



Hunger Spike Coming
PAGE 4

Celebrating Recreation Therapy Month
PAGE 2



Citrus Heights Messenger

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Serving the City of Citrus Heights & Sacramento County

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SEE INSIDE

COMPASSIONATE COURT FOR THE MOST VULNERABLE



PAGE 10

TOMPKINS NAMED TEACHER OF THE MONTH!



PAGE 2

DISABLED PARKING PERMITS MUST BE RENEWED



PAGE 10



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'The Wall That Heals'



The Wall That Heals honors the more than 3 million Americans who served during the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Photo courtesy of VVMF

VVMF News Release

CITRUS HEIGHTS, CA (MPG) - The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center, is coming to Citrus Heights, Calif., on March 29 - April 2, 2023 to Rusch Park at 7801 Auburn Boulevard and will be open 24 hours a day and free to the public. The Wall That Heals honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War and



VVMF's mission is to honor and preserve the legacy of service in America and educate all generations about the impact of the Vietnam War. Photo courtesy of VVMF

it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. "The Vietnam Veterans

Memorial Fund is pleased to bring The Wall That Heals mobile exhibit to Citrus Heights to allow local veterans and their

family members a chance to experience The Wall," said Jim Knotts, president and CEO of VVMF. "Hosting The Wall That Heals provides an opportunity to honor and remember all those who served and sacrificed in the Vietnam War and educate visitors on the continuing impact of the Vietnam War on America."

The Wall That Heals is transported from community to community in a 53-foot trailer. When parked, the trailer opens with exhibits built into

Continued on page 3

County Seeks Proposals to Support Local Organizations

SacCounty News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is soliciting proposals from lead organizations to help strengthen and build capacity of local non-profit community-based organizations (CBOs) that are focused on providing services to a variety of underserved populations, including: Black, Indigenous and People of Color (BIPOC) who experience disproportionately negative health and social outcomes, unhoused individuals and families, individuals with behavioral health needs, individuals with involvement in the child welfare or criminal justice system, refugees/immigrants, and other marginalized communities which were disproportionately impacted by the pandemic.

Throughout the County, CBOs improve the quality of life in communities by providing educational, health, and social services to citizens in need of support, beyond the services generally provided by local governments. Through their unique connectivity to the communities they serve, CBOs can impact hard-to-reach and traditionally underserved populations in a culturally responsive and equitable manner. The County recognizes the value of partnering with CBOs to support local citizens and foster an environment in which the community can thrive and recover from the health, economic, and other negative impacts suffered as a result of the COVID-19 pandemic.

The primary focus of this funding is to help CBOs develop core infrastructure to: 1. Effectively expand services and deepen their impact for underserved communities; 2. Build and strengthen the capacity for CBOs to more easily access and better manage government funds and contracts; 3. Support the integration and elevation of BIPOC-centered and serving CBOs; 4. Evaluate services and programs and improve equitable access and outcomes to underserved populations; and 5. Enhance the cultural responsiveness of service provision to traditionally underserved populations.

In 2020, the County declared racism as a public health crisis and since that time has begun to

Continued on page 2

Tuesday Morning to Close

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Tuesday Morning, a popular off-price retailer, will close its only Citrus Heights store, located in the Regency Shopping Center at 7255 Greenback Lane near Citrus Heights City Hall, on Thursday, March 30th.

The Dallas-based retailer is consolidating as part of its bankruptcy filing on Tuesday, February 14th. The company currently operates 487 stores in 40 states. Its planned closures include all remaining Tuesday Morning sites in the Sacramento area, including Folsom and Roseville.

Tuesday Morning relocated to the Regency Shopping Center as an anchor tenant in July 2019 from the Sunrise Village shopping center near the corner of Sunrise Boulevard and Uplands Avenue. The store is located adjacent to the Sam's Club warehouse



Tuesday Morning on Greenback Lane, located next to Sam's Club near city hall, will be closing with a March 30 liquidation date.

store and the Pacific Coast Foods supermarket.

The Dallas-based retailer has filed for Chapter 11 bankruptcy protection in the U.S. Bankruptcy Court for the Northern District of Texas, Fort Worth Division.

Edwin, a store manager in the Citrus Heights

location, who gave just his first name, said he had been with Tuesday Morning for over 13 years, and was a part of the management team that opened the store on Greenback Lane when it moved from its former location in Sunrise Village.

The closure will impact between 10 to 12 full

and part-time employees, he said. He referred all questions to the Tuesday Morning corporate office in Dallas, Texas for further comment.

Store merchandise is now marked down by 10 percent off regular ticketed price, and that discount

Continued on page 3

Ryan Tompkins of El Camino High School is Teacher of the Month!



Ryan Tompkins is Teacher of the Month for February 2023. Photo courtesy T-Rock Communications

T-Rock Communications

SACRAMENTO REGION, CA (MPG) - ABC10, in partnership with SchoolsFirst Federal Credit Union and Sacramento State's College of Education, is proud to announce Ryan Tompkins – a high school teacher for El Camino High School in the San Juan Unified School District – as Teacher of the Month for February 2023. In place for 20+ years, Teacher of the Month is one of ABC10's signature community enrichment initiatives designed to highlight local teachers

making a difference in the lives of their students and families. After being interviewed recently by ABC10's Mark S. Allen, a seven-time Emmy Award winning member of the news team, an uplifting story about Mr. Tompkins will continue to air multiple times during the month of February.

With 16 years of teaching experience, Mr. Tompkins teaches Pre-Engineering Technology, Manufacturing Metals Technology at the high school level. His focus is on teaching skills his students can use for future employment.

When asked about what he loves about teaching, Mr. Tompkins said: "The best moments are when former students come back and tell me about the job they got, the degree they earned, or the toys and extra perks they collected by using the skills they started to learn in my classes. Knowing you were impactful and made a true positive difference

in student's lives certainly makes it worth the work."

As part of being recognized as Teacher of the Month, Mr. Tompkins will receive \$1,000 from SchoolsFirst Federal Credit Union plus will be eligible for the title of Esquire IMAX ABC10's Teacher of the Year award – that includes a \$5,000 prize – which will be announced at a special awards program early next year.

To nominate a local teacher in the greater Sacramento/Stockton/Modesto area for an upcoming Teacher of the Month, please visit www.abc10.com/teacherofthemonth.

To learn more about ABC10 and its mission, or to watch award-winning special reports and other exemplary news stories, please visit www.abc10.com or www.youtube.com/ABC10. In addition, ABC10 can be live streamed via the ABC10+ app on Roku and Amazon Fire. ★

Celebrating Recreation Therapy Month



Recreation therapy seeks to improve and maintain cognitive, physical and emotional functioning in order to facilitate full participation in life. Photo courtesy SacCounty

SacCounty News Release

SACRAMENTO COUNTY, CA (MPG) - For individuals living with disabilities, recreation opportunities and a sense of community may not be easy to come by. That's where the Therapeutic Recreation Services (TRS) Division of the Department of Regional Parks comes in!

One way to provide these individuals with recreational opportunities is through recreation therapy, which utilizes activities such as arts and crafts, dance, exercise and more to improve and maintain cognitive, physical and emotional functioning in order to facilitate full participation in life. TRS is in the business of delivering recreation therapy, and they have been since 1975.

"Providing Recreation Therapy is so impactful because everyone likes to have fun, feel included and feel capable," said Jenn Wilson-Marchino, Therapeutic Recreation Specialist with TRS. "Recreation therapy gives people the opportunity to try new things in a safe and supportive environment, be with people that accept them for who they are, and push themselves to be independent!"

February is recognized as Recreational Therapy Month, and TRS is celebrating the role that recreation therapy has played

in the lives of its participants by reflecting on what they enjoy most about TRS.

Ryder, TRS Participant
"I love TRS because it gives me the opportunity to be silly with my peeps!"

Tess, TRS Participant
"TRS makes me feel like I am part of a group. I really like that feeling."

Josh, TRS Participant
"Because of TRS, I get less screen time and more people time with my friends."

Dylan, TRS Participant
"With TRS, I like hanging out with my new friends and learning to become more independent."

Hermanda, TRS Participant
"I really like that with TRS, I get to see new places, have fun and be myself without being judged."

TRS programs focus on abilities while encouraging people to attain their highest level of independent leisure functioning by increasing leisure skills, improving social skills, increasing independence and increasing their awareness of and involvement in community recreational activities.

For more information on the great programs TRS provides and how you can get involved with, volunteer with and support TRS, visit the TRS webpage. For more testimonials, check out their YouTube channel. ★

County Seeks Proposals to Support Local Organizations

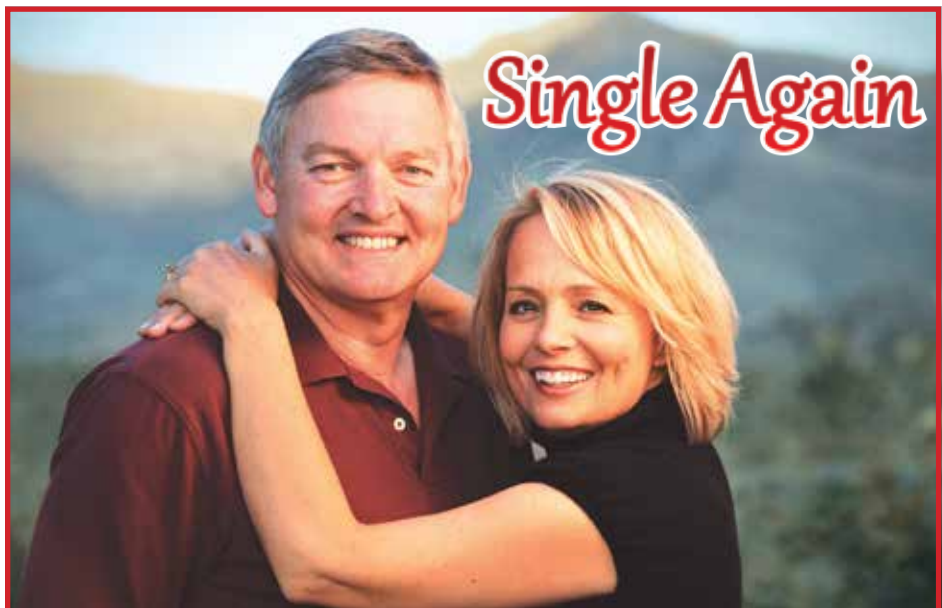
Continued from page 1
strategically invest in a focus on diversity, equity and inclusion. Building capacity and strengthening the regions CBOs ensures continued culturally

relevant support and services to vulnerable and underserved communities.

The Capacity Building Initiative program will be funded with American Rescue Plan Act (ARPA)

grant funds. The Request for Proposal can be accessed via the following link:

<https://procurement.opengov.com/portal/sac-county/projects/29005> ★



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Tuesday Morning to Close ‘The Wall That Heals’



The Dallas-based retailer is consolidating some of its 487 Tuesday Morning stores as part of its bankruptcy filing on Tuesday, February 14th.

is a grandmother, said she started work at the Citrus Heights Tuesday Morning store two years ago.

“I’ll honestly miss the so many of our regular customers. It’s difficult to see this store close, and it was unexpected,” she said. “It’s also going to be tough for many of my co-workers here who will now be out of work.”

Customers generally described the retail store’s pending closure as a “loss for the people of Citrus Heights, who prefer in-person retail shopping.”

Continued from page 1
percentage will increase as the store reaches its final liquidation date. All sales are final.

Customers busily browsed and searched for bargains up and down store aisles under a banner sign reading “Brands you love, prices you can’t believe.”

With an ever-changing assortment of top-quality and unique items, Tuesday Morning in the Regency Shopping Center, has been a one-of-a-kind source in Citrus Heights for home fashions and the finest home basics from around the globe which has had its customers in their words, coming back again and again.

Store merchandise typically includes gourmet and specialty foods, children’s toys, kitchenware,



The closure of Tuesday Morning at the Citrus Heights store will affect between 10 and 13 employees who will soon be out of work.

bath and bedding, furniture and home décor. Special seasonal merchandise for spring gardening and the upcoming Easter holiday was on display.

A part-time cashier, who retired from a 30-year retail career with JC Penney, now

Tuesday Morning at 7255 Greenback Lane in Citrus Heights is open Monday through Saturday from 10 am to 7 pm and Sunday from 11 am to 6 pm. Call (916) 536-9877 for store hours and more information. ★



The Vietnam Veterans Memorial Replica Wall and Mobile Education Center spreads healing legacy of The Wall and educates about the impact of the Vietnam War. Photo courtesy of VVMF

Continued from page 1

its sides, allowing it to serve as a mobile Education Center telling the story of the Vietnam War, The Wall and the divisive era in American history.

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. Visitors will experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. Visitors are able to do name rubbings of individual service member’s names on The Wall.

The Mobile Education Center exhibit includes: digital photo displays of “Hometown Heroes” - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF’s *In Memory* program which honors veterans who returned home from Vietnam and later died; video displays that teach about the history and impact of The Wall; educational exhibits told through items representative of those left at The Wall in D.C.; a replica of the *In Memory* plaque; a map of Vietnam and a chronological overview of the Vietnam War. The exhibits tell the story of the Vietnam War, The Wall and the era surrounding the conflict, and are designed to put American experiences in Vietnam in a historical and cultural context.

The 2023 national *The Wall That Heals* tour is generously sponsored by USAA.

Through a partnership with the Truckload Carriers Association (TCA), the trucking industry, and Blue Beacon, the exhibit is able to travel across the country.

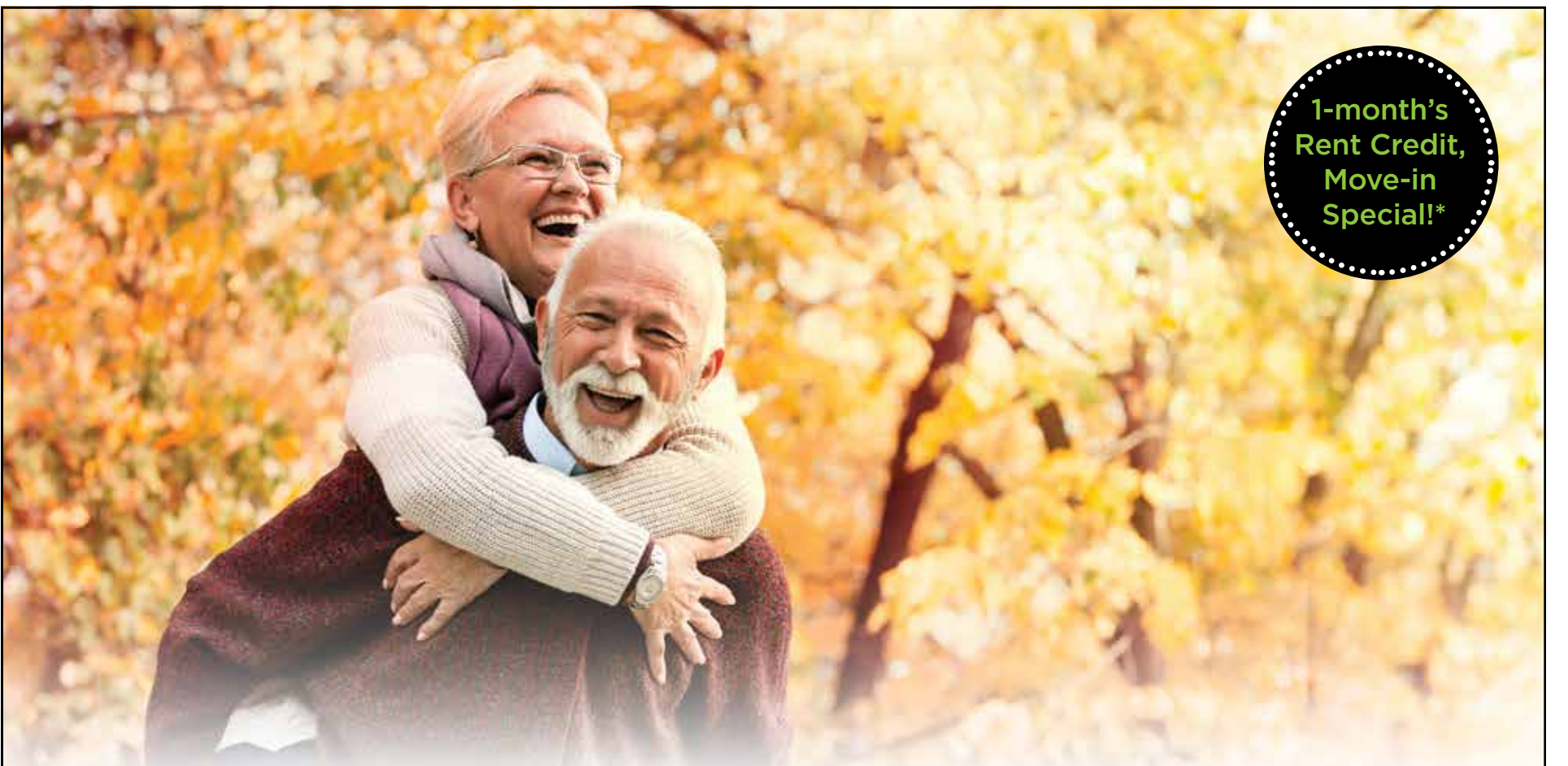
Since its debut in 1996, the exhibit has been on display in more than 700 U.S. communities in addition to an April 1999 tour of the Four Provinces of Ireland and a visit to Canada in 2005. *The Wall That Heals* is a program of VVMF, the non-profit organization that built the Vietnam Veterans Memorial in Washington, D.C. in 1982. *The Wall That Heals* is the only traveling exhibit affiliated with The Wall in Washington, D.C. and includes the largest Wall replica that travels the country. Two VVMF staff members lead volunteers on site, educate visitors and students, and ensure the reflective atmosphere of The Wall. More information can be found at: www.thewallthatheals.org.

The Vietnam Veterans Memorial Fund (VVMF) is the nonprofit organization that built the Vietnam Veterans Memorial (The Wall) in Washington, D.C. in 1982. VVMF continues to lead the way in paying tribute to our nation’s Vietnam veterans and their families. VVMF’s mission is to honor and preserve the legacy of service in America and educate all generations about the impact of the Vietnam War and era through programs, ceremonies and education materials. To learn more about VVMF, visit www.vvmf.org or call 202-393-0090. ★



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Hunger Spike Coming

Impending loss of pandemic CalFresh support



There's no way to overstate how devastating this is going to be. Photo courtesy of Amazingmikael Dreamstime.com

By **Jeanne Kuang,**
CALMatters.org

Food banks across California are bracing for a feared spike in hunger amid inflated prices after a pandemic-era boost in food aid ends in April.

March is the last month CalFresh recipients will get the additional benefits, as the federal government cuts off the “emergency allotments” that have kept food stamp allowances higher than usual for nearly three years now.

The average household on CalFresh will lose about \$200 a month, said Becky Silva, government relations director at the California Association of Food Banks. A single-person household, for instance, could drop from \$281 a month in food aid to as low as \$23 in April.

U.S. Department of Agriculture documents show that since November, the pandemic boosts have amounted to more than \$500 million a month in additional food stamps coming into low-income Californians’ budgets.

“There’s no way to overstate how devastating this is going to be,” Silva said. “Families are going to see a dramatic and sudden drop in their food benefits at a time when food price inflation and the cost of living in California especially is through the roof.”

Food stamps are funded by the federal government, which determines benefit amounts annually

on top for those already receiving the maximum. The recent Congressional spending bill passed in December cuts that off this spring in exchange for funding for extra food aid for school children during the summer months.

More than 2.9 million California households receive food assistance through CalFresh, a number that has risen steadily throughout the pandemic.

their food aid eligibility reduced after a historic inflationary bump in Social Security checks in January. In addition to wages, Social Security, unemployment benefits and disability payments all count as income for the person receiving food aid.

Tom McSpedden, a 69-year-old Citrus Heights resident with Type II diabetes, saw a nearly \$60 decrease in his normal CalFresh

for five months after the federal boosts end.

But it’s unclear whether the Legislature and Gov. Gavin Newsom’s administration would agree on new spending as they seek to close a \$23 billion budget deficit.

Advocates are also calling for the state to add its own funds to the regular food stamps program, to boost the minimum food aid grant

people’s budgets, dinner tables and California retailers as well,” said Jared Call, senior advocate at the food policy organization Nourish California. “But our approach is, no tool in the toolbox should be unused.”

The California Department of Social Services says it’s warning households of the upcoming decline in aid and directing CalFresh recipients to food banks, which have received additional funding from both the state and federal governments in recent years.

The state’s network of food banks continues to serve on average 1.5 times the number of clients as before the pandemic, Silva said.

The Sacramento Food Bank and Family Services, which provides food in the county McSpedden lives, averaged 150,000 clients a month before the pandemic, said community resource manager Lorena Carranza. In recent months, that number has been about 275,000.

But food distributions can’t replace the flexibility of food stamps that many residents rely on.

With a special diet to manage his diabetes, McSpedden said food distribution boxes usually only contain a few items he can eat. He’s loath to take a full box when others could use it, he said.

McSpedden worked for nearly three decades as a long-haul trucker until about 15 years ago, when a series of heart attacks ended that career and landed him in a hospital stay that wiped out his savings and retirement accounts.

“I’ve been in predicaments



The California Department of Social Services says it’s warning households of the upcoming decline in aid and directing CalFresh recipients to food banks. Photo courtesy of TheSkone Dreamstime.com

The state social services department attributes the increase partially to a more flexible application process during the pandemic,

allowance last month after getting a \$109 increase in his monthly Social Security checks.

But he continued to get the pandemic CalFresh boosts, which kept the total food stamps on his benefits card at \$281 that month – the maximum allowable aid for a single-person household.

In April, McSpedden’s monthly CalFresh benefits will drop to roughly \$50.

Nearly half of McSpedden’s monthly \$1,368 Social Security check goes toward renting a room; the rest is meticulously budgeted for his phone, car insurance, gas, the portion of insulin and medications that Medicare doesn’t cover and bankruptcy payments.

“I don’t have the \$230 left over each month to compensate” for the drop in aid, he said. “I’m just not going to be able to afford food. It’s that simple.”

There isn’t any plan to immediately backfill the loss.

The food banks association and other anti-poverty organizations have proposed that the state spend more than \$2 billion providing a “ramp-down” of the extra benefits

from \$23 to \$50 with corresponding inflationary increases. Other ideas include expanding special CalFresh programs that provide extra dollars for those purchasing California-grown produce, or for certain Central Valley households

who lack clean drinking water in their homes.

Those proposals are “nowhere near approaching the \$500 million a month that will be absent from

before,” he said. “But this thing here with the extra food stamps, I have no idea. I’m looking into a tunnel with no light at the other end.”

★



A single-person household, for instance, could drop from \$281 a month in food aid to as low as \$23 in April. Photo courtesy of Anton Estrada Dreamstime.com

based on the nationwide cost of living as well as recipients’ household size and income.

In March 2020, Congress allowed the USDA to give states funding to boost all recipients’ aid to the maximum allowable benefits for their household size, or add \$95

while advocates like Silva also suggest the boost in aid made going through an application more worthwhile for eligible residents.

The loss of emergency allotments will be felt particularly hard by older and disabled people, many of whom have already seen



I don't have the \$230 left over each month to compensate for the drop in aid, he said. I'm just not going to be able to afford food. It's that simple. Photo courtesy of Alex Judik Dreamstime.com

Kiley Applauds Biden Addressing Fentanyl Crisis, Calls to Secure Border

Office of Congressman Kevin Kiley

WASHINGTON, DC (MPG) - Rep. Kiley responded to President Biden's State of the Union address with this statement:

"Americans know that addressing our nation's fentanyl crisis should, and must, be bipartisan, and I applaud President Biden for announcing steps tonight to do just that. Likewise, Americans know that addressing the crisis at our southern border - the source of much of the fentanyl reaching our communities - must also be bipartisan. I call on President Biden to put partisanship aside and finally work with

Congress to fix our border and protect our families." - Rep. Kevin Kiley (R-Calif.)

Background: Rep. Kiley was honored to host Rocklin residents Laura Didier and Chris Didier as his guests for President Biden's State of the Union address. The Didiers lost their 17-year-old son, Zach Didier, to fentanyl two days after Christmas in 2020. Zach was an Eagle Scout, soccer player, and beloved member of the community who had no history of drug use. Chris and Laura have dedicated themselves to raising awareness of the dangers of fentanyl in the hopes of saving the lives of students like Zach. ★

COVID-19 Effects on California Will Linger for Years



By Dan Walters, CALMatters.org

Gov. Gavin Newsom says California's COVID-19 state of emergency will end on Feb. 28, just four days shy of three years since he issued the first of countless orders he said were necessary to cope with the pandemic.

"Throughout the pandemic, we've been guided by the science and data - moving quickly and strategically to save lives," Newsom said in October announcing the February end date. "The state of emergency was an effective and necessary tool that we utilized to protect our state, and we wouldn't have gotten to this point without it."

The efficacy of Newsom's pandemic orders will be debated for years, particularly the shutdowns of schools and businesses and the billions of dollars in no-bid contracts his administration issued.

What cannot be debated, however, is that their impacts on millions of Californians will linger for years, decades or perhaps even generations.

Nearly 3 million Californians lost their jobs due to the shutdown orders. While the state has, on paper, recovered all of the jobs it lost, countless small businesses that shut their doors have not reopened.

With work-at-home the growing norm, restaurants

and other businesses dependent on concentrated employment were clobbered. The downtowns of the state's larger cities - including the state capital, Sacramento - were hollowed out and have not, in the main, recovered.

California's stark divide between haves and have-nots grew wider. Upper-income Californians could do their jobs from home but lower-income service workers simply lost their jobs. Some qualified for unemployment insurance, but a managerial meltdown at the state Employment Development Department delayed, sometimes for months, benefits for legitimate claimants while EDD handed out billions of dollars to fraudsters.

School shutdowns, and the fitful efforts to continue instruction via the internet, had a devastating effect on students, especially those from poor families which lacked technology and whose parents could not work from home. The "achievement gap" that has long plagued California's public school system widened even further, recent research has found.

Several new studies add even more evidence that the steps taken by the state to combat COVID-19 will have long-term negative impacts.

An analysis by The Associated Press, Stanford University's Big Local News project and Stanford education professor Thomas Dee determined that 234,000 students in 21 states vanished from public school enrollment rolls during the pandemic. More than half of them were in California.

Overall, in those states, enrollment dropped by about 700,000 students, but

most of the decline could be explained by enrollments in private schools, movements to other states or shifts to at-home instruction. Of the remaining 234,000 absences for which there was no explanation, researchers said, 152,000 were in California.

The Public Policy Institute of California crunched the numbers and discovered that not only did COVID-19 kill about 100,000 Californians but that the state's life expectancy, which had been tied for the nation's highest with Hawaii at 80.9 years, has dropped by two years - the first such decline since World War II.

PPIC found that the higher death rate has disproportionately affected non-white Californians, particularly Latino and Black residents. "Between 2019 and 2021, the death rate (deaths per 1,000 residents) increased 51% among Latinos, 31% among Blacks, 26% among Asian-Americans, and 17% among whites," the PPIC reported.

Finally, a new study UCLA Center for Health Policy Research found that Newsom's stay-at-home orders, affecting businesses, child care centers and school, created financial hardships that led to psychological distress and a sharp increase in turmoil and conflict, including domestic violence.

Some COVID-19 victims are experiencing long COVID, with lasting debilitating effects. California suffers from lingering effects as well.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

Financial Resilience During a Disaster

SacCounty News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County faces regional hazards throughout the year including severe weather, floods and fires. If a disaster or other emergency strikes, you may only have seconds or minutes to react. In those critical moments, your focus will be on your family's safety.

Once the immediate danger has passed, having an Emergency Financial First Aid Kit (EFFAK) ready can provide you with peace of mind and will help you recover faster.

Remember these four steps to help you organize critical financial, medical and household information before a disaster or emergency strikes.

Assess & Compile: Gather your important financial documents and contacts; Review: Review your insurance policies and financial paperwork to be sure that they are still accurate and current; Safeguard: Store paper and

electronic copies of all files in safe locations; Update: Revisit and update your Emergency Financial First Aid Kit regularly. Updates are especially important when significant changes in your life occur.

Items in this kit should be kept in a secure location and can include original paper and electronic copies of your:

Homeowners, renters, auto, flood, and health insurance policies; Bank account information, and other financial records; Rental lease agreement; Will or living will.

For more information about financial resilience during a disaster and how to compile an EFFAK, visit community.fema.gov/PreparednessCommunity/s/emergency-financial-first-aid-kit. The EFFAK is available in English, Vietnamese, Spanish, Chinese, and Korean.

For more emergency preparedness information, visit Sacramento County's Office of Emergency Services website at sacoes.org. ★

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Social Security Matters About Social Security's "First Year Rule"



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I'm considering filing for my SS at age 64 in February, before my full retirement age of 66 years and 10 months. I'm working full time and would like to continue earning until I meet the \$21,240 limit for this year. When does the \$21,240 limit go into effect? Does it start after receiving my first SS benefit deposit? Or does Social Security go by my year-to-date earnings starting on January 1st?

If I file in February and it takes 90 days to receive my first SS deposit, and at that point my year-to-date earnings are \$18,500, can I continue to work until I earn the balance of the \$21,240 (\$2,740) and then stop working? Or do they only count the earnings after I receive the first benefit payment? I know that for anything earned over \$21,240 I'll need to repay \$1 for every \$2 over the limit. Signed: Ready to Retire

Dear Ready: Since you haven't yet reached your full retirement age (FRA), if you claim now and are working, things will work somewhat differently during your first year collecting benefits. If you claim for your

benefits to start in February, only your earnings starting in February count toward the earnings limit. But during your first calendar year, once your benefits start, you'll be subject to a monthly earnings limit of \$1,770 and, if that is exceeded in any month (February - December), you won't be eligible for benefits for that month. That means that they could withhold your entire monthly amount for any 2023 month after January that exceeds the monthly limit. This is part of Social Security's "first year rule," which applies only during your first calendar year collecting. If, instead, you claim for your benefits to start in March, then the monthly limit will apply from March thru December. Remember, it's not when your payment is received that counts; it's when your benefits start (SS pays benefits in the month following the month earned). Beginning in 2024 only the annual limit would apply.

Nevertheless, the "first year rule" offers some latitude on your earnings. If the penalty for exceeding the annual earnings limit (\$21,240 for 2023) is less than the penalty which results from using the monthly limit, Social Security will use the annual limit and assess the smaller penalty amount. So, if your annual (full year) 2023 earnings are less than \$21,240, no penalty will be assessed, or if you only exceed the annual limit by a small amount, you'll be assessed a penalty of \$1 for every \$2 you are over the limit. But if your annual earnings are

substantially more than the 2023 limit, Social Security may deem you temporarily ineligible to get benefits. When you complete your application there will be a section asking you to tell them about this year's earnings as well as what you expect next year's earnings to be. From that they will decide whether you are currently eligible to collect benefits.

So, if your goal is to work only to the point that no penalty will be assessed, you can work until your 2023 earnings reach \$21,240 (whenever that is). Or you could work even a little bit longer and simply take the penalty (half of what you exceed the annual limit by), in which case SS will simply withhold future benefits for enough months for them to recover what is owed for exceeding the limit. But if you continue working full time and will substantially exceed the annual limit, it's likely Social Security will say you are temporarily ineligible to collect benefits (until your earnings are less or you reach your full retirement age when the earnings test no longer applies).

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 ★

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 - Country dance formation
 - List of candidates
 - Certain battery component
 - Exclamation of sorrow
 - "The Game of Unspeakable Fun"
 - "Fascinating two-handed strategy game"
 - Dutch cheese
 - Not quite right
 - "I thee ___"
 - Crème de ___
 - Where Japan is
 - Part of circumference
 - Threatened Asian or African odd-toed ungulate
 - Ready for picking
 - Reasons to sue
 - Romanian money
 - English county
 - Popular Arabic name
 - Lemon, in Paris
 - Latissimus dorsi, for short
 - Angola's southern neighbor
 - Dairy farm glands
 - Relax, or ___ out
 - Brooke or John Jacob, of New York
 - USPS delivery
 - *Cards against what?
 - Medicinal plant with purple berries
 - Bug-eyed
 - Tiny bottle
 - a.k.a. jumping bone
 - Plucked string instrument
 - Makes a mistake
 - "___ Day," desirable square in The Game of Life
 - Bard's before
 - Rip apart
- DOWN**
- Govt. property org.
 - Fabled fliers
 - Mine passage
 - India's Chennai, pre-1996
 - Flooring choice, pl.
 - Hose woes
 - 100 centavos in Mexico
 - Rum cake
 - Particle in A-bomb
 - What's-old-is-new-again prefix
 - Somewhat late
 - Be at the helm
 - *Not chutes
 - #39 Across, pl.
 - Is no longer
 - *Trade, build, settle this island
 - Denophile's concern
 - Curtain fabric
 - *Connect how many?
 - Theater passage
 - Asparagus unit
 - Written works
 - Hipbones
 - Butterfly catcher
 - *Like pursuit of no vital importance
 - "___ a high note"
 - A Camel, for short
 - Result of equipment failure

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Disabled Person Parking Permits Must Be Renewed

DMV News Release

SACRAMENTO, CA (MPG) - The Department of Motor Vehicles highlighted new laws that started in 2023 and one of those require drivers 70 and older to renew their license in person at a DMV office.

In October 2020, Governor Gavin Newsom temporarily waived the California law requiring senior drivers to renew their licenses at a DMV field office and signed AB 174 in September 2021 to allow online or by mail renewals through the end of 2022.

The DMV is sending notices to Californians who have had their permanent Disabled Person Parking Placard for at least six years and asking them to confirm that they are still in need of one.

The DMV will not renew placards for people who do not respond. This renewal requirement is one provision of prior legislation, SB 611, enacted in 2017 to curb fraud and abuse of Disabled Person Parking Placards.

Drivers are now required to change into another available lane, when possible, to pass cyclists, building on the current requirement for drivers to give cyclists at least three feet of space when passing. The law also permits Class 3 e-bike riders to use approved bicycle paths and trails, bikeways, and bicycle lanes. In addition, starting on January 1, 2024, the law allows cyclists to cross an intersection when a walk sign is on.

This law exempts vehicles registered to veterans displaying specialized license plates from paying tolls on roads, bridges, highways, vehicular crossings, or other toll facilities. The exemption applies only to vehicles with license plates that are issued



The DMV is sending notices to Californians who have had their permanent Disabled Person Parking Placard for at least six years and asking them to confirm that they are still in need of one. Courtesy photo

to a disabled veteran, Pearl Harbor survivor, prisoner of war, or to veterans who have received distinctions such as the Purple Heart or the Congressional Medal of Honor.

California state courts will stop sending notices to the DMV for license suspensions for failure to appear starting on January 1, 2023, while requiring the DMV to stop suspending licenses for failing to appear starting on January 1, 2027, to allow time to make computer programming changes. ★



By County Supervisor Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

Several years ago, I was approached by a group of individuals who were desperately advocating for the Sacramento Board to approve Laura's Law, which would establish collaborative court proceedings for seriously mentally ill individuals who have not committed a crime, do not know they have a problem and yet they are a danger to themselves or others. At the time, my thoughts immediately drifted back to overcrowded State Mental Institutions, the movie "One Flew Over the Cuckoo's Nest," and a person's civil rights.

Who decides if someone is seriously mentally ill, and when is the appropriate time to intercede on their behalf?

Then I learned about a condition called Anosognosia. This condition makes people believe they are not sick and do not know they need help. People who suffer from Anosognosia are more vulnerable and can threaten their families and others.

To give you some history, "Laura's Law" was named after 19-year-old Laura Wilcox, who was killed in 2001 while volunteering at the Nevada County Department of Behavioral Health by a former patient of the county's outpatient mental health clinic. It was signed into Law in November 2002 and was patterned after New York's highly successful Kendra's Law (AB1421).

Laura's Law is also known as Assisted Outpatient Treatment (AOT). It allows court-ordered, intensive outpatient treatment for people 18 years old or older who

Citrus Heights Community Update

AOT COURT Compassionate Court for The Most Vulnerable

suffer from severe mental illnesses and refuse treatment because their condition impairs their ability to make rational decisions.

We see and hear about these people daily. They are wandering the streets hungry and afraid, homeless and without hope. Sometimes they lash out, and their families don't know how to help them. They are in our emergency rooms and often wind up in our jails, only to be released back to a society where they don't fit in.

In 2021 the State of California required counties to "opt-in" or "opt-out" of the program, and if the county decided to "opt-out," they had to provide a reason. By May of that year, the Sacramento Board of Supervisors voted unanimously to opt-in. Since that time, our staff has been coordinating with the Collaborative Courts - Judge Brown and his team, Law Enforcement Agencies, Probation, Adult Correctional Health, Substance Use Prevention and Treatment (SUPT), Department of Human Assistance (homeless services, Medi-Cal applications), and Community Organizations to meet individual service needs. The program has been estimated to cost 2.5 million annually.

I'm happy to report that our AOT Court is scheduled to go live in mid-February 2023. While we don't know all the program details yet, I am told there will be a website for referrals; individuals will be strongly vetted to determine if they qualify for the program. Family members, roommates, treatment providers, and law enforcement may request an investigation. Only the County mental health director or their designee may file a petition with the court. There must be a clinical determination that the person is unlikely to be able to survive safely in the community without supervision. They will work with mental health and various service providers and receive multiple

interviews and offers for services appropriate to their condition. There will be an opportunity to accept assistance with Mental Health through a formal agreement. They receive encouragement, rewards, and even a graduation certificate during their treatment. If they do not take services, they can receive assistance from a public defender and petition the AOT Court, where they will go before the Honorable Superior Court Judge Lawrence Brown.

I met with Judge Brown last week, and he described these as collaborative justice courts, where a team of experts are all working together to achieve the best outcome for that person. While the Judge in the Black Robe is a strong influence, he underscored the importance of the collaborative team, who all work together on behalf of that person.

While we cannot force treatments or lock people up if they have not committed a crime, other counties with AOT programs report that many individuals opt into treatment before ever getting to the Judge in the Black Robe. It is my understanding that an estimated 30% of those treated are transitioning out of homelessness and into a stable living environment.

AOT is just one tool in our End Homelessness Toolbox. While expensive, it can positively impact our most vulnerable individuals, who represent a high cost to taxpayers, and negatively impact businesses and neighborhoods.

Thank you for reading - and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.gov. Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murietta ★

Grant Program for Non-Profit Organizations to Open

SacCounty News Release

SACRAMENTO COUNTY, CA (MPG) - The County Board of Supervisors intends to continue providing \$1 million through the Transient Occupancy Tax (TOT) Grant Program to support nonprofit organizations located in Sacramento County in Fiscal Year 2023-24. For the last 7 years, the Board of Supervisors has awarded funds to organizations that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, and health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning February 10, 2023, through the County's Office of Budget and Debt Management with a deadline of March 13, 2023.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels and other temporary lodging accommodations in the unincorporated area of the County.

2023-24 TOT Grant Program Application Dates & Details

Grant Application DEADLINE: March 13, 2023, 5:00 p.m.

Grant Application Period
February 10 - March 13, 2023

All applications and requested materials must be submitted by 5 p.m. on March 13, 2023. No late applications will be accepted; Online Applications: Only online applications will be accepted. Apply online beginning February 10; Duplicate and incomplete applications will be disqualified; Applicants will receive an electronic receipt notification upon submission of the application.

Grant Program and Application Virtual Workshop:

February 16, 2023, 5:30-7:30 p.m. and

February 17, 2023, 9:30 a.m. - 11 a.m. and 11:30 a.m. - 1 p.m.

The workshop includes a review of the following:

Grant program and review process; Application; What the Evaluation Panel looks for in a strong application; Timeline and submission information; Frequently asked questions.

Grant Application Review Period
March 13 - 17, 2023:

County staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals do not meet the minimum qualifications and will not continue to the evaluation process.

March 17 - April 17, 2023

Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying applications.

May 2023

TOT Board Review Committee: Board Review Committee to review recommendations of the Subject Area Expert Panel's Recommendations and award District directed grants based on input from Subject Area Experts.

Grantee Award Approval
June 2023

Grant Program Hearing Notification: Applicants will receive a second electronic notification of the schedule for the Board of Supervisors Hearing where recommended award selections will be made.

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

County Budget & Dept Management Division staff will notify applicants of funding selections within 5 business days of Board Hearing approval. All notifications will be made electronically.

County Budget & Dept Management Division staff will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website. ★

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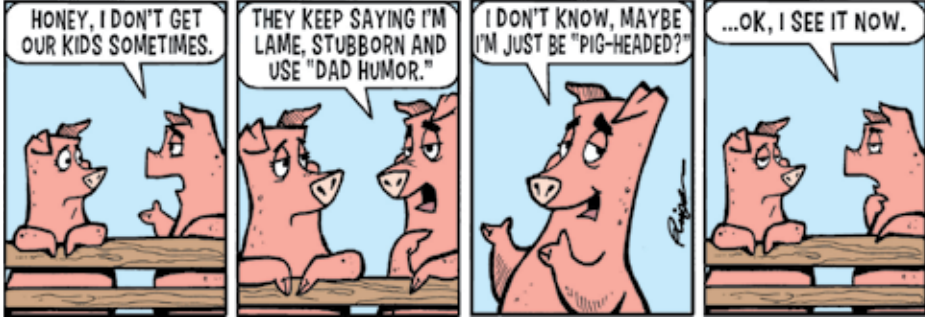
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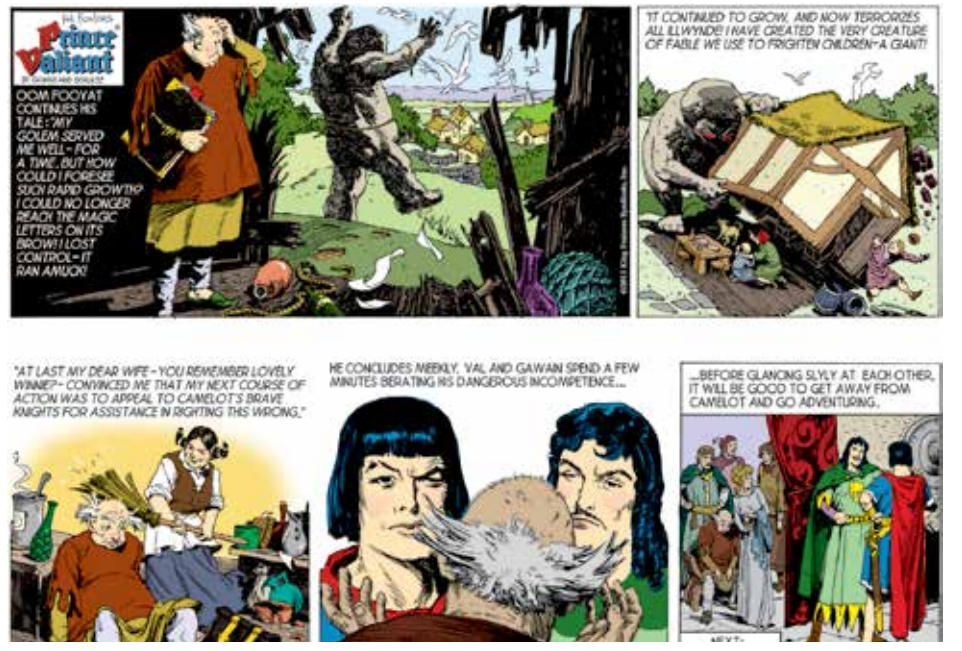
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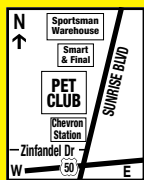
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5.5 Oz All Varieties

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ON SALE Everyday

Effective 2/22/23 - 2/28/23

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Effective 2/22/23 - 2/28/23

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24 GALLON... (Pre-Priced \$139.99) **\$109.99**
55 GALLON... (Pre-Priced \$229.99) **\$199.99**

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REEF CRYSTALS 50 Gal. Salt Mix **\$22.99**

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/22/23 - 2/28/23

ON SALE Everyday CHM PLU 361

BONUS COUPON

FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/22/23 - 2/28/23

\$1.49 CHM PLU 573

BONUS COUPON

JONNY CAT JONNY CAT LITTER
20 Lb Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/22/23 - 2/28/23

\$5.39 CHM PLU 362

Golden 1 Center to Host Championships

Golden 1 Center News Release

SACRAMENTO REGION, CA (MPG) - On February 10, Golden 1 Center announced it will host the 2023 CIF Sac-Joaquin Section Basketball Championships ahead of the 2023 CIF State Basketball Championship Finals, which

will also take place at the arena this spring. The section championships will take place in Sacramento on Friday, February 24 through Saturday, February 25.

Winning teams from the CIF Sac-Joaquin Section Basketball Championships will go on to compete at the CIF State Basketball

Championship Finals at Golden 1 Center on Friday, March 10 through Saturday, March 11.

Tickets for championship finals are now available and tickets for the section championships are on sale as of Monday, February 13 at 10 a.m. To purchase tickets, visit Golden1Center.com. ★

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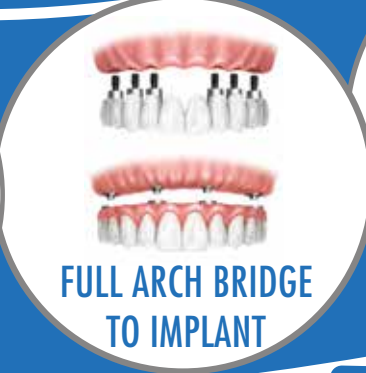


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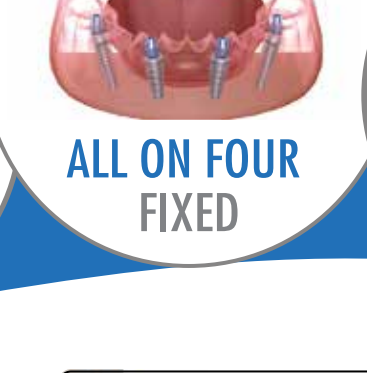
SNAP ON REMOVABLE



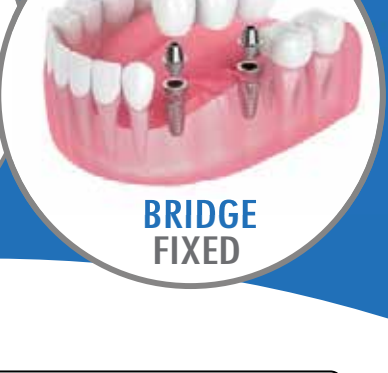
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KP International MARKET
FOOD COURT NOW OPEN
10971 Olson Drive, Rancho Cordova, CA 95670
916.853.8000
Market: 7 Days 8am-9pm
Food Court: 7 Days 11am-7:30pm
Korean/Mex/Viet: 7:30pm last call
Chinese/Japanese: 7:00pm last call

FROZEN & FISH DEPT

Crispy Baby Crab REG. \$9.99/EA \$6.99/ea	Crispy Baby Crab 1 lb REG. \$9.99/EA \$6.99/ea	Swai Fillet (frozen) 2 lb REG. \$10.99/EA \$7.99/ea
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WEEKLY MEAT SPECIALS

Beef Ribeye Roast Asado de Ternero \$6.99/lb	Beef Ribeye Steak - Boneless Chuleton de Ternero sin Hueso \$7.49/lb
Beef Rump/Bottom Round Roast - Bnls Polpa Conton en Trozo sin Hueso \$3.99/lb	Pork St. Louis Ribs Costillas de San Luis \$2.99/lb
Boneless & Skinless Chicken Thigh Meat Carne de Muslo Deshuesada \$1.59/lb	Pork Neck Bones Huesos de Cuello de Cerdo \$1.59/lb
Pork Tenderloin Lomo de Cerdo \$2.79/lb	

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 FEBRUARY 22 - FEBRUARY 28, 2023.

HAPPY HOURS Draft Beer \$2.50 & UP

KP KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 5pm (Valid Time)

For 6 people \$85.00 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (12 hrs)	For 18 people 275.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (12 hrs)
For 12 people \$185.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (12 hrs)	For 28 people \$350.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (12 hrs)
For 14 people \$210.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (12 hrs)	

9 Dishes To Choose From

FRESH PRODUCE

Pink Lady Apple 99¢/lb	D'Anjo Pear 89¢/lb	Lemon Fancy 29¢/ea	BlackBerry 6 oz \$2.29/ea
American Eggplant 89¢/lb	Pineapple \$3.99/ea	Russet Potato 10 lb \$3.99/bag	Murcott Tangerine 4 lb \$2.99/bag

AMERICAN/HISPANIC GROCERY

Wash Bone Sliced Drowning 2 kinds 15 Lbs \$2.79/ea	Tampico Freeze Pops 15.96 Lbs \$1.39/ea	Farron salsa de Tomate 8 oz 69¢/ea	Luvs Low Dupur Size 3 & 4 \$1.99/ea	RED Ridge Charcoal 15.4 lb \$7.99/ea
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ASIAN GROCERY

Awai Coconut Cream 14 Lbs \$1.29/ea	Dani Puli Value Pack (vinegar & soy sauce) 2 x 33.81 Lbs \$5.99/ea	TH Round Black Garlic 8.5 oz \$7.99/ea	Fornese Yuy Mochi 2 kinds 6.35 oz \$1.29/ea	Chaokoh Coconut Water 33.8 Lbs 2/\$5.00
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EUROPEAN GROCERY

Zepes Panzanese & Sour Cherry Syrup 1 liter \$4.99/ea	Bellini 100% Pure Raw and Unfiltered Honey 22 oz \$8.99/ea	Redo Pickled Garlic Cloves 12.5 Lbs \$3.49/ea	Mogel Saffron Back Candy Stick 6.7 oz \$3.49/ea	Britania Marie Gals Tea Blends 21.2 oz \$3.99/ea
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KOREAN/JAPANESE GROCERY

Prochon Sochi Rice 4.4 lb \$7.99/ea	Kimchi Red Cheddar Cheese 30 x 30 ml \$2.49/ea	Soybean Glue Noodle 500 g \$7.99/ea	Korean Traditional Cookies 5.2 oz \$7.99/ea	Crispy Pancake Frying Mix 2 kinds 1lb \$2.99/ea	Soybean Soy Sauce 12 Lbs \$6.99/ea
Lowbuck Meat 340 g \$7.99/ea	Lowbuck White 60.5 oz \$7.99/ea	Mucin Coffee 2 kinds 100 x 2.7 g \$12.99/ea	Sakura Hot Bone Paste 2 kinds 475 g \$2.49/ea	Sho Chiku Big Size Box 15 lbs \$7.99/ea	Niger Salt 2 kinds 300 ml \$7.99/ea
Lowbuck Meat 340 g \$7.99/ea	Lowbuck White 60.5 oz \$7.99/ea	Mucin Coffee 2 kinds 100 x 2.7 g \$12.99/ea	Sakura Hot Bone Paste 2 kinds 475 g \$2.49/ea	Sho Chiku Big Size Box 15 lbs \$7.99/ea	Niger Salt 2 kinds 300 ml \$7.99/ea

FROZEN & FISH DEPT

Korean Fried Vegetable 600 g \$5.99/ea	REG. \$9.99/ea
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EUROPEAN DELI

Oven Roasted Turkey \$7.69/ea	Olive Medley \$4.09/ea
Ham off the Bone \$5.79/ea	Stilian Style Olive \$4.89/ea

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