



ATTENTION ALUMNI! Let us know if you are looking for old team photos, game film or any other mementos from your playing days or have some that you would like to share. If interested, please contact Harold Carmichael at 215.463.2500. **Happy Holidays from the Philadelphia Eagles!**

BUDDY RYAN IN TOWN FOR AWARD

FORMER COACH RECEIVES LIFETIME ACHIEVEMENT AWARD AT 6th ANNUAL SPORTS FANS CHOICE AWARDS

Seventeen years after he last coached a game for the Eagles, Buddy Ryan is still revered by fans and former players. This enduring admiration recently led to a lifetime achievement award for the former coach that brought him back to the city of Philadelphia. The Sixth Annual Philadelphia Sports Fans Choice Awards were held on December 17th at the Hyatt Regency. Among those in attendance to see Ryan honored were some of his former players including Clyde Simmons, Mike Quick and Fred Barnett. Quick and Simmons shared some of their memories about their former coach while scenes from Ryan's career played on the ballroom video screens.

Due to the birth of a son, Randall Cunningham was unable to attend, but that did not stop the former signal caller from expressing his admiration for his old coach. The audience was in rapt attention as the former Eagle expressed his gratitude to Ryan via phone, crediting his old boss with laying the foundation for his 16-year career. In an era when few black quarterbacks were given an opportunity to lead their teams, Buddy Ryan spat in the face of convention and turned the keys to his offense over to Cunningham. The results were groundbreaking as the four-time all pro quarterback and two-time league MVP shattered stereotypes and opened doors for a generation of black signal callers.

Despite their regular season success, Ryan's teams failed to record a play-off victory during his five-year tenure in Philadelphia. A tough NFC East that produced seven Super Bowl champions over a ten-year span often left his squad beat up by the time they reached the postseason. Unlike the current ownership that seems willing to do anything it takes to win a championship, Ryan often found himself with little or no support. Two players that he lobbied for that could have made a difference were Wilbur Marshall and Jim Lachey, but ownership was unwilling to loosen the purse strings and both players landed in Washington. The fog bowl in '88 seemed to be a harbinger of things to come as playoff misfortune eventually led to Ryan's dismissal following the 1990 season. *(Continued on the back page)*

IN THIS MONTH'S ISSUE

COVER STORY

Former Coach Buddy Ryan receives Lifetime Achievement Award

HEALTH & FINANCES

3 Resolutions for a Healthy New Year

ALUMNI SPOTLIGHT

Duce Staley retires as an Eagle

TURN BACK THE CLOCK

An off-beat photo flashback to 1990





HEALTH & FINANCES

THREE RESOLUTIONS FOR A BRAIN-HEALTHY NEW YEAR

Determined to drop a few pounds, eat right, or get fit after all the holiday festivities? Those New Year's resolutions may be good for more than just your body. Recent studies continue to point to the benefits of an active, heart-healthy lifestyle to help keep the mind sharp and alert. While there are many factors that we can't control, such as the genes we inherit, a few simple steps may even help to prevent Alzheimer's disease years down the road.

1. Keep on exercising. Exercise is beneficial at any age, not just for the heart and muscles but for the brain as well. Doctors in Scotland who examined 460 men and women who had been participants in a long-running national survey found that, as a group, the more physically fit an individual was in old age, the more likely he or she was to have an intact memory.

2. Eat a healthy diet. Doctors at Columbia University in New York found that seniors who ate plenty of fruits, vegetables, legumes, cereals, and fish; moderate amounts of wine; and little red meat or high-fat dairy products had a lower risk of getting Alzheimer's disease.

3. Turn off the TV. Watching too much television not only keeps you on the couch; it may also dull the brain. A recent survey from Australia found that men and women who reported watching less than an hour a day of TV performed better in numerous memory tasks.



DUCE STALEY RETIRES AS AN EAGLE

FORMER RUNNING BACK HONORED AT HALFTIME

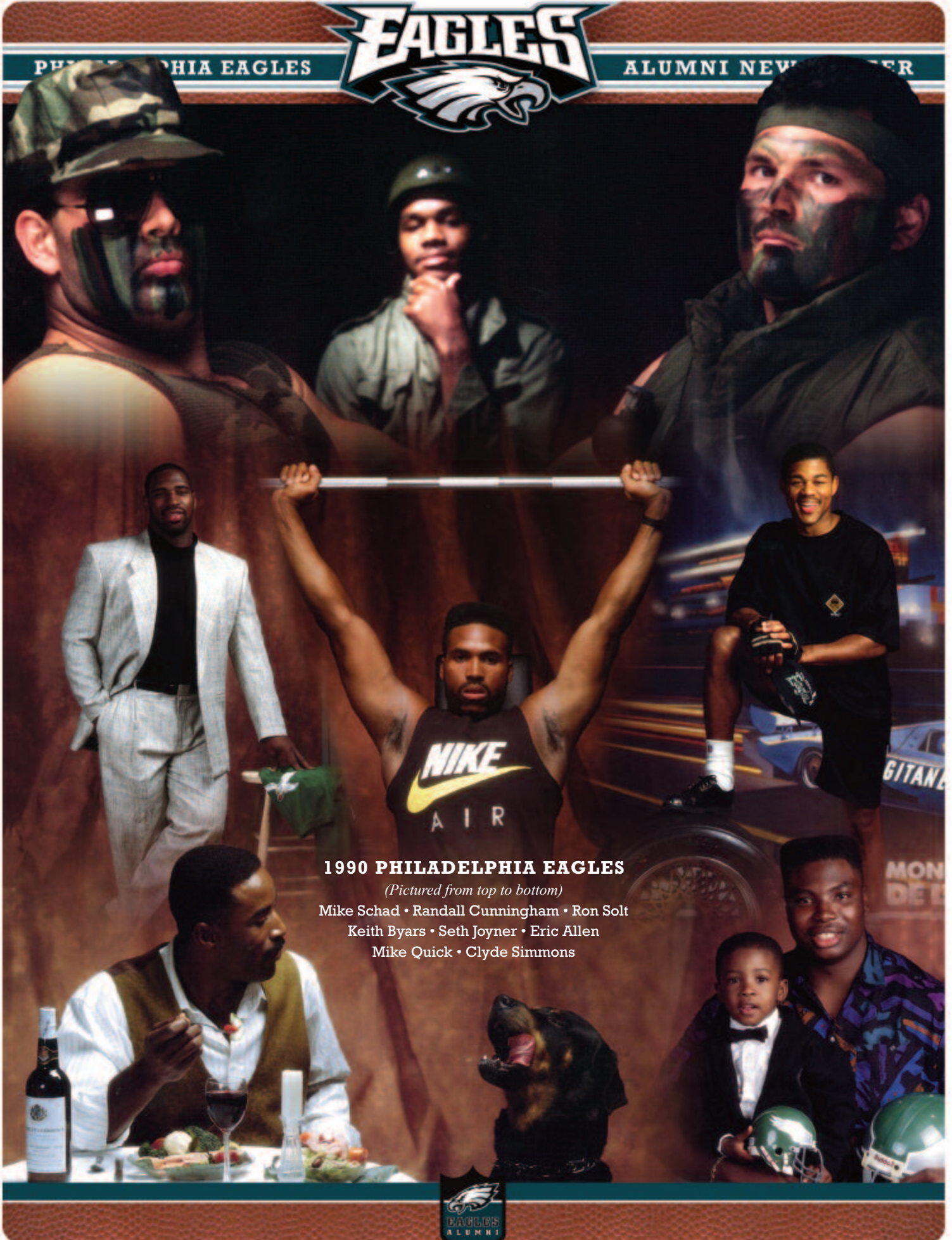
Turns out you can go home again. At least that was the case for Duce Staley, who returned to where it all began for one final opportunity to hear the Philly faithful chant his name. "DUUUUUUUUCE" was the battle cry once more, just as it had been for seven glorious years in Philadelphia prior to his departure to Pittsburgh in 2004.

When he first heard the call of the wild fan base early in his career, he feared that the infamous crowd had found a new whipping boy. "I had to make sure they weren't booing me," Staley recalled of the first time he was serenaded by the fans. "Once I found out there was a D in front of that, I could put the rest together and realize what they were saying." The chant was not just a staple at home games, but served as a statement on the road proclaiming that Philly fans were in the house.

One such road game took place in September 2001 when the Eagles traveled to Seattle to play the Seahawks at Husky Stadium. The home crowd's confusion turned into amazement as Philly fans made their presence known each time Staley touched the ball. Duce's presence gave Eagles fans an opportunity to proclaim that they had traveled to the remotest of NFL cities less than two weeks after the September 11th terrorist attacks to cheer on their favorite team. The Eagles 27-3 victory over the Seahawks that day would prove to be Seattle's only loss on home turf all season.

Staley was the impetus behind many great moments during his tenure in Eagles green. One game in particular that stands out was the "Pickle Juice" game that signaled the dawning of one of the most successful eras in team history. The 41-14 season opening victory at Dallas was highlighted by Staley's 201-yard rushing performance that still stands as the second highest total in franchise history. "One of my most memorable moments, if I had to think about one game, would probably be the Dallas game and being able to have a great game down there," Staley concurred. *(Continued on back page)*





1990 PHILADELPHIA EAGLES

(Pictured from top to bottom)

- Mike Schatz • Randall Cunningham • Ron Solt
- Keith Byars • Seth Joyner • Eric Allen
- Mike Quick • Clyde Simmons





DUCE RETIRES AS AN EAGLE

(Continued from page 2) Drafted by the Eagles in 1997, Staley ranks third in career rushing yards and fourth all-time in regular season games played among Philadelphia running backs with 98.

He amassed 4,807 career rushing yards, 22 touchdowns on the ground, and a 4.0 career rushing average. With Ricky Watters and Charlie Garner on the roster when he arrived in Philadelphia, Staley originally feared that his time in the city would be short lived.

"I remember asking myself, what was I going to do? Could I make the team as a running back?" Staley said looking back to his rookie year. "To make a long story short, two years after that I would be starting. It's funny how time flies. Now, I'm here talking to you and I'm about to retire."

Staley went on to explain the significance of "coming home": "It's a real important day in my life, being able to come back here where it all started. I had a lot of great years here, made a lot of good friends, had a lot of great relationships."

Even though Staley went on to win a Super Bowl in Pittsburgh, Philadelphia was never far from his thoughts.

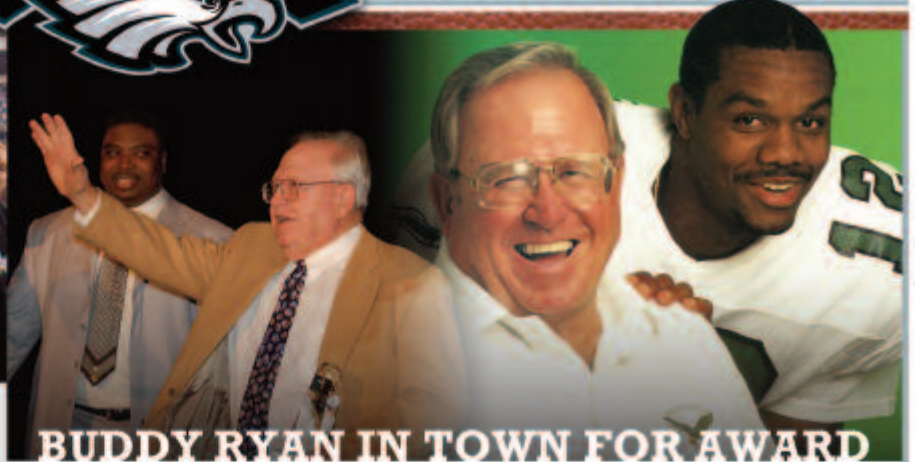
"My heart was here, my soul was here," Staley said. "I really enjoyed my career as a player and I'm fortunate to be here to retire as an Eagle."

DECEMBER TRIVIA QUESTION

Which former Eagle holds the franchise record for most rushing yards in a game.

1. Duce Staley
2. Wilbert Montgomery
3. Steve Van Buren
4. Brian Westbrook

(Answer from last month: HAROLD CARMICHAEL)



BUDDY RYAN IN TOWN FOR AWARD

(Continued from page 1) Despite the postseason disappointments, Buddy continues to hold a special place in the hearts of Eagles fans everywhere. Maybe it was his stellar record against the hated Cowboys and Giants. Perhaps it was the pillaging style of play he encouraged... make that demanded, that fed the blood lust of the 700 level fanatics. In retrospect, Buddy Ryan and Philadelphia were a match made in heaven even if his "46" defense made opposing offenses feel like they were in hell.

Prior to joining the Eagles, Buddy Ryan was an integral part of the Jets coaching staff that engineered one of the greatest upsets in sports history in Super Bowl III. His next stop was Minnesota where he was the defensive coordinator of the famed Purple People Eaters. His eight-year run as the defensive coordinator in Chicago culminated with his legendary 1985 unit that is widely considered the greatest defense of all time. Ryan's charges shuffled their way to a 15-1 season before winning Super Bowl XX 46-10. On the night prior to that game, Ryan informed his players that he would be moving on to the Eagles after the season. After trouncing the Patriots, the emotional Bears defense carried Ryan off the field on their shoulders, a tradition usually reserved solely for the Head Coach.

After leaving Philadelphia, Buddy Ryan went on to coach the Cardinals to their first non-losing season in a decade before retiring to his horse farm in Kentucky. Ryan's twin sons also became involved in football and served at the college and professional level. They are Baltimore Ravens defensive coordinator Rex Ryan and Oakland Raiders defensive coordinator Rob Ryan. Their teams were ranked first and third respectively in the NFL last year in total defense. Apparently the apples didn't fall far from the tree.

UPCOMING EVENTS

NFLPA RETIRED PLAYERS CONVENTION



The 2008 NFLPA Retired Players Convention will be held **May 28 - June 1** in San Juan, Puerto Rico. For more information about the convention, visit www.nflpa.org or call **800.372.2000** and ask for **Corinne Murphy**.

THE PHILADELPHIA EAGLES ALUMNI ASSOCIATION

NovaCare Complex • 1 NovaCare Way • Philadelphia, PA 19145 • 215.463.2500

