



# BALTIMORE RAVENS

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## COMMUNITY NEWS

October 18, 2010

### Ravens Aid in Park Restoration



On Saturday (10/9), Ravens staff and wives joined volunteers from CSX Corporation, City Year, the Alliance for Community Trees, Tree Baltimore, the Baltimore Orioles and the local community to transform Solo Gibbs Park in Baltimore's historic Sharp-Leadenhall community next to M&T Bank Stadium.

Nearly 100 volunteers worked to plant and mulch trees (left), build new benches and tables, paint a large mural (below left) and renovate the park's existing playgrounds and baseball field.



Established in the early 1700s, the community surrounding Solo Gibbs Park was home to some of the first African-American churches and schools in Baltimore City. Today, the area continues to give back to the community by maintaining affordable housing for its residents.

The Ravens also donated snacks and refreshments for volunteers.

### Ayanbadejo Challenges Youth to *Play 60*



On Tuesday (10/12), Ravens LB Brendon Ayanbadejo hosted an assembly at Afya Public Charter School (Baltimore, Md.) to help kick off its *Play 60 Challenge*. After sharing some advice for making healthy eating choices, Ayanbadejo demonstrated simple fitness activities including agility footwork, jumping rope and push-ups, before a few students tried the activities.

Then, the entire auditorium recited a pledge to be active for 60 minutes a day during the four-week challenge. The assembly concluded with a high five and words of encouragement from Ayanbadejo as each student exited.

### Reed Hosts Fitness Day



Ravens S Ed Reed held a fitness day at Booker T. Washington Middle School (Baltimore, Md.) on Tuesday (10/12). Joined by LS Morgan Cox, WR Justin Harper and other volunteers,

Reed set up five stations for physical activity. The students were brought outside in three waves, separated by grade, to participate in the fitness drills. Each grade cycled through stations in stretching/flexibility, catching, tackling, agility and footwork. Reed coupled his focus on fitness with a message of respect for one's self and others.

For more information on Ravens in our Community, please call 410-701-4000 or visit [www.BaltimoreRavens.com/community](http://www.BaltimoreRavens.com/community).