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Dear Retired Player:

As we celebrate the Holiday Season, we take time to salute all of you who year after year help those less fortunate in your local communities.

We also recognize the thousands of you who now hold responsible leadership positions in dozens of various fields.

For example:

**John Anderson, Frank Beede** and **Bryan Wagner** are school teachers helping to mold teenagers into young men and women.

**James Bostic, Jason Odom** and **Trevor Insley** are valued public servants in local police, sheriff or fire departments in cities big and small.

**Dick Ambrose, Gary Barnes,** and **Olen Underwood** are judges who sit on the bench... something they didn't do as NFL players.

**Kevin Dyson, Cato June,** and **Steve Walsh** are coaching hundreds of high school football players, including a few possible future NFL Legends.

**Pat Hughes, Dwight Stephenson** and **Pat Terrell** are successful businessmen who contribute their time and financial support to countless charities.

**Paul Frase, Warrick Dunn,** and **Mike Utley** lead their own foundations and improve the lives of young people on a daily basis.

We thank all of you who represent OUR NFL family so well as role models in towns and cities around the country.

We wish you and YOUR family a happy and healthy Holiday Season.

Regards,  
Joe Browne  
Senior Advisor to the Commissioner

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## NFL CLUBS ENDORSE NEW CONDUCT POLICY DEVELOPED WITH HELP OF FORMER PLAYERS



Former offensive lineman **Roman Oben** (1996-2008) was one of two-dozen retired players who helped formulate the new NFL Personal Conduct Policy.

The 32 teams last week unanimously endorsed a revised and strengthened Personal Conduct Policy for all NFL employees, including active players. This new policy was developed with the assistance of experts, business leaders and organizations as well as with many of your fellow former players. Hall of Famer **Curtis Martin** (who played from 1995-2006), **Mark Washington** (1970-79), **Marty Lyons** (1979-89), **Roman Oben** (1996-2008), **Doug English** (1975-85), **Jerry Sisemore** (1973-84) and two dozen other colleagues of yours met with **Commissioner Goodell** and EVP **Troy Vincent** in recent months to give their views on today's league AND league values.

The comments from your peers were similar at each meeting: It is a privilege to be part of the NFL, and anyone associated with it, including players, must refrain from conduct detrimental to the integrity of the league. The one-page "Mission & Values" statement that was adopted last week is [here](#).

We in the League Office admit that we have made recent mistakes in connection with player discipline on personal conduct issues. However, we thank you for everything YOU have done over the years to support the league through your own personal conduct and upholding the values of the game. You have our word that we will work harder so that you and your families are proud that you played in the NFL.

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## DR. DAN DOORNINK: ALL IN THE FAMILY



Former Giant and Seahawk **Dan Doornink** started his practice of internal medicine in his hometown of Yakima, Wash. in 1990.

**Dan Doornink**, whose football career took him from the state of Washington to New York and then back again, is the exception to the NFL rule.

The son of a medical doctor, Dan KNEW what he wanted to do when his NFL career ended... as all athletic careers do.

"I grew up in a household where it was not unusual for my dad to go out at 2 A.M. to deliver a baby," the younger Dr. Doornink recalls. "He was an old fashioned, family practitioner, who in those days handled all kinds of illnesses. I knew from a very young age that I wanted to follow in his footsteps."

Young Dan was drafted in 1978 by the Giants out of Washington State and returned to the Northwest the following year when the Seahawks traded for him.

He was a fullback... turned halfback... turned pass-catcher out of the backfield who rushed for more than 100 yards on more than one occasion for the Seahawks.

He started his studies while still an active player and graduated from the University of Washington Medical School in 1986, just months after his football career ended.

“I’m not complaining but, when we played, guys were not making big money so when their careers ended they knew they had to get jobs,” he says. “It wasn’t easy, some of my teammates struggled for a while but eventually they became involved in second careers where many still are today. It’s hard to replace the camaraderie of the locker room but it’s great when we all get together years later as we did a couple of weeks ago at a Hawks game.”

Dan started his practice of internal medicine in his hometown of Yakima in 1990. He and his wife, Sharon, have raised four children there, including a med school student who plans to follow in his father and grandfather’s footsteps.

There may not be many second generation medical doctors in the NFL player ranks but there ARE many success stories among the 20,000 retired NFL Legends. The following lists 20 more.

PLAYER	TEAM(S)	YEARS IN NFL	CURRENT CAREER POSITION (LOCATION)
CB Ashley Ambrose	Colts, Bengals, Saints, Falcons	1992-2004	Assistant Coach, University of Idaho (ID)
T Larry Brown	Steelers	1971-1984	Co-Founder, B.T. Woodlipp, Inc. (PA)
DB Ricky Davis	Bengals, Buccaneers, Chiefs	1975-77	Attorney, Wallace, Jordan, Ratliff & Brandt (AL)
DT Mark Duda	Cardinals	1983-87	Head Coach, Lackawanna College (PA)
WR Reggie Garrett	Steelers	1974-75	Safety & Security Manager, U.S. Foods (NJ)
CB Andre Goodman	Lions, Dolphins, Broncos	2002-11	Director of Football Development, University of South Carolina (SC)
C Courtney Hall	Chargers	1989-1996	Co-founder/Managing Director, Hillcrest Venture Partners (NY)
RB Wilbur Jackson	49ers, Redskins	1974-82	Owner, Three Star Services (AL)
WR Reggie Langhorne	Browns, Colts	1985-93	Sales Manager, Pat O'Brien Chevrolet (OH)
RB Greg Lewis	Broncos	1991-92	Senior Director of Advancement for Minority Affairs and Diversity, University of Washington (WA)
TE David Little	Chiefs, Eagles, Cardinals, Lions	1984-91	Founder-Technician, Atlas Scale Services (CA)
QB Chuck Long	Lions, LA Rams	1986-1990	Executive Director/CEO, Iowa Sports Foundation (IA)
DE Dave Long	Cardinals, Saints	1966-1972	Owner, The 1 Alpaca Farm (AZ)
G Gerry Mullins	Steelers	1971-79	President, Industrial Metals & Minerals (PA)

QB Mike Pagel	Colts, Browns, Rams	1982-93	Service Executive, AT&T (NC)
QB Jeff Rutledge	Rams, Giants, Redskins	1979-1992	Head Coach, Valley Christian High School (AZ)
LB Brandon Short	Giants, Panthers	2000-2006	CEO, World Business Partners (Dubai)
G Matt Stinchcomb	Raiders, Buccaneers	2000-2004	Managing Partner, Seacrest Partners (GA)
CB Deshea Townsend	Steelers, Colts	1998-2010	Assistant Coach, Mississippi State University (MS)

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## DO YOU STILL NEED TO BUY 2015 HEALTHCARE INSURANCE?

More than 300 former NFL players (perhaps including you or your spouse) have called our NFL Health Care Information Hotline (**1-800-NFL-GOAL; 1-800-635-4625**) in the last month to inquire about buying health insurance for 2015. If you need insurance but are not sure what your options are or whether you qualify for a government subsidy, our league office has arranged again this year to have health care advocates available exclusively to assist you, **Monday-Friday from 9 A.M.-6 P.M. (ET)** between now and February 15, 2015. The service is free and the assistance is confidential. You also can visit [www.NFLhealthcareinformation.com](http://www.NFLhealthcareinformation.com) for additional information. Don't wait until Valentine's Day to handle this important matter for you and your family.

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## NFL LEGENDS IN THE NEWS



Pro Football Hall of Fame coach **Bud Grant** had yet one more honor bestowed on him earlier this month when a street near the new Vikings stadium was named 'Bud Grant Way.' The 87-year old Grant, who coached the Vikings from 1967-83 and again in 1985, denied that 'Bud Grant Way' would be a 'one-way street'. Team owners **Zygi** and **Mark Wilf**, as well three dozen of his players, such as **John Randle**, **Jim Marshall**, **Bill Brown**, **Paul Krause**, **Greg Coleman**, and **Gary Larsen** were on hand in three-degree temperatures for the ceremony. Emcee **Bob Lurtsema**, who played (sometimes) under Grant in the 70s, was defiant in his remarks when he told his former coach, "Bud, I no longer believe like I did as a player when you told us 'cold is psychological.'" Grant six days later topped off a big week by flying as a passenger in a vintage World War II plane over the stadium during warmups prior to a Vikings game. Don't get old, Coach Grant!

Congratulations to Pro Football Hall of Famer **Willie Roaf** (Class of 2012), who

Pro Football Hall of Fame coach **Bud Grant** was honored with a street named 'Bud Grant Way' outside of the new Vikings Stadium.

also was inducted last week into the College Football Hall of Fame in a New York ceremony. His former NFL colleagues, who also were part of the 2014 College Hall of Fame class, were **Dre Bly, Tony Boselli, Dave Butz, Shane Conlan, Joe Hamilton, John Huard, Darrin Nelson, John Sciarra, LaDainian Tomlinson, and Wesley Walls**. Congrats to all!!

For those of you who can't get enough Cowboys news... **Troy Aikman** (like he needs more publicity) had his No. 8 jersey retired at alma mater UCLA on November 28. The three-time Super Bowl champion is the ninth Bruin to be so honored... Also, former Dallas defensive lineman **Chad Hennings**, who graduated from the Air Force Academy and then played in Dallas from 1992-2000, has been named the winner of the Walter Camp "Alumni Award" which goes to a football player who has "...distinguished himself in pursuit of excellence as an athlete, in his personal career, and doing good works for others."

Speaking of retired jerseys... QB **Jamie Martin**, who had a 16-year NFL career (1993-2008), became the first athlete in any sport at Weber State University to have his jersey retired during a ceremony last month. Martin originally joined the league as an undrafted free agent with the Los Angeles Rams in 1993 and later signed contracts with the Redskins, Chargers, Jaguars, Browns, Jets, Saints, and 49ers. His pro football legacy includes a Super Bowl XXXIV championship ring with the Rams and a spring season with the Amsterdam Admirals of NFL Europe in 1995.

Former Steelers DB **Dwayne Woodruff**, who currently is an Allegheny County judge, recently announced he is running for the Pennsylvania Supreme Court next year. The post is an elected office in the state... Former Bengals receiver, lawyer and now NBC *Sunday Night Football* analyst **Cris Collinsworth** will be honored by the Bluegrass Sports Commission at their annual banquet on February 4 in Lexington. Collinsworth, whose father played basketball for the University of Kentucky, now lives in that state... Up North, former Broncos QB (1973-75) and longtime NFL assistant coach **John Hufnagel** won his second straight Grey Cup this season as head coach of the CFL Calgary Stampeders. He has been Calgary's head coach since 2008 and announced earlier this month that 2015 will be his last season there as coach before moving upstairs to focus on the general manager's duties... Pro Football Hall of Famer **Bobby Bell** recently "conquered one more world" when he took his final three classes to graduate from the University of Minnesota a half-century after he enrolled at the school.

Congrats to all the above individuals and let us know when you or a former teammate is being honored by emailing us.

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## NFL LIFE LINE (800-506-0078) IS AVAILABLE AROUND THE HOLIDAYS



An important reminder that the **NFL Life Line (800-506-0078)** is a free, independent and confidential phone consultation service available to former players, their wives, and other family members who may need assistance with matters such as spousal and child safety, mental and physical health, lifestyle and transition in their post-NFL life.

**NFL Life Line (800-506-0078) is available 24 hours a day, seven days a week, 365 days a year. All calls are strictly confidential and not shared with the league office, teams, or any related entity.**

To learn more, visit <http://nfllifeline.org>

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## FREE CARDIO & PROSTATE SCREENINGS SET FOR PHOENIX AT SUPER BOWL XLIX



The **NFL Player Care Foundation (PCF)** is sponsoring free cardiovascular and prostate screenings for you and other Legends in Phoenix next month during Super Bowl week. The screenings are set for January 29-30.

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