



Motivational Madness E-Newsletter

Heroes Abound At Dunbar Senior High School



Alex Hahn & Joyce Myers of the Redskins

In conjunction with the Washington Redskins Charitable Foundation's signature program, *Coaches in the Classroom*, the Foundation recently invited professional speaker and author Paul Vitale to present his interactive program, *A Hero Within - Today's Youth, Tomorrow's Leaders*, to 600 students at Dunbar High School in Washington D.C. In early June, Vitale brought his message of encouragement and inspiration to students at the nation's first African American public high school.

Originally the Preparatory High School for Colored Youth, Paul Laurence Dunbar High School was founded in 1870 as the first public high school for any student in the District of Columbia. The school honors Paul Laurence Dunbar (1872-1906), one of the most

acclaimed writers at the turn of the 20th century. Dunbar lived in Washington from 1897 until 1902.

Recognizing that the Foundation's highest priority is to make a positive and measurable impact on youth in the greater Washington, D.C. region in the areas of literacy, youth development, education, community service, health and wellness, Vitale inspired and challenged the students to make sound choices in their daily lives. "It was truly amazing to have the opportunity to tour Dunbar High School and see all the wonderful programs taking place, as well as the great work that is being done by the academic coach to better prepare the students enrolled. Seeing the eagerness to learn on the faces of each student during my presentation was fantastic," Paul said as he walked off stage.



Dunbar High School Students

Citing examples of modern day heroes such as Redskins Head Coach Joe Gibbs as well as everyday heroes such as teachers and counselors, Paul shared the importance of a positive attitude, the power of influence and the significance of character. "Watching Paul drive home the concepts we try to instill daily in the students' lives was awesome," *Coaches in the Classroom* Academic Coach Dave Kiehn said. "My students came up to me after hearing Paul and said

'That's what you've been telling us, Coach.' It was amazing to see their response."



Academic Coach Dave Kiehn & Dr. Harriett Kargbo and is currently presenting to young people across America. It was a privilege for him to speak on behalf of the Redskins Foundation at Dunbar High School. Paul hopes to continue the mission at other D.C. area schools in the near future.

"The Foundation is making great strides to increase opportunities for the inner city students of Washington," Paul expressed to Principal Harriett Kargbo. "The Redskins are making a difference in the future of their community."

A Hero Within - Today's Youth, Tomorrow's Leaders is a program that Paul created and began initiating in Arkansas Schools in 2004

Vital Information

Redskins in the Community

The Washington Redskins Charitable Foundation is the non-profit foundation of the team and was founded by Redskins Owner Daniel M. Snyder in 2000. The mission of the Foundation is to be the voice that raises awareness of issues influencing youth in the region, and to utilize the unique assets of the Washington Redskins organization and its corporate and community partners to achieve measurable results that improve communities.

Signature Programs

Redskins Read

To encourage and promote literacy among youth
4th & Life

To focus on what it takes to be successful on the field, in the classroom and in the workplace

Redskins All Stars

To encourage and promote community service and volunteerism among youth
Fields for Tomorrow

To renovate and refurbish high school football fields in need of repair

Coaches in the Classroom

To help area student-athletes focus on academics

For more information about the Washington Redskins Charitable Foundation Signature Programs, log on to Redskins.com!

Thoughts to Ponder

It is not where you have been and what you have traveled through, it is where you are going and how many lives you'll touch along the way.

Paul Vitale