



## Week 1

Mon., Sep 6 2010 12:28 a	Bone Crushers	Released	Knowshon Moreno	DEN	RB	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Released	Dallas Clark	IND	TE	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Ryan Longwell	MIN	K	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Minnesota Vikings	MIN	Def/ST	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Michael Jenkins	ATL	WR	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Matt Cassel	KAN	QB	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Kevin Smith	DET	RB	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	John Carlson	SEA	TE	Commissioner
Mon., Sep 6 2010 12:40 a	Va.Beach G-Men	Acquired	Mario Manningham	NYG	WR	Commissioner
Mon., Sep 6 2010 12:52 a	Touchdown My Pants	Released	Ryan Mathews	SDG	RB	Commissioner
Mon., Sep 6 2010 10:23 a	Tha Lynch Mobb	Placed on IR	Santonio Holmes	NYJ	WR	Owner
Mon., Sep 6 2010 10:23 a	Tha Lynch Mobb	Acquired	Devin Hester	CHI	WR	Owner
Tue., Sep 7 2010 5:30 a	Raiders of the Lost Ark	Released	Oakland Raiders	OAK	Def/ST	Owner
Tue., Sep 7 2010 5:30 a	Raiders of the Lost Ark	Acquired	Philadelphia Eagles	PHI	Def/ST	Owner
Tue., Sep 7 2010 5:34 a	Raiders of the Lost Ark	Released	Sebastian Janikowski	OAK	K	Owner
Tue., Sep 7 2010 5:34 a	Raiders of the Lost Ark	Acquired	David Akers	PHI	K	Owner
Wed., Sep 8 2010 5:57 a	Chip Rack Champs	Released	David Garrard	JAC	QB	Owner
Wed., Sep 8 2010 5:57 a	Chip Rack Champs	Acquired	Matt Moore	CAR	QB	Owner
Wed., Sep 8 2010 8:09 p	Beach Ball-Busters	Released	Todd Heap	BAL	TE	Owner
Wed., Sep 8 2010 8:09 p	Beach Ball-Busters	Acquired	Jay Feely	ARI	K	Owner
Fri., Sep 10 2010 9:09 a	Toronto Bound	Placed on IR	Eddie Royal	DEN	WR	Owner
Sat., Sep 11 2010 12:04 p	Toronto Bound	Acquired	Mark Sanchez	NYJ	QB	Owner
Sat., Sep 11 2010 12:21 p	Toronto Bound	Placed on IR	Jeremy Shockey	NOR	TE	Owner
Sat., Sep 11 2010 12:21 p	Toronto Bound	Taken off IR	Eddie Royal	DEN	WR	Owner
Sun., Sep 12 2010 11:55 a	Beach Ball-Busters	Placed on IR	Laurence Maroney	DEN	RB	Owner
Sun., Sep 12 2010 11:55 a	Beach Ball-Busters	Acquired	Fred Taylor	NWE	RB	Owner

## Week 2

Tue., Sep 14 2010 9:24 a	Toronto Bound	Placed on IR	Steve Slaton	HOU	RB	Owner
Tue., Sep 14 2010 9:24 a	Toronto Bound	Released	Jeremy Shockey	NOR	TE	Owner
Tue., Sep 14 2010 10:31 a	Touchdown My Pants	Placed on IR	Ryan Grant	GNB	RB	Owner
Tue., Sep 14 2010 11:02 a	Touchdown My Pants	Released	Kevin Walter	HOU	WR	Owner
Tue., Sep 14 2010 8:22 p	Touchdown My Pants	Released	Ryan Grant	GNB	RB	Owner
Wed., Sep 15 2010 2:20 a	Chip Rack Champs	Released	Brandon Pettigrew	DET	TE	Owner
Wed., Sep 15 2010 2:20 a	Chip Rack Champs	Placed on IR	Matt Moore	CAR	QB	Owner
Wed., Sep 15 2010 2:30 p	Chip Rack Champs	Released	Matt Moore	CAR	QB	Owner
Wed., Sep 15 2010 2:30 p	Chip Rack Champs	Placed on IR	Marshawn Lynch	SEA	RB	Owner
Wed., Sep 15 2010 5:23 p	Beach Ball-Busters	Placed on IR	Lee Evans	BUF	WR	Commissioner
Wed., Sep 15 2010 5:23 p	Beach Ball-Busters	Taken off IR	Laurence Maroney	DEN	RB	Commissioner
Wed., Sep 15 2010 8:06 p	StrongMan	Acquired	Brandon Jackson	GNB	RB	Waiver Wire
Wed., Sep 15 2010 8:06 p	StrongMan	Released	Matthew Stafford	DET	QB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Chesapeake Bay Bombers	Released	Larry Johnson	WAS	RB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Chesapeake Bay Bombers	Acquired	Michael Vick	PHI	QB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Tha Lynch Mobb	Acquired	Mark Clayton	STL	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	Touchdown My Pants	Acquired	Legedu Naanee	SDG	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	North Dallas Forty	Released	Donald Brown	IND	RB	Waiver Wire
Wed., Sep 15 2010 8:06 p	North Dallas Forty	Acquired	Austin Collie	IND	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	Chip Rack Champs	Acquired	Mike Thomas	JAC	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	Toronto Bound	Acquired	Peyton Hillis	CLE	RB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Tha Lynch Mobb	Released	Devin Hester	CHI	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	StrongMan	Placed on IR	Golden Tate	SEA	WR	Waiver Wire
Wed., Sep 15 2010 8:06 p	Va.Beach G-Men	Acquired	Lawrence Tynes	NYG	K	Waiver Wire
Wed., Sep 15 2010 8:06 p	Tha Lynch Mobb	Released	Cincinnati Bengals	CIN	Def/ST	Waiver Wire
Wed., Sep 15 2010 8:06 p	Tha Lynch Mobb	Acquired	Kansas City Chiefs	KAN	Def/ST	Waiver Wire
Wed., Sep 15 2010 8:06 p	StrongMan	Acquired	Derek Anderson	ARI	QB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Chip Rack Champs	Acquired	David Garrard	JAC	QB	Waiver Wire
Wed., Sep 15 2010 8:06 p	Va.Beach G-Men	Acquired	New York Giants	NYG	Def/ST	Waiver Wire
Wed., Sep 15 2010 8:06 p	Va.Beach G-Men	Released	Ryan Longwell	MIN	K	Waiver Wire
Wed., Sep 15 2010 8:06 p	Va.Beach G-Men	Released	Minnesota Vikings	MIN	Def/ST	Waiver Wire
Thu., Sep 16 2010 9:00 a	Touchdown My Pants	Acquired	Minnesota Vikings	MIN	Def/ST	Owner
Thu., Sep 16 2010 9:00 a	Touchdown My Pants	Placed on IR	Dallas Cowboys	DAL	Def/ST	Owner



# VB Meets the ROC

Thu., Sep 16 2010 9:01 a	Touchdown My Pants	Acquired	Larry Johnson	WAS	RB	Owner
Thu., Sep 16 2010 9:02 a	Touchdown My Pants	Released	Dallas Cowboys	DAL	Def/ST	Owner
Thu., Sep 16 2010 9:04 a	Touchdown My Pants	Placed on IR	Ben Roethlisberger	PIT	QB	Owner
Thu., Sep 16 2010 9:04 a	Touchdown My Pants	Acquired	Kevin Faulk	NWE	RB	Owner
Thu., Sep 16 2010 4:09 p	North Dallas Forty	Placed on IR	Michael Bush	OAK	RB	Owner
Thu., Sep 16 2010 4:09 p	North Dallas Forty	Acquired	John Kuhn	GNB	RB	Owner
Thu., Sep 16 2010 4:17 p	North Dallas Forty	Released	Cleveland Browns	CLE	Def/ST	Owner
Thu., Sep 16 2010 4:17 p	North Dallas Forty	Acquired	Washington Redskins	WAS	Def/ST	Owner
Thu., Sep 16 2010 11:19 p	Va.Beach G-Men	Released	Michael Jenkins	ATL	WR	Owner
Thu., Sep 16 2010 11:19 p	Va.Beach G-Men	Acquired	Jordan Shipley	CIN	WR	Owner
Thu., Sep 16 2010 11:20 p	Va.Beach G-Men	Released	John Carlson	SEA	TE	Owner
Thu., Sep 16 2010 11:20 p	Va.Beach G-Men	Acquired	Evan Moore	CLE	TE	Owner
Thu., Sep 16 2010 11:26 p	Va.Beach G-Men	Released	Kevin Smith	DET	RB	Owner
Thu., Sep 16 2010 11:26 p	Va.Beach G-Men	Acquired	Isaac Redman	PIT	RB	Owner
Sat., Sep 18 2010 6:49 p	Chip Rack Champs	Released	Jacoby Jones	HOU	WR	Owner
Sat., Sep 18 2010 6:49 p	Chip Rack Champs	Acquired	Kevin Smith	DET	RB	Owner
Sun., Sep 19 2010 12:15 p	Chesapeake Bay Bombers	Placed on IR	Owen Daniels	HOU	TE	Owner
Sun., Sep 19 2010 12:15 p	Chesapeake Bay Bombers	Acquired	Brandon Lloyd	DEN	WR	Owner
Sun., Sep 19 2010 12:17 p	Chesapeake Bay Bombers	Released	Justin Forsett	SEA	RB	Owner
Sun., Sep 19 2010 12:18 p	Chesapeake Bay Bombers	Taken off IR	Owen Daniels	HOU	TE	Owner
Sun., Sep 19 2010 12:19 p	Tha Lynch Mobb	Placed on IR	Vincent Jackson	SDG	WR	Owner
Sun., Sep 19 2010 12:19 p	Tha Lynch Mobb	Released	Santonio Holmes	NYJ	WR	Owner
Sun., Sep 19 2010 12:19 p	Tha Lynch Mobb	Acquired	Justin Forsett	SEA	RB	Owner
Sun., Sep 19 2010 12:35 p	North Dallas Forty	Released	Washington Redskins	WAS	Def/ST	Owner
Sun., Sep 19 2010 12:35 p	North Dallas Forty	Acquired	Dallas Cowboys	DAL	Def/ST	Owner
Fri., Sep 17 2010 1:04 p	Tha Lynch Mobb Michael Vick, QB	Acquired	Chesapeake Bay Bombers Justin Forsett, RB	Acquired	Trade	

## Week 3

Wed., Sep 22 2010 12:04 a	Touchdown My Pants	Released	Larry Johnson	WAS	RB	Owner
Wed., Sep 22 2010 8:46 a	Touchdown My Pants	Released	Kevin Faulk	NWE	RB	Owner
Wed., Sep 22 2010 8:06 p	Va.Beach G-Men	Acquired	Jason Snelling	ATL	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Va.Beach G-Men	Released	Isaac Redman	PIT	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Beach Ball-Busters	Released	Laurence Maroney	DEN	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Touchdown My Pants	Acquired	Santonio Holmes	NYJ	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Chesapeake Bay Bombers	Released	Jabar Gaffney	DEN	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Chesapeake Bay Bombers	Acquired	Demaryius Thomas	DEN	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Beach Ball-Busters	Acquired	Mike Tolbert	SDG	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Va.Beach G-Men	Acquired	Aaron Hernandez	NWE	TE	Waiver Wire
Wed., Sep 22 2010 8:06 p	Touchdown My Pants	Acquired	Dustin Keller	NYJ	TE	Waiver Wire
Wed., Sep 22 2010 8:06 p	North Dallas Forty	Acquired	Kevin Walter	HOU	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	North Dallas Forty	Released	Devin Aromashodu	CHI	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Chesapeake Bay Bombers	Released	Brandon Lloyd	DEN	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Tha Lynch Mobb	Released	Brandon Jacobs	NYG	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Chip Rack Champs	Acquired	Kyle Orton	DEN	QB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Beach Ball-Busters	Acquired	Nate Washington	TEN	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	Chesapeake Bay Bombers	Acquired	BenJarvus Green-Ellis	NWE	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Va.Beach G-Men	Released	Evan Moore	CLE	TE	Waiver Wire
Wed., Sep 22 2010 8:06 p	Tha Lynch Mobb	Acquired	Donald Brown	IND	RB	Waiver Wire
Wed., Sep 22 2010 8:06 p	Beach Ball-Busters	Released	Nate Burleson	DET	WR	Waiver Wire
Wed., Sep 22 2010 8:06 p	North Dallas Forty	Released	David Buehler	DAL	K	Waiver Wire
Wed., Sep 22 2010 8:06 p	North Dallas Forty	Acquired	Mike Nugent	CIN	K	Waiver Wire
Wed., Sep 22 2010 8:15 p	Raiders of the Lost Ark	Placed on IR	Reggie Bush	NOR	RB	Owner
Thu., Sep 23 2010 9:00 a	Raiders of the Lost Ark	Acquired	Brandon Jacobs	NYG	RB	Owner
Thu., Sep 23 2010 9:01 a	Raiders of the Lost Ark	Released	Kevin Kolb	PHI	QB	Owner
Thu., Sep 23 2010 9:01 a	Raiders of the Lost Ark	Acquired	Jacoby Jones	HOU	WR	Owner
Thu., Sep 23 2010 10:01 a	North Dallas Forty	Released	Bernard Scott	CIN	RB	Owner
Thu., Sep 23 2010 10:01 a	North Dallas Forty	Acquired	Rashad Jennings	JAC	RB	Owner
Thu., Sep 23 2010 10:04 a	Tha Lynch Mobb	Released	Vincent Jackson	SDG	WR	Owner
Thu., Sep 23 2010 10:04 a	Tha Lynch Mobb	Placed on IR	Joe Flacco	BAL	QB	Owner
Thu., Sep 23 2010 10:04 a	Tha Lynch Mobb	Acquired	Devin Hester	CHI	WR	Owner



# VB Meets the ROC

Thu., Sep 23 2010 12:05 p	Beach Ball-Busters	Released	Buffalo Bills	BUF	Def/ST	Owner
Thu., Sep 23 2010 12:05 p	Beach Ball-Busters	Acquired	New England Patriots	NWE	Def/ST	Owner
Thu., Sep 23 2010 1:29 p	Touchdown My Pants	Released	Greg Olsen	CHI	TE	Owner
Thu., Sep 23 2010 5:27 p	Chesapeake Bay Bombers	Acquired	Joey Galloway	WAS	WR	Commissioner
Fri., Sep 24 2010 3:19 p	Tha Lynch Mobb	Released	Willis McGahee	BAL	RB	Owner
Fri., Sep 24 2010 3:19 p	Tha Lynch Mobb	Acquired	Laurence Maroney	DEN	RB	Owner
Fri., Sep 24 2010 5:01 p	Raiders of the Lost Ark	Released	Toby Gerhart	MIN	RB	Owner
Fri., Sep 24 2010 5:01 p	Raiders of the Lost Ark	Acquired	Correll Buckhalter	DEN	RB	Owner
Sun., Sep 26 2010 10:50 a	Beach Ball-Busters	Released	Jay Feely	ARI	K	Owner
Sun., Sep 26 2010 10:50 a	Beach Ball-Busters	Acquired	Robbie Gould	CHI	K	Owner
Sun., Sep 26 2010 11:55 a	Toronto Bound	Released	Mark Sanchez	NYJ	QB	Owner
Sun., Sep 26 2010 11:56 a	Toronto Bound	Acquired	Sam Bradford	STL	QB	Owner
Sun., Sep 26 2010 12:38 p	North Dallas Forty	Released	Mike Nugent	CIN	K	Owner
Sun., Sep 26 2010 12:38 p	North Dallas Forty	Acquired	Josh Scobee	JAC	K	Owner

Thu., Sep 23 2010 5:15 p	Chesapeake Bay Bombers Aaron Rodgers, QB	Acquired	Touchdown My Pants Eli Manning, QB Larry Fitzgerald, WR	Acquired	Trade
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## Week 4

Tue., Sep 28 2010 3:48 p	StrongMan	Placed on IR	Dexter McCluster	KAN	WR	Owner
Tue., Sep 28 2010 3:48 p	StrongMan	Taken off IR	Golden Tate	SEA	WR	Owner
Tue., Sep 28 2010 4:35 p	Toronto Bound	Placed on IR	Dez Bryant	DAL	WR	Owner
Wed., Sep 29 2010 8:06 p	Chesapeake Bay Bombers	Released	Joey Galloway	WAS	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Chesapeake Bay Bombers	Acquired	Willis McGahee	BAL	RB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Toronto Bound	Released	T.J. Houshmandzadeh	BAL	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Chip Rack Champs	Acquired	Maurice Morris	DET	RB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Chip Rack Champs	Released	David Garrard	JAC	QB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Steel Curtain	Acquired	Roy Williams	DAL	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Va.Beach G-Men	Acquired	Mike Nugent	CIN	K	Waiver Wire
Wed., Sep 29 2010 8:06 p	Steel Curtain	Released	Davone Bess	MIA	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Toronto Bound	Acquired	Kenneth Darby	STL	RB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Va.Beach G-Men	Released	Lawrence Tynes	NYG	K	Waiver Wire
Wed., Sep 29 2010 8:06 p	North Dallas Forty	Released	Dallas Cowboys	DAL	Def/ST	Waiver Wire
Wed., Sep 29 2010 8:06 p	Chip Rack Champs	Released	Brett Favre	MIN	QB	Waiver Wire
Wed., Sep 29 2010 8:06 p	North Dallas Forty	Released	Mohamed Massaquoi	CLE	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Chip Rack Champs	Acquired	Mark Sanchez	NYJ	QB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Beach Ball-Busters	Acquired	Ryan Torain	WAS	RB	Waiver Wire
Wed., Sep 29 2010 8:06 p	Toronto Bound	Released	Mike Williams	SEA	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	North Dallas Forty	Acquired	Joshua Cribbs	CLE	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	StrongMan	Released	Golden Tate	SEA	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	StrongMan	Acquired	John Carlson	SEA	TE	Waiver Wire
Wed., Sep 29 2010 8:06 p	Beach Ball-Busters	Released	Laurent Robinson	STL	WR	Waiver Wire
Wed., Sep 29 2010 8:06 p	Toronto Bound	Acquired	Greg Olsen	CHI	TE	Waiver Wire
Wed., Sep 29 2010 8:06 p	North Dallas Forty	Acquired	Seattle Seahawks	SEA	Def/ST	Waiver Wire
Wed., Sep 29 2010 8:16 p	Beach Ball-Busters	Taken off IR	Lee Evans	BUF	WR	Owner
Wed., Sep 29 2010 8:16 p	Beach Ball-Busters	Placed on IR	Pierre Garcon	IND	WR	Owner
Thu., Sep 30 2010 8:57 a	Touchdown My Pants	Released	Devery Henderson	NOR	WR	Owner
Thu., Sep 30 2010 9:00 a	Touchdown My Pants	Acquired	Brandon Lloyd	DEN	WR	Owner
Thu., Sep 30 2010 9:02 a	Touchdown My Pants	Released	Legedu Naanee	SDG	WR	Owner
Thu., Sep 30 2010 9:03 a	Touchdown My Pants	Acquired	Tennessee Titans	TEN	Def/ST	Owner
Thu., Sep 30 2010 11:18 a	StrongMan	Released	John Carlson	SEA	TE	Owner
Thu., Sep 30 2010 11:18 a	StrongMan	Acquired	Danny Amendola	STL	WR	Owner
Thu., Sep 30 2010 11:19 a	StrongMan	Released	Derek Anderson	ARI	QB	Owner
Thu., Sep 30 2010 11:19 a	StrongMan	Acquired	Brett Favre	MIN	QB	Owner
Thu., Sep 30 2010 11:20 a	StrongMan	Released	Brett Favre	MIN	QB	Owner
Thu., Sep 30 2010 11:20 a	StrongMan	Acquired	Jeremy Shockey	NOR	TE	Owner
Thu., Sep 30 2010 11:22 a	Beach Ball-Busters	Released	Fred Taylor	NWE	RB	Owner
Thu., Sep 30 2010 11:22 a	Beach Ball-Busters	Acquired	LeGarrette Blount	TAM	RB	Owner
Thu., Sep 30 2010 5:03 p	Va.Beach G-Men	Released	Jordan Shipley	CIN	WR	Owner
Thu., Sep 30 2010 5:03 p	Va.Beach G-Men	Acquired	Lance Moore	NOR	WR	Owner
Thu., Sep 30 2010 5:09 p	Va.Beach G-Men	Released	Robert Meachem	NOR	WR	Owner



# VB Meets the ROC

Thu., Sep 30 2010 5:09 p	Va.Beach G-Men	Acquired	Isaac Redman	PIT	RB	Owner
Thu., Sep 30 2010 10:57 p	Toronto Bound	Released	Matt Prater	DEN	K	Owner
Thu., Sep 30 2010 10:57 p	Toronto Bound	Acquired	Matt Bryant	ATL	K	Owner
Fri., Oct 1 2010 2:26 a	Chip Rack Champs	Released	Mike Thomas	JAC	WR	Owner
Fri., Oct 1 2010 2:26 a	Chip Rack Champs	Acquired	Jabar Gaffney	DEN	WR	Owner
Fri., Oct 1 2010 2:31 a	Chip Rack Champs	Released	Visanthe Shiancoe	MIN	TE	Owner
Fri., Oct 1 2010 2:31 a	Chip Rack Champs	Acquired	John Carlson	SEA	TE	Owner
Fri., Oct 1 2010 2:51 a	Chesapeake Bay Bombers	Released	San Francisco 49ers	SFO	Def/ST	Owner
Fri., Oct 1 2010 2:51 a	Chesapeake Bay Bombers	Acquired	Cincinnati Bengals	CIN	Def/ST	Owner
Fri., Oct 1 2010 3:01 p	Toronto Bound	Released	Steve Breaston	ARI	WR	Owner
Fri., Oct 1 2010 3:01 p	Toronto Bound	Acquired	Fred Taylor	NWE	RB	Owner
Fri., Oct 1 2010 3:02 p	Toronto Bound	Placed on IR	Fred Taylor	NWE	RB	Owner
Fri., Oct 1 2010 4:00 p	Tha Lynch Mobb	Released	Kansas City Chiefs	KAN	Def/ST	Owner
Fri., Oct 1 2010 4:00 p	Tha Lynch Mobb	Acquired	Chicago Bears	CHI	Def/ST	Owner
Sat., Oct 2 2010 11:07 a	Toronto Bound	Placed on IR	Dez Bryant	DAL	WR	Owner
Sat., Oct 2 2010 11:07 a	Toronto Bound	Released	Fred Taylor	NWE	RB	Owner
Sat., Oct 2 2010 11:07 a	Toronto Bound	Acquired	Legedu Naanee	SDG	WR	Owner
Sun., Oct 3 2010 11:30 a	Raiders of the Lost Ark	Released	Correll Buckhalter	DEN	RB	Owner
Sun., Oct 3 2010 11:30 a	Raiders of the Lost Ark	Acquired	Ladell Betts	NOR	RB	Owner
Sun., Oct 3 2010 11:46 a	Toronto Bound	Released	Sam Bradford	STL	QB	Owner
Sun., Oct 3 2010 11:47 a	Toronto Bound	Acquired	Bruce Gradkowski	OAK	QB	Owner
Sun., Oct 3 2010 11:56 a	Toronto Bound	Taken off IR	Dez Bryant	DAL	WR	Owner
Sun., Oct 3 2010 11:56 a	Toronto Bound	Placed on IR	Steve Slaton	HOU	RB	Owner
Sun., Oct 3 2010 12:09 p	Toronto Bound	Placed on IR	Kenneth Darby	STL	RB	Owner
Sun., Oct 3 2010 12:09 p	Toronto Bound	Released	Steve Slaton	HOU	RB	Owner
Sun., Oct 3 2010 12:09 p	Toronto Bound	Acquired	Chris Ivory	NOR	RB	Owner
Sun., Oct 3 2010 12:41 p	North Dallas Forty	Released	Mercedes Lewis	JAC	TE	Owner
Sun., Oct 3 2010 12:41 p	North Dallas Forty	Acquired	Bernard Scott	CIN	RB	Owner
Sun., Oct 3 2010 12:44 p	North Dallas Forty	Released	Josh Scobee	JAC	K	Owner
Sun., Oct 3 2010 12:44 p	North Dallas Forty	Acquired	Matt Prater	DEN	K	Owner

## Week 5

Tue., Oct 5 2010 11:04 a	North Dallas Forty	Taken off IR	Michael Bush	OAK	RB	Owner
Tue., Oct 5 2010 11:04 a	North Dallas Forty	Placed on IR	John Kuhn	GNB	RB	Owner
Wed., Oct 6 2010 1:13 p	Beach Ball-Busters	Taken off IR	Pierre Garcon	IND	WR	Owner
Wed., Oct 6 2010 1:13 p	Beach Ball-Busters	Placed on IR	Clinton Portis	WAS	RB	Owner
Wed., Oct 6 2010 8:07 p	Va.Beach G-Men	Released	Isaac Redman	PIT	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Va.Beach G-Men	Acquired	Derrick Ward	HOU	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Toronto Bound	Released	Bruce Gradkowski	OAK	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Tha Lynch Mobb	Acquired	Brandon Pettigrew	DET	TE	Waiver Wire
Wed., Oct 6 2010 8:07 p	North Dallas Forty	Acquired	Shaun Hill	DET	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Beach Ball-Busters	Acquired	San Diego Chargers	SDG	Def/ST	Waiver Wire
Wed., Oct 6 2010 8:07 p	Beach Ball-Busters	Released	New England Patriots	NWE	Def/ST	Waiver Wire
Wed., Oct 6 2010 8:07 p	Toronto Bound	Acquired	Danny Woodhead	NWE	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Tha Lynch Mobb	Released	Laurence Maroney	DEN	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Chip Rack Champs	Released	Maurice Morris	DET	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	StrongMan	Released	Jeremy Shockey	NOR	TE	Waiver Wire
Wed., Oct 6 2010 8:07 p	Touchdown My Pants	Acquired	Mike Bell	CLE	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Touchdown My Pants	Released	Carnell Williams	TAM	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Chip Rack Champs	Acquired	Brett Favre	MIN	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Va.Beach G-Men	Acquired	Sam Bradford	STL	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Chesapeake Bay Bombers	Acquired	Brandon Tate	NWE	WR	Waiver Wire
Wed., Oct 6 2010 8:07 p	Chesapeake Bay Bombers	Placed on IR	BenJarvus Green-Ellis	NWE	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	StrongMan	Acquired	Davone Bess	MIA	WR	Waiver Wire
Wed., Oct 6 2010 8:07 p	North Dallas Forty	Released	Joshua Cribbs	CLE	WR	Waiver Wire
Wed., Oct 6 2010 8:07 p	Va.Beach G-Men	Released	Matt Cassel	KAN	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	North Dallas Forty	Acquired	Ryan Fitzpatrick	BUF	QB	Waiver Wire
Wed., Oct 6 2010 8:07 p	North Dallas Forty	Released	Bernard Scott	CIN	RB	Waiver Wire
Wed., Oct 6 2010 8:07 p	Tha Lynch Mobb	Acquired	Jacksonville Jaguars	JAC	Def/ST	Waiver Wire
Wed., Oct 6 2010 8:07 p	Tha Lynch Mobb	Released	Chicago Bears	CHI	Def/ST	Waiver Wire
Thu., Oct 7 2010 9:01 a	Chesapeake Bay Bombers	Released	Demaryius Thomas	DEN	WR	Owner
Thu., Oct 7 2010 9:01 a	Chesapeake Bay Bombers	Acquired	Carnell Williams	TAM	RB	Owner



# VB Meets the ROC

Thu., Oct 7 2010 9:19 a	Steel Curtain	Released	Heath Miller	PIT	TE	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Released	Bo Scaife	TEN	TE	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Released	Vince Young	TEN	QB	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Placed on IR	Pittsburgh Steelers	PIT	Def/ST	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Acquired	Visanthe Shiancoe	MIN	TE	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Acquired	Jeremy Shockey	NOR	TE	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Acquired	Chicago Bears	CHI	Def/ST	Owner
Thu., Oct 7 2010 9:19 a	Steel Curtain	Acquired	Matt Cassel	KAN	QB	Owner
Thu., Oct 7 2010 10:06 a	Tha Lynch Mobb	Released	Donald Brown	IND	RB	Owner
Thu., Oct 7 2010 10:07 a	Tha Lynch Mobb	Acquired	Vincent Jackson	SDG	WR	Owner
Thu., Oct 7 2010 10:09 a	Tha Lynch Mobb	Released	Jeff Reed	SFO	K	Owner
Thu., Oct 7 2010 10:09 a	Tha Lynch Mobb	Acquired	Josh Scobee	JAC	K	Owner
Thu., Oct 7 2010 11:22 a	Tha Lynch Mobb	Placed on IR	Vincent Jackson	SDG	WR	Owner
Thu., Oct 7 2010 11:22 a	Tha Lynch Mobb	Taken off IR	Joe Flacco	BAL	QB	Owner
Thu., Oct 7 2010 11:44 a	Toronto Bound	Released	Legedu Naanee	SDG	WR	Owner
Thu., Oct 7 2010 11:44 a	Toronto Bound	Acquired	Steve Breaston	ARI	WR	Owner
Thu., Oct 7 2010 1:31 p	Chesapeake Bay Bombers	Released	Cincinnati Bengals	CIN	Def/ST	Owner
Thu., Oct 7 2010 1:31 p	Chesapeake Bay Bombers	Acquired	Carolina Panthers	CAR	Def/ST	Owner
Thu., Oct 7 2010 4:35 p	North Dallas Forty	Released	Seattle Seahawks	SEA	Def/ST	Owner
Thu., Oct 7 2010 4:35 p	North Dallas Forty	Acquired	Detroit Lions	DET	Def/ST	Owner
Thu., Oct 7 2010 4:48 p	North Dallas Forty	Placed on IR	Rashad Jennings	JAC	RB	Owner
Thu., Oct 7 2010 4:48 p	North Dallas Forty	Taken off IR	John Kuhn	GNB	RB	Owner
Thu., Oct 7 2010 5:41 p	Chip Rack Champs	Released	John Carlson	SEA	TE	Owner
Thu., Oct 7 2010 5:41 p	Chip Rack Champs	Acquired	Tony Moeaki	KAN	TE	Owner
Thu., Oct 7 2010 11:19 p	North Dallas Forty	Released	Shaun Hill	DET	QB	Owner
Thu., Oct 7 2010 11:19 p	North Dallas Forty	Acquired	Donald Brown	IND	RB	Owner
Thu., Oct 7 2010 11:23 p	North Dallas Forty	Placed on IR	Chad Henne	MIA	QB	Owner
Thu., Oct 7 2010 11:23 p	North Dallas Forty	Released	Rashad Jennings	JAC	RB	Owner
Thu., Oct 7 2010 11:23 p	North Dallas Forty	Acquired	Steve Johnson	BUF	WR	Owner
Fri., Oct 8 2010 10:17 p	Toronto Bound	Released	Steve Breaston	ARI	WR	Owner
Fri., Oct 8 2010 10:17 p	Toronto Bound	Acquired	Atlanta Falcons	ATL	Def/ST	Owner
Sat., Oct 9 2010 3:04 a	Tha Lynch Mobb	Released	Vincent Jackson	SDG	WR	Owner
Sat., Oct 9 2010 3:04 a	Tha Lynch Mobb	Placed on IR	Michael Vick	PHI	QB	Owner
Sat., Oct 9 2010 3:04 a	Tha Lynch Mobb	Acquired	Laurence Maroney	DEN	RB	Owner
Sat., Oct 9 2010 8:56 a	Va.Beach G-Men	Placed on IR	Knowshon Moreno	DEN	RB	Owner
Sat., Oct 9 2010 8:59 a	Va.Beach G-Men	Acquired	Correll Buckhalter	DEN	RB	Owner
Sat., Oct 9 2010 4:50 p	Bone Crushers	Released	Garrett Hartley	NOR	K	Owner
Sat., Oct 9 2010 4:50 p	Bone Crushers	Acquired	Adam Vinatieri	IND	K	Owner
Sat., Oct 9 2010 8:41 p	Touchdown My Pants	Released	Tennessee Titans	TEN	Def/ST	Owner
Sat., Oct 9 2010 8:52 p	Touchdown My Pants	Acquired	Fred Taylor	NWE	RB	Owner
Sun., Oct 10 2010 12:15 p	StrongMan	Released	Tim Tebow	DEN	QB	Owner
Sun., Oct 10 2010 12:16 p	StrongMan	Acquired	Sebastian Janikowski	OAK	K	Owner
Sun., Oct 10 2010 12:20 p	Raiders of the Lost Ark	Released	Darren Sproles	SDG	RB	Owner
Sun., Oct 10 2010 12:21 p	Raiders of the Lost Ark	Acquired	James Starks	GNB	RB	Owner
Sun., Oct 10 2010 12:22 p	Raiders of the Lost Ark	Released	Jacoby Jones	HOU	WR	Owner
Sun., Oct 10 2010 12:22 p	Raiders of the Lost Ark	Acquired	Kareem Huggins	TAM	RB	Owner
Sun., Oct 10 2010 12:39 p	North Dallas Forty	Released	Matt Prater	DEN	K	Owner
Sun., Oct 10 2010 12:39 p	North Dallas Forty	Acquired	David Buehler	DAL	K	Owner
Sun., Oct 10 2010 12:13 p	Raiders of the Lost Ark	Acquired	Touchdown My Pants	Acquired	Trade	
	Marques Colston, WR		Fred Jackson, RB			
Thu., Oct 7 2010 5:49 p	Tha Lynch Mobb	Acquired	Chesapeake Bay Bombers	Acquired	Trade	
	Pierre Thomas, RB		Jeremy Maclin, WR			

## Week 6

Wed., Oct 13 2010 7:49 p	Beach Ball-Busters	Placed on IR	Lee Evans	BUF	WR	Owner
Wed., Oct 13 2010 7:49 p	Beach Ball-Busters	Taken off IR	Clinton Portis	WAS	RB	Owner
Wed., Oct 13 2010 8:06 p	Va.Beach G-Men	Acquired	Josh Freeman	TAM	QB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Va.Beach G-Men	Released	Correll Buckhalter	DEN	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Toronto Bound	Acquired	Earnest Graham	TAM	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Chesapeake Bay Bombers	Acquired	San Francisco 49ers	SFO	Def/ST	Waiver Wire
Wed., Oct 13 2010 8:06 p	StrongMan	Released	Sebastian Janikowski	OAK	K	Waiver Wire



# VB Meets the ROC

Wed., Oct 13 2010 8:06 p	Touchdown My Pants	Acquired	Deion Branch	NWE	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	StrongMan	Acquired	Mike Hart	IND	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Tha Lynch Mobb	Released	Laurence Maroney	DEN	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Toronto Bound	Released	Chris Ivory	NOR	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Raiders of the Lost Ark	Released	Kareem Huggins	TAM	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Chesapeake Bay Bombers	Released	Carolina Panthers	CAR	Def/ST	Waiver Wire
Wed., Oct 13 2010 8:06 p	Raiders of the Lost Ark	Acquired	Nate Burleson	DET	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	Tha Lynch Mobb	Acquired	Steve Breaston	ARI	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	Touchdown My Pants	Released	Mike Bell	CLE	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	Tha Lynch Mobb	Released	Mark Clayton	STL	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	Va.Beach G-Men	Acquired	Mike Thomas	JAC	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	Tha Lynch Mobb	Acquired	Brandon Gibson	STL	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	Va.Beach G-Men	Released	Lance Moore	NOR	WR	Waiver Wire
Wed., Oct 13 2010 8:06 p	North Dallas Forty	Released	John Kuhn	GNB	RB	Waiver Wire
Wed., Oct 13 2010 8:06 p	North Dallas Forty	Acquired	Mercedes Lewis	JAC	TE	Waiver Wire
Thu., Oct 14 2010 12:36 a	Steel Curtain	Taken off IR	Pittsburgh Steelers	PIT	Def/ST	Owner
Thu., Oct 14 2010 12:36 a	Steel Curtain	Placed on IR	Chicago Bears	CHI	Def/ST	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Released	Brandon Gibson	STL	WR	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Released	Jacksonville Jaguars	JAC	Def/ST	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Released	Josh Scobee	JAC	K	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Acquired	Jeff Reed	SFO	K	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Acquired	Tennessee Titans	TEN	Def/ST	Owner
Thu., Oct 14 2010 9:01 a	Tha Lynch Mobb	Acquired	Laurent Robinson	STL	WR	Owner
Thu., Oct 14 2010 9:02 a	Touchdown My Pants	Released	Fred Taylor	NWE	RB	Owner
Thu., Oct 14 2010 9:02 a	Touchdown My Pants	Acquired	John Kuhn	GNB	RB	Owner
Thu., Oct 14 2010 9:09 a	Tha Lynch Mobb	Released	Devin Hester	CHI	WR	Owner
Thu., Oct 14 2010 9:09 a	Tha Lynch Mobb	Acquired	Lance Moore	NOR	WR	Owner
Thu., Oct 14 2010 9:10 a	Tha Lynch Mobb	Placed on IR	Joe Flacco	BAL	QB	Owner
Thu., Oct 14 2010 9:15 a	Tha Lynch Mobb	Taken off IR	Joe Flacco	BAL	QB	Owner
Thu., Oct 14 2010 9:15 a	Tha Lynch Mobb	Placed on IR	Michael Vick	PHI	QB	Owner
Thu., Oct 14 2010 9:32 a	Toronto Bound	Released	Greg Olsen	CHI	TE	Owner
Thu., Oct 14 2010 9:32 a	Toronto Bound	Acquired	Julius Jones	NOR	RB	Owner
Thu., Oct 14 2010 9:33 a	StrongMan	Placed on IR	Cedric Benson	CIN	RB	Owner
Thu., Oct 14 2010 9:33 a	StrongMan	Taken off IR	Dexter McCluster	KAN	WR	Owner
Thu., Oct 14 2010 9:33 a	StrongMan	Released	Dexter McCluster	KAN	WR	Owner
Thu., Oct 14 2010 9:33 a	StrongMan	Acquired	Vincent Jackson	SDG	WR	Owner
Thu., Oct 14 2010 9:34 a	StrongMan	Placed on IR	Vincent Jackson	SDG	WR	Owner
Thu., Oct 14 2010 9:34 a	StrongMan	Taken off IR	Cedric Benson	CIN	RB	Owner
Thu., Oct 14 2010 12:38 p	North Dallas Forty	Released	Ryan Fitzpatrick	BUF	QB	Owner
Thu., Oct 14 2010 12:38 p	North Dallas Forty	Acquired	Greg Olsen	CHI	TE	Owner
Thu., Oct 14 2010 12:40 p	North Dallas Forty	Taken off IR	Chad Henne	MIA	QB	Owner
Thu., Oct 14 2010 12:40 p	North Dallas Forty	Placed on IR	Jermichael Finley	GNB	TE	Owner
Thu., Oct 14 2010 3:36 p	North Dallas Forty	Released	David Buehler	DAL	K	Owner
Thu., Oct 14 2010 3:36 p	North Dallas Forty	Acquired	Nick Folk	NYJ	K	Owner
Fri., Oct 15 2010 6:11 p	North Dallas Forty	Acquired	Chris Ivory	NOR	RB	Owner
Fri., Oct 15 2010 6:11 p	North Dallas Forty	Released	Jermichael Finley	GNB	TE	Owner
Fri., Oct 15 2010 6:11 p	North Dallas Forty	Placed on IR	Steve Johnson	BUF	WR	Owner
Fri., Oct 15 2010 7:45 p	Touchdown My Pants	Acquired	Mike Bell	CLE	RB	Owner
Fri., Oct 15 2010 7:45 p	Touchdown My Pants	Released	John Kuhn	GNB	RB	Owner
Fri., Oct 15 2010 8:35 p	Chip Rack Champs	Taken off IR	Marshawn Lynch	SEA	RB	Owner
Fri., Oct 15 2010 8:35 p	Chip Rack Champs	Placed on IR	C.J. Spiller	BUF	RB	Owner
Fri., Oct 15 2010 8:36 p	Chip Rack Champs	Acquired	New England Patriots	NWE	Def/ST	Owner
Fri., Oct 15 2010 8:36 p	Chip Rack Champs	Released	Green Bay Packers	GNB	Def/ST	Owner
Sat., Oct 16 2010 9:03 a	Touchdown My Pants	Acquired	Correll Buckhalter	DEN	RB	Owner
Sat., Oct 16 2010 9:03 a	Touchdown My Pants	Released	Mike Bell	CLE	RB	Owner
Sat., Oct 16 2010 6:42 p	Beach Ball-Busters	Acquired	Heath Miller	PIT	TE	Owner
Sat., Oct 16 2010 6:43 p	Beach Ball-Busters	Released	Clinton Portis	WAS	RB	Owner
Sun., Oct 17 2010 6:37 a	Chip Rack Champs	Taken off IR	C.J. Spiller	BUF	RB	Owner
Sun., Oct 17 2010 6:37 a	Chip Rack Champs	Placed on IR	Brett Favre	MIN	QB	Owner
Sun., Oct 17 2010 11:22 a	Beach Ball-Busters	Placed on IR	LeGarrette Blount	TAM	RB	Owner
Sun., Oct 17 2010 11:22 a	Beach Ball-Busters	Released	Lee Evans	BUF	WR	Owner
Sun., Oct 17 2010 11:27 a	Va.Beach G-Men	Acquired	Jason Hanson	DET	K	Owner
Sun., Oct 17 2010 11:27 a	Va.Beach G-Men	Released	Mike Nugent	CIN	K	Owner



# VB Meets the ROC

Sun., Oct 17 2010 11:29 a	Va.Beach G-Men	Acquired	Clinton Portis	WAS	RB	Owner
Sun., Oct 17 2010 11:29 a	Va.Beach G-Men	Released	Derrick Ward	HOU	RB	Owner
Sun., Oct 17 2010 11:42 a	Touchdown My Pants	Taken off IR	Ben Roethlisberger	PIT	QB	Owner
Sun., Oct 17 2010 11:42 a	Touchdown My Pants	Released	Correll Buckhalter	DEN	RB	Owner
Sun., Oct 17 2010 11:51 a	Chesapeake Bay Bombers	Taken off IR	BenJarvus Green-Ellis	NWE	RB	Owner
Sun., Oct 17 2010 11:51 a	Chesapeake Bay Bombers	Placed on IR	Jonathan Stewart	CAR	RB	Owner
Sun., Oct 17 2010 12:04 p	Chip Rack Champs	Acquired	Tony Scheffler	DET	TE	Owner
Sun., Oct 17 2010 12:05 p	Chip Rack Champs	Placed on IR	Mark Sanchez	NYJ	QB	Owner
Sun., Oct 17 2010 12:05 p	Chip Rack Champs	Taken off IR	Brett Favre	MIN	QB	Owner
Sun., Oct 17 2010 12:59 p	North Dallas Forty	Acquired	Seattle Seahawks	SEA	Def/ST	Owner
Sun., Oct 17 2010 12:59 p	North Dallas Forty	Released	Detroit Lions	DET	Def/ST	Owner
Sun., Oct 17 2010 11:24 a	Beach Ball-Busters Vernon Davis, TE Fred Jackson, RB	Acquired	Touchdown My Pants Heath Miller, TE Ryan Torain, RB	Acquired		Trade
Sun., Oct 17 2010 11:24 a	Chip Rack Champs Chris Cooley, TE	Acquired	Beach Ball-Busters Santana Moss, WR Tony Moeaki, TE	Acquired		Trade

## Week 7

Tue., Oct 19 2010 5:14 p	Beach Ball-Busters	Taken off IR	LeGarrette Blount	TAM	RB	Owner
Tue., Oct 19 2010 5:14 p	Beach Ball-Busters	Placed on IR	Tony Moeaki	KAN	TE	Owner
Tue., Oct 19 2010 5:36 p	Va.Beach G-Men	Taken off IR	Knowshon Moreno	DEN	RB	Owner
Tue., Oct 19 2010 5:36 p	Va.Beach G-Men	Placed on IR	Clinton Portis	WAS	RB	Owner
Wed., Oct 20 2010 10:22 a	StrongMan	Placed on IR	DeSean Jackson	PHI	WR	Owner
Wed., Oct 20 2010 10:22 a	StrongMan	Taken off IR	Vincent Jackson	SDG	WR	Owner
Wed., Oct 20 2010 8:06 p	Va.Beach G-Men	Released	Josh Freeman	TAM	QB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Toronto Bound	Acquired	Michael Jenkins	ATL	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Va.Beach G-Men	Acquired	Derrick Ward	HOU	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Toronto Bound	Released	Atlanta Falcons	ATL	Def/ST	Waiver Wire
Wed., Oct 20 2010 8:06 p	Tha Lynch Mobb	Acquired	Anthony Armstrong	WAS	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Chip Rack Champs	Acquired	Benjamin Watson	CLE	TE	Waiver Wire
Wed., Oct 20 2010 8:06 p	Touchdown My Pants	Acquired	Mike Williams	SEA	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	StrongMan	Released	Mike Hart	IND	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Chesapeake Bay Bombers	Acquired	Joe Nedney	SFO	K	Waiver Wire
Wed., Oct 20 2010 8:06 p	Chesapeake Bay Bombers	Released	Neil Rackers	HOU	K	Waiver Wire
Wed., Oct 20 2010 8:06 p	Steel Curtain	Acquired	Lee Evans	BUF	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Steel Curtain	Released	Visanthe Shiancoe	MIN	TE	Waiver Wire
Wed., Oct 20 2010 8:06 p	Raiders of the Lost Ark	Released	Ladell Betts	NOR	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Touchdown My Pants	Placed on IR	Darren McFadden	OAK	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Chip Rack Champs	Released	Tony Scheffler	DET	TE	Waiver Wire
Wed., Oct 20 2010 8:06 p	StrongMan	Acquired	Jason Avant	PHI	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Tha Lynch Mobb	Released	Laurent Robinson	STL	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Raiders of the Lost Ark	Acquired	Danario Alexander	STL	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Beach Ball-Busters	Released	LeGarrette Blount	TAM	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Beach Ball-Busters	Acquired	Keiland Williams	WAS	RB	Waiver Wire
Wed., Oct 20 2010 8:06 p	Va.Beach G-Men	Released	Jason Hanson	DET	K	Waiver Wire
Wed., Oct 20 2010 8:06 p	StrongMan	Released	Vincent Jackson	SDG	WR	Waiver Wire
Wed., Oct 20 2010 8:06 p	Va.Beach G-Men	Acquired	Mike Nugent	CIN	K	Waiver Wire
Wed., Oct 20 2010 8:06 p	StrongMan	Acquired	Kevin Kolb	PHI	QB	Waiver Wire
Thu., Oct 21 2010 9:08 a	Raiders of the Lost Ark	Released	Louis Murphy	OAK	WR	Owner
Thu., Oct 21 2010 9:08 a	Raiders of the Lost Ark	Acquired	Josh Freeman	TAM	QB	Owner
Thu., Oct 21 2010 11:38 a	Chesapeake Bay Bombers	Released	Brandon Tate	NWE	WR	Owner
Thu., Oct 21 2010 11:38 a	Chesapeake Bay Bombers	Acquired	Vincent Jackson	SDG	WR	Owner
Thu., Oct 21 2010 12:31 p	North Dallas Forty	Released	Nick Folk	NYJ	K	Owner
Thu., Oct 21 2010 12:31 p	North Dallas Forty	Acquired	Sebastian Janikowski	OAK	K	Owner
Thu., Oct 21 2010 12:45 p	Toronto Bound	Released	Earnest Graham	TAM	RB	Owner
Thu., Oct 21 2010 12:45 p	Toronto Bound	Acquired	Ladell Betts	NOR	RB	Owner
Thu., Oct 21 2010 12:45 p	North Dallas Forty	Released	Greg Olsen	CHI	TE	Owner
Thu., Oct 21 2010 12:45 p	North Dallas Forty	Acquired	John Carlson	SEA	TE	Owner
Thu., Oct 21 2010 3:42 p	StrongMan	Released	New York Jets	NYJ	Def/ST	Owner
Thu., Oct 21 2010 3:42 p	StrongMan	Acquired	Washington Redskins	WAS	Def/ST	Owner



# VB Meets the ROC

Thu., Oct 21 2010 4:05 p	StrongMan	Released	Jason Avant	PHI	WR	Owner
Thu., Oct 21 2010 4:05 p	StrongMan	Acquired	Patrick Crayton	SDG	WR	Owner
Fri., Oct 22 2010 11:58 a	Tha Lynch Mobb	Released	Jeff Reed	SFO	K	Owner
Fri., Oct 22 2010 11:58 a	Tha Lynch Mobb	Acquired	Matt Prater	DEN	K	Owner
Fri., Oct 22 2010 12:07 p	Tha Lynch Mobb	Released	Anthony Armstrong	WAS	WR	Owner
Fri., Oct 22 2010 12:07 p	Tha Lynch Mobb	Acquired	Jason Avant	PHI	WR	Owner
Fri., Oct 22 2010 12:29 p	Tha Lynch Mobb	Taken off IR	Michael Vick	PHI	QB	Owner
Fri., Oct 22 2010 12:29 p	Tha Lynch Mobb	Placed on IR	Pierre Thomas	NOR	RB	Owner
Fri., Oct 22 2010 12:44 p	Tha Lynch Mobb	Placed on IR	Steve Breaston	ARI	WR	Owner
Fri., Oct 22 2010 3:52 p	Tha Lynch Mobb	Released	Steve Breaston	ARI	WR	Owner
Fri., Oct 22 2010 3:52 p	Tha Lynch Mobb	Placed on IR	Pierre Thomas	NOR	RB	Owner
Fri., Oct 22 2010 3:52 p	Tha Lynch Mobb	Acquired	Robert Meachem	NOR	WR	Owner
Fri., Oct 22 2010 5:01 p	Chesapeake Bay Bombers	Placed on IR	Vincent Jackson	SDG	WR	Owner
Fri., Oct 22 2010 5:01 p	Chesapeake Bay Bombers	Taken off IR	Jonathan Stewart	CAR	RB	Owner
Fri., Oct 22 2010 5:01 p	Chesapeake Bay Bombers	Released	Willis McGahee	BAL	RB	Owner
Fri., Oct 22 2010 5:01 p	Chesapeake Bay Bombers	Acquired	New York Jets	NYJ	Def/ST	Owner
Fri., Oct 22 2010 6:18 p	North Dallas Forty	Taken off IR	Steve Johnson	BUF	WR	Owner
Fri., Oct 22 2010 6:18 p	North Dallas Forty	Placed on IR	Austin Collie	IND	WR	Owner
Fri., Oct 22 2010 7:14 p	Raiders of the Lost Ark	Released	Nate Burleson	DET	WR	Owner
Fri., Oct 22 2010 7:14 p	Raiders of the Lost Ark	Acquired	Willis McGahee	BAL	RB	Owner
Sat., Oct 23 2010 3:25 p	Chip Rack Champs	Released	Nate Kaeding	SDG	K	Owner
Sat., Oct 23 2010 3:25 p	Chip Rack Champs	Acquired	Billy Cundiff	BAL	K	Owner
Sun., Oct 24 2010 9:20 a	Raiders of the Lost Ark	Released	Philadelphia Eagles	PHI	Def/ST	Owner
Sun., Oct 24 2010 9:20 a	Raiders of the Lost Ark	Acquired	Green Bay Packers	GNB	Def/ST	Owner
Sun., Oct 24 2010 10:09 a	Raiders of the Lost Ark	Released	David Akers	PHI	K	Owner
Sun., Oct 24 2010 10:09 a	Raiders of the Lost Ark	Acquired	Garrett Hartley	NOR	K	Owner
Sun., Oct 24 2010 12:41 p	Touchdown My Pants	Taken off IR	Darren McFadden	OAK	RB	Owner
Sun., Oct 24 2010 12:41 p	Touchdown My Pants	Placed on IR	Derrick Mason	BAL	WR	Owner
Sat., Oct 23 2010 12:17 a	Touchdown My Pants	Acquired	StrongMan	Acquired	Trade	
	Brandon Jackson, RB		Deion Branch, WR			
	Davone Bess, WR		Santonio Holmes, WR			

## Week 8

Tue., Oct 26 2010 11:26 a	Raiders of the Lost Ark	Taken off IR	Reggie Bush	NOR	RB	Owner
Tue., Oct 26 2010 11:26 a	Raiders of the Lost Ark	Placed on IR	James Starks	GNB	RB	Owner
Tue., Oct 26 2010 8:18 p	Toronto Bound	Taken off IR	Kenneth Darby	STL	RB	Owner
Tue., Oct 26 2010 8:18 p	Toronto Bound	Placed on IR	Peyton Hillis	CLE	RB	Owner
Wed., Oct 27 2010 3:49 p	Touchdown My Pants	Placed on IR	Brandon Lloyd	DEN	WR	Owner
Wed., Oct 27 2010 8:07 p	Va.Beach G-Men	Released	Mike Thomas	JAC	WR	Waiver Wire
Wed., Oct 27 2010 8:07 p	Toronto Bound	Acquired	Ryan Fitzpatrick	BUF	QB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Va.Beach G-Men	Acquired	David Gettis	CAR	WR	Waiver Wire
Wed., Oct 27 2010 8:07 p	Toronto Bound	Released	Kenneth Darby	STL	RB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Tha Lynch Mobb	Released	Jason Avant	PHI	WR	Waiver Wire
Wed., Oct 27 2010 8:07 p	North Dallas Forty	Released	John Carlson	SEA	TE	Waiver Wire
Wed., Oct 27 2010 8:07 p	Chesapeake Bay Bombers	Released	Joe Nedney	SFO	K	Waiver Wire
Wed., Oct 27 2010 8:07 p	Tha Lynch Mobb	Acquired	Jon Kitna	DAL	QB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Chesapeake Bay Bombers	Acquired	Dan Carpenter	MIA	K	Waiver Wire
Wed., Oct 27 2010 8:07 p	Raiders of the Lost Ark	Acquired	Jacob Tamme	IND	TE	Waiver Wire
Wed., Oct 27 2010 8:07 p	North Dallas Forty	Acquired	LeGarrette Blount	TAM	RB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Chip Rack Champs	Released	Billy Cundiff	BAL	K	Waiver Wire
Wed., Oct 27 2010 8:07 p	Raiders of the Lost Ark	Released	Josh Freeman	TAM	QB	Waiver Wire
Wed., Oct 27 2010 8:07 p	StrongMan	Released	Kevin Kolb	PHI	QB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Chip Rack Champs	Acquired	Nick Folk	NYJ	K	Waiver Wire
Wed., Oct 27 2010 8:07 p	StrongMan	Acquired	Matthew Stafford	DET	QB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Tha Lynch Mobb	Acquired	Nate Burleson	DET	WR	Waiver Wire
Wed., Oct 27 2010 8:07 p	Toronto Bound	Released	Baltimore Ravens	BAL	Def/ST	Waiver Wire
Wed., Oct 27 2010 8:07 p	Va.Beach G-Men	Released	Jason Snelling	ATL	RB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Va.Beach G-Men	Acquired	Darren Sproles	SDG	RB	Waiver Wire
Wed., Oct 27 2010 8:07 p	Tha Lynch Mobb	Released	Robert Meachem	NOR	WR	Waiver Wire
Wed., Oct 27 2010 8:07 p	Toronto Bound	Acquired	Kansas City Chiefs	KAN	Def/ST	Waiver Wire
Wed., Oct 27 2010 8:10 p	Toronto Bound	Taken off IR	Peyton Hillis	CLE	RB	Owner





# VB Meets the ROC

Wed., Oct 27 2010 8:10 p	Toronto Bound	Placed on IR	Tony Romo	DAL	QB	Owner
Thu., Oct 28 2010 9:51 a	Toronto Bound	Released	Julius Jones	NOR	RB	Owner
Thu., Oct 28 2010 9:51 a	Toronto Bound	Acquired	Kenneth Darby	STL	RB	Owner
Thu., Oct 28 2010 9:52 a	Toronto Bound	Released	Michael Jenkins	ATL	WR	Owner
Thu., Oct 28 2010 9:52 a	Toronto Bound	Acquired	Jason Hanson	DET	K	Owner
Thu., Oct 28 2010 9:54 a	Toronto Bound	Placed on IR	Jerome Harrison	PHI	RB	Owner
Thu., Oct 28 2010 9:54 a	Toronto Bound	Released	Tony Romo	DAL	QB	Owner
Thu., Oct 28 2010 9:54 a	Toronto Bound	Acquired	Josh Freeman	TAM	QB	Owner
Thu., Oct 28 2010 11:22 a	StrongMan	Released	Brent Celek	PHI	TE	Owner
Thu., Oct 28 2010 11:22 a	StrongMan	Acquired	Visanthe Shiancoe	MIN	TE	Owner
Thu., Oct 28 2010 12:18 p	Chesapeake Bay Bombers	Released	San Francisco 49ers	SFO	Def/ST	Owner
Thu., Oct 28 2010 12:18 p	Chesapeake Bay Bombers	Acquired	Mike Thomas	JAC	WR	Owner
Thu., Oct 28 2010 1:43 p	Chesapeake Bay Bombers	Released	Alex Smith	SFO	QB	Owner
Thu., Oct 28 2010 1:43 p	Chesapeake Bay Bombers	Acquired	Troy Smith	SFO	QB	Owner
Thu., Oct 28 2010 4:51 p	Raiders of the Lost Ark	Released	Garrett Hartley	NOR	K	Owner
Thu., Oct 28 2010 4:51 p	Raiders of the Lost Ark	Acquired	Neil Rackers	HOU	K	Owner
Thu., Oct 28 2010 7:39 p	Steel Curtain	Released	Leon Washington	SEA	RB	Owner
Thu., Oct 28 2010 7:39 p	Steel Curtain	Acquired	Mike Hart	IND	RB	Owner
Fri., Oct 29 2010 9:58 a	StrongMan	Released	Visanthe Shiancoe	MIN	TE	Owner
Fri., Oct 29 2010 9:58 a	StrongMan	Acquired	Anthony Fasano	MIA	TE	Owner
Fri., Oct 29 2010 12:19 p	Chesapeake Bay Bombers	Released	Owen Daniels	HOU	TE	Owner
Fri., Oct 29 2010 12:19 p	Chesapeake Bay Bombers	Acquired	Visanthe Shiancoe	MIN	TE	Owner
Fri., Oct 29 2010 1:44 p	StrongMan	Released	Anthony Fasano	MIA	TE	Owner
Fri., Oct 29 2010 1:44 p	StrongMan	Acquired	Owen Daniels	HOU	TE	Owner
Fri., Oct 29 2010 1:46 p	StrongMan	Released	Owen Daniels	HOU	TE	Owner
Fri., Oct 29 2010 1:46 p	StrongMan	Acquired	Bo Scaife	TEN	TE	Owner
Fri., Oct 29 2010 4:53 p	Raiders of the Lost Ark	Released	Danario Alexander	STL	WR	Owner
Fri., Oct 29 2010 4:53 p	Raiders of the Lost Ark	Acquired	Owen Daniels	HOU	TE	Owner
Fri., Oct 29 2010 10:20 p	Beach Ball-Busters	Released	Robbie Gould	CHI	K	Owner
Fri., Oct 29 2010 10:20 p	Beach Ball-Busters	Acquired	Ryan Succop	KAN	K	Owner
Fri., Oct 29 2010 10:50 p	Beach Ball-Busters	Released	San Diego Chargers	SDG	Def/ST	Owner
Fri., Oct 29 2010 10:50 p	Beach Ball-Busters	Acquired	St. Louis Rams	STL	Def/ST	Owner
Sat., Oct 30 2010 9:58 a	Va.Beach G-Men	Released	Clinton Portis	WAS	RB	Owner
Sat., Oct 30 2010 9:59 a	Va.Beach G-Men	Placed on IR	Darren Sproles	SDG	RB	Owner
Sat., Oct 30 2010 10:00 a	Va.Beach G-Men	Acquired	Oakland Raiders	OAK	Def/ST	Owner
Sat., Oct 30 2010 1:58 p	Chesapeake Bay Bombers	Released	Mike Thomas	JAC	WR	Owner
Sat., Oct 30 2010 1:58 p	Chesapeake Bay Bombers	Acquired	Clinton Portis	WAS	RB	Owner
Sat., Oct 30 2010 2:00 p	Chesapeake Bay Bombers	Placed on IR	Clinton Portis	WAS	RB	Owner
Sat., Oct 30 2010 2:00 p	Chesapeake Bay Bombers	Taken off IR	Vincent Jackson	SDG	WR	Owner
Sat., Oct 30 2010 3:14 p	Chip Rack Champs	Released	Brett Favre	MIN	QB	Owner
Sat., Oct 30 2010 3:14 p	Chip Rack Champs	Acquired	Buster Davis	SDG	WR	Owner
Sun., Oct 31 2010 9:16 a	Touchdown My Pants	Taken off IR	Brandon Lloyd	DEN	WR	Owner
Sun., Oct 31 2010 9:16 a	Touchdown My Pants	Placed on IR	Derrick Mason	BAL	WR	Owner
Sun., Oct 31 2010 9:58 a	Raiders of the Lost Ark	Released	Green Bay Packers	GNB	Def/ST	Owner
Sun., Oct 31 2010 9:58 a	Raiders of the Lost Ark	Acquired	Dallas Cowboys	DAL	Def/ST	Owner
Sun., Oct 31 2010 11:58 a	Beach Ball-Busters	Taken off IR	Tony Moeaki	KAN	TE	Commissioner
Sun., Oct 31 2010 11:58 a	Beach Ball-Busters	Placed on IR	Keiland Williams	WAS	RB	Commissioner
Sun., Oct 31 2010 12:21 p	Toronto Bound	Released	Kenneth Darby	STL	RB	Owner
Sun., Oct 31 2010 12:22 p	Toronto Bound	Acquired	James Jones	GNB	WR	Owner
Sun., Oct 31 2010 12:50 p	Toronto Bound	Released	Matt Bryant	ATL	K	Owner
Sun., Oct 31 2010 12:50 p	North Dallas Forty	Released	Kevin Walter	HOU	WR	Owner
Sun., Oct 31 2010 12:50 p	Toronto Bound	Acquired	Kenneth Darby	STL	RB	Owner
Sun., Oct 31 2010 12:50 p	North Dallas Forty	Acquired	Andrew Quarless	GNB	TE	Owner
Fri., Oct 29 2010 1:29 p	StrongMan	Acquired	Steel Curtain	Acquired	Trade	
	Mike Hart, RB		Ricky Williams, RB			
Fri., Oct 29 2010 9:44 a	StrongMan	Acquired	Steel Curtain	Acquired	Trade	
	Lee Evans, WR		Santonio Holmes, WR			

## Week 9

Tue., Nov 2 2010 4:55 p	Va.Beach G-Men	Taken off IR	Darren Sproles	SDG	RB	Owner
Tue., Nov 2 2010 4:55 p	Va.Beach G-Men	Placed on IR	Knowshon Moreno	DEN	RB	Owner



# VB Meets the ROC

Wed., Nov 3 2010 11:15 a	Chip Rack Champs	Placed on IR	Donald Driver	GNB	WR	Owner
Wed., Nov 3 2010 11:15 a	Chip Rack Champs	Taken off IR	Mark Sanchez	NYJ	QB	Owner
Wed., Nov 3 2010 8:06 p	Tha Lynch Mobb	Acquired	Green Bay Packers	GNB	Def/ST	Waiver Wire
Wed., Nov 3 2010 8:06 p	StrongMan	Released	Donovan McNabb	WAS	QB	Waiver Wire
Wed., Nov 3 2010 8:06 p	Beach Ball-Busters	Acquired	Brent Celek	PHI	TE	Waiver Wire
Wed., Nov 3 2010 8:06 p	StrongMan	Acquired	Steve Breaston	ARI	WR	Waiver Wire
Wed., Nov 3 2010 8:06 p	Va.Beach G-Men	Acquired	Brandon Tate	NWE	WR	Waiver Wire
Wed., Nov 3 2010 8:06 p	Va.Beach G-Men	Released	David Gettis	CAR	WR	Waiver Wire
Wed., Nov 3 2010 8:06 p	Toronto Bound	Released	Ladell Betts	NOR	RB	Waiver Wire
Wed., Nov 3 2010 8:06 p	Toronto Bound	Acquired	Todd Heap	BAL	TE	Waiver Wire
Wed., Nov 3 2010 8:06 p	Va.Beach G-Men	Acquired	David Garrard	JAC	QB	Waiver Wire
Wed., Nov 3 2010 8:06 p	Beach Ball-Busters	Released	Tony Moeaki	KAN	TE	Waiver Wire
Wed., Nov 3 2010 8:06 p	Tha Lynch Mobb	Released	Tennessee Titans	TEN	Def/ST	Waiver Wire
Wed., Nov 3 2010 8:06 p	Va.Beach G-Men	Released	Oakland Raiders	OAK	Def/ST	Waiver Wire
Wed., Nov 3 2010 8:06 p	Toronto Bound	Acquired	Matt Bryant	ATL	K	Waiver Wire
Wed., Nov 3 2010 8:06 p	Tha Lynch Mobb	Released	Jon Kitna	DAL	QB	Waiver Wire
Wed., Nov 3 2010 8:06 p	Tha Lynch Mobb	Acquired	Sidney Rice	MIN	WR	Waiver Wire
Wed., Nov 3 2010 8:06 p	Toronto Bound	Released	Jason Hanson	DET	K	Waiver Wire
Thu., Nov 4 2010 9:01 a	Touchdown My Pants	Released	Rob Bironas	TEN	K	Owner
Thu., Nov 4 2010 9:01 a	Touchdown My Pants	Acquired	Jason Hanson	DET	K	Owner
Thu., Nov 4 2010 9:27 a	StrongMan	Released	Bo Scaife	TEN	TE	Owner
Thu., Nov 4 2010 9:27 a	StrongMan	Acquired	Greg Olsen	CHI	TE	Owner
Thu., Nov 4 2010 9:28 a	StrongMan	Released	Washington Redskins	WAS	Def/ST	Owner
Thu., Nov 4 2010 9:28 a	StrongMan	Acquired	Detroit Lions	DET	Def/ST	Owner
Thu., Nov 4 2010 9:29 a	StrongMan	Placed on IR	Danny Amendola	STL	WR	Owner
Thu., Nov 4 2010 9:29 a	StrongMan	Taken off IR	DeSean Jackson	PHI	WR	Owner
Thu., Nov 4 2010 10:00 a	Toronto Bound	Released	Kenneth Darby	STL	RB	Owner
Thu., Nov 4 2010 10:00 a	Toronto Bound	Acquired	Arizona Cardinals	ARI	Def/ST	Owner
Thu., Nov 4 2010 10:35 a	Raiders of the Lost Ark	Released	Owen Daniels	HOU	TE	Owner
Thu., Nov 4 2010 10:35 a	Raiders of the Lost Ark	Acquired	Jordy Nelson	GNB	WR	Owner
Thu., Nov 4 2010 10:38 a	Raiders of the Lost Ark	Released	Dallas Cowboys	DAL	Def/ST	Owner
Thu., Nov 4 2010 10:38 a	Raiders of the Lost Ark	Acquired	Oakland Raiders	OAK	Def/ST	Owner
Thu., Nov 4 2010 1:34 p	Tha Lynch Mobb	Released	Matt Prater	DEN	K	Owner
Thu., Nov 4 2010 1:34 p	Tha Lynch Mobb	Acquired	Robbie Gould	CHI	K	Owner
Thu., Nov 4 2010 5:23 p	North Dallas Forty	Released	Chris Ivory	NOR	RB	Owner
Thu., Nov 4 2010 5:23 p	North Dallas Forty	Acquired	Julius Jones	NOR	RB	Owner
Thu., Nov 4 2010 10:54 p	Toronto Bound	Released	Jerome Harrison	PHI	RB	Owner
Thu., Nov 4 2010 10:54 p	Toronto Bound	Placed on IR	James Jones	GNB	WR	Owner
Thu., Nov 4 2010 10:54 p	Toronto Bound	Acquired	Chris Ivory	NOR	RB	Owner
Fri., Nov 5 2010 9:01 p	Chip Rack Champs	Released	Buster Davis	SDG	WR	Owner
Fri., Nov 5 2010 9:01 p	Chip Rack Champs	Acquired	Devin Thomas	NYG	WR	Owner
Fri., Nov 5 2010 9:02 p	Chip Rack Champs	Released	Devin Thomas	NYG	WR	Owner
Fri., Nov 5 2010 9:02 p	Chip Rack Champs	Acquired	Jerricho Cotchery	NYJ	WR	Owner
Sat., Nov 6 2010 1:24 p	Beach Ball-Busters	Released	St. Louis Rams	STL	Def/ST	Owner
Sat., Nov 6 2010 1:24 p	Beach Ball-Busters	Acquired	Atlanta Falcons	ATL	Def/ST	Owner
Sat., Nov 6 2010 6:27 p	Chesapeake Bay Bombers	Released	Jonathan Stewart	CAR	RB	Owner
Sat., Nov 6 2010 6:27 p	Chesapeake Bay Bombers	Acquired	Mike Thomas	JAC	WR	Owner
Sat., Nov 6 2010 8:23 p	Beach Ball-Busters	Placed on IR	Nate Washington	TEN	WR	Owner
Sat., Nov 6 2010 8:23 p	Beach Ball-Busters	Released	Keiland Williams	WAS	RB	Owner
Sat., Nov 6 2010 8:23 p	Beach Ball-Busters	Acquired	Jonathan Stewart	CAR	RB	Owner
Sun., Nov 7 2010 4:30 a	Chip Rack Champs	Released	Jerricho Cotchery	NYJ	WR	Owner
Sun., Nov 7 2010 9:33 a	Chip Rack Champs	Acquired	Jerricho Cotchery	NYJ	WR	Owner
Sun., Nov 7 2010 11:35 a	Bone Crushers	Released	Dallas Clark	IND	TE	Owner
Sun., Nov 7 2010 11:41 a	North Dallas Forty	Released	Andrew Quarless	GNB	TE	Owner
Sun., Nov 7 2010 11:41 a	North Dallas Forty	Acquired	Randy McMichael	SDG	TE	Owner
Sun., Nov 7 2010 11:47 a	North Dallas Forty	Released	Seattle Seahawks	SEA	Def/ST	Owner
Sun., Nov 7 2010 11:47 a	North Dallas Forty	Acquired	Carolina Panthers	CAR	Def/ST	Owner
Sun., Nov 7 2010 8:07 p	Toronto Bound	Released	Chris Ivory	NOR	RB	Owner
Sun., Nov 7 2010 1:26 p	StrongMan	Acquired	Bone Crushers	Acquired	Trade	
	Ronnie Brown, RB		Deion Branch, WR			
			Mike Sims-Walker, WR			



# VB Meets the ROC

Sat., Nov 6 2010 12:07 a	Touchdown My Pants Jahvid Best, RB	Acquired	Chip Rack Champs Mike Williams, WR	Acquired	Trade
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## Week 10

Tue., Nov 9 2010 4:47 p	StrongMan	Taken off IR	Danny Amendola	STL	WR	Owner
Tue., Nov 9 2010 4:47 p	StrongMan	Placed on IR	Patrick Crayton	SDG	WR	Owner
Tue., Nov 9 2010 6:14 p	Va.Beach G-Men	Released	Derrick Ward	HOU	RB	Owner
Tue., Nov 9 2010 6:14 p	Va.Beach G-Men	Taken off IR	Knowshon Moreno	DEN	RB	Owner
Tue., Nov 9 2010 11:21 p	Tha Lynch Mobb	Placed on IR	Justin Forsett	SEA	RB	Owner
Tue., Nov 9 2010 11:21 p	Tha Lynch Mobb	Taken off IR	Pierre Thomas	NOR	RB	Owner
Wed., Nov 10 2010 8:07 p	StrongMan	Acquired	Tennessee Titans	TEN	Def/ST	Waiver Wire
Wed., Nov 10 2010 8:07 p	Va.Beach G-Men	Released	Darren Sproles	SDG	RB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Va.Beach G-Men	Acquired	Mike Goodson	CAR	RB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Chip Rack Champs	Released	Jerricho Cotchery	NYJ	WR	Waiver Wire
Wed., Nov 10 2010 8:07 p	Chip Rack Champs	Acquired	Blair White	IND	WR	Waiver Wire
Wed., Nov 10 2010 8:07 p	Va.Beach G-Men	Acquired	Jacoby Ford	OAK	WR	Waiver Wire
Wed., Nov 10 2010 8:07 p	Beach Ball-Busters	Acquired	Tony Moeaki	KAN	TE	Waiver Wire
Wed., Nov 10 2010 8:07 p	Beach Ball-Busters	Released	Brent Celek	PHI	TE	Waiver Wire
Wed., Nov 10 2010 8:07 p	North Dallas Forty	Released	Chad Henne	MIA	QB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Chesapeake Bay Bombers	Released	Carnell Williams	TAM	RB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Tha Lynch Mobb	Released	Robbie Gould	CHI	K	Waiver Wire
Wed., Nov 10 2010 8:07 p	Tha Lynch Mobb	Acquired	Rob Bironas	TEN	K	Waiver Wire
Wed., Nov 10 2010 8:07 p	Va.Beach G-Men	Released	Brandon Tate	NWE	WR	Waiver Wire
Wed., Nov 10 2010 8:07 p	StrongMan	Released	Matthew Stafford	DET	QB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Chesapeake Bay Bombers	Acquired	Donovan McNabb	WAS	QB	Waiver Wire
Wed., Nov 10 2010 8:07 p	Touchdown My Pants	Acquired	David Akers	PHI	K	Waiver Wire
Wed., Nov 10 2010 8:07 p	Touchdown My Pants	Released	Jason Hanson	DET	K	Waiver Wire
Wed., Nov 10 2010 8:07 p	StrongMan	Acquired	Tyrell Sutton	CAR	RB	Waiver Wire
Wed., Nov 10 2010 8:07 p	North Dallas Forty	Acquired	Shaun Hill	DET	QB	Waiver Wire
Wed., Nov 10 2010 8:07 p	North Dallas Forty	Acquired	Philadelphia Eagles	PHI	Def/ST	Waiver Wire
Wed., Nov 10 2010 8:07 p	North Dallas Forty	Released	Carolina Panthers	CAR	Def/ST	Waiver Wire
Thu., Nov 11 2010 4:05 a	Chesapeake Bay Bombers	Placed on IR	Vincent Jackson	SDG	WR	Owner
Thu., Nov 11 2010 4:05 a	Chesapeake Bay Bombers	Taken off IR	Clinton Portis	WAS	RB	Owner
Thu., Nov 11 2010 10:24 a	Tha Lynch Mobb	Placed on IR	Sidney Rice	MIN	WR	Owner
Thu., Nov 11 2010 10:24 a	Tha Lynch Mobb	Taken off IR	Justin Forsett	SEA	RB	Owner
Thu., Nov 11 2010 10:45 a	Chesapeake Bay Bombers	Acquired	Michael Jenkins	ATL	WR	Owner
Thu., Nov 11 2010 10:45 a	StrongMan	Acquired	Josh Scobee	JAC	K	Owner
Thu., Nov 11 2010 10:45 a	Chesapeake Bay Bombers	Released	Donovan McNabb	WAS	QB	Owner
Thu., Nov 11 2010 10:45 a	StrongMan	Released	Stephen Gostkowski	NWE	K	Owner
Thu., Nov 11 2010 10:47 a	StrongMan	Acquired	Tampa Bay Buccaneers	TAM	Def/ST	Owner
Thu., Nov 11 2010 10:47 a	StrongMan	Released	Tyrell Sutton	CAR	RB	Owner
Thu., Nov 11 2010 2:26 p	Toronto Bound	Acquired	Carnell Williams	TAM	RB	Owner
Thu., Nov 11 2010 2:36 p	North Dallas Forty	Acquired	Billy Cundiff	BAL	K	Owner
Thu., Nov 11 2010 2:36 p	North Dallas Forty	Released	Randy McMichael	SDG	TE	Owner
Thu., Nov 11 2010 4:20 p	Steel Curtain	Acquired	Brent Celek	PHI	TE	Owner
Thu., Nov 11 2010 4:20 p	Steel Curtain	Released	Jeremy Shockey	NOR	TE	Owner
Thu., Nov 11 2010 4:25 p	Steel Curtain	Acquired	Jeff Reed	SFO	K	Owner
Thu., Nov 11 2010 4:26 p	Steel Curtain	Released	Chester Taylor	CHI	RB	Owner
Thu., Nov 11 2010 9:56 p	Raiders of the Lost Ark	Acquired	Toby Gerhart	MIN	RB	Owner
Thu., Nov 11 2010 9:56 p	Raiders of the Lost Ark	Released	Jordy Nelson	GNB	WR	Owner
Sat., Nov 13 2010 10:51 p	Raiders of the Lost Ark	Acquired	Buffalo Bills	BUF	Def/ST	Owner
Sat., Nov 13 2010 10:51 p	Raiders of the Lost Ark	Released	Toby Gerhart	MIN	RB	Owner
Sun., Nov 14 2010 7:35 a	Chip Rack Champs	Acquired	Jordan Shipley	CIN	WR	Owner
Sun., Nov 14 2010 7:35 a	Chip Rack Champs	Released	Blair White	IND	WR	Owner
Sun., Nov 14 2010 12:25 p	North Dallas Forty	Acquired	Seyi Ajiro	SDG	WR	Owner
Sun., Nov 14 2010 12:25 p	North Dallas Forty	Released	Sebastian Janikowski	OAK	K	Owner

Thu., Nov 11 2010 10:42 a	Tha Lynch Mobb Tennessee Titans, Def/ST	Acquired	StrongMan Justin Forsett, RB	Acquired	Trade
Tue., Nov 9 2010 4:46 p	Tha Lynch Mobb Cedric Benson, RB Steve Breaston, WR	Acquired	StrongMan Michael Vick, QB Felix Jones, RB	Acquired	Trade



## Week 11

Wed., Nov 17 2010 8:06 p	Toronto Bound	Acquired	Jerome Harrison	PHI	RB	Waiver Wire
Wed., Nov 17 2010 8:06 p	Chip Rack Champs	Released	Jordan Shipley	CIN	WR	Waiver Wire
Wed., Nov 17 2010 8:06 p	StrongMan	Acquired	Rob Gronkowski	NWE	TE	Waiver Wire
Wed., Nov 17 2010 8:06 p	StrongMan	Released	Detroit Lions	DET	Def/ST	Waiver Wire
Wed., Nov 17 2010 8:06 p	Toronto Bound	Released	Arizona Cardinals	ARI	Def/ST	Waiver Wire
Wed., Nov 17 2010 8:06 p	Chip Rack Champs	Acquired	Kevin Walter	HOU	WR	Waiver Wire
Wed., Nov 17 2010 8:06 p	Steel Curtain	Released	Jeff Reed	SFO	K	Waiver Wire
Wed., Nov 17 2010 8:06 p	Chesapeake Bay Bombers	Released	Michael Jenkins	ATL	WR	Waiver Wire
Wed., Nov 17 2010 8:06 p	Steel Curtain	Acquired	Kevin Boss	NYG	TE	Waiver Wire
Wed., Nov 17 2010 8:06 p	North Dallas Forty	Released	Donald Brown	IND	RB	Waiver Wire
Wed., Nov 17 2010 8:06 p	Touchdown My Pants	Released	Ryan Torain	WAS	RB	Waiver Wire
Wed., Nov 17 2010 8:06 p	Beach Ball-Busters	Released	Ryan Succop	KAN	K	Waiver Wire
Wed., Nov 17 2010 8:06 p	Raiders of the Lost Ark	Released	Buffalo Bills	BUF	Def/ST	Waiver Wire
Wed., Nov 17 2010 8:06 p	Raiders of the Lost Ark	Acquired	Baltimore Ravens	BAL	Def/ST	Waiver Wire
Wed., Nov 17 2010 8:06 p	Chesapeake Bay Bombers	Acquired	San Francisco 49ers	SFO	Def/ST	Waiver Wire
Wed., Nov 17 2010 8:06 p	Beach Ball-Busters	Acquired	Sebastian Janikowski	OAK	K	Waiver Wire
Wed., Nov 17 2010 8:06 p	Touchdown My Pants	Acquired	Keiland Williams	WAS	RB	Waiver Wire
Wed., Nov 17 2010 8:06 p	North Dallas Forty	Acquired	Anthony Fasano	MIA	TE	Waiver Wire
Thu., Nov 18 2010 8:58 a	Touchdown My Pants	Placed on IR	Jahvid Best	DET	RB	Owner
Thu., Nov 18 2010 8:58 a	Touchdown My Pants	Taken off IR	Derrick Mason	BAL	WR	Owner
Thu., Nov 18 2010 9:00 a	Touchdown My Pants	Released	Derrick Mason	BAL	WR	Owner
Thu., Nov 18 2010 9:00 a	Touchdown My Pants	Acquired	Ryan Torain	WAS	RB	Owner
Thu., Nov 18 2010 9:01 a	StrongMan	Released	Justin Forsett	SEA	RB	Owner
Thu., Nov 18 2010 9:01 a	StrongMan	Acquired	Donald Brown	IND	RB	Owner
Thu., Nov 18 2010 9:05 a	Touchdown My Pants	Released	Davone Bess	MIA	WR	Owner
Thu., Nov 18 2010 9:05 a	Touchdown My Pants	Acquired	Derrick Mason	BAL	WR	Owner
Thu., Nov 18 2010 9:14 a	Raiders of the Lost Ark	Released	Oakland Raiders	OAK	Def/ST	Owner
Thu., Nov 18 2010 9:14 a	Raiders of the Lost Ark	Acquired	Justin Forsett	SEA	RB	Owner
Thu., Nov 18 2010 9:25 a	StrongMan	Released	Tampa Bay Buccaneers	TAM	Def/ST	Owner
Thu., Nov 18 2010 9:25 a	StrongMan	Acquired	Miami Dolphins	MIA	Def/ST	Owner
Thu., Nov 18 2010 12:22 p	Tha Lynch Mobb	Released	Sidney Rice	MIN	WR	Owner
Thu., Nov 18 2010 12:22 p	Tha Lynch Mobb	Placed on IR	Tennessee Titans	TEN	Def/ST	Owner
Thu., Nov 18 2010 12:22 p	Tha Lynch Mobb	Acquired	Jason Avant	PHI	WR	Owner
Thu., Nov 18 2010 12:25 p	Tha Lynch Mobb	Released	Tennessee Titans	TEN	Def/ST	Owner
Thu., Nov 18 2010 12:25 p	Tha Lynch Mobb	Placed on IR	Jason Avant	PHI	WR	Owner
Thu., Nov 18 2010 12:25 p	Tha Lynch Mobb	Acquired	Arizona Cardinals	ARI	Def/ST	Owner
Thu., Nov 18 2010 12:25 p	Tha Lynch Mobb	Taken off IR	Jason Avant	PHI	WR	Owner
Thu., Nov 18 2010 12:25 p	Tha Lynch Mobb	Placed on IR	Arizona Cardinals	ARI	Def/ST	Owner
Thu., Nov 18 2010 10:09 p	Beach Ball-Busters	Released	Atlanta Falcons	ATL	Def/ST	Owner
Thu., Nov 18 2010 10:09 p	Beach Ball-Busters	Acquired	Tennessee Titans	TEN	Def/ST	Owner
Thu., Nov 18 2010 11:06 p	Va.Beach G-Men	Released	Mike Nugent	CIN	K	Owner
Thu., Nov 18 2010 11:06 p	Va.Beach G-Men	Acquired	Lawrence Tynes	NYG	K	Owner
Fri., Nov 19 2010 4:59 p	Toronto Bound	Released	Eddie Royal	DEN	WR	Owner
Fri., Nov 19 2010 4:59 p	Toronto Bound	Acquired	Tony Romo	DAL	QB	Owner
Fri., Nov 19 2010 5:00 p	Toronto Bound	Placed on IR	Tony Romo	DAL	QB	Owner
Fri., Nov 19 2010 5:00 p	Toronto Bound	Taken off IR	James Jones	GNB	WR	Owner
Fri., Nov 19 2010 5:43 p	Chip Rack Champs	Released	Kevin Smith	DET	RB	Owner
Fri., Nov 19 2010 5:43 p	Chip Rack Champs	Acquired	Chris Ivory	NOR	RB	Owner
Fri., Nov 19 2010 8:39 p	Chip Rack Champs	Released	C.J. Spiller	BUF	RB	Owner
Fri., Nov 19 2010 8:39 p	Chip Rack Champs	Acquired	Darren Sproles	SDG	RB	Owner
Fri., Nov 19 2010 11:59 p	North Dallas Forty	Released	Seyi Ajirotutu	SDG	WR	Owner
Fri., Nov 19 2010 11:59 p	North Dallas Forty	Acquired	Mohamed Massaquoi	CLE	WR	Owner
Sat., Nov 20 2010 1:20 a	Beach Ball-Busters	Taken off IR	Nate Washington	TEN	WR	Owner
Sat., Nov 20 2010 1:20 a	Beach Ball-Busters	Placed on IR	Tony Moeaki	KAN	TE	Owner
Sat., Nov 20 2010 3:16 p	StrongMan	Released	Mike Hart	IND	RB	Owner
Sat., Nov 20 2010 3:17 p	StrongMan	Acquired	Sidney Rice	MIN	WR	Owner
Sun., Nov 21 2010 8:24 a	Raiders of the Lost Ark	Released	Neil Rackers	HOU	K	Owner
Sun., Nov 21 2010 8:25 a	Raiders of the Lost Ark	Acquired	Shayne Graham	NWE	K	Owner
Sun., Nov 21 2010 8:27 a	Raiders of the Lost Ark	Released	Shayne Graham	NWE	K	Owner
Sun., Nov 21 2010 8:27 a	Raiders of the Lost Ark	Acquired	Nate Kaeding	SDG	K	Owner



# VB Meets the ROC

Sun., Nov 21 2010 9:17 a	Raiders of the Lost Ark	Released	Nate Kaeding	SDG	K	Owner
Sun., Nov 21 2010 9:17 a	Raiders of the Lost Ark	Acquired	Shayne Graham	NWE	K	Owner
Sun., Nov 21 2010 10:48 a	StrongMan	Placed on IR	Sidney Rice	MIN	WR	Owner
Sun., Nov 21 2010 10:48 a	StrongMan	Taken off IR	Patrick Crayton	SDG	WR	Owner
Sun., Nov 21 2010 10:49 a	StrongMan	Released	Patrick Crayton	SDG	WR	Owner
Sun., Nov 21 2010 10:49 a	StrongMan	Acquired	Eddie Royal	DEN	WR	Owner
Sun., Nov 21 2010 12:33 p	Toronto Bound	Released	Carnell Williams	TAM	RB	Owner
Sun., Nov 21 2010 12:33 p	Toronto Bound	Acquired	Jon Kitna	DAL	QB	Owner
Sun., Nov 21 2010 12:50 p	North Dallas Forty	Released	Billy Cundiff	BAL	K	Owner
Sun., Nov 21 2010 12:50 p	North Dallas Forty	Acquired	Dave Rayner	DET	K	Owner

## Week 12

Tue., Nov 23 2010 10:21 a	Chesapeake Bay Bombers	Taken off IR	Vincent Jackson	SDG	WR	Owner
Tue., Nov 23 2010 10:21 a	Chesapeake Bay Bombers	Placed on IR	Clinton Portis	WAS	RB	Owner
Wed., Nov 24 2010 12:47 p	StrongMan	Placed on IR	Rob Gronkowski	NWE	TE	Owner
Wed., Nov 24 2010 12:47 p	StrongMan	Taken off IR	Sidney Rice	MIN	WR	Owner
Wed., Nov 24 2010 4:06 p	Chesapeake Bay Bombers	Taken off IR	Clinton Portis	WAS	RB	Owner
Wed., Nov 24 2010 4:06 p	Chesapeake Bay Bombers	Placed on IR	New York Jets	NYJ	Def/ST	Owner
Wed., Nov 24 2010 8:36 p	StrongMan	Released	Miami Dolphins	MIA	Def/ST	Waiver Wire
Wed., Nov 24 2010 8:36 p	North Dallas Forty	Acquired	Billy Cundiff	BAL	K	Waiver Wire
Wed., Nov 24 2010 8:36 p	StrongMan	Acquired	Cleveland Browns	CLE	Def/ST	Waiver Wire
Wed., Nov 24 2010 8:36 p	North Dallas Forty	Released	Dave Rayner	DET	K	Waiver Wire
Wed., Nov 24 2010 8:36 p	Chesapeake Bay Bombers	Released	Dan Carpenter	MIA	K	Waiver Wire
Wed., Nov 24 2010 8:36 p	Chesapeake Bay Bombers	Acquired	Joel Dreessen	HOU	TE	Waiver Wire
Wed., Nov 24 2010 8:36 p	Chesapeake Bay Bombers	Released	Clinton Portis	WAS	RB	Waiver Wire
Wed., Nov 24 2010 8:36 p	Chesapeake Bay Bombers	Acquired	Neil Rackers	HOU	K	Waiver Wire
Thu., Nov 25 2010 11:37 a	Toronto Bound	Acquired	Oakland Raiders	OAK	Def/ST	Owner
Thu., Nov 25 2010 11:37 a	Toronto Bound	Released	Kansas City Chiefs	KAN	Def/ST	Owner
Fri., Nov 26 2010 11:28 p	North Dallas Forty	Acquired	Davone Bess	MIA	WR	Owner
Fri., Nov 26 2010 11:29 p	North Dallas Forty	Released	Julius Jones	NOR	RB	Owner
Sun., Nov 28 2010 7:31 a	Chip Rack Champs	Acquired	Brian Hartline	MIA	WR	Owner
Sun., Nov 28 2010 7:31 a	Chip Rack Champs	Released	Kevin Walter	HOU	WR	Owner
Sun., Nov 28 2010 11:49 a	Tha Lynch Mobb	Acquired	Randy McMichael	SDG	TE	Commissioner
Sun., Nov 28 2010 11:49 a	Tha Lynch Mobb	Placed on IR	Jason Avant	PHI	WR	Commissioner
Sun., Nov 28 2010 11:49 a	Tha Lynch Mobb	Released	Arizona Cardinals	ARI	Def/ST	Commissioner
Sun., Nov 28 2010 12:29 p	North Dallas Forty	Acquired	Anthony Armstrong	WAS	WR	Owner
Sun., Nov 28 2010 12:29 p	North Dallas Forty	Released	Mohamed Massaquoi	CLE	WR	Owner

## Week 13

Tue., Nov 30 2010 8:22 a	Chesapeake Bay Bombers	Taken off IR	New York Jets	NYJ	Def/ST	Owner
Tue., Nov 30 2010 8:22 a	Chesapeake Bay Bombers	Placed on IR	San Francisco 49ers	SFO	Def/ST	Owner
Tue., Nov 30 2010 2:18 p	StrongMan	Placed on IR	Lee Evans	BUF	WR	Owner
Tue., Nov 30 2010 2:19 p	StrongMan	Placed on IR	Rob Gronkowski	NWE	TE	Owner
Tue., Nov 30 2010 2:19 p	StrongMan	Taken off IR	Lee Evans	BUF	WR	Owner
Wed., Dec 1 2010 7:35 p	Beach Ball-Busters	Taken off IR	Tony Moeaki	KAN	TE	Commissioner
Wed., Dec 1 2010 7:35 p	Beach Ball-Busters	Placed on IR	Ryan Mathews	SDG	RB	Commissioner
Wed., Dec 1 2010 8:06 p	Bone Crushers	Released	DeAngelo Williams	CAR	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	StrongMan	Acquired	Blair White	IND	WR	Waiver Wire
Wed., Dec 1 2010 8:06 p	Steel Curtain	Acquired	Anthony Dixon	SFO	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Raiders of the Lost Ark	Acquired	Toby Gerhart	MIN	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Toronto Bound	Released	Jerome Harrison	PHI	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Chesapeake Bay Bombers	Acquired	Dan Carpenter	MIA	K	Waiver Wire
Wed., Dec 1 2010 8:06 p	Raiders of the Lost Ark	Released	Justin Forsett	SEA	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Beach Ball-Busters	Acquired	Ben Obomanu	SEA	WR	Waiver Wire
Wed., Dec 1 2010 8:06 p	North Dallas Forty	Released	Shaun Hill	DET	QB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Bone Crushers	Acquired	Brian Westbrook	SFO	RB	Waiver Wire
Wed., Dec 1 2010 8:06 p	StrongMan	Released	Lee Evans	BUF	WR	Waiver Wire
Wed., Dec 1 2010 8:06 p	Toronto Bound	Acquired	San Diego Chargers	SDG	Def/ST	Waiver Wire
Wed., Dec 1 2010 8:06 p	North Dallas Forty	Acquired	Chad Henne	MIA	QB	Waiver Wire
Wed., Dec 1 2010 8:06 p	Steel Curtain	Released	Brent Celek	PHI	TE	Waiver Wire
Wed., Dec 1 2010 8:06 p	Chesapeake Bay Bombers	Released	Joel Dreessen	HOU	TE	Waiver Wire
Wed., Dec 1 2010 8:06 p	Beach Ball-Busters	Released	Nate Washington	TEN	WR	Waiver Wire



# VB Meets the ROC

Wed., Dec 1 2010 8:38 p	Steel Curtain	Placed on IR	Roy Williams	DAL	WR	Owner
Wed., Dec 1 2010 8:38 p	Steel Curtain	Taken off IR	Chicago Bears	CHI	Def/ST	Owner
Thu., Dec 2 2010 10:47 a	StrongMan	Released	Cleveland Browns	CLE	Def/ST	Owner
Thu., Dec 2 2010 10:47 a	StrongMan	Acquired	Seattle Seahawks	SEA	Def/ST	Owner
Thu., Dec 2 2010 2:31 p	StrongMan	Released	Josh Scobee	JAC	K	Owner
Thu., Dec 2 2010 2:31 p	StrongMan	Acquired	Robbie Gould	CHI	K	Owner
Thu., Dec 2 2010 4:06 p	North Dallas Forty	Released	Anthony Armstrong	WAS	WR	Owner
Thu., Dec 2 2010 4:06 p	North Dallas Forty	Released	Davone Bess	MIA	WR	Owner
Thu., Dec 2 2010 4:06 p	North Dallas Forty	Acquired	Jerome Harrison	PHI	RB	Owner
Thu., Dec 2 2010 4:09 p	North Dallas Forty	Acquired	Davone Bess	MIA	WR	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Released	New England Patriots	NWE	Def/ST	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Released	Mark Sanchez	NYJ	QB	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Acquired	Atlanta Falcons	ATL	Def/ST	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Acquired	Tampa Bay Buccaneers	TAM	Def/ST	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Released	Atlanta Falcons	ATL	Def/ST	Owner
Fri., Dec 3 2010 4:19 p	Chip Rack Champs	Acquired	New England Patriots	NWE	Def/ST	Owner
Sun., Dec 5 2010 12:18 p	Toronto Bound	Released	Oakland Raiders	OAK	Def/ST	Owner
Sun., Dec 5 2010 12:18 p	Toronto Bound	Acquired	Danario Alexander	STL	WR	Owner
Sun., Dec 5 2010 12:39 p	North Dallas Forty	Released	Michael Bush	OAK	RB	Owner
Sun., Dec 5 2010 12:39 p	North Dallas Forty	Acquired	Rashad Jennings	JAC	RB	Owner

## Playoff Week 1

Tue., Dec 7 2010 10:30 a	Toronto Bound	Released	Dez Bryant	DAL	WR	Owner
Wed., Dec 8 2010 4:41 p	Chip Rack Champs	Released	Brian Hartline	MIA	WR	Owner
Wed., Dec 8 2010 9:33 p	StrongMan	Placed on IR	Blair White	IND	WR	Owner
Wed., Dec 8 2010 9:33 p	StrongMan	Taken off IR	Rob Gronkowski	NWE	TE	Owner
Wed., Dec 8 2010 9:33 p	StrongMan	Released	Rob Gronkowski	NWE	TE	Owner
Thu., Dec 9 2010 8:48 a	Toronto Bound	Released	Danario Alexander	STL	WR	Owner
Thu., Dec 9 2010 8:58 a	Toronto Bound	Placed on IR	Kellen Winslow	TAM	TE	Owner
Thu., Dec 9 2010 8:58 a	Toronto Bound	Released	Tony Romo	DAL	QB	Owner
Thu., Dec 9 2010 9:00 a	Toronto Bound	Acquired	Tashard Choice	DAL	RB	Owner
Thu., Dec 9 2010 9:00 a	StrongMan	Acquired	Earl Bennett	CHI	WR	Owner
Thu., Dec 9 2010 9:00 a	Toronto Bound	Acquired	Atlanta Falcons	ATL	Def/ST	Owner
Thu., Dec 9 2010 9:01 a	Toronto Bound	Acquired	Arizona Cardinals	ARI	Def/ST	Owner
Thu., Dec 9 2010 9:01 a	Toronto Bound	Released	San Diego Chargers	SDG	Def/ST	Owner
Thu., Dec 9 2010 9:09 a	Toronto Bound	Acquired	Mark Sanchez	NYJ	QB	Owner
Thu., Dec 9 2010 9:13 a	StrongMan	Acquired	Cleveland Browns	CLE	Def/ST	Owner
Thu., Dec 9 2010 9:13 a	StrongMan	Released	Seattle Seahawks	SEA	Def/ST	Owner
Thu., Dec 9 2010 9:31 a	Chesapeake Bay Bombers	Acquired	Michael Bush	OAK	RB	Owner
Thu., Dec 9 2010 9:31 a	Chesapeake Bay Bombers	Released	Frank Gore	SFO	RB	Owner
Thu., Dec 9 2010 9:54 a	Toronto Bound	Placed on IR	Todd Heap	BAL	TE	Owner
Thu., Dec 9 2010 9:54 a	Toronto Bound	Taken off IR	Kellen Winslow	TAM	TE	Owner
Thu., Dec 9 2010 2:39 p	StrongMan	Acquired	Dave Rayner	DET	K	Owner
Thu., Dec 9 2010 2:39 p	StrongMan	Released	Robbie Gould	CHI	K	Owner
Thu., Dec 9 2010 2:58 p	Raiders of the Lost Ark	Acquired	Oakland Raiders	OAK	Def/ST	Owner
Thu., Dec 9 2010 2:58 p	Raiders of the Lost Ark	Released	Baltimore Ravens	BAL	Def/ST	Owner
Thu., Dec 9 2010 3:27 p	North Dallas Forty	Acquired	Ed Dickson	BAL	TE	Owner
Thu., Dec 9 2010 3:27 p	North Dallas Forty	Released	Anthony Fasano	MIA	TE	Owner
Sun., Dec 12 2010 10:54 a	North Dallas Forty	Acquired	Anthony Armstrong	WAS	WR	Owner
Sun., Dec 12 2010 10:54 a	North Dallas Forty	Released	Jerome Harrison	PHI	RB	Owner
Sun., Dec 12 2010 10:55 a	Chesapeake Bay Bombers	Acquired	Anthony Fasano	MIA	TE	Owner
Sun., Dec 12 2010 10:55 a	Chesapeake Bay Bombers	Released	Visanthe Shiancoe	MIN	TE	Owner
Sun., Dec 12 2010 10:59 a	Chesapeake Bay Bombers	Acquired	Joel Dreessen	HOU	TE	Owner
Sun., Dec 12 2010 10:59 a	Chesapeake Bay Bombers	Released	Anthony Fasano	MIA	TE	Owner
Sun., Dec 12 2010 11:03 a	Chesapeake Bay Bombers	Acquired	Rob Gronkowski	NWE	TE	Owner
Sun., Dec 12 2010 11:03 a	Chesapeake Bay Bombers	Released	Joel Dreessen	HOU	TE	Owner
Sun., Dec 12 2010 12:14 p	Chip Rack Champs	Placed on IR	Mike Williams	SEA	WR	Owner
Sun., Dec 12 2010 12:14 p	Chip Rack Champs	Taken off IR	Donald Driver	GNB	WR	Owner
Sun., Dec 12 2010 6:45 p	Toronto Bound	Released	Mark Sanchez	NYJ	QB	Owner

## Playoff Week 2

Tue., Dec 14 2010 10:01 a	StrongMan	Taken off IR	Blair White	IND	WR	Owner
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# VB Meets the ROC

Tue., Dec 14 2010 10:01 a	StrongMan	Placed on IR	Joseph Addai	IND	RB	Owner
Tue., Dec 14 2010 2:51 p	StrongMan	Released	Eddie Royal	DEN	WR	Owner
Tue., Dec 14 2010 3:08 p	StrongMan	Released	Earl Bennett	CHI	WR	Owner
Wed., Dec 15 2010 8:31 p	North Dallas Forty	Released	Steve Smith	NYG	WR	Owner
Thu., Dec 16 2010 9:00 a	StrongMan	Acquired	Owen Daniels	HOU	TE	Owner
Thu., Dec 16 2010 9:00 a	StrongMan	Acquired	San Diego Chargers	SDG	Def/ST	Owner
Thu., Dec 16 2010 9:00 a	StrongMan	Released	Cleveland Browns	CLE	Def/ST	Owner
Thu., Dec 16 2010 9:01 a	StrongMan	Acquired	Nate Kaeding	SDG	K	Owner
Thu., Dec 16 2010 9:01 a	StrongMan	Released	Dave Rayner	DET	K	Owner
Thu., Dec 16 2010 9:17 a	North Dallas Forty	Acquired	Louis Murphy	OAK	WR	Owner
Thu., Dec 16 2010 9:19 a	North Dallas Forty	Acquired	Anthony Fasano	MIA	TE	Owner
Thu., Dec 16 2010 9:19 a	North Dallas Forty	Released	Ed Dickson	BAL	TE	Owner
Fri., Dec 17 2010 3:05 p	North Dallas Forty	Placed on IR	Chad Henne	MIA	QB	Owner
Fri., Dec 17 2010 3:05 p	North Dallas Forty	Taken off IR	Austin Collie	IND	WR	Owner
Fri., Dec 17 2010 3:58 p	North Dallas Forty	Acquired	David Buehler	DAL	K	Owner
Fri., Dec 17 2010 3:58 p	North Dallas Forty	Released	Billy Cundiff	BAL	K	Owner
Fri., Dec 17 2010 9:12 p	Raiders of the Lost Ark	Acquired	Dallas Cowboys	DAL	Def/ST	Owner
Fri., Dec 17 2010 9:12 p	Raiders of the Lost Ark	Released	Oakland Raiders	OAK	Def/ST	Owner
Sat., Dec 18 2010 1:21 p	Steel Curtain	Acquired	Phil Dawson	CLE	K	Owner
Sat., Dec 18 2010 1:21 p	Steel Curtain	Released	Mason Crosby	GNB	K	Owner
Sun., Dec 19 2010 8:16 a	Chip Rack Champs	Acquired	Tim Tebow	DEN	QB	Owner
Sun., Dec 19 2010 8:16 a	Chip Rack Champs	Released	Tampa Bay Buccaneers	TAM	Def/ST	Owner
Sun., Dec 19 2010 8:18 a	Chip Rack Champs	Placed on IR	Chris Ivory	NOR	RB	Owner
Sun., Dec 19 2010 8:18 a	Chip Rack Champs	Taken off IR	Mike Williams	SEA	WR	Owner
Sun., Dec 19 2010 11:01 a	North Dallas Forty	Released	Davone Bess	MIA	WR	Owner
Sun., Dec 19 2010 11:03 a	North Dallas Forty	Acquired	Arrelious Benn	TAM	WR	Owner
Sun., Dec 19 2010 11:08 a	North Dallas Forty	Acquired	Miami Dolphins	MIA	Def/ST	Owner
Sun., Dec 19 2010 11:08 a	North Dallas Forty	Released	Louis Murphy	OAK	WR	Owner

## Playoff Week 3

Thu., Dec 23 2010 8:50 a	North Dallas Forty	Released	Austin Collie	IND	WR	Owner
Thu., Dec 23 2010 9:06 a	North Dallas Forty	Acquired	Jacoby Jones	HOU	WR	Owner
Thu., Dec 23 2010 9:12 a	North Dallas Forty	Acquired	Rex Grossman	WAS	QB	Owner
Thu., Dec 23 2010 9:12 a	North Dallas Forty	Released	Miami Dolphins	MIA	Def/ST	Owner
Thu., Dec 23 2010 9:22 a	North Dallas Forty	Acquired	Jimmy Graham	NOR	TE	Owner
Thu., Dec 23 2010 9:22 a	North Dallas Forty	Released	Anthony Fasano	MIA	TE	Owner
Thu., Dec 23 2010 4:11 p	StrongMan	Taken off IR	Joseph Addai	IND	RB	Owner
Fri., Dec 24 2010 1:27 p	Steel Curtain	Acquired	Josh Brown	STL	K	Owner
Fri., Dec 24 2010 1:27 p	Steel Curtain	Released	Phil Dawson	CLE	K	Owner
Fri., Dec 24 2010 1:30 p	Steel Curtain	Acquired	Jay Feely	ARI	K	Owner
Fri., Dec 24 2010 1:30 p	Steel Curtain	Released	Josh Brown	STL	K	Owner
Fri., Dec 24 2010 2:59 p	StrongMan	Acquired	Baltimore Ravens	BAL	Def/ST	Owner
Fri., Dec 24 2010 2:59 p	StrongMan	Placed on IR	Blair White	IND	WR	Owner

## Offseason

Sat., Jan 1 2011 1:37 a	Beach Ball-Busters	Taken off IR	Ryan Mathews	SDG	RB	Owner
Sat., Jan 1 2011 1:37 a	Beach Ball-Busters	Placed on IR	Mike Tolbert	SDG	RB	Owner