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Happy Easter!



Does positive thinking really work?

By Chazz Scott, Nucleus Team Member, Positively Caviar, Inc.

Many people ask me if positive thinking really makes a difference in life's circumstances related to health, wealth and even positive events taking place in their lives. My answer has always been yes, and now science is actually proving what philosophers have been saying for hundreds of years, your thoughts can either make you healthy or sick.

Your thoughts can influence your reality in a positive light or a negative one. This means the power is within you to change your life circumstance. But this can only be activated in accordance with your will. You must first make the conscious choice to use this power given to you for your good to support the health and desires you wish to experience.

We always become what we think about repeatedly. There is simply no way around this. Every thought that you think is manifested into your reality—positive or negative. It's always working for you whether you realize it or not, good or bad.

So, it is necessary that you monitor your thoughts to direct them toward the life and body that you envision for yourself. Otherwise, your thoughts can

be hijacked toward negative thoughts that will not support you. In the words of Robert Collier in his book *The Secret of the Ages*, "you can be whatever you make up your mind to be." Meaning you must center your thoughts on what you desire in order for it to show up in your life experience.

"You can turn in on whatever ones you like— on joy or sorrow, on success or failure, on optimism or fear. You can select the particular impressions that will best serve you, you can hear only what you want to hear, you can shut out all disagreeable thoughts and sounds and experiences, or you can tune in on discouragement and failure and despair," Collier said.

This means you have the power to control and influence your density.

Although Collier's book was originally published in 1926, it's only until recently that science has backed up these astounding claims. Specifically— a newer science referred to as psychoneuroimmunology.

This new field of science studies the interactions between psychological processes and the body's nervous and immune systems. Basically, this means the way you think— positively or negatively can physically affect your bodily functions.



Chazz Scott
Nucleus Team Member
Positively Caviar, Inc.
Courtesy Photo

Henry Dreher, the author of *The Immune Power Personality*, is quoted as saying, "it turns out that our thoughts and feelings are mediated by brain chemicals that also regulate our body's defenses. In other words, the chemical carries of our human emotions directly influence our physical health." How you think and feel about yourself affects your health physically!

To further this claim, Martin Seligman, the father of positive psychology, assessed the optimism of 34 women with breast cancer and concluded that those who responded to life's events most constructively lived the longest. There have been hundreds of scientific studies conducted worldwide, proving that our thoughts are not just some imaginary voices in our heads. This voice or self-talk that promotes the emotions we have

about ourselves influences our bodily functions and even our life expectancy.

So, if this is the case, here are two ways you can ensure you are using your thoughts to influence your life in a positive manner:

Become mindful of your self-talk— Every day we hear a voice in our head that controls our actions, beliefs, and how we feel about ourselves. This voice must be positive in nature to support the correspondingly desires that you wish to attain. If you find that's it's negative, find a good self-help book or listen to a positive podcast such as our Positively Elevate Podcast to help guide yourself toward positive thoughts. Our podcast provides practical and actionable mental wellness techniques for the everyday individual to thrive in life!

Keep your circle positive— Studies have shown that our environment heavily influences us. Who you surround yourself with plays a role in how you feel about yourself and your life. It's imperative that you keep people around you that are positive, have high energy, and keep you uplifted. Keep these people in your circle at all costs. These people are literally adding years to your life!

Positively Caviar, Inc. is a nonprofit organization focused on a message of positivity and optimism. Once a month, our Nucleus Team writes a column focused on mental and physical health tips, scientific studies, nutrition facts and stories that are positive in nature to support a purposeful and positive lifestyle. To learn more about our organization, the nucleus team or how you can join our positive movement, visit: staybasedandpositive.com



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Guest Editorials/Commentary

Gender and Medicine: Two Questions for Arkansas Legislators

By Thomas L. Knapp

As I write this column, Arkansas House Bill 1570 (the “Save Adolescents From Experimentation Act”) awaits the signature or veto of Governor Asa Hutchinson, having passed in the state House on March 10, 2021 and in the Senate on March 29, 2021.

If it became law, the bill would forbid physicians and other healthcare professionals to “provide gender transition procedures to any individual under eighteen (18) years of age” or to refer such an individual to other healthcare providers for such procedures.

Rather than argue over the nature of gender, the validity of gender dysphoria and gender transition, and other complicated questions, I’d simply like to ask the legislators who passed this bill two questions.

Question Number One: Are each of you medical doctors with expertise (preferably board certification) in any or all of the various specialties that relate to the matter?

Two such specialties that come to mind are psychiatry and endocrinology.

My impression, based on a quick look at legislator pages, is that few, if any, of you can claim such expertise.

Yet you just passed legislation preemptively substituting your collective political judgment for the individual medical judgments of professionals who’ve put in many years of hard work—in school and in actual practice—to become qualified to make those judgments.

Question Number Two: Are the 135 members of the Arkansas General Assembly (100 representatives and 35 senators) the parents of all of the 800,000 Arkansas under the age of 18?

If so, congratulations on your remarkable prowess at going forth and multiplying.

If not, then you’re once again substituting your collective (and uninformed) political judgment for the individual (and, if not fully informed, at least more informed) judgments of those kids’ ACTUAL parents where the children’s needs are concerned.

Interestingly, I see that of the General Assembly’s 135 members, 103 are Republicans, and my impression is that most of you who are Republicans publicly style yourselves “conservatives.”

Whatever happened to the “conservative” Republican lines on business (best operated with minimal government interference or regulation—yes, medical practices are businesses) and family (e.g. the sanctity of parental authority in nearly every aspect of child-rearing)?

I’d ask what’s up with the 180-degree reversal where gender identity is concerned, but let’s be honest: While “conservative” Republicans talk those two lines quite loudly, they seldom walk either line much at all.

I’d also say these legislators should be ashamed of themselves, but shame is obviously as absent from their makeup as respect for their constituents’ liberties.

Thomas L. Knapp (Twitter: @thomasknapp) is director and senior news analyst at the William Lloyd Garrison Center for Libertarian Advocacy Journalism (thegarrisoncenter.org). He lives and works in north central Florida.

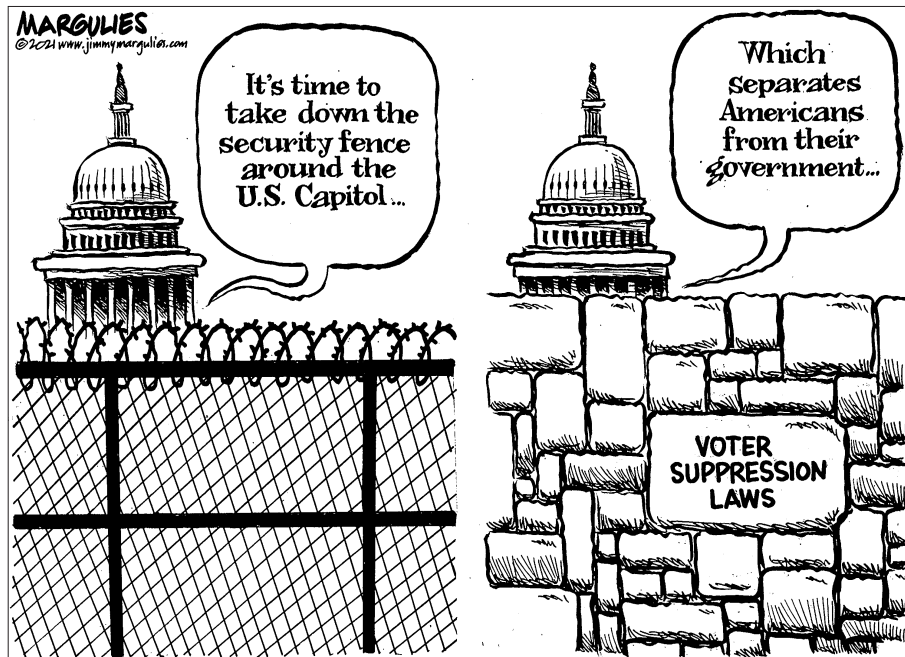
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Community Affairs

State health insurance special enrollment period extended until August 15

Baltimore— Gov. Larry Hogan and Maryland Health Benefit Exchange announced that the state health insurance marketplace, Maryland Health Connection, has extended its current Coronavirus Special Enrollment Period. Uninsured Marylanders have the opportunity to enroll in health coverage now until August 15, 2021.

This deadline aligns with the federal special enrollment period extension announced by President Joe Biden for those 35 states that use HealthCare.gov, the federally run health insurance marketplace.

“We are pleased to announce the additional extension of this special enrollment period to Aug. 15, which is already one of the nation’s longest in response to the COVID-19 pandemic,” said Governor Hogan. “Our administration remains committed to ensuring Marylanders have access to the resources they need to weather the pandemic and come back stronger and healthier.”

“We recognize the urgency of getting and keeping people insured during this critical time. Maryland Health Connection will once again align with the federal administration as well as other state marketplaces across the country to make health insurance more accessible as the pandemic continues to have devastating effects,” said Michele Eberle, executive director of the Maryland Health Benefit Exchange.

Since the pandemic spurred a public health emergency in March 2020, Maryland Health Connection has recognized the invaluable need for health insurance by running a coronavirus special enrollment period.

Thus far, more than 144,000 Marylanders have enrolled, most of whom have received free or low-cost coverage. To learn more about coverage options, visit: www.MarylandHealthConnection.gov.

Free help is available over the phone from more than 700 certified navigators and brokers: www.MarylandHealthConnection.gov/financial-help/ In addition, individuals can call 1-855-642-8572 toll-free from 8 a.m. to 6 p.m. weekdays.

Georgia's new voter suppression law could cost Atlanta the MLB All-Star Game and \$200 million

By Stacy M. Brown, NNPA Newswire
Senior National Correspondent
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The Atlanta Braves have plans to operate its 41,000-seat Truist Park at 100 percent capacity by June.

The team estimates that more than 100,000 people will attend events as part of Major League Baseball's All-Star Game, which the Braves are scheduled to host in July.

Sometimes the best-laid plans ... well, we know the rest.

In this case, Georgia lawmakers' restrictive and oppressive new voter laws may cost the team and city the privilege of hosting Major League Baseball's summer showcase.

It may also cost the local economy more than \$200 million.

Major League Baseball's Players' Association plans to meet with its 750-plus members to decide whether to force the game to another location.

Dave Roberts of the Los Angeles

Dodgers, who is scheduled to manage the game for the National League, said he's considering skipping the event in protest of the new Georgia law that makes it more difficult to vote, particularly for African Americans.

"When you're limiting, that is, when

what makes the most sense," Stanton remarked. "It takes situations like this and topics like this to move forward and talk about it and get a game plan."

Stanton became one of the faces of the sport's fight against racial injustice last season in the wake of George Floyd's

victory in Georgia in November and Democratic Sens. Raphael Warnock and Jon Ossoff winning run-off elections in January.

If the all-star game is moved, the financial consequences could prove significant, especially given massive fiscal losses during the pandemic.

Reportedly, a memo from Cobb County Finance Director Bill Volckmann said the anticipated economic impact from the all-star game is as much as \$190 million.

Surrounding counties also anticipate millions of dollars in revenue from the event. Estimates put the cost of staging the game and surrounding events at \$2 million.

There is recent precedent for athletes taking a stand because of a new discriminatory law.

In 2017, the National Basketball Association moved its lucrative All-Star Weekend out of Charlotte, North Carolina, because of House Bill 2, which decreased anti-discrimination protections for the LGBTQ community.

"Instead of celebrating the rights of all Georgians to vote or winning campaigns on the merits of their ideas, Republicans in the state instead rushed through an un-American law to deny people the right to vote," President Biden stated about the new Georgia law. "This law, like so many others being pursued by Republicans in statehouses across the country, is a blatant attack on the constitution and good conscience. This is Jim Crow in the 21st Century. It must end. We have a moral and constitutional obligation to act."

"Georgia lawmakers' restrictive and oppressive new voter laws may cost the team and city the privilege of hosting Major League Baseball's summer showcase. It may also cost the local economy more than \$200 million. Major League Baseball's Players' Association plans to meet with its 750-plus members to decide whether to force the game to another location."

you're trying to limit it, American votes, American citizens, I'm worried about it," stated Roberts, who is Black. "If it gets to that point. It'll certainly be a decision I'll have to make personally."

Tony Clark, the Major League Baseball's Players Association executive director, remarked that he is ready to have a conversation with the league's hierarchy about moving the game from Atlanta.

"Players are very aware," Clark told The Boston Globe. "I'm looking forward to that conversation if I get the chance."

New York Yankees superstar Giancarlo Stanton told the New York Post that he'd be on board with Clark and any discussion to move the all-star game.

"That's always gonna be an open conversation, to get the best result for

death in Minneapolis, and he told the newspaper that wasn't a hard decision for him.

"It needed to be done," Stanton said of speaking out. "When things need to be done, you don't worry about the difficulties or hardships of it. You just figure out day-by-day how to get through it and what's the best thing to do."

Gov. Brian Kemp, a Republican, signed into law legislation that imposes new ID requirements for mail-in voting and limits ballot drop boxes' availability.

The law also gives voters less time to request and return a mail-in ballot, and it prohibits anyone from giving food or water to those standing in line to cast their votes.

The new law represents the state's response to President Joe Biden's

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8 tips for dyeing Easter eggs



Coloring eggs is a beloved Easter tradition. Eggs long have been symbols of fertility and rebirth, making them fitting icons for spring.

One story links eggs to Easter as well. According to some religious scholars, Mary Magdalene, the woman who was the first person to see Jesus Christ after His resurrection, was holding a plain egg in her hand while waiting for the emperor to share the good news. The emperor then told her that Jesus' resurrection was as improbable as that egg suddenly blushing. The egg then turned red.

Dyeing eggs is an entertaining activity, but one that also may have some religious significance. Many families will color eggs this Easter, and these guidelines can make the process go smoothly.

- Wait until just before coloring to hard-boil eggs. Good Housekeeping recommends boiling eggs for 11 minutes for a hard boil. Do not chill the eggs afterward; warm eggs absorb color more effectively for more vivid results.

- Egg dye can stain furniture, clothing or tablecloths. Therefore, dress in clothing that you're not worried about staining. Also, cover work surfaces with an old tablecloth and newspapers to soak up any spills.

- Make a drying rack to ensure that eggs will dry evenly. This can be a rimmed cookie sheet lined with layers of paper towels to absorb any excess dye that runs off the eggs.

Or push pins into thick foam board and place the eggs on top to allow air to circulate.

- Consider using glass bowls or ceramic mugs to house the colored dye solutions. These vessels are more sturdy than plastic cups, and less likely to be overturned by eager young hands.

- Scissor-style tongs are ideal tools for retrieving eggs from the dye. Eggs tend to slide off of the spoons or wire rings provided in kits, leading to splashing and kids dunking their fingers in to grab eggs.

- Stir dyeing cups often to guarantee consistent color.

- Use electrical tape to make patterns on Easter eggs. Dip the eggs and let dry. Afterwards, remove the tape to reveal the designs.

- If food coloring-based dyes seem too messy, use watercolor paint sets and allow everyone to get creative.

While some people may want to use Easter eggs for recipes later on, it may be safer to boil up a fresh batch of eggs for that purpose, even if it seems wasteful. According to Emily Rubin, RD, LDN of the Thomas Jefferson University Division of Gastroenterology and Hepatology, "hard-boiled eggs should be refrigerated within two hours of cooking and discarded if left out for more than two hours at room temperature." Chances are it may take two hours or more for children to find hard-boiled eggs hidden by the Easter bunny.

Make your own chocolate Easter bunnies



The Easter bunny is a tradition that has been passed down for centuries. Symbolizing fertility and wealth, the Easter bunny became a holiday standard in Germany during the 16th century.

The custom of chocolate eggs came along centuries after the Easter bunny, originating in the 19th century in France and Germany. As Easter celebrations evolved, chocolate eggs were not the only delicacy; chocolate Easter bunnies also were shared and enjoyed.

While there are scores of mass-produced chocolate bunnies available for purchase, and many local chocolatiers also make Easter bunnies and other sweet treats, families may want to try making their own chocolate Easter bunnies this year. This can be a family-friendly activity that favors togetherness with the promise of a sweet reward.

1. The first step to creating chocolate Easter bunnies is to select the type of chocolate you prefer. Bunnies can be made from white chocolate, milk chocolate, dark chocolate, or even a combination for a marbled effect. Chocolate melts, chips or chocolate couverture are widely available at specialty chocolate and food shops or craft supply stores, according to DoItYourself.com. This simplifies the bunny-making process. Some retailers also may sell bunny-making kits that pair the chocolate melts with the mold in one box for ultimate convenience.

2. Craft stores also have aisles devoted to culinary crafts. Browse to find an Easter bunny mold. Some may sell solid chocolate bunnies or hollow varieties. Choose molds in the desired size, as bunny molds may be large or small.

3. Follow directions to melt chocolate successfully. Some chocolates can be slowly melted in the microwave. A double-boiler method, in which the chocolate is melted in a bowl placed above a pan with boiling water, can help the chocolate melt consistently and prevent it from burning.

4. Pour the chocolate into the mold and gently tap the mold so that it displaces air bubbles and helps the chocolate settle evenly into the design. Allow the chocolate to set up in the refrigerator. If your mold is hollow, you can seal the two halves of the bunny with a little melted chocolate on the seam.

Creativity can be unleashed when making homemade chocolate bunnies. Experiment with adding a few drops of peppermint oil or orange liqueur to customize the flavor. Before sealing hollow bunnies, place peanut butter or raspberry jam inside for a tasty surprise. Use colored candy melts to add colorful eyes or cheeks or to tint the inside of the bunny ears.

For an even more festive effect, seal a lollipop stick in a chocolate bunny and use it to secure the Easter bunny to the top of a cake.

Slow roast lamb for Easter Sunday dinner

Easter Sunday dinners are a tradition in many families. Though the COVID-19 pandemic forced families to alter that tradition in 2020, and could very well do so again in 2021, it's worth noting that Easter takes place in April this year. In many areas, April weather is warm enough to enable al fresco dining, potentially opening the door for families to celebrate together in small groups.

Though this Easter might again feel unusual, families can still lean on their favorite dishes when serving Easter dinner. Perhaps no food is more closely associated with Easter than lamb. This recipe for "Slow-roasted Shoulder of Lamb With Cumin Seeds" from Darina Allen's "Easy Entertaining" (Kyle Cathie Limited) can make for a delicious Easter dinner.

Slow-roasted Shoulder of Lamb with Cumin Seeds

Serves 8 to 10

2 tablespoons cumin seeds
1 whole shoulder of lamb on the bone (7-8 lbs.)
Salt and freshly ground pepper
Extra virgin olive oil, for drizzling

For the cumin gravy:

1 pint homemade lamb or chicken stock (see below)
1 to 2 teaspoons cumin seeds, toasted and ground Roux (optional)

Warm the cumin seeds lightly in a pan, then crush them using a pestle and mortar. Score the skin of the meat in a diamond pattern with a sharp knife. Transfer to a roasting tin. Sprinkle the meat with salt, pepper and the ground cumin seeds, and drizzle with olive oil.

Roast for 6-7 hours at 275 F — this gives a delicious, juicy, succulent texture. (Alternatively, pre-heat the oven to 320 F and roast for 2-2 1/2 hours.) Transfer to a serving dish and leave in a warm place while you make the gravy.

To make the cumin gravy, spoon the fat off the roasting tin. Add the stock to the remaining cooking juice. Boil for a few minutes on top of the stove, stirring and scraping the tin well to dissolve the caramelised meat juices (a small whisk is typically ideal for this). Add the ground toasted cumin. Thicken with a little roux if you like. Taste and add salt and pepper if needed. Pass through a sieve and transfer to a gravy boat.



Carve the meat into thick slices so that everybody gets some crushed cumin seeds. Serve with the cumin gravy and crusty roast potatoes.

Note: For Lamb Roast with Coriander: Substitute coriander seeds for the cumin seeds, both for roasting the limb and flavoring the gravy. Alternatively, use a mix of cumin and coriander seeds.

Note: A shoulder of lamb is much trickier to carve than a leg, but it's so sweet and juicy that is certainly worth the struggle.

Homemade Chicken Stock

2 to 3 raw or cooked chicken carcasses or a mixture of both
1 onion, sliced
1 leek, split in two
1 outside stick of celery (not the heart, the coarser outside stalks) or 1 lovage leaf

1 carrot, sliced
6 peppercorns
6 pints cold water
Sprig of thyme
Giblets from the chicken, i.e. neck, heart, gizzard (save the liver for another dish)
Few parsley stalks

Chop up the carcasses as much as possible. Put all the ingredients into a saucepan and cover with cold water. Bring to the boil and skim the fat off the top with a tablespoon. Simmer for 3-5 hours. Strain and remove any remaining fat. If you need a stronger flavor, boil down the liquid in an open pan to reduce the volume by one-third or one-half. Do not add salt.

Is your home going to tax sale?

By Margaret Henn

Question: I got a notice in the mail that says, “Final Bill and Legal Notice.” Does that mean I could lose my house is going to tax sale this May?

Answer: First, the good news. Although the Baltimore City tax sale is scheduled for May 17, 2021, that does not mean you will lose your house on that date. The tax sale process is incredibly confusing and difficult to navigate. With tax sale approaching next month, it’s important to know the facts about tax sale.

How Tax Sale Works— Real property tax bills are issued on July 1 each year. Failure to pay in full or failure to make the first semiannual payment by September 30 will result in the account being considered delinquent. If the balance is left unpaid past December 31, the balance is subject to accrued interest, penalties and tax sale.

In Baltimore City, a Final Bill and Legal Notice is mailed in both February and April, notifying the property owner that their house is on the tax sale list. This is the notice that you received. It is important to pay attention and respond to this notice. If a homeowner fails to respond, the property will be advertised to be sold at the annual tax sale in May. In Baltimore City, April 30 is the last day that the City will accept payments to avoid tax sale.

In order to get off the tax sale list, you **must** get the amount you owe on property taxes and city citations (like housing code violations) below \$750 by April 30.

When the tax sale happens in May, it is not the actual property that is sold, but something called a “lien.” The lien is a



Joyell Arvella, Advocate & Founder, Indigo Birthings x Brownstead speaks with Bree Jones, Founder of Parity about homeownership in Baltimore City and the importance of confirming that your name is on the deed to your home.

Photo Credit: Wide Angle Youth Media

debt, which is attached to the house. At tax sale, the lien can be sold to a buyer or investor. If this happens, there is a period of months where the homeowner is still able to pay to keep their house from being foreclosed; this is called “redemption” or “redeeming the property.” The time limit is different for properties that are owner occupied or non-owner occupied, and this can get tricky in Baltimore City because a lot of properties are misclassified as non-owner occupied. Properties that are owner occupied have nine months to redeem, while non-owner occupied properties may have as little as six months, and vacant properties sometimes have even less time.

Redemption and the Foreclosure Process— Time is of the essence and

the process can be challenging. The longer the homeowner waits to redeem the property, the more expensive the redemption amount becomes because attorney’s fees and other charges get added on. In order to foreclose, the buyer or investor has to file a foreclosure action in court. At this point, the homeowner has to make payments to two different parties to keep their home. They need to pay the investor whatever attorney’s fees and other fees they owe. It is highly recommended to get a written receipt.

They need to take this receipt to the

City and then pay the City the lien amount. Again, it is strongly encouraged to get a written receipt. Property owners can redeem their house anytime up until a foreclosure judgment is entered by the Court.

Homeowners 70 or Older— Homeowners may qualify for the homeowners’ property tax credit. If they qualify, this credit is available retroactively for homeowners 70 or older. There are programs that can help older adults apply for this credit, such as the SOAR Program at the Maryland Consumer Rights Coalition.

Tax sale is confusing and expensive. It is important to know your options and rights, and to act now.

Margaret Henn is the Director of Program Management at the Maryland Volunteer Lawyers Service (MVLS). MVLS focuses on housing, consumer, family, estate, tax, and criminal record relief issues for Marylanders facing financial hardships. MVLS assists with tax sale cases and can be reached at www.mvlslaw.org or 410-547-6537 Mondays-Thursdays between 9am and 12pm. Those facing tax sale can also reach out to the Pro Bono Resource Center at 443-703-3052 to attend a Tax Sale Prevention Clinic.

Do you have a question you would like to see addressed in this column? Email ask@mvlslaw.org to submit your question to the Baltimore Times’ legal tip column.

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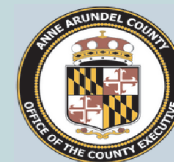


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Sammy Watkins is next to help Ravens WR group

By Tyler Hamilton

It has been four seasons since a Baltimore Ravens wide receiver finished with 1,000 or more receiving yards. Mike Wallace was the last receiver to do so when he posted 1,017 yards in 2016. Wallace was one of various veteran wideouts the Ravens have turned to over the years to help their passing game.

Ravens general manager Eric DeCosta is hoping that Sammy Watkins can be the next veteran to bolster their group of receivers. Watkins signed a one-year, \$5 million contract with the Ravens, last week.

Watkins finished with 37 receptions for 421 yards and two touchdowns for the Kansas City Chiefs last season. Those numbers are hardly impressive but there is still plenty of talent left in Watkins who was selected by the Buffalo Bills with the fourth overall pick in the 2014 NFL Draft.

The biggest issue for Watkins is his health. He missed a total of 14 games over the last three seasons. Last season, Watkins missed time due to a hamstring strain and a concussion. In 2019, he missed time due to a hamstring strain as well. Two bouts with pedal foot injuries robbed him of time in 2018.

At 27 years old, Watkins' body isn't getting any younger. A full season of



Veteran wide receiver Sammy Watkins signed a one-year, \$5 million contract with the Baltimore Ravens. The team hopes that Watkins can be the next veteran to bolster their group of receivers.

Photo Credit: Denny Medley/USA TODAY Sports

service was unlikely and the odds get even worse now that the NFL has expanded to 17 games. SportsInjuryPredictor.com lists Watkins' chances of injury at 96 percent.

When healthy, Watkins is a crafty route runner that can gain yards after the catch. He can be a down the field threat as well. The Ravens are desperately in need of a consistent pass catcher that can lead the wide receiver group. Having played seven seasons in the

NFL, can Watkins be that guy?

Past veteran additions such as Derrick Mason, Anquan Boldin and Steve Smith Sr. helped add flavor to the passing game. Most of the Ravens receiving records are tied to Boldin, Smith and Mason so obviously the formula can be a successful one.

On the other hand, there were times when the veteran addition didn't work. Ironically, the last time that happened was when the Ravens signed another oft

injured, former Chiefs wideout, Jeremy Maclin. He only played one season for the Ravens before being released by the team one year into a two-year, \$11 million deal.

Unlike in 2017 when the Ravens signed Maclin, this year's team is a dynamic offense. Their rushing attack has led the NFL in back-to-back seasons. The Ravens just have to balance it out with some kind of threat in the passing game.

Baltimore made a few changes on the coaching staff to help do so. Long-time college WR coach Tee Martin was added to the staff to hold the same role. Former personal WR coach Keith Williams was named the passing game coordinator.

They'll set their sights on a group that now features Watkins as the leader to bring life to the Ravens anemic passing game whose 2,919 yard total was the worst in the NFL last season.

A quick glance at Watkins' social media indicates that he is up for the challenge.

"I want to thank the Ravens organization and coaches for the opportunity. I cannot wait to get started with the guys, this year will be one to remember for a long time...Let's go Ravens," Watkins said via Twitter.

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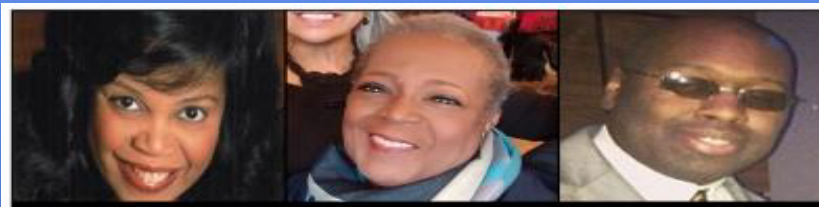
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