SCOOPABLE CAT LITTER**  
All Natural Unscented, 50 Lb Bag Limit 2 Bags **\$10.99**

**HEINZ PUP-PERONI DOG TREATS**  
•Beef •Lean •Bacon •Chicken •Prime Rib  
25 Oz Pkg Limit 2 Pkgs **\$9.49**

**PET-MATE COMPASS PET KENNELS**  
19" 24.99 (5.00 OFF) ..... **\$19.99** 32" 89.99 (15.00 OFF) ..... **\$74.99**  
24" 35.99 (5.00 OFF) ..... **\$30.99** 36" 109.99 (20.00 OFF) ..... **\$89.99**  
28" 69.99 (15.00 OFF) ..... **\$54.99** 40" 129.99 (20.00 OFF) ..... **\$109.99**

**TETRA BOXED GLASS TANK WITH STARTER KIT**  
20 Gal LED Deluxe ..... **\$99.99**  
10 Gal Economy ..... **\$39.99** 29 Gal LED Deluxe ..... **\$119.99**  
10 Gal LED Deluxe ..... **\$53.99** 55 Gal LED Deluxe ..... **\$199.99**

**RED BARN NATURALS DOG TREATS**  
•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$6.99 **20% OFF**  
OUR SUPER LOW PRICES

**BOODA DOME COVERED LITTER BOX**  
•Regular (Clean-Step \$21.99) **\$14.99**

**MARINELAND POWER FILTER SALE**  
MODEL TANK SIZE PET CLUB SALE  
PENGUIN 100B ..... 20 Gal ..... **\$19.99**  
PENGUIN 150B ..... 30 Gal ..... **\$27.99**  
PENGUIN 200B ..... 50 Gal ..... **\$33.99**  
PENGUIN 350B ..... 75 Gal ..... **\$45.99**

**KENT MARINE WATER SUPPLEMENTS** **20% OFF**  
OUR SUPER LOW PRICES

**PETSPORT USA DOG TOYS**  
•Tuff Balls •Fetch Me Fido •Fling Thing •Tug Max •Soft Toys All Varieties **20% OFF**  
OUR SUPER LOW PRICES

**CONAIR PRO GROOMING SUPPLIES**  
•Clippers •Trimmers •Brushes •Shampoo •Deshedding Tool All Varieties **20% OFF**  
OUR SUPER LOW PRICES

**REEF CRYSTALS**  
50 Gal. Salt Mix **\$15.99**

BONUS COUPON  
**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz - All Varieties except Elegant Medley  
Limit 1 case with coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 4/27/16 - 5/3/16 **53¢** CT PLU 361

BONUS COUPON  
**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 4/27/16 - 5/3/16 **\$3.29** CT PLU 362

BONUS COUPON  
**FRISKIES PARTY MIX CAT TREATS**  
2.1 Oz •Selected Varieties  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 4/27/16 - 5/3/16 **\$1.09** CT PLU 573



# The Exciting New World of Implant Supported Dentures



• *Has the Security of a Fixed Bridge!* • *Easier to Maintain Good Oral Hygiene*

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



## Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

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Offer Expires 4/31/16

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