

# The Prince George's Post



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## Combined Military-Civilian Psychiatry Program Resident Commissions as Naval Officer

By PETTY OFFICER 2ND CLASS JUSTIN WOODS  
Naval Medical Center Camp Lejeune

JACKSONVILLE, N.C. (June 26, 2025)—A psychiatry resident in the Combined Military-Civilian Psychiatry Residency Program (CM-CPRP) at Naval Medical Center Camp Lejeune is making the move from civilian to military personnel, commissioning as a Naval officer on June 6, 2025.

Dr. Andrea Karsten, a native of Bowie, Maryland, is the first civilian in the program to commission during tenure as a resident. The CM-CPRP, established in 2023, is a partnership between NMCCCL and NOVANT Health that puts residents through four years of clinical training in psychiatry.

Karsten's inspiration to join the Navy following her first year in the residency program started at home.

"I feel like I bring a unique perspective to the program being a civilian, a mother, and a military spouse, and now as an active-duty military psych officer, I also get a chance to walk in [service member] shoes, which helps me provide even better treatment," Karsten said.

For Karsten, pursuing a career in psychiatry began during her time as a medical student.

"I knew when I was a medical student doing rotations that talking to patients and listening to their entire stories, not just what brought them in that day, was therapeutic for them," said Karsten. "It felt good being the person they could seek out to offload their past traumas or stressors, so that's how I knew psychiatry was a good fit for me."

After graduating from medical school, Karsten applied to the CM-CPRP; following the interview process, Karsten matched with the program. According to program officials, the breadth of patient interactions sets the program apart from others.

"Our partnership with NOVANT Health allows our residents to work with inpatient and geriatric psychiatry patients at NOVANT Health, and child/adolescent, traumatic brain injury, and neurology psychiatry patients here at the medical center," said Patrick Threatt, NMCCCL residency program coordinator.

The residency program, which welcomed its first group of residents in June of 2024, offers the group flexibility that's not common



PHOTO BY PETTY OFFICER 2ND CLASS JUSTIN WOODS  
NAVAL MEDICAL CENTER CAMP LEJEUNE

**210625-N-FB730-1009 CAMP LEJEUNE (June 6, 2025) Dr. Andrea Karsten poses for an official residency portrait on June 21, 2024. The Combined Military-Civilian Psychiatry Residency Program is a partnership between NMCCCL and NOVANT Health that puts medical residents through four years of clinical training in psychiatry.**

to some residency programs.

"In civilian residency programs, especially ones attached to big name hospitals, the fast-paced environment can make it more difficult to find a work-life balance," said Karsten. "But because this program is new, it's not resident dependent, so it's easier for someone with a family at home to adjust and thrive."

After completion of her residency program, Karsten will go through Officer Development School and join the active duty ranks as a psychiatry officer with Navy Medicine.

## New Chief of Staff and Associate Superintendent for Communications and Community Engagement Announced

By PRESS OFFICER  
PGCPS

UPPER MARLBORO, Md. (July 1, 2025)—Prince George's County Public Schools (PGCPS) announced two key appointments to the district's executive leadership team. Interim Superintendent Dr. Shawn Joseph named Dr. Deann M. Collins as Chief of Staff and Mrs. Denise Douglas as Associate Superintendent for Communications and Community Engagement. These strategic appointments mark a significant step in aligning the district's operations to Dr. Joseph's vision of excellence, equity, and authentic engagement.

As Chief of Staff, Dr. Collins will ensure coherence and accountability across the Superintendent's executive team. She will oversee the Offices of Communications, Performance Management, Research and Evaluation, and Government Relations, Compliance, and Procedures. Dr. Collins brings deep state and district-level expertise to the role, having most recently served as Deputy State Superintendent for Teaching and Learning at the Maryland State Department of Education. There, she led nationally recognized initiatives in literacy, high-quality instructional materials, special education re-

form, and the implementation of the Blueprint for Maryland's Future.

"Dr. Collins is an exemplary leader who brings both the experience and heart we need at this critical time," said Dr. Joseph. "She answered the call to serve with humility, and her leadership will ensure our systems are aligned and our goals are met. As a resident and parent in Prince George's County, her passion for this work is personal—and our children will benefit from that every day."

Joining the leadership team as Associate Superintendent for Communications and Community Engagement, Mrs. Denise Douglas brings a profound understanding of Prince George's County, its diverse communities, and the power of public trust. A nationally recognized communications leader and recipient of the 2024 Public Relations Society of America "Impact" Award, Douglas most recently served as Director of Communications for the Prince George's County State's Attorney's Office, where she spearheaded multilingual outreach initiatives, crafted compelling messaging strategies, and secured major media coverage on plat-

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## Maryland State Police Announces New Forestville Barrack, Temporarily Relocating Personnel to College Park Barrack

By PRESS OFFICER  
Maryland Department of State Police

FORESTVILLE, Md. (July 2, 2025)—The Maryland Department of State Police (MDSP), along with its state partners, is pleased to announce that a brand new, state-of-the-art Forestville Barrack is scheduled to begin operations in southern Prince George's County in Spring 2028.

With funding provided for by the Moore-Miller Administration, the new barrack will

remain at the intersection of Pennsylvania Avenue and Forestville Road, the very same site that has served the citizens of Prince George's County since 1970.

In order to make way for the new barrack, the current building must be demolished in advance of the project. On Monday, July 14, 2025, the Forestville Barrack will temporarily relocate its personnel to the College Park Barrack. Rest assured; public safety services will not be impacted. Staffing is not being reduced, and troopers

will continue to provide uninterrupted, around-the-clock services to the county.

The Maryland Department of State Police (MDSP) remains committed to investigating and preventing crime, reducing crashes, and remaining an integral part of the Prince George's County community. The public should call 301-345-3101 for non-emergency services. Calling 911 for emergencies and #77 for motorists continues to remain available for those needing MDSP's services.

## Sosebee Joins Bowie State Football Staff as Offensive Line Coach

By PRESS OFFICER  
Bowie State University

BOWIE, Md. (July 2, 2025)—Bowie State head football coach Kyle Jackson announced the hiring of Jesse Sosebee on Wednesday (July 2) to serve as the Bulldogs offensive line coach heading into the 2025 season.

"I am excited about the hire of Jesse Sosebee," said Coach Jackson. "He brings a wealth of knowledge to the offensive line room. He is a guy who has competed at the highest level and now has the opportunity to pour into our student athletes here at Bowie State. I am excited to see what the future holds for Coach Sosebee!"

A seasoned coach and former collegiate offensive lineman, Sosebee brings a wealth of experience in player development, re-

cruiting, and offensive strategy to the Bulldogs coaching staff.

"I am beyond excited to join this program at this time," said Sosebee. "There is something special going on here and I can't wait for it to unveil itself. This offensive lineman room has the chance to be incredible. Ready to bring this group into the 2025 season. GODAWGS!"

Sosebee was a standout lineman at the University of Washington from 2014 to 2019, appearing in all 54 games of his career while starting at three different positions. He was part of the winningest class in Husky football history, helping lead the program to three New Year's Six bowl appearances. Following graduation, he earned a tryout with the Seattle Seahawks.

His coaching journey includes impactful stops at the University of Hawai'i, Lime-

stone University, and most recently Concord University, where he served as an Offensive Line Coach and Recruiting Coordinator. During his tenure at Concord, he oversaw major improvements in the rushing attack and spearheaded multi-region recruiting efforts. While at Limestone, he helped guide one of the top offenses in the country. At Hawai'i, he coached All-Mountain West lineman Luke Felix-Fualalo and deepened his knowledge of the Run and Shoot offense.

Additionally, Sosebee's passion for developing young athletes, combined with his technical expertise and leadership, positions him to make an immediate impact at Bowie State.

For the most up-to-date information on Bowie State Athletics and its 13 varsity sport teams, visit bsubulldogs.com.

## M-NCPPC, Department of Parks and Recreation, Prince George's County Celebrates National Park and Recreation Month With Award-Winning Pride and "FUN" for All

By PRESS OFFICER  
M-NCPPC

RIVERDALE, Md. (July 3, 2025)—The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation in Prince George's County invites the community to celebrate National Park and Recreation Month this July by discovering the many ways to find your FUN at local parks, community centers, trails, and recreational facilities. This month-long celebration honors the dedicated professionals and highlights the essential services, spaces, and connections that parks and recreation bring to the community.

Each July, the National Recreation and Park Association (NRPA) designates Park and Recreation Month as a time to recognize the powerful contributions of local parks and recreation agencies in enhancing quality of life, improving public health, and fostering community connections. According to

NRPA's 2024 Engagement with Parks Report, a remarkable 93% of U.S. adults say their mental health is improved by services offered by local park and recreation professionals and agencies. This year's theme, "Build Together, Play Together," celebrates the contributions of more than 160,000 full-time park and recreation professionals, as well as the hundreds of thousands of part-time workers and volunteers, who create and sustain the spaces where communities come together and thrive.

The Department of Parks and Recreation in Prince George's County, honored as a six-time National Gold Medal Award winner and current 2025 finalist, continues to be a national leader in innovation, service, and community impact. With more than 29,000 acres of parkland including trails, athletic fields, cultural spaces, and historic sites, the Department remains dedicated to

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...a piece of legislation that will make the  
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Power Your Summer with 100% Orange  
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# TOWNS and NEIGHBORS

## In & Around Morningside-Skyline by Mary McHale 301-735-3451

**John Whipple, remarkable guitarist**

John Robert Whipple, of Camp Springs, longtime musician for St. Philip’s Parish and other venues, died June 17.

He was born in Washington, son of Gertrude (McCabe) and Irving Whipple. He was a student and altar server at St. Francis Xavier School, in Southeast D.C., graduated from St. John’s College High, attended Maryland U., and worked as a surveyor at PEPCO.

In the summer of 1970, he met Dineen Franclemont while both were working at the Sears on Alabama Ave. They married in 1975.

From a young age, John was interested in music. He trained as a classical guitarist, took up drums in the high school marching band, and in the 1960s, performed professionally in a succession of bands in the DC area, including Truck, HapyJack, Medulla, Swamp Rats, Four of a Kind, and others.

Although his main instruments were his voice, acoustic guitar, and electric bass, his talent for music was such that he could get a decent sound out of any instrument— or piece of silverware—he touched.

In the mid-1980s, he joined the folk group at St. Philip the Apostle, eventually rising to become its director, a position he held until his death. He was much in demand as a liturgical musician, regularly playing for services at St. Joseph’s in Pomfret and St. Joseph’s in Beltsville, as well as providing music at church events throughout the DC area, often accompanied by one or more of his children.

Throughout his life, John was involved with the Boy Scouts, first as a youth when he achieved the rank of Life, then as Assistant Scoutmaster in Troop 253 where his son Joseph earned the rank of Eagle Scout.

He loved history, especially the American Civil War and World

War II eras, and would spend hours watching documentaries and then passing on interesting tidbits to anyone who would listen. He was the master of the “Dad Joke,” and he never met a pun that he didn’t like.

John was predeceased by his brother Lewis. Survivors include his wife of 50 years, Dineen; sisters Alicia Downs and Catherine Dodds; 6 children, Jennifer Marciano, John, Juliette, James, Jacqueline Beverstock and Joseph; and four grandchildren.

Services were June 25 at St. Philip’s with interment at Washington National Cemetery.

**Neighbors & other good people**

Dolores Steinhilber, who held many positions at St. Philip’s Church and was my dear friend, has died. I’ll pay tribute to her next week.

Prince George’s County Schools Superintendent Millard House has stepped down; the county has begun a search for his replacement.

Michael G. Sullivan, a 30-year law enforcement veteran, was sworn in June 30 as the first chief of the U.S. Capitol Police, in decades from outside the Washington area.

**7-Eleven changes hands**

The 7-Eleven, across from the Morningside Fire Department, changed hands last month. It closed briefly, then reopened as Quick-Save Mart. The 7-Eleven-brand signage was gone, along with their 7-Eleven branded products.

Big orange Stop Work stickers on the door declare that Morningside has closed the store as of June 10. It has been shut down due to code violation: “no business license.”

Handwritten sign on the window: “Temporarily closed. Thanks!”

**Applause**

Congratulations to the Bishop McNamara Lady Mustangs on winning the WCAC Girls Basketball Championship.

**At the beach**

Ocean City may soon be banning tents and limiting canopies. Mayor Richard W. Chan and the city council will be voting on this issue.

**Hot Lips**

I still watch M.A.S.H. when I can and enjoy it as much as I did back in its heyday—certainly the best-written show of its time. So, I am sad to read the obit for Loretta Swit—Major Margaret “Hot Lips” Houlihan—who died May 30 at her home in Manhattan. She was 87.

**Milestones**

Happy Birthday to Kenard Simms, July 13; Laverne Peggy Simms, Krista Lanehart and Laura Thompson Hoffmann, July 14; Helen Jurney, July 15; Norma Wright and Gary Lewis, Jr., July 16; my granddaughter Claire Mudd, Michael Busky, Mike Fowler Jr. and former Morningside Chief of Police Stephen Armhold, July 17; Allyssa Frederick and Russell Butler, July 18; Mike Fowler Sr. and Eddie Hall, July 19; Donna Buchin, Dorothy Gessner and Tina Nichols, July 20.

Happy 35th anniversary to my daughter Sheila and her husband John Mudd, on July 20.

## Brandywine-Aquasco by Audrey Johnson 301-922-5384

**FITNESS CLASSES**

Get ready to break a sweat with our free summer fitness series presented by Adventist. Join us for a season of fitness, fun, and community—right by the water’s edge. Whether you are a seasoned fitness enthusiast or just starting your wellness journey, our classes cater to all levels and interests.

Weekly classes run until September 30 and include Monday Butts & Guts at 7 p.m. Tuesday Just Dance Classes at 7 p.m. are a fun, energetic cardio dance class for all fitness levels that combines different styles of movement to sounds from across the world. Groove is in the heart and good vibes are in. Saturday Yoga at 10 a.m. Exercise for your mind, body, and soul. Experience a flowing style linking flowing movement with breath in the class. Special attention is paid to easing into postures, finding proper alignment with instructors from Onelife Fitness. Lace up your shoes and get moving. Tone and tighten your core, glutes, legs and thighs in this intense, targeted workout. Leave accomplished. All fitness levels are welcome. On the Plaza at National Harbor. Please bring a mat. <https://www.nationalharbor.com>.

**FEDERAL WORKERS: EFFECTIVE JOB SEARCH STRATEGIES**

Federal Workers: Effective Job Search Strategies organized by Lewis Williams. Learn how to efficiently search for jobs in the private sector, using a variety of resources, including LinkedIn. Presenter: Ms. Rosetta Price, Acting Director of Career Development Center, Bowie State University. Wednesday, July 30, 2025, 2:30-4:30 p.m. The event will be at Bowie State University, 14000 Jericho Park Road, Bowie, Maryland 20715-9465 in the Martin Luther King, Jr. Center 1340. Lewis Williams 301-860-0601 Register today.

**CLINTON UMC VACATION BIBLE SCHOOL**

Join Clinton United Methodist Church’s Vacation Bible School. Our theme this year is Road Trip: On the Road with God July 14–July 18, 2025, from 9 a.m. to Noon. Each day our K–5th graders will discover God is with us everywhere we go. Join us for church service on Sunday July 20, 2025, for the Children’s Church VBS summary presentation. Please register your child for VBS on our website: <http://cumcmd.org>. If you need a printed registration form, please contact our office at 301-868-1281. Interested in volunteering time contact Audrey Johnson 301-922-5384 or [ajohnson12906@yahoo.com](mailto:ajohnson12906@yahoo.com). Church address is 10700 Brandywine Road, Clinton, Maryland, 20735.

**MORGAN STATE UNIVERSITY**

Morgan State University Southern Maryland Alumni Chapter come back, give back celebrating 20 years Saturday, September

13, 2025. Their Annual Scholarship Fundraiser Dinner Dance will be Saturday, September 13, 2025, from 7–11 p.m. at Waldorf Jaycees Community Center, 3090 Crain Highway, Waldorf, Maryland 20601. Tickets are on sale. Message Center: 720-716-6117 EMAIL: [msusmac@gmail.com](mailto:msusmac@gmail.com).

**BOWIE STATE UNIVERSITY**

Bowie State University is an important higher education access portal for qualified persons from diverse academic and socioeconomic backgrounds, seeking a high-quality and affordable public comprehensive university. The university places special emphasis on the science, technology, cybersecurity, teacher education, business and nursing disciplines within the context of a liberal arts education.

U.S. News & World Report released its 2025 Best Colleges ranking today with Bowie State University ranked #11 among all Historically Black Colleges and Universities, up five positions from last year and solidifying BSU as one of the Top 10 public HBCUs.

“The increase in Bowie State’s ranking from 16 to 11 among HBCUs is due to hard work, dedication and commitment of faculty, staff and the entire campus community,” said President Aminta Breaux. For more information about Bowie State University, visit [bowiestate.edu](http://bowiestate.edu). MEDIA CONTACT: David Thompson, [dlthompson@bowiestate.edu](mailto:dlthompson@bowiestate.edu), 301-860-4311.

**BSU 2025 HOMECOMING**

SAVE THE DATE. Get ready for Bowie State University Homecoming 2025! October 27–November 2, 2025. We are excited about this year’s Homecoming Week Celebration. More information to follow at a later date.

**JULY BIRTHDAY CELEBRATIONS**

Happy Birthday to Timothy Edwards, Rober Miley, Emirys Hughes, Ezra Prah, Barbara Burdette, Elizabeth King, Deserae Hughes, Alma Pinkney, Trevor Bourne, Franklyn Issac, Khari Dee, Princess Mitchell, Ayden Anthony Jones, Osama Omoregbe, Wayne Baker, Mamou Mbakwe, Shirley Young, Sally Davies, Amina Hughes, Israel Trice, Etinosa Omoregbe who are Clinton United Methodist Church members celebrating birthdays in July.

**SAVE THE DATE**

Mark your calendars for Homecoming 2025, October 10–12, when UMBC Retrievers, family, friends, and community members are invited to celebrate all things black and gold. UMBC Homecoming is a time to reconnect and celebrate your Retriever pride. Enjoy the carnival, puppy parade, pumpkin painting, men’s and women’s soccer games, 5k and family fun run, GRIT-X, and so much more. Check [homecoming.umbc.edu](http://homecoming.umbc.edu) for updates.

## Calendar of Events

**15th Annual Lake Arbor Jazz Festival**  
Date and time: July 18–20, 2025, 12–4 p.m.  
Description: One of the region’s premiere jazz events, the Lake Arbor Jazz Festival returns to National Harbor for its 15th year from July 18–20. The festival kicks off in Spirit Park. Performers include Phaze II and saxmen BK Jackson, Phillip “Doc” Martin and a special tribute to the Godfather of Go-Go, Chuck Brown, featuring the Chuck Brown Band. In addition to great music, convenient parking and food and merchandise vendors, there will be on-site beer and wine lounge and private VIP tent seating. View the entire schedule here: <https://lakearborjazz.com/>.  
Cost: Tickets start at \$71.09 (including \$6.09 fee) and are on sale until July 17 on Eventbrite.  
Location: National Harbor, 115 Waterfront Street Oxon Hill, MD 20745

**2025 Summers in Prince George’s Block Party**  
Date and time: Saturday, July 19, 2025, 12–4 p.m.  
Description: Join us for Summers in Prince George’s Block Party! Infinite Legacy, the organization that saves lives through organ, eye and tissue donation in Maryland and the Metro DC area invites parents, children and community members for an afternoon of fun, community and wellness! Food and backpacks will be given away while supplies last. The block party is presented by The Decision Project, an initiative focused on empowering individuals to make an educated and inspired decision about organ, eye and tissue donation.  
Cost: This event is free, but registration is required.  
<https://www.eventbrite.com/e/2025-summers-in-prince-georges-block-party-tickets-1411205055309?aff=ebdssbdestsearch>  
Location: 2000 Marbury Dr, District Heights, MD 20747, Festivities will take place on the baseball field by the recreation center. Parking is available on site.  
Contact: [events@infinitelegacy.org](mailto:events@infinitelegacy.org)

**Rain Gardens 101 Neighborhood Workshops**  
Date and time: Tuesday, July 22 | 6–7:30 p.m. | Edmonston  
Thursday, July 24 | 5:30–7 p.m. | Bladensburg  
Tuesday, July 29 | 6–7:30 p.m. | Riverdale Park  
Description: Curious about those planted areas that soak up stormwater? Join us for a hands-on workshop series where stormwater experts will walk you through local green infrastructure and how they help keep our water clean. You’ll learn how these systems work, what healthy ones should look like, and what to do if something’s off.  
Cost: Free to those who want to learn! Sign up: [https://docs.google.com/forms/d/1TbqWBjgKTWBYdW9kgdmr-RqdYe2AQC7iL2O3Y35kJKfg/viewform?edit\\_requested=true&pli=1](https://docs.google.com/forms/d/1TbqWBjgKTWBYdW9kgdmr-RqdYe2AQC7iL2O3Y35kJKfg/viewform?edit_requested=true&pli=1)  
Contact: The Neighborhood Design Center, [www.ndc-md.org](http://www.ndc-md.org)

## Lottery Contest Seeks Artwork to be Featured on Upcoming Scratch-Off Ticket

By PRESS OFFICER

**Maryland Lottery**

BALTIMORE (July 1, 2025)—The Maryland Lottery wants to display the work of local artists on our scratch-off tickets, and we’ve launched the Maryland Treasures Art Contest to make it happen.

We’re looking for artists to create images that capture what Marylanders treasure most about our home—and we’ll help you share your work with the entire state.

Submissions of original artwork will be accepted from **July 1 through Aug. 15**. The Lottery will select three pieces of art that will appear on the \$2 Maryland Treasures ticket, which is scheduled to go on sale at more than 4,300 retailers across the state in March 2026. Each artist whose work is selected will receive a \$4,000 award for their art and for helping the Lottery promote the

Maryland Treasures ticket.

The submitted artwork should celebrate Maryland, including elements of the state’s history, landmarks, culture or traditions. To be eligible, artists must be Maryland residents and at least 18 years old. Visit [mdlottery.com/CallForArt](http://mdlottery.com/CallForArt) to find complete contest rules and information on how to submit artwork.

“For more than 50 years, the Lottery has been part of the fabric of the community, and we love the way this contest emphasizes that connection,” said Maryland Lottery and Gaming Director John Martin. “There are many parts of life in Maryland that make it a special place to live, and we’re eager to see how artists will convey that. Their artwork will help us create a ticket that is something unique.”

A panel of Maryland Lottery staff members will review the submissions without

knowing the identities of the artists, and will select the three art pieces that best connect with the Maryland Treasures theme. The Lottery will inform the artists whose work has been selected and reveal the winning artwork in the coming months, prior to the launch of the Maryland Treasures ticket in March.

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*Since its inception in 1973, the Maryland Lottery has awarded nearly \$35 billion in prizes to Lottery players and contributed more than \$20 billion to the State of Maryland. One of Maryland’s largest revenue sources, the Lottery supports important state programs and services including education, public safety and health, human resources and the environment. For more information, go to [mdlottery.com](http://mdlottery.com). Please remember to play responsibly and within your budget. Visit [mdgamblinghelp.org](http://mdgamblinghelp.org) or call 1-800-GAMBLER.*

**Fun from A1**

creating inclusive, accessible, and sustainable opportunities for all residents and visitors.

**By the Numbers—A Snapshot of Our Impact:**

- 160+ miles of trails
- 300+ athletic fields
- 95 pickleball courts
- 13 aquatic facilities
- 6 tennis bubbles
- 5 cricket fields
- 5 futsal courts
- 4 regional parks
- 4 athletic complexes
- 4 golf courses
- 3 ice rinks
- 2 archery ranges
- 1 disc golf course
- 1 boxing center
- 1 equestrian center
- 1 trap and skeet center
- 1 golf training center

- 1 minor league baseball stadium
- 7 dog parks
- ...and so much more—with new features being added every day.

With the guiding mission to help people “Live More, Play More,” the Department provides opportunities for active lifestyles, meaningful connections, and community pride through programs, classes, events, and accessible facilities. Whether enjoying a summer concert, cooling off at a pool, or finding peace on a shaded trail, residents of all ages can experience the Department’s commitment to serving with heart.

For more information on National Parks and Recreation Month events and how you can celebrate with us, visit [www.pgpark.com](http://www.pgpark.com).

# COMMUNITY

## New from A1

forms such as CNN, MSNBC, and NewsNation.

A former award-winning journalist, Douglas also spent nearly a decade at Prince George’s Community Television, where she became known for stories that elevated the voices and experiences of Latino families and other under-represented groups in the county.

“Denise Douglas is a communicator of deep integrity and courage,” said Dr. Joseph. “She understands the importance of telling the district’s story clearly, honestly, and consistently. More importantly, she is committed to listening—to building two-way relationships with our community that foster trust and transparency.”

Both leaders assume their roles immediately and will play a central part in executing Dr. Joseph’s 100-Day Entry Plan, which prioritizes family engagement, academic improvement, human capital development, alignment to the Blueprint for Maryland’s Future, and strategic collaboration with all stakeholders.

## Social Security Matters

Ask Rusty:

## Can I Switch to a Taxi Driver Job Without Hurting my Social Security?

By RUSSELL GLOOR,  
National Social Security Advisor at the AMAC Foundation,  
the non-profit arm of the **Association of Mature American Citizens**

**Dear Rusty:** I opted to draw my Social Security retirement benefit early and work part time. The company I work for has decided to pull me from field work due to my age and health. Although they are great keeping me at 20 hours per week running for parts and doing office work, I’m not sure how much longer it will last. I’m thinking of taking a taxi driving job to keep my income enough to live on. The way it would work, I would lease the cab for some amount of dollars per day, set my own hours to work and collect anywhere from \$1.40 to \$4.00 per mile, depending on what type of fare. My question is: how does Social Security look at that type of employment? Would I be held to the 15–45 hours a month standard? I could never come close to making the \$1,200 to \$1,300 a month I need by working so little. Any advice is greatly appreciated. **Signed: Seeking Advice**

**Dear Seeking:** If you go ahead with your plan to lease a taxicab instead of continuing your current employment, you would, in effect, be considered “self-employed” and would submit your income tax return to the IRS accordingly. Social Security would get your earnings information as reported to the IRS, and it would be your net earnings from self-employment (after deducting all your business expenses) that is reported to SSA by IRS. There is, however, a special rule which would apply to you in your first calendar year of self-employment while collecting early Social Security benefits.

Since, in your first year, some of your earnings would be as a part-time employee paying SS FICA payroll taxes, Social Security would first look at your earnings as an employee to see if you exceeded the annual earnings limit (\$23,400 for 2025). Then, upon starting your self-employment, Social Security would look at the hours you spent performing “substantial gainful activity” (e.g., driving your taxi) each month and, if you spent more than 45 hours per month in that capacity, you would not be considered “retired,” and thus, not eligible for Social Security in any month you exceeded that amount of hours. If you earned less than the annual limit in total (both as an employee and while self-employed), you would get benefits for all months of the year. But if you earn more than the annual limit, you will get no benefits for any month you exceeded 45 hours as a self-employed person. Again, this only applies during the first calendar year of self-employment—in the following year only your net earnings from self-employment would count toward the annual earnings limit.

In effect, SSA would use the hours-worked standard to see if you are truly retired or actually working. If the latter, they would withhold SS monthly benefits for any month you exceed 45 hours working while self-employed (up to and including December of your first calendar year of self-employment), and only if your total income (as an employee and while self-employed) exceeds the annual limit.

So, if your goal is to net \$1,200–\$1,300 per month as a self-employed taxi driver, that would be well within the limits of the annual earnings test (\$23,400 for 2025 but changes yearly). But there may, or may not, be a reduction in your Social Security benefits during your first year of self-employment, depending on when you start as self-employed. Note that SSA will ask about your work plans when you apply, and if you expect to stay under the annual limit (working part time in both capacities), you should get full SS benefits. Just be careful to stay under the annual earnings limit for those collecting early Social Security benefits. FYI, earnings from before your SS benefits started don’t count toward the earning limit.

Note, too, that your monthly Social Security benefit will be actuarially reduced according to how far in advance of your full retirement age you claim SS. Whenever SS benefits are claimed prior to one’s full retirement age, those benefits are permanently reduced.

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

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## Gary Robertson of Oxon Hill Inducted into Wilson College Athletics Hall of Fame

By PRESS OFFICER  
Wilson College

CHAMBERSBURG, Pa. (July 2, 2025)—Honoring student-athletes in lacrosse, volleyball, basketball, and soccer, the Wilson College Athletics Department announced the 2025 inductees into the Gwendolyn Jensen Athletic Hall of Fame. Those inducted were:

- Sage Lague of Hagerstown, Md., women’s lacrosse.
- Deah Menedis of Reisterstown, Md., women’s volleyball.
- **Gary Robertson of Oxon Hill, Md., men’s basketball.**
- Jade Wolfe, of Mercersburg, Pa., women’s soccer.

The Phoenix athletics program inducted the 2025 Hall of Fame Class during its annual Athletics Award Ceremony, held Sunday, April 27, 2025.

Inductees must have exhausted their intercollegiate eligibility, achieved advanced level recognition for their athletic achievements, and contributed significantly to the overall athletic program.

Wilson’s dedicated the hall of fame in 2001 to honor President Emerita Gwendolyn Jensen, Ph.D., who served the College from 1991 to 2001. Jensen initiated Wilson’s NCAA Division III membership, while also adding intercollegiate teams in gymnastics, basketball, and soccer. During her presidency, the College also improved the athletic facilities by resurfacing the tennis courts and the field hockey field and adding an equestrian center arena, soccer field, and softball field.



PHOTO COURTESY WILSON COLLEGE

Gary Robertson of Oxon Hill, Md.

## YOUTH MENTAL HEALTH PART NINETEEN—LAST STORY IN THE SERIES

## This School Banned Cellphones Six Years Ago. Teachers—and Many Kids—Couldn’t Be Happier.

By SAM GAUNTT  
Capital News Service

SAN MATEO, Calif. (June 30, 2025)—On a cool Friday morning in April, the halls of California’s San Mateo High School were full of students chatting, running to class or trying to find their friends.

But one common sight in high schools across the country was and always is absent from the halls of San Mateo: cellphones.

“When you look at the crowd, kids are not buried in their phone,” said Yvonne Shiu, the school’s principal. “They have grown to value being in the moment.”

Students at the public high school about 20 minutes south of San Francisco have been prohibited since 2019 from using their cellphones while in school—from bell to bell. Schools nationwide, including some in Maryland, are now increasingly imposing such bans, but San Mateo was one of the earliest and largest schools in the country to implement a complete ban on cellphones during school hours.

At the start of each day, each of the 1,600 students lock their phone in a magnetically sealed pouch, created by the San Francisco-based company Yondr, that won’t be opened until the school day ends.

The decision to introduce Yondr pouches was the school’s attempt to tackle the increasingly pervasive effects of cellphone and social media overuse on its student body: cyberbullying, loss of sleep, self-esteem issues and endless distractions in class.

Teachers and administrators quickly embraced the program, saying it restored their grasp on students’ attention in class. Some even said if the school were to end the program, they’d leave.

As schools around the country implement similar cellphone bans, San Mateo offers a six-year track record of how a cellphone ban can force young people to focus and, in many cases, feel better.

“If schools can help alleviate some of those expectations and pressures about appearance and performance and embarrassment, and take away some of those elements that a lot of kids really struggle with and are confronted with, that is a benefit to them and to the school community and the school culture,” said Casey Teague, a longtime world history teacher at the school.

### A slow start

The decision to implement the Yondr program at San Mateo began with observation and a trial run.

One of its faculty members, Alicia Gorgani, observed a similar cellphone ban at San Lorenzo High School, a smaller school in the area, and brought the idea to San Mateo’s teachers and administrators.



PHOTO SAM GAUNTT/CAPITAL NEWS SERVICE

**San Mateo High School student Siddharth Gogi holds a Yondr pouch—which stores his cellphone while he is in school—on April 11, 2025.**

Adam Gelb, San Mateo’s assistant principal at the time, said seeing the cellphone ban in action at San Lorenzo “blew [his] mind.”

“Students were engaged with one another,” he said. “They were interacting. They were playing card games. They were playing out on the yard. They were goofing around. They were in circles, talking to each other.”

Gelb helped bring the program to San Mateo, which tested Yondr pouches in a few classrooms in spring 2019.

Teague, who’s worked at the school for more than 20 years, was one of those first instructors to pilot the program. He said he decided to try out the Yondr pouches in his class after noticing students’ smartphones were constantly bombarding them with notifications.

“By 2018, every kid had a phone. That wasn’t anything new,” Teague said. “But the distracting nature of the phone was becoming more and more obvious.”

Health education teacher Brittany Dybdahl said leading up to the ban, the school was seeing an increase in cyberbullying and drama stemming from online activities.

Embarrassing moments or conflicts among students had the risk of getting captured on video and being immortalized online.

“It basically created way more opportunities for students to be emotionally impacted throughout the school day,” Dybdahl said. “And that would, of course, affect their academics and learning.”

After the pilot program, and many discussions with students and their parents, San Mateo implemented the program schoolwide beginning in the 2019–20 academic year.

Some teachers were apprehensive about the cellphone ban, thinking it would create more work for first-period teachers to check that each student had their phones sealed away.

But those checks quickly became part of the daily routine, said physics teacher

Patrick Thrasher.

And after seeing the impact the program had on their students, most faculty members got on board, Thrasher said.

“There was such a pretty clear, drastic difference in the classroom,” he said. “It was just night and day.”

San Mateo’s cellphone ban was not even a year old when the COVID-19 pandemic moved all learning online for a year starting in March 2020. But the school decided to continue the cellphone ban when students returned to the classroom in 2021.

“They do spend enough time already on screens that, you know, seven hours a day here at school [without screen time] is not going to kill them,” Shiu said.

### The student reaction

Enforcement of the ban hasn’t been entirely without issues.

San Mateo faculty members said some students—albeit a small percentage—are determined to bypass the Yondr pouches and keep their phones on them. Some put calculators, hard drives or other phone-shaped objects in their Yondr pouches. Others put old, unused “burner phones” in their pouches while keeping their personal phone on them.

But many San Mateo students, like junior Lulu Bertolina, embraced the program. She said the Yondr program was one of the reasons she enrolled at San Mateo.

“Having our phones [in Yondr pouches] made it easier to make friends, because I can’t go off on my phone and not make conversation with people,” she said. “It almost forced it—in a really good way.”

For San Mateo senior Siddharth Gogi, the absence of phones made the school feel more welcoming. He said students aren’t glued to their phones playing video games at lunch or distracted on social media in class.

# COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

## Trump’s Disastrous Big Ugly Bill Is an Assault on the Working Poor

*“Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life.”*

—Nelson Mandela

I invite you to take a moment and reflect on the last time you received a medical bill in the mail. Think about the times an invoice from routine bloodwork from an annual physical, or charges from a past hospital visit that weren’t fully covered by your insurance, found its way into your monthly budget and disrupted your latest travel plans or opportunities to save for your future.

If that resonates with you in 2025, consider yourself fortunate. For 1 in 5 Americans and al-

most half of the children in this country, healthcare costs are more than a minor interruption in summer plans; they are the difference between eating and going hungry, and in some cases, life or death.

When Senator Joni Ernst told her constituents that “we are all going to die,” in a heated town hall about the millions [of] Americans who would lose health care coverage under the budget she supported, she wasn’t lying. Health economists from the University of Pennsylvania estimate that the original House bill’s health provisions would lead to 51,000 preventable deaths per year. The current Senate bill before the House increases the Medicaid cuts to over \$1 trillion.

In the bill that passed in the Senate [last] week, the nonpartisan Congressional Budget Office

found that nearly 12 million more Americans could become uninsured by 2034.

To put this into context, let’s break it down by the numbers.

- 71.4 million. That represents the number of Americans who enrolled in Medicaid today.
- 41%. That is the number of children in the United States who are on Medicaid as of January 2025.

The cuts in this bill have been framed as an attempt to thwart fraud in a nearly 60-year-old healthcare program, promising to make enrollees responsible for receiving coverage by enforcing new work requirements. But when 64% of current enrollees who are physically able already work full or part-time according to KFF, this rhetoric is just fodder for conservative talking heads to convince the public to support a piece of legislation that will make the top earners wealthier and force millions to choose between healthcare and the dinner table.

And for the 42 million Americans who depend on the Supplemental Nutrition Assistance Program, better known as food stamps or SNAP, they stand to lose both as this bill targets the program to pay for a tax cut for millionaires and billionaires, which will add \$3.4 trillion to the national deficit by 2034.

Simply put. This bill isn’t just a disaster; it’s an assault on the working poor.

According to findings from the Budget Lab at

Yale, the bottom fifth of earners will see their annual after-tax incomes fall on average by 2.3 percent within the next decade, while those at the top would see about a 2.3 percent boost, as reported by the NYTimes.

In a nation with a workforce threatened by the rapid expansion, integration, and unregulated use of AI and automation, we cannot afford to repeal fundamental programs to help Americans get by in exchange for tax cuts for the wealthiest of us.

We cannot enforce policies that restrict reproductive rights from struggling families and strip them of Medicaid, when 41% of child births in this country are covered by that very program, according to data from the Centers for Disease Control and Prevention.

This bill is another disastrous policy proposal from an administration whose agenda is full of dangerous contradictions and divisive rhetoric that continue to cost Americans their futures and their lives.

When the National Urban League introduced our D3 framework two years ago, we committed to combating poverty through our direct services and our policy arm, which has been fighting for communities for over 100 years.

Now is not the time to cower in fear or submit to intimidation like so many of our so-called elected leaders do today. It is a time to stand for what is right and defend those among us who are unable to defend themselves. —July 5, 2025

Ben Jealous

Executive Director,  
Sierra Club



## This Independence Day, Remember Fighting Back is America’s Great Tradition

I told my son recently that we’re descendants of the youngest combatant in the battle of Lexington and Concord. Our ancestor’s teenage ears were among the first to hear “the shot heard ‘round the world.”

Then I reminded him of something he already knew. That on the other side of his family tree are men and women who were enslaved. Who risked everything to get free and to free others. Who fought for their own rights and those of their communities after emancipation.

“You see,” I told him, “we come from freedom fighters. On both sides. Black and white. We fought back against monarchy. We fought back against slavery. And now we are being called to fight back against oligarchy. And just like before, we will win.”

This is our story. It is also America’s.

There is nothing as definitively American as fighting back—against injustice, the denial of fundamental rights, and the exclusion of vast swaths of people from the American promise.

This country has never been perfect. But it has always been capable of profound change. It has risen time and again to advance the cause of freedom and human dignity—because people stood up and demanded it. That is what we celebrate on the Fourth of July. Not just our independence from a king. But our ongoing willingness to push this nation toward liberty and justice for all.

It is not a straight line. Progress has always been followed by backlash. Reconstruction gave way to Jim Crow. The civil rights era gave way to mass incarceration. Each new expansion of democracy has been met by those determined to hoard power for themselves.

Today, the threat is oligarchy—a government run for the rich and powerful, by the rich and powerful, at the expense of everyone else.

You do not need a Ph.D. in political science to see what is happening. The same politicians trying to gut voting rights are pushing laws that make billionaires richer and the rest of us poorer. The same leaders who talk about “freedom” taking

away basic rights from workers, women, and families. The fossil fuel industry is being handed billions in subsidies and incentives to pollute the air our children breathe. Public lands are under threat. So are public schools, public libraries, and even public information and history.

When the Trump administration took down the government website hosting congressionally mandated research and data about climate change and its impacts on the US, could it really be seen as anything other than a gift to fossil fuel oligarchs?

Climate scientist Peter Gleick, who coauthored the first National Climate Assessment in 2000, called it “scientific censorship at its worst” and “the modern version of book burning.”

And what about Senate Republicans’ attempts to give massive handouts to fossil fuel interests—including the forced sale of millions of acres of our cherished public lands—while trying to deal a death blow to the clean energy transition with new taxes on wind and solar projects? All of that hurts everyday Americans in so many ways: the health impacts of all the added pollution, the cost of those health impacts on working families, the higher energy bills, the end of the good green economy manufacturing jobs boom, and the ceding of global economic leadership for the next century to the Chinese government—just to name a few!

That was a gift to fossil fuel oligarchs so egregious it even helped reignite the public tiff between Donald Trump and Elon Musk, who lamented the “utterly insane and destructive handouts to industries of the past while severely damaging industries of the future.”

And now, they are trying to rewrite the very idea of America.

This Orwellian-named “America First” agenda is not patriotic. It is predatory. It is not about preserving American greatness. It is about protecting corporate greed. It is about shielding the few from accountability. It is about convincing us to turn on each other while they loot the country.

But the good news is Americans are fighting back. As we always have.

The public backlash to attempts to sell off our public lands was swift and fierce, from Democrats, Republicans, and Independents alike. And we got it pulled from the Senate’s massive budget bill.

The resistance to smash-and-grab policies that enrich oligarchs and harm the rest of us will only continue to grow. That is because—and it is crucial that we remember this on Independence Day—we are a country built not on fear, but on hope. Not on exclusion, but on inclusion. Not on silence, but on speech. We are the America of Frederick Douglass and Sojourner Truth and Susan B. Anthony and Cesar Chavez. Of Harriet Tubman, who led people to freedom through forests and fields that are now public lands. And of my great-great-great-great-great-grandfather who fought on a battlefield that 250 years later is also now a national park.

The America that keeps fighting, even when the odds seem long.

As I told my son, we are part of that tradition. And this Fourth of July, we recommit to it. That is what it means to be American.

—July 1, 2025

*Ben Jealous is the Executive Director of the Sierra Club and a Professor of Practice at the University of Pennsylvania.*

### Happier from A3

“Conversations move past surface level when you have that time to talk to one another,” said Gogi, San Mateo’s three-time class president who graduated this spring.

He acknowledged, though, that some students are concerned about not having quick access to their phones in case of an emergency.

In the early 2000s, many schools repealed their cellphone restrictions after the 1999 shooting at Columbine High School in Colorado.

But Shiu said it’s better if students don’t have access to their phones during an emergency. The pouches prevent students and family members from sharing misinformation or flooding 911 with calls overwhelming first responders and the cellphone network.

“In any emergency, we want students to be focused on the adult giving the information,” Shiu said.

### The experts

To hear the experts tell it, there’s an overriding good reason for schools to ban cellphones. Cellphone use and social media sites can both have a serious impact on young peoples’ well-being.

Extensive cellphone use dur-

ing the day has a “direct correlation with a decline in mental health,” said Annette Anderson, the deputy director of the Johns Hopkins University Center for Safe and Healthy Schools.

“We also know that cellphone use late into the evening has a disruptive factor in our young people getting enough sleep and then being attentive enough in the morning,” Anderson said.

Young people are grappling with the reality that the phone in their hand could be doing them harm. A Pew Research Survey released in April found almost half of U.S. teens age 13 to 17 agreed social media sites have a mostly negative impact on kids their age.

San Mateo wellness counselor Helen Citrin said a cellphone ban can provide students a much-needed break from their phones.

For students who are highly anxious or struggle managing their emotions, Citrin said, not having access to a cellphone can help as it prevents them from constantly texting their parents.

“That pouch offers a boundary,” she said.

One recent study echoed this sentiment. Independent research on school cellphone bans is limited, but a 2024 study conducted by Yondr found that students saw a 15% increase in the likelihood they received a passing grade after

their school implemented Yondr pouches. The report also found a 44% decrease in behavioral referrals after implementation.

Data from San Mateo paints a mixed picture of the school’s performance since implementation of the cellphone ban. Math and English test scores declined from 2019 through 2024, but both the graduation rate and preparedness for college and careers have inched upward. Meanwhile, the suspension rate increased.

Gelb offered an explanation for the rise: “Everybody was forced to communicate in person, so you had more people talking, and there’s more chance for someone to say the wrong thing or be in the wrong place.”

But, he added, the premeditated incidents and cyberbullying disappeared from the school day.

### A growing trend

Although San Mateo might have been early to the cellphone ban movement, it’s among growing company now.

State and local governments and school districts across the country are now considering—or have already passed—policies on cellphone use in school. Yondr boasts that millions of students from all 50 states are now using its pouches.

While there is no statewide ban in Maryland, more than a

third of its public schools prohibit cellphone use, Capital News Service reported in October. Several school districts, including Howard and Baltimore counties, have passed a total ban.

About 30% of U.S. schools now have a ban on cellphone use throughout the school day, according to the National Center for Education Statistics.

That percentage is likely to rise. In the nation’s largest state, Democratic Gov. Gavin Newsom (D) signed legislation last year requiring all public and charter schools in California to create a policy to reduce or ban cellphone use during school hours by July 1, 2026, but left each school or school district to decide the specifics of their policy.

And recently, New York joined the more than two dozen other states instituting a complete ban on cellphones during school hours.

Democratic New York Gov. Kathy Hochul (D) said the decision comes as part of the state’s efforts to protect youth mental health.

“Our young people succeed when they’re learning and growing, not clicking and scrolling,” Hochul said in a statement in May.

### A model to follow?

San Mateo faculty and staff said the school’s careful imple-

mentation of the Yondr program and the conversations it had with families and educators led to its success.

But several San Mateo faculty members said Yondr alone can’t solve youth mental health issues stemming from social media and personal devices.

The second students leave school grounds, they once again

have access to their phones and can browse as much as they want. Citrin, the school’s wellness counselor, said many of the students she deals with stay up late into the night doomscrolling, or texting or video chatting with friends.

See **HAPPIER** Page A6

## The Prince George’s Post

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# Summer Dining

## POWER Your Summer with 100% ORANGE JUICE

FAMILY FEATURES

Whether you’re lounging by the pool or hitting the trails for a family hike or bike ride, exposure to summer heat can leave you feeling dehydrated and fatigued. Comprised of nearly 90% water and delivering essential electrolytes like potassium and magnesium, 100% orange juice can serve as a healthy complement to your hydration routine. These electrolytes are crucial in helping to maintain fluid balance and muscle function regardless of the time of year, but they’re especially important during the warmer summer months when you are exerting more. Consider these unexpected ways Florida Orange Juice can help power your summer.

### Support Immunity

100% orange juice isn’t just a tasty drink; it’s also packed with essential nutrients that support your immune system. An 8-ounce glass of 100% orange juice is an excellent source of vitamin C, plus it provides key nutrients such as folate, potassium and thiamin, as well as vitamin D and calcium (in fortified juices), that help support the immune system all year long.

### Add Healthy Flavor to Meals

Fat-free, cholesterol-free and sodium-free with no added sugar, 100% orange juice is a healthy addition to any diet, adding a burst of flavor to favorite dishes. Consider using Florida Orange Juice as part of the marinade in these Orange Juice Citrus Chicken Kebabs or as a base for salad dressings to create a perfect balance that will delight your taste buds.

### Electrolyte and Hydration Support

With many kids participating in summer sports and other outdoor demands on families during the warmer months, it can be difficult to provide your family with healthy, hydrating beverages. However, an option like this On-the-Go Orange Juice Sports Drink helps to replenish carbohydrates and electrolytes during and after physical activity, such as running, biking, exercising or playing sports.

Find more nutritious and delicious recipes to keep your family energized during summer activities at [FloridaJuice.com](#).



### Orange Juice Citrus Chicken Kebabs

Recipe courtesy of Aaron Himrod on behalf of the Florida Department of Citrus  
Servings: 8 (2 kebabs per serving)

- 1 large Florida Orange, zest only
- 1 lime, zest only
- 1/2 teaspoon ground thyme
- 2 tablespoons vegetable oil
- 1/4 teaspoon granulated garlic
- 1 teaspoon salt
- white pepper, to taste
- 1 cup Florida Orange Juice
- 1 cup lemon-lime soda
- 2 pounds chicken tenders
- 8 wooden skewers

To make marinade: In medium mixing bowl, combine orange zest; lime zest; thyme; oil; garlic; salt; white pepper, to taste; orange juice; and soda.

Add chicken and completely coat with marinade. Cover bowl and place in refrigerator at least 1 hour.  
Soak wooden skewers in water 20-30 minutes.  
To make kebabs: Remove chicken from fridge and lace through each skewer using weaving motion. Repeat for all chicken tenders and set aside.  
When skewers are prepared, drizzle extra marinade over chicken.  
Heat grill to medium. Place chicken on grill. Cover and cook 3 minutes per side, or until center of meat reaches internal temperature of 170 F.  
Remove from grill and serve immediately, or cover with foil and serve later.  
**Tips:** Cover kebabs with foil for at least 20 minutes after cooking to trap in flavor and juices.  
Add vegetables to kebabs, if desired, to increase flavor.

### On-the-Go Orange Juice Sports Drink

Recipe courtesy of the Florida Department of Citrus  
Servings: 1

- 8 ounces Florida Orange Juice
- 8 ounces water
- 1 pinch salt

Mix orange juice and water.  
Add pinch of salt.  
Pour into small bottle or reusable pouch.

## Protein-Packed Summer Sweet Treats

*Bring joy to your health journey with quick and easy summer recipes*

FAMILY FEATURES

Each vacations, backyard barbecues and long road trips make summer a season of spontaneity. Often cited as memory-making moments, these unplanned adventures can also make it a challenge to stay on track with your health. This summer, sticking to your wellness goals doesn't have to mean missing out on delicious, sweet treats. When summer throws you off your routine, reach for convenient sources of high-quality protein, like Premier Protein High Protein Shakes. With 30 grams of protein, 160 calories and 1 gram of sugar, you don't have to choose between summer fun and nutrition. These summer shakes bring joy back to the health journey as easy and delicious grab-and-go solutions, putting a healthier, happier lifestyle within reach. Not to mention the shake's 24 vitamins and minerals, including vitamins C and E, which help support a healthy immune system as part of a healthy diet and lifestyle. The fan-favorite shakes are best enjoyed as part of a nourishing breakfast, afternoon snack, post-workout boost or as an ingredient in a protein-packed recipe. There's something for every taste bud, with more than 12 flavors including fan-favorites Chocolate, Vanilla, Caramel and Cafe Latte. If you're interested in trying summertime recipes that taste indulgent and pack a protein punch, consider these tasty treats. When the sun is beating down and the only reprieve is an ice cold refreshment, let this twist on frosted lemonade be your escape from the heat. With fruity flavor and added protein, Frosted Peach Lemonade allows you to travel to a tropical island from the comfort of home. From hot days to cool nights, Premier Protein delivers the perfect solution for the classic bonfire indulgence with

Protein Marshmallow S'mores. Your new summer classic, this unexpected s'more hack lets you embrace a sticky treat without sacrificing your nutritional goals. With nutrition that works for you, delicious recipes and nutrition tools help make the ride smoother and more enjoyable as a fun reminder the health journey doesn't have to be daunting. With easy-to-understand nutritionals, Premier Protein High Protein Shakes deliver tasty fuel for whatever comes next, giving you the confidence to reach your goals and be the best version of yourself without missing summer's special moments. To find more information and protein-packed recipes that'll help keep your summer health goals on track, visit [PremierProtein.com](#).

### Protein Marshmallow S'mores

- 2 cups Premier Protein Vanilla High Protein Shake
- 5 tablespoons gelatin
- 3 scoops Premier Protein Vanilla Milkshake 100% Whey Protein Powder
- 3 graham crackers
- 3 chocolate bars

Add protein shake to small saucepan and layer gelatin on top. Let set 5-10 minutes (gelatin will start to "bloom").  
Over low heat, whisk mixture periodically until consistency thins.  
Pour into mixing bowl and allow to cool 5-10 minutes until mixture is warm, not hot.  
Add protein powder; whisk 10-20 minutes, or until light and fluffy. Mixture should not break and fall immediately when whisk is lifted.  
Pour mixture into lined pan and allow to set in refrigerator.  
Slice and serve alone or with graham crackers and chocolate bars.



### Frosted Peach Lemonade

- 2 scoops Premier Protein Vanilla Milkshake 100% Whey Protein Powder
- 1 cup lemonade
- 1 cup frozen peach slices

In blender, blend protein powder, lemonade and frozen peach slices until smooth.

Happier from A4

That being the case, Gelb said schools should also teach students how to develop a healthy relationship with their phone and social media. The pouches also carry a financial impact on schools.

Each student at San Mateo receives a free Yondr pouch at the beginning of the school year, but each replacement costs \$15. In total, Shiu estimated the school spends about \$20,000 a year on Yondr pouches.

However, San Mateo teachers and administrators said the program’s benefits outweigh its costs.

“From a school perspective, it keeps kids off of their phone during class time,” Citrin said. “Because the main focus here is education, that’s what the purpose is, and that’s what the use is benefiting.”

EarthTalk® Bees, Butterflies, Birds & Bats Rejoice During Pollinator Month

By Shashwat Mishra | June 25, 2025

Dear EarthTalk: What is Pollinator Month all about and how can I participate?

—E.T., via email

Every June, people around the world celebrate Pollinator Month. It’s a time to recognize the huge role that bees, butterflies, birds, bats and others play in keeping our environment and food systems going. A big part of that is Pollinator Week, usually held during the third week of June. It kicked off back in 2007, when the U.S. Senate officially approved it. Since then, it’s really taken off, thanks to groups like Pollinator Partnership and local conservation initiatives across the country.

Pollinators help around 75 percent of all flowering plants reproduce. That means everything from wildflowers to crops like apples, almonds, coffee and chocolate. In fact, more than a third of the food we eat depends on them in one way or another. According to the U.S. Department of Agriculture (USDA), pollinators contribute over \$20 billion annually to the U.S. agriculture industry.

However, there is a problem with pollinators. Their numbers are dropping. Some causes of the decline include habitat loss, heavy pesticide use, disease, invasive species and climate change. Pollinators are under stress. That’s where Pollinator Month comes in. It’s not just a celebration; it’s a push to do better by these species and the systems they support.

There are several ways that one can join Pollinator Month. You don’t need to be a scientist or farmer. One of

the best ways to help is to plant a pollinator-friendly garden. Native plants that bloom across different seasons work best, like milkweed, lavender, wildflowers and mint. You can skip the harsh chemicals, too. Neonicotinoids, in particular, are known to harm bees and other helpful insects.

There are also plenty of local events to get involved with during June. Garden walks, library story times, seed swaps, even community cleanups and workshops. People are also adding bee hotels, bat boxes or simple water dishes in their yards to support pollinators where they live. Online toolkits from groups like Pollinator.org offer region-specific advice.

“We are determined to be part of the solution,” said Josette Lewis, Chief Scientific Officer at the Almond Board of California. “Pollinators are crucial for our food production and for our entire ecosystem.” Laurie Davies Adams, CEO of Pollinator Partnership, adds, “Each of us can take meaningful action and it starts in our own backyards.”

Beyond just gardens and local events, Pollinator Month also gets schools, businesses and parks involved by encouraging them to plant native flowers and cut back on pesticides. Lots of groups are pushing for pollinator corridors too. These help connect habitats so pollinators can move safely through cities and countryside. By supporting things like this and sharing what you learn, everyone can chip in to help slow pollinator declines and protect the important work they do. Even small things like planting a few native flowers or skipping pesticides really do add up over time. Together these small efforts make a big difference for pollinators and honestly for all of us.



PHOTO CREDIT: PEXELS.COM

Celebrating the huge role bees, butterflies, birds, bats & others play in keeping our environment going is something we should do all year long, not just during Pollinator Month.

CONTACTS: Pollinator Week; Celebrate National Pollinator Month With These Tips! <https://conservationdistrict.org/2023/june-is-national-pollinator-month-2023.html>; 7 buzzworthy fun family activities to celebrate Pollinator Week, <https://www.seattletimes.com/life/food-drink/7-buzzworthy-fun-family-activities-to-celebrate-pollinator-week/>.

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