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Retired nurse Doris Brightful (left) and breast cancer survivor Dr. Ruth Travis (right) handed out free bags containing information about breast cancer awareness and other information at the corner of Liberty Rd. and Brenbrook Dr. in Randallstown. Travis is the former Sr. Pastor of Ebenezer African American Methodist (A.M.E.) in South Baltimore, retiring from the position in 2017. First diagnosed with breast cancer in 2001, Travis who will turn 77 in November, is on a crusade to "knock-out" breast cancer. Photo credit: Ursula V. Battle (See more on page 7)

Mother Who Experienced the Unthinkable Raises Awareness About Domestic Violence, Addressed Loophole

By Andrea Blackstone

Lisa Spicknall knows that domestic violence can devastate an entire family and community. The mother who grew up in Pasadena, Maryland experienced the unthinkable. Richard W. Spicknall II, her former husband, murdered their two young children in 1999. But Richard's history with Lisa began when the teenagers dated. She explained that Richard began physically abusing her when she was 17 years old.

"The first time he ever put hands on me, he choked me," Lisa said.

She had been accused of cheating after going out with friends. According to Lisa, Richard began isolating her from her friends. Although Lisa's mother tried to speak with her to dig deeper about issues with Richard, her daughter was "a kid in love" with her first serious boyfriend.

The situation intensified. Lisa said that Richard even showed up at her place of employment to check on her.

"It truly took me eight years to realize how out of control it was," Lisa said.

Getting married and having a baby excited Lisa. Her ex-husband reportedly said all the right things about getting help. Sometimes things would go okay for months, but domestic violence returned in the household. By 1996, a precious baby girl named Destiny was born. Lisa was a stay-at-home mother. A little boy, Richie, was born in 1997. Having children led Lisa to take a stand against her former husband.

"I fought for family to be a part of my life, for them to be there, so I really didn't have to go through this alone anymore," Lisa said, mentioning that Richard constantly threatened her life.

Richard controlled everything such as finances, vehicles, and even Lisa's birth certificate. He held onto anything that she would potentially need to move forward.



Lisa Spicknall, a survivor of domestic violence, works with victims of it in her spare time. She speaks out to the public, agencies, and organizations to share how domestic violence impacted her life to encourage victims to access ways of getting out of abusive situations. Courtesy photo

By December 15, 1999, Lisa was granted a divorce. Her children would not survive and experience their mother's happiness. Approximately nine months after Lisa filed for and was granted a protective order, Richard used his vacation time with their children. On September 8, 1999, he picked up Destiny and Richie, supposedly to take the children to Ocean City for a few days. On September 9, 1999, Richard's father called Lisa. He told her that his son had been carjacked and the carjacker took their children. She was instructed to call the state police in Easton, Marvland,

"I hung up the phone and that's exactly what I did," Lisa recalled.

The police found the kids in the backseat of the car after a construction crew who was working on a house under construction called 911. The Jeep Wrangler their father drove was spotted. It later turned out that Richard had shot and murdered the two- and three-year-old toddlers. Richie died instantly. Destiny's life could not be saved at hospitals.

A clerical error dating back to 1999 allowed Lisa's ex-husband to purchase a weapon. Richard consented to a protective order, so it was removed from the Maryland State Police database, allowing Richard to get a handgun permit. Lisa learned that there was a huge issue with protective orders in the state of Maryland.

"At that point, and at that time,

NOTICE

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About a month after she buried the children, Lisa sat before the Maryland General Assembly trying to figure out how an incident like hers could be prevented from happening again. Lisa explained that the Domestic Violence Unit Pilot Program was the biggest legislation that arose. Law enforcement agencies were given funding to clean up their domestic violence database, ensure proper service and training, and to make sure peace and protective orders are getting entered correctly into the system.

Lisa now works as Donate Life Maryland's executive director. The state-authorized nonprofit organization strives to save and enhance lives through registering organ, eye, and tissue donors.

"Helping people is truly one of the best ways that I can keep Destiny and Richie's memory alive," noting her 20 plus years of advocacy work.

Lisa wants people to remember takeaways about domestic violence.

"Domestic violence can happen in any household," Lisa said. "It happens

continued on page 10

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Guest Editorials/Commentary

<u>Kanye West's Perplexing Dilemma</u> Free Speech Reevaluated

Freedom of speech is protected under the US Constitution. However, exercising it can come with costly consequences. Kanye West, now known as Ye West, keeps speaking and expressing himself freely. It doesn't matter that Ye is a Grammy-winning recording artist or fashion mogul. He is now facing financial ramifications over what he chooses to let leave his lips. West was seen sporting a White Lives Matter shirt while making a variety of his views known to the public. He is electing to muddy his own success.

Among many of West's dilemmas, Floyd's family is suing him for \$250 million in damages for remarks he made on the podcast Drink Champs earlier this month. He commented that George Floyd died from a fentanyl overdose. Now, Witherspoon Law Group released a press release explaining that Floyd's daughter's mother, Roxie Washington, is suing West on behalf of the minor. Dixon & Dixon Attorneys at Law have been retained to represent Floyd's family along with Witherspoon Law Group. Defamation and harassment are just two reasons the lawsuit was filed, according to details presented in the press release. West's business partners and associates were named, too. Ouch.

Another dilemma involves West's recent anti-Semitic comments. He tipped another big cup of milk. West tweeted that he was "going death con 3 ON JEWISH PEOPLE." The outspoken artist and businessman added that he "could say anti-Semitic things and adidas can't drop me," when he appeared on Drink Champs.

Pressure from companies to take a stand is leading to a trail of broken ties with West.

"Earlier today I learned that @kanyewest was officially kicked out of JP Morgan Chase bank. I was told there was no official reason given, but they sent this letter as well to confirm that he has until late November to find another place for the Yeezy empire to bank," conservative commentator Candace Owens tweeted this month.

On October 25, 2022, Adidas issued a press release about doing business with West.

"There will be no more production of branded products through the Yeezy empire, in spite of Adidas' estimation that "this is expected to have a short-term negative impact of up to \notin 250 million on the company's net income in 2022," per details in the announcement.

The company added that it "does not tolerate antisemitism and any other sort of hate speech." In the press release, Adidas added that "Ye's recent comments and actions have been unacceptable, hateful and dangerous, and they violate the company's values of diversity and inclusion, mutual respect and fairness."

According to Forbes, West is no longer a billionaire. The fizzled Adidas deal was named as the reason. A big reminder is that everyone is replaceable. No brand wants to tank because a partner or employee — no matter how brilliant— becomes a liability. West has stated that he is bipolar, but West is also influential and bright. His words come with weight. His image is tied to how he makes money, but he keeps offending people.

It's causing irreparable harm.



<u>Community Affairs</u>

The IRS Announces Ways to File Tax Credit, Unclaimed Stimulus Payments

The IRS announced that over "9 million individuals and families who appear to qualify for a variety of key tax benefits but did not claim them by filing a 2021 federal income tax return" would receive a reminder letter about possible eligibility to claim tax credits. The announcement that was made of October 13, 2022 mentioned that the 2021 Recovery Rebate Credit; the Child Tax Credit; and the Earned Income Tax Credit are among mentioned possible tax benefits.

The IRS wants to remind potentially eligible people, especially families, that they may qualify for these valuable tax credits," said IRS Commissioner Chuck Rettig, per the IRS. "We encourage people who haven't filed a tax return yet for 2021 to review these options. Even if they aren't required to file a tax return, they may still qualify for several important credits. We don't want people to overlook these tax credits, and the letters will remind people of their potential eligibility and steps they can take."

Free File (IRS.gov/FreeFile) will remain open until November 17, 2022, to help people claim these benefits. It enables individuals who have incomes \$73,000 or less to file a return online for free using brand-name software.

Additionally, ChildTaxCredit.gov/file can be used to file a 2021 income tax return.

"Individuals whose incomes are below \$12,500 and couples whose incomes are below \$25,000 may be able to file a simple tax return to claim the 2021 Recovery Rebate Credit—which covers any stimulus payment amounts from 2021 they may have missed—and the Child Tax Credit. Individuals do not need to have children in order to use ChildTaxCredit.gov/file to find the right filing solution for them," per information provided on the IRS' website. Visit:

https://www.irs.gov/newsroom/irssending-letters-to-over-9-million-potentially-eligible-families-who-did-not-clai m-stimulus-payments-eitc-child-taxcredit-and-other-benefits-free-file-tostay-open-until-nov-17 for more information.



By Andrea Blackstone

As Breast Cancer Awareness Month ends, it is a prime time to remember that becoming better educated about the disease should not end. Early detection is critical. According to the American Cancer Society, the overall 5-year relative survival rate for localized breast cancer is 90%. This means that when cancer has not spread outside the breast. 90 out of 100 women are alive 5 years after they have been diagnosed with breast cancer that has not spread outside of the breasts. The survival statistics provided relies on information provided from the Surveillance, Epidemiology, and End Results (SEER) database. The numbers do not take every factor into account. It is also important to note that survival rates for women who were diagnosed with triple-negative breast cancer and inflammatory breast cancer differ from what is cited above.

Dr. Ken Lin Tai, Director and Medical Director of the Center for Cancer Prevention and Control, Maryland Department of Health, helped to sort out more fact from fiction about breast cancer, in part two of a two-part series.

Q: Does a woman's risk of breast cancer increase if a mother, aunt, sister, or close family member was diagnosed with it?

A: A woman's risk of breast cancer increases if she has a mother, sister, or daughter, or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. In some cases, a family history of breast cancer is linked to the inheritance of an abnormal gene that is associated with breast cancer, such as the BRCA1 or BRCA2 gene. Having a first-degree male relative with breast cancer also increases a woman's risk for breast cancer.

Q: What is one major myth about breast cancer that should be dispelled?

A: One major myth is that a woman will not develop breast cancer unless she has a family history of breast cancer. The truth is most women who are diagnosed with breast cancer have no family history of the disease. Hence, it is important that all women get screened for breast cancer regularly.

Q: Are all lumps in the breasts cancerous? Why do they sometimes appear?

A: Not all lumps in the breast are cancer. There are other breast conditions that can cause lumps, such as cysts, which are fluid-filled sacs. However, the only way to tell if the lump is not due to cancer is to have a healthcare provider check it out.

Q: Does taking birth control pills contribute to a woman's future or current risk of breast cancer?

A: The National Cancer Institute has information on this topic. Women should talk to their healthcare providers about the benefits and risks associated with the use of birth control pills.

Q: Can any preventative measures be taken to reduce the risk of being diagnosed with breast cancer? If so, please share a few.

A: There are things that women can do to reduce their risk of getting breast cancer, such as being physically active; maintaining a healthy weight; limiting the amount of alcohol consumed; and breastfeeding. If a woman is taking or considering taking hormone replacement therapy or oral contraceptives, she should speak to her



Early detection of breast cancer is important in increasing the chance of beating it.

healthcare provider about the benefits and risks and find out if it's right for her. Also, if there is a family history of breast cancer or BRCA1 and BRCA2 gene changes, a woman should talk to her healthcare provider about other ways to lower her risk of breast cancer.

Q: Is it true that chemicals or deodorant from the environment can contribute to breast cancer?

A: The American Cancer Society has information on this topic. As for chemicals and other environmental exposures, their role in contributing to breast cancer risk is an area that is being actively researched. For example, the National Cancer Institute and the National Institute of Environmental Health Sciences have been collaborating on the impact of the environment on breast cancer risk. One should note that studies of environmental factors and breast cancer can be challenging, due to factors such as the nature of environmental exposures (e.g., variability of exposure).

Q: Is it true that the risk of breast cancer increases with age?

A: The risk for breast cancer increases with age, with most breast cancers diagnosed in women ages 50 and older.

The Center for Cancer Prevention and Control, Maryland Department of Health's mission is to reduce the burden of cancer in the state, according to Dr. Ken Lin Tai's interview with Dr. David Doman. Watch Housecall via https://health. maryland.gov/phpa/cancer/Pages/ faq_combined.aspx to learn more about cancer trends in Maryland. Visit https://www.cancer.org/cancer/breastcancer/screening-tests-and-earlydetection.html to learn more about breast cancer.



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Positive stories about positive people!

The Rev. Dr. Ruth Travis Still Boxing The 'Big C' and Winning

By Ursula V. Battle

In February 2001, the Reverend Dr. Ruth Travis received news that would change her life.

"I will never forget that day," said Dr. Travis, who will turn 77 in November. "My biopsy results came back, and the doctor called me and said I had abnormal cells."

Travis had a digital mammography, which allows a radiologist to capture and manipulate images so abnormalities can be seen more easily. She said that was the key to early detection and treatment.

"I was diagnosed at stage zero," said Travis. "I didn't have a lump because the cancer was in my milk duct. The cancer was the size of a coffee granule. I asked God 'how long do I have to live?' I was thinking that way because there is no cure for breast cancer. But then, instead of thinking of the word 'cancer,' I started thinking about other words that began with the letter 'c.' I said, 'Christ, cake, car... anything that kept me from going to the 'd' word for death."

She added, "I heard God say, 'This is not sickness until death.' That was the beginning of my journey."

Nearly 23 years later, Travis' journey continues as her crusade to knock-out "The Big C" (Cancer) hasn't stopped. Her many efforts include educating both men and women about the importance of early detection through selfbreast examinations and mammograms. Her busy schedule also includes taking to the streets to hand out information about breast cancer to increase awareness. Recently, she and a group of supporters handed out free bags containing breast cancer and other information at the corner of Liberty Road and Brenbrook Drive in Randallstown.

"I've got to do everything I can," said Travis. "Black women are dying of breast cancer more than any other group."



Dr. Travis is on a mission to knock out breast cancer. Photo credit: Ursula V. Battle

According to the American Cancer Society, statistics for breast cancer in the United States for 2022 are an estimated 287,850 new cases of invasive breast cancer that will be diagnosed in women. The American Cancer Society further notes that the median age of diagnosis is slightly younger for Black women (60 years old), compared to white women (63 years old), and that Black women have the highest death rate from breast cancer. According to the American Cancer Society, this is thought to be partially because about one in five Black women with breast cancer have triple-negative breast cancer more than

any other racial/ethnic group. At every age, Black women are more likely to die from breast cancer than any other race or ethnic group. Travis' outreach efforts also include monetarily assisting men and women who have breast cancer and raising funds to open "Ruth's Pink House."

"Women are diagnosed with breast cancer, go through surgery, check-ups and other procedures as part of their treatment," said Travis. "But what do you do with that time in-between? I want them to come to a Pink House, which will be a beautiful pink home where women with breast cancer can come for a night or weekend of restoration and relaxation."

Travis is the former senior pastor of Ebenezer African American Methodist (A.M.E.) in South Baltimore, retiring from the position in 2017. However, she has not retired from the ministry, still preaching at services, conferences, and other speaking engagements. The former physical education teacher is a native of Augusta, Georgia, and a member of Delta Sigma Theta Sorority.

Danielle Whidby is among the many people Travis has helped. Diagnosed in 2016 with Stage 3 breast cancer, Whidby's journey began when she found a lump in her breast.

"I met Dr. Travis at an event, and she has such amazing energy. She purchased a book from me," said the 42-year-old Whidby referencing a book she and her daughter wrote called "Mommy Lost Her Boob."

"Dr. Travis asked if there was anything I needed, and I told her 'yes." She added, "While I was dealing with cancer, the fallout from my bills were still there. I was trying to figure out how I was going to make that happen, but Dr. Travis helped, and it took a lot of pressure off me."

Whidby shared this advice for those who have been newly diagnosed with breast cancer.

"A sisterhood which includes people like Dr. Travis is very important," she said. "My sisterhood includes going to events and meeting other people who know what it's like to have cancer and sharing our stories. I also share my personal story online. I encourage others to trust in their higher power, lean on their sisterhood, and to not be afraid to ask family and friends for help when you are in need."

To donate or for more information about Ruth's Pink House, visit https://drruthtravis.com/pink-house. You can also learn more about Travis at www.drruthtravis.com.

Rambling Rose

CLASSIC JAZZ ON THE EAST SIDE



Rosa Pryor Trusty

Hello, my friends,

It is me again. Believe it or not, there are a lot of events coming up during this fall weather. I hope that everything is going well with you and your family. I don't know if you have heard or not that Timothy "Tiny Tim" Harris has passed away. He died on Friday, October 14, 2022. His funeral was held at Kingdom Covenant Ministries on Gwynn Oak Ave. He was a soulful singer who will always be remembered.

Classic Jazz on the East-side is being performed by Ralph Magwood and the Vintage Band on the east side of town. You don't want to miss this performance. It is going to be dynamic and exciting. I am sure Ralph Magwood will make sure of that. Ralph Magwood, Baltimore's renowned percussionist and his band named The Vintage Band, includes Delroy Gaither on drums; Justin Taylor on keyboard; Bobby Rucks on piano; Mitchell Coates on bass; Ron Pender on saxophone; and Michael Moore on guitar. This event will be held on Friday, October 28, 2022, from 6-10 p.m. at The Orion Club, located at 1101 Fillmore St. in Baltimore.

I used to hang out with some friends of mine from the islands at a club called the Blue Caribbean. It is located at 5402 Park Heights Avenue. Well, it has been closed for a while, but now it is back open and jumping. So, if you like Caribbean music and love to dance, then you need to check this club out. On Saturday, November 5, 2022, DJ Neil Mattei is having a Scorpio party with a lot of DE Musical PM radio station tunes, in addition to the sounds of DJ Richie Sly, and DJ Smally. Check it out!

Arndrea Hoyle, a 30-year fashion designer and fashion professor, and Larry Lancaster, comedian, and host of Throwback Saturdays on 88.9 WEAA radio, will host the Tendersway Fashion Collection & Talent Showcase. The event will be held at the Lithuanian Hall, located at 851 Hollins St. in Baltimore on Saturday, November 5, 2022, from 3-7 p.m. This event is a memorial tribute to Brenda Alford, model Sharon Alford's sister. Singer Denise Hall; special guest performer, harpist, Jeff Majors; DJ Shay; and Sharon Alford will participate. We will see you there!

Don't forget Allendale Community Association & Children of Promise, Inc.'s 4th Annual Fall Harvest Party that will be held on Friday, October 28, 2022, from 5-8 p.m. at the Marv E. Rodman Rec Center, located at 3600 W. Mulberry St. Wear your favorite costume to show off your superhero. For more information, call 443-827-1693.

If you didn't make it to your senior prom, or if you did make it to your senior prom, then you need to check this one out! It will be one of a kind. The senior prom will feature The Unifics and The Spindles, strictly for the fifties and older crowd. The event will be hosted by Ms. Maybelle on Friday, October 28, 2022, from 7-11 p.m. at the Forum Caterer on Penrose Ave.

Okay, my dear friends, I must go. I am out of space and time, but remember, if you need me, call me at 410-833-9474, or email me at rosapryor@aol.com.



Harpist Jeff Majors will be a special guest performer at Arndrea Hoyle "Tendersway's Fashion Collection & Talent Showcase. It is a memorial tribute to Brenda Alford hosted by Larry Lancaster from 88.9 WEAA Radio on Saturday, November 5, 2022, at the Lithuanian Hall, 851 Hollins St., Baltimore, Md. from 3-7 p.m.



Dr. Phill Butts and his Big Band will perform a Motown concert on November 5, 2022, starting at 7 p.m. at St. John's Episcopal Church, located at 9120 Frederick Road, Ellicott City, Md. A ticket includes dinner for this fundraising event.



Ralph Magwood and the Vintage Band with Baltimore Vintage Musicians featuring Delroy Gaither; Justin Taylor; Bobby Rucks; Mitchell Coates; Ron Pender; and Michael Moore will perform on Friday, October 28, 2022, from 6-10 p.m. at the Orion Club, 1101 Fillmore St. in Baltimore. For more information, call 410-236-8551.

UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Ephaim & Ebban Dorsey with Allyn Johnson on piano; Blake Meister on bass; and Eric Kennedy on percussion; will be performing at Caton Castle, 20 S. Caton Ave. on Saturday, October 29, from 6-10 p.m. For more information, call 443-421-5078.

The Greater Baltimore Urban League Hosts Upcoming Fundraiser, Continues to Impact Lives

By Andrea Blackstone

Tiffany Majors has served as president and CEO of the Greater Baltimore Urban League, Inc. (GBUL) for four years. The nonprofit's mission is "to enable African Americans and other minorities to have a better quality of life as well as economic mobility, parity, education, and support," according to Majors.

She said that the organization has been around for 98 years. GBUL is based in West Baltimore. Majors remarked that she wants more people to know the impact that the organization has and know more about what is done through it.

"The Urban League Affiliate Movement is the principal liaison between the national organization and the local communities where we have a presence. Currently, there are Urban League affiliates in 90 markets across 36 states and the District of Columbia," according to the National Urban League's website.

Youth Empowerment; education; entrepreneurship; workforce professional programs and services are provided through the nonpartisan, multi-ethnic, social service organization. GBUL has "been helping disadvantaged Marylanders gain access to equal opportunity in employment, education, health care, housing and

the civic arena," per GBUL's website.

Majors noted that the 65th Annual Whitney M. Young, Jr. Gala is GBUL's upcoming fundraiser. This year's theme is "Honoring the Evolution of Baltimore's Black Wall Street." The semi-formal event will be held on Thursday, November 10, 2022, 6 p.m., at The Assembly Room in downtown



Luke Cooper Photo credit: Kyle Pompey



Larry Gibson Photo courtesy of Shapiro Sher



Brooke Lierman Photo courtesy of Brooke Lierman campaign



Shelonda Stokes Photo credit: Downtown Partnership of Baltimore

Baltimore, Md., located at 316 Guilford Ave. Local leaders and honorees include Larry S. Gibson; Luke Cooper; Shelonda Stokes; and Brooke Lierman.

Gibson is a longtime civil rights advocate who earned his law degree from Columbia University and is the author of "Young Thurgood: The Making of a Supreme Court Justice." He was the principal advocate for the law

> passed by the Maryland General Assembly that renamed the BWI Thurgood Marshall Airport, according to his bio. Gibson possesses experience working as a law professor and as counsel to a law firm.

Cooper is described as "a serial entrepreneur, growth leader, and merger lawyer," per his bio. The partner at San Francisco- based Preface Ventures is also

founder and CEO of Latimer, which is "a \$250 million venture fund with the mission of helping underrepresented founders reach outcomes." Majors said that he has a solid foundation in growing Black businesses.

Stokes, president of Downtown Partnership of Baltimore and the executive director of the Downtown Management Authority, leads both "two multi-million-dollar organizations with the common goal of making Downtown Baltimore a destination of choice," according to her bio. Stokes has assisted many minority and Black businesses, according to Majors.

Lierman, civil rights and disability rights attorney and State Delegate representing the 46th Legislative District, has provided pro bono activities involving assistance with expungement through the Homeless Persons Representation Project, per information provided in her bio.

Various awards will be presented. Majors pointed out the importance of the annual fundraiser.

"We are fundraising annually to raise funds for our different programs," Majors said, mentioning that they are free of charge. "We target populations of high disparities in poverty and minorities."

Education, training, and providing one-on-one technical assistance and coaching to businesses that have interest in developing or scaling their business is another aspect of the entrepreneurship program. A college and career readiness program for youth is integrated into a Saturday leadership program. GBUL's workforce development programs educate; train; and build a pipeline of employment seekers who want to pursue careers, according to Majors. She also mentioned that she writes grants for funding. It is often annual, not long term.

"So annually, we try to raise funds with this gala to one, promote and honor our community leaders that support individuals in poverty and marginalized communities, as well as have the opportunity to raise funds so that we can continue on with our programs," Majors said.

The Business Summit, which will also be held on November 10, 2022, at The Assembly Room, is participatory. Cooper will be the guest speaker. Networking and an entrepreneur panel will be held, in addition to a pitch contest. Grant funding can be won.

Majors noted GBUL's overall impact.

"We've definitely changed the trajectory of many lives of Black individuals in Baltimore that had no hope and that had no belief that they could succeed in anything. We've definitely changed the life patterns for them, and not just supported them in being able to take care of their families, but significantly increasing their capacity and their sustainability into middle income and careers," she said.

Visit https://www.gbul.org/ for ticket information about the gala and business summit.



Tiffany Majors Photo credit: Four Eighteen Media Group

Can DeSean Jackson Help Ravens WR Room?



DeSean Jackson Photo credit: Cooper Neill/Getty Images

By Tyler Hamilton

The Baltimore Ravens have made a habit out of sorting through veteran wide receiver options over the years. Some have been successful, such as Steve Smith and Anquan Bolden, while others didn't quite work out.

Speedster DeSean Jackson is the latest veteran to join the Ravens, albeit as a member of the practice squad. Jackson signed with the Ravens last week, so he's had some time to get acclimated. The extended time off after Thursday's game against the Tampa Bay Buccaneers will give Jackson a great opportunity to work one on one with wide receivers coach Tee Martin.

Jackson was not on an NFL roster this season. His last action came in 2021. Jackson signed with the Las Vegas Raiders. In the 2021 season, Jackson had 20 receptions for 454 yards and two touchdowns. At 35 years old, Jackson doesn't have the trademark deep speed that once made defensive coordinators stay up at night, but he is still capable of being an occasional threat in the vertical passing game. In Week 12 last season with the Raiders, Jackson had three receptions for 102 yards and a touchdown in the 36–33 victory against the Dallas Cowboys.

Lamar Jackson's deep passing ability should allow for a bomb or two being thrown to the newly acquired speedster.

"I've been keeping my eye on Lamar for a little while now," Jackson said, via the team's website. "I see a lot of characteristics similar to Michael Vick. He beat some of his records so obviously he's the new era of Michael Vick. Being able to play with Michael Vick, being able to come and play with Lamar, it's a blessing for me. I'm very excited about that."

Jackson posted 2,717 receiving yards in three seasons with Vick as his quarterback for the Philadelphia

Eagles. Pairing Jackson with third vear receiver Devin Duvernav will put plenty of speed on the field. Although Duvernay hasn't had much of an impact with 20 receptions for 282 yards and three touchdowns. The Ravens had high hopes for 2021 firstround pick Rashod Bateman, but he hasn't delivered so far. Injuries and inconsistent play have been Bateman's issue. There have been flashes though. Up to this point, tight end Mark Andrews has been the primary receiving option for Jackson. Andrews has 39 receptions for 455 yards and five touchdowns on the season so far.

The Ravens need help in the pass catching department as they push for a return to the postseason, after missing last year. They can't continue to rely on their tight end to be the only player that teams fear in the passing game. Jackson isn't necessarily the main answer, but he should help open things up with his big play ability.

Mother Raises Awareness About Domestic Violence

to women, men. To everyone out there it can happen to, and really, it doesn't have to be the end. If you're in that situation, there are places that can help. You have to find that right person and have that conversation."

Domestic violence is an issue that remains problematic. The pandemic caused it to be a "considerable issue" worldwide because "home confinement led to constant contact between perpetrators and victims, resulting in increased violence and decreased reports," according to the National Library of Medicine's report. It was also reported that 32 studies were used up through July 22, 2020, to draw these conclusions.

Domestic violence and protective order information is available through the Maryland court' website via https://mdcourts.gov/legalhelp/ domesticviolence





Richie and Destiny were murdered by their father in September 1999. Courtesy photos

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