



MONDAY NIGHT NOTES

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SEAHAWKS ON BRINK OF NFC WEST TITLE AS EAGLES AWAIT ON MONDAY NIGHT

One team can punch its ticket to the playoffs while the other is readying for another run.

That is the setting as Week 13 will come to a close on ABC's *NFL Monday Night Football* with a matchup between the Seattle Seahawks and Philadelphia Eagles at Lincoln Financial Field (ABC, 9:00 PM ET).

With a victory, the Seahawks will claim their second consecutive NFC West Division championship and return to the playoffs for the third season in a row. With nine wins in 11 games, Seattle has tied the best start in franchise history (1984).

"Everybody in the league and all the other players are watching on Monday nights," says Seattle head coach **MIKE HOLMGREN**. "*Monday Night Football* is special."

It will be especially so this week, as the Eagles retire uniform No. 92 in tribute to the great **REGGIE WHITE**, who died last December 26 at the age of 43. White spent 1985-92 with the Eagles, posting 124.0 sacks and helping the club to five consecutive 10-win seasons from 1988-92.

"Reggie was one of my favorite guys, a great person who lived by what he preached," says Eagles head coach **ANDY REID**, an assistant under Holmgren in Green Bay when White and the 1996 Packers earned a victory in Super Bowl XXXI. "He was a great example for a lot of people."

The seven Eagles to have their uniform number retired by the club:

Player	Position	Years with Eagles	Uniform Number
Steve Van Buren	Halfback	1944-51	15
Tom Brookshier	Defensive back	1954, 1956-61	40
Pete Retzlaff	End	1956-66	44
Chuck Bednarik	Center/Linebacker	1949-62	60
Al Wistert	Tackle	1943-51	70
Reggie White	Defensive end/tackle	1985-92	92
Jerome Brown	Defensive tackle	1987-91	99

If the current Eagles, 5-6 after a 19-14 win over Green Bay last week, are to return to the playoffs for the sixth consecutive year, they will need another one of their successful Decembers. The team has excelled in the final month of the season in recent years, compiling a 16-6 (.727) record in December/January regular-season games since 2000.

But the task before them on Monday is a formidable one. The Seahawks enter the game with the NFL's top-ranked offense, averaging 386.1 yards per game, and average 26.9 points per game – fourth most in the NFL.

"The win last week was huge for morale," says Eagles safety **BRIAN DAWKINS**. "It's important to know we can go through the highs and lows of a game and still pull it out at the end."

The teams with the best December/January records in regular-season games since 2000:

Team	December/January Record
Green Bay Packers	20-4 (.833)
Pittsburgh Steelers	19-5 (.792)
New England Patriots	17-5 (.773)
Philadelphia Eagles	16-6 (.727)
St. Louis Rams	16-8 (.667)

MONDAY NIGHT MUSINGS – SEATTLE SEAHAWKS AT PHILADELPHIA EAGLES

EAGLES TO HONOR REGGIE WHITE

- Before Philadelphia hosts Seattle on Monday night, the Eagles will retire **REGGIE WHITE**'s uniform No. 92. The ceremony will take place before the game at Lincoln Financial Field.

The national anthem will be sung by White's daughter, **JECOLIA**. Video tributes will be paid to White throughout the game, and a special presentation for fans will take place at halftime.

"This will be a special time for our family," says White's widow, **SARA**. "I want to encourage everyone to join the celebration of my husband's life."

The game was chosen for the ceremony in part because current Seahawks head coach **MIKE HOLMGREN** coached White when they were together in Green Bay.

A celebration of White's life is planned during the day at the Philadelphia Navy Yard at which special presentations will be made by host **KEITH JACKSON**, White's former teammate; Eagles head coach **ANDY REID**; and ABC *Monday Night Football* analyst **JOHN MADDEN**.

"This is a wonderful opportunity for the Philadelphia Eagles, Reggie's teammates and family, our fans and the City of Philadelphia to celebrate a great player and a great human being," says Eagles Chairman/Chief Executive Officer **JEFFREY LURIE**.

White, who died last December 26, played with the Eagles from 1985-92. He was named to 13 consecutive Pro Bowls and retired as the NFL's all-time sack leader (198.0). White is one of 25 semifinalists for the Pro Football Hall of Fame's Class of 2006.

SEAHAWKS' FISHER SWORN INTO NATIONAL GUARD

- Seahawks defensive end **BRYCE FISHER**, a 1999 graduate of the Air Force Academy, was recently sworn in to the Washington Air National Guard as a captain.

"Whenever I put on this uniform, I think about all the people I know who put on this uniform and do things more important than what I do," says Fisher. "I've got friends of mine that have been back and forth to Baghdad and Afghanistan, and those people are the ones I really do my best to honor."

The induction ceremony was part of Fisher's nine-year service requirement in the National Guard. Fisher spent two years on active duty from 1999-2000 at the Air Force Academy and at Pope Air Force Base in North Carolina, then was in the Missouri Air National Guard when he played for the St. Louis Rams from 2002-2004.

After taking the oath of office, Fisher stood for photos with various members of the Washington Air National Guard stationed at Camp Murray, just south of Tacoma.

One was Tech Sergeant **BRIAN KING**, a native of Shelby, Ohio who has become a diehard Seahawks fan. King brought a jersey with No. 94, Fisher's number, and got him to autograph it.

"These are some of the best people in the country," says Fisher. "They do things that they don't get credit for. As far as I'm concerned, they don't get anywhere near enough credit."

WALTER JONES REALLY DRIVES THE CAR

- Seattle Seahawks tackle **WALTER JONES** has been selected to each of the past four Pro Bowls. A key ingredient to his success is his offseason workout routine.

Jones spends his summers working on his strength by pushing an SUV around a parking lot near his home in Harvest, Alabama. The 6-5, 315-pounder pushes a three-ton Escalade twice a week.

"The hard part about playing offensive line is staying low for a long period of time," says Jones. "After doing these workouts, it doesn't bother me if I'm stuck in my stance. I also feel like I finish off blocks better."