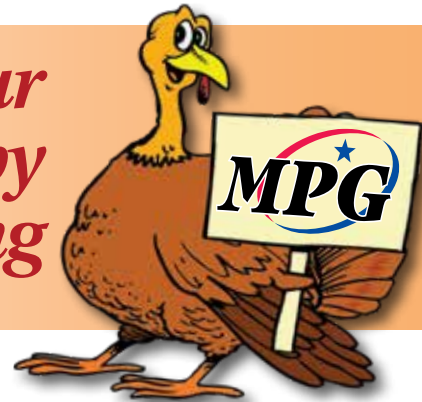




Families Needed to Provide Love to Foster Children
PAGE 12

We Wish Our Readers A Happy Thanksgiving



Carmichael Times

VOLUME 38 • ISSUE 47

Serving Carmichael & Sacramento County since 1981

NOVEMBER 23, 2018

STORIES FROM THE STREETS



PAGE 2

SACRAMENTO CHILDREN'S HOME LAUNCHES ANNUAL HOLIDAY GIVING PROGRAM



PAGE 3



CHEERS TO TITANS



PAGE 10



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Getting Pumped Up



Ed Marszal (left) shares his company headquarters with a collection of vintage gasoline pumps. Daughter Annie and son Adam are executives for Marszal's Carmichael-based business that operates in four US states.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - A business that began on a Carmichael street corner is now one of Sacramento's most geographically far-flung enterprises.

Owned by the Marszal family – and with father, daughter and son as executives -- California Retail Management pumps petroleum at 42 stations in four US states. All outlets have convenience stores and the combined operation has a more than 350 employees. It's an understatement that Ed Marszal has come a long way from the Ohio college graduate who left the Army and sold auto accessories. "I felt I could run a gas station at least as well as some guys I was selling tires to," he recalls. "In 1981, an old Chevron station on the Marconi and Walnut corner became available. I didn't plan an empire.

I just wanted to make one station work."

In days of full-service, the boss pumped gas and employed mechanics for repairs. He mopped floors and cultivated a personal touch with customers. When daughter Annie (now Marszal's development executive) was born, he covered his macho premises with pink ribbons. "That got us in the newspaper and brought new customers," he says. "People like family businesses. I still have full-service available at all our stations; we make sure someone will always run out to help a customer. We'll never charge for air or water. Cashiers are the most important people in our company. Being nice is not something you can teach; but friendliness determines whether a customer comes back.

"One day a lady asked me where she could get her car washed. I washed her car myself. My

employees watched and learned never to pass up an opportunity to extend service. Yeah, I kept her tip; I earned it. From then, we put car-washes in our stations." While alert to innovation, Marszal treasures the continuity of old retainers and family. Chief Financial Officer Elizabeth Valentina has been his right hand for 34 years. Executive Tim Skovensky has provided what Marszal calls "glue" for company operations for 12 years. Daughter Annie has worked nine years for her dad and son Adam joined his marketing team in 2015. "My kids began as cashiers," he says. "I wanted them to learn how important that role is. They've done their share of cleaning restrooms, too."

Outside Sacramento, the family now has stations in Maui, Oahu, Nevada and Ohio. 2019 plans include a new El Dorado Hills outlet. The founder and Susan -- his wife of

Continued on page 4

Volunteers Now Needed for County Homeless Survey

SACRAMENTO COUNTY, CA (MPG) - Volunteer registration for the 2019 Homeless Point-In-Time (PIT) Count is now open. The count will be conducted on the evenings of January 30 and 31, 2019.

The biennial PIT count is a county-wide special census which provides a snapshot of who is experiencing homelessness on any given night. The data gathered helps shape policy and programs designed to assist some of our most vulnerable residents.

Sacramento Steps Forward is partnering with Sacramento State's Division of Social Work and the Institute for Social Research on this crucial project.

Sacramento Steps Forward will be recruiting hundreds of volunteers who will be trained and grouped in teams to canvass the community in organized deployments during the two evening counts, rain or shine. Volunteering does not require any prior experience but you must: be 18 years of age or older; have a strong interest in helping people who are experiencing homelessness; and attend required training's to learn to safely conduct accurate counts with teams within carefully pre-mapped territories.

If you would like to form a group of coworkers, family or friends, we will accommodate your requests. More information will be provided to registered volunteers as we prepare for the event. Volunteer at Volunteer@SacStepsForward.org

The most recent biennial PIT Count was conducted in January 2017 and found that the total number of people experiencing homelessness in Sacramento had increased by 30 percent since 2015. Of those, people who are living outdoors on the street, in tents, cars, or RVs - increased by 85 percent. Sacramento followed a West Coast-wide trend reporting increasing numbers of people experiencing homelessness.

Sacramento Steps Forward is a nonprofit organization committed to ending homelessness in our region through collaboration, innovation, and connecting people to services. Walking side-by-side with our partners, we seek to provide people experiencing homelessness with the support and services they need to find stability and long-term housing. Since 2012, Sacramento Steps Forward has been the lead agency for Sacramento's Homeless Continuum of Care. ★

Railroad Museum CEO Cheryl Marcell to Serve on Prestigious HeritageRail Alliance

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) - California State Railroad Museum Foundation President & CEO Cheryl Marcell has been named to serve on the prestigious board of directors for the HeritageRail Alliance, a nationwide organization dedicated to promoting the common interest of entities engaged in the business of tourist, scenic, historic or excursion railroading, railway and trolley museums. The official announcement was made at the HeritageRail conference held last week



California State Railroad Museum Foundation President & CEO Cheryl Marcell. Photo courtesy T-Rock Communications

in Santa Fe, New Mexico. Marcell will serve on the board for a three-year term ending in 2021.

With an impressive and expansive background in business development and the airport industry,

Marcell joined the California State Railroad Museum Foundation in April 2015 where she has been instrumental in helping to reinvigorate and pave exciting new paths for the California State Railroad Museum in Old Sacramento and Railtown 1897 State Historic Park in Jamestown.

Marcell's new role on the board of directors comes at an important time for the rail industry. May 2019 marks the 150th anniversary of the completion of the Transcontinental Railroad when, along with the

Continued on page 8



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Stories from the Streets

By Andrea Hatch

SACRAMENTO REGION, CA (MPG) - Clearly the homeless population in the Sacramento area is continuing to increase but why? I decided to get out and try to understand what kinds of challenges these people are facing and what about their situation might not be obvious to those of us not in that community. How did they end up in that situation? What I learned was heart breaking.

The first man I encountered was a sweet soul. He told me that he has been homeless for three years. It started when he and his child's mom broke up. He was working, but found it difficult to continue to hold a job while couch surfing, to avoid sleeping on the streets. He eventually lost his job because hygiene became a problem. When I asked him what are some things that he struggles with most, outside of the obvious? He said, "Theft. It's bad enough that we are living on the streets, but to worry about one of our own stealing from us makes it worse. We already have very little and we shouldn't have to worry about it being stolen." This man seemed to be a kind man that just came across a bad situation that he can't pull himself out of. It is interesting to note that most employers require someone to have a physical address in order to be employed. In this gentleman's case no address - no employment.

The second man I spoke to was 29 years old and has been homeless for five years. His journey began when an arsonist burnt his home down in the middle of the night. He had no insurance to cover the damage and the arsonist was never caught. He said, "The hardest part is just trying to stay sane. I feel hopeless and I fear that even if I was able to get back on my feet it could be taken from me in a flash, again. Where has humanity gone? When did people stop caring about other people? I would give anything



Encampments are found everywhere throughout the region. Photos by Andrea Hatch



Many homeless are seeking direction to solve their problems.

to change my clothes every day, shower daily, eat whenever I want and to just relax in the comfort of a home." This man was very intelligent and easy to talk to. I asked him what was most difficult about

being homeless and he said sleep. He said that between the police, rangers, sheriffs and even highway patrol it's hard to get enough sleep, which only makes sanity even harder to maintain.

I spoke with two women as well. I wanted the perspective of both genders to see how the stories might differ. One of the women told me she ended up on the streets due to drugs and would give it all up to get off of the streets. She said that her safety is a constant concern. The other lady was one who had been in a program and ended up losing her children and then her money ran out and she has been homeless ever since. Both women mentioned they have been attacked by the men in their community and have to depend on the protection of the other men, which is not

always a reliable protection.

Out of all of the people that I spoke to, it became obvious that every situation came about for different reasons. None of those that I talked to suggested they had a mental illness, but all advised that more than half of the people in their community do. Mental illness, be it drug induced or caused by a traumatic event absolutely adds, significantly, to the homeless population. The women I talked to mentioned that there is only one shelter for women and they can only shower between the hours of 7AM and 11AM, so they have to be close to that shelter or risk not being able to wash. The men's shelter that is closest to the downtown area can only hold 40-50 men at a time and showers are not provided daily.

Many times, I have heard people say, "Well, they did it to themselves," "If they wanted to get off of the streets they would put in some effort." I think that many people are missing that fact that most of the homeless community are not there by choice. Any one of the stories I heard today could be any one of us at any given time. I agree with the second gentlemen that I spoke to, "Where has humanity gone?" It is time that we step up as a community to help those that have less than us. There are so many locations that have multiple showers, why not open them up to the homeless during non-business hours? If you have food in your house that you know will go to waste before you can eat it, donate it to the next homeless person you see walking down the street instead of throwing it away. If you have the ability to hire



Always on the move seeking shelter and food.

someone that has the skill, be okay if they don't have a physical address. It takes ALL of us to make changes, but it takes just one of us to kick start it. I know fear of the unknown is present, but you never know someone's story until you ask and really listen to the journey that led them to where they are. Make a move, change a life. ★

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Sacramento Children's Home Launches Annual Holiday Giving Program

SACRAMENTO, CA (MPG) - The Sacramento Children's Home has kicked off its annual Holiday Giving Program, bringing the local community together during the holidays to serve children and families in need. Last year, our program provided gifts for 1,200 children, and the community adopted nearly 70 families, providing them with gifts, gift cards and everyday essentials. Once again this year we have 1,200 children participating; many of whom the gifts they receive through our program will be the only gifts they receive this year.

The holidays are a joyful time when we can give thanks for all that we have and give back to those in need. There are several ways for community members to get involved with the SCH Holiday Giving Program, which ends December 14.

Wish Stars and Ornaments: The classic yellow wish star includes three wishes from an SCH child. Community members are encouraged to shop for their child and return unwrapped gifts to the Sacramento Children's Home at 2750 Sutterville Road in Sacramento. Financial contributions of \$25, \$50, \$100 or more, as well as gift card donations

help us ensure that all kids and families have their holiday wishes fulfilled and basic needs met. Some male youth in our Residential Program do not have family to spend the holidays with, so financial support specific to our snow trip enables us to send our residents on a snow trip to Mt. Shasta over the holidays.

Adopt-a-Family: Community members can also adopt an entire family this holiday season. The adoptees are families that participate in Sacramento Children's Home programs such as the Family Resource Centers and the Counseling Center.

Volunteer Opportunities: Every year, we rely on community volunteers to help run our holiday donation site. Last year, about 200 volunteers provided nearly 100 hours of support, which included greeting donors, accepting gifts, registering gifts into our system, sorting, and wrapping.

Giving Tree Sites and Holiday Sponsors: Local businesses and schools participate by hosting Giving Tree sites with stars available to the public for pick up. Businesses and corporations also have the opportunity to sponsor an SCH Holiday Party for individual programs such as our Family

Resource Centers and Crisis Nurseries to help strengthen families in our highest risk communities.

For more information about all of these options and important dates, please visit www.kidshome.org/holiday-giving.

The Sacramento Children's Home was founded in 1867 and today it is the most comprehensive child and family service organization in Sacramento County serving more than 7,000 children and 4,300 families each year through a broad spectrum of residential, community-based, mental health and educational programs. Throughout its 151-year history, the Sacramento Children's Home has been at the forefront of trauma-informed care and developing new ways to improve the outcomes of children and families. Through its multiple programs at six sites in the county, the Sacramento Children's Home offers prevention, early intervention and treatment programs that are critical to strengthening families and stopping the generational cycle of child abuse and neglect. More information is available at www.kidshome.org

Source: Sacramento Children's Home ★



CRAIG DIEZ TEAM
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10244 Meuret Rd., Wilton | \$695,000

Tucked away at the end of a quiet, established neighborhood, this beautiful ranch-style home captures the best of both worlds for a buyer who wants a private retreat with the ease of having in-town conveniences. Enjoy a spacious floor plan with 4 bedrooms and 3 bathrooms. Gather in the open-concept family room/kitchen combo with sliders that open up to 4.7 sprawling acres on a park-like setting. This home makes outdoor entertaining a breeze with a large patio, expansive deck and koi pond, a beautiful garden and much more! Many recent improvements include a high-end dimensional comp roof, newer dual pane windows, owned solar, newer heat and air, and water heater. Enjoy an excellent location just 15 minutes outside of Elk Grove! Agricultural use, horses and adding structures on the property are just a few of the possibilities for this beautiful Wilton retreat.



6147 1st Ave., Sacramento | \$389,000

Feel right at home in this adorable 2 bedroom, 1 bath cottage nestled between the highly desirable communities of Elmhurst and Tahoe Park. Enjoy an open and inviting floor plan with fantastic natural lighting. Hardwood flooring exists beneath the carpets. Updates include newer dual pane windows and HVAC system. Detached garage and private backyard. Close to transportation, Sac State and fabulous restaurants and shopping. Add your own touches to make this your forever home!



3709 Jo Ann Dr., Sacramento | \$334,000

This refurbished 3 bedroom, 2 bath home has it all! A charming exterior adds to this home's great curb appeal. You'll love the original hardwood flooring and remodeled kitchen with granite countertops and top of the line appliances. The tranquil master opens up to a connecting sunroom with a Jacuzzi tub facing the private backyard. Thoughtful updates include a freshly painted interior and polished floors. Enjoy a fantastic neighborhood close to shopping, Highways 50/80, and great schools!



5842 Palm Ave., Carmichael | \$334,000

Great Carmichael duplex that will cash flow. One of the units features 2 bedrooms and 2 bathrooms. The other side has 2 bedrooms and 1 bathroom. Rents are good but can be pushed even higher. Good location situated within the San Juan Unified School District. Close to Highway 80 and great shopping and restaurants.



2541 Fulton Square Ln. #36, Sacramento | \$155,900

Welcome home! This beautifully appointed condo features a downstairs bedroom and full bath and an upstairs loft that could serve as a possible second bedroom. Enjoy an open floor plan with vaulted ceilings, great natural lighting, gorgeous laminate flooring, cozy fireplace, and an inside laundry area. Enjoy the utmost in privacy with two secluded viewing balconies. Lovely location in back of the complex near the pool!

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FD 1154

Getting Pumped Up

Continued from page 1
37 years -- live quietly in Carmichael. Their national operation is run from an anonymous building near Manzanita Avenue.

At HQ, the boss houses an arsenal of vintage petrol pumps, telephones and slot machines. "I found the first of my collection in a Rancho Cordova bar," he explains. "In the 1950s, every oil company had distinctive pumps and they were works of art. I love seeing them restored and gleaming. They're relics of an industry dear to my heart."

In 40 high-octane years Marszal has seen oil companies and retailers come and go. "Many of our competitors lost their focus on service," considers the survivor. "Over 40 years, service is what constantly opened doors for us to gain

more customers. "The gasoline engine will be around for many more decades. As for gas stations, I believe the strong and the friendly will survive." ★

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EVENTS CALENDAR

MPG

Breakfast with Santa
Date: 12-8-18
Time: 9-10am to 10:30 to 11:30
Place: Neil Orchard Senior Activities Center 3480 Rooter Road Sacramento CA 95827
Contact: 916-366-3133
Info: Bring the whole family for pancakes, sausage, coffee, juice and cocoa! Stop by the holiday craft fair for unique Christmas shopping. Bring the kids to visit Mr. Claus, to share Christmas wishes and take a picture in our festive photo booth. There will be a craft area for children to work on a special holiday project. Purchase tickets in advance to guarantee time slot. Two different seating times: 9-10 a.m. or 10:30-11:30 a.m.

Carmichael Tree Lighting
Date: 12/6/18
Time: 5pm to 8pm
Place: Carmichael Park 5750 Grant Ave Carmichael, CA 95608
Contact: 916-485-5322
Info: Join us for live music, arts and crafts, vendors, and food trucks galore! Santa will be available for visits and photos at no additional cost, but we ask that you please donate 1 canned good per child. All canned goods collected at the event are donated to the Sacramento Food Bank & Family Services. Watch and enjoy us light up two trees as a flurry of "snow" falls at the park!

Citrus Heights Tree Lighting
Date: 12/6/18
Time: 6:30pm to 9pm
Place: Citrus Heights City

Hall 6360 Fountain Square Drive
Citrus Heights, CA 95621
Contact: 916-727-5400
Info: Join the City of Citrus Heights for the annual tree lighting complete with pictures with Santa, cookies, hot cocoa and more! Holiday songs will be performed by the Citrus Heights Community Marching Band

Cordova Community Christmas Tree Lighting
Date: 11-25-18
Time: 4:00pm to 7:30pm
Place: Village Green Park 3141 Bridgeway Drive Rancho Cordova, CA
Contact: 916-273-5705
Info: The annual lighting of our Cordova Community Christmas Tree is a public event inspiring community unity, showcasing Rancho Cordova community life, promoting local business and providing a community branding experience. Hay Rides, Amusement Rides, Food Trucks, Music Santa Claus, Magic, Train Rides, SNOW! HELP STUFF THE SQUAD CAR Brighten the holiday for needy kids in our community by bringing a new, unwrapped gift

Capitol pops Concert Band
Date: 12/6/18
Time: 8pm
Place: Christ the King Lutheran Church 5811 Walnut Avenue Orangevale, CA 95662
Contact: 916-725-5214
Info: The Capitol Pops Concert Band wraps up its 22nd season with a free, open to the public holiday concert. Concert attendees are invited to donate new or used coats, jackets,

sweatshirts or other warm clothing items in support of the church's One Warm Coat drive, which benefits needy families throughout theregion. Donations also will be accepted on-site through Dec. 20.

Sacramento Symphonic Winds "With a Song in Your Heart"
Date: 12-9-18
Time: 2:30pm
Place: Rio Americano High School Center for the Arts. 4540 American River Drive
Contact: 916-489-2576
Info: Come one come all to this joyful family holiday concert Sunday, December 9, entitled "With a Song in Your Heart" at the new Rio Americano High School Center for the Arts at 2:30 p.m. The Sacramento Symphonic Winds is a 60-piece adult symphonic band conducted by Mr. Timothy M. Smith. The program features John Williams' Sound the Bells! and Frank Ticheli's Amazing Grace. During the course of the concert, the audience will also hear 17 different Christmas Carols and tunes in arrangements by Julie Giroux, Leroy Anderson, James Curnow and Sammy Nestico including Joy to the World, The First Noel, Winter Wonderland, I'll Be Home for Christmas, Silent Night, Frosty the Snowman, Jingle Bells and many others! Visit our web site at <http://www.sacwinds.org> OR find us on Facebook!

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- **Every 3rd Wednesday** - from 6:30-8:30pm. "Welcome In" Wednesday with Nidia. Space is limited.
- **Every Second Saturday** - from 2pm-4pm. Taught by Twyla. Beans and Greens - A Vegan, plant-based class

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Kitty On The Outside Or A Tree Frog On The Inside

Dr. James L. Snyder

Several weeks ago, I happened to look out the back window and saw a kitty walking across our back yard. A little idea sneaked into my head. Maybe I could get some kitty treats and feed the kitty.

No way would my wife ever, and I mean ever, condone some kitty living on our property. However, my thought was, what if she does not know?

It was on a Thursday evening and I was looking out the porch door, watching the kitty eat when I heard somebody say, "What are you staring at?"

Immediately I recognized the voice and had to be very careful so that I did not trip up on anything.

"I'm just enjoying the backyard scenery. It looks so lovely in the evening shadows."

I sighed very deeply hoping I had escaped being found out.

Everything was going fine until one night the kitty came to the porch glass door and started meowing. The knucklehead that I am, I meowed back.

At that precise moment, my wife happened to walk into the kitchen area where the glass porch door was.

She heard me meow and said, "There better not be a kitty on our porch!"

Before I could respond, she came up to the door and there was the kitty meowing at her.

"I don't want any old cat on our back porch."

I wanted to reply, but I didn't.

"I hope you're not feeding it!"

Do I need to call a lawyer?

At that moment, she went up to the door to open it so that she could shoo the cat away and there on the inside of the door was the biggest tree frog I have ever seen. When she saw that, she screamed, the kitty ran and the frog jumped inside our house.

It has been a long time since I have seen the Gracious Mistress of the Parsonage dancing.

It was all I could do from laughing hysterically. I tried to control it, but you know how that works. The more I tried to restrain my laughter the louder it got.

She ran, got a broom, came back and swept the frog outside. I haven't seen that frog since.

So, being in a sense of hilarious insanity, I said, and I almost regret saying it, "Which do you want? The kitty or the frog?"

Life is full of choices. Some of our choices are not of our choosing. Sometimes it is choosing the better of the worse.

Since then we have had two kitties come to our back porch every evening to enjoy the kitty food that I put out there in the kitty dish. I have not seen the frog, but I sure have been thinking about that frog ever since.

"What are you smiling at?"

"Nothing, I'm just having a happy moment."

"It better not have anything to do with that tree frog."

Thinking about this I was reminded of what David said. "Blessed is the man whom thou chooseth, and causet to approach unto thee, that he may dwell in thy courts: we shall be satisfied with the goodness of thy house, even of thy holy temple" (Psalm 65:4).

It is not important if you are a kitty or a frog only that God has chosen you. Live in that glory every day.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★

Fatal Collision on Winding Way

CHP Special Release

SACRAMENTO COUNTY, CA (MPG) - On November 17, 2018, at approximately 5:20 P.M., the California Highway Patrol (CHP) received reports of a traffic collision on Winding Way at Rampart Drive. CHP and Sacramento Metropolitan Fire Department personnel arrived on scene and discovered a bicyclist had been struck and killed by a motor vehicle. Preliminary investigation revealed a 50 year old man from Carmichael was driving his red Lexus RX 400 eastbound on Winding Way and had entered the

intersection at Rampart Drive. At the same time, a 75 year old man from Sacramento had been riding his bicycle southbound on Rampart Drive from a shopping center when he entered the intersection directly in front of the Lexus. Subsequently, a collision occurred and the impact caused the bicyclist to be ejected from his bicycle onto the roadway surface.

The bicyclist was not utilizing a light while riding during hours of darkness and he was not wearing a helmet. The sobriety of the driver of the Lexus was evaluated and it was determined

that drugs and or alcohol were not a factor in this collision.

The cause of this collision is under investigation. Any persons who can provide additional information regarding this collision are requested to contact the North Sacramento Area CHP office.

Any additional information about this news release should be directed to Officer Mike Zerfas who will be available at the CHP North Sacramento Area business phone number: (916) 348-2337, Monday through Friday 8 a.m. to 5 p.m. ★

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Railroad Museum CEO Cheryl Marcell to Serve on Prestigious HeritageRail Alliance

Continued from page 1
rest of the country, the California State Railroad Museum & Foundation plan to present a series of exciting events, activities and exhibits to commemorate the historic achievement that helped to shape and connect the nation. For more information about the California State Railroad Museum Foundation, please visit

www.californiarailroad.museum and for information the HeritageRail Alliance, please visit www.atrrm.org.

The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation and promotion of

our railroad heritage. The Foundation provides funding for ongoing support of numerous programs, both at the museum's Old Sacramento location and at the historic park in Jamestown, Calif. For more information, please visit www.californiarailroad.museum.

Source: T-Rock Communications ★

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TV GUIDE MAGAZINE CHEERS & JEERS

Cheers to Titans
for ruling the DC Universe. Sorry, Batman, but the streaming platform's first original series, centered on ex-sidekick Dick Grayson (Brenton Thwaites) and his band of severely broken heroes, is the kind of brutal, no-holds-barred superhero comic book adaptation that fans didn't even know they needed or deserved.

Cheers to Single Parents
for treating the kids like people, not simply plot twists. Whether it's over-the-top Halloween parties, sleepovers or pet deaths, the writers of ABC's delightful new comedy could teach a class in mining laughs from hapless adults (including Leighton Meester and Taran Killam) while also finding the heart in how the little ones are impacted by their actions.



The Titans is a no-holds-barred superhero comic book adaptation that fans didn't even know they needed or deserved.

Jeers to House of Cards' Claire
for being an enemy of the press. In the series finale, Robin Wright's corrupt President Hale bashed a journalist's damning story about her as being fake news because it broke online and not even in print. That's like saying Netflix isn't TV because it's not on TV!

Jeers to TV's Awful team-up Nicknames
Eleanor and her do-good

crew from *The Good Place* go by the u?ber-geeky "Soul Squad," while *A Million Little Things'* Eddie, Gary and Rome (David Giuntoli, James Roday and Romany Malco, with Ron Livingston in front) dubbed themselves "The Band of Dads" when trying to help raise their late buddy's kids. It's like nobody has learned from the mistake that was *Big Brother's* "Chilltown" alliance. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Did The Walking Dead Cop Out With Rick?
Question: [Spoilers Ahead] So all the hype around Andrew Lincoln (Rick Grimes) leaving the show was just in hopes we'd get worked up about a series of Walking Dead movies? Do you feel they copped out with this approach? —Ronald M

Matt Roush: I wouldn't call it a cop-out as much as a sell-out. Given the buildup,

any death scenario that didn't involve taking Negan down with him (which would be satisfying) would seem anticlimactic, and his preposterous long ride down memory lane on the most patient white horse ever—until it wasn't—was a chore to behold. If the intent was to get our attention, AMC and the show succeeded. Beyond that, expanding the *Walking Dead* universe into a series of Rick Grimes movies has more than a whiff of desperation, and

could diminish the franchise as well as further hobble the series he leaves behind. Maybe the world that Rick has been transported to will breathe some life back into the *Dead* empire. The three episodes leading to the mid-season finale should help determine whether a post-Rick *Walking Dead* is still worth the effort. I was about to add how much I'll miss Maggie (Lauren Cohan) when her time comes, but watching her fall for Negan's transparent head games—she now won't kill him because he begged her to? (sheesh)—sort of softens that blow as well.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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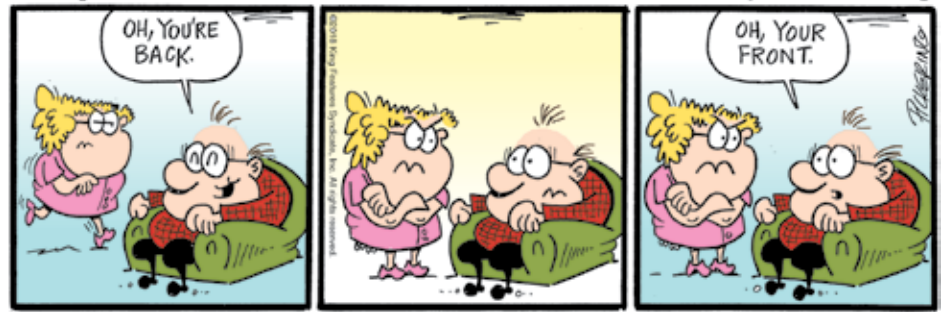
WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



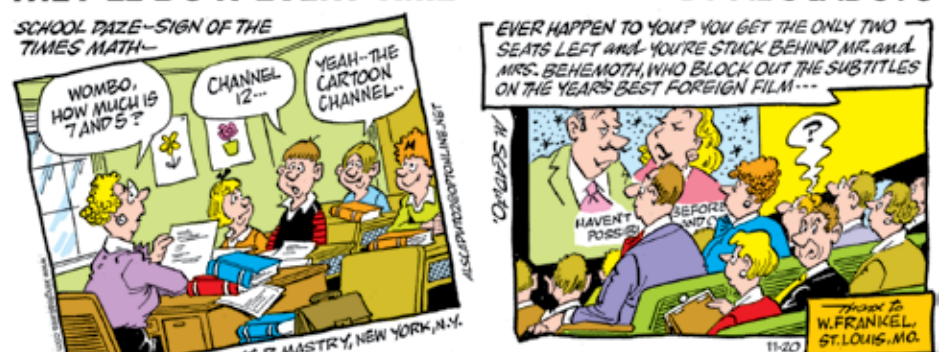
by Jeff Pickering

Out on a Limb



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THEY'LL DO IT EVERY TIME



BY AL SCADUTO

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by Mike Marland

GRIN and BEAR IT



"It sleeps two if they're really sleepy."

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"If you contact him, ask him where he hid the insurance policies!"

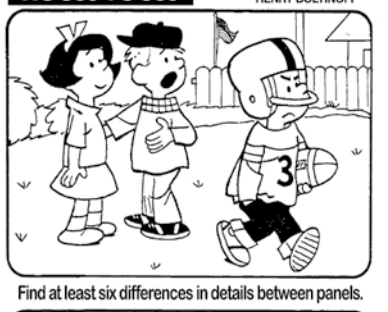
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTHOFF



Find at least six differences in details between panels.



Crossword Puzzle on Page 9

T	W	O	S		E	S	P		N	O	S	Y		
W	A	R	P		P	A	C	E		R	O	D	E	O
O	V	E	R		E	T	A	L		A	D	I	E	U
	Y	O	U	R	S	E	L	F		P	U	N	K	
		N	O	E	N	D			M	I	L			
F	O	R	G	O	T			R	U	D	O	L	P	H
O	N	O		T	A	B	B	E	D		S	I	R	E
R	I	O	T	S		L	E	E		G	E	N	I	I
G	O	S	H		N	U	L	L	A	H		D	O	S
E	N	T	E	N	T	E			V	A	C	A	N	T
		H	A	H			H	Y	E	N	A			
	S	L	A	V		G	U	A	R	A	L	D	I	
V	I	O	L	A		A	R	C	S		L	O	O	M
A	T	O	L	L		P	O	K	E		O	T	T	O
T	E	N	S			E	N	S			W	H	A	M

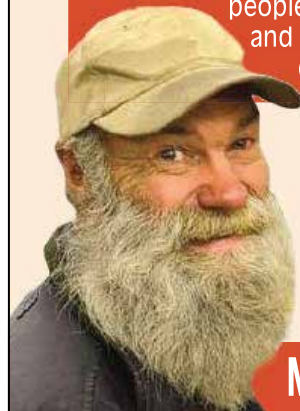
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"Fall Fiesta," by Victoria Brooks, one of the many donated artworks in the Ars Grata Drawing.

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Sudoku Puzzle on Page 9

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

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Families Needed to Provide Love to Foster Children

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are less than 2,000 foster youth in need of a loving and affirming home.

Each November during National Adoption Month, Sacramento County reminds the community that you can make a difference in the life of a child by becoming a resource family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or are provided a permanent home through adoption or guardianship.

Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes more people in our community will consider fostering a child.

Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home. The more families who can open their doors to our children, the better. In particular, the County is looking for families who are able to foster teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets.

Sacramento County supports, trains and offers guidance, support and



Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home.

assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, when that is not possible, staff can help resource parents adopt or take legal guardianship without having to undergo another approval process. This creates a continuous care experience for children who will no longer have to switch homes at the point of adoption.

On Nov. 15, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County, along with adoption agencies, are hosting the 30th Annual Calling Out of Names on the North Steps of the State Capitol from 9:15 a.m. - 4:45 p.m.

During the seven-hour vigil, adoptive parents, child advocates, community leaders and elected officials will continually read the names and ages of every child in California currently waiting for families. Some names have been read year after year.

"This powerful vigil for the community helps us to come together annually to

raise awareness and hope for children who are awaiting permanent homes in Sacramento County and throughout California," said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services.

Participating foster family agencies and sponsors:

- Legislative Sponsor: Assembly member Blanca E. Rubio
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- Organizing Sponsors: California Alliance of Child and Family Services, Gail Johnson Vaughan and Sierra Forever Families

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543.

Source: Sacramento County Media ★

Getting at the Real Cause of Rising Drug Prices

Commentary by Sandip Shah

Democrats and Republicans alike are lining up to criticize pharmaceutical companies for gouging customers and stranding sick patients.

President Donald Trump tweeted that drug companies "should be ashamed that they have raised drug prices for no reason." Senator Dick Durbin, an Illinois Democrat who disagrees with the President on virtually everything else, is leading a charge to clamp down on drug prices, which he claims are the "#1 driver for increases in premiums" for health insurance.

These concerns are justified, but the blame is misplaced. Many patients do face high prices at the pharmacy, but that's not because of drug company predation. The problem: the middlemen sitting between manufacturers and patients.

Pharmaceutical companies regularly negotiate substantial discounts with insurers, pharmacy benefit managers, and other supply chain players. These discounts shave down the price of the average brand-name drug by about a third.

Discounts have kept drug prices in check. Last year, the average cost of brand-name pharmaceuticals increased just 2 percent -- a percent increase well below that of doctor's visits, hospital stays, and other parts of the healthcare sector.

Generic drugs have also curbed costs. Generics are cheaper than the brand-name drugs they're copied from. Over the last decade, generic drugs have reduced patient health care costs by



Health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost.

an estimated \$1.67 trillion.

By preventing disease, patients don't develop conditions requiring more invasive, expensive treatments down the road. Every dollar spent on drugs could save up to \$10 in avoided ER visits and hospitalizations for patients with congestive heart failure, high blood pressure, diabetes, and more.

But then, the mystery: Given the heavy discounts on brand name products and the prevalence of low-cost generics, why do many patients still face high prices when they fill their prescriptions?

Because health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost. Since 2006, insurance deductibles have increased by 350 percent and co-insurance has jumped 89 percent.

Instead of passing discounts to patients, insurers pocket them. More than half of the out-of-pocket requirements for brand name drugs in commercial health insurance are based on the full list price of the drug.

In other words, insurers act as if those discounts don't exist.

This abuse fuels an odd phenomenon: for some patients, buying a drug with insurance costs more than paying for it directly out-of-pocket. Roughly 40 percent of brand name drugs are more expensive if patients use insurance.

The New York Times recently profiled a UnitedHealthcare customer who went to fill his prescription for a generic cholesterol drug. He was told he owed \$84. That patient later searched online and found the same drug for just \$45. This mismatch happens all the time.

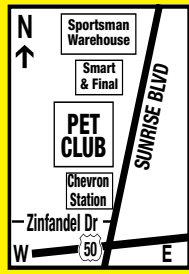
Voters and their elected officials have ample reason to be angry about sky-high drug prices, but pointing fingers at drug manufacturers isn't helpful. Drug manufacturers have kept prices in check with substantial discounts and low-cost generics.

Sandip Shah is the founder and president of Market Access Solutions, a global market access consultancy, where he develops strategies to optimize patient access to life-changing therapies. ★

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DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags
Per Family
\$5 OFF Our Super
Low Prices
Effective 11/21/18 - 11/27/18

MERRICK'S
GRAIN FREE
DRY DOG FOOD
•Chicken/Sweet Potato •Duck/Sweet
Potato •Buffalo/Beef/Sweet Potato
•Salmon/Sweet Potato •Venison/Chick Peas
25 Lb Bag
Limit 2 Bags
\$10 OFF
OUR REGULAR LOW PRICE!
Effective 11/21/18 - 11/27/18

PURINA
KIT N' KABOODLE
DRY CAT FOOD
16 Lb Bag
Limit 2 Bags
Per Family
\$9.49
Effective 11/21/18 - 11/27/18

FRISKIES BUFFET
CANNED CAT FOOD
5.5 Oz
All Varieties
Limit 2 Cases
Per Family
4/\$18.99
Effective 11/21/18 - 11/27/18

FUSSIE CAT
PREMIUM
CANNED CAT FOOD
Black Label 2.8 Oz
Gold Label 2.8 Oz. 20/\$14.00
Limit 2 Cases
Per Family
20/\$13.00
Effective 11/21/18 - 11/27/18

TIDY CATS
SCOOPABLE
CAT LITTER
20 Lb Jug
•Regular
•Unscented
Limit 2 Jugs
Per Family
\$6.99
Effective 11/21/18 - 11/27/18

HI-COUNTRY
WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags
Per Family
\$4.99
Effective 11/21/18 - 11/27/18

CANIDAE DRY DOG FOOD
FOR ALL LIFE STAGES
•Multi Protein (30 Lb & 44 Lb) •Chicken Meal & Rice (30 Lb & 44 Lb)
•Lrg Breed 44 Lb •Lamb Meal & Rice •Less Active 30 Lb Bag Limit 2 Bags
\$8 OFF
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SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢
CHICKEN SOUP FOR THE SOUL
CANNED FOOD SALE As Marked
Dog Cans 13 Oz (Reg & Grain Free) All Varieties
Cat Cans (3 Oz & 5.5 Oz) Limit 1 Case
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CORE GRAIN FREE
DRY DOG FOOD
22-24 Lb Bag
•Original
•Ocean
•Reduced Fat
\$55.99
\$59.99

MERRICK'S
GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 cases
On Sale
NUTRO MAX
GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicken •Lamb •Mini Chunk
25 Lb Bag Limit 2 Bags Per Family
\$23.99
FRESH STEP
CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.49)
Limit 2 Bags
\$6.49
OKOCAT
CLUMPING WOOD LITTER
•Regular
•Soft Step
11-13 Lb
\$3.00 OFF
Dust Free
Natural Paper
12.3 Lb
\$4.00 OFF
\$4.00 OFF
OUR SUPER LOW PRICES

EVERCLEAN
PREMIUM CAT LITTER
•ES Unscented •US Ever Fresh •Light Weight 22 Lb.
25 Lb. Box Limit 2 Boxes
\$11.99
PESTELL
CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.99
SCIENCE DIET
FELINE MAINTENANCE DRY CAT FOOD
•Adult •Adult Mature (Light \$33.99)
16 Lb Bag Limit 2 Bags Per Family
\$29.99
HEINZ
PUP-PERONI DOG TREATS
•Beef •Lean •Bacon •Prime Rib
25 Oz Pkg Limit 2 Pkgs
\$9.49

12 Oz Pkg
GREENIES DOG TREATS Value Pack
•Chewy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct)
•Regular •Grain Free (\$13.99) •Petite (20 Ct) •Large (8 Ct)
Limit 2 Packs Per Family
\$11.99

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ORGANICALLY
GROWN KITT
GRASS •Single Tub
\$2.99
SWEET HARVEST BIRD FOOD SALE
AS MARKED
•Canary •Finch •Parakeet
•Cockatiel sun/no sun
•Conure & Lovebird
•Parrot sun/no sun
•Macaw 2 Lb - 4 Lb Pkg
15% OFF
OUR SUPER LOW PRICES

VAN NESS ENCLOSED CAT PANS
Regular Translucent
Limit One Coupon Per Family
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50 Gal. Salt Mix
\$12.99

BONUS COUPON
JONNY CAT
PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/21/18 - 11/27/18
\$15.99 CT PLU 365

BONUS COUPON
WHISKAS
TEMPTATIONS CAT TREATS
•All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/21/18 - 11/27/18
\$11.99 CT PLU 569



BONUS COUPON
FANCY FEAST
GOURMET CANNED
CAT FOOD
All Varieties except Elegant Medleys - 3 Oz
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 11/21/18 - 11/27/18
55¢ PLU 361

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