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Male Victims of Domestic Violence, An Under-recognized Population



During Domestic Violence Awareness Month, Zaccheus Miles shares his story about navigating through domestic violence in 2016. Miles, who is based in Texas, recalls enduring physical and verbal abuse from a former partner. Miles is now a public relations professional and nonprofit leader who gives back to the community. He encourages men in abusive relationships to seek help. Miles also empowers all domestic violence survivors through educational and charitable efforts, in addition to unprivileged and impoverished families, through The Zaccheus Miles Foundation. Photo credit: Blair Deveraux (See more on page 7)

Barnes Hall, Harris Hall Honor Towson University's First Black Graduates

Towson University announced that two campus residence halls will be named for the first two Black graduates of the university, Marvis Barnes '59 and Myra Harris '59.

The University System of Maryland Board of Regents on Friday approved TU President Kim Schatzel's request, supported by a Naming Committee inclusive of TU students, faculty, staff and alumni, to name Harris Hall and Barnes Hall in honor of the esteemed alumnae.

"Ms. Barnes and Ms. Harris paved the way for the thousands of students that follow in their footsteps still today," President Kim Schatzel said in a message to campus Friday. "They continued to transform their communities through decades of service as teachers and administrators in Maryland's public schools, further establishing their legacies as inspirational civic leaders in our region and state. I am truly honored to recognize their lifetime of achievement with such a fitting tribute to Ms. Barnes' and Ms. Harris' exceptional impact on the TU community."

A formal dedication of the newly-named buildings is planned for Homecoming Weekend on Saturday, October 22, at 9:00 a.m. West Village 1 will become Harris Hall, while West Village 2 will be named Barnes Hall, following Friday's approval by the Board of Regents during their regular June meeting.

"We're proud that the University System of Maryland is more diverse, more inclusive, than ever before," said USM Chancellor Jay A. Perman. "That didn't just 'happen'; it happened because young women like Marvis Barnes and Myra Harris had the enormous courage to integrate our institutions and clear a path for the millions more students coming behind them. We owe Ms. Barnes and Ms. Harris a huge debt of gratitude—we all do—and naming these buildings



*Marvis Barnes '59 (seated) and Myra Harris '59.
(Courtesy photo: Towson State University)*

for these women, indelibly a part of TU's history, is a great way to start paying it off."

Founded as the Maryland Normal School in 1866, TU was racially segregated as part of Maryland's then-segregated educational system until the United States Supreme Court, with its 1954 decision in the case of Brown vs. The Board of Education, outlawed racial segregation in public schools. In 1959, Ms. Barnes and Ms. Harris changed the university forever as they earned their degrees and became TU's first Black graduates.

"It really came as a surprise and really made my day," Harris said of learning of TU's plans for the residence halls. "I never dreamed something like this would happen."

"It's a legacy moment," said Marvis Barnes' son, Christopher. "This is an immense honor. We really do appreciate the efforts of Towson University."

President Schatzel appointed a Naming Committee, at the formal request from the Student Government

Association and in alignment with TU's Policy on Naming of Facilities and Academic Programs, and Vernon Hurte, Vice President for Student Affairs, led the committee's work.

"I'm grateful for the dedication of the committee in reaching a unanimous recommendation to the Board of Regents, and I'm appreciative of our Regents for accepting that recommendation today," Hurte said.

"We believe current and future students will be inspired by their

courage as the first Black graduates of TU, as well as their commitment to excellence as distinguished educators," said Jordan Deveaux '22, who served as president of TU's SGA and was a member of the Naming Committee.

"Over 20 years ago, ten Black TU alumni were inspired by the legacy of Ms. Barnes and Ms. Harris, and established the Barnes-Harris Endowment at TU," said Kenny Abrams '92, President of the Towson Black Alumni Alliance. "That endowment continues to provide assistance to incoming freshmen from metropolitan public high schools who demonstrate financial need. I'm elated that we can continue to celebrate their remarkable achievements through the naming of these two buildings that future TU alumni will call home.

Under President Schatzel's leadership, TU has become a nationally-recognized leader in inclusive excellence, prioritizing support for the increasingly diverse student population that pursues degrees from TU. Towson University continues to make great strides in this critical area and has been recognized by Insight into Diversity magazine with consecutive (2020 and 2021) Higher Education Excellence in Diversity (HEED) Awards. And in 2021, TU Athletics earned the NCAA/MOAA Diversity and Inclusion Award.

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Guest Editorials/Commentary

Children Can Be Silent Victims of Domestic Violence

By Ty Ellis

The first time I saw a woman hit a man, I was about thirteen years old. She lunged from the couch and angrily pummeled her husband in the chest. Over the weekend, she also grabbed the steering wheel of a car, threatening to crash us all. Over the course of my life, I've witnessed women cut up furniture, spit on men, and couples have bloody fights in front of their children. I've known emotionally abusive men who manipulated women, hurling episodes of fidelity as a weapon. One kept his lover's night clothes in the trunk of his car, leaving his teary-eyed wife to find it. And even in the dead of summer, windows were nailed shut because she preferred fresh air and would push windows up, but he preferred air conditioning. His son stole money from her elderly mother who suffered from Alzheimer's. I recall the bank informing the woman that the money had been lost permanently.

Over the course of my life, I didn't make the best relationship decisions. I observed abusive behavior perpetrated by males and females. To me, relationships were scary agreements. Parties were bound by secrecy of toxicity. Only a few knew the truth of what occurred behind closed doors. Depression stifled me, robbing me of childhood innocence. My love of books and writing was a defense mechanism to have an escape from people mistreating each other. Their titles and degrees didn't matter. I relented to filling my life with pursuing education, not stepping confidently into dreams of a finding a stable man who could share a white picket fence and children to call our own.

Few people talk about the consequences of exposing children to domestic violence. I was robbed of normalcy because of it. It took me most of my life to pick a healthy relationship that hasn't been speckled with bedlam. And for those parents who think kids can't hear the insults; slaps; and screams behind closed doors, they can. When little eyes hear adult conversations about toxic behavior, the risk is high that the child will grow up to have low self-esteem when picking a partner.

If people really care about a breaking generational curse, please don't cosign cursing us by displaying poor behavioral examples. If adults are not getting along, it is time to move along. A home should be a haven for everyone—males and females. Just as men should not raise their hands to strike women, women should not provoke an ugly scene of retaliation.

During Domestic Violence Awareness Month, consider that one of the women I spoke of who antagonized a man ended up with broken ribs. Consider that another woman I referenced died of a broken heart because her husband was abusive. She could've survived on her own, but she didn't believe it. I unpack traumatic memories, day by day, for the rest of my life.

If you are experiencing an abusive relationship with little eyes watching, wake up. Get out. Start over. Live.

Want to comment on the editorials or any other story?

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Community Affairs

Springboard Community Services Provides Support, Resources for Abuse Survivors in Baltimore Area

Springboard Community Services, which was formerly Family and Children's Services, has a mission to "break the cycle of poverty, abuse and despair, one person, one family, one generation at a time, according to information provided online. The nonprofit organization's six locations are in Baltimore City and five surrounding counties. Counseling offices and a medical adult day care facility are included. Additionally, Springboard Community Services has been identified as the "domestic violence provider for Carroll County and West Baltimore County."

The nonprofit can guide individuals who need help navigating through the criminal justice system and legal advocacy. Crisis intervention; counseling; emergency temporary shelter; food; clothing and accessing community resources may also be provided for individuals who have been impacted by

intimate partner violence with the help of Domestic Violence Case Management Teams. They are in Carroll County and West Baltimore County.

A Carroll County Domestic Violence Safe House is staffed by Springboard Community Services. Springboard's main Number is 410-669-9000. Please note that 24-Hour domestic violence hotlines include: Springboard Carroll County - 443-865-8031; Baltimore County - 410-828-63901 and the national domestic violence hotline: 1-800-799-SAFE (7233).

Child abuse services are offered in Baltimore; Carroll County; Harford County; and Howard County. Other services are offered such as support for community members who have experienced elder abuse; gang violence; hate/bias crimes; sexual assault; military trauma; sex trafficking; and gun violence.

Visit:

<https://www.springboardmd.org/domestic-violence/> to learn more about Springboard Community Services.

Baseball Legend Helping to Rebuild Africatown

By Stacy M. Brown, NNPA Newswire
Senior National Correspondent
@StacyBrownMedia

AfricaTown is considered a dying municipality in Alabama that sits along the Gulf Coast and next to Mobile. At its peak, Africatown had about 12,000 residents. Now, about 1,800 call it home. It is famous – or infamous – for the Clotilda, the last slave ship that landed in the United States in 1860. It is the home of some of the last survivors of the transatlantic slave trade and the birthplace of legendary New York Mets outfielder Cleon Jones, who caught the final out in the 1969 World Series that clinched victory for the Miracle Mets.

Through their charitable “Last Out Community Foundation,” Jones and his wife of more than 50 years, Angela, help repair storm-damaged homes in Africatown and assist the small community in rebuilding efforts.



“When I grew up in this community, we had 12- to 14,000 people. Now we are looking at 1,800. That says we are a dying community. I know I can’t replicate the community, but we can still fight to restore it as best we can and preserve the history of the community,” said New York Mets legend Cleon Jones.

Courtesy Photo: nnpa.org

Jones, 78, actively participates in the efforts.

“Like I tell my wife, I’m old, but I’m not dead. I can walk up the ladder and

do what needs to be done,” Jones remarked. “In my younger days, I could walk up the ladder, but I could jump off the house getting down. I can’t jump off the house anymore. Now I walk down the ladder. I have to be careful.”

The “Last Out Community Foundation” was formed to raise funds to refurbish and build affordable homes, combat blight, and provide positive youth programs in Africatown.

Growing up in the small community during the 1940s and 1950s left a mark on him, stated Jones, who credits greats like Jackie Robinson, Hank Aaron, and Billy Williams for helping to shape the person he became – one who, despite his success, never forgot his roots.

“We service the community by painting houses and restoring houses,” Jones told the New York Post.

“And since the storms (Hurricanes Sally and Zeta), we’ve had a lot of roof problems in which the storms blew the roof off.

“When I grew up in this community, we had 12- to 14,000 people. Now we are looking at 1,800. That says we are a dying community. I know I can’t replicate the community, but we can still fight to restore it as best we can and preserve the history of the community.”

Jones is best remembered as a vital member of the 1969 Mets.

During the 1960s, the Mets had a reputation for frequent losses, suffering a record 120 defeats in their debut year of 1962.

In their first six years, the Mets lost an average of 108 games. But, in 1969, the underdog Mets launched themselves into the 1969 World Series and the history books when against all odds, they miraculously defeated the mighty Baltimore Orioles.

Jones closed his glove on the final out, a flyball by the Orioles’ Davey Johnson that sent all of New York into a celebration.

Now, Jones wants to celebrate giving others in his beloved community a second chance.

“It takes money and manpower and materials, all of those things,” Jones said.

“What I’ve been doing is reaching out to businesses in the area seeking materials and help to do certain things. The people, they reach out to you — maybe not as much as you would like or hope, but they hear you. With the pandemic, it just adds fuel to the fire. You don’t get a chance to shake hands with people and reach out to them where you can make things happen.”

To donate to the Last Out Community, please visit:
<https://lastcommunityfoundation.org/>

AfricaTown is the home of some of the last survivors of the transatlantic slave trade and the birthplace of legendary New York Mets outfielder Cleon Jones, who caught the final out in the 1969 World Series that clinched victory for the Miracle Mets. Through their charitable “Last Out Community Foundation,” Jones and his wife of more than 50 years, Angela, help repair storm-damaged homes in Africatown and assist the small community in rebuilding efforts.

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Loss of Husband Inspires Entrepreneur to Create Luxury Body Care Brand

By Andrea Blackstone

Emotional Wellness Month is a reminder to slow down while creating intentional plans to practice self-care and strengthen relationships. Not everyone can book a dream vacation to reduce stress, but even taking some time to improve social skills, soaking in the bathtub without interruptions, or catching up on counseling appointments, can be steps in the right direction to improve emotions. When emotional balance is lacking, it can impact a person's overall well-being.

"To properly practice self-care, you must focus on all three areas: mind, body, and soul. Self-care is a set of daily practices that you do to support your well-being. These exercises, activities, or actions require you to put yourself first every day," Oludara Adeeyo wrote on the website, Life Time.

The Los Angeles, California based psychotherapist pointed out that self-care is imperative. Acknowledging radical self-care is not a sign of weakness. It reflects guilt-free self-love.

Diamond Brown, a full-time entrepreneur based in Charlotte, North Carolina, celebrates self-care and the memory of true love, while giving back to cancer survivors. The founder of Diamond's Body Care once worked in the marketing department for a fortune 20 company for over 16 years. Although she now leads a luxury body care brand consisting of botanical body oils; shea butter; organic body scrub; shea massaging soap; and a yoni care line with a smile, Brown's story is rooted in losing her spouse to illness.

"I started Diamond's Body Care back in 2008 when my husband was diagnosed with cancer. His skin became dehydrated after undergoing chemotherapy and radiation," Brown said. "My late husband's name was Darrell Brown. He had sarcoma cancer in the lungs."



*Diamond Brown, founder of Diamond's Body Care, uses plant-based and organic ingredients in her brand that hydrates sensitive and dry skin.
(Photos courtesy of 180 productionz)*

Diamond possessed experience working as a certified medical assistant and was in college studying to become a registered nurse. Since her husband didn't want a hospice nurse to care for him, Diamond said that she handled caregiving until the day he passed away laying in bed next to her. Managing to gather positive elements of a tough life experience, Diamond was inspired to turn self-care into an enterprise. She wanted to help other people, too.

"I'm proud to say I do just that with my products. I receive so many emails and direct social media messages from cancer patients and survivors telling me how my body

care line has impacted their life. They also share their stories with me which truly warms my heart to hear," Diamond said.

Darrell inspired his wife to create the body care line's shea body butter. Along with her staff, Diamond formulates, blends, labels, and bottles all the company's products. The luxurious items bring proper hydration to those who have sensitive and dry skin. Plant-based ingredients such as jojoba oil; sweet almond oil; shea butter; sunflower oil; and avocado oil are used to formulate the products.

Taking time to use them is also an act of self-care.

"Self-care is vital not only for

your physical health, but also mental health. In order to show up as your best self in the world for your family; friends; career; and community, taking care of yourself first must be a priority," Diamond said. "Self-care doesn't happen overnight. It's a habit we must teach ourselves by learning how to incorporate it into our busy lives. Therefore, I would define self-care as self-love. Loving yourself enough to take quality time to do something that brings joy rather big or small."

The entrepreneur's target audience is women ages 21-50 who are conscious of what they put on their skin. Diamond remarked that they understand the benefits of plant-based ingredients, see value in buying products that are quality, and they are willing to make the investment.

Her biggest challenge to get her enterprise up and running was capital.

"I have been bootstrapping and using all of my financial resources to fund my business. Recently, an investor gave me a loan to scale my company," Diamond said.

The entrepreneur's biggest success is being the first Black woman to have her products exclusively used for spa treatments at the JW Marriott Uptown Charlotte. Another win was being an official sponsor for New York Fashion Week.

Honoring Darrell through Diamond's Body Care allows his wife to keep his memory alive. Additionally, the entrepreneur's first cousin, Bibianna Clayton, passed away from cancer at the age of 31.

"I donate 10% of proceeds from my business to cancer survivors," Diamond said. "Losing my husband and best friend to cancer, I want to honor those who are still alive. That cause is very near and dear to my heart."

Visit www.diamondsbodycare.com to learn more about Diamond's Body Care.

Male Victims of Domestic Violence, An Under-recognized Population

By Andrea Blackstone

Domestic violence victims are commonly women, but men can experience it, too. During Domestic Violence Awareness Month, males should not be omitted from an unbiased conversation about mistreatment.

The Centers for Disease Control and Prevention (CDC) defines intimate partner violence (IPV) as “abuse aggression that occurs in a romantic relationship.” Physical violence; sexual violence; stalking; and psychological aggression can be intertwined in IPV, or domestic violence.

According to the CDC’s data from CDC’s National Intimate Partner and Sexual Violence Survey (NISVS), “about 41% of women and 26% of men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner and reported an intimate partner violence-related impact during their lifetime.”

Although millions of men have reportedly experienced domestic violence episodes, they remain a lesser acknowledged population. Sparse resources are often available to men who may suffer at the hands of an abuser. A California-based community-based organization called Valley Oasis includes a 65-bed capacity shelter for “men, women and children of all ages who are victims of domestic violence,” according to information provided on the website. The rare approach allows men to receive supportive services, making it “one of the first shelters in the country to provide services to men.”

Men are burdened with gender-based stereotypes. Sometimes they skip reporting incidents or speaking up.

Zaccheus Miles, a man who experienced domestic violence,



Zaccheus Miles, founder and president of a luxury branding business called Signed Luxe Agency, is a domestic violence survivor.

Photo credit: Blair Deveraux

serves as an example that men can be domestic violence survivors. The Dallas, Texas-based public relations professional and nonprofit leader recalls a time in his life when a nearly two-year relationship became rocky after starting off well. The approximate year was 2016.

“It was a lot of physical abuse and also verbal abuse,” Miles said. “It was almost as if it happened in stages. It gradually grew to the physical side of it.”

Miles was called derogatory names. Altercations became physical. At first, he was shocked and in disbelief about what unfolded. He realized the person who mistreated him was upset and wondered if the first time was a “mishap,” but abusive behavior was displayed again, according to Miles. In the beginning stages he did not want his family and friends involved in the predicament, so he kept everything he endured private.

“When you’re in a domestic violence situation, most of the time the

victims of domestic violence normally do not fight back. They’re normally the ones that take all the hits; the punches; the pushes; the shoving; because most of the time we’re either afraid, scared, or truly like trying to give the person a chance,” Miles said.

The pair lived together. Miles thought he and his partner would get through it.

“I dealt with it for a very long time, for about I would say about six months or so,” he said.

A time came when the police were called. They observed scratches on Miles’ face. He elected not to press charges. By that time, Miles’ immediate family found out what was happening in his life. However, the presence of scratches on his face periodically impacted him leaving home for work. He was also an entrepreneur in business who needed to travel to meet with clients.

“It was embarrassing because at the time, I was producing fashion shows for other designers. It was one of my biggest highlights of my career at the time, and I was going through these things,” Miles said.

Miles’ full-time employer allowed him to relocate and work for the company in another city. Opening up a little helped Miles to get tools and resources in the South. Therapy helped Miles to get through the ordeal, too.

Time has been kinder to Miles. He later became the founder and president of a luxury branding business called Signed Luxe Agency. Miles also founded The Zaccheus Miles Foundation. According to website details, the nonprofit organization was created to “empower communities through

educational and charitable efforts to individuals in the unprivileged and impoverished families.” Miles noted that all victims of domestic violence are included in the population who are served.

Miles wants men to know that they should speak up, if they are secretly enduring an abusive relationship.

“Find another brother or another male that you can speak to. You don’t have to come out publicly about it. You don’t have to tell the whole entire world, but find somebody that you can speak to that can help you navigate through it because if you try to deal with it yourself, something’s going to happen that should not have happened,” Miles said. He also recommended therapy.

Learn more about IPV via https://www.cdc.gov/violenceprevention/pdf/ipv/IPV-factsheet_2022.pdf. The National Domestic Violence Hotline can be reached by calling 1-800-799-7233.



Zaccheus Miles, middle, founder of The Zaccheus Miles Foundation, provides gifts to children and families with the help of local community partners in Georgia.

Photo courtesy of Zaccheus Miles

Part I of II

Sorting Fact From Fiction

What You Should Really Know About Breast Cancer

By Andrea Blackstone

As Breast Cancer Awareness Month progresses, it is a prime time to raise awareness about breast cancer; celebrate survivors; highlight the importance of scheduling mammograms; and become better educated about the disease. Dr. Ken Lin Tai, Director and Medical Director of the Center for Cancer Prevention and Control, Maryland Department of Health, helped to sort fact from fiction by providing answers to questions about breast cancer, in this first part of a two-part series.

Q: What are a few common observations that a woman should consider informing her doctor about in terms of breast health concerns?

A: Signs and symptoms that a woman should consider informing her doctor about include any new lump in the breast or underarm; thickening or swelling of part of the breast; skin changes on the breast, such as redness, crusting, dimpling, or puckering; changes in the nipple such as discharge (besides breast milk), redness, change in direction or retraction, scaliness, or flakiness; pain in any area of the breast; and changes in the size or shape of the breast.

Q: What is dense breast tissue? Who commonly has it and how is it detected? How may having dense breasts impact mammography or breast cancer screening results? What course of action may be taken to better screen women with dense breast tissue?

A: Breasts contain glandular, fibrous, and fatty tissue. Dense breasts have relatively high amounts of glandular tissue and fibrous tissue and relatively low amounts of fatty breast tissue. About half of women

ages 40 years and older are found to have dense breasts. Women who are younger, taking hormone replacement therapy, or have a lower body weight are more likely to have dense breasts. The breast density is determined by the radiologist reading the mammogram, and the levels of density are described using a reporting system called the Breast Imaging Reporting and Data System (BI-RADS). Breast density is important because women with dense breasts have a higher chance of getting breast cancer compared to women who don't have dense breasts. Also, mammograms can be more difficult to read in women with dense breasts as it can be hard to tell the difference between the dense breast tissue and a possible tumor. This makes it more likely to miss a cancer on the mammogram. Women with dense breasts should talk to their healthcare providers about their personal risk of getting breast cancer, as dense breasts are only one of several risk factors for breast cancer. Additional screening tests may be recommended for some women, such as a breast magnetic resonance imaging (MRI) or ultrasound.

Q: Can men have breast cancer? Are their symptoms typically the same as women? If not, what observations may indicate that men should be screened for breast cancer? Can factors such as breast cancer of a mother or close member in a man's family increase his risk of being diagnosed with breast cancer?

A: Men can get breast cancer too, although the occurrence is rare compared to women. Symptoms include a lump or swelling in the breast tissue; changes to the skin covering the breast, such as redness, flakiness, dimpling, or scaling; and changes to the nipple, such as redness, pain, discharge,

or a nipple that starts turning inward. Risk factors for male breast cancer include a family history of breast cancer in close family members.

Q: How often should a woman be screened for breast cancer? When should screenings begin and end in a woman's life?

A: Different medical organizations have developed their own breast cancer screening recommendations. For instance, the United States Preventive Services Task Force recommends that women who are 50 to 74 years old receive a screening mammogram once every two years, and for women who are 40 to 49 years old, the decision to start screening should be an individual one. Other organizations with breast cancer screening guidelines include the American Cancer Society; American College of Obstetricians and Gynecologists; the American College of Radiology; the American College of Physicians; and the American Academy of Family Physicians. Women should discuss their breast cancer screening options with their



Breast Cancer Awareness Month is a prime time for women to get facts about breast cancer and learn how to improve taking charge of their breast health.

healthcare provider so that a shared decision can be made, taking into consideration the potential benefits and harms of screening, the patient's risk factors for breast cancer, and the patient's personal preferences.

Learn more about cancer and the state of Maryland's Breast and Cervical Cancer Program via https://health.maryland.gov/phpa/cancer/Pages/faq_combined.aspx. FAQs are provided by The Maryland Department of Health.

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Ravens to Honor 2012 Super Bowl Team on Sunday

By Tyler Hamilton

The 2022 Baltimore Ravens need some form of a jolt after losing two of their last three games. Perhaps the current team could look to the 2012 Super Bowl winners for motivation.

John Harbaugh doesn't plan to use it as any form of inspiration though.

"It's not something I do," Harbaugh said. "I've heard Josh [Bynes] talk about that; Anthony Levine Sr., Sam Koch – some of the guys that were here – [Justin] Tucker. They mention those kinds of things to the guys every now and then. I don't usually talk about that kind of thing, unless it's a specific story. But it's true of any season, really. We're capable of achieving everything. OK, let's go to work."

That Ravens team wasn't the best in the league from start to finish, but they were on their A-game when it mattered the most. The 2012 Ravens will be honored on Sunday at M&T Bank Stadium when the Cleveland Browns come to town for a Week 7 matchup.

The Ravens failed to improve on their 12–4 record from 2011, but still managed to clinch the AFC North division title in Week 16 and finish the regular season with a 10–6 record. They made it to the playoffs for the fifth consecutive season.

Hall of Fame linebacker Ray Lewis led the team on a magical ride to the Super Bowl. Lewis was the last remaining member of the original Ravens roster from 1996 and the 2000 Super Bowl championship team. He announced just after the regular season finale before the playoffs that he would be retiring after the conclusion of the season. Knowing it would be Lewis' last ride, the Ravens wanted to go out on top.

Joe Flacco's near perfect postseason play placed the table for Baltimore. Flacco connected with Jacoby Jones on an improbable deep ball for a



Joe Flacco

Photo credit: NFL.com

70-yard score to tie things up with the Denver Broncos in the divisional round. Flacco was 18-34 for 331 yards and three touchdowns, passer rating of 116.2 in the 38-35 win.

Next week against the New England Patriots saw Flacco throw three more touchdown passes in their 28-13 win to advance to the Super Bowl.

Flacco completed 22 of 33 passes for 287 yards which was enough to beat the San Francisco 49ers by a score of 34-31 to win the Super Bowl. It was Flacco's third straight game with three touchdown passes leading to the Super Bowl MVP award.

Flacco is still playing in the NFL ten years later, so he won't be on hand with members of the 2012 team, but it will be cool to go back down memory lane with whatever players the Ravens do have on hand to celebrate.

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