



5K Corner

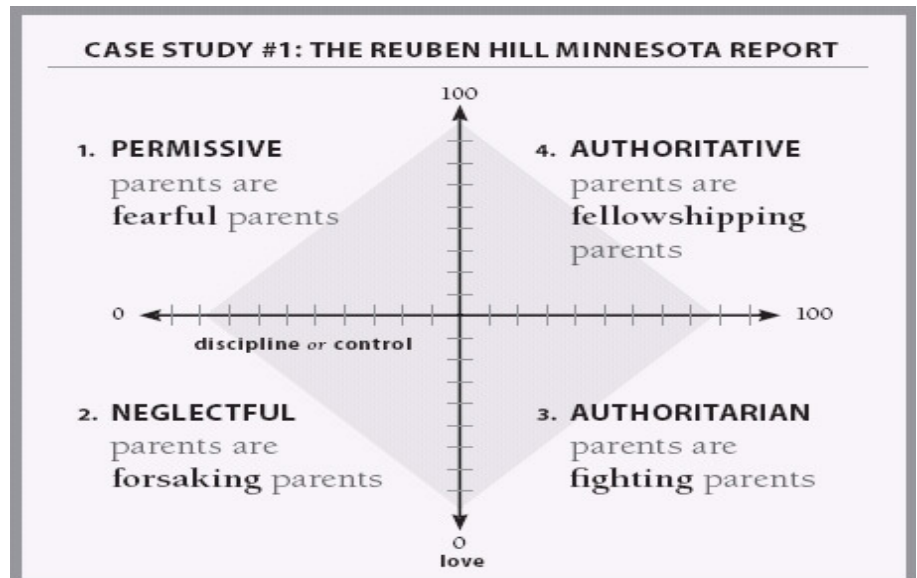
The Course is Ideal & the Cause Worthy

Kare Youth League's second annual 5K at Santa Fe Dam Recreation Park in Irwindale is coming on **Saturday, November 12**. There are many reasons for you to take part and here are just a few:

- 1) The course is ideal - After a start area in smooth mown grass, the course is on a level, paved path next to the lake.
- 2) The cause is worthy - The money raised will be going toward the "Building for Their Future" fundraising project that will go to the future facility at Santa Fe.
- 3) There are rewards - Not only are there 3 medals available in 32 separate divisions, but it is great for your health to spend some time training as well.
- 4) Walk or run - You don't have to be an experienced runner. Many people will be walking the route. Just remember that a 5K is about 3.1 miles.
- 5) The morning is open - There will be no regular activities in the morning that day. The Future Bowl will be that evening.



The road that leads to victory at the 5K on Saturday, November 12. Victory, for most of us, means finishing the race. See you there!



Parent Talk

Child Discipline Advice from Focus on the Family: Balance Love & Discipline

Sociologist Reuben Hill conducted a study of thousands of teens and parents in Minnesota. Hill put all of his research on a grid with an x-axis, a y-axis, and four quadrants. The horizontal axis measured how much discipline or control parents exercised in their relationship with their child. The vertical axis measured love.

1. **The Permissive Parent.** Parents who are high in love but low in discipline. The study revealed that permissive parents tend to produce children with very low self-esteem and feelings of inferiority. Though the parents express a lot of love, the lack of boundaries leaves their children with a high level of insecurity.
2. **The Neglectful Parent.** This kind of parent doesn't express much love and also doesn't really care enough to discipline. Their children tend to grow up with little or no lasting relationship with Mom or Dad. The parents' neglect may not necessarily be intentional — they don't purposely desire to neglect their kids, but they don't know how to deal with their own issues adequately.
3. **The Authoritarian Parent.** This kind of parent doesn't express love and affection well but is very high on discipline. They raise children who are provoked to rebellion. Communication between parent and child takes the form of arguing and fighting, especially when the child is old enough to fight back.
4. **The Authoritative Parent.** Those who land in the upper right quadrant provide the best combination of love and discipline. This kind of parent is authoritative — not an overbearing authoritarian, but a compassionate yet firm authority. They have clear boundaries but are also very loving. The result is a child high in self-esteem and equipped with good coping skills.

KARE YOUTH LEAGUE GAMES AND ACTIVITIES



OCTOBER 29, 2011

BOYS' DIVISIONS

Great Start Division

See Calendar for proper schedule. All games at 11:00 and some teams are traveling to a different site.

CB Division

Saturday, October 29

UNC vs. Georgia 12:15 C-1
 Kentucky vs. Falcons 1:15 A-2
 FSU Bye

Thursday, November 3

FSU vs. UNC 4:30 C-1

B Division

Saturday, October 29

UNC vs. Georgia 1:30 C-1
 Kentucky vs. Falcons 2:30 A-2
 FSU Bye

Tuesday, November 1

FSU vs. UNC 4:30 C-1

A Division

Saturday, October 29

UNC #2 vs. Georgia 1:15 C-2
 UNC #1 vs. Falcons 2:45 C-2
 FSU Bye

Thursday, November 3

FSU vs. UNC #2 4:30 C-2

AA Division

Wednesday, October 26

Georgia vs. Kentucky 4:45 A-3

Saturday, October 29

UNC vs. Georgia 11:15 C-2
 Kentucky vs. Falcons 11:15 A-3
 FSU Bye

Wednesday, November 2

FSU vs. UNC 4:30 C-2

AAA Division

Saturday, October 29

UNC vs. Georgia 9:15 C-2
 Kentucky vs. Falcons 9:15 A-3
 FSU Bye

Pac-12

Saturday, October 29

Cal vs. Stanford 4:30 A-1
 USC vs. UCLA 6:30 A-1

GIRLS' DIVISIONS

Royal Friends

Princess Party and Performance!
 Wear your dance outfit and bring a friend (she can dress like any princess)



Saturday, October 29

Covina 9:00-10:30 C

Arcadia 9:00-10:30 A

Thursday, October 27

Upland 5:00-6:15 U

Karenas

Monday, October 24 (Volleyball)

Arcadia Teams 4:15 A

Covina Teams 4:15 C

Saturday, October 29 (Cheer)

Karena Arcadia & Covina Halloween Performance & Parties from 9:00-10:30. Wear a costume or cheer uniform & bring a goodie or drinks for 8. **The Wildcats & Falcons** will be cheering for the 9:15 game so they will need to wear their cheer uniform.

Pac-5 B Division

Volleyball Games

Monday, October 24

Panthers vs. Huskies 5:00 A

Cougars vs. Ravens 5:00 U

Saturday, October 29

Panthers vs. Cougars 1:00 C

Ravens vs. Hawks 1:00 C

Huskies Bye

Pac-5 A Division

Volleyball Games

Monday, October 24

Panthers vs. Huskies 5:00 A

Cougars vs. Ravens 5:00 U

Saturday, October 29

Panthers vs. Cougars 2:15 C

Ravens vs. Hawks 2:15 C

Huskies Bye



Gameday Forecast

for Saturday, October 29

Machen Sie einen schönen Tag!
 High 75°

FOOTBALL & VOLLEYBALL STANDINGS

FOR GAMES THROUGH OCTOBER 20

CB	W	L	T	Kar. B (Arc)	W	L
FSU	3	0	0	(Not including games from 10-17)		
UNC	2	0	2	Wildcats	8	2
Georgia	3	1	1	Kentucky	5	5
Falcons	1	4	0	Georgia	4	6
Kentucky	0	4	1	Bulldogs	3	7

B	W	L	T	Kar. A (Arc)	W	L	T
FSU	3	0	1	(Not including games from 10-17)			
Georgia	2	0	2	Georgia	4	0	1
Falcons	2	2	1	Wildcats	2	0	3
UNC	2	2	0	Bulldogs	2	2	1
Kentucky	0	5	0	Kentucky	2	3	0

A	W	L	T	Kar. (Cov)	W	L
Falcons	4	1	0	Tarheel#1	12	0
FSU	2	1	1	Tarheel#2	8	4
Georgia	2	1	1	Seminole#2	3	9
UNC #1	1	3	0	Seminole#1	2	10
UNC #2	0	3	0			

AA	W	L	T	Pac 5 "B"	W	L
FSU	4	0	0	Hawks	4	1
UNC	4	0	0	Ravens	4	1
Georgia	1	2	0	Cougars	2	2
Kentucky	1	3	0	Huskies	2	3
Falcons	0	5	0	Panthers	0	5

AAA	W	L	T	Pac 5 "A"	W	L
FSU	5	0	0	Hawks	4	1
UNC	4	1	0	Panthers	4	1
Georgia	2	2	0	Cougars	3	1
Falcons	1	4	0	Ravens	1	4
Kentucky	0	5	0	Huskies	0	5

Pac-12	W	L	T
UCLA	3	1	1
USC	3	1	1
Stanford	3	2	0
Cal	0	5	0

KARE CALENDAR

Halloween (no Karena activities)	Oct. 31
RHP Homecoming	Nov. 4
Daylight Savings ends	Nov. 6
Election Day	Nov. 8
Pearl Prep Grandparents Day	Nov. 10
Veterans Day (no activities)	Nov. 11
5K & Future Bowl	Nov. 12
Thanksgiving (no activities)	Nov. 23-27
Monrovia Christmas Parade	Dec. 1
Championships	Dec. 2 & 3
Royal Friends Dance Recital	Dec. 6
Basketball begins	Dec. 10
Santa's Breakfast	Dec. 10