

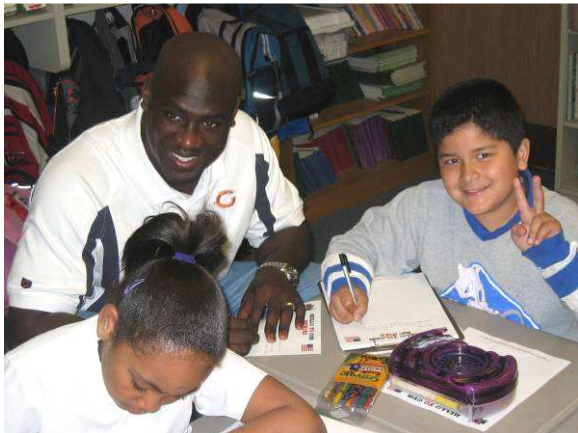


# IT BEARS MENTIONING.....

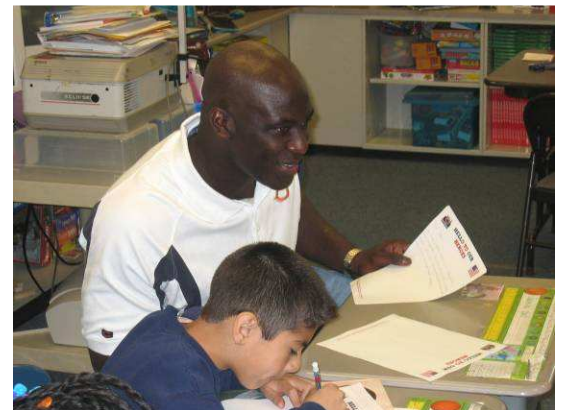
May 2005

## HELLO TO OUR HEROES

Chicago Bears defensive end **Michael Haynes** kicked-off the Bears new "Hello to Our Heroes" program at Lyon Magnet School in Waukegan on Friday, April 29. He visited a class of 3<sup>rd</sup> grade students and helped them write letters to men and women in the military who are stationed overseas. Coming from a military family, Michael understands how much it means to soldiers to receive a letter from home. His mother served in the Army, and his father was a member of the Air Force. The kids thanked the soldiers



and wished them a safe return home. Lyon Magnet student Javier wrote, "My family and friends have been able to go outside to play with their children because of you soldiers protecting our country. I want to tell you, I appreciate your hard work by protecting our country out there." His classmate, Jasmine, told her soldier, "When I grow up I am going to be just like you." In support of this program, a Bears player will visit a different school once a month to help students write letters that will be sent overseas with the help of the USO.



## OFF THE FIELD TRAINING

Almost any athlete will tell you that their on-field success starts off the field and in the weight room. On Wednesday, March 9, Bears assistant athletic trainer **Reggie Barnes** spoke to high school football players from Hyde Park Academy in Chicago about the importance of off-season conditioning and the benefits of a unified lifting program. Reggie shared some training tips that are used by the pros and answered individual questions posed by the group of interested students. These athletes all participate in the Play It Smart Program in association with the National



Football Foundation. Through this program, a trained adult academic coach works with the student athletes for an entire school year and focuses on positive personal development, decision making, responsibility, maturity issues, and leadership skills.



## ONE OF A KIND

Bears front office legend **Clyde Emrich** was honored at the Irving Park YMCA on Saturday, April 16 during a dedication ceremony for the Y's newly renovated weight facility now known as the "Bears Den." Clyde was responsible for creating the Bears first strength and conditioning program at the Irving Park YMCA in 1962, and he was recognized for his many accomplishments at the ceremony. Bears alumni players Ronnie Bull, Doug Buffone, Bob Wetoska, Jim Grabowski, and Hall of Famer Stan Jones – who all trained under Clyde at the Irving Park YMCA –

attended the dedication ceremony. Bears players trained at the Y until 1971, when Clyde, a former Olympic and world champion weight lifter, was hired as the team's first full-time strength and conditioning coach. **Marc Colombo** and **Bryan Johnson** were also present, and they ran a football clinic for the kids at the YMCA following the dedication ceremony.

## BACK TO SCHOOL

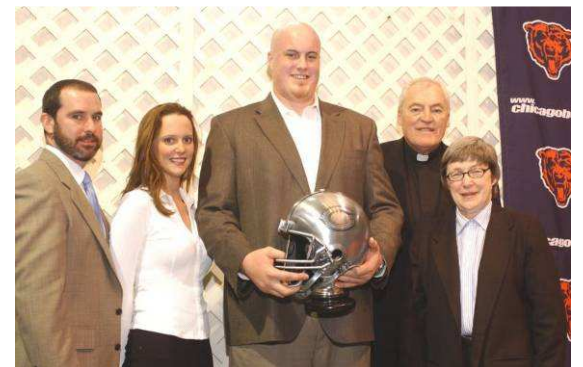
Have you ever wondered what it takes to suit up the Bears every Sunday? On Tuesday, March 22, a group of students from Central Junior High in Zion had that question answered when Bears head equipment manager **Tony Medlin** visited them as part of the school's Career Day. Tony showed them a complete set of gear that a typical NFL football player wears on game day, and explained what he and his staff need to do on a daily basis to make sure the team is always prepared with the proper equipment and clothing...whether it's for practice, conditioning, or games. Three different groups of students had the opportunity to ask Tony questions and learn about his exciting career with the Bears.



## A COURAGEOUS BEAR

**Marc Colombo** received the Ed Block Courage Award during a luncheon at Maryville City of Youth on April 5. This prestigious award is annually presented to Bears players who are regarded as symbols of professionalism, strength, and dedication. The winner

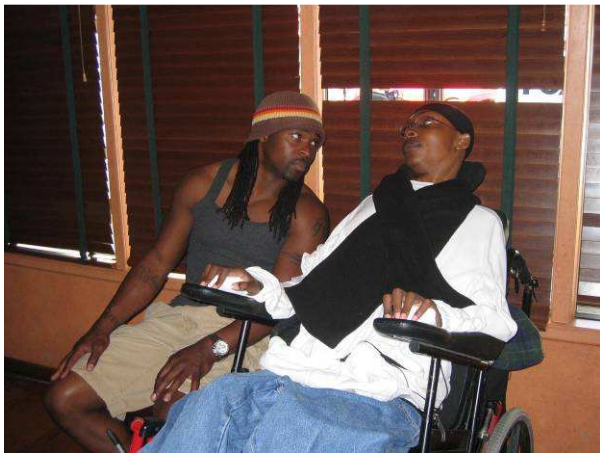
is considered to be a role model in his community. Marc certainly fits these criteria perfectly, and the Chicago Bears organization congratulates him on this tremendous honor.



# OUR FRIEND NEEDS YOUR HELP

**R.W. McQuarters** joined three paralyzed, former high school athletes and the Dreams for Kids organization to announce a campaign to raise \$250,000 to acquire a wheelchair accessible house for their friend, **Rocky Clark**.

Rocky was paralyzed on September 15, 2000, while playing football for Eisenhower High School. He currently resides in a small bedroom in his mother's modest home in Robbins, IL. There is no space for his medical equipment or his special needs, and this arrangement impedes his health. Rocky fights to stay healthy and is pursuing a college degree. Rocky and his good friend, Rob Komosa, who was also paralyzed playing high school football, have formed a special relationship with the Bears over the years. They have made numerous visits to Halas Hall, Training Camp, games, and were even featured on the 2004 Bears season tickets. If you are interested in helping Rocky, donations should be made payable to "Dreams For Kids, Rocky Clark Fund." Send them to DREAMS FOR KIDS - ROCKY CLARK FUND, 218 N. Jefferson, Suite 300, Chicago, IL 60661. Dreams for Kids is a registered non-profit 501(c)(3) charitable organization, which works to improve the quality of life of children with disabilities. You may contact Dreams for Kids at (312) 669-8859 with any questions.



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## HONORING OUR BEARS

**Olin Kreutz** and **Tommie Harris** were announced as the veteran and rookie winners of the prestigious Brian Piccolo Award on Thursday, April 21 at a press conference at Halas Hall. Bears teammates select the winners each year based upon which players best exemplify the courage, loyalty, teamwork, dedication, and sense of humor of the late Brian Piccolo. The award has been given to a rookie since 1970 and was expanded to include a veteran in 1992. Olin made history this year by being the only veteran player to ever receive the award twice. Prior to the presentation, David Krichavsky of the NFL presented a check for \$100,000 to the Brian Piccolo Cancer Research Fund. This was the second of five annual installments that the NFL will donate to the Brian Piccolo Cancer Research Fund, for a total donation of \$500,000. Proceeds from this fund, founded in 1970, benefit both breast cancer research at Rush University and Medical Center and the Clearbrook Center for the mentally disabled in Arlington Heights.



## A BEAR WITH A HEART OF GOLD

On March 19<sup>th</sup> **John Tait** was honored at the SEDOL Foundation's 14<sup>th</sup> Annual Heart of Gold Dinner Dance because of his donation of tickets made through the Bears Home Team Hand-Off program in 2004. John donated 20 tickets to the Foundation for each Bears home game. His generosity inspired SEDOL's bus company to donate bus transportation from SEDOL to Soldier Field for every game and their Board of Directors to donate t-shirts to all of the kids who attended. John's donation was truly a once in a lifetime opportunity for these students who otherwise would not have the chance to attend a Bears game. The SEDOL Foundation thanks John and his wife Jeneva for their incredible dedication and generosity.



## BEAR HUGS

**Tommy Harris** and mascot **Staley** visited the University of Chicago Comer Children's Hospital on March 28 to visit with young patients as part of the Bears new "Bear Hugs" program. After answering questions, posing for photos, and signing autographs, Tommy surprised about 15 children and their families by singing an inspirational gospel song, "I Won't Complain." He also told them about how he struggled as an infant after being born with spinal meningitis. When

asked about his visit, Tommy said, "I could just relate. Just sitting here and seeing these guys continue to keep smiling even though they have so much pain, it just inspires me more and more." Through our "Bear Hugs" program, Staley will visit a different Chicagoland hospital every month to help brighten the spirits of sick children.

## GOING, GOING, GONE

Time is running out to visit the **Walter Payton Exhibit** at the Lake County Discovery Museum!!! "Sweetness: The Walter Payton Story" opened on October 2, 2004, and will only run until June 19, 2005. If you haven't already, try to make time to check it out. It also features an exhibit called "A Picture is Worth a Thousand Yards: Sports Photography of Walter Payton," where professional photographers from around the nation share their best images of Walter Payton on and off the field. The Lake County Discovery Museum is located at Lakewood Forest Preserve at Route 176 and Fairfield Road in Wauconda. You may contact the museum at (847) 968-3393 with any questions. This is a must-see for all Bears fans and, more important, Walter Payton fans...don't miss it!!!





# ATHLETES AND ASTHMA

Would you know what to do if someone around you had an asthma attack? Most people don't know how to identify one, let alone respond to it. That is one of the main reasons why the American Lung Association of Illinois and Suburban

Asthma Consortium have developed the new "Athletes & Asthma" program. It is a free training program that teaches coaches, trainers, and physical education professionals how to identify and appropriately respond to exercise-induced youth asthma. Bears head athletic trainer **Tim Bream**, team physician **Dr. Michael Ankin**, and long-snapper **Patrick Mannelly** will help announce the "Athletes & Asthma" program at a press conference at Halas Hall on Tuesday, May 3, which is World Asthma Day. Mannelly will also speak about his personal experience growing up as an athlete with asthma. If you are interested in learning more about the "Athletes & Asthma" program, please contact the American Lung Association at (630) 260-9600 or [www.lungil.org](http://www.lungil.org).

## TOUCHDOWNS AROUND TOWN

The Bears 2005 Report to the Community is here... highlighting the wonderful events and programs our players, coaches and staff have done this past year to make a difference in the Chicagoland community.

If you would like to receive a copy of this publication, titled "Touchdowns Around Town," please contact the Community Relations department at (847) 295-6600 or [KateR@bears.nfl.com](mailto:KateR@bears.nfl.com).

## BEARS 2005 SCHEDULE

### PRESEASON

Mon, Aug 8	Dolphins @ Canton, OH	7:00
Fri, Aug 12	@ St. Louis	7:00
Sat, Aug 20	@ Indianapolis	7:00
FRI, AUG 26	BILLS	7:00
THU, SEP 1	BROWNS	7:00

### REGULAR SEASON

Sun, Sep 11	@ Washington	Noon
SUN, SEP 18	LIONS	NOON
SUN, SEP 25	BENGALS	NOON
Sun, Oct 2	BYE	
Sun, Oct 9	@ Cleveland	Noon
SUN, OCT 16	VIKINGS	NOON
SUN, OCT 23	RAVENS	3:15
Sun, Oct 30	@ Detroit	Noon
Sun, Nov 6	@ New Orleans	Noon
SUN, NOV 13	FORTY-NINERS	NOON
SUN, NOV 20	PANTHERS	NOON
Sun, Nov 27	@ Tampa Bay	Noon
SUN, DEC 4	PACKERS	NOON
Sun, Dec 11	@ Pittsburgh	Noon
SUN, DEC 18	FALCONS	7:30
Sun, Dec 25	@ Green Bay	4:00
Sun, Jan 1	@ Minnesota	Noon



## HAPPY BIRTHDAY TO YOU

Quinn Dorsey.....April 1, 1980  
 Kareem Kelly.....April 1, 1981  
 Patrick Mannelly.....April 15, 1975  
 Desmond Clark.....April 20, 1977  
 Jeremy Cain.....April 24, 1980  
 Tommie Harris.....April 29, 1983  
 Bobby Gray.....April 30, 1978  
 Muhsin Muhammad.....May 5, 1973  
 Jason McKie.....May 22, 1980  
 Ron Johnson.....May 23, 1980  
 Brian Urlacher.....May 25, 1978  
 Gabe Reid.....May 28, 1977  
 Shurron Pierson.....May 31, 1982

CONTACT THE CHICAGO BEARS COMMUNITY RELATIONS DEPARTMENT AT (847) 295-6600