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This Women's History Month, The Baltimore Times Celebrates Rosa Pryor

Rosa Pryor-Trusty, a native of Baltimore City, is an accomplished columnist, author and entertainment enthusiast. She once booked jazz musicians in the Baltimore-Washington area. Over time, Pryor earned recognition as one of the most prominent Black female promoters in the region. Pryor-Trusty authors the widely known "Rambling Rose" column in

The Baltimore Times.

(See article on page 9)

Photo: Rosa Pryor-Trusty



Entrepreneur Reminds that Makeup Can be More Than What Meets the Eye

By Andrea Blackstone

Like many little girls, Schenika Quattlebaum loved to play in her mother's makeup when she was a child. Applying makeup later helped her to avoid stares and whispers after domestic violence episodes altered her appearance in adulthood. When Quattlebaum wanted to leave the house to go to work or run an errand, she felt concerned about showing her naked face that revealed evidence of private, violent episodes.

"I had to beat my face in full makeup to cover up all the marks and bruising," Quattlebaum said, recalling how she concealed events that she endured. "When I left the house, I didn't get the stares and whispers that would surely happen if people saw what was behind the makeup."

"My first experience [with domestic violence] was in 1995. It started as verbal abuse and then graduated to physical abuse. From there it became a fight for [my] survival many nights. My second experience of abuse started as physical, verbal and emotional all at once. That experience made me swear off men for a long time," Quattlebaum said.

She further stated that both relationships totaled eight years of abuse, but the second was worse than the first. Quattlebaum's suicide attempts were unsuccessful. She now understands her life's purpose.

The founder of Natalia Me-gan Beauty, LLC who resides in Upper Marlboro, Maryland tried her hand at selling cosmetics and false eyelashes, after working as an executive assistant for over 20 years. Quattlebaum, a



Schenika Quattlebaum, founder of Natalia Me-gan Beauty, LLC

Photo Credit: @collettebonapartephoto

mother and a grandmother, possesses a testimony that is rooted in a brave decision to change the trajectory of her life. She escaped abuse after having a conversation with her then young children who lived with their grandmother.

"I called them and told them, 'No matter what, whether I am here on earth or not, I will always love y'all and I will always watch over you.' My daughter asked me if I was okay and said she was sending the police to my house, but it was at that moment that something in my mind clicked."

Not only did Quattlebaum plan her escape, but she eventually remarried. Quattlebaum explored entrepreneurship in 2018 to bring beauty products to market after she



Temptation red and Erotic hot pink lipstick Photo credit: @pbporiginals

was given a supportive green light to move forward with her passion after divulging her thoughts and ideas to her current husband, Kevin Quattlebaum.

"His exact words were, 'Do it and I'm right here with you.' So, from there... I started making my lip glosses in my kitchen that I brought to the market to sell."

Quattlebaum launched her business with false eyelashes and lip gloss with squeeze tubes and pigmented glosses.

"I made a video and put it on social media. I recorded the colors in the bowls and then swabbed my wrist with the colors and posted it. The sales started coming in that same night and I realized 'I really have something here.' From there I had my logo created and purchased labels and different tubing. Then in 2019, I did a total overhaul. I had a new logo, new tubing, new everything."

Quattlebaum ultimately established

a global, independent beauty brand without financial backing. The entrepreneur launched her brand through Walmart online during the Covid-19 pandemic, and in under five years, her company solidified the brand name amongst industry heavy hitters.

Today, the entrepreneur gives back by adopting families throughout the year by lending a hand directly to meet their personal needs, or others which impact their survival.

Quattlebaum, a domestic violence warrior who proves that women can beat the odds, is still getting back on her feet mentally. However, she continues to push forward while utilizing life's obstacles to fuel her success.

"To be honest, I didn't start out thinking I'll be this big global brand. I just wanted to provide luxury products at a fraction of the cost, but my path was different. I was able to obtain great success in under 5 years of business."

Working hard, being determined, having "amazing products and customer service," in addition to building a quality team are some of Quattlebaum's winning business ingredients.

"I am a walking testament that what doesn't kill you only makes you stronger. No matter your background or life experiences, you can overcome and be the best version of yourself that you never even dreamed of," Quattlebaum said, providing a morsel of wisdom for women who are stuck in a rut. "Get up, get dressed and show out for yourself and your why."

Visit www.nataliambeauty.com to learn more about Natalia Me-gan Beauty.

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Dr. Mark T. Gladwin Leads Global Charge Against Sickle Cell Disease



Jayne Hopson
Courtesy photo

By Jayne Hopson

In a groundbreaking move that could revolutionize the treatment of Sickle Cell Disease (SCD), the University of Maryland School of Medicine has taken a significant step forward. Under the guidance of Dr. Mark T. Gladwin, a renowned figure in medical research, an international initiative is underway to transform the care and outcomes for millions suffering from this debilitating genetic disorder. SCD, which causes red blood cells to deform into a sickle shape, inflicts severe pain, organ damage, and profound impacts on the lives of patients and their families, with a disproportionate effect on the Black community worldwide.

Dr. Gladwin's initiative is centered around a pioneering multicenter clinical trial, sponsored by the National Institutes of Health. This trial, spanning 22 sites in Brazil, France, and the United States, aims to evaluate the efficacy of red cell exchange transfusion. This method involves replacing the abnormal,

sickle-shaped cells with healthy ones, potentially offering a new lease on life for those with SCD by preventing organ damage and extending lifespans.

The SCD-CARRE trial, as it is known, specifically targets patients at high risk of severe complications from SCD. It compares the outcomes of 150 patients receiving standard care against those undergoing monthly red blood cell exchanges for a year. While traditional blood transfusions are common in managing SCD, they carry risks such as iron toxicity. Red cell exchange transfusion presents a potentially superior alternative, despite its complexity and resource demands.

"Approximately 30 percent of patients with sickle cell disease develop serious organ damage, such as cardiopulmonary complications, and kidney or liver failure, with the risks steadily increasing with age," said Dr. Gladwin, who is the John Z. and Akiko K. Bowers Distinguished Professor and Dean of UMSOM, and Vice President for Medical Affairs at University of Maryland, Baltimore. "The goal of the study is to determine whether red cell exchange can lower deaths, reduce hospitalizations, and slow down or reverse the development of major end-stage organ damage."

Dr. Gladwin has not only been instrumental in launching this trial but has also contributed significantly to the understanding of SCD's

impact on the body. His research has highlighted the critical role of nitric oxide in vascular health and how its rapid consumption in SCD patients leads to complications.

One of his key discoveries is nitric oxide resistance, caused by the scavenging of nitric oxide by free hemoglobin released during hemolysis, which is linked to pulmonary hypertension—a dangerous increase in blood pressure in the lung arteries.

Pulmonary hypertension manifests as shortness of breath, fainting, fatigue, and chest pain, severely affecting cardiovascular health in SCD patients. Dr. Gladwin's work aims to alleviate these symptoms by pioneering treatments that replenish nitric oxide levels, including therapies that can be administered intravenously, orally, or inhaled.

The significance of Dr. Gladwin's

contributions cannot be overstated. Through his leadership in the SCD-CARRE trial and his innovative research into the biochemistry and vascular biology of SCD, he is not only advancing scientific understanding but also paving the way for new treatments that promise to improve the lives of those affected by SCD. His efforts exemplify the University of Maryland School of Medicine's commitment to addressing some of the most pressing health challenges facing the world today.

Thanks to Dr. Gladwin and his team's pioneering work, there is newfound hope for people living with Sickle Cell Disease. The promise of extended lives, reduced hospital stays, and halted or reversed organ damage stands as a beacon of hope, heralding a brighter, healthier future for millions worldwide affected by this genetic disorder.



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Technology and You

Aisha Bowe, A Woman Who Inspires

By Karen Clay
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In celebration of Women's History Month, I am shining the spotlight on a woman who overcame her insecurities about her aptitude in math and became a driving force in technology, demonstrating the profound impact women can have in science, technology, engineering, and mathematics (STEM).

Aisha Bowe's early journey into STEM was marked by self-doubt and external skepticism. Her early academic performance was not indicative of her future success as she did not think she had the aptitude to pursue a career in the sciences. It was a community college math professor who saw her potential and encouraged her to pursue engineering. This pivotal experience set Bowe on a trajectory that would lead her to obtain an undergraduate degree in aerospace engineering in 2008, and a master's degree in space systems engineering in 2009 from the University of Michigan.

Bowe's professional career started at NASA's Ames Research Center, where she contributed to the development of air traffic management systems and worked on projects that would increase the safety and efficiency of air travel. Her work at NASA not only showcased her technical prowess but also her determination to excel in a field where women, especially women of color, are underrepresented. In 2012 she received the National Society of Black Engineers award for Outstanding Technical Contribution for her paper "Evaluation of a Fuel-Efficient Aircraft Maneuver for Conflict Resolution."

While at NASA, Bowe served as a liaison to the Mathematics,



Karen Clay
Clay Technology and Multimedia
Courtesy, Karen Clay

Engineering, Science Achievement (MESA) Program. In this role, she mentored students, held interview workshops, and led NASA site tours. From this experience and recognizing the disparities in access to STEM education and careers, particularly for underrepresented groups, Bowe co-

founded STEMBoard in 2013. She bootstrapped the company into an eight-figure engineering powerhouse specializing in data analytics and IT modernization for large enterprises, while also addressing the educational gap in STEM fields through its outreach programs. STEMBoard's commitment to empowerment through education is a testament to Bowe's vision of a more inclusive and diverse technological future.

In June 2020, the company launched a new line of business, the development of LINGO, a kit that teaches teens the fundamentals of hardware and software design by helping them build a backup sensor used in autonomous vehicles and the code needed to make it work. LINGO, a STEM kit, is designed to engage students in underserved communities with the wonders of engineering and technology. By providing hands-on, practical experiences, LINGO aims to ignite a passion for STEM among students who might otherwise lack the resources or encouragement to pursue these fields. Through initiatives like LINGO, Bowe is not just talking about change; she is actively investing in the next generation of engineers, scientists and technologists.

Her impact extends far beyond her entrepreneurial and engineering endeavors. As a motivational speaker and mentor, she uses her platform to advocate for systemic change



Aisha Bowe and LINGO

Photo Credit: Instagram/@aishabowe

within STEM education and careers. Her story is a powerful reminder of the importance of representation, mentorship, and the transformative power of believing in one's potential. By sharing her journey, Bowe inspires not just young girls but all individuals facing barriers to their dreams.

As Women's History Month prompts us to reflect on the contributions of women across all sectors of society, Bowe's story underscores the critical role of diversity and inclusion in driving innovation and progress. Her work challenges the status quo and paves the way for a future where girls and women in technology are not exceptions but celebrated members of the STEM community.

Bowe's journey from an unsure student to a NASA engineer and a technology entrepreneur illustrates the boundless possibilities that emerge from resilience, hard work, and the courage to challenge stereotypes. Her dedication to empowering the next generation of girls in technology ensures her place in the ongoing narrative of women's contributions to STEM. As we look to the future, Bowe's story serves as a call to action, and a reminder of the power of inclusion, education, and the indomitable spirit of women who dare to dream.

Ms. Maybelle brought smiles, laughter, and hope to many

Baltimore Mourns the Loss of Pam “Renee” Leak

By Ursula V. Battle

Beloved Baltimore comedienne Pamela “Pam” René Leak, who was known as “Ms. Maybelle” and kept audiences laughing with her comedic acts and favorite saying, “Tell EM SHUGGAR!” passed away on March 1, 2024. The popular emcee, radio personality, actress, community advocate, humanitarian, model, and friend to many was 57.

Services for Leak were held March 14, 2024 at the United House of Prayer for All People, 3401 Edgewood Ave. in Baltimore. A Celebration of Life Part II will take place Friday, March 15, 2024 from 6 p.m. – 11 p.m. at the Patapsco Arena, 3301 Annapolis Road in Baltimore.

“I actually used to call her Bea Gaddy, Jr.,” said Leak’s son Antoine Spencer, referring to the late Bea Gaddy who was known for her large Thanksgiving dinners and advocated for the poor and homeless. “Even when my mother didn’t have it, she would pull her resources together to help people. Even if it was a little bit, she stretched it to be a lot to help as many people as she could.”

He added, “There’s always somebody that has a story of how she helped them. She was a great representation of community activism. She was a beacon of light, and when people looked at her, they could see a reflection of God and His mercy through all she did to help people.”

Leak hosted numerous shows, cabarets, and birthday parties in Baltimore and beyond. She regularly hosted at City View Restaurant and gave numerous events at the Patapsco Arena and Forest Park Sr. Center.

“Tee Shirt” Brian said he helped Leak to secure her regular engagements at City View. “Pam used to say, ‘I love City View and City View loves me,’” said “Tee Shirt” Brian. “She really enjoyed hosting



Beloved Baltimore comedienne Pamela “Pam” René Leak, who was known as “Ms. Maybelle,” passed away on March 1, 2024.

Courtesy photo

at City View. She did so much in the community through her successful food drives and other events. Her greatest legacy is giving back.”

Leak dedicated countless hours to various community service initiatives, including organizing food drives, volunteering at senior centers, and spearheading neighborhood cleanups. Leak’s many humanitarian efforts included Ms. Maybelle & Friends Turkey Drive & Give Away. She was also the CEO and creator of Ms. Maybelle’s Full-Figured Fashion Show.

Her career included working as a Certified Nursing Assistant at Stella Maris and Deaton Specialty Hospital. She also worked at the Baltimore City Circuit Court for the late clerk Frank Conaway, Sr.

The talented Baltimore native who brought smiles and laughter to so many was a 1985 graduate of Edmondson High School. Leak had worked with the likes of comedian and actor Steve Harvey and modeled with Travis Winkey. She hosted “Maybelle Mondays” on WOLB 1010 AM, and for years worked the airwaves alongside Senator Larry Young delivering her own unique brand of comedic flair.



Leak looking up at Ms. Maybelle’s Way. She grew up in the 2600 block of Robb Street, which was renamed in her honor last year. Courtesy photo

She appeared in several plays written by this playwright. However, Leak also had a dream to write and produce a play about her own life story. Her dream came true with the presentation of “Maybelle’s One Woman Show” in 2022 at Arena Players.

“I modeled in one of Pam’s fashion shows,” said columnist and author Rosa “Rambling Rose” Pryor-Trusty. “From there, we just grew closer. She was like a daughter to me. Her greatest legacy was giving to the less fortunate. She never complained, and always did it with pride. And she didn’t put the work on her volunteers...she also went out there and did it herself. I think that’s why she was so blessed.”

Pryor-Trusty added, “Pam also raised a child with disabilities and gave him excellent care. He came first in her life no matter what. She made sure he was exposed to everything a healthy child was exposed to including baseball and football games. I’ve been around for a long time, and I really don’t know anyone who has done as much as Pam did. Baltimore has taken a great loss. She was one of a kind.”



Vashtied Battle-Brown, Leak, and Ursula V. Battle following one of the comedienne’s fashion shows. Courtesy photo



Leak as “Usher Loveless” in Ursula V. Battle’s Gospel stage play comedy, “For Better or WORSE.”

Courtesy photo

Leak is survived by sons Antoine Spencer, Shawn Carter, and Nickolas “Nick” Riddick; sister Michelle Wallace; grandchildren, Camden Spencer, London Spencer, and Ameniah Jennings; uncles, Donald Culbreth, Aaron Stewart; and Carlton Douglass; aunts, Joyce Culbreth, Bessie Goss, and Sheila Gaylord; cousin, Sherrie Webb; daughter-in-law, Jessica Spencer; niece, Ashley Culbreth; beloved friend Derek Edwards and a host of other great-nieces and nephews, cousins, relatives, and friends.

Woman of Purpose, Woman of Passion

This Women's History Month, The Baltimore Times Celebrates Rosa Pryor

By Demetrius Dillard

Of the numerous contributors who have written for The Baltimore Times, only a few have been around since the publication's early days.

Rosa Pryor-Trusty is among the most fervent entertainment enthusiasts not only in Baltimore, but in the region. She is The Baltimore Times' entertainment columnist who authors the widely known "Rambling Rose" segment.

As a youngster, Pryor's unrivaled passion for entertainment and music drove her to one day pursue opportunities in that industry.

A native of Baltimore City, Pryor graduated from Edmondson High School in West Baltimore before taking some courses at Community College of Baltimore (presently Baltimore City Community College) and Morgan State College (presently Morgan State University).

Pryor, the oldest of eight siblings, learned a life-guiding principle from her mother: do unto others as you would have them do unto you.

Her professional career began in the late 1950s as a singer, songwriter and musician as the founder of the group "Little Johnny and the Twilights." She was the group's lead vocalist, guiding a number of performances at different venues, clubs and events.

When they were on tour, the group met and graced many stages as the opening act for iconic performers, including The Shirelles, The Chantels, Ruby & the Romantics, Jimi Hendrix and Sam Cooke.

Still, somewhat early in her entertainment career, Pryor was faced with some disheartening, life-altering news. She learned that she could no longer sing.

"I had problems with my throat and I couldn't sing so [I] went to the doctor and a specialist found out that I had some sort of cyst or something on my vocal cord," said Pryor, who also was a self-taught saxophonist and keyboard player.

"In the course of removing it, they told me I could never sing again. If I did, then it could create a worse problem. That's when I discontinued singing and started working with groups."

Though she was frustrated, Pryor didn't allow her inability to sing quell her passion and involvement in the musical entertainment scene. She still assisted, managed and produced local R&B and jazz musicians and singers. Pryor also worked with young people in the area, helping them tap into their musical talents and inner creativity – many of whom went on to have successful careers.

Through her promotional/marketing agency, Rosa Pryor Productions, she booked jazz musicians in the Baltimore-Washington area. In the process of time, Pryor earned recognition as one of the most prominent Black female promoters in the region.

Her professional career took an interesting-yet-rewarding turn in 1986 when she began writing entertainment columns for The Baltimore Times.

Joy Bramble, the founder and publisher of The Baltimore Times, convinced Pryor to write an entertainment column for the paper, though she had no prior experience as a professional writer. Pryor documented her beginnings with the publication in a piece entitled "Down Memory Lane: The Baltimore Times and Rambling Rose's Journey for 34 years."

For about 38 years and counting,

Pryor has contributed to The Baltimore Times. Her "Rambling Rose" column offers insights, updates and news coverage of entertainment-related events and topics in Baltimore City and surrounding areas.

Writing the column has led to additional journalistic opportunities, including covering the Barbados World Gospel Event. Subsequently, there were more requests to cover gospel festivals, music festivals and jazz festivals.

"Rambling Rose" was also published in the Afro American Newspapers for several years. Pryor's experience as a columnist has been exceptionally rewarding, she said.

"I consider Joy and Peter [Bramble] not only my best friends, but they're responsible for what I thoroughly enjoy doing now that I didn't know was even possible for me to do," Pryor said.

"It blew my mind. I just could not believe that people were actually picking up the paper to read my column. From that point to now, it's just been extremely popular... Each year I say 'I think this will be my last year.' But I enjoy it so much, I just continue doing what I can."

Pryor has authored two books – "African-American Community, History & Entertainment in Maryland (Remembering the Yesterdays)" and "African-American Entertainment in Baltimore."

She has written a third book and is hopeful that it will be released within the next three months. This book, she said, is an extension of her second book and will chronicle the city's and state's rich entertainment history from 1950 to



Rosa "Rambling Rose" Pryor-Trusty

1980. Replete with intriguing photos, this book will be more than 650 pages, she said.

In the 60-plus years Pryor has been involved in entertainment and nearly 40 years as a columnist, she has impacted thousands across the nation and beyond, cementing her legacy as an influential Black figure and local icon.

Pryor hopes that one day, a museum will designate an exhibit that chronicles her work and accomplishments over the course of her life.

"The legacy I want – after I'm gone – is for a museum or a room in a museum where all the work I have done will be placed so people can see it," Pryor said. "It would let them know that this is something they could also do."

Understanding Endometriosis: Raising Awareness About a Disease Affecting Women

By Andrea Blackstone

Endometriosis is a common health problem for women. Researchers think that at least 11% of women, or more than 6 ½ million women in the United States, have endometriosis.

Endometriosis may cause painful periods that are worse than typical ones and a host of other uncomfortable symptoms.

“Endometriosis takes its name from the term ‘endometrium,’ which is a tissue that lines the uterus. This condition is when similar tissue grows outside of the uterus. The tissue may grow on other pelvic organs and structures, such as the fallopian tubes, ovaries and bladder to name a few,” Dr. Peggy Roberts said.

The board-certified women’s health nurse practitioner who is licensed in New York founded Trust Women’s Healthcare. She has received extensive training in obstetrics, women’s health, minimally invasive procedures and aesthetics. Roberts’ expertise includes preventive medicine for women, high-risk pregnancies and various gynecological conditions.

While shedding more light on a challenging, chronic gynecological disease, Roberts added, “Endometriosis can occur in females of any age who experience menstrual cycles, although it is notably prevalent among women aged between 30 and 40 years [old]. Women with a family history of endometriosis, heavy menstrual cycles for 7+ days, shorter cycles (<27 days), or had their first period before age 11 tend to be at increased risk.”

Endometrial-like tissue grows where it does not belong, although the tissue is similar to the lining of a uterus. Receiving an accurate diagnosis

can help a woman to craft a plan to cope with endometriosis. Recording symptoms, and knowing when they began, can help determine what is going on in a woman’s reproductive system after a woman has an appointment with a doctor or medical practitioner like Roberts.

Although the disease has a wide reach and can be minimal, mild, moderate or severe, not everyone may understand what it means to have an endometriosis diagnosis. Nevertheless, The World Health Organization reports that “endometriosis affects roughly 10% (190 million) of reproductive age women and girls globally.”

Roberts also mentioned that symptoms can vary from person to person, but they commonly include chronic pelvic pain; painful period; heavy bleeding during or between periods; pain with bowel movements or urination; painful sexual intercourse; nausea; bloating; constipation; and infertility.

While mentioning how endometriosis is evaluated, Roberts stated that a provider would first ask about symptoms and perform a physical pelvic examination to identify any abnormalities with a woman’s reproductive organs. Additionally, a provider may also request non-invasive imaging, such as pelvic ultrasound or MRI. The definitive diagnosis can only be made by surgery.

According to Roberts, infertility often occurs in women with endometriosis. A theory that she mentioned is that the condition causes structural changes in the pelvic region, making it difficult for the sperm to reach the egg. Treatment options vary depending on if a woman is actively trying to get pregnant.

“The first line of action is typically

pain relief medication such as non-steroidal anti-inflammatory drugs (NSAIDS) or hormonal treatments for women who are not trying to conceive (For example, birth control pills, IUD, Depo-Provera and GnRH agonist [gonadotropin-releasing hormone agonist]). Surgery for endometriosis-related fertility issues may increase the chances of getting pregnant.”

Roberts noted that the cause of endometriosis can be complex. What is known about the disease is that it may occur when some tissue from the uterus sticks to the inside of the belly, usually during periods when blood goes the wrong way. Genetics can also be a risk factor if another family member had this condition.

A woman who has been diagnosed with endometriosis should remain mindful about what she eats.

“Diet can help improve symptoms associated with endometriosis. It is recommended to eat foods high in fiber (fruits, vegetables, beans) and Omega-3 fats (fish and nuts), but avoid inflammatory foods and beverages such as alcohol, caffeine, highly processed foods, fatty meats and excessive sugar,” Roberts said.

Roberts shared that a recent study (<https://endometriosis.org/news/research/global-study-shows-the-experience-of-endometriosis-is-rooted-in-a-persons-genetics/>) cited by endometriosis.org mentioned that a global study confirmed that various subtypes of endometriosis may stem from different origins and could react differently to treatments.

“More research understanding these differences in development and progression might enable the design of tailored medical treatments for each subtype,” Roberts added.



Dr. Peggy Roberts, a pioneering figure in the field of women’s health is revolutionizing the landscape of gynecology and obstetrics.

Courtesy photo

Roberts did explain that for many women, the symptoms associated with endometriosis does improve with menopause.

“As a woman’s estrogen decreases during menopause, the abnormal tissue growth tends to shrink as well.”

Resources that can provide more information about endometriosis include: Endometriosis Foundation of America (<https://www.endofound.org/enpwr>); The Endometriosis Resource Portal for People of Color (<https://www.endofound.org/the-endometriosis-resource-portal-for-people-of-color>); and EndoFound’s LGBTQIA Resource Hub for Endo Patients (<https://www.endofound.org/lgbtqia>).

You may learn more about Roberts by visiting <https://trustwomenshealthcare.com>.

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Ravens Made Right Move Re-signing Justin Madubuike

By Tyler Hamilton

The Baltimore Ravens announced on Monday they've agreed to a four-year, \$98 million contract that includes \$70 million in guarantees and \$50 million at signing. That's quite a haul for a guy that only two years ago had 5.5 sacks on the season.

But something changed for Madubuike last season. It can be traced back to last year's frustrating Wild-Card playoff off lose to the Cincinnati Bengals.

Ravens Defensive Coordinator Zach Orr leaned towards Madubuike and told him he saw visions of an All-Pro fourth season. That's exactly what happened last season when Madubuike finished with 13 sacks to lead all defensive tackles.

"Justin is not only one of the best defensive tackles in the National Football League, but he's one of the best football players overall," Orr said at Madubuike's introductory press conference.

"It's just an exciting time. I'd like to thank Zach [Orr]," Madubuike said "It's crazy, we talked about this right after the [Cincinnati] Bengals [2022 Wild Card] game. After that long, 100-yard [fumble return] touchdown, everybody was just feeling bad about themselves, and me and Zach just gave each other a hug like, 'You had a great year. I already know next year you're going to turn up. You're going to be All-Pro. You're going to be Pro Bowl. I can see it. I can feel it.' At that moment, I knew, [saying to myself] 'I'm going to take a month off, and I'm going to literally work my butt off to be one of the best in the league.'"

The Ravens initially placed the



Justin Madubuike

Nathan Roy Seebeck, USA TODAY Sports

franchise tag on Madubuike to ensure exclusive negotiation rights. It took a matter of weeks for the deal to get hammered out. Now Madubuike will be in Baltimore for years to come.

Madubuike once looked up to veteran defensive tackle Calais Campbell for advice when he first got into the league out of Texas A&M. Now Madubuike is excited about being a veteran player to set the example for younger ones initially.

"I feel like I've always been that guy that is always open to giving

information [and] to help people out," Madubuike said. "I feel it's going to be more now with just the success I have had on the field and just the type of person that I am. I'm always open to help people out and be that guy, definitely, for young guys to ask questions [and] look forward to or count upon for information. Yes, for sure."

The Ravens need all the help they can get along the defensive line. Having Madubuike at defensive tackle in front of inside linebacker Roquan Smith

gives the Ravens a tough battery up the middle.

Baltimore has always been a defensive minded team. They'll continue to do so with Madubuike as one of their franchise players.

"What I see in the future is just continued greatness, continued," Madubuike said. "[I] just [want to have] impact on the game, just being a force, being a cornerstone to this defense."

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