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APRIL 17, 2020

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By Russell Gloor



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BareBones Workwear Equals Good Deeds



Drew at BareBones Work Wear pulls the supply of N95 masks in the stores back-stock to donate to a local medical center. Photo provided by Stu Nelson

By Seti Long

SACRAMENTO, CA (MPG) - Sacramento based company, BareBones Workwear, prides itself on providing top brands in work wear and safety apparel to its customers while taking care of its workers and giving back to the community. Lately, BareBones has donated hundreds of coveted N95 masks to our local health-care providers.

BareBones Founder and CEO Stu Nelson says that his stores happened to have an extra supply of certain PPE, including masks, and began to move the products from back-stock to the floor in early March as demand began to increase due to the spreading COVID-19 virus. Unfortunately, Nelson shares that while monitoring sales trends at his locations, he got the feeling that some of the purchasers were buying products, specifically the masks, to hoard or re-sell them at

higher costs – not because they were truly needed. This concerned Nelson.

After Nelson received an insider email sharing that local hospitals were in need of PPE and that it was going to become a problem for the healthcare industry as the virus spread, he decided to redirect where the extra masks were going. “When we heard that there was a shortage at hospitals, I was just like, you know what, let’s find somebody local to donate them (masks) to,” says Nelson. He contacted all of his 6 stores through the Sacramento, Rocklin, Auburn and Yuba City areas and had the supply of masks donated to Sutter Medical in Sacramento and other medical locations in need. “It was really a very quick decision.” He says.

Although there is a now a public shortage of masks, Nelson says that more are on the way. He has recently been notified by one of his suppliers

of a new line of masks available in the coming weeks that will feature animal prints, mustaches, unicorns and more. “It’s gonna get fun!” he says, as the masks will feature antimicrobial and moisture wicking technology.

He continues to share that BareBones is doing their part to keep their workers and shoppers safe while having fun. The stores provide gloves to their shoppers and have been giving out free gloves and single rolls of toilet paper to take home (with purchase and while supplies last). Nelson laughs, “We kind of have this thing, “No Crack We Can’t Cover,” which happened to be the company’s motto.

In all seriousness, Nelson says that it is BareBones’ mission as a locally owned and founded business to give back at the local level. “Our job is to support the heroes of our community, and people who work for a living – whatever we can do,” he says. ★

Calls to Suicide Prevention Hotline Increase 40% in March

By Ben Avey,
WellSpace Health

SACRAMENTO, CA (MPG) - Telephone calls and texts to the Suicide Prevention and Crisis line increased by 40 percent between February and March, according to WellSpace Health which operates the region’s largest certified crisis center and answers calls made to the National Suicide Prevention Crisis Lines, Spanish Lifeline, and Veterans Lifeline.

“People feel exceptionally helpless right now and those feelings are translating to thoughts of suicide and self-harm,” said Dr. Jonathan Porteus, a licensed clinical Psychologist who is WellSpace Health’s Chief Executive Officer. “Anxiety in the community is palpable. People are more isolated as they try to cope with pandemic fears, unemployment, financials stress, and increase substance use. Add more time around firearms, increased rates of domestic violence, and it creates a dangerous paradigm.”

WellSpace Health answered 4,713 suicide and crisis calls in March, compared to 3,375 calls in February. The crisis line averaged 3,350 suicide prevention calls per month in 2019.

“As a community we need to supplement our social distancing practices with robust virtual connections,” said Porteus. “More simply put - pick up the phone, write a letter, use FaceTime. Find a way to connect with your community, but from a distance. It can save lives.”

If someone is in crisis or feeling suicidal, they can reach a team of professionals 24 hours a day, seven days a week, by calling 1-800-273-TALK (8255) or by texting the word HOPE to 916-668-iCAN (4226).

WellSpace Health’s certified crisis center has operated the region’s Suicide Prevention and Crisis Line for more than 50 years. It is dually accredited through the American Association of Suicidology and The Joint Commission. The WellSpace Health team trains 911 operators statewide and hostage negotiators on suicide prevention and intervention. Based in Sacramento, the crisis center answers calls from Sacramento and Placer counties, as well as hotline coverage in 50 of 58 counties in California. ★

SMUD Extends Suspension of Power Shutoffs for Non-Payment through May 30

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - In response to the Covid-19 pandemic and growing economic challenges, smud announced it will extend the suspension of disconnecting power due to non-payment for residential and commercial customers until May 30.

“We made this decision due to the impact that Covid-19 is having on our local communities,” said Arlen Orchard, CEO and General Manager of SMUD. “We want to ensure that our most vulnerable customers have access to power during

these times.” The suspension of power disconnection due to non-payment began March 13 and will last through May 30, as smud continues to monitor the evolving situation.

Customers who are behind on payment will still owe SMUD for service, they will just not lose power at this time. Customers are encouraged to contact SMUD to make payment arrangements or to enquire about energy assistance rates and other programs.

In the midst of this Covid-19 pandemic, SMUD has taken a

number of actions to keep its employees and the community safe. As an essential service provider, SMUD is proactively minimizing risk to employees to ensure reliable electric service and is asking the public to abide by the social distancing guidelines and not approach work crews. Their safety and well-being is key to keeping our community powered, so please thank them from afar. For information about our continued efforts, please visit SMUD.org/Covid-19.

As the nation’s sixth-largest community-owned electric service provider,

SMUD has been providing low-cost, reliable electricity for almost 75 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD’s energy is about 50 percent carbon-free and is on track to deliver 100 percent net-zero carbon electricity by 2040, ahead of California’s 2045 goal. For more information, visit SMUD.org. ★

Measure A is Flying under the Radar

Commentary
by Joshua Hoover

In these times of widespread uncertainty, many people are looking to elected officials at every level for assistance and reassurance. And although cynicism tends to flow strong in our current political atmosphere, it's good to know we have some leaders right here in our community who are looking out for us and making decisions in our best interest.

As someone with experience in public service, I understand the hard choices these officials sometimes have to make. As a trustee on the Folsom Cordova Unified School District Board of Education, one of the most difficult decisions I have faced was my vote to shut down schools even though I knew it was in the best interest of the health and safety of our students. I appreciate the value, thoughtfulness, and complexity of good public leadership, and I think it is important to acknowledge when our local leaders make difficult, but correct decisions in our best interest.

On Wednesday, March 18th, the Sacramento Transportation Authority (STA) voted on Measure A, the County's new transportation expenditure plan, which conveniently includes a new sales tax increase. The measure passed on a 13-3 vote.

I am grateful to the three members who opposed

the measure: Sacramento County Supervisor Sue Frost, Citrus Heights City Councilmember Steve Miller, and Rancho Cordova City Councilmember Garrett Gatewood.

This expenditure plan has flown under the radar, and for good reason. Few residents are focused on funding for long-term transportation projects right now, and even fewer are likely to be supportive of a tax increase at a time when so many people have been plunged into sudden economic turmoil: facing unemployment, loan defaults, foreclosures, and evictions.

Frost, Miller, and Gatewood were the only STA members who seemed to recognize this. They deserve credit for showing that they actually understand their constituencies and are willing to make difficult decisions on their behalf. The pressure to expedite approval for this new plan was undoubtedly felt by all, but this is neither the time nor the place to support a tax increase. While it may have been easier to vote with the rest of the board, especially since the issue is so far removed from the public eye, I am thankful that these leaders made the right choice.

In the long run, as the public health crisis worsens and the economy continues to falter, I believe our community will look back at these three officials and

thank them for their common sense. Months from now, if residents see an uptick in prices all over the county – while their wallets are still hurting from the current downturn – we will wish that more of our local leaders had the same foresight as Sue Frost, Steve Miller, or Garrett Gatewood.

This issue isn't over yet. The County Board of Supervisors and local city councils are set to vote on the expenditure plan in the coming weeks. The Sacramento City Council has already approved it. I hope the rest of our local elected officials will follow the example set by Frost, Miller, and Gatewood. At a time when the public is understandably focused on more pressing issues, this should not be viewed as an opportunity to push through a tax increase.

We elect representatives to make important decisions on our behalf while we are occupied with our lives: running businesses, raising children, going to school. Now more than ever we should be able to rely on them to support our interests, rather than furtively passing a tax measure when our focus is averted.

There is still an opportunity for our county and cities to do right by us. They must have the foresight and common sense to understand that supporting this tax increase will only be harmful in the future. ★

Bera Votes to Provide Emergency Relief to Sac County Families and Businesses Impacted by COVID19

By Travis Horne,
Office of Representative Ami Bera

WASHINGTON, DC (MPG) - Rep. Ami Bera, M.D. (CA-07) joined Democrats and Republicans in the House of Representatives in voting for emergency relief for Sacramento County families and small businesses impacted by the novel coronavirus.

"As a doctor, I am proud to support this historic piece of legislation, which will bring urgent relief to American families and small businesses," said Rep. Bera. "Today's vote is an important step in getting our communities back to health and on a path to economic recovery. I'll continue to work with local, state, and national leaders and public health experts to ensure Sacramento County receives all the resources to keep our community safe."

Rep. Bera sent a letter to Congressional leaders on March 20, urging them to include provisions to ensure Americans stay housed and have access to shelter in this third emergency relief package.

Bera-led provisions that were included in the emergency package which passed include: A moratorium on foreclosures for all federally-backed mortgages including those covered by HUD, USDA, FHA, VA, Fannie Mae and Freddie Mac for 60 days.

A moratorium on filings for evictions for renters in homes covered by a federally-backed mortgage and for residents of federally subsidized apartments for 120 days from enactment.

\$4 billion for Emergency Solutions Grants to prevent, prepare for, and respond to coronavirus, among individuals and families who are homeless or receiving homeless assistance, and to support additional homeless assistance and homelessness prevention activities to mitigate the impacts created by coronavirus.

"I am pleased to see that my housing provisions received strong bipartisan support and will soon become law after the President's signature," said Rep. Bera. "As California already grapples with an ongoing housing and homeless crisis, it's imperative that we protect our most vulnerable community members who are at-risk of homelessness because of the coronavirus pandemic as more Americans lose access to childcare, experience loss of

income, and face emergency medical costs. Now, more than ever, housing is healthcare."

Additional provisions in the emergency package include:

A \$150 Billion State and Local Coronavirus Relief Fund: Creates a \$150 billion State and Local Coronavirus Relief Fund to provide states and localities additional resources to cope with the coronavirus pandemic. It is estimated that California will receive approximately \$15 billion in desperately needed funds to benefit our state's residents.

Expansion of Unemployment Benefits to Help Workers: Includes numerous provisions to improve unemployment benefits including providing an additional \$600 per week for the next four months, providing an additional 13 weeks of federally funded benefits for out of work individuals, and expanding eligibility to include workers in the gig economy and self-employed workers for this year.

Direct Cash Payments to Lower and Middle-Income Americans: Provides for direct cash payments to lower- and middle-income Americans of \$1,200 for each adult and \$500 for each child, beginning to phase out at an annual income of \$75,000 for an individual and \$150,000 for a household.

More Than \$375 Billion in Small Business Relief: Provides more than \$375 billion in small business relief, including \$349 billion for forgivable loans to small businesses to pay their employees and keep them on the payroll; \$17 billion for debt relief for current and new SBA borrowers; and \$10 billion in immediate disaster grants.

Approximately \$200 Billion for Our Hospitals, Health Care Workers, and Health Research: Provides an investment of about \$200 billion in our hospitals, health systems, and health research, including expanding funding for the personal protective equipment desperately needed by our health care workers, including ventilators, n95 masks, gowns, gloves, etc.

Congressman Bera has been a strong supporter of American leadership in global health. Rep. Bera chaired the first congressional hearing on the coronavirus. He is a member on the CSIS Commission on Strengthening America's Health Security, which in November 2019 made a series of recommendations to prevent pandemics. ★

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916.853.8000
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Food Court: 4 Days 11am-9:30pm
(Chinese: 11:30am-8:30pm)

To Our Valued Customers.
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 Chicken Drumsticks Piernas de Pollo 69¢ /lb	 Pork Butt Bone-In Trozo de Puerco \$1.59 /lb	 Pork Butt Boneless Trozo de Puerco \$1.99 /lb

AMERICAN/HISPANIC GROCERY

 +CRV Aquafina Water 1 Liter 99¢	 Fajon Nopalitas Tender Cactus 32 oz \$1.99	 El Mexicano Pinto Beans 15 oz \$1.99	 KIRIN ICHIBAN Ichiban Beer 12 Pk Cans 12 x 12 fl oz \$8.99	 +CRV TAX Milano Plant Crisped Oil 2 Liter \$3.99
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ASIAN GROCERY

 Souring Juice Drink 6 Pk 6 x 16.9 fl oz \$4.59	 Mediana Rice Vermicelli 2 lb \$2.99	 Rock Candy Sugar 30 oz \$1.39	 Pine Rice Soak 14 oz \$2.99	 Pure Sesame Oil 12.5 fl oz \$3.99
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EUROPEAN GROCERY

 Kikkoman Soy Sauce 10 fl oz \$12.99	 Best Tea Blend 500 gr \$10.99	 Miso Spring Potpourri Scent 1000 gr \$3.99	 McWhirter's Cookies 400 gr \$2.99	 Kinder Happy Hippo Biscuits 305 gr \$3.99
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KOREAN/JAPANESE GROCERY

 Sempio Wheat Noodles 11 lb 99¢ /EA	 Sliced Abalone Boiled in Soy 3.17 oz 4.99 /EA	 Seaweed Salad 5 oz 1.99 /EA	 Jack Tofu 2 Kinds 16 oz 99¢ /EA	 Beksal Seasoned Laver 8 Pk 8 x 1.8 oz 2.49 /EA	 Orion Choco Pie 15.66 oz 2.99 /EA
 Korean Porridge 4 Kinds 17.6 oz 5.99 /EA	 Luncheon Meat 12 oz 2.49 /EA	 Deer Antler Red Ginseng Premium 50 ml x 60 49.99 /EA	 Hi-Chew Candy Packs 5 Kinds 3.53 oz 1.49 /EA	 Yagaki Sake 1.5 Liter 4.99 /EA	 House Foods Curry 3 Kinds 7.5 oz 2.99 /EA

HOUSEWARES

 NOVEL MINI ELECTRIC RICE COOKER 1.5 C \$19.99	 HAMILTON BEACH KITCHENWARE 10 PIECES 10.5 PCS 99¢	 NOVEL ELECTRIC BBQ GRILL \$29.99	 NOVEL ELECTRIC GLASS KETTLE \$25.99
 CUCKOO ELECTRIC RICE COOKER 10.5 C \$109.99	 WATERMELON SLICE 4PCS 3.99	 DISPOSABLE BBQ GRILL 4.99	 NOVEL ELECTRIC GLASS KETTLE 1.99

FROZEN & FISH DEPT

 Cleaned Salted Rex Sole 12 oz \$3.99	 Schmalz White End Cheddar \$5.19	 Schmalz Munka Kiri \$5.99	 Schmalz Pork Butter \$4.99
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE APRIL 15 - APRIL 22, 2020.

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#RanchoCordovaInspires Celebrates Community

By **Alexxiss Diaz**,
City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - In the last few weeks, while under the state and county government orders to stay at home, Rancho Cordovans have come together to help the community by volunteering to fill needed gaps. The Rancho Cordova community has been working to stay connected and help flatten the curve to mitigate the spread of COVID-19/coronavirus.

In the past few weeks, Rancho Cordova resident, Maggie Parsons, M.D., in partnership with the Sierra Sacramento Valley Medical Society, showed how the community can remedy the surgical mask shortage for medical personnel by making and donating surgical masks. Dr. Parsons saw a need and came up with a creative solution for protecting healthcare workers.

J.J. Pfister Distilling Company and Gold River Distillery have each begun producing and selling hand sanitizer instead of their usual gin, vodka, rum and brandy. In addition to selling the hand sanitizer, they also have plans to distribute some for free to certain communities, such as the homeless.



J.J. Pfister Distilling Company and Gold River Distillery have each begun producing and selling hand sanitizer instead of their usual gin, vodka, rum and brandy. Photo courtesy of City of Rancho Cordova

Fulfilling critical healthcare needs has become essential for the community, and in response, ThermoGenesis Holdings, Inc. of Rancho Cordova announced that they are working on developing a new rapid testing kit for coronavirus. The kit is intended for professional use and would deliver results in less than 10 minutes. ThermoGenesis is working quickly to bring the COVID-19 test kits to the professional medical community in the United States.

Although the stay-at-home orders have presented complications and uncertainty during these times,

people are rallying around their skills to make a positive difference.

If you know of unique and inspiring ways Rancho Cordovans are coming together during this unprecedented time, share those stories on social media using the hashtag #RanchoCordovaInspires.

Information updated daily about COVID-19/coronavirus is at CityofRanchoCordova.org/coronavirus. Sign up to receive regular updates at CityofRanchoCordova.org/ENews and follow the city on Facebook, Instagram, Twitter and LinkedIn. ★

California State Parks Closes Additional Beaches and Parks



California State Parks
Press Release

SACRAMENTO, CA (MPG) - With Governor Gavin Newsom's stay-at home order and the critical need to help prevent the spread of COVID-19, California State Parks announced additional temporary full closures of parks. Effective at sunset on April 3, in San Diego County, Torrey Pines State Natural Reserve and the following state beaches are closed until further notice: Cardiff, Carlsbad, San Elijo, Silver Strand, South Carlsbad and Torrey Pines. In Los Angeles County, the popular Antelope Valley California Poppy Reserve State Natural Reserve (SNR) is also closed. A list of the closures can be found online at parks.ca.gov/FlattenTheCurve. The list is dynamic and is updated as needed.

To date, State Parks has temporarily closed some parks fully, meaning all vehicular access, trails and restrooms within these parks are closed. It also has closed vehicular access at all parks, including for off-highway vehicles and recreational boats; closed all campgrounds, museums and visitor centers; and cancelled all events. Some parks with vehicular closures remain open for locals provided they practice safe, physical distancing of 6 feet or more and are visiting parks near their primary residences.

Visitor guidelines

Many state parks continue to experience

visitation surges that make it impossible for the public to implement safe, physical distancing. The State of California understands the public's need to connect with the outdoors, but activities requiring travel by vehicle to destination parks or beaches are not appropriate at this time.

The public is reminded to adhere to the following guidance:

Stay home if you are sick; Stay close to home when you get outdoors. This is not the time for a road trip to a destination park or beach; Venture out only with people in your immediate household; Walk around the neighborhood and enjoy neighborhood parks; Always maintain a physical distance of 6 feet or more when recreating in the outdoors. If you cannot maintain physical distancing, leave the park; Do not congregate in parks.

State Parks will continue to monitor visitation and physical distancing at all state park units and if the safety measures implemented thus far are not sufficient to protect public health, additional measures may be taken to fully close more state parks. All Californians have the responsibility to "Flatten the COVID-19 Curve at Parks."

Virtual visits and distance learning

Instead of taking road trips to state parks during the stay at home order, State Parks invites the public to explore the nation's largest State Park System virtually. Many state parks are offering live feeds across their social media platforms, and state parks can also be explored online via Google Street View Treks. For those wishing to view the poppy blooms and other wildflowers in bloom right now at Antelope Valley California Poppy Reserve SNR, they

can view them via a Poppy Cam, which livestreams the current bloom conditions. The park is also showcasing the blooms via 360-degree views and upcoming live feeds on the park's Facebook platform.

Additionally, the award-winning Parks Online Resources for Teachers and Students (PORTS) Distance Learning Program is offering free home learning programs for families. Programs are now available between 9 a.m. to 2 p.m. PDT, Monday through Friday. Each hour focuses on a specific range of grade levels where interpreters will read books and tell stories about their parks, tour iconic museums including Hearst Castle and explore majestic redwood forests and marine protected areas.

Families can register for the home learning programs by visiting the new PORTS website www.ports-ca.us. Currently, space is limited to 500 families per program, but thanks to an established partnership with Zoom Video Communications, PORTS will be increasing the spaces available for these webinars in the coming weeks to meet the growing demand.

In addition to the free home learning program, the new PORTS website also offers 360-degree virtual tours of various state parks, online teaching tools and links to popular State Parks YouTube channels and previous broadcasts. The website is updated frequently with new material and will continue to evolve as State Parks creates online content for families and teachers.

Visit www.parks.ca.gov/newsroom for the most up-to-date information on how the department is responding to the COVID-19 pandemic. ★



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Please, be safe and stay well.

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Learn how we're helping at smud.org/Coronavirus

Powering forward. Together.





And Another Thing Social Security Matters

I Would Rather Have Gotten a Vaccine for it Like the Flu

By Bob McGarvey

It seems that everything is changing because of the coronavirus, and one of those things is a temporary modification of the services that Republic Services provides to help protect the safety and health of their employees, their customers, and our community. You should have already received a flyer during garbage pickup from Republic Services about the modifications, and here is part of that flyer. "Until further notice, we will be operating under the following guidelines: We will accept cart contents only. Drivers will not be authorized to leave their vehicle to pick up waste outside of the cart. Bulky item program and citywide cleanup programs are suspended until further notice. Curbside oil, sharps and battery collection is suspended." There is more information on the flyer you have or will receive about the temporary changes, as well as on the city's website at CityofRanchoCordova.org/coronavirus under the "Resources for Residents" page.

On April 1st, one of our long-time residents, Josie Steelman, passed away. For those who knew Josie, they knew that she was a fighter for her family, our community's kids, and our community. She will definitely be missed.

Another thing that has changed is the completion of Phase 2 of Mather

Veterans Village. The first guesstimate of when Phase 2 was to be finished was April. But unfortunately, like other plans that will be helpful to homeless veterans, it will be later this year. There are rooms in the second story of the two-story building that are much closer to being ready for veterans, but there are still details that need to be completed so we'll have wait. I will pass that information on to you as soon as it is sent to me. I am looking forward to the official grand opening, and maybe when there is a date, we will be getting back to a ribbon cutting, etc. Maybe that will be this coming fall.

Something that I guess we are all looking forward to is when we can get back to what we are used to. Many people in our country and other countries around the world think our lives will have changed too much to get back to what we think of as "normal," but we will see. All I can say for sure is that I will be glad when we can plan on getting back together for something as simple as going to a movie, or going to a park, or sitting down with others at a restaurant and can talk without having to talk about coronavirus. I would rather have gotten a vaccine for it like we do for the flu, and it's just as simple as that.

From Councilman Bob McGarvey, God bless, and we'll see you next time. ★



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: What is the Medicare monthly payment based on? I pay \$139.60, my husband pays \$144.60, a friend pays \$136.60. I receive \$388 per month in Social Security, my husband receives \$1200, and my friend receives \$1000 per month. There seems to be no rhyme or reason for the amount we pay. **Signed: Curious to Know**

Dear Curious: It may not seem so, but there is actually "rhyme or reason" to the amount of everyone's Medicare premium. I'll try to explain.

Each year Medicare determines a standard premium amount for Part B - coverage for doctors and other outpatient services. For 2020, the standard premium is \$144.60; last year it was \$135.50. Higher earners may even pay more, as a supplemental amount is added to the base Part B premium if someone's income exceeds certain high clip levels set by Medicare. In short, those with high income pay a higher (than standard) Medicare premium. The rest of us pay the base \$144.60 amount, unless the "hold harmless" provision is in play.

The "hold harmless" provision is a law passed by Congress to prevent Social Security benefit payments from decreasing as a result of an increase in the Medicare premium (most Medicare premiums are deducted from Social Security benefit payments). The disparity in premiums you refer to results from



every year, which results in many people, especially those with a smaller SS benefit amount, paying a different (smaller than base) Medicare premium amount.

Here's an example: If your husband's SS benefit is \$1200/month, he got a \$19.20 COLA increase for 2020 (1.6%). The Medicare premium for 2020 went up by \$9.10, which was taken from his COLA increase. The remaining \$10.10 of his COLA increase was added to his SS benefit amount.

If your benefit is \$388 your COLA increase was \$6.20 (1.6%). That \$6.20 COLA wasn't enough to cover the \$9.10 Medicare premium increase, but it was applied to your previous Medicare premium amount to bring you to a Medicare premium of \$139.60. Your net SS payment stayed the same because your current SS benefit cannot be used to pay for the rest of the premium increase. But \$5 of any COLA increase you get next year will go toward bringing you up to the base Medicare premium amount. While this may not fit your idea of "rhyme or reason" it is, nevertheless, based upon a well-intentioned "hold harmless" rule which protects your Social Security benefit from decreasing.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



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MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

OUR MONTHLY MEETINGS

that are held in the North Highlands Park and Recreation District on the 2nd Thursday of each month are

CANCELLED UNTIL FURTHER NOTICE.

✝ CHURCH DIRECTORY ✝

<p>CORDOVA CHURCH OF CHRIST 10577 Coloma Road • (916) 636-2200 Sunday Morning Worship 10:30am Bible classes for all ages 9:30am Nursery and Wee Worship Available during Worship Staff: Larry Stafford, Kyle Sapp, Frank Collier</p>	<p>FIRST BAPTIST CHURCH of Rancho Cordova 10720 Coloma Road • (916) 635-4672 Bible Study for All Ages 9am Sunday Morning Worship 10:30am Sunday Awana Children's Program Sunday 5-7pm (September - May) Mid-Week Prayer & Encouragement 6pm Wednesday with Pastor Tom Jones Music Director: David Black</p>
<p>NEW LIFE CENTER A-G 2451 Zinfandel Drive Rancho Cordova Lead Pastor Lance Feliciano Phone (916) 635-8287 Sunday Service is 10:30AM Wednesday night Bible 6:30pm www.newliferc.net</p>	<p>SUN RIVER CHURCH 11223 Trinity River Drive Rancho Cordova (916) 635-9000 9:00 AM Sundays : Youth and Adult classes 10:45 AM: Worship Gathering Nursery and Children's programs available at both 9:00 and 10:45 AM</p>
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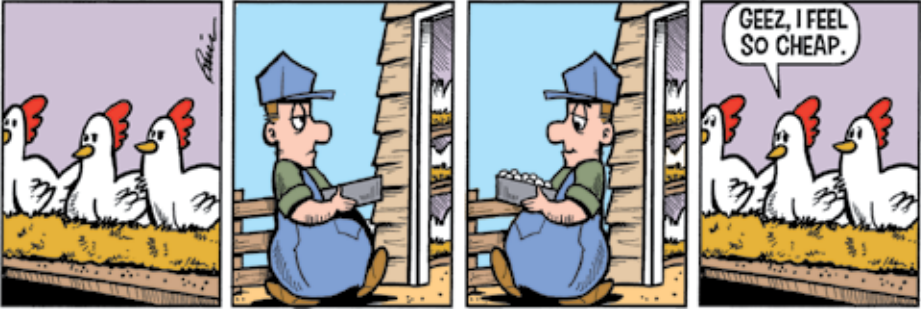
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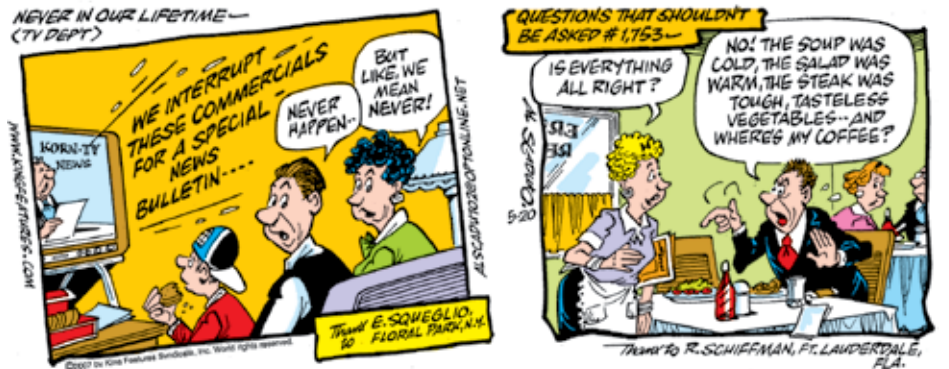
Out on a Limb

by Gary Kopervas



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



GRIN & BEAR IT

LAFF-A-DAY

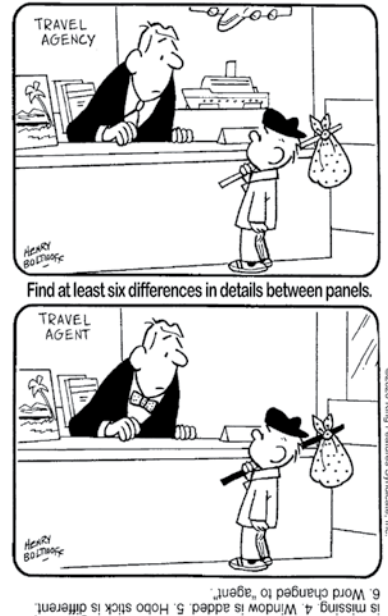
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTING



Crossword Puzzle on Page 5

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

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CLUES

ACROSS

- Spoil
- Delivery service
- Gallup's inquiry
- Madison Square Garden, e.g.
- One of the Tudors
- Pinkerton's gallery member
- Beneath, to a poet
- Bird-to-be
- Not slouching
- "Koko or Digit"
- "George or Marcel"
- Langley agency
- Can of worms
- Pine juice
- Up to the task
- Most recent
- Furnace output
- Gives a helping hand
- Veranda in Honolulu
- "European sea eagle"
- Waterwheel
- Ladder crosspiece
- "Valued for its down"
- Steelers' Chuck
- Genealogical plant?
- Treat for Dumbo
- Hoofbeat sound
- "To ___ is human"
- Jim Carrey's 1994 disguise
- Garden cultivator
- "Roger or Peter"
- "Rocket or Rascal"
- "Random" audience member
- Mozart's "L___ del Cairo"
- Resin-producing tree
- Like haunted house
- Time delay
- City in Germany
- Not a bee
- Pilot's deadline
- Not those

DOWN

- Pirates on a plank?
- Black and white treat
- "Papa or Mama"
- Clown act
- Perennial garden flower
- Iris holder
- "Babe or Wilbur"
- Fraternity letter
- Politician's barrelful
- Curved molding
- Famous Australopithecus
- "___ the wild rumpus begin!"
- Hertz offering
- Labanotation founder
- Doesn't mix well with water
- Wilma and Fred's hometown
- "Dolly"
- Eagle's nest
- "Giant or Red"
- "Simba or Elsa"
- Queen of Hearts' pastry
- Accustom
- Not so crazy
- "Detroit mascot"
- Not quite an adult
- Perfect houseplant spot
- Luau greeting
- S. E. Hinton's "___ Fish"
- Chi precursor
- Place for a square
- Furry scarf
- What's in your e-wallet?
- Actress Perlman
- Runs, as on TV
- Radar flash
- Indian music
- Yorkshire river
- Lode deposits
- Supreme Court number
- Make a seam
- Tom or Sylvester

Crossword Puzzle Solutions on Page 5

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16					17				18			
19					20			21	22			
					23			24				
25	26	27		28	29			30	31	32	33	34
35		36		37				38	39			
40					41			42		43		
44					45			46		47		
48					49			50		51		52
					53			54		55		56
57	58	59						60		61	62	63
64					65	66		67				
68					69			70				
71					72			73				

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

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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 5

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Sudoku Puzzle on Page 5

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

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Pandemic Shows Why Borders Exist

When President Donald Trump announced a restriction on travel from Europe in a mid-March Oval Office address, European Union officials erupted in outrage.

The president of the European Commission, Ursula von der Leyen, issued a joint statement with the president of the European Council, thundering, "The coronavirus is a global crisis, not limited to any continent, and it requires cooperation rather than unilateral action."

Just a few days later, von der Leyen advanced her own proposal to ban non-essential travel into the EU.

We are all restrictionists now. In the coronavirus crisis, everyone realizes the importance of borders, even the people who not long ago were ideologically hostile toward them.

Borders mark off the sovereign territory of one people from another. They are a means – if they can be enforced and defended – for a sovereign state to protect its people from invaders,

and unwelcome immigrants and goods. They are a tool almost every nation has used to try to keep the coronavirus from gaining a foothold in its population, and to try to keep it from spreading further.

The lyrics of the treacly John Lennon classic "Imagine" – recently performed by celebrities organized by actress Gal Gadot as a balm in this time of distress – have never been so absurdly inapt. If there were really no countries and the world were as one, we'd be even more vulnerable to whatever threat arises in a city in central China, or anywhere else on the globe.

Of course, travel restrictions haven't prevented the spread of the disease -- there's no such thing as an airtight seal. But restrictions at least bought governments some additional time, and openness to foreign travel from China has been an accelerant on its spread.

Such restrictions are the least of it. Italy has had trouble importing masks because European countries have been working to hold on to medical supplies, indeed to hold on to food. According to the Wall Street Journal, "German officials said their restrictions were partly designed to safeguard supplies at German supermarkets from French shoppers."

So much for a new era of European solidarity dissolving historic, centuries-old political and cultural divisions.

In a crisis, everyone realizes their foremost obligation is to their own.


Of course, Trump is naturally inclined to this view. He imposed travel restrictions even before he was truly seized with the seriousness of this crisis. The pandemic gives new credibility to his dim view of our commercial entanglement with China and, before this is all over, there will probably be bipartisan legislation to minimize our dependence on Chinese-manufactured pharmaceuticals and medical equipment.

None of this means that we shouldn't wish other countries well, help them if we can, and share research and technologies. But borders exist for a reason. All peoples have their own governments that, if they are doing their jobs, put the health, safety and welfare of their own people first.

The coronavirus has acted as a solvent on a decade or more of cliches about the arrival of a globalized world where old lines drawn on a map no longer matter. In a crisis, everyone turns to borders as a first line of defense.

Rich Lowry is editor of the National Review.

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IRS Issues Warning About Coronavirus-Related Scams

By David A. Tucker II,
Internal Revenue Service

WASHINGTON D.C. (MPG) - The Internal Revenue Service urged taxpayers to be on the lookout for a surge of calls and email phishing attempts about the Coronavirus, or COVID-19. These contacts can lead to tax-related fraud and identity theft.

"We urge people to take extra care during this period. The IRS isn't going to call you asking to verify or provide your financial information so you can get an economic impact payment or your refund faster," said IRS Commissioner Chuck Rettig. "That also applies to surprise emails that appear to be coming from the IRS. Remember, don't open them or click on attachments or links. Go to IRS.gov for the most up-to-date information."

Taxpayers should watch not only for emails but text messages, websites and social media attempts that request money or personal information.

"History has shown that criminals take every opportunity to perpetrate a fraud on unsuspecting victims, especially when a group of people is vulnerable or in a state of need," said IRS Criminal Investigation Chief Don Fort. "While you are waiting to hear about your economic impact payment, criminals are working hard to trick you into getting their hands on it. The IRS Criminal Investigation Division is working hard to find these scammers and shut them down, but in the meantime, we ask people to remain vigilant."

Don't Fall Prey to Coronavirus Tricks; Retirees Among Potential Targets

The IRS and its Criminal Investigation Division have seen a wave of new and evolving phishing schemes against taxpayers. In most cases, the IRS will deposit economic impact payments into the direct deposit account taxpayers previously provided on tax returns. Those taxpayers who have previously filed but not provided direct deposit information to the IRS will be able to provide their banking information online to a newly designed secure portal on IRS.gov in mid-April. If the IRS does not have a taxpayer's direct deposit information, a check will be mailed to the address on file. Taxpayers should not provide their direct deposit or other banking information for others to input

on their behalf into the secure portal.

The IRS also reminds retirees who don't normally have a requirement to file a tax return that no action on their part is needed to receive their \$1,200 economic impact payment. Seniors should be especially careful during this period. The IRS reminds retirees – including recipients of Forms SSA-1099 and RRB-1099 – that no one from the agency will be reaching out to them by phone, email, mail or in person asking for any kind of information to complete their economic impact payment, also sometimes referred to as rebates or stimulus payments. The IRS is sending these \$1,200 payments automatically to retirees – no additional action or information is needed on their part to receive this.

The IRS reminds taxpayers that scammers may: Emphasize the words "Stimulus Check" or "Stimulus Payment." The official term is economic impact payment; Ask the taxpayer to sign over their economic impact payment check to them; Ask by phone, email, text or social media for verification of personal and/or banking information saying that the information is needed to receive or speed up their economic impact payment; Suggest that they can get a tax refund or economic impact payment faster by working on the taxpayer's behalf. This scam could be conducted by social media or even in person; Mail the taxpayer a bogus check, perhaps in an odd amount, then tell the taxpayer to call a number or verify information online in order to cash it.

Reporting Coronavirus - Related or Other Phishing Attempts

Those who receive unsolicited emails, text messages or social media attempts to gather information that appear to be from either the IRS or an organization closely linked to the IRS, such as the Electronic Federal Tax Payment System (EFTPS), should forward it to phishing@irs.gov.

Taxpayers are encouraged not to engage potential scammers online or on the phone. Learn more about reporting suspected scams by going to the Report Phishing and Online Scams page on IRS.gov.

Official IRS information about the COVID-19 pandemic and economic impact payments can be found on the Coronavirus Tax Relief page on IRS.gov. The page is updated quickly when new information is available. ★

Worried About Your Immune System? Try These 5 Natural Remedies

Commentary by Ashley Pontius

Body aches, fever, chills and nasal congestion, common symptoms of the flu, can stop you in your tracks, leaving you bedridden for days.

"Complications arising from these illnesses can become serious," says Dr. Suhyun An (www.drshyunan.com), an expert on regenerative medicine and co-author of *Demystifying Stem Cells: A Real-Life Approach To Regenerative Medicine*.

Dr. An says there are ways to prevent the symptoms from reaching that serious point. To feel better and get back on your feet, she recommends numerous natural cold and flu remedies to alleviate your symptoms:

Vitamin C. Some studies indicate that Vitamin C can shorten the lifespan of a cold and boost your immune system. "The best way to get it is through your diet; the fresher the food, the better," Dr. An says. "Oranges, limes, lemons, grapefruits, leafy greens, and bell peppers are all good sources of vitamin C. Be careful with supplements because they can lead to upset stomach and kidney stones."

Honey. Honey has natural antiviral and antimicrobial properties. "Drinking honey in tea with lemon can ease sore throat pain," Dr. An says. "Research suggests that honey is an effective cough suppressant, too. Honey often contains Clostridium bacteria, so never give honey to a child younger than 1-year-old because infants' immune systems aren't able to fight them off."

Chicken Soup. This popular cold and flu remedy helps because hot liquids reduce mucus buildup and keep you hydrated. "Chicken soup, in particular, has anti-inflammatory properties, which help reduce a cold's unpleasant side effects," Dr. An says. "Keep

some in the freezer or even canned for flu season. It's quick to prepare that way and soothing to eat."

Aromas. "When you have congestion from the flu, applying camphor or menthol salve around your nose can help break up mucus," Dr. An says. "Aromatherapy oils, such as peppermint and eucalyptus, can have a similar effect. Also, vapor rub can reduce cold symptoms, especially in children older than 2 years. It helps open air passages to combat congestion, reduce coughing, and improve sleep. It's a good alternative to over-the-counter cold medicines in young children because of unwanted side effects."

Probiotics. These are friendly bacteria and yeast found in the body, some foods, and supplements. "They can help keep your gut and immune system healthy, and they may reduce your chance of getting sick with an upper respiratory infection," Dr. An says. "For a delicious and nutritious source of helpful bacteria, include probiotic yogurt in your diet."

"Colds and the flu are threats to us every year, but they don't have to get us down for long," Dr. An says. "Natural home remedies can reduce symptoms so you can be more comfortable and get the rest you need to get better faster."

Dr. Suhyun An (www.drshyunan.com) is the clinic director at Campbell Medical Group in Houston and an expert on regenerative medicine. She is co-author of *Demystifying Stem Cells: A Real-Life Approach To Regenerative Medicine* and travels the nation speaking on those topics. Dr. An received a BS in Biochemistry and Biophysical Science from the University of Houston, graduated cum laude from Parker College of Chiropractic, and got her master's in nursing science from Samford University. ★

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CHEERS & JEERS

By Damian Holbrook

Cheers to Top Chef

for firing up a well-seasoned All Stars edition. With the endless buffet of bad world news, there is no better palate cleanser than watching *Chef* vets like Bryan Voltaggio and Lee Anne Wong resharpen their culinary chops.

Cheers to Westworld

for closing the park. Season 3 of HBO's cyborg drama has left behind the demented playground for robot fans to give us an action-packed reboot in which former "host" Dolores (Evan Rachel Wood) has finally tapped in to her inner Terminator.

We'll be back, for sure.

Jeers to Bull

for charging ahead with an ill-advised storyline. Days into the coronavirus pandemic, the CBS procedural ran an episode that saw trial consultant Jason Bull (Michael Weatherly, pictured) help defend a doctor linked to a series of anthrax attacks on New York. Nobody would have called bull if y'all had run a repeat instead.

Jeers to This is Us

I for rehashing Jack's death. Again. After two sob-filled seasons teasing, and then finally revealing, how Papa Pearson (Milo Ventimiglia, pictured)



Jason Bull (Michael Weatherly, pictured) help defend a doctor linked to a series of anthrax attacks on New York.

met his maker, NBC's top-tear, uh, top-tier drama went back in time once more for a "What if?" hour about his kids growing up with dad still around. What's next, Ghost Jack? ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

What Happened To Kate And Toby In The *This Is Us* Finale?

Question: In the *This Is Us* season finale, Kate and Toby were not present at the birth of their grandchild. Your thoughts? – Mel

Matt Roush: I'm conditioned by now to accept the fact that these flash-forwards tease out the information slowly, so I'm betting there's a reason the older versions of Kate and Toby weren't depicted in

that scene. I imagine the more we learn about the adult version of Baby Jack, we'll discover more about how Future Kate and Toby fit into his life.

Question: How do you think the coronavirus will affect renewals? Popular shows already had multiple seasons picked up, but what about some of the newer shows, like *Zoey's Extraordinary Playlist*. – Marissa

Matt Roush: It's

obviously an uncertain time for the industry (and everywhere else). There is a school of thought that anything that's currently on the air and with any sort of media and fan support stands a better chance than usual of getting picked up because so much else is in limbo. If you're a fan of *Zoey* (as I clearly am, if you've been reading my weekly updates), it probably wouldn't hurt to reach out pro-actively to NBC via social media or however you choose to communicate. Of all the midseason shows I've sampled, *Zoey* is the one I'm most keen to see given a chance to grow.

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

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