

November 3, 2017

**Outlet:** Folsom Telegraph

**Title:** Falcon volleyball team tops Panthers in four games; final home game is Friday

**Publication Date:** November 2, 2017

**Summary:** If Folsom sports fans are looking to stay dry Friday night, **Folsom Lake College** is the place to be.

Instead of catching Folsom Lake College's soccer teams play in the rain or even watch football teams from Folsom and Oak Ridge battle it out in the biggest high school game of the season thus far, fans can gather inside Falcon Gymnasium Friday for the final home volleyball game of the regular season against Sierra College.

Folsom Lake has four matches remaining in its season. After Friday's big match, they hit the road to face Santa Rosa Wednesday, Delta on Nov. 10 and **American River College** Nov. 14.

**URL:** <http://www.folsomtelegraph.com/article/11/02/17/falcon-volleyball-team-tops-panthers-four-games-final-home-game-friday>

**Outlet:** KCRA

**Title:** Making them tremble: ARC defensive lineman sniffs out QBs

**Publication Date:** November 3, 2017

**Summary:** **American River College** defensive lineman Caleb Tremblay, from Napa, is a top junior college recruit in the state and is drawing major interest from top-tier Division I football programs.

**URL:** <http://www.kcra.com/article/children-who-are-spanked-experience-higher-rates-of-depression-anxiety-as-adults/13149991>

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