



5K Corner Where Will You Be on Saturday, Nov. 12th?

There are no Kare Youth League games on Saturday, November 12 due to the 5K/3K at Santa Fe (there will be Future Bowl games in the evening). If you have never run or walked in an event like this it may seem daunting. Even if you haven't trained much don't let that stop you! You probably walk more during a shopping trip to the mall. **Consider these 4 reasons you should participate:**

1) Great Cause - All proceeds go directly into the "Building for their Future Campaign", providing new fields and helping to complete the new Gymnasium in Arcadia.

2) Spend Time with the Family - With no Kare Youth League games in the morning it will be a great event to spend time with the ones you love.

3) Start Building Healthy Habits - We all know we could use a little more exercise in our day. The 5K might help you create a good habit.

4) Lift Up Your Spirit - The environment at the 5K is upbeat and positive. People are excited and are fun to be around.

5K Early Registration Ends Monday, October 31st - If you wait you will lose:

A) \$5.00 (the price goes up after Monday, October 31st).

B) T-shirt (no t-shirts will be available for anyone signing up after Monday, October 31st).



Don't forget the Health Fair going on in conjunction with the 3K/5K event!

Parent Talk Is There Something I Can Do to Avoid a Broken Bone?

Broken bones are part of life, especially when active children are involved. The good news is, according to eHow.com, there are some things that we can do to lessen the chance.

1. Drink plenty of milk and other products that are high in calcium like almonds & oranges. There are other foods like spinach, collard greens, & kelp that have a lot of calcium but we went with the more popular foods first. Building strong bones is the best way to prevent broken bones.

2. Take a multivitamin every day. You may not always get the vitamins and nutrients your body needs, so the addition of a good daily multivitamin can help.

3. Wear shoes that fit properly. Shoes that are too small or too large will change the way you walk, which puts stress on your bones.

4. Use protective wrist guards, kneepads, elbow pads, and your helmet when you ride a bike or skateboard. Many broken bones result from falls incurred while participating in these activities.

5. Make sure to use seat belts, car seats, and booster seats properly to help avoid broken bones during car accidents.

6. Keep from piling things up at the top of the stairs which can create a tripping hazard.



The 2010 Homecoming Court was chosen by a knight in shining armor. What about this year?

RHP Homecoming a Big Surprise

Friday, November 4 will be a big night for the entire Kare Youth League girls program. The Rio Hondo Prep Homecoming always has some special surprises and this year promises something special as well.

The Karena girls will take center stage in the huge halftime extravaganza. The game starts at 7:30 and pits Rio Hondo Prep against long-time Prep League foe Chadwick with the winner taking command of first place in the Prep League. The performance will be a display of color, pageantry and excitement. After they perform the girls get front row seats on the field for the crowning of Rio Hondo's 2011 Homecoming Court.

Rio Hondo, whose team consists of boys who played in KYL as youngsters, has won 12 CIF championships since the school opened in 1964.

This year we are trying something new with a moderately priced taco dinner available. Bring the family and make a night of it!

KARE YOUTH LEAGUE GAMES AND ACTIVITIES



BOYS' DIVISIONS

Great Start Division

Eagles vs. Bucs	11:00	A-2
Tigers/Lions/Steelers	11:00	C-1
Panthers vs. Grizzlies	11:00	U-1

CB Division
Thursday, November 3

FSU vs. UNC	4:30	C-1
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Saturday, November 5

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

B Division
Tuesday, November 1

FSU vs. UNC	4:30	C-1
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Saturday, November 5

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

A Division
Thursday, November 3

FSU vs. UNC #2	4:30	C-2
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Saturday, November 5

Georgia vs. Falcons	1:15	A-3
FSU vs. UNC #1	1:15	C-2
UNC #2 Bye		

AA Division
Wednesday, November 2

FSU vs. UNC	4:30	C-2
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Saturday, November 5

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

AAA Division
Saturday, November 5

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

Pac-12 Division
Saturday, November 5

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

Tuesday, November 8

UCLA vs. Stanford	5:30	A-1
Cal vs. USC	7:00	A-1

GIRLS' DIVISIONS

Royal Friends
Important recital dance class, meeting, & Pocahontas lunch on a stick. Wear any leotard and tights and bring tap and ballet shoes.

Saturday, November 5

Covina	9:00-10:30	C
Arcadia	9:00-10:30	A

Thursday, November 3

Upland	5:00-6:15	U
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Karenas
Saturday, November 5 (Cheer)
No Activity

Monday, November 7 (Volleyball)
Playoffs

Arcadia Teams	4:15	A
Covina Teams	4:15	C

Pac-5 "B" Division
Volleyball Games
Wednesday, November 2

Huskies vs. Cougars	5:15	A
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Saturday, November 5

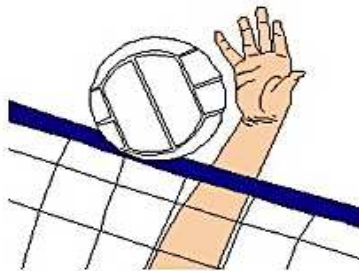
Hawks vs. Panthers	1:00	A
Ravens Bye		

Pac-5 "A" Division
Volleyball Games
Wednesday, November 2

Huskies vs. Cougars	5:15	A
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Saturday, November 5

Hawks vs. Panthers	2:15	A
Ravens Bye		



Gameday Forecast
for Saturday, November 5th

"It's a beautiful day in the neighborhood"
High 72°

FOOTBALL & VOLLEYBALL STANDINGS

FOR GAMES THROUGH OCTOBER 26

CB	W	L	T	Kar. B (Arc)	W	L
FSU	3	0	1	Wildcats	11	3
Georgia	3	1	2	Kentucky	8	6
UNC	2	1	2	Georgia	5	9
Falcons	2	4	0	Bulldogs	4	10
Kentucky	0	4	1			

B	W	L	T	Kar. A (Arc)	W	L	T
FSU	3	0	2	Georgia	4	0	3
Georgia	2	0	3	Wildcats	3	0	4
UNC	3	2	0	Bulldogs	3	2	2
Falcons	2	3	1	Kentucky	2	5	0
Kentucky	0	5	0				

A	W	L	T	Kar. (Cov)	W	L
Falcons	5	1	0	Tarheel#1	14	0
Georgia	3	1	1	Tarheel#2	8	6
FSU	2	2	1	Seminole#2	4	10
UNC #1	1	3	0	Seminole#1	3	11
UNC #2	0	4	0			

AA	W	L	T	Pac 5 "B"	W	L
FSU	5	0	0	Cougars	4	2
UNC	5	0	0	Hawks	4	2
Kentucky	2	3	0	Huskies	4	3
Georgia	1	4	0	Ravens	4	3
Falcons	0	6	0	Panthers	0	6

AAA	W	L	T	Pac 5 "A"	W	L
FSU	6	0	0	Hawks	5	1
UNC	5	1	0	Panthers	5	1
Georgia	2	3	0	Cougars	4	2
Falcons	1	5	0	Ravens	2	5
Kentucky	0	5	0	Huskies	0	7

Pac-12	W	L	T
UCLA	4	1	1
USC	4	1	1
Stanford	3	3	0
Cal	0	6	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