



Does A Medicare Supplement Have A PPO Network?
PAGE 10

COVID-19 Update: SacRT Bus Riders Must Board Through Rear Door
PAGE 3



Citrus Heights Messenger

VOLUME 10 • ISSUE 16

Serving the City of Citrus Heights & Sacramento County

APRIL 17, 2020

SEE INSIDE

IRS ISSUES WARNING ABOUT CORONAVIRUS - RELATED SCAMS



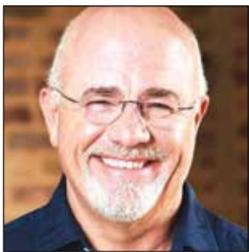
PAGE 9

CA STATE PARKS CLOSES ADDITIONAL BEACHES AND PARKS



PAGE 3

RESPONSIBILITIES COME FIRST
By Dave Ramsey



PAGE 10



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PRESORTED STD.
US POSTAGE
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PERMIT 350
Carmichael, CA

Change Service Requested

City Defines Planning Goals for Sylvan Corner Property



The property, the former site of the old Sylvan Middle School, is located at the corner of Sylvan Rd. and Auburn Blvd. Photo by Patrick Larenas

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Due to the COVID-19 pandemic, the April 9 Citrus Heights City Council meeting was held via teleconference in adherence with California's social distancing requirements. City Manager Chris Boyd provided the Council with an update on the City's response to the crisis: "Our community and staff are doing as well as can be expected during this unprecedented time. ... I want to thank our staff for doing an amazing job of transitioning very quickly and providing our services as we always have, albeit in a different way." Boyd also thanked the Citrus Heights Police Department for their work "out there on the front line ... leading the way" for the community.

Boyd said that the federal government's Families First Coronavirus Response Act includes language that

bars governmental institutions from receiving the tax credits awarded to the private sector for providing paid sick leave and paid emergency family leave: "While the federal government has taken steps to provide resources to families affected by the virus, it has resulted in unfunded mandates for Citrus Heights." Boyd said that numerous members in the House of Representatives are promoting a bill to repeal that language, and the City of Citrus Heights is supporting that effort.

The City is also supporting HR 6467, the Coronavirus Community Relief Act, which would provide \$250 billion in funding directly to cities with populations less than 500,000. Boyd said that direct relief has already been provided for cities with larger populations throughout the country. "All the rest of us cities really need relief," said Boyd. "Budgetary impacts for us will be severe. We're still assessing the

extent of the impact." So, the City is focusing on advocacy to support the national relief package.

Boyd closed his report on a hopeful note: "Our community is doing well." He commended "everyone for the work they're doing together to make sure we're going to beat this thing and get past this crisis as quickly as possible."

The Council then considered Planning Goals for the Sylvan 40 property, which the City purchased last year. The property, the former site of the old Sylvan Middle School, is located at the corner of Sylvan Rd. and Auburn Blvd. Mayor Jeff Slowey explained: "We bought the property so we could, long term, be able to control - pick and choose, if you will - what development went there, but it is not the goal of the City to continue to own that property. Our goal is to put this out for development proposals to

Continued on page 5

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, financial 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. ★

WE SUPPORT OUR MILITARY

KP International MARKET
10971 Olson Drive
Rancho Cordova, CA 95670
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Market - 3 Days: 8am - 10pm
Food Court - 3 Days: 11am - 8:30pm
(Chinese: 11:30am - 8:30pm)

To Our Valued Customers.
We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor "social distancing" and be patient in your shopping experience and courteous to all in the store.
THANK YOU for shopping at KP International Market.

FROZEN & FISH DEPT

Blue Mussels
REG. \$3.99/EA
\$1.99/ea
Cooked Whole Blue Mussels 1 lb (16 oz)

Breaded Calamari Rings
REG. \$16.99/EA
\$10.99/ea
Breaded Calamari Rings 2 lb (32 oz)

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

Bonus Buy New York Steak-Balls **\$4.99**

USDA CHOICE Beef New York Roast - Boneless Asado de Res Estilo Nueva York sin Hueso **\$4.79**

USDA CHOICE Beef London Broil & Top Round Roast - Boneless Pulpa Para Hornear 1/lb Roast sin Hueso **\$3.99**

USDA CHOICE Beef Top Round Steak & Pulpa Steak Thin Sliced Pulpa Para Hornear Steak sin Hueso **\$4.39**

Tyson Chicken Drumsticks **69¢** Piernas de Pollo

OTIMEL Pork Butt Bone-In Trozo de Puerco 1/lb con Hueso **\$1.59**

SEABOARD Pork Butt Boneless Trozo de Puerco 1/lb sin Hueso **\$1.99**

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 21, 2020.

AMERICAN/HISPANIC GROCERY

99¢ +CRV Aquafina Water 1 Liter

\$1.99 Fusion Nopalitos Tender Cactus 32 oz

\$1.99 El Mexicano Pinto Beans 15 oz

\$8.99 Kirin Ichiban Ichiban Beer 12 Pk Cans 12 x 12.11 oz

\$3.99 Milano Plus Crispbread Oil 2 Liter

ASIAN GROCERY

\$4.59 6 Pack Soybean Juice Drink 6 Pk 6 x 16.9 fl oz

\$2.99 Medium Rice Vermicelli 2.5 lb

\$1.39 Rock Candy Sugar 16 oz

\$2.99 Double Happiness Beans

\$3.99 Pom. Sesame Oil 12.5 fl oz

EUROPEAN GROCERY

\$12.99 Elchano Sella Peribonita Beans 10 lb

\$10.99 Best Tea Blend 500 gr

\$3.99 Mini Spring Potatoes 3000 gr

\$2.99 McVitie's Digestives Cookies 400 gr

\$3.99 Kinder Happy Hippo Biscuits 105 gr

KOREAN/JAPANESE GROCERY

99¢ Sempio Wheat Noodles 11 lb

4.99 Sliced Abamime Boiled in Soy 3.17 oz

1.99 Seaweed Salad 5 oz

99¢ Jack Tofu 2 Kinds 16 oz

2.49 Beksul Seasoned Laver 8 Pk 8 x 18 oz

2.99 Orion Choco Pie 15.66 oz

5.99 Korean Porridge 4 Kinds 17.6 oz

2.49 Luncheon Meat Pork 12 oz

4.99 Deer Antler Red Ginseng Premium 50 ml x 60

1.49 Hi-Chew Candy Packs 5 Kinds 3.53 oz

4.99 Yaejaki Sake 1.5 Liters

2.99 House Foods Curry 3 Kinds 7.5 oz

HOUSEWARES

NOVEL MINI ELECTRIC RICE COOKER 1.5 C **\$19.99**

HAMILTON BEACH KITCHENWARE KIT CHINA, UTENSILS & PCS **99¢**

NOVEL ELECTRIC BBQ GRILL **\$29.99**

NOVEL ELECTRIC GLASS KETTLE **\$25.99**

CUCUDDO ELECTRIC RICE COOKER - HIGH-STICK COOKING POWER POT **\$109.99**

WATERMELON SQUEEZER **3.99**

PORTABLE WINE COOLER **3.99**

BBO **4.99**

RESPONSIBLE WINE COOLER **1.99**

NOVEL ONE TOUCH WASH TUB **6.99**

FROZEN & FISH DEPT

\$3.99 Cleaned/ Salted Rex Sole 12 oz

EUROPEAN DELI

\$5.19 Schmalz's White Head Cheese

\$5.99 Schmalz's Mulacha Kir-Bocuy

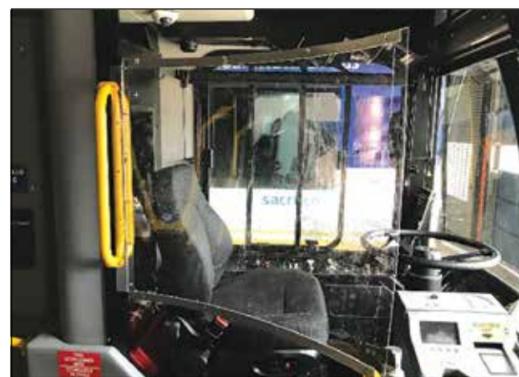
\$4.99 Schmalz's Pork Butta

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 21, 2020.

COVID-19 Update: SacRT Bus Riders Must Board Through Rear Door



Above: A detachable chain barrier is used to reduce exposure between passengers and drivers. Right: SacRT is currently installing a protective plexi-glass barrier on each bus by the driver's seat. Photos: SacRT



By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG)

The Sacramento Regional Transit District's (SacRT) number one priority is the safety of our customers and employees. To help reduce the spread of COVID-19, SacRT is transitioning to rear door boarding effective immediately. Passengers requiring ADA ramps, utilizing mobility devices or need priority seating may continue to use the front door for boarding.

For riders paying cash or with a paper ticket, they can pay their fare by depositing it in the metal box located above the front wheel-well and pick up a paper daily pass or transfer near the box after payment is made. For Connect Card users, they can tap their card at the Connect

Card reader located on the yellow pole. ZipPass mobile fare app users just need to show their active screen to the bus operator while standing behind the white line, which is located on the floor approximately four feet from the bus operator.

SacRT is reminding riders to practice social distancing when riding bus and light rail vehicles by staying at least six feet away from other riders and operators when possible. To protect operators, SacRT is currently installing a protective plexi-glass barrier on each bus by the driver's seat and adding a detachable chain barrier above the white line

to further reduce exposure.

SacRT has been deemed an essential service during the COVID-19 pandemic. This means we continue to serve those who rely on public transit for vital access to resources, health-care and employment. While we are happy to report that no SacRT employee has tested positive for COVID-19, implementing rear door boarding is an important precaution to help keep everyone safe.

We encourage customers and the public to stay informed of SacRT updates by checking our COVID-19 page at sacrt.com/covid19 ★

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. ★

Emergency Blood Drive Seeks Donors

By DeAun Deckwa, Citrus Heights Stake Communications Committee

CITRUS HEIGHTS, CA (MPG) - The nation's blood supply requires a steady supply of donations. This supply has been drastically reduced (by about 200,000 donations) due to implementing social distancing and the cancellation of blood drives due to the COVID-19 outbreak. We are asking for your help to join an emergency blood drive. This is authorized as an "essential service" which contributes to the public health of

our nation.

Significant steps are being taken to facilitate safe blood donation during the COVID-19 pandemic:

An appointment is required in order to manage the flow of donors to meet social distancing practices; Donors must be healthy and feeling well at the time of donation. Donating blood does not impact or weaken the immune system; All donors will have their temperature taken before being permitted into the donor area. If a donor has a temperature greater than 99.5°F they will be asked to

donate another time instead; Donor beds will be sanitized between each and every donor; Staff will wear gloves throughout the entire blood drive, changing gloves between each donor.

Donors will receive a limited-edition blood donor T-shirt.

Donating blood is a safe process and people should not hesitate to give or receive blood. If you are healthy and feeling well, please make an appointment to donate by visiting the website above.

Thank you for helping save lives through your donation. ★

When: Thursday, April 23
12:30 PM-6:00 PM
BY APPOINTMENT ONLY
No walk-ins.

Where: The Church of Jesus Christ of Latter-day Saints
7009 Van Maren Lane
Citrus Heights, CA 95621

Schedule your appointment at
<https://donors.vitalant.org/dwp/portal/dwa/appointment>

Please, be safe and stay well.

Your health, well-being and safety is our top priority.

As we navigate through the COVID-19 pandemic together, we want to assure you we'll continue to deliver safe, reliable power and work with you on flexible payment arrangements and energy assistance rates during these difficult times.

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

Powering forward. Together.





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 clichés 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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Crime Reports



Citrus Heights Police Report

April 6th
April 10th

- 04/6/2020** • Time: 5:45 PM • IR Number: 12002962
Crime: **459 PC: Burglary - Residential**
Location Type: Apt/Condo/Duplex • Public Address: 71xx La Salida Del Sol Ln
Agency: Citrus Heights Police Department
- 04/6/2020** • Time: 7:30 PM • IR Number: 12003042
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Street/Highway • Public Address: 59xx Desiree Ct
Agency: Citrus Heights Police Department
- 04/6/2020** • Time: 3:55 AM • IR Number: 12002982
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**
Location Type: House (Includes Driveway) • Public Address: 80xx Oak Av
Agency: Citrus Heights Police Department
- 04/6/2020** • Time: 11:00 PM • IR Number: 12002970
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Parking Lot • Public Address: 73xx Huntington Square Ln
Agency: Citrus Heights Police Department
- 04/7/2020** • Time: 9:15 AM • IR Number: 12002955
Crime: **211 PC: Robbery**
Location Type: Convenience Store • Public Address: 61xx Greenback Ln
Agency: Sacramento County Sheriff's Department (CA)
- 04/8/2020** • Time: 9:45 PM • IR Number: 2020-0117186
Crime: **PC 459: Burglary-Commercial**
Location Type: School/College • Public Address: 98XX Fair Oaks Blvd
Agency: Sacramento County Sheriff's Department
- 04/8/2020** • Time: 3:00 PM • IR Number: 12003006
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**
Location Type: House (Includes Driveway) • Public Address: 62xx Carlow Dr
Agency: Citrus Heights Police Department
- 04/9/2020** • Time: 2:43 AM • IR Number: 12002999
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Street/Highway • Public Address: 76xx Muschetto Ct
Agency: Citrus Heights Police Department
- 04/10/2020** • Time: 4:00 AM • IR Number: 12003012
Crime: **459 PC: Burglary - Commercial**
Location Type: Other Public Premise • Public Address: 59xx Auburn
Agency: Citrus Heights Police Department
- 04/10/2020** • Time: 4:20 AM • IR Number: 2020-0118489
Crime: **PC 459: Burglary-Commercial**
Location Type: Restaurant/fast food • Public Address: 66XX Madison Ave.
Agency: Sacramento County Sheriff's Department (CA)
- 04/10/2020** • Time: 4:20 AM • IR Number: 2020-0118489
Crime: **PC 459: Burglary-Commercial**
Location Type: Restaurant/fast food • Public Address: 66XX Madison Ave.
Agency: Sacramento County Sheriff's Department (CA)

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City Defines Planning Goals for Sylvan Property

Continued from page 1

come in." The City plans to sell the property to a developer who will carry out the City's vision for the site.

The City wants future development of the 11-acre property to be financially feasible and provide long-term fiscal benefits to the city while serving as a catalyst for the enhancement of Sylvan Corners and the revitalization of the Auburn Blvd. corridor. The Planning Goals, including specific design and concept plans, will be shared with potential developers when the property is put on the market. Staff anticipates the property will be listed for at least 90 days so interested developers have time to submit their proposals.

Meeting the Planning Goals is, of course, contingent on developer interest and project viability. The City's consultant, Jim Simon with RSG, completed market research evaluating the construction trends, current rental and sale rates of the surrounding housing market, and demographics for the area.

RSG's research found a strong labor force and steady employment rates within Citrus Heights and the surrounding area. There has been significant population growth in the greater Sacramento Region, but Citrus Heights' population growth has been slower since much of the City is already built out. As a result, Citrus Heights has the lowest residential vacancy rate in the area.

The City still needs to conduct feasibility studies to determine the preferred concept, but market research shows that the Sylvan 40 site can accommodate a variety of development options, such as commercial offices, single-family and/or multi-family

residential, and mixed-use. The concept plans also include a small area for retail, but the City wants to limit the retail section to encourage buildout of the nearby Stock Ranch project and to stimulate existing retail spaces in the area.

The Sylvan 40 property is adjacent to Sylvan Cemetery, which has expressed interest in purchasing a portion of the property for future expansion needs. The Cemetery District initially asked for two acres, but Councilmembers reached a consensus at the April 9 meeting that they are not willing to sell more than one acre to the District. Councilmembers voiced concern that selling more than an acre would limit the development opportunities for the site.

The current COVID-19 pandemic adds some uncertainty to the project, since it could impact real estate development long term. The health crisis has already resulted in job losses, business closures, and a global slowdown of economic activity. With no way to know how long the pandemic will last, it is difficult to predict the long-term economic impacts. It is possible that real estate, construction, investment, and development could be affected locally, but the extent and severity are currently unknown.

The City Council unanimously approved a resolution approving the Sylvan 40 Planning Goals. They also approved resolutions authorizing staff to meet with the Cemetery District to discuss the possibility of a one-acre sale and to continue exploring market interest in the property. ★



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Every Dilemma Has a Silver Blessing

By Rev. James L. Snyder

For the last several weeks, the Gracious Mistress of the Parsonage and myself have been enjoying some quiet time in our parsonage.

I did not know what a wonderful time it was until yesterday as my wife and I was enjoying our supper together. Usually, throughout the week, we spend quite a bit of time at a restaurant because of our schedule. It is not often that we can spend a whole week having our meals together.

Enjoying home-cooked meals is one of the great pleasures of being married to someone who knows how to cook. If the cooking were left up to me, it would be a completely different story. The truth is, it is not up to me and I say a grateful, hallelujah!

Experiencing this solitude has brought many blessings.

As I was enjoying the home cook supper the other night, I began to appreciate what a wonderful cook my wife is. For the last several days, she has cooked breakfast, lunch, and dinner. I have eaten her breakfast, lunch, and dinner with a great deal of delight.

After supper that night, which was absolutely delicious, I had a very frightening thought. I am not sure I am over it yet.

The thought was that whenever we go out to eat at a local restaurant, I'm always the one who tips the waitress. I always make sure I am generous with my tip. My philosophy is simply this, the thing that stands between the kitchen and me is that waitress, and I better be able to trust her.

Now, the thought tumbling through my mind is, am I supposed to tip my wife for supper tonight?

It is not that I am not generous. It is that I do not know how to manage this tipping business at home.

And the reason is, I made a slip of the tongue right after supper that night when I said to my wife, "This is a \$1 million meal for sure."

How in the world do you tip a \$1 million meal?

As I was ruminating this through my mind, my wife sat down in the living room with me and said, "Did you really mean it was a \$1 million meal?"

Throughout life, I have learned one basic fact. If I don't say what I think I can't get into trouble. Am I in trouble now?

If I would sell all my assets, I know I could not come anywhere near the tip due for a \$1 million meal.

Not knowing what to do, I said with the most gracious smile I could paint on my face, "Yes, my dear. It certainly was a \$1 million meal, in my opinion."

"Well," she said, "that complement is worth \$1 million to me."

I sighed a very deep sigh and realized I had actually tipped her more than I would tip the waitress at the restaurant. Life just can't get any better than that.

As we exchanged smiles, I couldn't help but think of something the apostle Paul said, "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful" (Colossians 3:15).

I believe it's true that you cannot put a price tag on a thankful spirit.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. Web site is www.jamesnsnyderministries.com. ★



Pastor Ray's Encouraging Words

Ask God for Healing

16:23-24 (NCV) Let me give you a few tips when you pray...

Remember Jesus wants you to ask! That gives you confidence, knowing that Jesus wants you to ask. It's his idea. And if He wants you to ask, **that means He wants to answer!**

Sometimes, we're not sure if we should ask for something or not. But he wants you to ask. Why? Because that's the only way you're going to learn how to trust Him. Because when you ask Him, He's going to answer and you're going to see answers to prayer! If you're not asking God for anything, you're not learning how to trust Him. If you're not asking Him, you're not trusting Him.

Further, Jesus says **you can ask for anything.** God doesn't say "I'll give you everything." Big difference between anything and everything. Does that make sense? Jesus says, "I don't want you worrying about whether you should ask or not, like, is this okay to pray for or not?" He says, "You can pray

for anything; then I'll figure out whether it's a good idea or not."

Here's another tip of how to pray for healing; **get other people to pray with you.** During this virus crisis, you don't have to be together with them physically. You can call someone. They can pray with you over the phone. Jesus said, "I tell you, if just two of you on earth agree together about anything you ask for, it will be done for you..." (Matthew 18:19). He says, "You only need two." You, plus one.

Pray, then expect an answer! God wouldn't tell you to pray unless He wanted to answer you. In James 5, it says, "The prayer offered in faith will make the sick person well." That includes you. That includes our nation and world.

Will you pray with me every day, until this crisis is over? That God will heal and restore our land, our nation, and world. In Jesus name.

Pastor Ray
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Endure The Trials Of Life!

that is certain to come in the end. Scripture puts it this way. "Therefore, do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed, day by day. For our light and momentary troubles are achieving for us an eternal glory, that far outweighs them all. So, we fix our eyes not on what is seen. For what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4: 16-18)

Someone is always watching how we face the difficulties of our life. If they are an unbeliever the way in which we handle our troubles and trials may speak volumes about our true faith in God. We need to think more about others and their need to know and experience God's love in their lives, instead of always complaining and talking about our self. Our life focus must be on Christ and other's needs and should never be based

on us or all our troubles and trials.

When we have our eyes truly focused on God's will for us and His plan for our eternity, our troubles and trials will disappear and we know that God is in complete control. His love, shed blood, grace and mercy cover us. God will bring peace and victory into our lives. The focus must be on a loving great Almighty God who is healing, delivering, transforming, forgiving, answering our prayers and helping us in our journey to overcome, experience and find VICTORY IN CHRIST JESUS -- BRINGING HIM ALL HONOR AND GLORY!

Marlys Johnsen Norris Christian Author, Stephen's Minister, Speaker, Memoir and Legacy Teacher
Marlysjn@gmail.com
PO Box 114, Orangevale, CA95662 ★

By Marlys Johnsen Norris, Christian Author

Our Christian walk begins but it will take living a lifetime! We have no idea about all the things we must face in our lives to bring meaning, purpose and blessing into it. When the troubles and trials come our way, we do not have to face them alone. **God is with us!** Because we know He is with us we should "never give up" because out of every one of the troubles and trials will come God's immeasurable blessings of hope and answered prayers. Plus renewed understanding of the faith in Almighty God we have been given.

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Subscription rate is \$42 per year in Citrus Heights. Citrus Heights Messenger is published weekly. Call (916) 773-1111 for more information.

Publisher, Paul V. Scholl
Citrus Heights Messenger is a member of Messenger Publishing Group
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WEEKLY COMICS

Amber Waves

by Dave T. Phipps



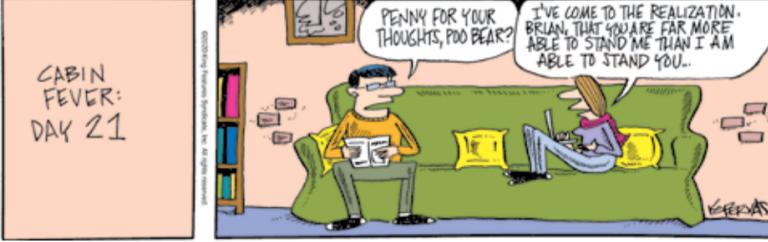
The Spats

by Jeff Pickering



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



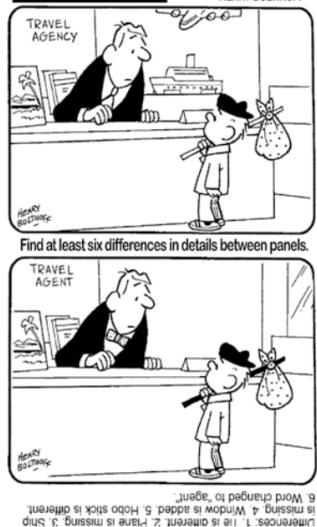
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTING



Crossword Puzzle on Page 7

G	O	B	A	D		U	P	S		P	O	L	L						
A	R	E	N	A		V	I			R	O	G	U	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					
E	I	D	E	R		N	O	L	L		T	R	E	E					
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 7

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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Sudoku Puzzle on Page 7

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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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

Solutions on Page 7

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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.drsohyunan.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.drsohyunan.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. ★

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 sharpen 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? ★

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 ★

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

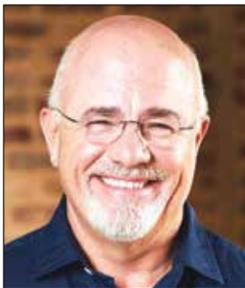
Question: In the *This Is Us* season finale, Kate and Toby were not present at the birth of their grandchild. Your thoughts? – Mel

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



Dave Ramsey Says

Responsibilities Come First

Dear Dave,

My husband runs a small business that has never done very well. We have three kids, and I make \$55,000 annually in my job. Part of what I make has been going into the business for over a year to help keep it afloat, and we don't have a lot of money in savings. What do you think we should do?

—Stephanie

Dear Stephanie,

If you're putting other money into a business account, that's a pretty good sign you're not making money in the business. You and your husband need to sit down together, and do a household budget and a profit and loss statement on the business. You've got to get on the same page financially.

Put all his business expenses on the profit and loss statement in detail, and write out what it would take for him to break even each

month. But honestly, with everything that's been going on with your finances, if he's not at least breaking even at this point, then it's time for him to do something else for a living full-time.

I'm an entrepreneur and business owner. Trust me, I totally understand the allure and excitement that goes with running your own business. But your own household and its immediate financial responsibilities come first. The only money that should go into the business account is income the business creates.

—Dave

No Free Passes

Dear Dave,

I own a small business, and recently a relative asked for a job with the company. I hate to say this, but I've got reservations about hiring her. She's basically a good kid, but not the most reliable person in the world. Do you have any advice on how to handle a situation like this?

—Bill

Dear Bill,

As an entrepreneur, you have the right and responsibility to do what's best for your company. That means

you shouldn't hire anyone who isn't a good fit – even a relative.

If a relative is qualified, and the kind of person who understands they'll have to bring it every single day, performing at a level equal to or above your other team members, that can be a special and rewarding thing. But if that relative is the kind of person who expects special treatment or is a problem child, that kind of situation can be a nightmare for you, your company, and the whole family.

Would you hire this person because they'd make a good team member? Would you hire this person if they weren't part of the family? If the answer to either of these questions is no, don't hire them. It's as simple as that.

The bottom line is you have to do what's best for your business, your immediate family, and your team.

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Ask Toni

Does A Medicare Supplement Have A PPO Network?



Dear Toni:

I am turning 65 in July and my husband is retiring January 2021. Both of us are covered by his company health plan.

I am being bombarded by Medicare marketing material regarding different types of Medicare plans that are either HMO or PPO. Friends have told me that a PPO plan is the same as a Medicare Supplement because if your doctor is not in the network, then you can go out of network. With my husband and I visiting doctors in a certain hospital network, it is vital that we keep our doctors. Please explain as I do not want to make a serious mistake in choosing the right type of plan for our Medicare needs. Thanks, Josie from Tampa, Florida

Josie:

You were given WRONG information! Medicare Supplements and Medicare Advantage PPO plans which your friends are referring to are completely different types of Medicare policies.

With a Medicare Supplement, there is NOT a NETWORK of any kind; you have the freedom to use any healthcare provider/facility that accept Medicare assignment or will bill Medicare. The

Medicare Supplement will pay for your Medicare out of pocket that Medicare Parts A (In-Patient Hospital) and B (Medical) will not pay for.

With a Medicare Advantage PPO plan, there are lower cost in-network providers or facilities as well as out of network benefits that will cost you more. Many highly marketed Medicare Advantage PPO plans may have \$6,700 in-network out of pocket and a maximum of \$10,000 for out of network out of pocket.

Many never realize that they may have an out of network provider or facility for their medical claim, but in these current times many healthcare providers/facilities are out of network participants.

Below are some of the differences in the two types plans:

Medicare Supplement:

- 1) A Medicare Supplement works directly with "Original Medicare". Medicare pays its share of the Medicare-approved amount for "medically necessary" covered healthcare costs.
- 2) Your Medicare supplement will pay its share. You chose which doctor, hospital, home health agency, skilled nursing facility, etc. that accepts Medicare assignment for your healthcare. You and your healthcare provider are in control of your healthcare.
- 3) Medicare Supplement has a monthly premium that may increase each year.
- 4) Medicare Part D Prescription Drug plan is not included, and you will

pay separately for a "Stand alone" Medicare (Part D) Prescription drug plan.

Medicare Advantage PPO/HMO Plan:

- 1) To qualify for any Medicare Advantage plan: a) You must be enrolled in both Medicare Parts A & B. b) Live in the service area 6 months out of a year. c) Not have end stage renal disease (kidney dialysis)
- 2) When you go to the doctor, hospital or visit your pharmacist, you must only use your Medicare Advantage insurance card.
- 3) A Medicare Advantage Plan must provide all your Part A and Part B benefits and some Medicare Advantage Plans have Part D prescription drug plans included. Also, has "extra" benefits such as gym membership, etc.
- 4) Healthcare facilities/providers, like MD Anderson accept few Medicare Advantage plans and are generally out of network. Josie talk to your provider's office to verify if they accept the Medicare Advantage Plan which you want to enroll in or if that office prefers "Original Medicare with a Medicare Supplement."

Toni King, author of the *Medicare Survival Guide® Advanced edition*, which is a simple guide that puts Medicare in people terms, is having a \$5 Toni Says® readers discount at www.tonisays.com. If you have any questions regarding this article or any Medicare issues reach out to Toni at 832-519-8664 or email at info@tonisays.com. ★

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<p>9 LIVES CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family 37¢</p> <p>Effective 4/15/20 - 4/21/20</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD</p> <p>All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family ON SALE Everyday</p> <p>Effective 4/15/20 - 4/21/20</p>	<p>JONNY CAT PREMIUM CAT LITTER</p> <p>20 Lb Bag •Regular •Multiple Cat Formula</p> <p>Limit 2 Bags Per Family \$3.79</p> <p>Effective 4/15/20 - 4/21/20</p>	<p>FRESH STEP SCOOPABLE CAT LITTER</p> <p>42 Lb Bag</p> <p>Limit 2 Bags Per Family \$14.99</p> <p>Effective 4/15/20 - 4/21/20</p>

<p>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES Limit 2 Bags \$10 OFF</p> <p>•Multi Protein •Chicken Meal & Rice •Lrg Breed 44 Lb. (Multi Protein, Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb Bag) OUR REGULAR LOW PRICES</p>	<p>Market Fresh Recipe FUSSIE CAT PREMIUM DRY CAT FOOD As Marked 20% OFF</p> <p>•Chicken & Turkey •Salmon & Chicken •Salmon 2 Lb, 4 Lb, 10 Lb bag OUR REGULAR LOW PRICES</p>	<p>WILDERNESS DRY CAT FOOD As Marked \$6 OFF</p> <p>•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags OUR REGULAR LOW PRICES</p>	<p>CHICKEN SOUP FOR THE SOUL DRY DOG FOOD As Marked 20% OFF</p> <p>•Adult •Large Breed •Mature •Weight Care 28 Lb Bag Limit 2 Bags OUR SUPER LOW PRICES</p>	<p>SOLID GOLD CANNED CAT FOOD Including •Perfect Pairings Cups •Helistic Delights Pouches 2.75 Oz - 6 Oz Can As Marked 10% OFF</p> <p>OUR REGULAR LOW PRICES</p>	<p>20 Lb Bag Limit 2 Bags FELINE PINE HEALTHY CAT LITTER \$7.99</p>
<p>CAREFRESH PET BEDDING 60 Liter (Ultra Not Included) \$14.99</p>	<p>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD (Ultra Small Breed Adult \$27.99) 15 Lb bag Limit 2 Bags Lamb & Rice (Regular & Small Bites) \$23.99</p> <p>•Adult •Senior •Small Breed \$22.99</p>	<p>20 Lb Box Limit 2 Boxes Cat Attract PRECIOUS CAT CAT LITTER \$12.99 Touch of Outdoors \$7.99</p>	<p>24-30 Lb Bag WELLNESS DRY DOG FOOD (3 Free Wellness 12.5 Oz Can Dog Food w/ Each Purchase) •Chicken •Senior •Healthy Weight •Grain Free Adult \$53.99 •Grain Free Lamb •Grain Free White Fish \$56.99</p>	<p>Market Select 2.75 Oz Cup Limit 2 Cases MEOW MIX CAT FOOD 53¢</p>	<p>•Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD \$7 OFF</p> <p>OUR REGULAR LOW PRICES</p>

<p>ASPEN PETMATE PET BEDDING All Varieties, Including Self Warming Bedding 20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>HAGEN, FLUVAL FILTER SALE</p> <table style="width: 100%; font-size: small;"> <tr> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> </tr> <tr> <td>107...25 GAL.....</td> <td>\$87.99</td> <td>307...70 GAL...</td> <td>\$132.99</td> </tr> <tr> <td>207...40 GAL.....</td> <td>\$99.99</td> <td>407...100 GAL...</td> <td>\$169.99</td> </tr> </table>	MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE	107...25 GAL.....	\$87.99	307...70 GAL...	\$132.99	207...40 GAL.....	\$99.99	407...100 GAL...	\$169.99
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<p>TRUE CHEWS PREMIUM JERKY CUTS All Varieties \$7.99</p> <p>100% Natural 10-12 oz pkg (20-22 Oz bag \$13.99)</p>	<p>MULTI-PET SOFT DOG TOYS All Varieties 20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish \$36.99 Limit 1 Per Family</p>											
<p>WARE & KAYTEE SMALL ANIMAL PRODUCTS & KITS (Including Ware Farmer Market Products) 20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>K&H HEATED BEDDING •BED •WARMER •PAD •MAT All Varieties 20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>KENT MARINE WATER SUPPLEMENTS 20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$12.49</p>										

<p>BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD ON SALE Everyday</p> <p>5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/15/20 - 4/21/20 CHM PLU 367</p>	<p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS \$1.25</p> <p>•Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/15/20 - 4/21/20 CHM PLU 569</p>	<p>BONUS COUPON JONNY CAT CAT LINERS \$2.09</p> <p>Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/15/20 - 4/21/20 CHM PLU 449</p>
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