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## Governor Hogan, Lt. Governor Rutherford Recognize May as Mental Health Awareness Month In Maryland

Encourage Marylanders Struggling with Mental Health to Utilize Available Resources

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (May 14, 2021)—Governor Larry Hogan today declared May 2021 as Mental Health Awareness Month in Maryland. Lieutenant Governor Boyd K. Rutherford presented the proclamation during a meeting of the Commission to Study Mental and Behavioral Health in Maryland, which studies Marylanders' access to mental health services and the link between mental health issues and substance use disorders.

"One of our key priorities is providing resources and support to Marylanders facing mental health challenges," said Governor Hogan. "If you or anyone you know is struggling, I encourage you to please take the first step and reach out for help."

Lt. Governor Rutherford, who chairs the commission, emphasized the need to increase the acceptance and understanding around mental and behavioral health issues.

Mental Health America recently ranked Maryland among the top ten states with a lower prevalence of mental illness and higher rates of access to care. The State of Maryland has a number of resources available for those seeking mental health resources, including 211 Maryland, which is available online and by phone 24/7. 211 Maryland has partnered with the Behavioral Health Administration (BHA) to launch MD

Mind Health. Marylanders can text "MD Mind Health" to 898-211 to sign up and receive encouragement, reminders, and resources for fighting isolation and staying connected. This resource is also available in Spanish by texting "MD Salud Mental."

BHA also launched Operation Roll Call, a program offering regular check-in calls and support to veterans. Operation Roll Call, inspired in-part by the Department of Aging's Senior Call Check-in program, notifies an emergency contact if they are unable to reach a veteran. BHA is also helping to support mobile crisis services and stand-alone walk-in crisis services for the treatment of community mental health and substance use disorders.

The Maryland Department of Health (MDH) has launched an array of programs addressing mental health during the coronavirus pandemic and beyond. The CovidCONNECT website helps Marylanders impacted by COVID-19 by providing a central location for individuals to find mental health resources, bi-weekly webinars, and virtual support groups.

Governor Hogan announced the launch of "Project Bounce Back," a \$25 million public-private partnership to support strategic mental health services, expand youth development programs, address Adverse Childhood Experiences (ACEs), and develop innovative, data-driven digital solutions to build resilience.



PHOTOGRAPH COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

## Governor Hogan Joins Faith Leaders at FedExField To Recognize Efforts of Faith-Based Community in Vaccine Distribution

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (May 13, 2021)—Governor Larry Hogan today joined faith leaders at FedExField in Prince George's County to recognize the critical role that faith-based and community-based institutions play in vaccine distribution across the state.

The governor was joined by Lt. Governor Boyd K. Rutherford, Secretary Dennis Schrader of the Maryland Department of Health, Brigadier General Janeen Birkhead, head of the Maryland Vaccine Equity Task Force

(VETF), and Jason Wright, president of the Washington Football Team.

"Over the past few months, we have stood up vaccination clinics in underserved, hard-to-reach communities and launched a public information campaign about the safety and effectiveness of these vaccines, and our faith-based leaders and trusted community partners have been a crucial part of those efforts," said Governor Hogan. "Getting more people vaccinated as quickly as we possibly can is our absolute best way to win the war against this virus."

"In the last six months, we

have expanded the network of mass vaccination sites, pharmacies, doctors offices, and community partners giving vaccines to anyone who wants one," said Lt. Governor Rutherford. "Local churches, mosques, and synagogues have been vital to this progress. The faith community's participation in this statewide vaccination effort has increased access and reduced barriers for those without transportation or facing other obstacles in getting vaccinated."

The VETF has worked closely with faith and community leaders to ensure the equitable delivery of over 75,000

vaccines in hard-to-reach populations in the state of Maryland. To date, the task force has completed over 350 missions, including 110 missions in Prince George's County.

Maryland has been recognized by the Biden administration and the New England Journal of Medicine as a national leader on vaccine equity. According to Bloomberg, Maryland is one of only five states to vaccinate at least a third of the Black and Hispanic populations.

Governor Hogan and Lt. Governor Rutherford took part in a similar event last month at M&T Bank Stadium.

## Maryland Company Moves Ahead In Quantum Space Race

By CHRIS BARYLICK AND ALYSSA MCKINNEY  
Capital News Service Business Bureau

Over the past few decades, quantum computing has developed from what many considered a science-fiction fantasy into what could be the next technological revolution. One local company, College Park-based IonQ Inc., could play a key role.

In what some are calling the "quantum space race," governments around the globe are funding quantum computing research in an effort to become the world's leading innovator. China spends about \$2.5 billion on quantum research annually, more than 10 times what the U.S. spends, according to a report in The Wall Street Journal.

The quantum competition, reminiscent of the U.S.-Soviet era Sputnik space race, is expected to heat up under the Biden Administration, which plans to commit \$180 billion to research and development and "industries of the future," including quantum computing. That spending could provide a boost for IonQ, which was founded just six years ago.

"Both Congress and the president have made clear they plan to invest in the research, technology and talent needed to keep the United States in the global vanguard of innovation," said Kara Sibbern, a IonQ spokesperson. "At IonQ, we will be working with policymakers to support this effort however we can."

But whether new companies such as IonQ can compete in the brave new world of quantum computing is unclear. IonQ will be up against many U.S. and international companies, including heavy hitters like Google, Microsoft and IBM Corp.

Investors on Wall Street are closely watching the young company. In March, IonQ filed with the Securities and Exchange Commission to go public on the New York Stock Exchange by merging with dMY Technology Group Inc. III, a special-purpose acquisition company, or SPAC, based in Nevada. The deal is valued at about \$2 billion. If the SEC approves the transaction, IonQ would be the first company in the U.S. focused specifically on quantum computing to go public.

Like many other companies that use SPACs to raise capital, IonQ is hoping that merging with an acquisition company will allow it to

raise capital faster than by using a traditional initial public offering. Merging with dMY "affords us greater speed to market, flexibility and ability to focus on business execution," said Sibbern. The deal is expected to be completed this year, but the company couldn't provide an exact date.

The stock offering marks a huge step for a computing technology that not long ago was widely thought to have little promise beyond the theoretical.

Quantum computers use the power of quantum physics to quickly solve problems and perform tasks faster than a conventional computer. The technology could speed up calculations related to finance, drug development, materials discovery, artificial intelligence and others.

Quantum computers function differently from conventional computers, which accounts for their speed. Conventional computers use a large number of tiny transistors, which represent information as either a "1" or a "0." Quantum computers differ in that they use qubits, which can represent and work with both numbers simultaneously. This is due to what's known as superpositioning.

To understand the principle of quantum superpositioning, it is often compared to a coin. Think of a single, stationary coin sitting on a table. It will be in only one of two states: heads or tails. Similarly, a transistor can only be either "0" or "1." But if you spin the coin, you can say it's both heads and tails at the same time until the moment you stop it and see what it lands on. This is like a qubit. Until you measure

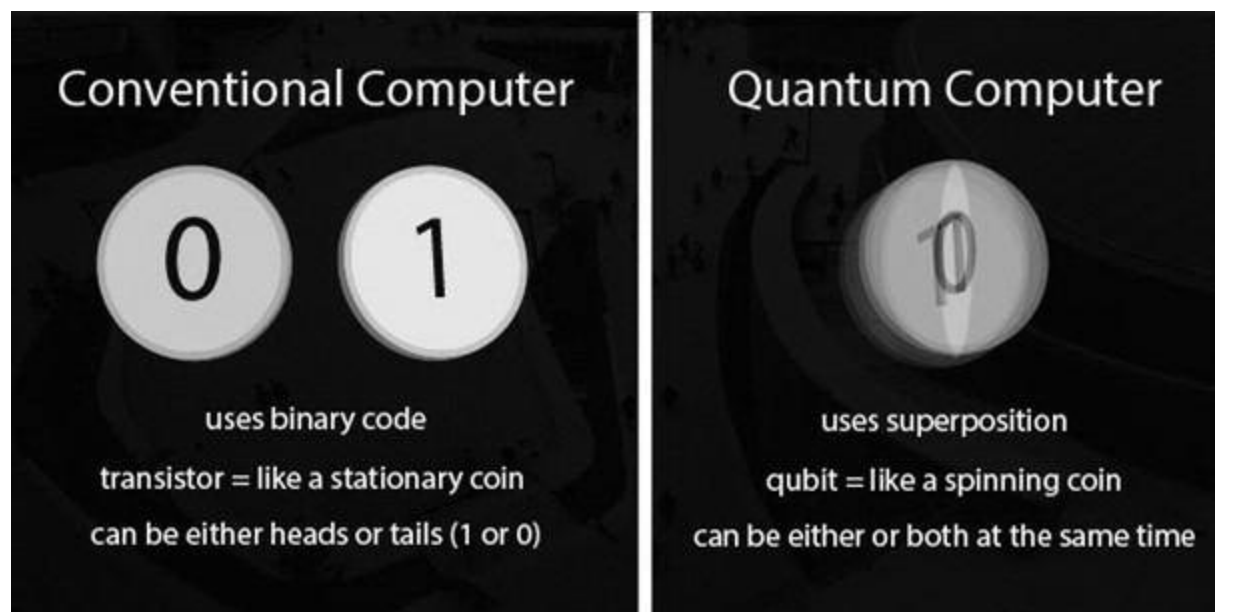


IMAGE COURTESY CAPITAL NEWS SERVICE

Graphic of math use for conventional vs quantum

it as a "0" or "1," it can exist in several different states at the same time.

So far, quantum computing is still in the research phase, far from widespread commercial use. IBM unveiled its first commercial quantum computer in 2019, IBM Q System One, but the device is not for sale. Rather, it's a cloud-based product that customers can access over the internet to perform calculations.

However, executives at IonQ and other companies believe the industry is close to developing scalable products that can serve business needs.

"We believe quantum computing will power the next technological revolution for humankind and that the dawn of the quantum age is here," said Chris Monroe, who co-founded IonQ and serves as the company's chief scientist. "Like the information age, quantum is expected to have far-reaching impacts across every facet of our society."

See QUANTUM SPACE RACE Page A4

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To Be Equal: Meet Jimmy Crow, Insurrectionist and Suppressor, Heir to Jim and James Crow, Esquire

Among the For The People Act's sweeping provisions, it eliminates racially-motivated voter suppression tactics like cumbersome voter registration requirements, strict I.D. requirements, limited voting hours and restrictions on voting by mail.

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# TOWNS *and* NEIGHBORS

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

### General Kohut will be especially remembered by Scouts of Troop #1005

Brig. Gen. Orest L. Kohut, of Camp Springs, who had a 30-year career in the Air Force, died April 28 at Walter Reed National Military Medical Center. He was 75.

He was born in Vienna, Austria, to Ukrainian parents, and grew up in Detroit.

He graduated from the University of Michigan with a degree in aerospace engineering and, two years later, with a master's degree in astronautics from the Air Force Institute of Technology at Wright-Patterson AFB. He later attended the Industrial College of the Armed Forces at Fort McNair.

He held leadership positions in national priority programs, three major command headquarters, Air Staff, Office of the Secretary of the Air Force and Office of the Secretary of Defense. He also made lasting contributions to the Air Force programming and budgeting process while in the Pentagon and in Europe.

He retired Jan. 1, 1997 with the rank of Brigadier General.

In recent years he lived in Camp Springs and was involved with the Boy Scouts, especially Mr. Fulper's Troop #1005, and at Andrews with Troop #404. He was an active member of the Camp Springs Civic Association.

General Kohut is survived by his wife of 50 years, Elizabeth "Betty" Kohut; sons Steven (Kris), David (Tania) and Nicholas (Kristi Lee); six grandchildren; his mother Eugenia and sisters, Vera Smits and Helen Gasparovich. He was predeceased by his father Marian Leo Kohut. Funeral services were at Air Force Base Chapel One on May 15. Burial will be later at Arlington.

In 1981 he was named one of the Outstanding Young Men of America.

### Neighbors & other interesting people

Gina and Terry Foster, of Morningside, have a beautiful new granddaughter, Jazmin Rose, born April 26 to Jordan Foster and Jessica Tayman, weighing in at 9 pounds, 3 ounces.

Sister Ann Parker, I.H.M., is celebrating her diamond jubilee of 60 years in religious life. She was born in Washington, and attended St. Mary in Upper Marlboro and St. Cecilia Academy in Washington. She has been a teacher in a number of schools and was principal at St. Mary Star of the Sea in

Indian Head and Archbishop Neale in La Plata. She is currently retired and does volunteer outreach.

Benjamin F. Brown III, 97, former president of the Prince George's Lions Club and a lifetime member of the Prince George's Country Club, died April 25. He worked in the FBI Fingerprint Division and later graduated from George Washington University Law School. His wife Anna Mae predeceased him. Survivors include 7 children and grandchildren.

Thomas Boswell, longtime Washington Post sports reporter, is retiring after 52 years! Among other sports reporting, he covered 44 consecutive World Series, dozens of Masters and five Olympics.

Of the 3200 La Reine graduates between 1964-1992, the Facebook page currently has 1.2K members since the page was created on March 5, 2021. Register now to attend the "Goodbye to our Queen," on June 12.

Go to [lareinehighschoolthelastchance.dance.weebly.com](http://lareinehighschoolthelastchance.dance.weebly.com) or check with La Reine friends. Registrations are due now. I plan to go with my La Reine daughters—Kathleen '69, Therese '72, Elaine '77 and Sheila '79.

### Graduations 2021

Naomi Rosamaria Gallegos, my granddaughter, has graduated magna cum laude with an Associate of Arts degree in Histology Technology from St. Philip's College in San Antonio. She has a bachelor's degree in biology from Texas State University. (Histology is the study of the "microscopic structure of tissues.")

Call me or email [muddmm@aol.com](mailto:muddmm@aol.com) about your graduate—high school or college. Let me know his/her name, parents, residence, school, and plans for the future.

### Changing landscape

Three local movie theaters have reopened in our area: Xscape Theatres in Brandywine, AMC Loews in St. Charles, and Phoenix Theatres Marlow 6 in Marlow Heights.

Rainbow, a women's clothing shop, has opened in the Woodyard Crossing Shopping Center in Clinton.

The Wharf, on the Southwest Washington Waterfront, continues to develop: Phase 2 will open in 2022 and will deliver parks, a new Southwest Library, and a renovated Randall School. You'll be able to buy a stu-

dio or one-bedroom co-op for less than \$200,000 or (if you've been saving your pennies) a 5-bedroom, 3-bathroom for just under \$1.3 million.

A home at 4706 John Street, in Skyline, has sold for \$340,000.

### Morningside Memories

I want to wish a happy 50th anniversary to the Morningside Sportsman's Club, which was founded April 8, 1971 with an original Charter Membership of 41 members. Bob Walker was the first president. Other officers: Richard Jurney, vice-president; Dice West, secretary; Fred Readon Jr.; treasurer; Joe Smith, Jim Watson and Dennis Carr, Board of Directors; and Joe Benden, sergeant-at-arms.

The first Installation of Officers Banquet was in May 1973 at the VFW. Up until then, the Club had celebrated its new officers with a pizza party attended by members, their wives, or girlfriends.

### Mary's COVID report: 9 more Marylanders have died

Maryland Gov. Larry Hogan has announced that all businesses in the state, including restaurants and entertainment venues, can resume normal operations beginning Saturday, May 15. His goal, he says, is to get back to normal by Memorial Day. Masks will be required until the "vaccination threshold" is reached. So far, more than 65% of Maryland's adult residents have received at least one dose.

However, people are still dying. As of May 12 at 5 p.m., 471 new cases had been reported and there were 9 more deaths.

My great-grandkids, Mary, 14, and Wesley, 12, were due to get their shots at Walgreen's in Clinton last Friday, after school.

### Milestones

Happy birthday to Ricci Lee Jr., L. Dorothy Jones (her 98th!), Nancy Sawyer, Dory Babecki and Chester Lanehart IV, May 23; Edna Lucas and former Morningside Councilman Harry Messer, May 24; Dennis Cook, Norma Edwards and my son John McHale, May 25; Christopher Nichols, May 26; Gary Lewis, Sr. and Steven Busky, May 27.

Happy anniversary to John and Nichole Barbour on May 25.

## Around the County

### Salamah Peake Named to Columbia College Spring 2021 Semester Dean's List

COLUMBIA, Mo. (May 11, 2021)—Columbia College recently announced its dean's list for the Spring 2021 Semester (January-April, 2021.) To be named to the dean's list, a student must have completed 12 semester hours in a 16-week period and achieved a minimum GPA of 3.5 on a 4.0-point scale.

Among those named to the dean's list is **Salamah Peake** of Bowie, who attended Online.

Founded in 1851 in Columbia, Missouri, Columbia College has been helping students advance their lives through higher education for nearly 170 years. As a private, nonprofit institution, the college takes pride in its small classes, experienced faculty and quality educational programs. With more than 30 locations across the country, students may enroll in day, evening or online classes. The college is accredited by the Higher Learning Commission. Columbia College educates thousands of students each year and has more than 94,000 alumni worldwide. For more information, visit [ccis.edu](http://ccis.edu).

—*Sam Fleury, Columbia College*

### Monarch Preschool College Park to Open May 24

COLLEGE PARK, Md. (May 13, 2021)—Monarch Preschool College Park, founded by The Children's Guild Alliance, will open on May 24 and is currently enrolling students.

The school offers a full-day year-round program. Monarch Preschool College Park is located in an 11,400-square-foot renovated space in College Park United Methodist Church off Rhode Island Avenue and Hollywood Road.

"We're excited to introduce Monarch Preschool College Park to Prince George's County," said Jenny Livelli, president and CEO of The Children's Guild Alliance. "We've built a beautiful new space and assembled a professional, capable staff that will provide a high-quality early education experience for children and families."

Monarch Preschool offers project-based learning in an enriched environment. The school has convenient hours, flexible schedules and an open-door policy to collaborate with families.

"A Monarch Preschool student will experience real-life, hands-on learning activities. They will have the opportunity to explore learning throughout the school environment and take their learning home," said Kristin "Krissie" Taylor, preschool director. "Students will be able to identify their strengths and talents to reach their full potential."

For more information, open house dates and enrollment information, visit [MonarchPreschool.com](http://MonarchPreschool.com), email [engage@monarchpreschool.com](mailto:engage@monarchpreschool.com) or call 301-886-8929.

Monarch Preschool College Park, an affiliate member of The Children's Guild Alliance, a nonprofit organization serving children, families and child-serving organizations, will be a year-round full-day preschool program serving children ages 3 to 5. ([monarchpreschool.com](http://monarchpreschool.com))

—*Andrew Aldrich, for Monarch Preschool College Park*

### Hospice of the Chesapeake Makes Its Mark In National Quality of Care Program

PASADENA, Md. (May 12, 2021)—The National Hospice and Palliative Care Organization recently announced that Hospice of the Chesapeake has earned two of four rings in the first quarter of the Quality Connections program. Only six other hospice organizations in the United States have achieved this feat with the program that began Jan. 27.

With this new program the NHPCO, the nation's largest membership organization for providers and professionals who care for people affected by serious and life-limiting illness, seeks to achieve continuous quality improvement among its members by enhancing knowledge base, skills and competency. Quality Connections is structured around four fundamental pillars which are represented by four rings: Education, Application, Measurement and Innovation. Each ring has specific activities incorporating practical resources to progressively track and improve both clinical and organizational quality. Additionally, participants will find activities focused on promoting diversity, access and inclusion within their organization and the communities they serve. Hospice of the Chesapeake has earned the Education and Application rings.

"It is not enough for a hospice to simply say that they are interested in quality; they need to step up and demonstrate that commitment. Hospice of the Chesapeake has done that by earning two of the four possible rings of achievement that are part of NHPCO's Quality Connections program," said NHPCO President and CEO Edo Banach. "Hospice of the Chesapeake is actively engaged in continuous quality improvement and this matters to patients, families, payers and providers."

Hospice of the Chesapeake President and CEO Mike Brady said that quality has always been the chief focus in the nonprofit's mission of caring for life throughout the journey with illness and loss. "The Quality Connections program is a guiding star for us and other hospice organizations," Brady said. "Each ring we achieve informs our team and our community that our hard work and commitment is matched only by the best in the nation. Each ring represents that we are always developing, delivering and demonstrating the highest quality of care for our patients and our healthcare partners in Anne Arundel, Charles and Prince George's counties."

—*Elyzabeth Marcussen, Hospice of the Chesapeake*

### NARFE Virtual Fair Announcement

Chapter 1747, the Bowie-Crofton chapter of NARFE (National Active and Retired Federal Employees Association) will hold a virtual NARFE Fair on Saturday, June 5 from 10a to noon. The purpose of the Fair is to recruit active Federal employees and retirees for NARFE. Congressman Anthony Brown will speak at the Fair. Please come to the Fair to learn more about NARFE. Register for the Fair by sending an E-mail to [flee0716@verizon.net](mailto:flee0716@verizon.net) with your name and phone number or by calling 410-672-5065.

—*Frank Lee, NARFE*

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### VIRTUAL BSU ALUMNI COMMUNITY

Celebrating Bowie State University Legacy Families. Office of Alumni Engagement "Live at 5" Face Chat May 5, 2021 was with the Cornish Family. The Office of Alumni Engagement is celebrating BSU's Milestone Graduates all month long.

If you are celebrating a milestone year, you do not want to miss the ALL CLASS REUNION. Details on how to attend will be forthcoming. Congratulations to all alumni celebrating 1, 5, 10, 15, 20, 25, and 50 years since graduation.

Follow the virtual conversation on all social media platforms! FACEBOOK: [@BSUOAE](https://www.facebook.com/BSUOAE), TWITTER: [@BSUALumniOffice](https://twitter.com/BSUALumniOffice), Instagram: [@Bowiealum](https://www.instagram.com/Bowiealum).

### NEW HOPE FELLOWSHIP PARISH

Pastor Constance Smith will be retiring in May. New Hope Fellowship Parish (Nottingham Myers Church and Christ United Methodist Church) will be getting a new Pastor in June. Pastor Shemiah Strickland has been assigned to Pastor Nottingham Myers United Methodist Church in Upper Marlboro, Maryland, and Christ United Methodist Church in Aquasco, Maryland. Pastor Shemiah graduated with her M.DIV on Monday, May 10, 2021 from Wesley Theological Seminary. Welcome Pastor Strickland on your new assignment.

### CONGRATULATIONS

Last year Shonnita MyLife Lee received her Certified Lay Minister certificate and on May 3 this year Shonnita received her certificate for completing Leader School. Congratulations Shonnita. Wish you all the luck in your future endeavors.

### BOWIE STATE UNIVERSITY GOLF CLASSIC

Once again, it is on for our 10th Annual Bulldog Golf Classic. Join the Bowie State University Department of Athletics for a special day of golf at Oak Creek Golf Club Tuesday, October 12, 2021. Staggered Tee Times start at 8 a.m. Per Foursome \$650 and per Golfer \$150, Golf Clinic \$100.

Fee includes 18 holes, golf cart, breakfast and lunch during tournament, complimentary beverages, gift bags, prizes and much more. Per the COVID-19 rules and regulations at Oak Creek Golf Club and for the health and safety of our golfers only a limited number of foursomes will be allowed to play at the Bulldog Golf Classic this year.

Register today (sponsorship opportunities). Support student-athletes and win. With the suspension of the fall 2020 athletics season, our student-athletes need you now more than ever. As an auxiliary to the university, the BSU Department of Athletics is responsible for all program fundraising. Proceeds from the Bulldog Classic will support the Department's goal of establishing ongoing student scholarship program. Visit the website: [www.bowiestate.edu/BulldogClassic](http://www.bowiestate.edu/BulldogClassic) for more information.

### G. GARDNER SHUGART (1950-1951) A TRIBUTE

Mr. G. Gardner Shugart served as Superintendent of Schools of Prince George's County from 1943 to 1951. He was a graduate of the University of Maryland and later received a master's degree from that institution. Mr. Shugart began his career in education in Pittsylvania County, Virginia. After serving as a principal for a year in Harford County, Maryland, he came to Prince George's County in 1924 as principal of the Upper Marlboro High School. He was appointed Assistant Superintendent of Schools in 1940. In 1943 was named County Superintendent of Schools.

He assumed his office during the crucial years of World War II at a time when the county was faced with critical shortages of materials and personnel. He served with distinction and with a high degree of administrative skills during these trying times and during the post war years of rapid change which saw the county grow in school enrollment from 21,000 to 32,151 pupils.

Mr. Shugart served as chairman of the County Superintendents of the State and represented Maryland as Director of the Department of Rural Education of the National Education Association and as a member of the South Atlantic Conference on Rural Life and Education.

He was devoted to his family and actively served his church and the community in positions of leadership. He would have been proud of this school that bears his name. Information received from Public Schools of Prince George's County 1950-1980 (Compiled and Distributed in 1987 by Prince George's County Maryland Retired Teachers Association).

### PGATLAS

PGAtlas is a no-cost, web-based mapping tool developed and managed by the Prince George's County Planning department of the Maryland-National Capital Park and Planning Commission (M-NCPPC). It offers residents a wealth of information concerning properties throughout Prince George's County.

The Prince George's County Planning Department has developed a PGAtlas Development Notification Web Tool designed to provide users with a weekly update of recently accepted development applications to be reviewed by the Planning Department. Users enroll at <http://notify.pgatlas.com> and select one or more Zip Codes. For more information, please contact [ppd-gis@ppd.mncppc.org](mailto:ppd-gis@ppd.mncppc.org).

A comprehensive help link connects users with quick start video tutorials, links to general help, a dictionary that describes the data, and much more. In addition, periodic, no cost PGAtlas training classes are offered at the Planning Department offices in Upper Marlboro, Maryland. Send your request for training to [ppd-gis@ppd.mncppc.org](mailto:ppd-gis@ppd.mncppc.org).



# COMMUNITY

## Maryland Department of Health Secretary Dennis R. Schrader Visits Vaccination Partner Kaiser Permanente

By PRESS OFFICERS  
Maryland Department of Health

BALTIMORE (May 14, 2021)—[On May 13], Maryland Department of Health (MDH) Secretary Dennis R. Schrader was at Maryland vaccination partner Kaiser Permanente Lanham Rehabilitation Center in Lanham, Maryland.

“Kaiser Permanente was one of our first vaccination partners and remains integral in our fight to vaccinate residents in Baltimore, Prince George’s, Montgomery counties, Baltimore City and other areas of the state,” said MDH Secretary Schrader. “Their current collaboration with trusted community partners, including barber-shops, salons, schools, faith-based organizations, and others, will prove critical to ensuring we vaccinate every Marylander who wants to be vaccinated and reach herd immunity.”

*The Maryland Department of Health is dedicated to protecting and improving the health and safety of all Marylanders through disease prevention, access to care, quality management and community engagement. Follow us at [twitter.com/MDHealthDept](https://twitter.com/MDHealthDept) and [facebook.com/MDHealthDept](https://facebook.com/MDHealthDept).*



PHOTOGRAPH COURTESY MARYLAND DEPARTMENT OF HEALTH

Secretary Schrader and Matthew Larson, Clinical Operations Manager Kaiser Permanente Lanham Rehabilitation Center, Lanham, Maryland.

## “The Book of Delights” by Ross Gay Is 2021 One Maryland One Book Selection

Maryland Humanities’ Statewide Reading and Discussion Program Enters Fourteenth Year

By SARAH WEISSMAN  
Maryland Humanities

BALTIMORE (May 6, 2021)—Maryland Humanities is pleased to announce the selection of “The Book of Delights: Essays” by Ross Gay for the 2021 One Maryland One Book program. The Book of Delights is a collection of lyrical essays. Gay wrote one essay per day over a year and took the time to find “delights” in his everyday life. The essays range in topic from the beauties in nature to what it is to be a black man in America. Readers can look to Gay’s collection as a guide to finding their own daily “delights.” The book was chosen by a committee of librarians, educators, authors, and bibliophiles in February from more than 160 titles suggested last fall by readers across the state for the theme, “Hope.”

“Strife on a global scale makes me people hunger for hope, which is what makes “The Book of Delights” a perfect selection for One Maryland One Book this year,” says Lindsey Baker, Executive Director at Maryland Humanities. “Ross Gay also doesn’t shy away from life’s hardships. It is the first book of essays ever chosen for the program, giving Marylanders a wide range of topics to discuss. We look forward to hearing about these conversations.”

Gay says: “I’m so grateful that “The Book of Delights” was chosen for One Maryland One Book. It feels lucky to get to share this collection of questions and wonderings with you all for so many reasons (one of them that my big brother was an English teacher in Frederick a couple decades ago!). And I’m really looking forward to the conversations we’ll have about the book this fall.”

In “The Book of Delights”, one of today’s most literary voices offers up a genre-defying volume of lyric essays written over one tumultuous year. The first nonfiction book from award-winning poet Ross Gay is a record of the small joys we often overlook in our busy lives. Among Gay’s funny, poetic, philosophical delights: a friend’s unabashed use of air quotes, cradling a tomato seedling aboard an airplane, the silent nod of acknowledgement between the only two black people in a room. But Gay never dismisses the complexities, even the terrors, of living in America as a black man or the ecological and psychic violence of our consumer culture or the loss of those he loves. More than any other subject, though, Gay celebrates the beauty of the natural world—his

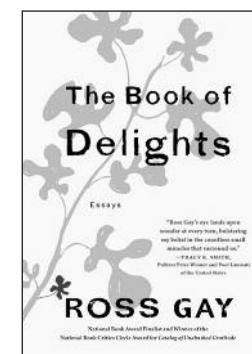
garden, the flowers peeking out of the sidewalk, the hypnotic movements of a praying mantis.

“The Book of Delights” is about our shared bonds, and the rewards that come from a life closely observed. These remarkable pieces serve as a powerful and necessary reminder that we can, and should, stake out a space in our lives for delight.

### About the Author

Ross Gay is the author of “The Book of Delights”, a genre-defying book of essays, and four books of poetry, including his most recent, *Be Holding*, a love song to legendary basketball player Julius Erving—known as Dr. J—who dominated courts in the 1970s and ’80s as a small forward for the Philadelphia 76ers. Gay is a founding editor, with Karissa Chen and Patrick Rosal, of the online sports magazine “Some Call it Ballin’.” A founding board member of the Bloomington Community Orchard, a non-profit, free-fruit-for-all food justice and joy project, Gay has received fellowships from Cave Canem, the Bread Loaf Writer’s Conference, and the Guggenheim Foundation. He teaches at Indiana University.

### About One Maryland One Book



When we read a great book, we can’t wait to share the experience and talk about it with others. That’s one of the joys of reading.

In that spirit, through our Maryland Center for the Book program,

Maryland Humanities created One Maryland One Book (OMOB) to bring together diverse people in communities across the state through the shared experience of reading the same book. We invite readers to participate in book-centered discussions and related programs at public libraries, high schools, colleges, museums, bookstores, and community and senior centers around the state.

OMOB programs, including an author tour, take place each year in the fall. A calendar of free public events—including the Author Tour—will be available online beginning this summer.

One Maryland One Book is presented in partnership with Enoch Pratt Free

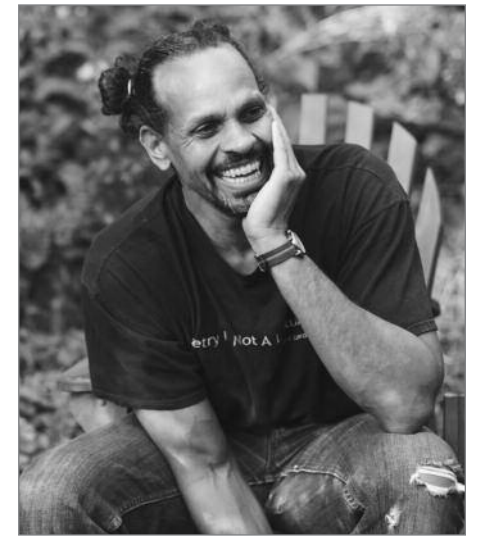


PHOTO COURTESY MARYLAND HUMANITIES

Ross Gay

Library and is sponsored by The Institute of Museum and Library Services via the Maryland State Library as well as PNC Foundation and BGE, with additional support from M&T Bank, an anonymous donor, and the Citizens of Baltimore County.

### About Maryland Center for the Book

The Maryland Center for the Book (MCFB)—an affiliate of the national Center for the Book in the Library of Congress—develops and supports literary programs and outreach activities that engage citizens across Maryland in literature and reading. As a program of Maryland Humanities, MCFB highlights our region’s literary heritage and calls attention to the importance of books, reading, literacy, and libraries.

Want to discuss the book now or get updates on upcoming events? Join the conversation on the Maryland Center for the Book page.

### About Maryland Humanities

Maryland Humanities is a statewide non-profit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit [www.mdhumanities.org](http://www.mdhumanities.org). Maryland Humanities is generously supported by the National Endowment for the Humanities; the State of Maryland; the Citizens of Baltimore County; private foundations; corporations; small businesses; and individual donors. Connect with Maryland Humanities on Facebook, Twitter, and Instagram.

## Emergency First Responders Doing Vital But Dangerous Work During the Pandemic

By RAYONNA BURTON-JERNIGAN and LAINA S. MILLER  
Capital News Service Washington Bureau

Megan O’Brien is an infectious disease epidemiologist by day, and an EMT by night at the Bethesda-Chevy Chase Rescue Squad in Maryland.

Her title is roving night crew officer and she works from 7 p.m. to 7 a.m. A volunteer at the rescue squad since 2014, O’Brien believes that it’s a way to be involved in the community and she enjoys the work.

But the COVID-19 pandemic drastically altered the work for her and her fellow EMTs across the nation. They faced a unique and ever-present danger: 7% of all American frontline deaths due to the pandemic between March 2020 and April 2021 were medical first responders, according to a joint investigation by Kaiser Health News and the Guardian.

Emergency medical services workers are some of the most vulnerable front-line workers, with much of their funding and equipment dependent on the support of local government.

As the coronavirus pandemic raged last fall, a study found that “EMS personnel are at a higher risk of dying from COVID-19 than other healthcare or emergency services professionals.” COVID deaths among emergency services workers was estimated to be three times higher than among nurses and five times higher than among doctors, according to the study, published on EMS1.com, a website that serves the emergency medical services community.

As in countless other communities, O’Brien’s unit had to overhaul procedures to protect the safety of the EMTs.

O’Brien is the head of the COVID task force with the Bethesda-Chevy Chase station. She helped to develop and implement policies on COVID safety.

“Everything was really designed to try to do everything we could to protect our personnel from getting COVID and then take care of our patients as safely as we could,” O’Brien told Capital News Service.

To limit the station’s exposure to COVID, new guidelines limited the time that EMTs spent in the back of the vehicle with patients and reduced the number of personnel that could be in the station to the minimum. The squad stopped hiring new recruits and followed other requirements put in place by the Montgomery County Rescue Service.

“Montgomery County (has) been very helpful in having policies and procedures in place that we should follow to keep ourselves safe,” said EMS Lt. Jay Gruber, spokesman for the nearby Wheaton Volunteer Rescue Squad. “And they’ve been providing us a lot of PPE. The county’s been very supportive.”

Gruber, who is also the chief of police at Georgetown University and the former chief of police in College Park, Maryland, has been working with the volunteer rescue squad for 35 years.

Montgomery County Fire Rescue Service “pivoted very quickly... helping keep the community safe, and making sure that they get their needs met,” Gruber said.

Protecting the volunteers’ safety also has driven significant changes to official on-scene procedures.

“Normally, an EMS provider will wear gloves...Even during normal times, you have access to face masks, and eye protection,” Gruber explained. “With COVID... we have various types of masks that we wear for various situations. We also have mandatory use of eyewear and gowns on people who are under investigation as COVID patients and multiple layers of gloves.”

After a patient has been transported to a hospital, especially a suspected COVID patient, aggressive cleaning and decontamination of rescue squad equipment—stretchers, electronic equipment, walls, ceilings, floors—follows.

Montgomery County’s emergency medical services system is one of the largest combined career and volunteer emergency services systems in the country, responding to over 120,000 911 calls annually, according to Dr. Meghan E. Quinn, a Navy Medical Corps lieutenant who presented a report about mental health in American volunteer fire/rescue personnel to the American Psychological Association in 2019.

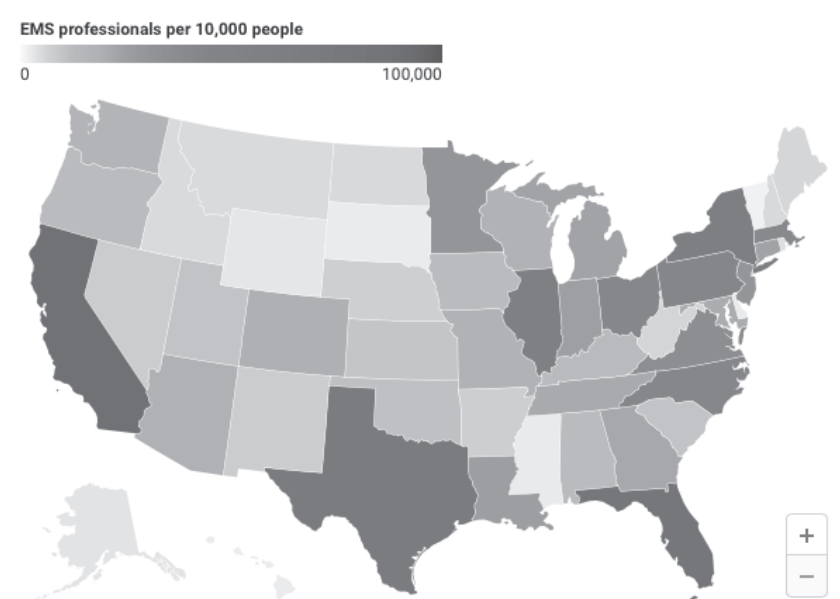
Approximately half of Montgomery County’s approximately 2,500 emergency medical services workers are volunteers, Quinn said in her report.

### Total number of emergency medical services personnel in the United States, by state, in 2020

In 2020, the states with the most emergency medical services personnel were California, Florida, Texas, New York and Illinois, with California topping out at 91,236 EMS personnel.

The states with the fewest EMS personnel were Mississippi, Hawaii, South Dakota, Delaware and Vermont. Vermont had only 2,839 EMS personnel, the lowest number.

Maryland had 20,426 EMS personnel, and the District of Columbia had 4,737 EMS personnel.



Data is current as of May 2020, according to the “2020 National Emergency Medical Services Assessment.” Population data is current as of July 2020, according to the U.S. Census Bureau.  
Map: Laina S. Miller • Source: National Association of State Emergency Medical Services Officials • Get the data • Created with Datawrapper

Many communities across the nation reported that emergency services personnel were quitting or retiring because of the dangers from COVID. With the widespread administration of the anti-COVID vaccines, efforts to recruit and train new EMTs are now intensifying, according to various news reports.

In Maryland, a person can get an EMT license as early as 16 and can certify as a paramedic at 18. Rescue squad drivers must be at least 19.

Iana Sahadzic, 22, has been a volunteer paramedic with the



# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Meet Jimmy Crow, Insurrectionist and Suppressor, Heir to Jim and James Crow, Esquire

*“The lie of massive, rampant voter fraud is serving the same function today as it did during the rise of Jim Crow. It stokes fear in a segment of the population that democracy is in peril, and thus provides cover for laws that target Black voters with race-neutral language in the 21st century.”*

—Sherrilyn Ifill, president and director-counsel, NAACP Legal Defense Fund

Meet Jimmy Crow.

You may remember Jimmy’s grandfather, Jim Crow. Jim sometimes wore a hood and a robe, and sometimes a sheriff’s badge. He administered incomprehensible “literacy tests” to Black citizens trying to register to vote. He clubbed John Lewis nearly to death on the Edmund Pettus Bridge. The n-word flowed freely from Jim’s lips.

You may remember Jimmy’s father, James Crow, Esquire. James wore a suit and a tie instead of a robe and hood. He drew gerrymandered con-

gressional and legislative districts to dilute the power of the Black vote. James would never utter the n-word—at least not in public. Instead, he would winkingly refer to “states’ rights” and “welfare queens.”

Jimmy Crow wears a golf shirt and khaki pants. He carries a tiki torch in place of a burning cross. Jimmy’s not content with suppressing and diluting the Black vote; he wants the power to ignore election results altogether if he doesn’t like the outcome. He fiercely guards the symbols of white supremacy his grandfather erected on town squares and courthouse grounds to intimidate Black Americans. He rants about “replacement theory” and “the purity of the ballot box.”

Like his grandfather, Jimmy Crow is not just willing but eager to use violence to enforce his white supremacist ideology. After neo-Nazi sympathizer James Alex Fields, Jr., killed counter-protestor Heather Heyer by driving his car into a

crowd at the 2017 “Unite the Right Rally” at least six states proposed laws to protect drivers who emulate Fields. In a single month last year, at least 72 drivers rammed their cars into protesters in 52 different cities.

Insurrectionists who stormed the U.S. Capitol on January 6 assaulted about 140 police officers, bashing their heads, shoving them down stairs, stabbing them with metal poles, and blasting them with pepper spray.

Jimmy Crow is unrepentant for this revolting brutality, or for the racist lies that provoked it. Just hours after their colleagues’ lives were threatened and rioters openly called for Vice President Pence to be hanged, 147 members of Congress voted to overturn the results of a free and fair Presidential election.

Jimmy Crow doesn’t hide his conviction that the votes of Black and Brown Americans should not necessarily be counted. Dozens of lawsuits challenging the election results sought to invalidate votes in communities of color, particularly African American communities. In Michigan, the challenges focused on in Detroit, where nearly 80% of the population is Black. In Wisconsin, it was Milwaukee County, home to the state’s largest percentage of voters of color. Philadelphia, another target, is 58% Black and Latino.

If Jimmy Crow doesn’t succeed in cancelling the Black and Brown votes, he thinks he should be able to disregard the results of an election entirely. An Arizona state lawmaker has proposed that the Legislature decide who wins the state’s electoral votes, regardless of the popular vote.

In 1964 and 1965, the nation triumphed over Jim Crow by enacting the Civil Rights Act and the Voting Rights Act. We dealt a blow to James Crow, Esq., in the 2008 presidential election, when the Black voting rate exceeded the white rate for the first time in U.S. history—and repeated the feat in 2012.

To fight their descendant Jimmy Crow, Congress must pass, and President Biden must sign the John Lewis Voting Rights Advancement Act and the For the People Act. The John Lewis Voting Rights Advancement Act would restore Section 5 of the Voting Rights Act, struck down in 2013 by the U.S. Supreme Court in *Shelby v. Holder*, that required federal approval for any changes to voting laws in jurisdictions with a history of voter suppression. Among the For The People Act’s sweeping provisions, it eliminates racially-motivated voter suppression tactics like cumbersome voter registration requirements, strict I.D. requirements, limited voting hours and restrictions on voting by mail. It bans deceptive practices and voter intimidation. And it bans the partisan gerrymandering that dilutes the political influence of communities of color.

As former U.S. Attorney General Eric Holder testified to a Senate Committee in support of the bill, “Now is the time for Congress to exercise its constitutional authority to protect the structure of our representative democracy. Otherwise, we will slip deeper into a system in which self-interested politicians use the tools of governance to keep themselves in power with no regard for the desires of the people they are supposed to represent.”

## Marion Wright Edelman

President Emerita, Children’s Defense Fund



### ChildWatch:

## Wonderful New York City Mayor David Dinkins

*“I tell people I’m in charge of children, children I haven’t even met yet.”*

—Mayor David Dinkins

My wonderful friend, devoted child advocate and groundbreaking New York City Mayor David Dinkins passed away last November. He made history as the first and still only Black mayor of New York City. He had a sharp mind, keen political shrewdness, and deep commitment to making New York City a better place for children. He was a very dear friend and came whenever he was called to bolster the work of the Children’s Defense Fund. I loved him!

Born in Trenton, N.J. in 1927, David Dinkins

grew up in an era when it was hard to imagine a Black child becoming mayor of our nation’s largest city. After graduating from high school he broke barriers as a member of the Montford Point Marines, the first African Americans to serve in the U.S. Marine Corps. After the Marines he attended Howard University on the G.I. Bill, graduating with honors in 1950. At Howard he met his future wife, Joyce Burrows, whose father was one of the first Black Democratic district leaders in Manhattan and Black members of the New York State Assembly. His father-in-law became a mentor and helped him navigate many racially driven political obstacles.

When David Dinkins became mayor in 1990, he

inherited a city rife with racial tensions and immobilized by the worst local recession since the Great Depression and facing a deficit of \$1.8 billion while federal aid to cities was slashed. He carefully examined every city agency, seeking ways to balance the budget, and placed a priority on trying to protect programs helping the most vulnerable. A signature Dinkins program was “Safe Streets, Safe City” after he convinced the state to provide funding for more police officers, resulting in a 54% increase of police on the streets. He was a criminal justice pioneer who recognized that just increasing the police force was not enough to combat crime and combined that with civilian oversight of police, minority hiring, community policing, and safe spaces called Beacon Centers which provided children and adults recreational and educational outlets. These community centers operated in school buildings during afternoons, evenings, weekends, school holidays, and summer and became a model across our country.

David Dinkins called his beloved city a “gorgeous mosaic” of diverse people. With the help of incomparable Deputy Mayor and much beloved Children’s Defense Fund Board Member Bill Lynch, he reflected that mosaic in city leadership by including two women Deputy Mayors and women to lead his finance, housing, human resources, juvenile justice,

and parks departments, a Black and LGBTQ commissioner of mental health, a Black police commissioner, and the first-ever Puerto Rican fire commissioner. Community activists across all backgrounds united to promote an inclusive vision for a tolerant and diverse city.

In his 1990 inaugural address he said “we are all foot soldiers on the march to freedom, here and everywhere.” A highlight of his administration was his hosting great South African freedom fighter Nelson Mandela, recently released from prison four months earlier, for a three-day visit in New York City. More than one million New Yorkers—young, old, of every ethnic and racial background and borough—crowded the streets and Yankee Stadium for a glimpse of this great man.

Groundbreaking Mayor David Dinkins opened up children’s horizons about who they could be and supported policies to help them reach their full potential. He took his responsibility to be in charge of children to heart and remained a champion for children and supporter of the Children’s Defense Fund after he left office and always made himself available to us. His servant leadership and commitment to children is a great example for other political leaders to follow. I am so grateful for his exemplary life and friendship.

## Banneker-Douglass Museum Announces the Formation of Anti-Racism Coalition

Combating Racism through Educational Programs, Exhibits, and Visitor Experiences

By PRESS OFFICER  
Gov. Coordinating Offices News

ANNAPOLIS, Md. (May 11, 2021)—Banneker-Douglass Museum today announced the formation of the 2021 Anti-Racism Coalition (ARC). This coalition is made up of expert educators, community leaders, and activists who advise the Banneker-Douglass Museum and the Maryland Commission on African American History and Culture (MCAAHC) on the development of relevant programs, exhibitions, and visitor experiences to promote anti-racism in Maryland. This coalition ensures that the museum leverages programs and exhibitions to amplify and encourage community building and racial equity in all levels of society.

### 2021 Anti-Racism Coalition Members

- Dr. David Olawuyi Fakunle, Chair, Maryland Lynching

Truth and Reconciliation Commission

- Nicole A. Johnson, Founder, Baltimore Read Aloud
- William Jernigan, Director for the Governor’s Office of Crime Prevention, Youth, and Victim Services Prevention Services and Maryland’s Statewide Racial and Ethnic Disparities
- Johanna Doty, Programming and Outreach Coordinator, Anne Arundel County Public Libraries
- Gina Lewis, Artist & Program Coordinator, Bowie State University
- Dr. Amena Johnson, Associate Director of LGBTQ Resources, Georgetown University
- Maya Davis, Commissioner, Maryland Commission on African American History and Culture

“For over 50 years, MCAAHC has documented the history of the advancements of Black Americans, advancements all made de-

spite the obstacle of oppression based for the most part solely on race. MCAAHC continues to push for racial equity through the preservation and presentation of Black history and programming such as this training series,” said Rev. Tamara E. Wilson, Chair, MCAAHC. “These trainings provide a framework for the work that we must do to dismantle systemic racist practices that continue to disenfranchise and further subjugate Black lives today.”

The Anti-Racism Coalition is committed to dismantling systemic racism as it relates to criminal justice, economic justice, inequality in education, technology and the digital divide, police brutality, healthcare disparities, voting rights, and more. On April 20th, 2021, the ARC successfully completed its first anti-racism training, “The Foundations of Racism: Defining the Roots of Bigotry and Discrimination Against Black People in America.” More than 180

participants joined the training with overwhelmingly positive feedback. The next training will be held virtually via Zoom on July 27.

To learn more about supporting anti-racism in Maryland, please visit <https://bdmuseum.maryland.gov/donate/>.

The Banneker-Douglass Museum is a unit of the Governor’s Office of Community Initiatives and the State of Maryland’s official museum of African American heritage. It serves to document, interpret, and promote African American history and culture through exhibitions, programs, and projects in order to improve the understanding and appreciation of America’s rich cultural diversity for all. The museum is open to the public Tuesday through Saturday from 10 a.m.–4 p.m. (Please check prior to coming given the COVID-19 pandemic). Admission is free.

<http://bdmuseum.maryland.gov>.

Since its founding in 1969 by the nation’s first African American female State Senator Verda Freeman Welcome and Morgan State University Professor of History and renowned African American Historian Dr. Benjamin Arthur Quarles, the Maryland Commission on African American History and Culture is not only the nation’s first ethnic commission, but is also now a 21-seat statewide commission appointed by the Governor. The commission is committed to discovering, documenting, preserving, collecting, and promoting Mary-

land’s African American heritage through the support of the Banneker-Douglass Museum and educating citizens about the impact of the African American experience in Maryland. To learn more, visit [africanamerican.maryland.gov](http://africanamerican.maryland.gov).

The Governor’s Office of Community Initiatives’ mission is to serve as an executive branch coordinating office for the governor that connects Marylanders to economic, volunteer, and human service opportunities by meeting with Marylanders at over 700 engagements every year. Visit [gocci.maryland.gov](http://gocci.maryland.gov).

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### Quantum Space Race from AI

According to Monroe, any corporation with an optimization problem can yield results from quantum computing. “We’re seeing exciting advances in artificial intelligence by applying quantum to machine learning,” which can lead to even greater results, he said.

Important hurdles still exist for quantum. Eddy Zervigon, CEO of Quantum Xchange, a quantum-focused cybersecurity company in Bethesda said that while quantum computers can potentially lead to significant advance-

ments, their speed and power could make it easier for hackers to break into the systems because current encryption methods won’t be able to keep up.

This critical point in quantum computing is known as “Q-Day”, or the day in which quantum computers can render current encryption methods useless. “No one is questioning if, but when” this day will come, said Zervigon. Quantum Xchange, recently named one of the 20 most promising startups by Technical.ly DC, is dedicated to preparing companies and organizations for Q-Day by offering

quantum-safe data protection.

IonQ was founded in 2015 by Monroe and Jungsang Kim. Both are professors in electrical engineering and computer engineering at Duke University in North Carolina. Both have also taught at the University of Maryland and are currently visiting professors in Maryland’s Physics Department.

The two previously spent more than two decades combined researching quantum

See QUANTUM SPACE RACE Page A5



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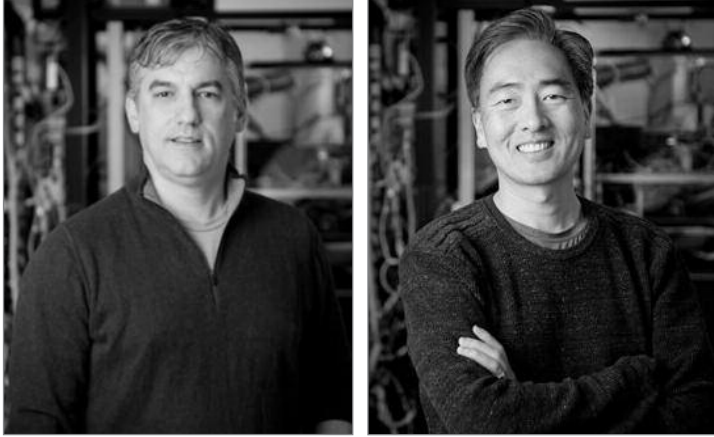
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PHOTOS COURTESY CAPITAL NEWS SERVICE  
Left, Chris Monroe, IonQ chief scientist and co-founder and Jungsang Kim, IonQ CTO and co-founder

## Quantum Space Race from A4

physics and engineering. Monroe and Kim would later combine their efforts to publish a scientific paper, "Scaling the Ion Trap Quantum Processor," which was published in 2013, and detailed how to build and scale a programmable quantum computer. The paper was noticed by Harry Weller, a venture capitalist with the Maryland-based New Enterprise Association, which provided IonQ with \$2 million in seed money.

Between 2015 and 2018, IonQ raised an additional \$20 million in funding from Google Ventures, Amazon Web Services and NEA. IonQ would later raise more than \$55 million from investors such as Samsung Group, Lockheed Martin Corp. and others.

If IonQ succeeds, it could foster growth of other quantum computing and related companies in Maryland and the Washington area and "drive billions of dollars of economic improvement over the next decade" in the region, said Monroe.

He added that the University of Maryland's support is contributing to the industry's growth. Last year, the university opened the new Quantum Data Center, a 23,000 square foot center in the campus Discovery District.

Charles Winthrop Clark, a fellow at the National Institute of Standards and Technology and the Joint Quantum Institute, offered a more measured but still optimistic view of quantum computing's potential in the region. He notes that while a quantum industry won't do for the Washington metro region what the digital revolution did for Silicon Valley, "there will be a lively quantum ecosystem in the DMV."

## First Responders from A3

Bethesda-Chevy Chase Rescue Squad since she was 17. She was attracted to the work after watching EMT volunteers driving down the street, lights flashing and sirens blaring, and realizing that she has always wanted to be in the health profession and help people.

While a volunteer, Sahadzic is also a student at the University of Maryland, where she studies neurobiology and physiology, with a minor in Spanish.

"Honestly, some weeks I'm not quite sure how I manage to fit everything in," she told CNS. "I have always been a very organized person, but I think that having to balance both school and volunteering as a paramedic has forced me to manage my time much more strictly—I can't go anywhere without my calendar."

Sahadzic volunteers about 36 hours a week, most of which is overnight. During her down time, she brings her laptop and notebook to study or watch a lecture.

"Everyone has a different hobby and in my mind helping people in a time of need was the way I wanted to spend my free time," she said. "Though some days are harder than others, I am proud to have dedicated so much of my time to the community."

One of the hardest aspects of volunteering to be an EMT during COVID is the strain on the volunteers and their loved ones.

When the pandemic was at its worst, Sahadzic said she showered multiple times before going home to visit family and followed other precautionary measures to ensure she wouldn't bring anything home.

"I was probably trying to distance myself—because you never knew—and spend a lot more time at the fire station, because I felt like maybe, you know, the less time I spend at home the better," she said. "But it's gotten better with the vaccine."

O'Brien said she slept in her guest room, away from her husband, as a precaution.

"There is a light, we can see the end, which was not the case several months ago," she said. "I think for health care workers, things have really changed since we got vaccinated because you just don't have that same level of fear anymore."

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