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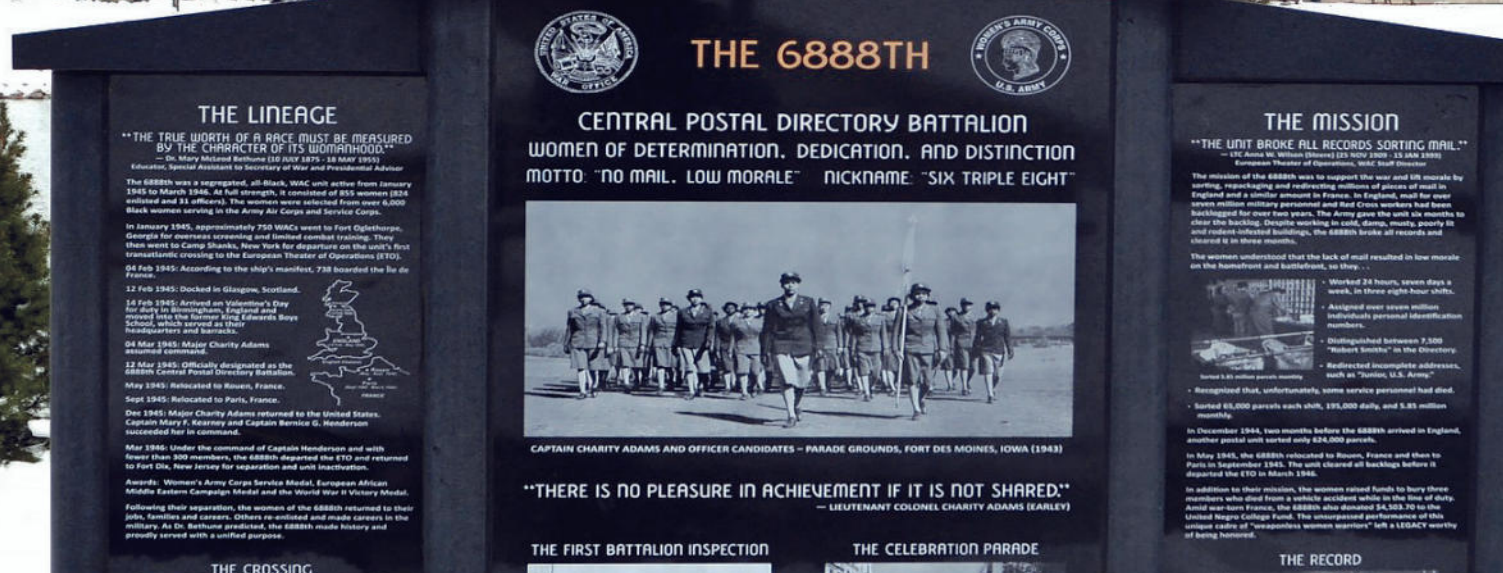
March 8 - 14, 2024

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A Special Salute to The 6888th Central Postal Directory Battalion of the U.S. Army



LTC CHARITY ADAMS - FIRST COMMANDING OFFICER



A monument dedicated to LTC Charity Adams, First Commanding Officer, and other members of the 6888th Central Postal Directory Battalion. Nicknamed the "Six Triple Eight," these amazing women successfully fulfilled their promise of getting a whopping 17 million pieces of mail to U.S. soldiers during World War II. Their inspirational story is the focus of a Women's History Program honoring women in the military being presented by the Baltimore County Delta Foundation. The tribute will take place on Saturday, March 9, 2024 at 10:00 a.m. at the Owings Mills Branch of the Baltimore County Public Library, 10302 Grand Central Ave. in Owings Mills, Maryland. (See article on page 7.) Courtesy photo

First Known Female Firefighter in the United States was a Black Woman

Barrier Breaker in Firefighting

By **Andrea Blackstone**

How many women have you seen driving and operating a firefighting vehicle or climbing a ladder to extinguish a fire? Never say never, even if you have not seen a woman maneuvering heavy fire equipment.

Molly Williams, the first known female firefighter and also the first known Black female firefighter in the United States, was an enslaved woman in New York City who laid the foundation for more trailblazers to follow. Around 1815, she became a member of Oceanus Engine Company #11 and often accompanied Benjamin Aymar, a merchant who owned her, to the location in Lower Manhattan where he was a volunteer firefighter.

During the blizzard of 1818, male firefighters were scarce because of a cholera outbreak. Williams knew how the equipment worked. The tough woman who was dressed in her checked apron and calico dress worked among men while pulling the huge water pumper to the fire through the deep snow.

“Williams cleaned and cooked and, on the noted occasion, she was tending to the men of Oceanus 11, who’d been stricken by an unusually virulent flu. The alarm bell sounded. There was a fire, and she was the only one well enough to go,” according to the Journal of Emergency Dispatch website.

Following Williams’ impressive contribution in extinguishing a fire, the firefighters of Oceanus 11 made Molly an unofficial member of Oceanus 11’s firefighting crew. She was soon referred to as Volunteer No. 11 around the firehouse.

“I belongs to ole ‘Leven,” Williams once said, referring to her role.

While the courageous leader opened a historical door for women firefighters, other women were able to make contributions while climbing the career ladder.

Women in Fire, a 501(c)(3) tax-exempt charitable organization, reported that the women “made their way into the ranks of seasonal wildland firefighters in the early 1970s, and the first female career firefighter was hired in 1974.”

History was made in Arlington, Virginia, when Judith Livers was hired to join the Arlington County Fire Department. Later, Toni McIntosh of Pittsburgh, Pennsylvania became the first African American career firefighter in 1976. Annette Nance-Holt was appointed to become Chicago’s Fire Department commissioner. According to the City of Chicago, she was the first woman and African American to serve in that capacity.

Despite progress that has been made, just five percent of all career firefighters are women, according to the U.S. Fire Administration.

Locally, Captain Shanntel Wilkins and EMT Tiffany Randolph are among two African American women in the Baltimore City Fire Department who want to recruit more women to work amongst them.

Firefighters must retain the desire to help people, even if they are not thanked or praised. They are often unsung heroes who respond to a variety of situations which range from fighting fires to responding to medical emergencies, making presentations to the public for safety education, engaging in search-and-rescue

operations and providing help during traffic accidents. Volunteer firefighters address local needs on a part-time basis. Whether rendering paid or unpaid assistance to community members, firefighters of both genders endure an inherent risk of becoming injured while encountering situations that require physical demands and assisting others. Although robust research is lacking, firefighters are at a higher risk of being diagnosed with cancer, compared to other women in the general population.

When individuals from the public dial 911, firefighters are expected to render service until the challenging job is done, regardless of exhaustion or risk.

During Women’s History Month, and even after the month ends, do not forget the legacy of Williams—a confident firefighter who arguably broke barriers for volunteer and career firefighters. She enabled more women of all races to blaze the trails in a male-dominated occupation, despite the physical and mental challenges that are required by individuals who are suited for the tough job. Williams earned respect, but her legacy is not as widely known as it should be. Everyone and anyone who spreads the word about her story plays a part in honoring her, although some details about her life remain unknown.

“Molly, by Golly!: The Legend of Molly Williams, America’s



Molly Williams

Photo: Public domain

First Female Firefighter” is a book written for young children about Williams. Additionally, Triple F (Fierce Female Firefighters), founded by Lieutenant Tina Guiler, will offer a plush doll called “Molly.” A portion of the proceeds will support female firefighters and women in the emergency medical services who are battling cancer and other medical challenges. Visit <https://triplefrescue.com/product/female-firefighter-plush-doll-molly/> for more details.

BCDF To Honor Women in the Military

A Special Salute to The 6888th Central Postal Directory Battalion of the U.S. Army

By Ursula V. Battle

Driven by their motto, “No mail, Low morale” the 6888th Central Postal Battalion, nicknamed the “Six Triple Eight,” were not only the sole predominately African American battalion in the Women’s Army Corp (WAC), but they also were the only predominantly African American, all-women battalion sent overseas during World War II. Their assignment was daunting— sorting through a two-year backlog of undelivered mail amidst deplorable conditions, unfamiliar territory, discrimination, and delivering the mail to American soldiers.

Against all odds, these amazing women successfully completed their assignment, fulfilling their promise of getting a whopping 17 million pieces of mail to U.S. soldiers. Their heroics delivered both mail and morale to the soldiers. Their inspirational story is the focus of a Women’s History Program honoring women in the military being presented by the Baltimore County Delta Foundation (BCDF).

The tribute will take place on Saturday, March 9, 2024 at 10:00 a.m. at the Owings Mills Branch of the Baltimore County Public Library, 10302 Grand Central Ave. in Owings Mills, Maryland. The program is free and will feature refreshments, a panel discussion, and a screening of the documentary: “The Six Triple Eight—No Mail, Low Morale” (a Lincoln Penny Film Production).

Governor Wes Moore has proclaimed March 9, 2024 as “6888th Day in Maryland,” inspiring the BCDF to offer a special tribute to the predominantly Black, all-women’s battalion. The Baltimore County Delta Foundation was established in 2010 and it is committed to



The Baltimore County Delta Foundation members. Courtesy Photos

providing charitable and educational programming to the citizens of Baltimore County. Heather Ross is president of the Foundation.

Panelists for the program will include CH Captain Stephanie R. Handy, U.S. Army; Chekita Hamilton, Ph.D., U.S. Department of Veterans Affairs; and Anita Hammerer, manager, American Legion Towson Post #22, Maryland Military Department. The discussion will be facilitated by Master Sergeant (retired) Elizabeth Ann Helm Frazier, who is also a staff assistant with the Office of Information Security (OIS) and executive producer of “The Six Triple Eight” documentary.

Ernestine Jones Jolivet, one of the founders of the Baltimore County Alumnae Chapter of Delta Sigma Theta, Inc. is the Program Event Chairperson.

“It’s a part of our history,” said Jolivet. “The accomplishments of women are often played down, and not taken seriously, no matter how much we accomplish. We need to realize we know our worth, and to make sure others see the value in what we do. Things were segregated at the time of the Six Triple Eight, and even though they were intelligent, they had to overcome many things to show what they could do. And it seems that in 2024, things like that are still going on.”

The WAC was signed into law by President Franklin D. Roosevelt and on July 1, 1943 was set to active-duty status. First Lady Eleanor Roosevelt along with her friend and civil rights leader, Dr. Mary McLeod Bethune,

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Ernestine Jones Jolivet, one of the founders of the Baltimore County Alumnae Chapter of Delta Sigma Theta, Inc., is the Program Event Chairperson.

New Ways to Combat Warm Weather Mosquito-Borne Illnesses

By Jayne Hopson

The clocks move forward this weekend, signaling the unofficial start of spring. Warmer weather means more time spent outdoors, where fun in the sun increases exposure to a most unwelcome guest—the mosquito.

Not merely a source of itchy discomfort, these invasive insects are vectors, major carriers of a host of diseases known to pose serious health risks to men, women and children. Triggered in part by global warming, the National Institute of Health (NIH) says “the prevalence and range of mosquito-borne illnesses are on an alarming rise, challenging communities and researchers to find effective means of combat.”

Mosquitoes carry diseases like malaria, dengue fever and West Nile virus. While malaria remains relatively rare in the United States, dengue fever has been inching its way northward, and the West Nile virus has become a seasonal concern across much of the country.

To help protect the public’s health, the NIH has been funding research aimed at halting the spread of these diseases through innovative approaches to prevent mosquito bites and the transmission of illness.

One groundbreaking strategy under investigation involves vaccinating individuals not against the diseases themselves but against mosquito saliva. Dr. Matthew Memoli, an infectious diseases researcher at NIH, points out the impracticality of developing separate vaccines for each mosquito-borne illness.

Dr. Memoli’s team is exploring a vaccine that targets the mosquito’s saliva. When a mosquito bites, its saliva—laden with compounds that facilitate blood-feeding and disease

transmission—triggers an allergic response that could dampen the body’s ability to fight off infections.

Preventative measures also play a crucial role in mitigating the risk of mosquito bites. Researchers like Dr. Carolyn McBride from Princeton University are delving into the sensory biology of mosquitoes to discover more effective deterrents.

Dr. McBride’s team has identified a blend of human skin-emitted chemicals that attract mosquitoes, aiming to leverage this knowledge to develop new repellents or traps that could protect entire neighborhoods.

In the quest to reduce mosquito populations and their disease-spreading capability, innovative strategies such as the “reduce and replace” approach are being tested. This method involves initially diminishing mosquito numbers through insecticides, followed by introducing genetically modified mosquitoes less capable of transmitting diseases.

Dr. Zach Adelman, a geneticist at Texas A&M University, is working on creating mosquitoes that would be lethal carriers for the dengue virus, thus preventing the spread of the disease. These genetically modified mosquitoes are designed to be a temporary solution, easing public concerns about long-term ecological impacts.

The fight against mosquito-borne diseases is a multifaceted endeavor that combines scientific innovation with public health initiatives. While researchers continue to develop advanced strategies for controlling mosquito populations and blocking disease transmission, simple preventive measures remain crucial.

As we approach spring, the quest to reclaim the outdoors from the grip of



Shutterstock

mosquitoes and the diseases they carry continues. Through a combination of scientific ingenuity and community action, there is hope that the future will see a significant reduction in the impact of these pests on public health.

Environmental Protection Agency (EPA) offers the following advice for preventing mosquito bites:

- Cover your skin. When outside, use long sleeves, pants, and socks to help block bites.
- Use insect repellents when outside. Products containing DEET, picaridin, lemon eucalyptus, or para-menthane-diol can be sprayed directly on your skin. Follow label instructions. Products containing permethrin can be put on clothing and outdoor gear. Do not spray permethrin directly on your skin.
- Use a fan when sitting outside. Aim the air from a box fan at your legs when eating outside or gardening.
- Protect your home. Use screens

on open doors and windows. Repair screens if they get holes.

- Remove breeding grounds. Drain puddles around your house where mosquitoes can lay eggs. Look for pots, buckets, pet bowls, gutters, lawn decorations, and other sites that hold water.
- Empty and change the water in bird baths, fountains, wading pools, rain barrels, and potted plant trays at least once a week to destroy potential mosquito habitats.
- Drain or fill temporary pools of water with dirt.
- Keep swimming pool water treated and circulating.
- Cover all gaps in walls, doors, and windows to prevent mosquitoes from entering.
- Make sure window and door screens are in good working order.
- Completely cover baby carriers and beds with netting.

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Anne Arundel County Nonprofit Center @ 41 Community Place Pilot Tests New Online Events Hub

Members of the public can now easily access events, workshops, and volunteer opportunities

Annapolis, MD (March. 4, 2024) – Anne Arundel County Executive Steuart Pittman and the Nonprofit Center announced the launch of the Nonprofit Events Hub (NEH) - a new online tool designed to connect Anne Arundel County residents with local nonprofits.

"This new tool will further strengthen our county's commitment to supporting our nonprofit community," said County Executive Pittman. "It provides a platform for nonprofits to promote events while also offering residents an easy way to stay connected and engaged with these local organizations."

This NEH is a comprehensive, one-stop-shop resource geared toward nonprofits and the general public. The tool also allows the public to search for events by date and category. Categories include arts and culture, children and youth, education, environment, health and wellness, housing, hunger, social justice and more. Events focusing on individuals with disabilities, Veterans, the LGBTQ+ community, and underserved populations are also listed.

"The NEH is one of several resources offered to nonprofits to help them build capacity and engage the public with the great work that they do," said the Nonprofit Center's Executive Director, Dr. Jennifer Purcell. "It's all about making connections. We hope that nonprofits



Anne Arundel County Executive Steuart Pittman Courtesy photo

and county residents will use the tool to make those connections."

Local nonprofits can submit free or low-cost events, or workshops to the hub by visiting aacounty.org/NEH and clicking the activity submission button. If an event meets the submission guidelines, it will appear online in as little as three business days. Nonprofits can also indicate if volunteers are needed for specific events or activities.

Currently, the NEH is in a pilot-testing phase. The Nonprofit Center will monitor usage and collect comments from nonprofits and the public over the next few months to determine if it will become a permanent resource.

Since its creation in July 2023, the Nonprofit Center has launched a variety of initiatives to support Anne Arundel County nonprofits in their mission to advance the health and wellness of county residents. Since fall 2023, the Center has sponsored three cohort learning groups covering fundraising and sustainability, strategic planning, and grant writing. They have also partnered with Anne Arundel County Public Libraries to expand GuideStar's Candid database. The Nonprofit Center is currently publishing a monthly newsletter, exploring video production services for nonprofits, and preparing to host its first full-day conference in May 2024.

While offering training programs, resources, and tools for nonprofits, the Nonprofit Center is simultaneously working to renovate its headquarters, located at 41 Community Place on the Crownsville Hospital Memorial Park campus, to offer shared work and meeting spaces to qualifying nonprofits, beginning in 2025.

To learn more about the Nonprofit Center visit aacounty.org/nonprofit-center.

Lincoln Ekes Out Win Over FSU, Wins First CIAA Crown in Program History

By Demetrius Dillard

Just before the final buzzer sounded, Lincoln men's basketball coach Jason Armstrong walked over to the cameramen and yelled, "Today, we make history."

After suffering a disheartening loss to Winston-Salem State in the conference title match last year at CFG Bank Arena, Armstrong and a few of his players assured the media that they would be back.

Fast forward a year later – lo and behold, the Lions stayed true to their mission and won the program's first-ever CIAA championship on Saturday afternoon.

Forward Ethan Garita recorded 15 points and five rebounds and Bakir Cleveland added 13 points to lift Lincoln to a 54-51 win over Fayetteville State to culminate an exhilarating CIAA Tournament week.

The contest was physical from beginning to end. Six minutes into the game, FSU led 5-4.

Broncos guard Caleb Simmons put in a well-defended layup to give his team a 9-6 lead with 11:46 left in the first half. Just under the seven-minute mark, triples by Kaleb Coleman and Myles Pierre gave the Broncos a 15-8 lead.

Lincoln's Ethan Garita two buckets followed by a lefty layup off a nifty hop-step move by Manny Toha cut Lincoln's deficit to 17-16, forcing an FSU timeout near the three-minute mark of the half.

D'Marco Baucum made a short turnaround jumper in the paint to snap LU's six-point run. Tairell Fletcher added another basket for the Broncos on a long 2-pointer, then Freddie Young responded on the other end with a 3-pointer.

Garita had the chance to even the score heading into the locker room but made one of two from the charity stripe as Fayetteville State had a narrow 21-20 halftime lead.

The physical game was on pace to being perhaps the lowest-scoring men's contest of the tournament. Simmons paced the FSU offense with seven points in the first half.

Bakir Cleveland's corner 3 to open the second half gave Lincoln its first lead (23-21) of the afternoon. Garita was pivotal down the stretch; his putback dunk, floater and driving layup kept LU ahead by a slim margin toward the middle of the second half.

With 11:18 left in the game, FSU was up 33-31 after a Baucum triple. Fletcher was key for FSU in the second half. The lefty hit a mid-range jump shot, creating a 38-35 lead for the Broncos with about eight minutes left in the contest.

A few minutes later, Chase Jackson nailed a pair of free throws that tied the knot at 40-40. As the game drew to a close, it seemingly grew more physical as both teams cherished every possession. With 4:19 on the game clock, Cleveland put Lincoln back on top 42-40 on two makes from the free throw line.

Simmons' putback with four minutes to go tied it again, 42-42. FSU dominated the glass to create multiple second-chance scoring opportunities.

Garita's running right-handed hook shot put the Lions ahead 44-42 at the 2:00 mark. After grabbing a rebound, guard Reggie Hudson found Jackson on the left wing for a decisive 3-pointer, giving Lincoln a 47-42 lead.

Hudson snagged another board and pushed the ball to half-court as Lincoln Head Coach Jason



The Lincoln University men's basketball team won the 2024 CIAA Basketball Tournament. Photo Courtesy of The CIAA and Visit Baltimore.

Armstrong called a timeout with a little more than a minute left.

Though they turned the ball over out of the timeout, the Lions came up with a stop that turned into a Peter Sorber free throw on the other end, extending Lincoln's lead to 48-42.

Trailing 49-44 with 30 seconds to go, Simmons laced a corner 3 that pulled FSU to within 49-47. Cleveland added two more free throws and the Lions held a two-possession lead inside 20 seconds.

With 13.2 seconds left, the Broncos trailed 51-48 and had a chance to force overtime. Out of the timeout, Coleman got fouled on a layup attempt. At the line, he went 1 of 2 and FSU trailed 51-49. Cleveland put in three more free throws in the last nine seconds to clinch the historic win.

In what was one of the lowest-scoring games of the tournament was

also one of the most intense.

"Our guys just wanted it a little bit more," Armstrong said.

"Our guys stayed focused and stayed in the moment. It was wonderful to see our fans be here with us this whole week and cheer us on. We came back this year and did what we wanted to do. Now, we get ready for the NCAA Tournament."

Lincoln junior forward Peter Sorber was named the tournament MVP. Simmons had 21 points and six rebounds for the Broncos. Fletcher scored 10 and Coleman pulled down 12 boards for FSU.

With the conference title, Lincoln secures the CIAA's automatic bid to the NCAA Division II tournament. The team will learn its opponent and destination on March 10 when the pairings are announced.

CIAA Championship

Fayetteville State Overcomes Defending Champ ECSU, 64-59, to Capture CIAA Title

By Demetrius Dillard

FSU junior guard Keayna McLaughlin recorded 17 points and made timely plays in the game's crucial moments to lift the Broncos to a 64-59 win over Elizabeth City State for the 2024 CIAA championship.

Aniylah Bryant scored 12 points and was named the Food Lion MVP Award for the tournament. Talia Trotter, a Baltimore native, also contributed 12 points.

"It's a blessing," Broncos Head Coach Tyreece Brown said on winning the championship.

"It's always tough to win a championship. You have to go through a tournament winning every game. People don't realize how tough that is; you got to have a strong group of players that's mentally tough, and that's what we have. It's tough to win championships, and we're proud of this group."

The game saw 11 ties and 13 lead changes in what turned out to be a tightly contested battle like many other games throughout the week. By halftime, Fayetteville State held a slim 28-24 halftime lead.

Both teams were red hot to start the second half, trading buckets on nearly every possession for the first two-and-a-half minutes into the third.

Vikings guard Rasheka Simmons knocked down a pair of free throws to even the score, 36-36, with six minutes remaining in the quarter. She nailed a triple from the left wing, then ECSU regained a 41-40 lead after two free throws from Alanis Hill.

ECSU held the Broncos scoreless for the next three minutes before Takia Trotter put in a technical free throw to tie the game. FSU slowed down offensively toward the end of the frame



The Fayetteville State University women's basketball team is the 2024 CIAA Basketball Tournament champs.

Photo courtesy of The CIAA and Visit Baltimore

going the last four minutes, 40 seconds without a field goal.

Hill connected on a turnaround jumper from the short corner as the third-quarter buzzer sounded, cutting the Vikings' deficit to 44-43 entering the fourth.

With a one-point game entering the last 10-minute frame, all the marbles were at stake and both squads played with intensity and hunger in pursuit of the coveted CIAA crown.

On the opening possession of the fourth, Hill swished a trey that gave the Vikings a brief lead. She scored seven of ECSU's first nine points as the score was an even 52-52 halfway through the fourth.

Bryant hit two free throws and a transition layup that gave FSU a 56-54 lead with three minutes left in regulation. Trotter hit two more free throws, and the Broncos were ahead 58-54 at the 2:00 mark.

With about a minute-and-a-half remaining in the contest, Keayana McLaughlin found Nyah Wilkins is underneath for an easy bucket, giving FSU a 60-55 lead. A steal by forward Jessica Adams led to a clutch Blango with 40 seconds to go, bringing the score to 60-59.

Out of a timeout with 17 seconds left, McLaughlin drove left and finished a contested right-handed shot off the glass that put the Broncos back

on top by three. With 9.2 seconds left, ECSU inbounded the ball to Blango, whose 3-point attempt was blocked and recovered by FSU.

On the other end, Daziy Wilson iced two free throws to seal the emotional win for Fayetteville State.

Hill scored 16 to lead the Vikings, who won their first conference title in program history in 2023. Rashauna Grant recorded 14 points and 13 boards while Blango chipped in with 12 points and three assists.

The conference championship is FSU's fifth in program history. They last won a title in 2020.

Psychotherapist and Production Therapist Carves Unique Niche in Entertainment

By **Andrea Blackstone**

Candace Washington knows the importance of breaking the stigma associated with seeking mental health help, from a personal and professional point of view. She graduated from Bowie State University with a bachelor's degree in psychology and Howard University with a master's degree in social work. Washington is committed to providing services in a variety of ways through her own company as the founder and CEO of Restorative Minds Therapeutic and Wellness Services and Totally Whole Counseling Services in Baltimore, Maryland.

"I am a psychotherapist and I'm also a production therapist. As a psychotherapist, I see adolescents and adults, 14 and up. I work with them to process anxiety, depression, trauma, grief, loss and suicidal ideation," the Anne Arundel County resident said. "I'm a production therapist as well. So, I work as a production therapist providing therapeutic services for cast and crew in the television and film industry."

While serving in a psychotherapy services capacity, Washington provides talk therapy. As a production therapist, she provides one-on-one wellness services for cast and crew in the television and film industry, during pre production, filming and post production. She helps cast members decompress from filming and aids them in disconnecting from characters they portray.

"For What It's Worth," a film of family, redemption and mental health awareness is the second feature under the "BET Her Presents: The Couch" banner. The film premiered on BET+

on March 7, 2024. It is scheduled to premiere on BET and BET Her on May 17, 2024.

"A lot of times in the industry, you have different storylines. Some of them are filled with trauma-based content. So, when you are going on set, no one has taken a psychological intake to say 'Hey, have you, yourself, ever experienced sexual abuse? Have you, yourself, ever experienced what it is that you're about to film?' It may cause some triggers and bring up some things within the cast and crew, so it is not just the persons that are in front of the camera. It's also about those that are behind the camera that have to hear and see this content."

According to Washington, more production companies and producers are realizing the importance of having therapists on set, although it is new to Hollywood.

She added, "So, to have therapists on set to help persons decompress and ground themselves and who are available to them, it helps the person really be able to do what it is that they need to do, but then also to know that their emotional and mental needs are being addressed as well."

Washington further noted that additional benefits for having therapists on set as a part of the production team can be accurate script development to ensure that the correct clinical terminologies and behaviors are included, while presenting mental health content.

She knows what it is like to sit on both sides of the couch.

"I am a therapist with a therapist," Washington said. "One of the things that is important to me is knowing that storytelling is healing. I am a suicide survivor."



Candace Washington, psychotherapist and production therapist

Photo credit: Shawn Mason

Washington divulged that she tried to take her life three times, including in 2019.

She explained that it's okay not to be okay. Women should not suffer in silence.

"We should normalize the feelings, thoughts and emotions that we have as women. We carry so much and knowing that there's strength and there's courage in saying 'I, too, need support. I, too, need help.'"

The mental health expert reminded that a therapist should be the right fit for you, culturally competent, ethical, professional and someone who specializes in whatever you are in need of.

"I just celebrated four years of sobriety and made a commitment to God and to myself that I was going to live."

The United States Air Force veteran reflected on childhood trauma; sexual

harassment in the military; and feeling triggered by lack of protection and care.

"Alcohol was my way of relief. I abused it and I took advantage of it. I ended up getting arrested," Washington said, reflecting on another stop in her journey to heal.

Participating in a judge-recommended drug and alcohol treatment program, instead of heading to jail, helped her to get herself together.

The minister, mother, author of "Breathe: Rest, Reflect, Reset" and "Woman of God: 60-Day Devotional," symbolizes the ability to achieve personal renewal when grace is coupled with hard work.

"Continue to give tomorrow another chance," Washington advised.

Visit www.restorativemindswellness.com to learn more about Washington.



The 6888th Central Postal Directory Battalion, nicknamed the “Six Triple Eight,” was the only predominantly African American battalion in the Women’s Army Corps (WAC). Courtesy Photos



The 6888th Central Postal Directory Battalion successfully sorted through a two-year backlog of undelivered mail.

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pushed for the inclusion of African American women in the WAC.

“Many of these women had degrees and skills that were marketable, but they still wanted to help guard our freedom, not only for themselves but for the country,” said Jolivet. “They wanted to show their patriotism. But even to show their patriotism, it was hard because some did not want to give people of color any type of job that would show their talents.”

She added, “They gave these women what they thought was a menial job, but it was an important one. I don’t think they realized how important it was when they gave this job to them because the conditions were horrible...a damp, rat-infested, cold building. They were given six months to clear the backlog. Not only did they clear up the backlog but did it well. They did it in three months, record time.”

Their patriotism and heroism is also the subject of Tyler Perry’s new film “Six Triple Eight.” The film stars Kerry Washington and will air on Netflix.

Jolivet encourages everyone to attend the March 9 program that remembers women soldiers who fulfilled a vital role during World War II.

“I’m excited about what we have planned, and hope people will be just excited,” she said. “We’re going to leave people with a call to action, that they continue to share the story of the Six Triple Eight so that people will be telling other people about them. The hope is that people will continue to tell their story. This is our HISTORY!”

For more information, call Deborah Peaks Coleman at 410-428-9930 or to register visit <https://www.eventbrite.com/e/womens-history-event-6888th-day-in-maryland-tickets-835114037567?aff=ebdssbdestsearch>

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Quander Descendant Shines Spotlight on Alpha Kappa Alpha Sorority's First National President

Keeping Family Legacy Alive

By **Andrea Blackstone**

Trisha Nikel Quarles-Goodman, a longtime resident of the Arundel on the Bay community located in Annapolis, Maryland, stated that she is creating a feature film about the legacy of one of her relatives: Nellie May Quander. The noted educator and trailblazer who was born on February 11, 1880 and died on September 24, 1961 played a role in strengthening the rich legacy of Alpha Kappa Alpha, Inc., the first intercollegiate African American sorority.

"Nellie Quander, incorporator and first national president of the Greek sorority, Alpha Kappa Alpha is a cousin of mine," Trisha Quarles-Goodman said.

Before Quander, Lucy Diggs Slow was the first president for a semester from January to June 1908 when the sorority was founded. Ethel Hedgemon Lyle, who is often referred to as the "Guiding Light" of Alpha Kappa Alpha, was the first supreme basileus and founder of the first Black sorority at Howard University in 1908, Quarles-Goodman added.

Quander became a member of Alpha Kappa Alpha at Howard University.

Quarles-Goodman referenced an interview that was conducted with Rohulamin Quander, the Quander family's historian and author of "Nellie Quander, An Alpha Kappa Alpha Pearl; The Story of the Woman Who Saved an International Organization."

The Quanders are members of one of the oldest and most well-documented Black families in America.

Rohulamin said, "Well first you've got to understand that the Quander family is a large and extended family...

we are not quite at 350 years yet in terms of how long we've been here [in America], but we're coming to 350 years fairly soon. So, the divergence of her Quander line and my Quander line is not exactly clear, but we do share the common Quander root going back into early, early Maryland and Virginia. It may be a couple of 100 years back, but we are still related. We are cousins but distantly."

A letter dated February 17, 1913 from Quander to Alice Paul points to the issue of suffrage. Quander wrote to the organizer of the 1913 suffrage parade because women at Howard University wanted to participate in the suffrage procession if they did not have to deal with "discrimination on account of race affiliation." Quander penned another letter asking for them to be "positioned in a desirable place in the college women's section."

"Future Washington, D.C., educator Nellie Quander graduated in June 1912 from Howard University, where she had joined Alpha Kappa Alpha (AKA), the nation's oldest Black sorority. In January 1913, she took the lead in incorporating AKA, possibly hoping to avert the withdrawal of twenty-two student members, with a greater interest in political activism, who subsequently founded Delta Sigma Theta. The Deltas marched in the 1913 parade, but it is not clear how many AKA members participated," according to the Library of Congress.

"But organizers, acceding to racists in states that needed to ratify the 19th Amendment, sought to isolate Black women. In a letter to Paul, Quander made clear she was having none of it. On the day of the procession, "Nellie and her group refused to take a place in



Nellie Quander, educator, advocate of women's rights and the first National President of Alpha Kappa Alpha Sorority. Her likeness is featured at The National Great Blacks in Wax Museum in Baltimore, Maryland. Photo courtesy of the Quander Historical Society, Inc., Moorland Spingarn Research Center, Howard University



Trisha Nikel Quarles-Goodman, relative of Nellie Quander
Photo credit: Darren Moulden

because it supports and values social justice and equality for all," Quarles-Goodman said.

Quarles-Goodman noted that she is seeking to establish a nonprofit where a production about Nellie Quander will be housed to document her legacy. Information has been extracted from the book written by Rohulamin.

"Nellie Quander, An Alpha Kappa Alpha Pearl" is the story of the woman who saved an international organization whose membership includes leading women like Vice President Kamala Harris and other well-known public figures," Quarles-Goodman said. "The story will focus on historical moments and how our heroine preserved a membership of educated and professional Black women that are the backbones of the African American community today. The goal is to preserve the truth of a legacy, and turn the facts in the book to film and give our future young people a real Black heroine to role model."

Email 1913Nellie@gmail.com or follow [@1913NellieMovies](https://www.instagram.com/1913NellieMovies) on Instagram to follow Quarles-Goodman's film journey.

the back of the D.C. line," Rohulamin Quander said. "They forcibly integrated themselves into the group of white women from D.C."

Nellie also pursued post-graduate studies. Quarles-Goodman shared that her late grandmother, Catherine Quander Quarles, was the basalis at Bowie State University. She was another educator in the family.

"My grandmother taught at Adams Morgan, and Belvedere Elementary and retired at Tyler Heights Elementary."

Trisha Quarles-Goodman, a resident of Los Angeles, California who graduated from Annapolis Senior High School, owns Trisha Nikel Talent Consulting. She is pursuing a master's in Organizational Leadership and Management at Pacific Oaks College in Pasadena, California.

"I found this school to be the perfect institution to unfold our family research



TWO OF BALTIMORE'S ICONS PASSED AWAY AND LEFT A HOLE IN THE HEARTS OF ALL WHO KNEW THEM

By Rosa Pryor

Hello, my dear friends,
I am hoping you and your loved ones are healthy and happy. This week again, I am bringing you sad news, if you haven't heard it already. I tried like hell to bring you positive stories and information. Baltimore won't be the same. Pamela Leake, AKA "Miss Maybelle" passed away on Friday, March 1, 2024. Carlton Douglass has her body. Funeral arrangements were not made at press time. For those who didn't know "Miss Maybelle," she was a strong advocate for the less unfortunate, and homeless, a promoter, comedian, mistress of ceremony for many shows, including performing at City View, and most of all a mother to her son, Nick as well as to other grown children. My dear friend, you will never be forgotten, God needed you more than we do. May you rest in peace. You will be truly missed, and your legacy will live on.

Then, last week I received a call saying Freddie Bee had passed away. Freddie was a life-time member of the East Baltimore Elks Lodge on Harford Road. He traveled the country representing the organization he loved so dearly. Condolences to his family and the Elks Lodge family all over the country where he traveled for many years. May he rest in peace. He, too, will be truly missed.

Okay folks! Are you ready for some fun stuff to lift your spirit? I got that for you, too. John Lamkin II and his band will be at the Caton Castle on Caton Avenue, Saturday March 9, 2024 from 6-10 p.m.

HURRAH! Larry Young will return as talk host of "Conversation with LY" on WOLB 1010 AM, Monday through



DJ Mel's Grown & Sexy Affair on Saturday, March 23, 2024 from 9 p.m. to 1 a.m. at the American Legion Post #285, 2324 McElderry Street, in Baltimore. Open Bar and light buffet. Dress to impress, (NO SPORTS WEAR) and BYOB. For more information, call 410-493-3512.

Friday from 4-5 p.m. Also, his buddy, "The Coach" will be joining him. Give him a call on-air at 410-481-1010, just to say hello.

I am telling you that the American Legion Liberty Post #122 is showing off with their live entertainment. I love it! On March 10, 2024 from 3-7 p.m., there will be a music journey you don't want to miss. The Geno Marriott & Friends will be performing. It's a celebration of music, community, and good vibes. Check it out!

The New Band Feat "OBASI" and the Storage Unit Collective Band featuring our own world-renowned drummer, Dennis Chambers will be performing at the American Legion Post #122, located 4424 Painters Mill Road in Owings Mills, Maryland on Saturday, March 16, 2024 from 6-10 p.m. Food and drinks will be sold at the club. Get your ticket in advance.

Well, my dear friends, I have to go. I am



Pamela Leake, AKA "Miss Maybelle" Baltimore's own, beloved daughter passed away on Friday, March 1, 2024 at 1:30 p.m. in the hospital. So many people from all walks of life will miss her. Condolences to her son, Nick and her other children and family. She is with God who needed her more.



Freddie Bee, longtime member of the East Baltimore Elks Lodge #1043 passed away last week in his home. He was a giving soul, and supporter to all the Elks Lodges in Baltimore and around the country. He will be truly missed. Condolences to his family.



The NU Band "Obasi" will be performing at the American Legion #122, located at 4434 Painters Mill Road in Owings Mills, Maryland featuring world renowned drummer and Hall of Farmer; Grammy Nominated, my musical son, Dennis Chambers. Food and cocktails will be on sale. For ticket information, call 410-963-8098. No tickets will be sold at the door.

out of space and out of time. Remember, if you need me just call me at 410-833-9474, or email me at

rosapryor@aol.com. **UNTIL THE NEXT TIME, I AM MUSICALLY YOURS.**

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