

# INTERLEAGUER

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## COLUMN ONE



### City of Hope, In-n-Out, and Kare Youth League Come Together

Saturday, October 20 will be a life-saving day at Kare Youth League in Arcadia. The City of Hope Bloodmobile will be taking donations from 9:30 a.m. to 3:30 p.m. and anyone 18 or older can participate. Not only will you be doing a wonderful thing for the community, but everyone who gives blood will also receive a small token of appreciation. The City of Hope is giving everyone who donates a \$5.00 In-n-Out gift card (You know, you're going to need to replenish your energy supply after giving).

It is very important to register by Wednesday, October 17 for this event so that the staff can plan ahead. There are two easy ways to register:

- 1) Send an email to [davecarson.kyl@gmail.com](mailto:davecarson.kyl@gmail.com)
- 2) Call 626-442-1160 x145

So, do something great for your community and also for yourself. Donate blood on Saturday, October 20 at the Kare Youth League in Arcadia and receive a \$5.00 gift card from In-n-Out. It's a WIN-WIN!



### 5K Coming to Santa Fe

Kare Youth League's third annual 5K at Santa Fe Dam Recreation Park in Irwindale is coming on Saturday, November 3. Everyone needs to participate so it doesn't matter if you walk, run, or crawl; the important thing is that you make the effort. Make sure to start your training and plan to take part.



### A Few Training Suggestions

Here are just a few training pointers from [justrun.org](http://justrun.org) to help you prepare for the 5K:

- 1) Always stretch and walk or jog a bit **before** running.
- 2) To gain endurance while training, gradually increase your distance in the weeks leading up to the race.
- 3) Always stretch and walk or jog a bit **after** running as well.

### Christian Edition Comes to Stivers Center

The men's chorus Christian Edition will be performing in the Stivers Center at Kare Youth League in Arcadia on Sunday, October 14 at 5:00 p.m. The concert is free but a donation opportunity will be presented. This group has spent the last 31 years sharing the gospel through song.



### UPCOMING EVENTS

**Christian Edition Performance** – Sunday, October 14 at 5:00 in the Stivers Center at Kare in Arcadia

**City of Hope Blood Drive** – Saturday, October 20 from 9:30-3:30 at Kare in Arcadia

**Rio Hondo Prep Homecoming Game** – Friday, November 2 in the evening at Kare in Arcadia

**5K at Santa Fe** – Saturday, November 3 in the morning at the Santa Fe Dam

**Future Bowl** – Saturday, November 3 in the evening at Kare in Arcadia

**Election Day** – Tuesday, November 6 is Election Day. Get informed on the issues and vote.

**Veterans' Day Observed** – Monday, November 12 there will be no Kare activities.

**Thanksgiving Weekend** – Wednesday, November 21 through Saturday, November 24 there will be no Kare activities.

# KARE YOUTH LEAGUE GAMES AND ACTIVITIES

## This Week's Games

**Saturday, October 13, 2012**

### BOYS DIVISIONS

(Teams in *bold italic* have picture day)

#### GREAT START

All Teams Home Location at 11:00

#### C DIVISION

*Georgia* vs. FSU 12:15 A-2  
 UNC #1 vs. UNC #2 12:30 C-1  
 Falcons vs. Kentucky 2:00 U-1

#### B DIVISION

*Georgia* vs. UNC 2:45 A-2  
 Falcons vs. Kentucky 3:15 U-1

#### A DIVISION

*Georgia* vs. FSU 1:00 A-3  
 UNC vs. Kentucky 3:00 C-2

#### AA DIVISION

Falcons vs. UNC #2 12:15 U-1  
*Georgia* vs. FSU 3:00 A-3  
 UNC #1 Bye

#### AAA DIVISION

UNC vs. FSU 9:15 C-2  
 Falcons vs. Kentucky 9:15 U-1

#### Pac-12 DIVISION

##### Friday, October 12

Cal vs. USC 5:15 A-1  
 Oregon vs. Stanford 7:00 A-1  
 UCLA Bye

## GIRLS DIVISIONS

#### ROYAL FRIENDS

Arcadia & Covina – Saturday at 9:00  
 Upland – Friday at 5:00  
 Meeting, Dance Lessons, & Silly Monster Magnet  
 (So much silliness, we can barely stand it)

#### KARENAS

##### Saturday, October 13

Arcadia – 9:00 in Covina Drill Team Performance  
 Covina – 9:00 in Covina Drill Team Performance  
 Upland – 9:00 in Upland Drill Team Performance

##### Monday, October 15

Arcadia – 4:15 Volleyball Games  
 Covina – 4:15 Volleyball Games  
 Upland – 4:30 Volleyball Games

#### PAC FIVE B

Eagles vs. Navy Huskies 12:00 Arc  
 Black Ravens vs. Black Hawks 12:00 Cov  
 Teal Panthers vs. Red Hawks 1:00 Cov  
 Black Panthers vs. Blue Huskies 2:00 Cov  
 Cougars vs. Gold Ravens 2:00 Up

#### PAC FIVE A

Panthers vs. Huskies 3:00 Cov  
 Cougars vs. Ravens 3:00 Up  
 Hawks Bye

## STANDINGS (10-7-12)

<u>C DIVISION</u>	W	L	T
UNC #1	3	1	
Falcons	2	2	
Georgia	2	2	
Kentucky	2	2	
UNC #2	2	2	
FSU	1	3	

#### B DIVISION

Falcons	4	0	
UNC	3	1	
Kentucky	1	3	
Georgia	0	4	

#### A DIVISION

Georgia	3	0	1
FSU	2	0	1
Kentucky	1	2	
UNC	1	2	

#### AA DIVISION

FSU	3	0	
UNC #2	2	1	
Georgia	1	2	
UNC #1	1	2	
Falcons	1	3	

#### AAA DIVISION

Falcons	3	0	1
UNC	2	2	
Kentucky	1	2	1
FSU	1	3	

#### PAC 12 DIVISION

UCLA	4	0	
USC	3	1	
Cal	1	2	1
Stanford	1	2	1
Oregon	0	4	

#### ARCADIA KARENAS

Wildcats	7	3	
Kentucky	6	4	
Georgia	5	5	
Bulldogs	2	8	

#### COVINA KARENAS

Seminoles #2	6	2	
Tarheels #2	5	3	
Seminoles #1	3	5	
Tarheels #1	2	6	

#### PAC FIVE "B" DIVISION

Navy Huskies	4	1	
Black Ravens	4	1	
Eagles	3	1	1
Gold Ravens	3	1	1
Black Panthers	3	2	
Black Hawks	3	2	
Teal Panthers	2	3	
Red Hawks	1	4	
Blue Huskies	1	4	
Cougars	0	5	

#### PAC FIVE "A" DIVISION

Panthers	3	1	
Hawks	2	2	
Huskies	2	2	
Ravens	2	2	
Cougars	1	3	

## Next Week's Games

**Saturday, October 20, 2012**

### BOYS DIVISIONS

(Teams in *bold italic* have picture day)

#### GREAT START

Schedule Coming

#### C DIVISION

FSU vs. UNC #2 12:15 C-1  
 Falcons vs. Georgia 2:00 U-1  
*Kentucky* vs. UNC #1 2:30 A-2

#### B DIVISION

Falcons vs. Georgia 3:15 U-1  
*Kentucky* vs. UNC 3:45 A-2

#### A DIVISION

*Kentucky* vs. FSU 1:15 A-3  
 Georgia vs. UNC 3:00 A-3

#### AA DIVISION

UNC #2 vs. UNC #1 11:45 C-2  
 Falcons vs. Georgia 12:15 U-1  
 FSU Bye

#### AAA DIVISION

*Kentucky* vs. FSU 9:15 A-3  
 Falcons vs. UNC 9:15 U-1

#### Pac-12 DIVISION

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

## GIRLS DIVISIONS

#### ROYAL FRIENDS

Arcadia & Covina – Saturday at 9:00  
 Upland – Friday at 5:00  
 Meeting, Dance Lessons, & Craft

#### KARENAS

##### Saturday, October 20

Arcadia – 9:00 in Arcadia Drill Team Performance  
 Covina – 9:00 in Upland Drill Team Performance  
 Upland – 9:00 in Upland Drill Team Performance

##### Monday, October 22

Arcadia – 4:15 Volleyball Games  
 Covina – 4:15 Volleyball Games  
 Upland – 4:30 Volleyball Games

#### PAC FIVE B

Gold Ravens vs. Navy Huskies 12:00 Cov  
 Black Hawks vs. Black Panthers 1:00 Arc  
 Cougars vs. Blue Huskies 2:00 Up  
 Red Hawks vs. Black Ravens 2:00 Arc  
 Eagles vs. Teal Panthers 2:00 Arc

#### PAC FIVE A

##### Saturday, October 20

Hawks vs. Panthers 3:00 Arc  
 Cougars vs. Huskies 3:00 Up  
 Ravens Bye

##### Monday, October 22

Huskies vs. Hawks 6:15 Arc

Phone: 626.442-1160 • 909.957.5273

Arcadia Center - 5150 Farna Avenue, Arcadia • Covina Center - 735 Glendora Avenue, Covina

Upland Center - (Pacific Christian Center) • 800 Arrow Highway, Upland