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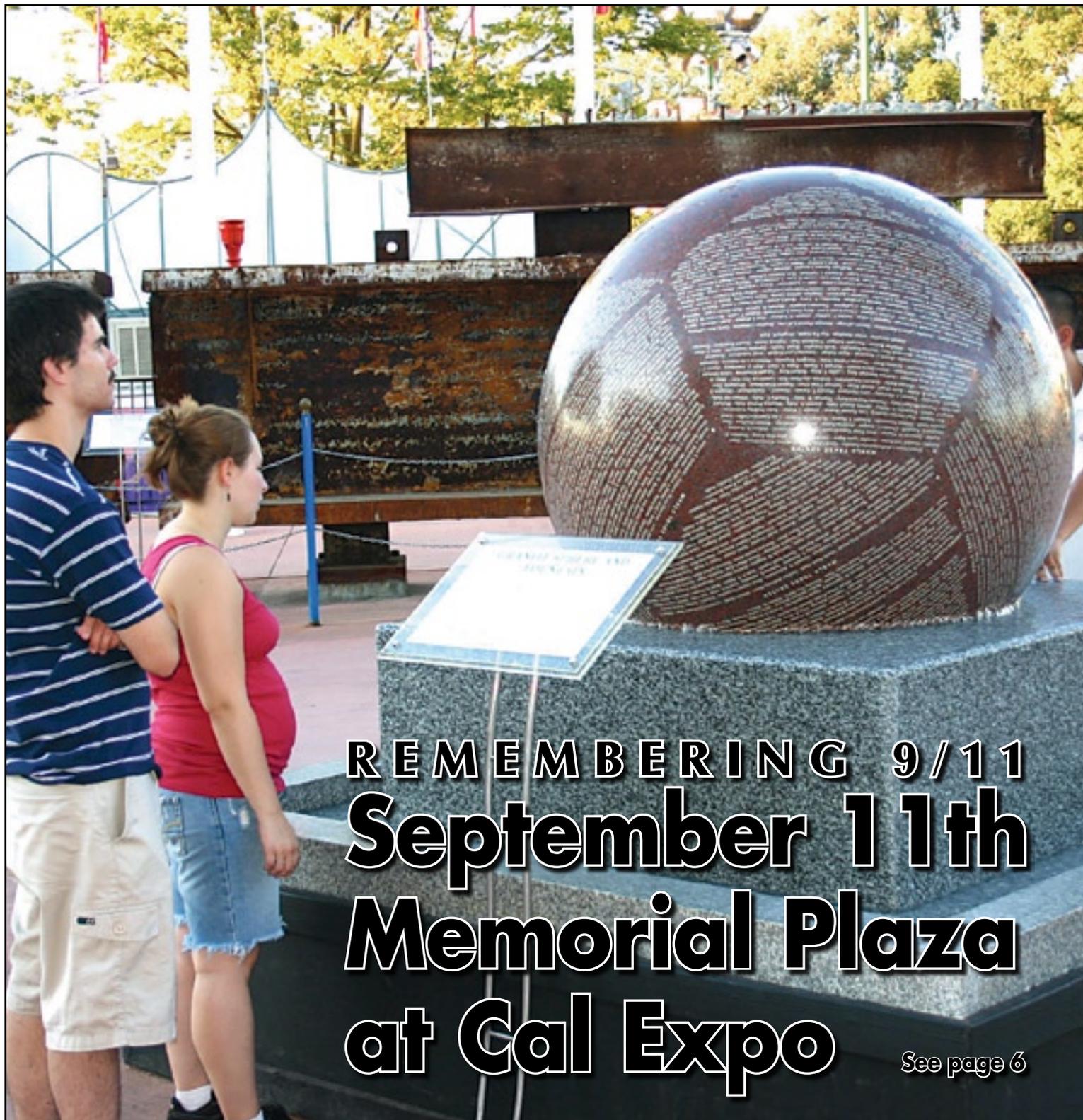
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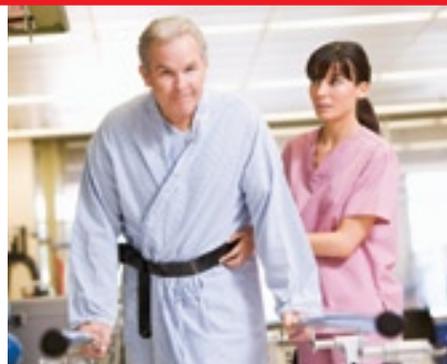
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Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl
Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

Vol. XX • No. 15

2709 Riverside Blvd.
Sacramento,
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Cover photo by:
Lance Armstrong
Other photos by:
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Photo courtesy, the Endsley Family

HAPPY CAMPERS. These Sacramento area children were among the last to attend traditional day camp at Camp Fire's Camp Mokitana in Goethe (now River Bend) Park in 1999.

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Rotarians restoring historical Camp Fire Girls camp for today's youth

By **SUSAN LAIRD**
Arden-Carmichael News editor
susan@valcomnews.com

The first phase of the renovation of Camp Mokitana – the old Camp Fire Girls camp located in River Bend (formerly Goethe) Park – will be celebrated when the camp's amphitheater is dedicated in memory of Rotarian Chandler Copps on Sept. 15 at 10 a.m.

The renovation is the result of the hard work of the Sacramento area's local Rotary clubs. Last year, Rotary District 5180 entered into a five year part-

nership with SaveMart Supermarkets for the purpose of raising funds to restore Camp Mokitana in Rancho Cordova.

The camp site is significant and holds great sentimental importance to generations of Sacramento area children – now adults – who attended summer Camp Fire camps at Camp Mokitana for well over a half century. Camp Fire was particularly strong in East Sacramento, Arden-Arcade and Carmichael from the 1950s up until the early 2000s, serving thousands of children and making many resour-

ces available to the community. For example, scouting groups leased the property from Camp Fire for their outdoor programs from time to time.

It was at Camp Mokitana that children discovered "Charley" – the caterpillar who can only eat Dutchman's Pipevine, who later spins a chrysalis (complete with hold-fasts) to later emerge as the Dutchman's Pipevine Butterfly. Camp Mokitana is Charley's habitat, and young people learned how threatening the habitat could threaten the life of the butterflies. Kids learned the importance of conservation. Many made "We camp with Charley!" their rallying cry.

Camp Mokitana campers made their first friendship bracelets, honed their archery skills, learned outdoor skills, hiked together...and made new friends as they ate their first s'mores and sang camp songs around the bonfire in the old amphitheater.

The Camp Fire Girls became co-educational in

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See Rotary, page 4

College apps session at Arden-Dimick Library

Special to Arden-Carmichael News

High school students are invited to the second of a college prep series on the college application process at the Arden-Dimick Library on Wednesday, Sept. 21 at 6:30 p.m.

“How to Complete CSU and UC Applications” will provide an in-depth look at the CSU and UC application process. Parents are encouraged to attend with their student.

Because materials and seating are limited, registration for this event is required. Contact the Arden-Dimick Library at (916) 264-2700. Visit www.saclibrary.org for more information. The library is located at 891 Watt Avenue in Sacramento.

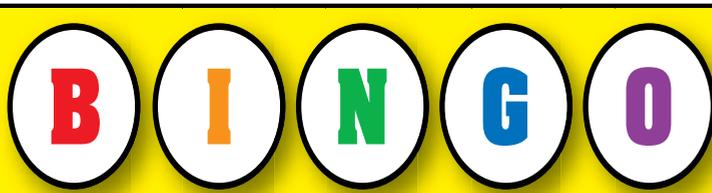
Correction:

The cover story that ran in last week's *Arden-Carmichael News* mis-identified (in several places) Fr. David Suwalsky, S.J., as the principal of Jesuit High School. That is not correct.

Fr. Suwalsky is the newly-installed president of Jesuit High, and the article correctly details his background and settling-in to the local community.

Brianna Latko is the school's principal.

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Rotary: Restored camp will serve scouts, clubs, youth groups

Continued from page 2

1974, becoming Camp Fire Boys and Girls. A decline in membership and lack of community funding for Camp Fire programs eventually led to the sale of the Sacramento-Sierra Council's other camp, Camp Minaluta, in 2004. Eventually the Sacramento-Sierra Camp Fire USA Council closed in 2008, ending nearly a century

of service to the Sacramento region.

As the council declined, Camp Mokitana fell into a state of disrepair. Rattlesnakes were no longer the only hazard. Trails to the American River were overgrown, the block house was in shambles, the Climbing Trees needed a safety check and the camp sites all need-

ed repair. A valuable resource for children's education was lost.

It is, in some ways, appropriate that the organization whose motto is "Service Above Self" – Rotary – would come to the rescue of a facility of an organization whose slogan was "Give Service" – the Camp Fire Girls. Rotary is a worldwide organization of more than 1.2 mil-

lion business, professional, and community leaders. Members of Rotary clubs, known as Rotarians, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. To restore Camp Mokitana to serve the

See Rotary, page 8

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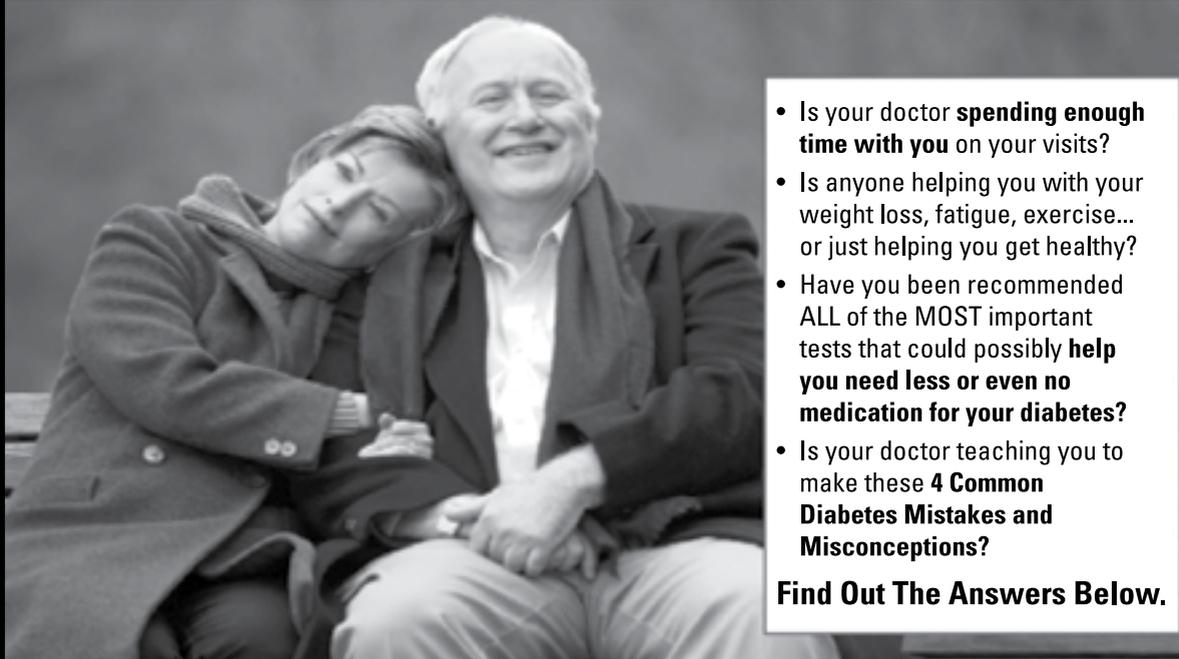
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Type II Diabetes... You Really Don't Have to "Just Live With It!"

Long Time Northern California Area Patient health Advocate Reveals... What You Don't Know About Your Diabetes Just Might Surprise You... And What YOU CAN Do About It!



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- Is anyone helping you with your weight loss, fatigue, exercise... or just helping you get healthy?
- Have you been recommended ALL of the MOST important tests that could possibly **help you need less or even no medication for your diabetes?**
- Is your doctor teaching you to make these **4 Common Diabetes Mistakes and Misconceptions?**

Find Out The Answers Below.

I Regained 55% Of My Vision!

I am very happy to be writing this testimonial. I was in an emergency situation in which my A1C was 12.0 and my glucose was in the 300 range. I had blurry vision and was losing my vision. I was scared, worried and depressed. All I kept thinking about was What is going to happen to me? How was I going to take care of my family? I made an appointment to see my primary doctor and he put me on Insulin. He told me that I old be taking this for a very long time. All I could think was that I didn't want to be on this medication for the rest of my life. The next day I read an article on Dr. Sihota's functional nutritional program. I made an appointment and went to see Dr. Sihota. I started his program 3.5 weeks ago. My vision is 55% better and my glucose is around 120. Thank you for giving me my life back. The best thing is that i do not have to take Insulin.

– Lilia H, Tax Preparer, Age 49



Long time Northern California health advocate Dr. Jagjit S. Sihota, DC recently spoke publicly regarding the serious difficulties many Stockton and surrounding area diabetics report they often face when trying to manage their diabetes.

Dr. Sihota, DC is a well known fixture in progressive healthcare here and recently shared with us a special consumer report entitled "Your Diabetes Doesn't Have To Be A Life Sentence." And that's the emphasis of this article... revealing these common misconceptions, frustrations and struggles that literally affect millions of diabetic patients and their quality of life every year.

Finally... Revealing Common Diabetic Misconceptions

1. Type II Diabetes Is Passed On Through Your Genes

If your dietary choices, exercise choices and lifestyle choices are genetic... then type 2 diabetes is genetic. But from what I've seen with my own two eyes in my own practice with my own patients... When diabetics get the help, care and support they need to make better dietary, exercise and lifestyle choices... something MAGICAL happens and may of them ELIMINATE their dependence on medication completely of significantly reduces it.

2. Type II Diabetes Is Like Luggage... You Never Get Rid Of It

If you've been told this completely FALSE concept, then you've flat out been lied to.

Those who would have you believe this have simply failed to do their homework, and they've decided to "give up" and, in turn, impose their defeat upon YOU.

There's a well-known quote that goes something like this... "If you do what you've always done, you'll get what you've always gotten." And that's how diabetics STAY diabetics. There can be VERY specific actions and activities that diabetics engage in that bring on their diabetes... but once diagnosed, they are told "it's a death sentence... you'll never get rid of it... take these medications ongoing." So they continue to unwittingly "do the same as they've always done"... it's no wonder their diabetes never improves.

3. Medications Is THE Answer

Let me ask you... are headaches caused by "aspirin deficiency?" Is cancer caused by "chemotherapy deficiency?" Is an infection caused by an "anti-biotic deficiency?" The answer to all three is OF COURSE NOT... but in the absence of a BETTER option... all three work well. Medication for diabetes is no different. Are you suffering from a "deficiency of insulin?" Hardly! However in the absence of FIXING what's really wrong... the insulin works to control your bloods sugar in many cases. Unfortunately, there are side effects such as weight gain, stressing the liver and kidneys and also allowing your condition to worsen, this is why we do everything in our power to help patients regain their health so their doctors reduce or take them off of their medications.

4. All Treatments Are Effective

I sincerely wish this were true but it most clearly is not. If our goal is to keep blood sugars under control then supposedly most traditional treatments are effective... however if we define "effective" as "optimal health"... "anti-aging"... "increasing energy"... "losing weight"... then it becomes clear that some treatments when administered properly are FAR BETTER and more effective than others.

This about how many millions of dollars are spend on diabetes research every year, year after year and yet there's NO cure and more and more people are diagnosed with diabetes every single year and fewer and fewer do ANYTHING other than grow old, overweight and lethargic under the current standard approach.

This one doctor is quick to point out that his intent is NOT to CURE or even treat type 2 diabetes... his program is one that focuses on the difficulties and challenges that many individuals that have diabetes face.

Dr. Jagjit S. Sihota, DC stated, "We don't take diabetics or any patient for that matter off their medications. What we often see is that when we can help type 2 diabetics make lifestyle changes, lose weight and address their specific metabolic needs, vitamin and dietary deficiencies, their need for medications can drastically be reduced or in some cases be eliminated altogether... as well a supporting healthy musculoskeletal function and conditioning."

Harvard School of Public Health says that the number one cause of developing type 2 diabetes is being overweight.

One Of The Most Important Questions You Or Any Stockton Area Diabetic Can Ask Is...

"When was the last time your doctor evaluated these organs or ran the appropriate tests to find out if they are impacting your disease?" If your answer is "I don't know" or "never" then you had better RUN, not walk, to a doctor EXPERIENCED in evaluating these imbalances for their impact on your diabetes before it's too late.

After several years of treating patients in the Stockton and surrounding area, the doctor has seen the devastation untreated or simply drug treated diabetes can bring. The doctor has also become one of the most outspoken advocates for Stockton area Diabetics and it's for this reason he's agreed to reach out to the diabetic patients that need help.

And as if that alone wasn't generous enough, the doctor has agreed to allow the first 25 readers to experience what he calls "The Most Compassionate Comprehensive Diabetes Health and Wellness Assessment in Stockton." Understand that this is NOT an invitation to become a patient at the office. His practice is generally full and accepting new patients who qualify for his Diabetes health and wellness program is extremely limited.

Many Sacramento & Surrounding Area Diabetics Worry, Do You?

However, if you would like to experience his "Diabetes Health & Wellness Qualification Consultation" for FREE... discuss your problems with the doctor personally and answer ALL your questions in an environment where you'll be taken by the hand and ALL your questions and concerns will be answered before you leave guaranteed!

As part of your evaluation you'll receive a complete Type II Diabetes qualification case history and metabolic/nutrition questionnaire to help determine how you can best be helped. You'll also receive a Complete Diabetes Dietary and Nutritional Evaluation. This is where the doctor will personally analyze your history, dietary intake, habits, activities, muscle or joint pain complaints, and health goals to determine whether or not you need help. In addition he will personally evaluate all your nutritional supplements, herbs, minerals, botanicals, homeopathics, etc. to determine what you may need, what you don't and exactly right for you. (Since the consultation is FREE, this ONE component alone could save you HUNDREDS of dollars if you're taking supplements you don't need.)

If you can find another doctor willing to GIVE you all of THAT time, energy, effort and compassion I'd be surprised... No. I'd be outright shocked. As was eluded to earlier, only a handful of new patients are accepted each month and while it's entirely possible you won't qualify to become a patient you'll walk away from your consultation armed with EVERYTHING you'll need to be able to take the next steps necessary to help you live the life you so richly deserve.

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Remembering Sept. 11 on its 10th anniversary

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

Among the most notable memorials in the capital city is the September 11th Memorial Plaza, which was dedicated at Cal Expo on Aug. 15, 2003. And in memory of the 10th anniversary of the events of Sept. 11, 2001, the public is invited to visit the plaza, as the fairgrounds' main gates will be open throughout the day this Sunday, Sept. 11.

This permanent memorial was the dream of the late California State Fair Board of Directors member Larry Davis, who spent the last three years of his life working on the memorial project.

In one of his written memories about these efforts, Larry expressed that it was important to him to make sure that the events of Sept. 11 would continue to be remembered.

"On Sept. 11, 2001, I, like everyone else was terribly shocked to see on television what two airplanes had just done to our beautiful buildings



Arden-Carmichael News photo, Lance Armstrong
VISITORS to the September 11th Memorial Plaza at Cal Expo observe the plaza's granite sphere, which floats and spins on a thin layer of water.



Photo courtesy, Jo Ann Davis
THE REFLECTION TOWERS, which are reminiscent of the World Trade Center towers, provide a backdrop to the plaza's granite sphere.

in New York City," Larry wrote. "The other two events of the same day, the Pentagon and Pennsylvania, left us all with a feeling of who in the world

could dislike us so much to do something like this.

"As time went on, it was easy to notice that grand feeling of patriotism

arise throughout our country. It reminded me of the feelings that existed

See 9/11, page 7

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9/11: Cal Expo's 9/11 memorial to be open all day for the public

Continued from page 6

when I was a boy delivering newspapers in San Francisco during the Second World War.

"With that feeling of patriotism, I was filled with a desire to build a memorial, so people would never forget those people who worked very hard saving all the lives they could, and of course, to pay respect to all those who perished."

The plaza was two-thirds completed when Larry passed away on April 7, 2006, following his two-year battle with cancer.

Among the features of the memorial that were set in place before this time were the plaza's 125,000-pound steel I-beam wreckage from the World Trade Center and the 5,180-pound, German-made, granite sphere, which floats and spins in any direction on a thin layer of water. The sphere is inscribed with the names of the 3,071 known victims of Sept. 11.

The I-beam, which had been used as a horizontal support on the second sub-street level floor of the north tower, was delivered to California by train along with four small pieces of steel.

The large piece of steel was so heavy that it was welded to the train due to the possibility that it could tip over the train, if it shifted.

After the I-beam was placed at Cal Expo, it did not take long for the beam to receive much attention, as more than 1 million guests viewed the beam during the 2002 State Fair.

Jo Ann Davis, Larry widow, said that although a small piece of steel from one of the towers was presented to then-Gov. Gray Davis, she is unaware what happened to the piece of steel.

"Years ago, when we brought the steel out, Larry gave a piece of steel to Gray Davis, who was the governor at that time," Jo Ann said. "It was supposed to go in the rose garden (at Capitol Park) and for some reason, it has disappeared and nobody knows about it. That would be interesting to find out what happened to that piece of steel that Larry gave to Gray Davis."

Other features of the plaza include:

The Reflection Towers: These towers were constructed and donated by the Herick Steel Co. of Stockton.

Representing the World Trade Center towers, the memorial's thick, green reflective glass-covered towers symbolize a "reflection of a better time."

The Carillon Bell Tower: Standing 50 feet tall, this bell tower, which was built by the Verdin Company of Cincinnati, Ohio, includes 23 "singing bells."

Each bell of the tower, which is the twin sister of the bell tower of Gettysburg College in Gettysburg, Pa., was cast in Holland and is inscribed with the words, "Let Freedom Ring."

The more recent additions to the plaza include memorials to Flight 93 and Washington, D.C. and the Pentagon, flags of the United States and its military branches, a marble plaque with donors names and three Sept. 11 story boards.

Jo Ann, who resides in Rancho Mirage and Sonoma and spent 19 consecutive years working in the carnival business at the State Fair with Larry, said that a future plan for the

memorial is to add a permanent Sept. 11 photograph display.

"There are a lot of children who were too small (to remember Sept. 11, 2001) and the parents come out there and they go through those pictures from when it happened all the way to the end and try to explain to the kids what happened to us," said Jo Ann, who has been a resident of California since she was 10 years old. "That's really important, but we need a place where (the photographs) can be displayed all the time, instead of just putting up a tent and putting the pictures out there. It's working right now, except that we really need to do something more permanent."

Jo Ann explained that the establishment of a Sept. 11 memorial at Cal Expo has been very special for many visitors of the fairgrounds, including those who have a direct connection to the events of Sept. 11.

"I've seen a man who comes (to the memorial plaza) every year and a couple of his family's (names) are out there," Jo Ann said. "It's kind of like a memorial for him, as he comes and sees their names on the

ball. And I've seen people crying out there. It's unbelievable."

Jo Ann, who has two children, five grandchildren and will soon have a fourth great-grandchild, said that she is pleased by the progress of the plaza and added that Larry would be proud of its current status.

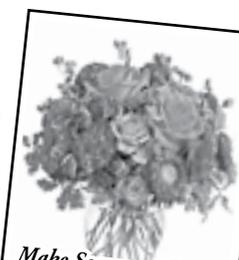
"Larry always had big ideas," Jo Ann said. "He was a wonderful man. I think (Larry's) idea (for the pla-

za) would have been a lot more flamboyant than mine was, because he had such big ideas. But I think he would have been very proud of what I did. We had to get the money and we had to get the design work done and get someone to do it. It was a lot of work. I think that he was looking down and that he was proud."

The main gates at Cal Expo will be open to the public this Sunday from 10 a.m. to 5 p.m.

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Rotary: Area residents attended Camp Mokitana as kids

Continued from page 4

community made sense to one local Rotarian in particular.

Chandler Copps, the founding president of the Rotary Club of Rancho Murietta, saw the need to restore this outdoor resource to the children of the community. He spearheaded the effort to persuade members of Rotary's District 5180 to support this effort. Funds would need to be raised, he realized, and strategic partnerships made with local authorities and businesses. Copps also reached out to SaveMart Supermarkets, which in turn stepped up to help.

A golf tournament held last October successfully raised over \$57,000 for the restoration project. This money has helped the first phase of the restoration to near completion.

Phase 1 of the project includes the renovation of the camp's parking area, the path leading to the river, and the amphitheater. When completed, Camp Mokitana will again be useable by scout groups, church groups, Boys and Girls Clubs, and other

youth groups as a camping facility in a rural area within an urban setting.

Chandler Copps, a respected Rotarian and member of the Paul Harris Society, passed away in early 2011.

"Chandler was an outstanding Rotarian who was responsible for getting us involved with SaveMart and the partnership that made this project a reality," said Clarence Parkins, Rotarian and past district governor. "The amphitheater will henceforth be known as the Chandler Copps Amphitheater in his memory."

Members of Rotary District 5180 will continue to hold future work days at Camp Mokitana as their work to renew the facility continues. They will also host the 2011 SaveMart/Governor's Cup Golf Tournament at the Rancho Murietta Country Club on Sept. 23. Funds from the tournament will help Rotary to continue to raise the funds necessary to rebuild this camping facility for the community. To purchase tickets, make a donation or for more information, visit <http://tinyurl.com/rotarytournament>.

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The Big Read/One Book Sacramento 2011 to feature 'The Adventures of Tom Sawyer'

Special to Arden-Carmichael News

The Sacramento Public Library invites all ages to join the community's biggest book club – The Big Read/One Book Sacramento 2011. Read "The Adventures of Tom Sawyer" by Mark Twain, and

then attend any of a number of programs scheduled at its 28 library locations in September and October, including book discussions, crafts and games for kids and teens, family-friendly film viewings, as well as music and storytelling.

"This book is much more than the exploits of a young boy in a small Mississippi River town. The classic story is about integrity, the value of a human being, and how our choices, especially as young people, make long-term differences in our lives,"

said Rivkah K. Sass, Sacramento Public Library director. "We're hoping residents of all ages will either discover the book for the first time, or re-discover this classic story."

The Big Read /One Book Sacramento official kick-off event will feature Robert Hirst, general editor of the Mark Twain Project at the University of California at Berkeley, on Thursday, Sept. 29, at 6 p.m., in the Tsakopoulos Library Galleria at the Central Library, located at 828 I Street in Sacramento.

Joining Hirst will be biographer and actor McAvoy Layne, the "Ghost of Mark Twain." He will portray the legendary 19th century American writer and humorist.

The Big Read is a program of the National Endow-



Image public domain

IT'S A BIG DEAL. "Big Read/One Book Sacramento" event at the Sacramento Public Library. The official kick-off event will be held at the Central Library on Sept. 29.

ment for the Arts in partnership with Arts Midwest. For a complete program schedule, call (916) 264-2920 or visit www.saclibrary.org.

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Sacramento Beekeeping Supplies: 26+ years all abuzz about bees

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

When it comes to the topic of bees in the capital city, Sacramento Beekeeping Supplies has a strong reputation, as it has served as a premier one-stop shop for bees, beekeeping supplies, honey and other bee-associated items for about a quarter century.

Located in the brightly-colored, bee-themed, artistically-painted building at 2110 X St., where the wholesale carpet business, Berven Carpets operated during the late 1960s and 1970s, this local business has been serving its customers at this site since 1993. The store was located at 2400 21st St. from 1985 to 1990 and at 2100 21st St., near Pancake Circus – 2101 Broadway – for the following three years.

Among the store's offerings is a full line of backyard beekeeping supplies, including boxes and beeswax frames.

One can also purchase soap and candle making supplies, as well as many ready-made bee products, which include candles, lotions, creams, lipsticks, shampoos and conditioners.

The store also offers various gift items such as bee-related T-shirts, books, home and garden decorations, jewelry, cookbooks, stuffed animals and even beeswax crayons.

One of the most popular attractions of the store is its honey products tasting bar. A generous selection of raw, local honeys,

comb honeys, spun honeys, honey sticks, pollen and royal jelly are available.

Many people are impressed by the store's selection of honeys, and at times customers inquire whether the store adds flavor to some honeys, since they are only familiar the typical clover honey that is available in grocery stores.

Those interested in purchasing local honey from the store can do so at the \$4 per pound, "fill-your-own jar" cost or at the \$5.95 to \$6.95 per pound, pre-bottled cost.

Because of its relatively large inventory, the store is also well equipped for setting up new hobbyists with all the necessities for entering the beekeeping world.

One can begin beekeeping for as little as \$250 to \$400, which includes a box, board bottom, suit and gloves.

Although the number of bee boxes one can operate depends upon the size of one's property, a standard size backyard is allowed to contain up to two boxes.

As a mainly family-operated business, the store is headed by its owner Nancy Stewart, who is assisted by her daughters, Donna Stewart and Pam Hill.

Working as volunteers in the store are Nancy's husband, Fred, who Nancy married in 1957, and her grandchildren, Courtney Hill, 15, and Brooklynne Hill, 12.

With a chuckle, Nancy, who earned a degree in psychology at California State University, Sacramento in 1972, said



Arden-Carmichael News photo, Lance Armstrong

NANCY STEWART, owner of Sacramento Beekeeping Supplies, has operated her business for the past 26 years.

that Fred is a full-time volunteer, except when his golf outings get in the way.

Although the Stewarts' involvement in the beekeeping business world began in 1985, the roots of Sacramento Beekeeping Supplies can be traced back much earlier.

During his youth, Fred found himself fascinated by the bees that his aunt kept on her property in Arkansas.

Already carrying with him this fond memory, in the 1970s, Fred was loaned

See Bee's, page 20

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Christian Brothers has high hopes to make it to the playoffs this season

By **MATT LONG**
Arden-Carmichael News writer

After a somewhat disappointing 6-5 record last season, Christian Brothers' varsity football team has a new head coach with some big goals set for 2011.

Long-time assistant George Petrissans has taken over for Andre Johansen and wants his team to win a few playoff games instead of being eliminated in the first round like they've been the last four seasons and in five out of the last six.

Petrissans lost a lot of seniors from last year's team, but does have some key players returning, most notably senior quarterback Ryan Peabody, who was a part-time starter a year ago. With the graduation of Jeremiah Sims, the job is Peabody's.

"Ryan has a mixture of intangibles," Petrissans said. "He's extremely intelligent and is athletic

and he's a leader that brings a lot to the team."

Peabody is excited to be the No. 1 guy this year.

"I'm definitely very excited for the season," Peabody said. "Our head coach was the offensive coordinator last year and he's put some new things in to spread the ball out. We're looking pretty good and we're trying to get better."

Joining Peabody in the backfield is senior fullback Chris Hedum and junior running back Avante Yarber, who will miss part of the season as he recovers from a fractured ankle. Until he returns, Petrissans said it will be running back by committee, led by junior Cory Lutz.

"Avante has great speed and quickness and a unique set of talents," Petrissans said.

Petrissans is also high on his receivers, juniors Jalen Walker and Omari Gray alongside senior tight end Chris Lusich,

who played fullback a year ago.

"I think Jalen is someone to watch out for," Petrissans said. "He's fast and has good size (6'0", 175 pounds) and can go up and get the ball."

Up front senior Alex Wagstaff is the leader of the offensive line at left tackle, while senior right guard Kyle Castaneda is another returning starter. Michael Rose will start at center and Vinny Johnson plays right tackle. Either Justin Cappello or Nate Ashby will start at left guard.

After running the ball about 80 percent of the time last year, the Falcons plan to do some more passing this year.

Four starters return on defense, including Lusich at inside linebacker and Wagstaff at defensive tackle. Senior Jonathan Lockwood also returns at inside linebacker and lines up next to Lusich,



Arden-Carmichael News photo, Tom Paniagua
CB SENIOR Ryan Peabody is this season's senior quarterback for Christian Brothers High School. He will lead the Falcons against rival Jesuit High School at this year's Holy Bowl on Sept. 17.

See CB, page 22



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Photo courtesy, Jesuit High School

THE JESUIT MARAUDERS look to repeat their 2010 Holy Bowl win over rival Christian Brothers.

Jesuit Varsity team young, inexperienced... but loaded with potential

By MATT LONG
Arden-Carmichael News writer

It's been four years since Jesuit's varsity football team has had a winning record.

For some programs, that might not be a big deal, but to Jesuit it seems like a lifetime since the team went 8-3 and made a trip to the postseason in 2007. The following year the Marauders slipped to 5-5 and the past two years the Marauders have posted 4-6 records.

This year head coach Dan Carmazzi is hoping a switch to the spread offense will help the team put some more points on the scoreboard, and the Marauders will also have to improve defensively if they want to reach the postseason.

"Record-wise (4-6) is not what we shoot for," Carmazzi said. "Obviously, we'd like to have a better record than that. We had a really solid offseason and the kids did a great job in the weight room and we also did some passing leagues."

The Marauders lost 30 seniors off last year's squad and have only 16 players returning so young and inexperienced are two words that describe this year's squad. Junior Thomas Sperbeck, last year's junior varsity quarterback, and senior Mason Pigman are battling for the starting job at quarterback. Sperbeck, son of

Sac State coach Marshall Sperbeck, is the odds on favorite to be the starter.

"Thomas is very mobile and he's a competitor," Carmazzi said. "He's accurate and makes good decisions. He's a great athlete, as he reached the section meet as a long jumper and a high jumper last year."

Senior Cameron Todd is the team's top returning rusher, while Pat Barrientes returns at fullback. Fellow seniors Scott Rogers and Parker Abercrombie

will start at wide receiver with senior Jared Elenberger holding down the job at tight end along with senior John Frank. Sophomore Lake Lutes, all 6-foot, 5-inches of him, will see plenty of action at wide receiver and could be a big threat for the offense.

Abercrombie, who also starts at safety, said he likes this year's offense.

"Offensively, both quarterbacks are capable to

See Jesuit, page 23

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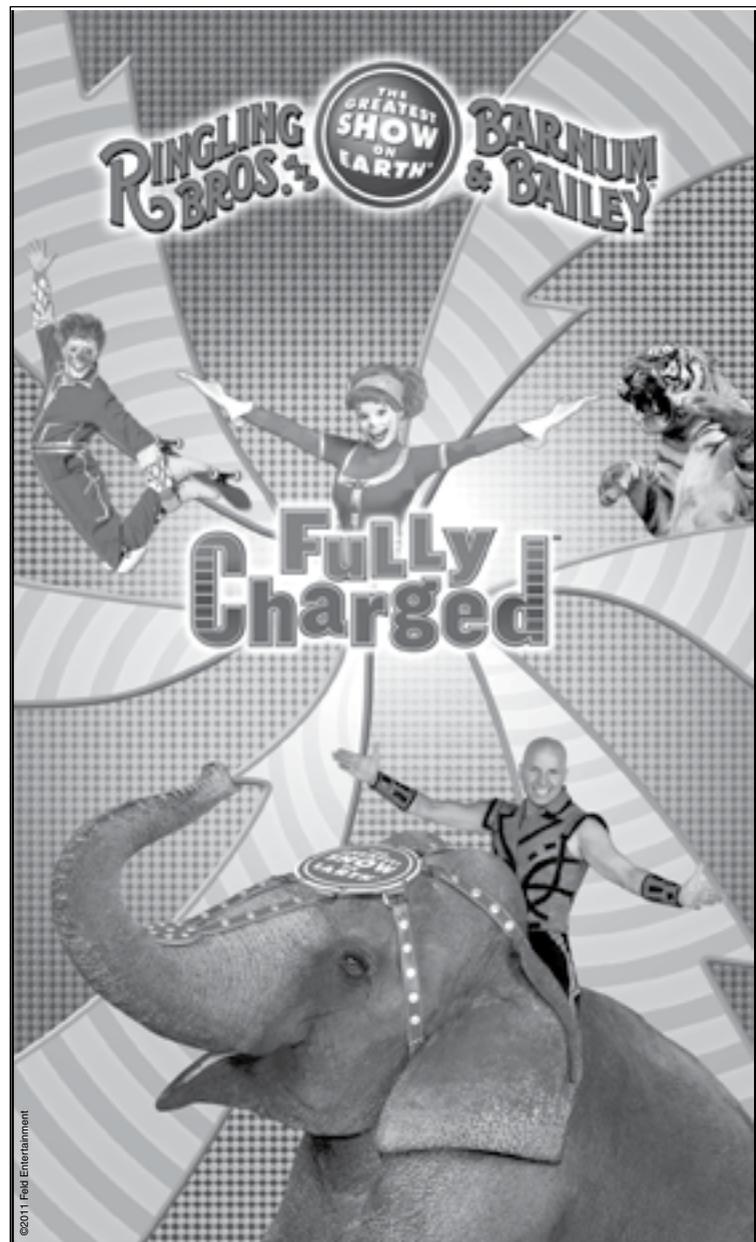
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Arden-Carmichael News photo, Lance Armstrong

BEESWAX candles are among the products sold at Sacramento Beekeeping Supplies.



Arden-Carmichael News photo, Lance Armstrong

SACRAMENTO BEEKEEPING SUPPLIES offers a wide variety of beekeeping equipment and accessories, local honey, pollen, royal jelly and bee-themed gifts.

Bees: Taste and see – local store more than just beekeeping supplies

Continued from page 14

a book about beekeeping and his interest expanded, resulting in his acquisition of his first beehive in 1975.

By the early 1980s, while working for Caltrans, Fred was maintaining 100 beehives with his friend and co-worker, Al Brink.

Through Fred's interest in beekeeping, Nancy also grew fond of beekeeping. But her desire to venture into the beekeeping world did not occur until 1983, when she met Barbara Dwyer of the now-defunct, West Sacramento business, United Bee Craft.

After opening her store in 1985, Nancy purchased United Bee Craft a year later.

Pondering her years of operating Sacramento Beekeeping Supplies, Nancy, who resides in the Little Pocket neighborhood of Sacramento, said that she has had many rewarding experiences and that she is very content with her store and the success that it continually experiences.

"I really enjoy the store and its ongoing success," Nancy said. "Most of all,

I like dealing with people who are involved in beekeeping. I also enjoy helping people who are new to the hobby, who want to learn how to do it."

Nancy said that the popularity of beekeeping is on the rise and that her business has assisted about 100 to 200 new beekeeping hobbyists within the past year.

"Beekeeping has become pretty popular as a hobby in the last three years," Nancy said. "The bees have had something called colony collapse disorder and they've had some heavy die out. That's improving and there's been a lot of people who I think were thinking about beekeeping for years who finally decided to do it."

Nancy added that the current gardening boom has also added to the popularity of beekeeping.

"There have been a lot of people doing their own gardening and eating local and organic food, and bees and beekeeping go along with that, as well," Nancy said.

Nancy's desire to educate others about beekeeping is something that she has passed on to her store's employees, who are eager to assist the general public in answering any beekeeping questions.

Wilton resident Brian Fishback, a past president of the Sacramento Area Beekeepers Association, said that he is very appreciative of the willingness that workers of Sacramento Beekeeping Supplies have to share their beekeeping-related knowledge.

"I think (Sacramento Beekeeping Supplies) is a great asset," Fishback said. "They're not only an asset to the beekeeping industry, but they're an asset here to local beekeepers. They are a hub for beekeeping issues in the city, in the county, as well as with local beekeepers. You have a lot of hobbyists who are coming into (beekeeping) and it's like anything else; you can read a lot of books, but it doesn't exactly always mean that that's what is going to happen out in

the field. And that's where Fred, Nancy and, of course, their girls come in. When people come down and find them and have a lot of questions, they've always attended to everybody's questions and answered them."

Nancy emphasized that because her business has a partially misleading name, she strives to continuously educate others that her store offers much more than beekeeping supplies.

"I do like to (stress the) difference between just beekeeping things (and other products)," Nancy said. "I named the store Sacramento Beekeeping Supplies, because (beekeeping supplies) is all we had at first. It's much more than beekeeping. Come and see for yourself."

Sacramento Beekeeping Supplies is open Tuesdays through Saturdays from 10 a.m. to 5:30 p.m.

For more information, call (916) 451-2337 or visit www.sacramentobeekeeping.com.

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CALENDAR

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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

REUNIONS

C.K. McClatchy High School 1961

Sept. 17: C.K. McClatchy High School, Sacramento, Class of 1961, is holding their 50th high school reunion at the Sutter Club. \$75. The evening includes hors d'oeuvres, carving station, complimentary wine, no-host bar, music, free parking and a great time with old friends. Other events scheduled for Sept. 16, 17. Visit www.mcclatchy61.com or email McClatchy61@hotmail.com. (916) 443-4161 Send check payable to McClatchy 61 Reunion, c/o Linda Longtin McCurdy, 3101 Adams Road, Sacramento, CA 95864 or payment via credit card at www.mcclatchy61.com

C.K. McClatchy High School 1971

Sept. 17: C.K. McClatchy High School, Sacramento, Class of 1971, is holding their 40th high school reunion at the Frasinetti Winery. Contact McClatchy71@gmail.com or Cyndy Wright at (916) 704-4952, or Steve Chan at (916) 421-7777.

C.K. McClatchy High School 1976

Sept. 24: C.K. McClatchy High School, Sacramento, Class of 1976 is hosting its 35th high school reunion at the Radisson Hotel in Sacramento. Golf Classic is on Sept. 23. Contact CKMcClatchy1976@yahoo.com or www.facebook.com/pages/CK-McClatchy-Class-of-1976/256399844375802?sk=wall or www.mcclatchy1976.com

ONGOING

Defending the Caveman'

Through Sept. 11: Broadway's smash comedy about the sexes, written by Rob Becker. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

Landscapes from the Age of Impressionism

Through Sept. 18: This exhibition of approximately 40 paintings includes many of the finest examples of mid-19th through early 20th-century French and American landscapes from the collection of the Brooklyn Museum. These works form a broad survey of landscape painting as practiced by leading French artists such as Gustave Courbet and Claude Monet, as well as their most significant American followers, including Childe Hassam and John Singer Sargent. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Transcending Vision: American Impressionism, 1870-1940

Through Sept. 25: "Transcending Vision" traces the development of Impressionism in the United States and the growth of a truly American style of painting. The exhibition includes works by more than 75 prominent American artists including George Bellows, George Inness, Childe Hassam, Ernest Lawson, Lilla Cabot Perry and Julian Alden Weir. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff

Through Oct. 23: After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King of the Rose Painters." "Gardens and Grandeur" features approximately 40 examples of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

SEPTEMBER

Bilingual Toastmasters

Sept. 8, 15, 22, 29: Una oportunidad unica para mejorar sus habilidades bilingues y su-

perar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Sept. 8, 15, 22, 29: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Capitol Mall Farmer's Market

Sept. 8, 15, 22, 29: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

East End State Capitol Park

Farmer's Market
Sept. 8, 15, 22, 29: East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

Florin Sears Store Farmer's Market

Sept. 8, 15, 22, 29: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Sept. 8, 15, 22, 29: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic

Disease group
Sept. 8, 15, 22, 29: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If

you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Sept. 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza

Farmer's Market

Sept. 8, 15, 22, 29: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Sept. 8, 15, 22, 29: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

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- **Sunrise Mall, Saturday 9/17 & Carmichael Park, Sunday 9/18:** "Market Favorite Salsa" competition. \$1 to judge, pick your top 3 favorites, automatically enters you to win the Market Gift Basket! For more information: www.bemoneysmartusa.org

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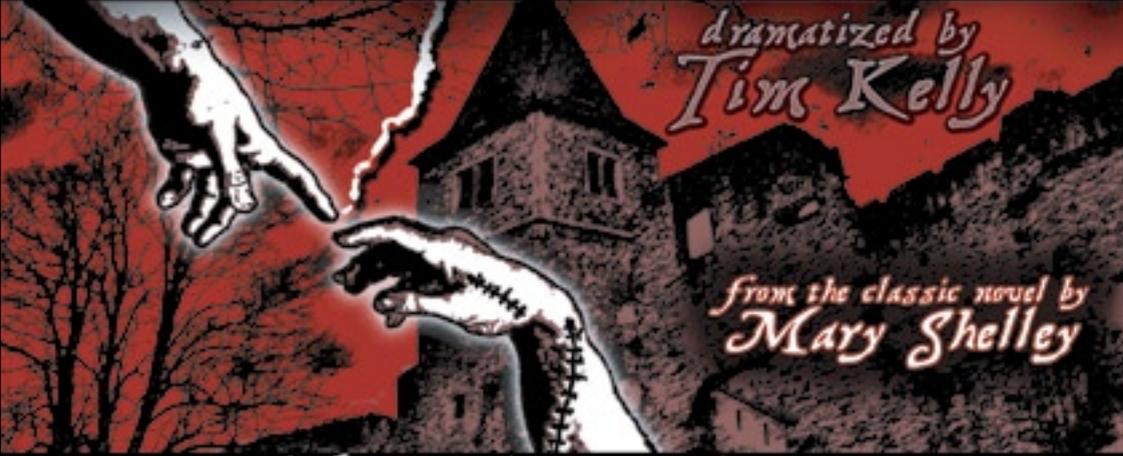
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Holy Bowl XLI a strong Sacramento tradition

Special to Arden-Carmichael News

Since 1969, the Christian Brothers Falcons and the Jesuit Marauders have met each fall on the gridiron for the annual classic Holy Bowl. This year will mark the 41st competition between the rival schools.

Dubbed the "Holy Bowl" because both schools are Catholic, this event is the largest Catholic event in the entire region, with some 18,000 people attending. That is nearly 700 more people than Power Balance Pavilion can seat for a full-capacity Sacramento Kings game.

The crowd is not limited to eager parents of players. Alumni from both high schools attend, as well as members of the St. Francis High School community. Alumni of now closed Catholic high schools, such as Loretto and Bishop Manogue, also attend to cheer family members on.

This year's Holy Bowl will be held at Sacramento City College on Sept. 17. Kickoff for the freshman game is at 3 p.m., JV kickoff is at 5 p.m. and Varsity kickoff is at 7 p.m. Visit www.cbhs.ca.campusgrid.net or www.jhssac.org for game ticket information.

CB: Falcons look to grow their passing game this year

Continued from page 16

while senior CJ Goodier returns at cornerback.

Hedum joins Wagstaff on the interior line with Johnson and Castaneda playing on the ends. Senior Marcos Raymundo plays outside linebacker, while junior Avery Baker starts at cornerback. Danlee Hightower starts at safety.

One thing the Falcons have going for them is that they're developing nicely into a team instead of bunch of individuals.

"We're young, but we've come together," Wagstaff said. "We have no superstar. We will play hard and all of us love football. We're more cohesive this year and because we have no superstar, that will force us to play as a team."

The Falcons placed third in the Capital Valley League last year behind Del Campo and Casa Roble. Petrisans wants a league championship and

a playoff win. He says Del Campo and Casa Roble are always tough opponents, while Rio Linda and Oakmont will also be in the mix.

"Coach is always talking about how hard work pays off," Lusich said. "He's been preaching togetherness and teamwork and with that we will overcome and adapt to adversity."

Peabody added, "I think the key for us is execution. When we execute our game plan on offense and our defensive strategies, we're pretty good."

While the Falcons are looking for playoff success, there's also a big non-league game on their schedule every year that holds great importance and that's the Holy Bowl, the annual battle with Jesuit High School.

"When you get close to 18,000 people at the game, you know it's a big

rivalry game," Petrisans said. "No matter what people think of the talent on either team, the game's always close. There's a lot of emphasis on the game. If we play hard and play with enthusiasm and with good energy, good things will happen."

The players for sure love the Holy Bowl.

"In terms of football it's just another game, but it's always fun to play in front of that many people," Peabody said. "It's an exciting game."

"It's obviously an important game," Wagstaff said. "It's a whole different experience as a junior. You get to feel what the rivalry is all about."

Lusich added, "It's definitely a fun game to play in. You have the drumline leading you in and there are 18,000 fans and your adrenaline is pumping. It's a pretty amazing feeling; one you won't forget."



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Christian Brothers High School Varsity Football Roster

No.	Name	Position	Class	Height	Weight
2	RYAN PEABODY	"QB, DB"	Sr.	5'7"	160
3	JALEN WALKER	"WR, DB"	Jr.	6'1"	185
4	DANLEE HIGHTOWER	"WR, DB"	Sr.	5'10"	185
5	MARCO MOLINA	"WR, DB"	Jr.	5'9"	165
6	OMARI GRAY	"WR, DB"	Jr.	6'1"	183
7	ANTHONY CASTANEDA	"WR, DB"	Sr.	5'11"	170
8	AVERY BAKER	"WR, DB"	Jr.	5'9"	170
9	JONATHAN LOCKWOOD	"RB, LB"	Sr.	6'1"	185
10	CADEN NOON	QB	Jr.	6'1"	175
11	TUXI McGEE	"WR, DB"	Jr.	6'1"	180
12	CALEB STRINGER	"WR, DB"	Sr.	5'10"	180
18	CHRIS HEDUM	"FB, DL"	Sr.	6'1"	200
20	BEN McFADDEN	"TE, LB"	Jr.	6'1"	195
21	CJ GOODIER	"WR, DL"	Sr.	5'9"	175
22	AUSTIN HART	"RB, DB"	So.	5'10"	190
23	RYAN GRAGGS	"RB, DB"	So.	5'7"	170
24	MATT BIRD	"K, DB"	Jr.	5'10"	180
25	AARON VAUGHN	"RB, DB"	Jr.	5'10"	180
28	ANGEL HERNANDEZ	"WR, DB"	Jr.	5'10"	180
30	MARCOS RAYMUNDO	"WR, LB"	Sr.	6'1"	210
32	CORY LUTZ	"RB, LB"	Jr.	5'9"	180
33	AUSTIN GUILLEN	"FB, LB"	Jr.	5'7"	160
34	AVANTE YARBER	"TB, DB"	Jr.	5'7"	160
35	CHRIS LUSICH	"RB, LB"	Sr.	5'11"	205
44	KENDALL WILLIAMS	DL	Jr.	6'4"	220
50	NATE ASHBY	"OL, DL"	Jr.	5'11"	200
52	STEVEN GOMEZ	"OL, DL"	Jr.	5'10"	220
53	DANIEL LAHEY	"OL, DL"	Jr.	6'1"	210
54	ALEX WAGSTAFF	"OL, DL"	Sr.	6'1"	225
55	RICHARD ROBEY	"OL, DL"	Sr.	6'1"	215
56	MICHAEL ROSE	"OL, DL"	Jr.	6'1"	220
61	JOSH SPRINGER	"OL, DL"	Sr.	5'11"	190
62	NIKO BERENQUER	"OL, DL"	Jr.	5'11"	210
65	KYLE CASTANEDA	"OL, DL"	Sr.	6'1"	195
66	VICTOR HERRERA	"OL, DL"	Sr.	6'1"	200
70	JOSHUA HAMMER	"OL, DL"	Sr.	6'1"	200
72	JUSTIN CAPPELLO	"OL, DL"	Jr.	6'1"	220
74	VINCENT JOHNSON	"OL, DL"	Jr.	6'5"	225
75	JORDAN REGINO	"OL, DL"	Jr.	6'3"	215
77	NICK HANSEN	"OL, DL"	Sr.	5'10"	220
80	ZAC BROOKS	"WR, DB"	Jr.	5'11"	160
84	MODDY JONES	"WR, DB"	Sr.	6'1"	185
87	DANIEL POARCH	"TE, LB"	Sr.	6'1"	185
89	RICHARD LACISTE	"TE, LB"	Sr.	6'1"	215
90	JAMES ST. CHARLES	"OL, DL"	Sr.	6'1"	210
95	CHARLIE PETERSON	"OL, DL"	Jr.	6'1"	220

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Jesuit: Team had solid offseason, time in weight room

Continued from page 17

step up and both have good leadership qualities," Abercrombie said. "We hope to catch some teams off guard with our spread package, as we have a lot of playmakers on offense, including a strong receiving core."

The offensive line is led by senior George Vrame, a returning starter at left tackle. Senior Blake Rogers will start next to Vrame, while the center will either be senior A.J. Calnero or junior Rafael Aguilar. Garrett Strohmaier, a junior, starts at right guard, while the right tackle position is still being decided.

Perhaps the top offensive player is senior kicker Andrew Nave, who Carmazzi said might be

the school's top recruited player.

The Marauders have several two-way players, as Todd (outside linebacker), Barrientes (cornerback), Abercrombie and Sperbeck (safety), Blake Rogers and Strohmaier (defensive tackle) and Calnero and Vrame (defensive end) play key roles on defense.

The leader on defense is senior middle linebacker Nathan Zielke. At 5'9" and 170 pounds, he's not going to physically intimidate opponents, but make no mistake, he's all business.

"Nate's our top returning tackler and his motor is always running," Carmazzi said. "He's undersized, but he's tough and aggressive."

If Zielke is the team's top tackler, Frank is right behind him at safety. Junior Casey Reilly will play defensive end, while junior Connor Frey is a starter at outside linebacker. Junior Matt Ternan will play a lot in the secondary, while senior Steven Tavenner starts at cornerback.

"Defensively, our line is solid and we've got great camaraderie, we talk a lot and we pursue and attack the ball," Abercrombie said.

After finishing tied for third place in the Delta River League a year ago with Oak Ridge and Sheldon with a 2-3 record, the Marauders know to finish higher, they will need to beat the playoff teams. Last year the Ma-

raiders picked up league wins over Ponderosa and Sheldon, while losing to Oak Ridge, Folsom and Pleasant Grove.

"We've got to beat the playoff teams," Carmazzi said. "We haven't been able to beat the top-ranked teams and that's our goal this year."

Abercrombie added, "I have high expectations for this team. We're definitely planning on making the playoffs and pushing for a section title run. We want to win Holy Bowl, which is big for us, and we want to beat some of the top teams in our league."

Jesuit did win a big non-league game a year ago, when they defeated Christian Brothers, 18-15 to win the annual Holy Bowl.

"The Holy Bowl is a great tradition that I've been apart of on both sides since I graduated from Christian Brothers and now coach at Jesuit," Carmazzi said. "It's great to go out there and play in front of 12 to 15,000 fans and the kids eat it up. Both teams get great community support and it's one of the highlights of the year. Whenever I talk to alumni, they don't ask what our record is; all they want to know is if we won Holy Bowl."

"It's a very emotional game and both teams leave everything on the field," Abercrombie added. "There are a lot of emotions going into that game and it's something that we'll tell our kids about someday."

Jesuit High School Varsity Football Roster

No.	Name	Position	Class	Height	Weight
1	Jack Brown	"RB, DB"	Sr.	5'7"	155
2	Devin Kelly	"WR, DB"	Jr.	5'8"	155
3	Steve Heath	"WR, DB"	Jr.	5'9"	140
4	Kristian Williams	"WR, DB"	Jr.	5'8"	135
5	John Frank	"TE, SS"	Sr.	6'3"	180
6	Matthew Ternan	"RB, DB"	Jr.	5'10"	180
7	Patrick Barrientas	"RB, SS"	Sr.	5'10"	185
8	Ian Hause	"RB, OLB"	Jr.	5'9"	185
10	Lake Lutes	WR	So.	6'5"	185
11	Andrew Hoy	"WR, K"	Jr.	6'1"	170
12	Mason Pigman	"QB, WR"	Sr.	6'3"	210
14	Thomas Sperbeck	"QB, DB"	Jr.	6'1"	175
15	Scott Rogers	WR	Sr.	6'4"	185
17	Garrett Holmes	"WR, DB"	Jr.	5'9"	140
18	Matthew Banicki	QB	Jr.	6'1"	165
20	James Avila-ellington	"RB, DB"	Jr.	5'10"	185
21	Parker Abercrombie	"WR, DB"	Sr.	5'10"	175
22	Cameron Todd	"RB, OLB"	Sr.	5'7"	195
23	Austin Ambrosini	"WR, DB"	Jr.	6'1"	185
24	Gilbert Caigoy	"TE, DB"	Jr.	6'3"	200
25	John Sierra	"WR, DB"	Jr.	5'5"	140
27	Andrew Nave	K	Sr.	6'2"	175
28	Steven Tavenner	"RB, DB"	Sr.	6'1"	170
30	Drake De Anda	"WR, DB"	Jr.	5'11"	165
31	Loren Pilorin	"RB, DB"	Sr.	5'9"	175
32	Nathan Zielke	ILB	Sr.	5'9"	170
34	Connor Frey	"RB, LB"	Jr.	5'10"	195
35	Andrew Zboralske	"RB, LB"	Jr.	5'10"	200
41	Dolan Jones	"WR, LB"	Jr.	6'1"	185
42	Robert Baggaly	"RB, LB"	Jr.	5'10"	150
44	David Beeskau	"RB, LB"	Sr.	5'9"	160
52	Rafael Aguilar	"QB, DE"	Jr.	6'2"	230
54	Nunzio Dichristopher	"OL, DL"	Jr.	6'1"	195
55	Yanik Jain	"OL, DL"	Jr.	5'11"	230
56	Joseph Garcia	"OL, DL"	Jr.	6'2"	250
57	Blake Rogers	"OL, DL"	Sr.	6'1"	255
62	Timothy Johnstone	"OL, DL"	Jr.	6'3"	212
64	Michael Ordorica	"QB, DL"	Jr.	6'1"	200
65	Christopher Soto	"OL, DL"	Sr.	5'8"	199
67	George Vrame	"OL, DL"	Sr.	6'3"	265
70	Dallas Gilbert	"OL, DL"	Jr.	5'9"	185
71	Casey Reilly	"C, DL"	Jr.	6'1"	200
72	Jackson Pinkoski	"OL, DL"	Jr.	6'1"	240
74	Anthony Calnero	"OL, DE"	Sr.	6'2"	215
75	Garrett Strohmaier	"OL, DL"	Jr.	6'3"	270
76	Franklin Chinn Iii	"OL, DL"	Jr.	5'10"	220
77	Anthony Smith	"TE, LB"	Jr.	6'1"	186
80	Matthew Molitor	"TE, OLB"	Jr.	6'3"	190
81	Patrick Risley	"WR, DB"	Jr.	6'1"	175
84	Jared Elenberger	"TE, LB"	Sr.	6'3"	205
85	Andrew Endicott	"K, P"	Jr.	5'9"	150
86	Alec Garofalo	"TE, OLB"	Jr.	6'1"	200
88	Adam Vaira	"WR, DB"	Jr.	5'8"	145

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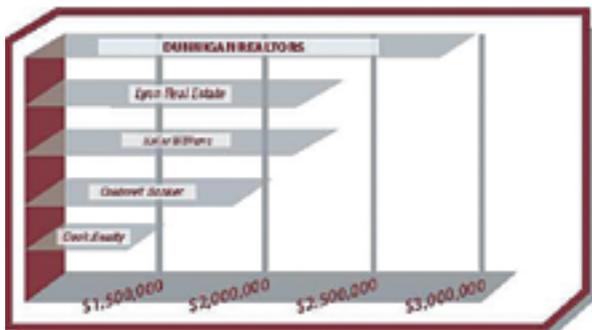
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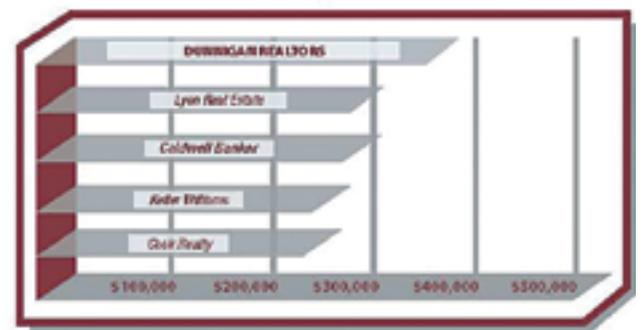
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