

# The Prince George's Post



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## Cardin Celebrates Grand Opening of Maryland's First Veterans Business Outreach Center

VBOC Celebrates Grand Opening on First Day of National Veterans Small Business Week

By PRESS OFFICER  
Press, SBC Dem (SBC)

WASHINGTON (Nov. 1, 2021)—On the first day of National Veterans Small Business Week, U.S. Senate Committee on Small Business & Entrepreneurship Chair Ben Cardin (D-Md.), U.S. Small Business Administration (SBA) Administrator Isabella Casillas Guzman, and University of Maryland (UMD) President Darryll Pines today celebrated the grand opening of Maryland's first Veterans Business Outreach Center (VBOC), which was established through a 5-year SBA grant awarded to UMD. The VBOC will provide services, training and other support across Maryland, as well as in the District of Columbia, Delaware, and Pennsylvania.

"I am very proud to begin National Veterans

Small Business Week by celebrating the opening of Maryland's first VBOC," said Senator Cardin. "This is a great day for Maryland, and I thank SBA for this investment, which will increase Maryland's capacity to service the region's veterans and transitioning service members. We're not done yet. It is vital that Congress pass President Joe Biden's Build Back Better Budget as quickly as possible to invest in our small businesses and create jobs."

"I was honored to join Senator Cardin at the grand opening of the Veterans Business Outreach Center at the University of Maryland," said Administrator Guzman. "America's service members, veterans, and military spouses represent the resiliency, determination, and fortitude that is the American entrepreneurial spirit. During National Veterans Small Business Week and throughout the



PHOTO COURTESY PRESS, SBC DEM (SBC)

The grand opening of Maryland's first Veterans Business Outreach Center (VBOC) on Nov. 1.

year, SBA is proud to support our nation's veterans as they seek opportunities through entrepreneurship and small business ownership."

"I enthusiastically thank Senator Ben Cardin and SBA Administrator Isabel Casillas Guzman—

both true champions for veterans and small businesses—for joining us to launch the new Veterans

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## Bowie Native Serves Aboard USS Tripoli



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN MACI STERNOD

SAN DIEGO (Oct. 29, 2021) Airman Richard Mobia, from Bowie, Maryland, cleans a refueling station on the flight deck aboard amphibious assault ship USS Tripoli (LHA 7). Tripoli is an America-class amphibious assault ship homeported in San Diego.

## "With Eagles on Their Buttons": Remembering Veteran's Day in Prince George's County

Thursday, November 11, 2021, 6:30-8 p.m.

By STACEY HAWKINS  
Marietta House Museum

Marietta House Museum is in partnership with the Surratt House Museum, and Sankofa: A Mobile Museum, to present a FREE hybrid presentation on November 11, 2021, 6:30-8 p.m., "With Eagles on their Buttons": Remembering Veteran's Day in Prince George's County.

The onsite program will be held at Surratt House Museum, while the hybrid presentation will be on Microsoft Teams. *The program is free but you must register for this event!*

Discussions will include the history of the U.S. Colored Troops during the Civil War and Prince George's County veterans' experiences from the national arena.

Katherine Brodt, Assistant Curator and historian at Marietta, will open the program by discussing her research on the Civil War draft and how it affected the enslaved population of Prince George's County, including three men who were drafted from Marietta in 1864.

Marvin-Alonzo Greer, Interpretive and Community Engagement Manager of Sankofa: A Mobile

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## Legal Sports Betting Further Delayed In Maryland

By TRISHA AHMED  
Capital News Service

ANNAPOLIS, Md. (Nov. 3, 2021)—The state's Sports Wagering Applicant Review Commission delayed a vote to award sports betting licenses to five Maryland casinos on Wednesday, despite the governor urging the commission to proceed more quickly.

Members of the commission met for more than two hours in closed session, then said in open session that they needed to continue gathering information before making decisions on the five sports betting licenses.

The commission requested each sports wagering facility ap-

plicant to submit supplemental ownership information.

The closed session included legal advice from the Maryland Attorney General's office.

Members of the commission then planned to meet on Thursday, Nov. 18, to again consider granting the five sports betting licenses.

"I usually manage meetings better than these but I've done my best ... This has been challenging," said Thomas Brandt, chair of the commission.

On Oct. 21, Gov. Larry Hogan, R, urged the commission to expedite the launch of the state's newly legalized sports gambling industry.

"No one is pushing harder

than I am to get sports betting up and running here in the State of Maryland," Hogan said in an October press release.

"With Marylanders looking forward to betting on the NFL and March Madness, we now expect the legislature's Sports Wagering Applicant Review Commission to swiftly approve these licenses," Hogan added.

The NFL season began on Sept. 9.

In May, Gov. Larry Hogan, R, signed major legislation to legalize sports betting in Maryland.

Under Maryland law, the

See BETTING Page A4

## Five Commissioners Elected Last Week in the Town of Upper Marlboro

Town Board Had Previously Voted to Expand from Three to Five Members

By RAY FELDMANN  
Town of Upper Marlboro

UPPER MARLBORO, Md. (Nov. 2, 2021)—For the first time in its 326-year history, the Town of Upper Marlboro will now have five members on its governing Board of Commissioners. Upper Marlboro Town Clerk John Hoatson announced the final election results shortly after 10 p.m. Tuesday, Nov. 2.

Current Commissioners Janice Duckett, Sarah Franklin, and Linda Pennoyer (Mayor) were all re-elected to

the Board. Newcomers Karen Lott and Thomas J. Hanchett also received sufficient votes to earn a commissioners' seat. Tuesday's vote totals were as follows:

Janice Duckett.....82  
Sarah Franklin.....78  
Karen Lott.....78  
Linda Pennoyer.....68  
Thomas J. Hanchett.....66  
Bryan Bontrager.....29  
Jeremy Gunnoe.....04  
(write-in candidate)

Profiles and photos of the five new commissioners can be found at this link: [https://www.uppermarlboro.org/administration/government/about/departments/town\\_elections/meet\\_the\\_candidates.php](https://www.uppermarlboro.org/administration/government/about/departments/town_elections/meet_the_candidates.php)

This past August, the three-member Board of Commissioners had unanimously passed a resolution that increased the composition of the Town's elected body from three to five members, consisting of four Commissioners and one President/Mayor.

Hoatson said the five commissioners will be officially sworn in on Monday, Dec. 13, 2021, at 7:30 p.m.

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# TOWNS and NEIGHBORS

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

### Helen Cordero honored with 21-police car drive-by the day before she died

Helen Rosemary Cordero, longtime resident of Skyline, Department of Agriculture retiree, died October 27 at home, surrounded in love and prayer by her family. She was 79.

She was the youngest of the three daughters born to Francis and Ellen Estep Burns. Tragically, her father died of TB when she was only four years old.

Helen attended Mount Calvary School in District Heights and middle school at the all-girl Villa Maria Academy in Lynchburg, Va., where she was a boarding student. She often told her children how much she loved the nuns at the Academy, and that it was there the first seeds of her devout lifelong Catholic faith were planted.

She went on to St. Cecilia Academy in Washington, graduating in 1961. Shortly after graduation she met Alfred Cordero at Mount Calvary's young adult club. On their first date they chatted for hours at the lunch counter of Peoples Drugs in Suitland, fell in love and married in June 1962.

She graduated from the Washington School for Secretaries and went to work as secretary for the National Auto Dealers Association. In 1975 she began work with the Department of Agriculture, eventually retiring as an EEOC Manager in 2009.

Helen and Al attended the Citizens Police Academy, became active in civilian police activities and were proud of son Tim who served 25 years with the Prince George's County Police. The day before Helen died, 21 police cars—lights flashing—honored her with a drive-by at her home.

Helen and Al were active members of the Stephanie Roper Committee, formed after Stephanie, a Frostburg State University student, was kidnapped, raped and murdered. The organization is now known as the Maryland Crime Victims' Resource Center, Inc.

Helen was among the founders of the Skyline Citizens Association and a lector at St. Philip's Church.

Alfred Cordero, Helen's husband of 48 years, died Oct. 11, 2010. Survivors include their children Karen Cordero, Cathryn (Gordon) Pracht and Timothy (Rebecca) Cordero; grandchildren Sorayo, Cordero, Isabella, Sophia and Ava; great-granddaughter Adele; and sister

Joan Wagner. Mass of Christian Burial was at St. Philip's with celebrants Fr. Patrick Lewis, Fr. Jeffrey Samaha and Deacon Daryll Kelley. Readings were by Bella and Sophia Cordero. Tim Cordero gave his mother's eulogy.

Allie, Helen's beloved Yorkie, is also in mourning.

### Town of Morningside: Jerry's 101st coming up

Morningside's Mayor for Life, Gerald "Jerry" Glaubitz was born 101 years ago, November 23, 1920.

Jerry and Jean Glaubitz moved to 507 Maple Road in August 1947. In 1949 Jerry became the Town's first chief of police. In 1961 he was elected mayor, a position he held for 43 years. As mayor he played a key role in getting storm drains, sidewalks, curbs, streetlights and a town hall. He also, at different times, served as chief, president and chaplain for the Morningside Volunteer Fire Department. Morningside wouldn't be Morningside if we hadn't had Jerry.

I'll pay a birthday tribute to him in an upcoming column. And I would like to run remembrances of those in our community who knew Jerry. If you have a fond memory of him to share, send it to me at muddmm@aol.com along with your name and where you lived at the time.

### Neighbors & other good people

November is Native American and Indigenous Heritage Month. We live in Prince George's which once was the traditional land of the Mattapanient, the Patuxent, the Piscataway, the Moyaone, the Pamunkey and the Accokeek. Check the County libraries for programs celebrating Heritage Month.

My son Mike McHale and his wife Sandy drove from El Paso, Texas, to spend two weeks helping me with all sorts of things. Last week they left here for Luddington, Mich., where Sandy's 95-year-old mother Doris is recovering from a fall that broke her wrist. (Say a prayer for Doris.) In route, they turned off the Pennsylvania Turnpike to photograph seven covered bridges in Bedford County. The photos are beautiful!

### Changing landscape

In recent weeks, the organization Save the Zebras has set up cameras and put out hay for feed. However, they

have now been told by Animal Control to take the cameras down and stop feeding the two zebras still at-large. They believe it's likely these well-meaning people are interfering with the department's plan to catch them.

Telfair Blvd. has become a major artery near the Branch Avenue Metro. Once just open land, there is the new headquarters of CIS (U.S. Citizenship and Immigration Services) and Restaurant Row which boasts such eateries as Allure, Aspire, and ViaRoma Pizzeria.

A home at 4306 Offut Drive in Skyline has been sold for \$390,000.

### Stephanie Marshall, Census Bureau retiree

Stephanie Mary (McDonald) Marshall, longtime resident of District Heights, mother of 7, grandmother of 15, great-grandmother of 21 and great-great-grandmother of 2, died Oct. 3 in Bowie. She was 89.

She was born in Washington, graduated from Anacostia High School, and worked at the Census Bureau, retiring in 1997.

She enjoyed swimming, camping, crabbing, the Chesapeake Bay, puzzles, crocheting, butterflies, and caring for her family. She loved to dance.

Her husband of 48 years, Jesse E. Marshall, and son Karl predeceased her. Survivors include her children, Mark, Candace, Brian, Teresa, Kathryn and Dorothy, and many, many grandchildren. Memorial Mass was at Sacred Heart Chapel on the Hill, in Bowie.

### Milestones

Happy birthday to Kendra MacLean and Katie Frostbutter, Nov. 18; Herbert Hanson and Andrew Boone, Nov. 20; Linda Cullinan and Brea Sandy-Hanson, Nov. 21; Dolores Steinhilber, Stephanie White, Sharon McKlveen and Jill Flaherty Kimmel, Nov. 22; Leslie Greene, Nov. 23; Ben Gryskewicz and Mike Waby, Nov. 24; Avanna Williams and Andrew Gryskewicz, Nov. 25; Julie Koch-Michael and Darryl Moss, Nov. 26.

Happy anniversary to Paul and Sharon Locke on November 22.

One hundred years ago, Nov. 11, 1921, the body of an unidentified American soldier, killed during World War I, was buried at Arlington National Cemetery in a grave now known as the Tomb of the Unknown Soldier.

## Around the County

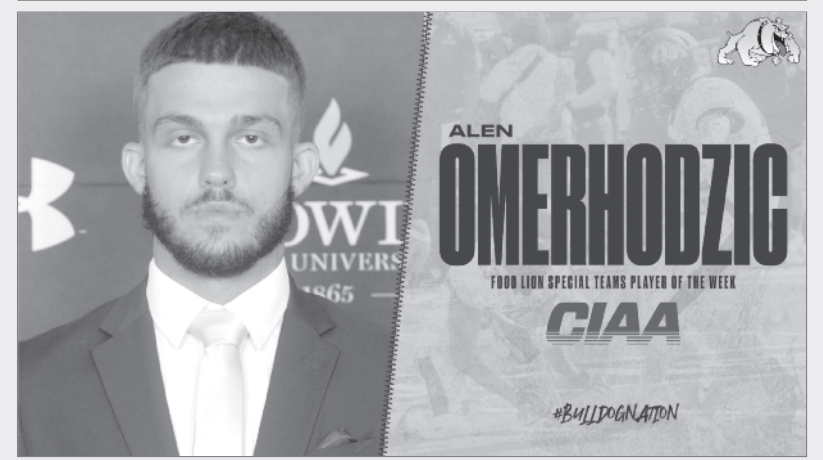


IMAGE COURTESY BOWIE STATE UNIVERSITY ATHLETICS

### Omerhodzic Named CIAA Special Teams Player Of the Week

CHARLOTTE, N.C. (Nov. 1, 2021)—Alen Omerhodzic of Bowie State University has been named [last] week's Central Intercollegiate Athletic Association (CIAA) Food Lion Special Team's Player of the Week announced Monday by the league office.

The Bowie, Md., native, went a perfect 4-for-4 on extra points in Bowie State's 31-7 win over Lincoln (PA). The redshirt freshman kicker also nailed a 28-yard field goal while totaling six kickoffs for 335 yards with one touchback as the nationally ranked Bulldogs clinched their third straight CIAA Northern Division title.

For the most up-to-date information on Bowie State University Athletics and its 13 varsity sports teams, please visit [www.bsubulldogs.com](http://www.bsubulldogs.com).

—Jolisa Williams, Bowie State University Athletics

### CASA Is Recruiting Volunteer Advocates

CASA/Prince George's County is seeking volunteer advocates to support youth transitioning in foster care. Apply Now! [www.pgcasa.org/volunteer](http://www.pgcasa.org/volunteer)

Learn more about Court Appointed Special Advocates of Prince George's County at [www.pgcasa.org](http://www.pgcasa.org).

—Montré Dupree, CASA/Prince George's County

### Finding Freedom from Marietta: The Butler Family Story

Please join Marietta House Museum online on **Thursday, November 18**, 6:30-7:30 p.m. for "Finding Freedom from Marietta: The Butler Family Story".

Graduate student (University of Nebraska-Lincoln), William Kelly will discuss his research and share histories of Thomas and Sarah Butler's family pursuit for liberation from Marietta.

Enslaved for three generations by the Duvall family, from 1805 to 1831, the Butlers successfully won their freedom suit in D.C. Courts.

Recommended for ages 8 & up; \$5/person. Please register on Parks Direct or email [stacey.hawkins@pgparks.com](mailto:stacey.hawkins@pgparks.com).

Visitors will hear about the Butler family when visiting Marietta House Museum's guided tours. Tours are offered by appointment Tues.-Fri. 11 a.m., 1 p.m., 3 p.m. Please register in advance for tours by calling 301-464-5291.

Marietta House Museum is located at 5626 Bell Station Road, Glenn Dale, MD 20769 and is a property of the Maryland-National Capital Park and Planning Commission.

—Stacey Hawkins, Marietta House Museum

### Surratts-Clinton Branch Library Pop-up Location Opens November 16

LARGO, Md. (Nov. 8, 2021)—As part of its ongoing phased reopening efforts, the Prince George's County Memorial Library System (PGCMLS) announces the reopening of the Surratts-Clinton Branch Library pop-up location at the Davies Unitarian Universalist Congregation on Tuesday, November 16. The pop-up location hours are Tuesdays and Thursdays, 10 a.m.–2 p.m. Services offered at this pop-up library include public laptop computers, browsing, returns, reference/material requests, and WiFi.

As with all PGCMLS locations of operation, facemasks, and physical distancing are required until further notice, regardless of vaccination status. Safety measures include plexiglass shields, hand sanitizer dispensers, and single use keyboard and mouse covers.

"We're excited about the opening of the pop-up location to serve this community during the extended closure of the Surratts-Clinton Branch Library for major renovation," said Area Manager Melanie Townsend Diggs. "A special thanks to Davies UUC for the use of its facilities for the Surratts-Clinton Library pop-up location."

Construction of the new Surratts-Clinton Branch will continue into the calendar year 2022. Customers can follow progress on the project and learn about the planned features of the 25,682 square foot building at PGCMLS Builds.

—Donna Scott-Martin, PGCMLS

### Prince George's County Launches 2022 Health Insurance Enrollment

LANDOVER, Md. (Nov. 5, 2021)—Health insurance open enrollment for residents in Prince George's County is officially underway. Individuals looking to take advantage of generous new savings, health plan upgrades, or make changes to existing health insurance accounts can now do so up until January 15, 2022. Open enrollment also includes re-enrollment of those residents previously enrolled in the health insurance program. Residents may only enroll in discounted dental coverage programs available during this time.

Residents in Prince George's County will have a choice of plans that include CareFirst, Kaiser Permanente, and UnitedHealthcare. All MHC plans cover important health benefits including doctor visits, prescriptions, mental health services, and more. All plans include free preventive care, such as annual wellness visits, flu shots, cancer screenings, and more.

Certified health insurance navigators, many who are bi-lingual, are ready help residents understand coverage options and to provide financial help. Trained brokers are also available throughout the entire six-week open enrollment. Medicaid enrollment is year-round.

During open enrollment, PGC Health Connect navigators are available with extended hours, during the week, evenings, and weekends. For more information or to set up an appointment, call (301) 927-4500 or go to <http://www.pghealthconnect.org/gethelp/>.

—Verlinda Darden, Prince George's County Department of Social Services

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### BRANDYWINE ON-GOING & PLANNED PROJECTS

Eagle Lake Recreational Campground: Mr. Monroe Harrison, who works for G.S. Proctor & Associates, shared information about a proposed plan for a recreation park to be construction on Route 381 at the Brandywine-North Keys Civic Association September meeting. The Park is in early planning stages and, if constructed, will consist of many components.

The Site Plan Concept will consist of an East and West Campus community, 632 resort sites surrounded by wide golf cart paths and will provide a level of seclusion and proximity for fun and entertainment. The Park will be used for birthday celebrations, church and school outings, swim lessons, family reunions and more.

The Park will be used for corporate and civic events such as: community civic organizations and non-profit fundraising, summer splash games, scout outings, corporate team building and retreat destinations to name a few.

The west campus will have 321 sites to be utilized by back-in RV sites, pull-through RV sites, cottages and deluxe tents, bath houses, a game room, a dog park, and numerous outdoor amenities.

The east campus will also have 321 sites to be utilized similarity to the west campus. There will be a welcome center, another dog park, bath houses, a mini golf course, etc.

There will be a "maul jack's" water park where there will be a lazy river and multi-age slide and play structures, a tiki bar for adult spirits, jack spot restaurant for food and drinks, and party tents and cabanas for a diverse array of group events. Overall, there will be fun for everyone including pickle ball courts, a large pool, open-air pavilions, over-water zip-line course, volleyball, and community fire pits.

### BOWIE STATE TO EXPLORE THE HUMAN ELEMENT IN CYBER SECURITY CAREERS

Local Colleges and High School Students learn to recognize Cyber Threats. The growing spread of malicious online content aimed at exploiting human vulnerabilities is a threat that everyone, adults, and children, should be prepared to recognize to protect themselves and others. Cyber security experts from the Department of Defense and local cyber companies heightened the awareness of university and public-school students to online dangers and opportunities for careers to work on the front lines of cyber defense in many industries during an annual Cyber Day event hosted by Bowie State University.

The Center of Cyber Security and Emerging Technology at Bowie State University engaged students to explore the human element in cyber security in a virtual workshop Cyber: A Career without Borders in October. The workshop targeted students from Maryland historically seven black colleges and universities and High School students from Prince George's County Public Schools. The virtual Workshop was also open to other university students.

Students learned about popular social media platforms and common misconceptions about privacy, responsibility, and safety in a panel discussion on Cyberspace social media: The Law, the Tech, and the Human Element. Industry partner and advocate for cybersex trafficking awareness, Protect Us Kids, presented on the dangers and warning signs of human and child trafficking.

"The human part is the most important element in any level of security," said Dr. Jie Yan, professor in the BSU Department of Computer Science. "Cyber security breach happens everywhere, and people are curious. It is important that we expose students to the potential threats and how to recognize them."

Cyber is integrated in every part of society including the arts, law enforcement, health care, and education. As Bowie State University aims to create a pipeline and become a conduit to a diversified cyberspace workforce, students learned about diverse cyber careers in private for-profit, non-profit, and public sectors. A panel discussion on the Human Dimension of Cyber featured industry partners Baltimore-based TCsecure and the Department of Defense.

"We want to bring Some fundamental information to our students, engage them to look deeper in this field," said Yan. "How cyberspace is used will not be determined by bots, but by humans. The diversity of threats and challenges regarding cyber require a diversity of thought and people like our talented students." The annual Cyber Day event began in 2019 and this year attendance is expected to double and attract between 300 and 500 participants. MEDIA CONTACT: Cassandra Robinson, [crobinson@bowiestate.edu](mailto:crobinson@bowiestate.edu). Information received from e-mail sent to me from BSU.

### VETERANS DAY SALUTE TO ALL VETERANS:

I would like to give an abundance of thanks to all the people who served in the Military.

Thank you for your service.

# COMMUNITY

## Governor's Office of Community Initiatives Kicks Off American Indian Heritage Month With Ground Blessing, Naming and Awards Ceremony

*New University of Maryland Dining Hall Named "Yahentamitsi"*

By PRESS OFFICER  
Gov. Coordinating Offices News

ANNAPOLIS, Md. (Nov. 1, 2021)—The Governor's Office of Community Initiatives, in partnership with the University of Maryland, College Park, today kicked off American Indian Heritage Month with a ground blessing, awards ceremony, and a name for a new campus dining hall: Yahentamitsi (Yah-hen-tuh-meet-c).

"The rich history and culture of Native Americans and indigenous peoples is something that we cherish and honor," said Governor's Office of Community Initiatives Director Steven McAdams. "Through our Maryland Commission on Indian Affairs, we have forged a strong bond with these communities to help tell their story. We encourage all Marylanders to learn about our history and keep the traditions of American Indian tribes in Maryland alive."

The university is in the process of building a \$180 million Heritage Community that includes two residence halls, Pyon-Chen Hall and Johnson-Whittle Hall, and the first new dining hall on campus in nearly 50 years. The name is translated to "a place to eat," from the extinct Algonquian language spoken by the Piscataway. The name was developed in a partnership between students, faculty and staff, including the

American Indian Student Union, Piscataway elders, and tribal members.

"The naming of our new dining hall in honor of the Piscataway people is a symbolic way in which we are ushering in a new era of inclusiveness at the University of Maryland. Acknowledging our storied past is one of the most important steps in creating a community that is TerrapinSTRONG," said University President Darryll J.

Pines. "I hope that whenever students, faculty and staff see the name Yahentamitsi, it inspires them to learn more about the incredible people who came before us and the communities they represent."

Following a special ground blessing and naming ceremony, members of the Maryland Commission on Indian Affairs held a kickoff of Indian Heritage Month that included an awards ceremony to recognize those

who have made contributions in the community.

The Governor's Office of Community Initiatives is Governor Larry Hogan's office to enhance and improve opportunities for Maryland residents. It oversees the Governor's Office on Service and Volunteerism, Volunteer Maryland, community affairs and engagement within the executive branch of Maryland government, faith-based outreach, and the governor's eight ethnic and cultural commissions.

### With Eagles from A1

Museum, will discuss the experiences of U.S. Colored Troops during the Civil War. His presentation will outline a day in the life of the soldiers, many of whom were not considered "soldiers" at all.

Coby Treadway, the Education Coordinator of Surratt House Museum, will discuss the history of U.S. Colored Troops from Prince George's County, specifically, including their experiences after the war was over.

The program will also feature interviews, a live Q&A session, and a performance by the "United States Colored Troops Ensemble," an a cappella vocal ensemble performing songs and stories from the Civil War era.

To register for this event, please register on Parks Direct at [www.pgparcs.com](http://www.pgparcs.com) or email [Stacey.hawkins@pgparcs.com](mailto:Stacey.hawkins@pgparcs.com) or call 301-464-5291.

Marietta is located at 5626 Bell Station Road, Glenn Dale, MD. 20769 and is a property of the Maryland-National Capital Park and Planning Commission.

## WETATi Announces 2021 WETATi ESports Virtual Fundraiser Event

*Economic Equity in the Ecosystem of STEM ESports*

By VIVIAN EBISIKE  
WETATi

PRINCE GEORGE'S COUNTY, Md. (Nov. 1, 2021)—We're Empowered To Achieve The impossible (WETATi) will host its 2021 WETATi ESports Fundraiser virtual event on Saturday, December 11 from 4 to 5 p.m. The goal of the WETATi ESports module is to expose and provide a high-level overview of the ecosystem of ESports and why low to moderate income students must be afforded the opportunities to the business side of ESports from the gaming side of ESports. Students will be exposed to ESports STEM related concepts, college majors and entrepreneurial careers in the industry. This program is hosted in partnership with the University of Maryland College Park. Students will be educated on how to

monetize their interests in video games and other tech-related activities. This is the main reason and focus of our end of year fundraising, which is being hosted by the WETATi Board of Directors.

As modern technology continues to advance, WETATi remains ahead of the curve by stressing the importance of utilizing technology in students' future careers through WETATi Academy. One of the important components of this forty-week program is the eight-week WETATi STEM ESports curriculum, where students will explore unique career paths related to the tech industry:

- ESports Broadcasting
- Gaming Hardware Design
- Gaming Event Management
- Gaming Merchandising and Sales
- Gaming Media Distribution
- And so many more noteworthy Tech careers

WETATi, a nonprofit organization, located and in partnership with Nyumburu Cultural Center, University of Maryland, College Park, educates low to moderate income students from middle school to college through practical and experiential activities that prepare students for the twenty-first century workforce for employment, entrepreneurship, and future economic opportunities. Our vision is economic empowerment through equitable access to employment and job creation.

"WETATi is a great hub for creating change-makers in our young people today as they create an interactive platform where they show the students the way to strengthen the execution of their ideas and connect them with the proper mentors to make their dreams a reality;" - Deepa Deshpande, Associate Program Director, Becton, Dickinson (BD), and WETATi Board Member and co-host of the fundraising event.

"There is a STEM based relationship between ESport games, players, teams, fans, leagues, organizers, agents, developers, lawyers, investors

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This is more than health care. It's a movement. A commitment to changeUP your health and the health of this community.

As part of University of Maryland Medical System, we're fulfilling our promise to step up health care in this region. We have more leading specialists and more of what you need including women's health, a Heart & Vascular Institute and a new primary and specialty care center in National Harbor. And, this summer, we're opening a state-of-the-art hospital in Largo and a health and wellness campus is on the horizon in Laurel.

It's time to changeUP how you feel about health care ... because a new era is here.

See how we are changing up health care for you at [UMcapitalregion.org/changeUP](http://UMcapitalregion.org/changeUP).

We are here to  
**changeUP**  
your health.

BOWIE • CHEVERLY • LAUREL • NATIONAL HARBOR • SUITLAND



# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Reform the Filibuster and End the Assault on Voting Rights Now

*"It's not that the filibuster itself is inherently racist, but it has been the favorite tool of racists. It is the preferred choice of Southern conservatives, in whatever era and whatever party, who are trying to slow down civil rights and trying to deny equal protection for African Americans."*

—Princeton University Historian Kevin M. Kruse

Unlike the right to vote, there is nothing sacred about the filibuster.

It's not in the Constitution. It never was part of Framers' vision for the Senate and is not enshrined in any law.

For the first 141 years of our nation's history, Senate rules did not provide for a process to end

debate and force a vote on a measure. "Filibuster," derived from the Spanish filibustero—a pirate or plunderer—first was used in the 1850s to describe efforts to prevent Senate action on a bill.

It wasn't until 1917 that the Senate adopted a rule to allow a two-thirds majority to end a filibuster, a process known as cloture. In 1975 the Senate reduced the number of votes required for cloture from two-thirds to three-fifths, or 60 of 100 Senators.

Over the last half-century, the Senate has carved out more than 160 exemptions from the filibuster, many of which are in common use, on matters involving trade, foreign policy, defense, budget reconciliation, judicial confirmations, and health care.

But not voting rights. In fact, the primary use

of the filibuster in the 20th Century was to block civil rights legislation.

It's time to dispense with the filibuster—at the very least, with regard to voting rights.

Republicans this week blocked the Senate from taking action on the John Lewis Voting Rights Advancement Act. It was their fourth filibuster of voting rights legislation this year and its second in just two weeks. Just a single Republican senator, Lisa Murkowski of Alaska, was willing to allow the Senate even to begin debating the bill.

The 117th Congress will be remembered for overseeing the systematic dismantling of American democracy and the desecration of our most sacred Constitutional right. The racially-discriminatory voter suppression that has run rampant through the states is unconscionable; the Senate's abject failure to contain it is unforgivable.

For most of the 56 years since the passage of the Voting Rights Act, protecting access to the ballot box was a bipartisan issue. The original bill passed the House and Senate with the support of overwhelming majorities of both Democrats and Republicans. Since then, Congress has reauthorized the special provisions of the Act five times, each time with bipartisan majorities and each time signed by a Republican President. The most recent reauthorization in 2006, passed the Senate unanimously, including the votes of nine current members of the Senate who have consistently blocked

debate on voting rights this year: Richard Shelby of Alabama, Chuck Grassley of Iowa, Mitch McConnell of Kentucky, Susan Collins of Maine, Richard Burr of North Carolina, Jim Inhofe of Oklahoma, Lindsey Graham of South Carolina, John Thune of South Dakota, and John Cornyn of Texas.

Sen. Cornyn this week defended his vote citing "huge improvements and advances made in minority voting strength." Texas recently enacted one of the nation's most restrictive voting laws that specifically target voting methods popular among voters of color and adopted new voting maps that dilute the voting power of diverse communities.

More than 250 new laws in 45 states enacted since the 2020 election will make it harder for 55 million Americans to vote. Even more concerning are the initiatives to subvert elections entirely by stripping local election officials of their authority and granting partisan politicians the power to overturn election results.

These are not "huge improvements." They are a shameful erosion of democratic principles and a stain on our nation's soul.

This must end. It must end now. The National Urban League implores every Senator to examine his or her heart, to hear the voices of the martyrs who bled and died to claim the right to vote, and to be guided by the better angels of their nature.

# COMMUNITY

## Lewis Museum Announces Kickoff of *Men of Courage Program* *Men of Change: Power. Triumph. Truth.* Exhibit

BALTIMORE (Nov. 5, 2021)—The Reginald F. Lewis Museum of Maryland African American History & Culture is launching in collaboration with the Ford Motor Company Fund the *Men of Courage* program Tuesday, November 9, 2021, at 3 p.m. The program will focus on Baltimore City and Prince George's County.

The *Men of Courage* program is a national grassroots initiative that advances the positive narrative of African American men through community-focused programming, educational events, leadership forums and other curated events. Baltimore Deputy Mayor Ted Carter, Baltimore City Council President Nick J. Mosby and Prince George's County Council Chair Calvin Hawkins will be in attendance.

"We are proud to partner with the Ford Motor Company Fund in bringing the *Men of Courage* program to the Museum," said Terri Freeman, Executive Director of the Lewis Museum. "We believe the program will help shift the narrative about Black men and offer meaningful activities for African American men in Baltimore and Prince George's County."

Established in 2015 by the Ford Fund,

*Men of Courage* program offers local programming that will foster community building and grow leadership skills among local residents. This program is running in conjunction with the highly regarded exhibition *Men of Change: Power. Triumph. Truth.*, which opens January 29, 2022 at the Reginald F. Lewis Museum.

*Men of Change* highlights men—including Muhammad Ali, James Baldwin, Ta-Nehisi Coates, W.E.B Du Bois and Kendrick Lamar—whose journeys have altered the history and culture of the country through politics, sports, science, entertainment, business and religion. In heralding the contributions of notable men across decades, *Men of Change* showcases the deep parallels between the past and present.

"The achievements of the men are situated within the legacy and traditions of the African American journey—achievements of excellence in spite of society's barriers," said Freeman. "The men's names are insinuated in a landscape of names and faces all echoing the story of becoming your best self."

The *Men of Change* exhibit was developed and organized for travel by the Smithsonian Institution Traveling Exhibition Service

(SITES). The exhibition, its national tour, and related programs are made possible by the Ford Motor Company Fund. The Ford Motor Company Fund is committed to creating opportunities that promote corporate citizenship, philanthropy, volunteerism, and cultural diversity for those who live in the communities where Ford operates.

*Located in the heart of Downtown Baltimore, the Reginald F. Lewis Museum of Maryland African American History & Culture is the largest African American museum in Maryland and has been the authentic voice of Maryland African American history and culture since it opened in 2005. It brings the stories of African Americans to life through its permanent collection of 10,000 objects, special exhibitions, educational programs, and public events at its 82,000-square-foot facility.*

For more information about *Men of Courage* and its programming, please contact:

Terri Freeman  
Executive Director  
443-263-1800  
terri.freeman@lewismuseum.org

### Outreach Center from A1

Business Outreach Center in the heart of UMD's Discovery District," said University of Maryland president Darryll J. Pines. "This center will provide resources to veterans, so they are afforded the chance to pursue the same American dream they have defended throughout their careers. We are honored to serve them."

Maryland is home to nearly 400,000 veterans and 15 military bases, including the U.S. Naval Academy, the Aberdeen Proving Ground and Fort Detrick. In addition to its large veterans population, Maryland is also home to the highest concentration of women-owned businesses and the highest concentration of minority women-owned businesses in the country.

Bringing SBA resources to Maryland has long been a top priority for Cardin. The new VBOC at UMD joins the Small Business De-

velopment Center operated by the university. Maryland is also home to the Veterans Institute for Procurement, a public-private partnership between SBA and the Montgomery County Chamber of Commerce. In May 2020, at Cardin's urging, SBA awarded grants to create two new Women's Business Centers (WBCs) in Baltimore and Salisbury, which along with the existing WBC in Rockville ensures that entrepreneurs in every community in Maryland has access to the program's services.

The VBOC program is a national network of 22 locations around the country serving as a one-stop shop for transitioning or active duty service members, veterans, National Guard or reserves, and military spouses. VBOCs provide the Boots to Business transition assistance program as well as business training and workshops, mentoring, government contracts guidance, and resource referrals.

### Betting from A1

State Lottery & Gaming Control Agency must regulate sports wagering, and the Sports Wagering Application Review Commission must review applications for sports wagering facility licensing.

People in Maryland can begin legal gambling on sports only after the Sports Wagering Application Review Commission awards sports betting licenses to qualified facilities.

Five of the state's six casinos cleared the Maryland State Lottery & Gaming Control Agency approval and are awaiting final authorization as sports betting facilities from the Sports Wagering Application Review Commission.

The five casinos are Hollywood Casino Perryville in Cecil County, Ocean Downs Casino in Worcester County, MGM National Harbor in Prince George's County, Live! Casino & Hotel Maryland in Anne Arundel County, and Horseshoe Casino in Baltimore City.

Maryland's bipartisan sports betting law outlines new efforts and funds to include women and minorities in the state's emerging sports wagering industry.

The law also requires a portion of sports betting revenues to fund Maryland's public schools.

Up to \$14.3 million in sports betting revenues would go into Blueprint for Maryland's Future, a multi-billion dollar effort to improve Maryland's public schools, in fiscal year 2022.

### ESports from A3

and multimedia. Students in our local community need exposure to these lucrative esports career opportunities." - Vania McBean, Director of WETATi STEM; Board Member and co-host of the fundraising event.

At this fundraising event, we will discuss what ESports is and why students from low to moderate income must be exposed to it now, as part of our push for economic equity effort in employment and STEM job creation for the next generation. Please mark your

calendar and plan to join us. We would love to hear your views on the subject matter.

Please watch this 60-second video to learn more about our ESports program: <https://youtu.be/Jm4nBhne8gA>

For more information about how to support the organization's endeavor and its mission, visit <https://wetati.com/>.

If you have additional questions, please feel free to email our Administrative Associate and Project Coordinator, Joanna Swank-Chambers: [joanna@wetati.org](mailto:joanna@wetati.org)

## Announcements From Governor Hogan's Office

By SHAREESE CHURCHILL  
Office of the Governor

### Governor Hogan Announces Appointments Across State Government

ANNAPOLIS, Md. (Nov. 4, 2021)—Governor Larry Hogan today announced the following appointments, including:

#### Faye Martin Howell to the House of Delegates, Legislative District 24

Faye Martin Howell worked for the U.S. Environmental Protection Agency for more than 30 years before her retirement. She previously worked as a mathematics teacher for Prince George's County Public Schools. She is a lifelong resident of District 24 and is an active volunteer in her community. She succeeds former Delegate Erek Barron, who was appointed as U.S. Attorney for the District of Maryland.

### Governor Hogan Announces Four Judicial Appointments

ANNAPOLIS, Md. (Nov. 2, 2021)—Governor Larry Hogan

today announced that he has appointed Judge Carlos Federico Acosta, Theresa Michelle Chernosky, Delegate Kathleen Marie Dumais, and Rachel Theora McGuckian to the Circuit Court for Montgomery County.

Judge Carlos Acosta has served as an associate judge on the District Court for Montgomery County since 2018. Prior to his appointment to the bench, Judge Acosta was the inspector general for the Prince George's County Police Department for six years. He previously worked as the mérida program manager for the U.S. Department of Justice's Office of Overseas Prosecutorial Development, Assistance, and Training, was a special assistant U.S. attorney, and has held various positions in the Office of the State's Attorney for Montgomery and Prince George's counties. He also spent several years as a federal prosecutor responsible for federal prosecutions targeting violent street gangs and as an associate for several law firms.

Judge Acosta received a B.A. and M.A. in English from the University of Maryland, College Park. He received his J.D. from Southern Methodist University School of Law.

## The Prince George's Post

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### About Paying SS Tax While Still Working

By RUSSELL GLOOR,  
AMAC Certified Social Security Advisor  
Association of Mature American Citizens

**Dear Rusty:** Upon being let go in 2009 at age 65 from my full time job of 30 years, I immediately applied for Social Security for my wife and I to live on while seeking employment. Not finding anything full time, I ended up working part time for the past 9 years driving a school bus for an hourly wage. Even though my wife and I are collecting Social Security, my wages are still being taxed for it. While I don't feel this is fair, the real rub (to me) is the fact that my Social Security payroll deductions for the past nine years do not seem to be resulting in an increase in the amount of Social Security we receive. Meanwhile, a friend, who is our age and a business owner, mentioned the amount he is taxed for SS as a sole proprietor is somehow being returned to him from time to time. Therefore, could you please explain what's happening here and whether we are due some kind of adjustment? **Signed: Working Still at 74**

**Dear Still Working:** I cannot comment on your friend's assertion that as a sole proprietor business owner his self-employment SS tax is somehow being "returned to him from time to time." I can, however, tell you that the rules for business owners are the same as for those who do not own a business, except that a business owner pays both the employee and employer portion of Social Security employment taxes.

Essentially, the only way paying into Social Security now (via payroll taxes or self-employment taxes) will increase your SS benefit amount is if your income in any recent year is more than your earnings in any of the 35 highest earning years over your lifetime used to compute your SS benefit. When your Social Security benefit was originally computed, all years in your lifetime earnings history through age 59 were adjusted for inflation and the highest earning 35 years were selected to develop your "average indexed monthly earnings" (AIME). A formula was applied to your AIME to determine your "Primary Insurance Amount" or "PIA," which is the amount you get if you claim benefits to start in the month you reach your full retirement age (FRA). If you claimed at age 65, your SS benefit was slightly reduced from your PIA because you claimed before your FRA.

Although you have been and are still working part time, and you're paying into Social Security while doing so, your personal SS benefit will not increase unless your current earnings are more than any of those in the 35 years originally used to determine your benefit when you claimed. The inflation adjustment influences your past years' earnings more than you might expect; for example, \$50,000 earned in 1990 would require more than \$125,000 in today's earnings to change your benefit. Remember that your contributions to Social Security while you are working do not go into a personal account for you. All who work are required to pay into Social Security, and the money paid is used to help pay benefits to those already receiving Social Security. And that doesn't change when you start collecting SS—if you continue to work you must still pay Social Security tax and the money you pay goes to help pay benefits for all recipients.

*The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.*

*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.*

## The Hotel at the University of Maryland Wins 2021 Stella Award, the Meeting Industry's Highest Honor

By PRESS OFFICER  
The Hotel at the University of Maryland

COLLEGE PARK, Md. (Nov. 4, 2021)—The Hotel at the University of Maryland is pleased to announce that it has been honored with two of the Northstar Meeting Group's 2021 Stella Awards. The Hotel has been recognized with the Silver Medal for Best Hotel/Resort in the Northeast Region and a Bronze Medal for Best Hotel/Resort Event Space (On-site) in the Northeast Region.

Presented by Northstar Meetings Group and its leading brands, Meetings & Conventions and Successful Meetings, this award honors hotel and service providers that consistently deliver quality service and innovation to meeting and event professionals.

"We are thrilled to have received this honorable recognition after a year of unparalleled challenges," said Linda Westgate, The Hotel's general manager. "Our team has worked so hard to ensure that all event, meeting, and guest experiences receive superior service and attention, and earning this award and recognition is a tremendous honor for our team."

This year, more than 6,000 votes were cast from around the world for the 603 destinations, hotels, and service providers nominated in 17 categories across six regions in the United States and worldwide. The Hotel and other winners were selected based on overall excellence, superb food and beverage, professionalism of staff, sustainability initiatives, and other critical aspects of the meetings and event experience.

After nominations closed in 2021, finalists in each category were determined by meeting planners during an open voting period. Winners were then selected by an expert panel of judges overseen by the editors of Northstar Meetings Group's leading brands, Meetings & Conventions and Successful Meetings.

"All of the honorees truly represent excellence in the meetings and events industry as valued and respected suppliers," said Loren Edelstein, vice president and content director for Northstar Meetings Group. "Thank you to this year's winners for supporting meeting and event professionals so capably during such difficult times."

To learn more about the winners of the 2021 Stella Awards and to view the Stella Awards Virtual Showcase visit [NorthstarMeetingsGroup.com/Stellas](http://NorthstarMeetingsGroup.com/Stellas).

## net.America Announces Week-Long Virtual Event to Celebrate National Apprenticeship Week

By PRESS OFFICER  
net.America

UPPER MARLBORO, Md. (Nov. 8, 2021)—The net.America Corporation (net.America), a U.S. Department of Labor-contracted industry intermediary for apprenticeships in the healthcare, health information technology, and energy sectors, has announced it will host "AppCon2.0: Beyond the Status Quo in Apprenticeships." An exclusive week-long virtual event in celebration of National Apprenticeship Week, AppCon2.0 will be hosted from **November 15 to November 18, 2021**.

The event will engage participants from around the country in pre-recorded content, live discussions, and informative Q&A sessions, each designed to inform, educate, and excite people about the prospects of apprenticeships. Sessions will also highlight the benefits of Registered Apprenticeship Programs for overcoming workforce challenges and providing students with pathways to careers in the in-demand skilled trades.

"We recognize that skilled trades are

professional careers that help our economy develop and grow," remarked Clare Hines, President/CEO of net.America. "Continuing Registered Apprenticeships is a means of assisting businesses and industry partners with a workforce solution for building, recruiting, and retaining a talented and diverse labor pool. This virtual event is designed to empower businesses with information about the value of offering Registered Apprenticeships to address modern workforce challenges," she added.

Virtual attendees will learn about a variety of topics, including the successes and strides being made through Registered Apprenticeships, the importance of diversity, equity, and inclusion in the workforce, the best practices for youth apprenticeship experiences, and the benefits of expanding apprenticeship access. Students will also learn about apprenticeships and how they can provide a career path in manufacturing and other industries through employer-sponsored programs.

"We are excited to celebrate National Apprenticeship Week alongside net.America and other leaders nationwide," remarked Casey Welch, CEO and Co-

Founder of Tallo. "At Tallo, we recognize the value of bringing the right opportunities to talent early and often, and we are looking forward to helping this community go 'beyond the status quo' to share ideas and make valuable connections," he added.

To register for the event AppCon2.0, please visit [Hopin.com/Events/AppCon-2021](http://Hopin.com/Events/AppCon-2021).

*net.America is a U.S. Department of Labor-contracted industry intermediary for both youth and traditional apprenticeships in the healthcare, health information technology, and energy sectors. The firm serves as a conduit between employers, industry partners, and the Department of Labor's Office of Apprenticeship to accelerate the development of apprenticeship programs and create new sector-based apprenticeship partnerships at the regional and national level. net.America is headquartered in Prince George's County, Maryland, and holds a 21-year track record of delivering superior information technology management and consulting services to federal and local government clients. To learn more, please visit [DiscovernetAmerica.com](http://DiscovernetAmerica.com).*

## Maryland Lawyers Donate 1.03 Million Hours of Legal Service to Help State's Underserved

By PRESS OFFICER  
Maryland Judiciary

ANNAPOLIS, Md. (Nov. 1, 2021)—Maryland lawyers donated 1,035,327 hours of volunteer or pro bono legal services from July 1, 2019, to June 30, 2020, which includes the first three months of the COVID-19 pandemic, to help the state's indigent population, according to a new report. Even while the pandemic closed offices and made it challenging to reach vulnerable clients, lawyers found ways to assist. The report, "Current Status of Pro Bono Service Among

Maryland Lawyers, FY 2020," which compiles the required reporting of pro bono legal service hours of 40,165 lawyers, was recently submitted to the Maryland Court of Appeals by the Administrative Office of the Courts. Attorneys practicing law in Maryland report their pro bono hours via the Attorney Information System (AIS).

The key findings in the report show approximately 44.9% percent of the lawyers practicing full-time in the state served people of limited means and other at-risk populations with free or substantially reduced-fee legal services. While

there was slight decline in the percentage of lawyers engaging in free legal work, close to 16% gave 50 or more hours of their time to those in need. Lawyers also reported increasing their financial contributions to legal services organizations serving people of limited means, totaling \$7,413,443.

The report confirms that lawyers volunteer actively and support legal services financially in their local communities. However, it also reveals challenges: the types of law that many attorneys practice do not necessarily correlate with the areas of greatest legal need.

To make volunteer opportunities easily accessible statewide, the Judiciary's Standing Committee on Pro Bono Legal Service works with the Pro Bono Resource Center of Maryland (PBRC), the pro bono arm of the Maryland State Bar Association, and other legal services programs to ensure training, mentoring, malpractice insurance, and service-learning opportunities are available on a local level. Lawyers who want more information can contact PBRC at [www.probonomd.org](http://www.probonomd.org) or [aspedie@probonomd.org](mailto:aspedie@probonomd.org), or [www.mdcourts.gov/probono/opportunities](http://www.mdcourts.gov/probono/opportunities).

## Cybersecurity Concerns Grow in Hospitals Across Maryland

By A.R. CABRAL  
Capital News Service

ANNAPOLIS, Md. (Oct. 28, 2021)—Maryland hospitals are seeing an uptick in ransomware and other cybersecurity threats, mirroring a national trend, and a federal agency is investigating a dozen breaches among healthcare providers in the state.

There are seven breaches currently under investigation from this year alone but there are 12 current investigations regarding Maryland healthcare providers in the last 24 months.

Ransomware attacks and other cybersecurity threats have become a great concern for public health organizations and healthcare facilities nationwide, according to an October 2020 Cybersecurity and Infrastructure Security Agency, FBI and Department of Health and Human Services joint statement.

"We are attacked on an hourly, not

just daily, basis by phishing attempts and people trying to get into our network in a variety of ways," said Dr. Joel Klein, senior vice president and chief information officer at the University of Maryland Medical System.

In healthcare ransomware attacks, hospitals' critical medical records could be seized and encrypted, which could cripple their ability to provide services to patients, until the ransom is paid, according to a 2020 Comparitech analysis.

Klein told Capital News Service he has seen a rise in cyberattacks since the pandemic started, signaling that a problem that affects so many where they are most vulnerable is only getting worse.

"It could be a life-or-death situation. You could sustain critical injuries if you get misdiagnosed or don't have correct information at the doctors," said state Sen. Susan Lee, D-Montgomery.

More than one third of health organizations surveyed were hit with a ran-

domware attack last year and 65% of those affected claim the cybercriminals successfully encrypted data, according to a May 2020 Sophos report on ransomware in healthcare based on data from 328 healthcare respondents worldwide.

Lee recently saw SB623 go into law. The new state law prohibits a person from impairing or interrupting computer services of an organization and specifically mentions health care facilities.

FIN12, the name of a cyber threat actor, has recently been highlighted for its aggressive use of ransomware attacks against healthcare facilities, and particularly among businesses with revenue in the hundreds of millions of dollars, according to a Mandiant report on Oct. 7.

But the cyberattack trend has slowly snowballed steadily for years, and the University of Maryland Medical System is not alone.

The Kent County Health Department experienced telephone issues due to a cy-

berattack on their phone provider in September.

The outage lasted six days and resulted in the health department changing its phone number, according to Bill Webb, health officer for Kent County.

Webb spoke on Sept. 29 on behalf of the Maryland Association of County Health Officials at a Maryland legislative Joint Committee on Cybersecurity, Information Technology and Biotechnology.

At the meeting, Webb explained the need for greater funding beyond the current "patchwork funding system" for qualified information technology staffing and training in the local healthcare industry.

At least seven Maryland-based data breaches from this year are under investigation, according to the Office for Civil Rights of the U.S. Department of Health and Human Services.

From local centers like The Tree House Child Advocacy Center of Montgomery County, where 514 individuals

were affected, to medical enterprises like The Centers for Advanced Orthopaedics, with several locations in Maryland, where 125,291 individuals were affected, according to HHS Office for Civil Rights data.

The Greater Baltimore Medical Center was the victim of a ransomware attack in December 2020.

The hospital system took their electronic medical records offline as a precautionary response to the attack, according to a hospital press release. The Greater Baltimore Medical Center declined to comment further.

Hospitals and organizations should have a full-fledged cyber incident plan that establishes a clear response in the event of a ransomware attack, according to the University of Maryland's Center for Health and Homeland Security director, Markus Rauschecker.

Rauschecker also advises what he calls "good cyber hygiene," like installing software patches and cybersecurity training for staff.

# Go Plant Based for Healthy School Days

**FAMILY FEATURES**

Filling the kitchen with plant-based ingredients is an easy way to nudge kids toward nutritious after-school snacks and make busy weeknight dinners as healthy as they are delicious.

When you consume foods that boost your energy and give your body the fuel it needs, you can expect to feel healthier, both physically and emotionally. In many cases the foods that deliver are plant-based, and you can create delicious and healthy meals while adhering to a plant-based eating plan.

**Make Easy Substitutes**

Having a vegetarian meal once a day is a great start, or even try "meatless Mondays" at home. Swap out ice cream and instead go for frozen blended bananas as an after-dinner treat. Try a nut- or grain-based milk in place of your normal dairy.

**Make Gradual Changes**

Drastically changing your eating habits can be challenging. Small, sustainable changes are easier to manage and simpler to implement. Even one change per day can lead to healthier eating, like swapping the meat in a normal sandwich for a plant-based protein, such as a salad made with chickpeas or lentils, for a quick and easy lunch.

**Start Meal Planning**

Meal planning can reduce the time you spend in the kitchen and cut the cost of your groceries while making plant-based eating easy. When you plan meals in advance, you can buy in bulk and do the prep work ahead of time, which means you can whip up tasty plant-based meals in minutes. Keep healthy staples on hand like vegan, cholesterol-free and trans fat-free Toufayan multi-grain pita bread. The pre-split pita is perfect to keep on hand and fill with your favorite plant-based ingredients for a quick meal or pair with hummus, chickpea salad or apples. Made with quality, wholesome ingredients, each bread is hearth-baked to a golden brown for a tasty, convenient and versatile complement to a wide range of plant-based foods. They're easy to find in your local grocer's deli section.

Get inspired to create family-friendly, plant-based dishes with these recipes and more at [Toufayan.com](http://Toufayan.com).



Apple Pie Stuffed Pit

**Roasted Chickpea Cauliflower Sandwiches**

Prep time: 10 minutes  
Cook time: 45 minutes  
Servings: 6

- 1 can chickpeas, roasted
- 1/4 teaspoon salt, plus additional, to taste, divided
- 1/8 teaspoon black pepper, plus additional, to taste, divided
- garlic salt, to taste
- 1 head cauliflower, cut into florets
- 1/4 cup plant-based yogurt or sour cream
- 1/2 red pepper, diced
- 1/3 cup shredded carrots

- 1 cup corn kernels (optional)
- 1/4 teaspoon dill
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 3 Toufayan Bakeries Multi Grain Pit
- parsley, for garnish

Preheat oven to 425 F. Season chickpeas with salt, pepper and garlic salt, to taste. Roast chickpeas 40-45 minutes. In bowl, mix chopped cauliflower; yogurt or sour cream, diced pepper; shredded carrots; corn, if desired; 1/4 teaspoon salt; 1/8 teaspoon pepper; dill; garlic powder and paprika. Once chickpeas are roasted, add to bowl and mix well. Spoon mixture into six pitas and garnish with parsley.



Roasted Chickpea Cauliflower Sandwiches

**Apple Pie Stuffed Pit**

Prep time: 10 minutes  
Cook time: 17 minutes  
Servings: 4

- Filling:**
- 4 green apples, peeled, cored and thinly sliced
  - 1 teaspoon cinnamon
  - 1/2 teaspoon nutmeg
  - 2 tablespoons plant-based butter
  - 1/3 cup white sugar
  - 3 tablespoons water
  - 1 teaspoon cornstarch

- Oat Crumble Topping:**
- 1/2 cup flour
  - 1/2 cup rolled oats
  - 1/4 cup brown sugar
  - 1/2 teaspoon cinnamon
  - 1 tablespoon orange juice

- 1 pinch salt
- 2 tablespoons plant-based butter
- 4 Toufayan Multi-Grain Pita Bread

Preheat oven to 350 F. To make filling: In large saute pan over medium heat add apples, cinnamon, nutmeg, butter, white sugar, water and cornstarch. Cook apples down about 10 minutes until they begin to get gooey. To make oat crumble topping: In medium bowl, mix flour, oats, brown sugar, cinnamon, orange juice and salt. Cut in butter and mix until crumbs begin to form. Cut pitas in half and line baking sheet. Fill one pita half with apple filling and lay on its side, being careful to not let apples fall out. Top with oat crumble. Repeat with remaining pitas. Bake about 6 minutes. If desired, broil 1 minute for additional color.

# Nutritious Fall Meals

**FAMILY FEATURES**

With a return to busy fall routines, it can be challenging for many families to find the time to sit down at the table for nutritious meals.

Adding an option like Florida Orange Juice to your family's routine can help fuel them throughout the day. Whether drinking it on its own or by adding it to recipes like Grilled Turkey Club with Orange Juice-Infused Aioli or Orange Cream Smoothies, you can feel good about incorporating a beverage with essential vitamins and minerals, nutrients for immune system support and no added sugars.

**Diet and nutritional benefits:** Both nutritious and delicious, drinking 100% orange juice can increase fruit intake as well as provide key nutrients including vitamin C, potassium, folate, thiamin and magnesium, as well as vitamin D and calcium in fortified juice. Research has found children whose diets include orange juice tend to have healthier diets and higher levels of physical activity compared to those whose do not. The American Academy of Pediatrics recommends limiting 100% fruit juice to no more than 4-6 ounces daily for children ages 2-6 and no more than 8 ounces for children ages 7 and older.

**Immune support:** 100% orange juice can help support the immune system by providing a variety of vitamins and minerals. For example, an 8-ounce glass of 100% orange juice is an excellent source of vitamin C, which helps protect cells and promote the production and function of immune cells. An 8-ounce serving of fortified 100% orange juice is a good source of vitamin D, which plays an important role in regulating immune response to help fight off bacteria and viruses that get into the body. Additionally, 100% orange juice has many beneficial plant compounds, flavonoids and colorful carotenoids, which work to support the immune system by fighting inflammation and helping cells communicate with each other.

**No added sugar:** Unlike many foods and beverages that contain added sugars, the natural sugar in 100% orange juice comes with vitamins, minerals and antioxidants. In fact, a study published in "Frontiers in Nutrition" found children and adults who consumed 100% orange juice had lower intakes of added sugar compared to those who did not.

"Today, children are consuming fewer fruits and vegetables and missing out on key vitamins and minerals," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "Many children have inadequate intake of folate, riboflavin, thiamin, vitamin C, vitamin D, potassium, iron and zinc. This doesn't have to be the case. A glass of 100% orange juice is a convenient option, according to the Dietary Guidelines for Americans, that counts toward fruit intake and one I know children love. Parents should make sure to look for 100% orange juice on the container. This ensures you are serving a nutrient-dense beverage with no added sugar."

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**Grilled Turkey Club with Orange Juice-Infused Aioli**

- Orange Juice-Infused Aioli:**
- 1 cup mayonnaise
  - 1/2 cup Florida Orange Juice
  - 2 tablespoons chopped parsley
  - 2 cloves garlic, grated
  - 2 teaspoons Dijon mustard

- Turkey Club:**
- 8 slices multi-grain bread
  - 1 cup watercress
  - 8 ounces thinly sliced smoked turkey
  - 4 slices provolone cheese
  - nonstick cooking spray

To make aioli: In small bowl, whisk mayonnaise, orange juice, parsley, garlic and Dijon mustard. To make turkey club: Spread 2-3 teaspoons aioli on four bread slices. Spread watercress on top of aioli. Top watercress with turkey, cheese and remaining bread slices. Spray grill pan, electric skillet or cast-iron skillet with nonstick cooking spray and warm over medium heat. When pan is hot, add sandwiches, cheese side down, and cook until bread is golden brown and cheese has melted, about 4 minutes. Gently flip and cook 2-3 minutes, or until bread is golden brown. Serve with remaining aioli as dipping sauce.

**Orange Cream Smoothies**

- 1 1/2 cups Florida Orange Juice
- 2 cups ice
- 6 ounces non-fat vanilla Greek yogurt
- 1/2 cup vanilla almond or soy milk

In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy. Pour into two tall glasses.



