

JOIN US **FOR THE EASTER EGG HUNT** MARCH 29 **PAGE 12**



BOND UPDATE

Bond Projects Major Milestone Reached

PAGE 3

MA NEWS

Online HOA **Account Access**

PAGE 2

JOB OPPORTUNITY

Parks Department **Seasonal Positions**

PAGE 15

COMM. GARDEN

Ken-Caryl **Community Garden Update**

PAGE 3

ART GUILD

Ken-Caryl Art Guild **Presents Wildlife** Artist J.B. Sullivan

PAGE 18

LITTLE **SUMMER CAMP**

SEE PAGE 11 FOR DETAILS

Residents Open Bundt Cake Bakery



PAGE 8

Easter Egg Hunt March 29

The Ken-Caryl Ranch Annual Easter Egg Hunt is always a hit with our residents! This year we are enhancing the event scheduled for Sunday, March 29 at Ranch House Park. We have changed the time to 11 a.m.-1 p.m. to help accommodate our younger egg hunters. Pat Lynch with Re/Max Professionals will be back to raffle off some great prizes. The Ken-Caryl Parent Network will host a snack table, and we encourage families to bring a picnic lunch or brunch to enjoy during or after the event. The Little Gym will be there with exciting activities and program information. We will have a designated area for photo opportunities with the Easter Bunny, so please bring your own camera. This year we'll have even more eggs! The egg hunts are divided by age group, and each age group has their own time. Please keep an eye out for a walking, talking carrot and KCRMD Staff who will kick off each egg hunt, and don't forget your own Easter basket! Easter Egg Hunts will begin at:

11:30 a.m. for children ages 0-2

11:45 a.m. for children ages 2-4

12:15 p.m. for children ages 8 and up 12:00 p.m. for children ages 5-7

> A covenant protected community. www.ken-carylranch.org Littleton, CO 80127 7676 South Continental Divide Road c/o Ken-Caryl Ranch Master Association Printed on Recycled Paper



PERMIT NO. 171 ОО 'ИОТЕТОИ' СО **DIA9** JDATZOG .2.U **GTS TASA9**

Manager's Column



By KCRMD Executive Director Chris Pacetti

With our great late winter weather we were able to get two major fence projects started in mid-March. The rail fence that borders the north side of the greenbelt that runs from Continental Divide to Chatfield Ave. is being replaced by Standard Fence Company. The brick columns that are part of the fence that runs along Chatfield Ave. are being repaired by Commercial Fence and Iron Works. After some difficult working conditions that slowed progress in February, AGE, our drainage contractor, is making great progress on the repairs

to Massey Draw below the Community Center. I know that we will be getting some more winter weather but it sure is great getting a jump on spring.

Concept plans for the bond-funded projects were presented to the community in an open house format meeting last week and are now available to review on our website. The design team is now working on refining the plans using input received from the community and staff.

Our March annual meeting signified the end of Board President Valerie Walling's time as a member of the Board, for now anyway. I am hopeful we will talk her into serving again someday. I would like to take this opportunity to thank her for all of her dedicated service toward making Ken-Caryl Ranch such a great place to live, work and play. It has been a learning experience for me to work with her, and we have all grown under her leadership.

Thankfully she is continuing to serve on the Community Planning Committee so we have not lost her completely. Thank you, Valerie!

Don't forget to sign up to receive our every Monday e-News email to stay

informed. To sign up please go to our website at www.ken-carylranch.org and fill out the e-News sign-up form on the home page. You will also be able to sign up to receive other regular emails on other topics.

Ken-Caryl Garden Tour

Seeking Nominations for Garden Tour

Submitted by Krista Rahe

The Ken-Caryl Ranch Garden Tour Committee is planning a tour of residents' gardens (tentative date of July 11), and the committee is looking for gardens to be part of the tour. The ideal garden would showcase all flowers or a combination of flowers/vegetables and should be aesthetically pleasing. Various themed gardens could also be of interest to tour participants (rock gardens, water gardens, habitat gardens, etc.). It is a great chance to share the beauty you have created with other residents, and you will inspire more gardens in the area by your participation.

The tour will be a fundraiser to build portable, wheeled garden beds for rehab/ nursing facilities. The committee will place a 2015 pilot garden at Care Meridian on Bowles Ave. in honor of Nina Forgo who lived there after her severe stroke and found great joy and healing during her time spent working with plants. This year's event will raise funds to place other gardens at other area nursing facilities in future years as

funds become available so that this healing method can be spread to others.

If you have such a garden or know of one in Ken-Caryl, please email Krista Rahe at krahe@raheservices.com with your name, address and contact information. Please attach photos of your garden from previous years, or give a description of what would make your garden a good addition to the garden tour. We request that all residents interested in submitting their garden for consideration do so by April 10.

There will be a panel of decision makers who will base their choices on which gardens they think would present the most interesting tour for attendees. Those who own the gardens chosen will be asked to attend one or two planning meetings and to be at your garden on the day of the tour to answer questions about it and share your gardening expertise. If you have any questions, please call Krista at 303-810-5061.

Online HOA Account Access

The Ken-Caryl Ranch Master Association is pleased to announce the arrival of online HOA account access. Go online at http://vmsweb.kcranch.org to access your account information including your account balance, monthly assessment amounts, ACH information (if applicable), mailing address information, architectural and compliance notifications, etc. Earlier in March, you should have received a letter with instructions for account access, including a website link, account number and password. We suggest you immediately change your password and add your email address. Go to the User Profile, "Contacts" tab, Email Options and Password ID. If you have any questions regarding the webpage access, please contact Annette Chavez at annettec@kcranch.org or 303-979-1876, ext. 112.



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Community Calendar

March - April

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23	6 p.m. MD Board Meeting	25	7:30 a.m. Architectural Committee 10:15 a.m. Story Time 7 p.m. Open Space Committee, Dakota Lodge	27	28
29 11a.m1 p.m. Easter Egg Hunt	30	31	0	10:15 a.m. Story Time	3	4
5	6	7 6 p.m. Joint Study Sesion	8	7:30 a.m. Architectural Committee 10:15 a.m. Story Time	9	11
12	7 p.m. Community Planning Committee	14	4:30 p.m. Covenant Committee 2 p.m. Historical Society	16 10:15 a.m. Story Time	17	18
19	5:30 p.m. MA Finance Committee	6 p.m. MD Board Meeting 6:30 p.m. MA Board Meeting	22	7:30 a.m. Architectural Committee 10:15 a.m. Story Time 7 p.m. Open Space Committee, Dakota Lodge	24	10a.m2p.m. Spring Fling
26	27	28	29	10:15 a.m. Story Time		

are subject to change. Please see www.ken-carylranch.org for the most up-to-date information.

Submitted by Paul Camp, Vanir Construction Management

The Schematic Design phase for the bond projects is almost complete. This is a major milestone in the overall designs for the Ranch House, Community Center and Dakota Lodge campuses. Included in Schematic Design are preliminary building floor plans and preliminary site plans.



Life at Ken-Caryl

Life at Ken-Caryl is a private newspaper

published every other week by the Ken-Caryl

Ranch Master Association. OUR PURPOSE is to

bring timely information to the residents of Ken-

Caryl Ranch, and to be respondent to the needs

community servant. Permission to reprint articles

is granted, provided that proper credit is given

The editorial direction of this publication comes

NOTICE: The views of the authors of the various

necessarily reflect the views of the committees,

directors or management, and by no means do

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they reflect the views of the community as a

Editor and Community Relations Director:

c/o Ken-Caryl Ranch Master Association

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information or visit www.ken-carylranch.org.

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..Darrell Windes

..303-979-4070

..303-979-2233

......303-979-1876 x114

...303-979-1876 x116

please call Victoria DeSair at 303-979-1876 x122.

7676 South Continental Divide Rd.

Ken-Caryl Ranch Master Association

victoriad@kcranch.org

Email or send articles, photographs, letters to the

303-979-1876 x122

to Life at Ken-Caryl, and the Editor is notified.

ultimately from the Ken-Caryl Ranch Master

Association Board of Directors

editor and advertisements to:

Victoria DeSair

Life at Ken-Caryl

Littleton, CO 80127

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Community Center....

of the community. We welcome suggestions

and ideas for making this newspaper a good

ISSN 0899-6318

All of this was made possible by the hard work of our design team and the Ken-Caryl Ranch residents and staff participating in multiple focus group meetings and open houses. Thanks to everyone!

While most of the major design decisions have now been made, there are many, many minor issues that need to be worked out over the next few months. These include, exact room sizing, door placement and type, interior colors and finishes, furniture, lighting and numerous other important design details. Stay up-to-date on the design effort by visiting the Bond and Improvement Projects page of the Ken-Caryl Ranch website. Please contact us via bondprojects@kcranch.org if you have any comments or questions.

Bond Projects Timeline

Design Phase

Final Design (Design Development) March 19 through May 1

Construction Phase

Construction Drawings May 1 through July 1

Permit & Subcontractor Bidding July 1 through Sept. 1

Construction Sept. 2015 through March 2016

• Garden News

Ken-Caryl Community Garden Update

Submitted by Harriet Camp, North Ranch

The Ken-Caryl Community Garden (KCCG) is sold out for 2015! For gardeners in the KCCG or home gardeners, now is the time to plan your garden.

Garden planning is important for many reasons. Do you plan to start seeds indoors, plant seeds directly into the soil or purchase plants from the nursery? If you plan to start seeds indoors, it is necessary to do so at least several weeks before outdoor planting. Refer to the seed packets as to how long it takes the seeds to germinate. Plants that typically are started indoors are plants that need a longer growing season such as tomatoes, peppers, onions, celery, eggplant, melons and winter squash. Plants such as lettuce, beans, peas, zucchini and spinach do fine if sowed directly into the ground at the proper time. So what else does Garden Planning entail?

Deciding What to Plant

First and foremost, grow what you will eat. Also realize that three zucchini plants will perhaps produce too many zucchini for your family. Maybe one plant would suffice, and you can use that extra room for some other type of summer squash.

Our season is very short so plants that need a longer growing season, such as many tomatoes, peppers and corn, may not do so well. Really pay attention to the "Days to Maturity" on the label of plants and seed packets. Plants requiring fewer days will do much better in the Ken-Caryl climate. My garden favorites are green beans, Romaine lettuce, broccoli, sugar snap peas and squash.

Try something new. Most of us are creatures of habit. If your parents had a garden or you have had a garden in the past you may be planting what you are familiar with. There are new and colorful varieties of old favorites: purple cauliflower, purple carrots, white eggplants or tricolored beans. It's hard

not to find something new to grow in the garden every year.

Deciding How to Plant

First and foremost, garden layout.
Narrow row gardening is what most of us are familiar with. Guess what? Plants will grow even if they aren't in a narrow row!
Actually they might be more vigorous and prolific. You can try square-foot gardening, which involves sub-dividing your garden into square foot areas and planting a different crop in each square. You can also plant free-form or circular. Plant radishes or lettuce between the corn rows, which will be a natural weed barrier.

Let the Sun Shine In. Plants need at least six hours of full sun per day. Place tall crops such as corn, trellised tomatoes, beans and peas toward the northern side of your garden so that these crops don't shade lower-growing vegetables.

Crop Rotation. Don't plant the same crop or even one of the same family in the same place two or more years in a row. Each plant has a particular need of specific

nutrients taken from the soil. Crop rotation allows the soil nutrients to replenish. In addition most pests prefer a certain plant. If you continue to plant the same crops in the same place year after year, the pests don't need to cruise around looking for food.

Succession Planting. Spring is not the only time for garden planting. As soon as you harvest the short-season crops you can fill in the empty spaces. Radishes, lettuce, spinach or kale can be planted late summer for fall harvest. Make sure you refresh the soil by working a layer of compost into the soil with a rake prior to succession planting.

Ranger Field Notes

Annual Volunteer Patrol Training

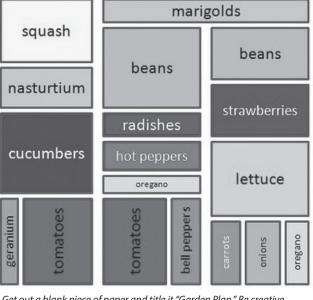
By Open Space Ranger Matt Oven

The 2015 Annual Volunteer Patrol Training is on April 18 from 9-11 a.m. in the Park Ranger Office (next to Dakota Lodge). The training will involve reviewing trails, patrol logs, handbook/guidebook, and discussing program goals with statistics from the last three years of the program. The second hour will be field training while reviewing contact procedures including scenario/actual trail user contacts near the Manor House Kiosk.

The minimum requirement to be a part of the program is to perform at least two trail patrols a month. This can include either hiking or biking the trail and stopping at intersections to check on membership from trail users and observe any other violations in the open space.

Transportation to the Manor House Kiosk will be provided for the field training, or you are welcome to bring your bike and ride to the location for the second part of the class. Light refreshments will be provided.

If you would like to attend the training event, please visit the website at kencarylranch.org, click on the Open Space tab, then the Volunteer Info link and you will find the Volunteer Patroller Description, Application and Letter of Commitment. You may email the application to matto@kcranch.org. Please RSVP to the event by emailing or calling Matt. Any questions, feel free to email or call Matt at 720-599-3261.



Get out a blank piece of paper and title it "Garden Plan." Be creative, experiment and enjoy. Happy Gardening!



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Tips for Architectural Submittals

By Architectural Administrator Julie Kearful

As I write this column, the weather is so summery it is a bit scary - but certainly most welcome and beautiful! The increased number of architectural submittals tells me that folks are thinking of and planning for outdoor projects as the spring and summer seasons approach.

A couple of "tips" as you complete your forms and submit for architectural review may be helpful in expediting the process. Firstly, be sure to submit prior to beginning the work and leaving time for the review – waiting until the painter shows up to paint or the paint goes on sale complicates things. Secondly, please be sure to complete

the form and provide a description of what the project will look like upon completion – i.e. don't simply say bushes will be removed – we will always need to know what will be replacing the bushes.

Please do not hesitate to contact me at 303-979-1876, ext. 119, or email juliek@kcranch.org for any assistance with the architectural process. I have samples of paint colors, roofing products, new windows, garage doors and much more here in my office and am always happy to help! My office hours are Tuesday 8 a.m.-noon, Wednesday 1-5 p.m. and Thursday 8 a.m.-noon.

MA Board Meeting Summary

The following is a summary of items from the March 17 business meeting of the Ken-Caryl Ranch Master Association Board:

- James Moore, the auditor, presented the 2014 audit and answered questions from the Board. Following this, the Board voted to accept the audit including the transfer of net revenues from 2014 to the Special Project Fund.
- Staff updated the Board on the Manor House addition.
- Staff and Board members reported on the status of bond projects and associated committee work including the Community Planning Committee.
- Staff and the Board discussed the status of the bids to repair or replace the Riding School Building at the Equestrian Center.

- The Board reviewed the Collections Policy for the Master Association.
- Manager's Report: A written report was included in the Board package.
- Committees: Board member committee liaisons reported on the activities that their committees have been engaged in for the past month.
- A motion was approved amending Open Space Rule No. 7.
- A motion was approved selecting Weed Wranglers to provide noxious weed control chemical application for 2015, 2016 and 2017.
- A motion was approved passing a resolution indemnifying retiring Board member Valerie Walling.



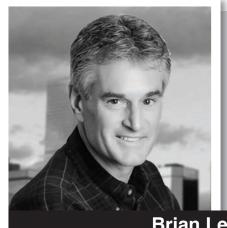








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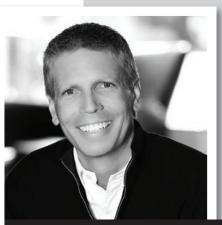
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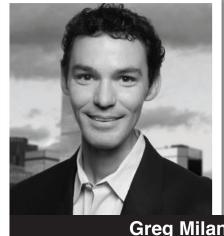
Colony/Shavano 74 Buckthorn \$474,600



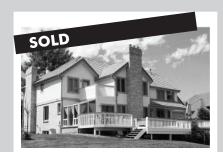
Manor Ridge 2 Shining Oak Drive



Manor Ridge 11 Shining Oak Court



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North Ranch 2 Coyote Lane



Legacy 34 Desert Willow Lane



The Spread 7560 Lost Ranger Peak

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Mike Greg Brian





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Snow Day Won't Stop Dedicated Calculus Teacher

Submitted by Julie Imbler, North Ranch

Cindy Cannon teaches five sections of Advanced Placement Calculus, levels AB and BC, each year at Chatfield Senior High School. On Feb. 26, Jefferson County closed all schools, including Chatfield Senior High, for a snow day.

Ms. Cannon did not want her students to lose a single day of teaching as they are preparing for the Advanced Placement exam in May, which can earn them college credit for their high school Calculus class.



Chatfield Senior High School calculus teacher Cindy Cannon and her dog Lancelot.

Used to solving complex problems, this amazing teacher drove to the school in the aftermath of a snowstorm to record the scheduled Calculus AB and BC lessons on her classroom white board. She then emailed all her Calculus students links to these lessons and their homework assignment for the day.

Going the extra mile is nothing new to this bright and energetic teacher.

Ms. Cannon regularly records her Calculus lectures for students with excused absences so that they do not have to fall behind.

A former student at Chatfield, Ms. Cannon went on to study at the University of Denver before returning to share her passion for mathematics.

"My favorite thing about teaching high school students is their unbridled energy. We are so fortunate at Chatfield to have such amazing students. These kids are supported at home and know how to work through challenging material. I am fortunate to work with other teachers who do an incredible job preparing these students," Ms. Cannon said.

Since 2010, 146 Chatfield students have taken AP Calculus BC and 146 students (100 percent) have scored 5, the best score possible. Likewise, since 2010, 437 Chatfield students have taken AP Calculus AB, and 437 students (100 percent) have scored 3 or better. Of those, 404 students (92 percent) have scored 5. Although a score of 5 is the best score possible, it allows for a few

mistakes. A perfect score indicates zero missed points.

On March 5, the Jefferson County Board of Education honored Ms. Cannon and her former student Joslynn Shamis, who received a perfect score on the Calculus BC exam last spring—one of only nine perfect scores out of 112,292 tests taken worldwide.

"Cindy's accomplishments as an AP Calculus teacher are unmatched. To have so many kids come through her program over the years and for all of them—literally all of them—to be so successful in such a rigorous course is awe-inspiring," said Chatfield Principal Wendy Rubin. "Cindy is so humble about the success of the AP Calculus students here. If you ask Cindy how she engenders such success year after year, she will tell you that the success of the kids is attributable to all of the math teachers that have taught the kids over time."

You might think a mathematics teacher of this caliber would be all business, but Ms. Cannon has an engaging sense of humor that helps to keep her students focused.

"When I am in Cindy's room, I feel like I am in an alternate universe – everyone is doing crazy hard math and laughing and having a great time doing it," said Principal Rubin.

According to her students, Ms. Cannon keeps an exercise bike in the back of the room for any student needing a quick pick-me-up during class. And then

there's the Wheel of Fortune, loaded with extra points and candy. When a student answers a particularly difficult question, she might say, "That's a spin!"

One student says Ms. Cannon is so passionate about Calculus that if you look closely at her dry erase markers, the tips are all smashed in. It seems the markers may be the only dull thing you will find about this outstanding educator.









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• County News

Shop for a Good Cause at the Beautiful Junk Sale

The Beautiful Junk Sale returns this spring at the Jefferson County Fairgrounds on Friday, March 27 and Saturday, March 28. This unique sale offers 10,500 square feet of collectibles, home decor, vintage clothing and jewelry, artwork, sporting goods, toys and more all at garage sale prices. Proceeds from the sale benefit the Action Center, which provides basic human needs as well as resources to self-sufficiency to struggling residents of Jefferson County and the homeless.

Thousands flock from all over, even out of state, to attend the Beautiful Junk Sale, which takes place biannually in the fall and spring. This two-day bargain shopping extravaganza provides fun for the entire community and vital funding for services that support neighbors in need.

On Friday, March 27 there is an Early Bird Sale for bargain hunters that want first dibs on shopping. The Early Bird Sale begins at 7 a.m. on Friday morning and admission is \$20.

The main event runs from 8:30 a.m. to 7 p.m. on Friday, March 27, and 8 a.m.-4 p.m. on Saturday, March 28. Friday hours were extended this year in order to give everyone the opportunity to stop by after work.

Admission is \$3 for individuals 16 and older. Bring two or more non-perishable food donations and receive \$1 off admission! For more information about the Beautiful Junk Sale, visit theactioncenterco.org/about-us/special-events or call the Action Center at 303-237-7704.

• Parent Network

Ken-Caryl Parent Network Events

Giving Back to the Community: KCPN Cares organized a Valentine's Day party with residents at Wind Crest Retirement Community on Friday, Feb. 13. Kids of all ages and parents made over 20 Valentine's with residents and shared tasty sweet treats together. The residents enjoyed talking with the children and were delighted to take their special, homemade Valentine's back to their rooms to enjoy. What a great way for adults and kids to give back to the community. Thanks to all who participated and made this such a fun, memorable event for everyone.

New Member Coffee: Friday, April 10, 9:30-11:30 a.m. at the Ranch House. If you are new to KCPN or just want to connect with new and "old" members, come to the next New Member Coffee! Bring the whole family, just the kids, or come solo - whichever you prefer! Coffee and a light snack will be provided.

Interested in joining the Ken-Caryl Parent Network? Membership inquiries can be sent to info@kencarylparents.com.

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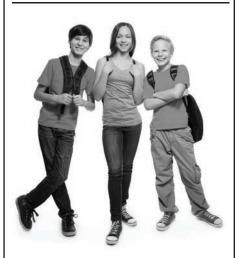


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Residents Open Bundt Cake Bakery in Littleton

By Community Relations Director Victoria DeSair



Diana and Mike Dargen are the owners of Nothing Bundt Cakes located off Bowles and Wadsworth near Clement Lake. Photo Credit: grape imaging.

Ken-Caryl Ranch residents Mike and Diana Dargen are the owners of a Nothing Bundt Cakes franchise in Littleton at 8116 W. Bowles Ave. The bakery specializes in nostalgic yet refreshingly modern Bundt cakes. They are thrilled to combine their love of baking and their entrepreneurial spirit to start the business.

The couple was first introduced to the company's cakes by Mike's aunt and uncle, Dick and Dakota Spielmann, who had been involved with the franchise in Fort Worth, Texas. Mike and Diana tried and fell in love with the taste of the cakes.

You would never guess that the Dargens would start a bakery when you look at their background. Mike joined the North Dakota Air National Guard in 1982 and was trained as a pilot in the United States Air Force. He is currently a United Airlines flight officer and a Lieutenant Colonel in the Air National Guard. With a master's in human relations, Diana's background is with non-profit organizations as well as customer and food service industries.

"We started our Nothing Bundt Cakes franchise to satisfy our entrepreneurial spirit and to have something of our own that is high quality and fun to pursue," said Diana. "We love interacting with our guests and ensuring they have a wonderful experience when they enter our bakery. Knowing we bake everything we offer in our bakery using only fresh ingredients makes it easy to believe sincerely in our product."

Mike and Diana said their business is differentiated from other bakeries by their commitment to their guests and quality products. They believe in building a strong team of employees and leading the team with respect and compassion.

"A successful leader focuses on getting the job done and taking care of those working for you. You must treat your team with respect, compassion and empathy while at the same time instilling a good work ethic and sense of teamwork. These traits are the key to a top functioning organization. Diana and I work well as a team, complementing each other's strong points," said Mike.

To find out more about Nothing Bundt Cakes, visit www.nothingbundtcakes.com or call the bakery at 303-973-3435.

Editor's Note: Community Catalysts features residents who are business or community leaders. If you would like to be featured or you have someone you would like to nominate for the article, please contact Victoria DeSair at victoriad@kcranch.org or 303-979-1876, ext. 122.









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Any Parts/Service \$500 or More

OFFERS EXPIRE APRIL 30, 2015 One coupon per customer.

Not valid with any other offer. Must present coupon at time of service.

SHEBANG

Oil & Filter Change (Up To 5 Qts. Diesel & Synthetic Extra) **Rotate/Inspect 4 Tires Inspect Brake Rotors & Pads Inspect Air Filtration System** Check Belts & Hoses

OFFER EXPIRES APRIL 30, 2015 One coupon per customer. Some pricing may vary. Not valid with any other offer. Must present coupon at time of service

EMISSIONS TESTING

Colorado's Diesel Opacity Inspection Program requires that eligible vehicles in the Denver Metro area be inspected on an annual basis.

OFFER EXPIRES APRIL 30, 2015 One coupon per customer. Not valid with any other offer. Must present coupon at time of service.

ATIVE TO

SPECIAL

Vehicle Inspection, Tire Rotation, Electrical **Charging System Test, Oil Change** (Up To 5 Qts. Diesel & Synthetic Extra)

OFFER EXPIRES APRIL 30, 2015 One coupon per customer. Not valid with any other offer. Must present coupon at time of service.

COOLING **FLUSH SPECIAL**

Includes:

Inspect The Cooling System, Inspect The Hoses, and Replace **Up To Two Gallons Of Coolant.**

OFFER EXPIRES APRIL 30, 2015 One coupon per customer. Not valid with any other offer. Must present coupon at time of service.

Replacement

We'll pay for the timing belt, you pay only the labor.

OFFER EXPIRES APRIL 30, 2015 One coupon per customer. Not valid with any other offer. Must present coupon at time of service.

VIP DISCOUNT **COUPON OFFERS**

\$500 OFF! Any Parts/Service \$50-\$99

\$1500 OFF!

Any Parts/Service \$100-\$199

\$30° OFF! Any Parts/Service \$200-\$499

\$5000 OFF! Any Parts/Service \$500 or More

OFFERS EXPIRE APRIL 30, 2015

One coupon per customer. Not valid with any other offer. Must present coupon at time of service.

2 Year/24,000 Mile Warranty . . . ASK FOR DETAILS! SINCE 1977 • SPECIALIZING IN

HONDA ACURA, TOYOTA LEXUS, NISSAN INFINITI, MERCEDES BMW, AUDI VW, SUBARU, VOLVO



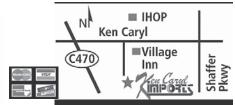
720-981-1855

Monday-Friday 7:30 a.m. - 5:30 p.m.

Alignments & Balance • Tuneups Diagnostics • Brakes • Electrical Scheduled Maintenance Heating & Air Conditioning Transmission • Engine Repair

7595 Shaffer Parkway, Unit B Ken Caryl and 470 Near Village Inn and Sonic





RECREATION PROGRAMS AND ACTIVITIES

• For Your Information

Recreation Office Hours Effective Jan. 1, 2015

Ranch House Recreation Office 303-979-4070

8 a.m.-6 p.m.

Saturday & Sunday Closed **Community Center** 303-979-2233 Monday - Thursday 5:30 a.m.-10 p.m. Friday 5:30 a.m.-7 p.m. Saturday 8 a.m.-7 p.m.

Sunday 8 a.m.-7 p.m.



Community Center

Monday - Friday

Monday through Friday – 9 a.m.-3 p.m.

HOURS MAY VARY ACCORDING TO RESERVATIONS.

Ken-Caryl Ranch Refund Policy

Requests for refunds must be made 48 hours before the first session of the scheduled program at the Ranch House and Community Center. This includes any KC Nature programs. Requests need to be made during normal business hours. Each refund will be assessed a \$10 service charge, unless the class is canceled by the Ken-Caryl Ranch Metropolitan District.

How to Register for Classes & Events

- Online: Go to ken-carylranch.org and click on Registration under Programs &
- Phone-In: Ranch House 303-979-4070, Community Center 303-979-2233
- Mail-In: Download a registration form at ken-carylranch.org by clicking on Registration under Programs & Activities. Mail the form along with your payment to: KCRMD, 7676 S. Continental Divide Rd., Littleton, CO 80127
- Fax-In: Ranch House 303-979-5347, Community Center 303-979-6501
- Walk-In: Ranch House or the Community Center during normal business hours.
- VISA, MasterCard, American Express & Discover accepted. Check and cash accepted for walk-in and mail-in.

Tennis

Spring Tennis Session

April 20-May 28

Junior Lottery Deadline: April 12 Schedule available online April 1

Adult Tennis Lessons

April 20-May 28

Registration begins April 8 at 6 a.m.

You must register at your current NTRP level

Course	Level	Day	Time	Pro	Fee
30760	Beg1.5	Th	9:30 -10:30 a.m.	Chris	\$70/\$85
30701	2.0-2.5	F	11 a.m12 p.m.	Mark	\$56/\$68
30702	2.5	Th	11:30 a.m12:30 p.m.	Mark	\$70/\$85
30703	2.5	Т	10-11 a.m.	Mark	\$70/\$85
30704	2.5-3.0	Т	12:30 -2 p.m.	Leslie	\$105/\$120
30705	3.0	Th	10:30-11:30 a.m.	Mark	\$70/\$85
30706	3.0	F	10-11 a.m.	Mark	\$56/\$68
30707	3.5 Singles	W	12-1 p.m. (Lmt 4)	Mark	\$105/\$120

Junior Team Tennis

Registration Deadline: April 5

Summer Tennis Lesson Sessions

June 1-4, June 8-July 1, July 6-29, Aug. 3-12, and Aug. 10-14

Summer registration begins April 6 for Residents and April 13 for Non-Residents

Course	Age	Level	Day	Time	Pro	Fee
30157	5-6	Level A	М	4-4:30 p.m.	Mark/John	\$73.50/\$80.50
30158	5-6	Level A	T	4-4:30 p.m.	Leslie/Mark	\$73.50/\$80.50
30159	5-6	Level B	М	4:30-5 p.m.	Mark/John	\$73.50/\$80.50
30160	5-6	Level B-C	Т	4:30-5 p.m.	Leslie/Mark	\$73.50/\$80.50
30161	7-8	Level A	М	5-5:45 p.m.	Mark	\$73.50/\$87.50
30162	7-8	Level A	Т	5-5:45 p.m.	Mark	\$73.50/\$87.50
30163	7-8	Level B	М	5:45-6:30 p.m.	Mark	\$73.50/\$87.50
30164	7-8	Level B	W	4-4:45 p.m.	John	\$73.50/\$87.50
30165	7-8	Level C	М	5-5:45 p.m.	Chris	\$73.50/\$87.50
30166	9-10	Level A	M (Lmt 4)	5:45-6:30 p.m	Chris	\$110.25/\$124.75
30167	9-10	Level B	Т	5-6 p.m.	Leslie	\$98/\$119

Cardio Tennis is a fast, fun, fitness workout that includes quick tennis rotations and running. Please observe levels.

Times Levels Instructor Tuesdays 6-7 p.m. 3.5 - 4.5 Jamal Thursdays 7-8 a.m. 3.5 - 4.5 Chris Fridays 8-9 a.m. 3.5 - 4.5 John/Leslie Fridays 9-10 a.m. 2.5-3.5 Mark (call

at 6 p.m. Thursday)

Saturdays 8-9 a.m. 3.5 - 4.5 Chris

Resident: \$10 Non-Resident: \$13

Pre-registration required by calling 303-979-2233 after 5 p.m. (unless specified) night prior. Cancellations less than two hours in advance will be charged.

Fitness & Wellness

Junior Weight Room Certification

The certification course is being held on the second Monday of every month from 4-5 p.m. at the Community Center. Youth between 12-18 years of age must be certified by our personal trainers in order to use the exercise/weight equipment at the center. Call the Community Center at 303-979-2233 to register for this course; no walk-ins will be accepted.

Date: Monday, April 13 Time: 3:30-5 p.m. Community Center Location:

12-18 Ages: Fee: Resident: \$20 Non-Resident: \$23

Course #30477

• KC Nature

Family Program:

Nesting Great Horned Owls

These common magnificent predators are one of the first birds to start nesting in Ken-Caryl. By this time of year the chicks are big enough to move around outside of the nest. Come see if you can spot these big fluffy creatures while also learning some interesting facts. Meet at Dakota Lodge.

Date: Friday, May 1 Time: 6-7:30 p.m. Location: Dakota Lodge Ages:

All ages Adult - Resident: \$10 Fee:

Non-Resident: \$12 Youth (3-18 years) - Resident: \$8 Non-Resident: \$10

Family of 4 - Resident: \$30 Non-Resident: \$40

Course #29977

Young Explorers: After School - Learn the Trails

This program is hike-based where we will learn the trails in Ken-Carvl Ranch and make stops along the way to look at wildlife, wildflowers, geology and

historical sites. Bring a warter bottle and snack for the trail.

Dates: Mondays, April 13-May 18

Time: 3:45-5:45 p.m.

Location: Dakota Lodge. Transportation is available from Bradford

Primary. Pickup is Dakota Lodge.

Ages: 5-10 years Resident: \$65 Fee: Non-Resident: \$75

Course #29980

Dates: Tuesdays, April 14-May 19

Time: 3:45-5:45 p.m.

Location: Dakota Lodge. Transportation is available from Bradford

Primary. Pickup is Dakota Lodge.

Ages: 5-10 years Resident: \$65 Fee: Non-Resident: \$75

Course #29981

Themed Programs: All About Bears

GRRRR. Do you know what type of bears live in Ken-Caryl? What about other bears around the world? Come find out what makes a bear a bear, what to do if you see one, and how to be bear aware! It's going to be

Babes in the Woods

Dates: Mondays, April 13 - May 11

Time: 10-11 a.m. Location: Dakota Lodge

Ages: 18 months-2 ½ years, with a

Resident: \$30

Non-Resident: \$35

Course #29983

KC Kids: Mornings

Dates: Wednesdays, April 15 - May 13 Time: 9:15 a.m. -12:15 p.m.

Location: Dakota Lodge Ages: 3 ½-6 years Resident: \$85 Fee: Non-Resident: \$95

Course #29989

Dates: Thursdays, April 16 - May 14

Course # 29990

KC Kids: Afternoons

Dates: Wednesdays, April 15 - May 13

Time: 1:30-3:30 p.m. Location: Dakota Lodge Ages: 3 ½-6 years Fee: Resident: \$55 Non-Resident: \$65

Course #29991

Hike With a Naturalist

Join us for easy to moderate hikes throughout the Ken-Caryl Ranch trail system. Each hike will have a topic, but will not limit the discussion on other surroundings. Please wear proper shoes and layers, bring a day pack with water, sunscreen and a snack. -Drop-in, no registration required.

-Children 10 and under must be accompanied by an adult.

Fee: Adult – Resident: \$6; Non-Resident: \$8

Youth (3-18yrs) - Resident: \$4; Non-Resident: \$6

Topic	Dates	Time	Meeting Area	Trail	Level
All About Bears	Friday, April 17	9:30 a.m 1:30 p.m.	Dakota Lodge	Lost Canyon- Shaffer- Manor House	М
What's in Bloom	Friday, May 15	9:30 a.m 12:30 p.m.	Dakota Lodge	Hogback-Lyons- Hogback	E/M

Youth Programs

We are so excited to be offering this art program with professional artist and KCR Youth Programs' staff, Patrick Maxcy, For eight weeks, students will focus on and learn new skills each session, ending the program with an artists' showcase party! Patrick is a familiar face in our Before and After School Program and break camps, but his experience goes well beyond our community. Patrick, born and raised in Florida, has always had a love for the arts.

To continue his passion and share his love

education at the Florida School of the Arts

and Florida Atlantic University. He taught in

public schools for four years, before turning

for the creative, Patrick studied art and

his full attention to professional work.

Beginner's Drawing 1 for 5TH-8TH Graders

For the last seven years, Patrick has traveled around the world, painting murals, showing in galleries (he is currently showing in six across North America!), and catered to a variety of clients, such as Red Bull, TOMS shoes, History Channel, US Humane Society, and many more.

Do not miss out on this great opportunity to learn and increase your drawing skills from one of the best. See below for more information on dates and fees – supplies are included!

Dates: Thursdays, March 19 – May 7

Time: 5:30-7 p.m.

Location: Ranch House Dance Room Ages: 5th–8th Graders Fee: Resident: \$90 (supplies

included!)

Non-Resident: \$100 (supplies included!) Course #30661

New and Improved Grow with Me Come join us for this new and improved

Grow with Me parent and child class. In this class we will be participating in themed developmentally appropriate activities with more variety and content than ever before. Parents and children will complete art, cooking, and science projects as well as engaging in both fine and gross motor play. We will be offering more time slots and improved curriculum for this fun and engaging class.

Theme: Spring has SPRUNG. Come join us for a Spring themed unit where we will explore and learn about the season of Spring.

Dates: Tuesdays, April 7 – April 28 Fridays, April 10 - May 1 Time: 10-10:45 a.m. Location: Ranch House Nursery 18-36 months + parent Age: Resident: \$20 Fee: Non-Resident: \$30

Course #30651 – Tuesday classes **Course #30652** – Friday classes

Little Peeps Summer Camp

Early Childhood Education meets KC Nature for this NEW exciting summer camp experience specifically designed for the younger camper. Children will discover fun, new topics each week. Curriculum is designed to engage children in activities that will keep them moving, laughing, learning and exploring the outdoors. There are a maximum of 15 campers. See www. ken-carylranch.org for weekly themes and

Monday-Friday June 1-August 7 Date: Time: 9 a.m.-12 p.m.

Location: Ranch House Age:

2 ½ - 4 years old * Must be potty trained in order to attend* 3day day day day day

Resident \$80 \$32 \$64 \$48 \$17 Resident \$100 \$80 \$60 \$40

Registration for Little Peeps Summer

- Families may register for as many or as few days per week as they would like.
- We use a lottery system to fill all available

- spots. The lottery will be held the week of March 30-April 3.
- You may pick up registration forms at the Ranch House or at www.ken-carylranch. org and mail/drop off/fax registrations anytime during March 30-April 3. The lottery will close on April 3 at 6 p.m.
- · All families will be contacted between April 6-17 to confirm their registration.
- Registration for any remaining spots will be available by phone 303-979-4070 or by returning your registration form.
- Confirmation packets will be sent to all families who will be attending summer camp programs. These packets will include information on what your child should bring to camp, a typical daily and weekly schedule, optional registration forms for weekly swim and/ or dance lessons, and any other required documents to be returned prior to your child's start date.

Challenger Sports Minikicker Soccer Program

Every Tuesday for 7 weeks! Date: March 31 – May 12 9 a.m. - 9:45 a.m. (Age 3) Time: 10 a.m. - 10:45 a.m. (Age 4-5) Location: Ken Caryl Ranch House All this for just \$85 per player! Fee:

Register today at: minikickersoccer.com

Friday Fun Night: Kids' Night Out

SPRING & SPROUTS! Kids will go spring and jump for joy for this themed evening of play and party! From 5:30-9 p.m., take part in a spring-time science experiment, crafts, games, and even watch a movie! This party is for 4-12 year old fun-lovers and dinner is provided.

Friday, April 17 Date: 5:30-9 p.m. Time: Ranch House Location: Ages: 4-12 year olds Resident: \$25 Fee: 1 Kid: Non-Resident: \$30

2-Sibling

Resident: \$40 Bundle: Non-Resident: \$50

3-Sibling

Resident: \$65 Bundle:

Non-Resident: \$80

Course #29971 (1 kid) Course #29972 (2-sibling bundle) Course #29973 (3-sibling bundle)

Dance Classes: Intermediate Ballet & Tap

Enjoy this convenient opportunity in the studio at the Ranch House! Classes are taught by Denver Region Dance Academy. Questions? Call Mikki Wright at 303-733-7982.

Date: Tuesdays, April 7 – May 12

5:45-6:30 p.m. Time:

Ranch House Dance Room Location:

Ages:

Fee: Resident: \$63

Non-Resident: \$78 (6 weeks)

Course: #30065

Challenger British Soccer Camp

Ken-Caryl Ranch Metro District is bringing the nation's number one all British Soccer Camp program to our community this coming summer. Challenger British Soccer Camps are a huge nationwide organization that will coach 122,000 players around the U.S. this summer at their camps and here is your chance to experience their unique program!

Date: Tu	iesdays, June 15-1	9 and July
13-17		
Location: Ra	anch House Field	
Time:	Ages:	Cost:
11-12 p.m.	First Kicks	
	3 yrs	\$103
9-10:30 a.m.	Mini Soccer	
	4-5 years	\$117
9 a.m12 p.m	. Half Day	
	6-12 years	\$149
*1-3 p.m.	Golden Goal	

*6-12 years

\$54

The "Golden Goal" session is a fun-packed add-on session that runs Monday-Thursday and is open to the 9 a.m. - 12 p.m. campers only. Please provide your child with lunch. Challenger Sports coaches will supervise the children over the break between sessions. FREE online jersey offer deadlines May 1 and May 29. SPACES LIMITED

Sign up at challengersports.com or mail applications & checks payable to:

Challenger Sports Attn: Gianluca Horsfall 11674 N. Huron St. Suite 150 Northglenn, CO 80234

For more information call 720-204-4130 or email ghorsfall@challengersports.com.

At Home Alone

Does your child spend a few hours home alone before or after school due to your work schedule or other commitments? This popular entertaining workshop is designed to prepare children to look after themselves during these times. Students

learn how to stay safe through interactive lessons, role play and hands-on training. Every Kidproof course is non-threatening and empowering.

Date: Saturday, April 25 Time: 9 a.m.-1 p.m.

Location: Ranch House AV Room

Ages: 10-13 years

Fee: Resident \$40, Non-Resident \$50 Course #29854

Story Time at the Ranch House

We have partnered again with Jefferson County Libraries to offer an exciting hour of family fun while sharing our love of children's literature. Join us for stories, finger plays and an introduction to letter sounds. No registration required. Dates: Thursdays through May 21

Time: 10:15 a.m. Location: Ranch House Dance Room

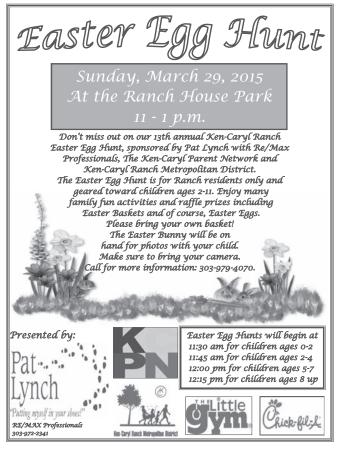
Ages: All ages

Fee: FREE!



We had CCW install one brand new window and relocate an existing window in another wall of our home. He had everything from the demolition to the drywalling scheduled down to the "T." We were very pleased with how well everything went and the final result was nothing short of exceptional! The new windows add not only character but value to our home. We highly recommend Colorado Classic Windows and plan on using them when we replace our two patio sliders with new swing style. Preston's a man of his word and stands behind his work. You won't be disappointed if you hire him.

> Debbie G. **Broomfield**



• Adult Programs

Watercolor Art Classes

For all levels 18 years old and over
Location: Ken-Caryl Ranch Parlour Room
Dates: Monday, April 6 - May 13

Course #30555 Wednesday, April 8 - May 13

Course #30556 (Identical Six-Week Sessions)

Cost: Resident: \$85 Non-Resident: \$90

Each student will provide their own supplies. A supply list will be provided at registration. Instructor is award-winning artist Chuck Danford, signature member of the Colorado Watercolor Society and professional painter of landscapes and wildlife. See Chuck's work at www.charlesdanford.com.

Puppy Preschool Classes

Join positive dog trainers Laurel Landsman and Dawn Winans and find out how much fun training your dog can be. This class is for puppies under six months old and they must have had two rounds of vaccinations. The class teaches basic commands, socialization, general puppy behavior tips and tricks. Please visit Canine Frontier's website at http:// caninefrontiertraining. com or Facebook page at www.facebook.com/ caninefrontier for more information.

information.
Dates: 6-week sessions on
Tuesdays (call for dates)
Time: 6:30 p.m.
Location: Dakota Lodge

Fees: Resident: \$130 Non-Resident: \$155

To register, please contact Laurel Landsman at 720-233-3461 or caninefrontier@gmail.com.

Basic Dog Obedience Classes

Join positive dog trainers Laurel Landsman and Dawn Winans and find out how much fun training your dog can be. This class is for dogs over six months old. The class teaches basic commands plus home manners, focus work and tricks. Please visit Canine Frontier's website at http://caninefrontiertraining.com or Facebook page at www.facebook.com/caninefrontier for more information.

Dates: 6-week sessions on Tuesdays (call for dates)

dates)

Time: 7:30 p.m.
Location: Dakota Lodge
Fees: Resident: \$110
Non-Resident: \$130

Red Hat Divas

A group of women enjoying life to the fullest. The group was created for the single purpose of having fun!

Date: Tuesday, April 28

Time: 10:30 a.m.-12:30 p.m.
Location: Ranch House Adult Lounge

Fee: None

If you are interested in signing up for future events or would like more information, please contact Pola at 303-779-4434

Special Events

Spring Fling

Come celebrate spring and our community at the Spring Fling, Saturday, April 25 from 10 a.m. -2 p.m. at the Ranch House Park. We'll be focusing on Earth Day and gearing up for the warmer season ahead. We'll have hands-on activities for kids and families that help reconnect you with nature and giving back to the community. Learn about upcoming Youth and KC Nature programs, visit with community vendors and enjoy food and live entertainment. Keep an eye out on the e-News and Special Events page of the website for more details!

• Aquatics

Ken-Caryl Ranch Swim Club 2015 Swimming Stroke & Turn Clinics

Get ready for the 2015 Summer Swim Team Season. The Ken-Caryl Swim Club Staff will offer competitive Stroke and Turn Clinics, providing technique drills in each of the four competitive strokes and turns. Attendance is limited per session so sign up early. This is NOT a Learn-to-Swim Program.

Date:

Sunday, April 12 - Course #30644 Sunday, April 19 - Course #30645 Sunday, April 26 - Course #30646 Sunday, May 3 - Course #30647 All four sessions - Course #30666

Time: 9 - 10 a.m.

Location: Foothills Ridge Recreation

Cente

Age: 9 & under

Fee: \$15 per swimmer/one session

\$50 per swimmer/all four

sessions

Date:

Sunday, April 12- Course #30662 Sunday, April 19 - Course #30663 Sunday, April 26 - Course #30664 Sunday, May 3 - Course #30665 All four sessions - Course #30667

Time: 10 - 11 a.m.

Location: Foothills Ridge Recreation

Center Age: 10 & over

Fee: \$15 per swimmer/one session \$50 per swimmer/all four

sessions

Ken-Caryl Ranch Swim Club: The KCSC Lightning

We invite you to join our Summer Club Team! Ken-Caryl Ranch Swim Club is a competitive/recreational team that trains until the end of July. Competition is grouped by ages 8 & under, 9-10, 11-12, 13-14 and 15-18. Participants are required to have skills in at least two of the four competitive strokes. Swimmers will be taught to improve and refine skills in all competitive strokes. Our Swim Club is not a Learn-To-Swim Program. 2015 Ken-Caryl Swim Club online registration will begin April 13 at www.kcswimclub.com and regular registration will be April 18 from 1-3 p.m. at the Ken-Caryl Ranch Community Center.

What to bring:

Your calendar to schedule volunteer duties.

What you will get:

KCSC T-shirt, Handbook and Volunteer Assignments. Opportunity to buy suits, goggles and other swim gear. 10 weeks of summer fun. Daily pool practice. Many swim meets! Lots of fun! Contact Jim Bartuska at KCSwimming@gmail.com.

New Families Information Meeting: Information Session will be held in the Ken-Caryl Ranch House Recreation Office on Wednesday, April 1 from 7-8 p.m.

• Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 a.m.	Interval Challenge - Carla	Insanity 6-6:30	Insane Core - Taylor 6-6:50	Insanity 6-6:30	Cardio Sport - Nikki	
7:30-8:30 a.m.	Total Body Challenge - Carla					
7:45-9:00 a.m.		Body Pump - Theresa	Total Body Challenge - Theresa 7:45-8:45	Power Pump - Theresa	Total Body Challenge - Theresa/ Sally 7:45-8:45	
8:15-9:15 a.m.						Total Body Challenge - Instructors Vary
						Warm Vinyasa Flow - Lisa 8:30-10
9:15-10:15 a.m.	Muscle Plus - Janet 9:15-10:30	Mat Pilates - Lisa	Power Pump - Janet	Interval Challenge - Janet	Barre Plus - Sally 9-10am	
9:30-10:45 a.m.	Hatha Yoga - Sue		Hatha Yoga - Petra	Pilates Fusion - Lauren 9:30-10:30	Hatha Yoga - Petra 9:30am	ZUMBA - Renate 9:20-10:20
10:35-11:35 a.m.	ZUMBA - Janet	Interval Challenge - Janet 10:15-11:15	ZUMBA - Janet			
4:30-5:30 p.m.		After Work Fitness Challenge Wenonah				
Evening Classes	Hatha Flow - Petra 5:10-6:10 Muscle Sculpt - Kim 6:20-7:20 Mat Pilates - Lori 6:30-7:30	ZUMBA - Stacia 6:15-7:15	Gentle Vinyasa - Sue 5:15-6:30 Muscle Sculpt - Kim 6:15-7:15	Mat Pilates - Lori 6:30-7:30 ZUMBA - Renate 6:15-7:15		

12 B Life at Ken-Caryl March 25, 2015

The Six-Minute **Bike Workout**

The recent interest in high-intensity interval training has seen the term Tabata applied to many different exercise regimens, and one of the original studies was performed on a bicycle. The training protocol of repeated 20-second work periods coupled with 10-second rest periods was first introduced by Kouichi Irisawa, head coach of the Japanese National Speed Skating Team. Through his work he came to believe that exercise intensity was at least as important as, if not more important than, exercise duration.

What can you possibly accomplish in just six minutes on the bike? A lot, actually. All you have to do is ride as hard as you can. Better yet, instead of riding as hard as you can for six straight minutes, ride at your true maximum poweroutput level in short bursts, resting just long enough between bursts to avoid a precipitous decline in power output from one burst to the next.

Three-Minute Warm-Up

With your heartrate monitor in place, start out at a slow pace - approximately 60-65 rpms on an exercise bike is good, using low resistance. After one minute, increase the resistance by one notch and your rpms by 10 and then again for the third minute. Your heartrate should now be at a moderate level.

Two High-Intensity Intervals

Up your resistance another notch and ensuring that your feet are still squarely in the pedals go as fast as you possibly can



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for 20 seconds. Your rpms should be over 85. Now slow down for 10 seconds. Don't worry; your heart rate will increase. Your body is simply searching for more oxygen to increase your energy level. Record the maximum heartrate you reached. Now do it again!

Two-Minute Cool Down

This time when you've finished the high-intensity 20-second interval you should decrease resistance to zero and pedal slowly for two minutes. Now rest for one minute – do nothing else except check your heartrate and record it. This is your recovery heartrate.

Repeat Every Other Day ONLY

Your body needs to recover fully afterwards, so don't be tempted to do this every day as a beginner. During the following 24 hours, your body will be working on strengthening your heart and lungs and building muscle.

Time to Increase the Intervals?

When you notice your recovery heartrate has decreased, add another interval. If you're healthy this may happen after a week or two; if not so healthy then just keep at it. That decreased recovery heartrate level will tell you when your body is ready for more. Increase the tension one notch when your body's ready. Let your recovery heartrate be your guide.

SUSAN MIESEN

Premier 5bd/6bth home w/ expansive mountain views & custom, transitional design. Brilliant main floor layout is drenched in natural light & white oak wood floors. Kitchen features: granite ctrs, 2 islands, stainless appliances, and fireplace. Master suite complete w/ den and custom bth. 3 bedroom suites & bonus room complete 2nd level. W/O lower level has full kitchen, full bth, bedroom & family room. Sprawling yard is perfect for the pets & family to play.



15 BARRINGTON DR. Ken-Caryl Valley

5175 BARN OWL CT. Willow Springs



Stunning new construction with main floor master! 5bd/3bth on cul-de-sac w/ stunning views West. Dark wood floors, vaulted ceilings, & stone fireplace command the main living space. Open kitchen has generous storage, & granite. Master features mountain & walks out to the patio. Formal dini & ldry on main level. Spacious basement has 2bd, full bth, & great room. Oversized 2-car garage w/ space for golf cart for quick access to Red Rocks Country Club.

Exciting opportunity for the city life in **Cherry Creek North!** Select the custom finishes in this new construction duplex featuring a rooftop deck with fire pit in the heart of Denver. Give me a call for all the details!









LIVE MUSIC

www.themanorhouse.com

With spring finally starting to take hold and the snow melting, it is time to enjoy our patio and some live music at the Manor House. We are hosting a variety of artists with a variety of styles. Come and soak in some rays and listen to some great tunes with even better drink specials.

\$3 Coors Light

\$4 Fat Tire & Well Drinks

> \$5 Wines

4/1 Closed for Private Event

4/8 Dave Partheymuller Pianist (Local Ken Caryl)

> 4/15 Tim Stiles Guitarist

4/22 **David Churchill** Pianist

4/29 Caatinga Blues Brazilian Jazz

Science Fair Best in Show



Ethan Pankow, a fifth-grader at Bradford Intermediate, was the recent "Best in Show" ribbon winner at the school's science fair. He also won first place for his category of electricity and magnetism. He did a project all about getting electricity from lemons. Ethan learned that by connecting lemons in a series, enough electricity was generated to power a small LED lightbulb. Congratulations, Ethan!

• Area Spotlight

Littleton Symphony Concert

The Littleton Symphony Orchestra, with Music Director and Conductor Jurgen de Lemos, announces the next concert in our series Fantastic Piano Concertos and Great American Masterworks: Tchaikovsky in Spring, Friday, March 27 at 7:30 p.m. at Littleton United Methodist Church, 5894 S. Datura St. in Littleton.

This concert opens with The Chairman Dances from John Adams' opera, Nixon in China, and will feature an exceptional young pianist, Canadian born Kevin Ahfat, performing Tchaikovsky's Piano Concerto No. 1 in B-flat minor, an audience favorite. What better way to say goodbye to winter than with Copland's ever-popular Appalachian Spring. The program will end with a medley from Leonard Bernstein's West Side Story. You'll be humming the well-known melodies all the way home!

Tickets are \$15 for adults, \$12 for seniors and FREE for youth 21 and under. They may be purchased ahead online at www. littletonsymphony.org or at Gorsett Violin Shop, 8100 S. Quebec St., B206, in

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Centennial. Tickets are also available at the door on concert night (cash/checks/credit cards accepted). For discounted group tickets (10+) or for more information, call 303-933-6824 or email us at info@littletonsymphony.org.

KEN-CARYL HOME TOUT

Ken-Caryl Home Tour Call for Sponsors

The Ken-Caryl Home Tour Committee is seeking business owners and community members to sponsor one of our eight featured homes. The Ken-Caryl Home Tour is an excellent opportunity for business owners to advertise their business or professional service. We invite you to take advantage of this popular fundraising event to reach the Ken-Caryl community through ad print, repeat newspaper exposure, and/or direct representation within a featured home as a sponsor.

The five levels of sponsorship opportunities are outlined below so that you can select what fits your business needs. A complete sell sheet with detailed information will be forwarded upon request. Please feel free to contact our committee member, Susan Schell, to purchase space or inquire about sponsorship details: susanschellsells@gmail.com or call 303-929-0341.

2015 Home Tour

Date: Sept. 26, 10 a.m.-3 p.m. Ticket Prices: \$20 per adult, \$10 per child

Sponsorship Opportunities *Platinum (8)* \$500

- Full-Page Ad in Home Tour Brochure (Ad size: 8" x 5")
- Logo in all Home Tour Ads (2 Ads plus insert for Life at Ken-Caryl paper)
- Logo on back page and/or thank you to sponsors page in Home Tour Brochure
- Sign in front of house
- Business Materials inside house, such as business cards, brochures, display boards (business to supply)
- Mention in articles in Life at Ken-Caryl paper as sponsor (2-3 articles)

- Business directory listing (font bold and different color) in Home Tour Brochure
- Logo and/or mention on KC Foundation website

Gold \$300

- Half-Page Ad in Home Tour Brochure (Ad size: 4" x 5" or 8" x 2.5")
- Logo in all Home Tour Ads (2 Ads plus insert for Life at Ken-Caryl paper)
 Logo on back page and/or thank you to
- sponsors page in Home Tour Brochure

 Mention in articles in Life at Ken-Caryl
- paper as sponsor (2-3 articles)
 Business directory listing (font bold and
- if different color) in Home Tour BrochureLogo and/or mention on KC Foundation
- Logo and/or mention on KC Foundation website

Silver \$150

- Half-Page Ad in Home Tour Brochure (Ad size: 4" x 5" or 8" x 2.5")
- Business directory listing in Home Tour Brochure

Bronze \$100

- Business Card Size Ad in Home Tour Brochure (Ad size: 2" x 3.5" or 3.5" x 2")
- Business directory listing in Home Tour Brochure

Friends \$50

 Business directory listing in Home Tour Brochure

Advertising Specs

- PDF or JPEG format of artwork
- Artwork or business card to scan
- Ads can be 4-color or Black & White
- All artwork due by Aug. 7
- Email artwork directly to Leonor at leonorlucero@me.com

Take advantage and reply early to secure your home on the tour!

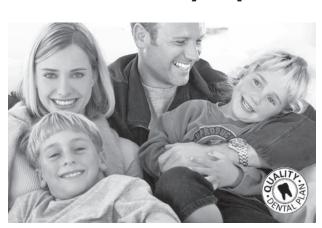


Alan C. Goral, DDS

Ken-Caryl Resident

In honor of Oral Cancer Awareness Month in April 2015, we will be hosting a one day only Velscope oral cancer screening for any adult patient at no charge. Please call to schedule an appointment. Hurry space is limited!



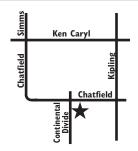


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Call for complete details! 303-933-2273









Parks Department (Seasonal May-August)

The Ken-Caryl Ranch Parks
Department is accepting applications
for 2015 seasonal parks workers. We are
looking for dedicated individuals who
would enjoy spending their summer
working outdoors in the beautiful
parks on Ken-Caryl Ranch. We are filling
positions in our Irrigation, Preventive
Maintenance, Turf, Horticulture and
Forestry divisions. Your work week
would be 7 a.m.-4:30 p.m. Monday
through Thursday and 7 a.m.-11 a.m. on
Friday. There are a limited number of

positions available to be filled in April extending into September with the rest of the positions available from the end of May through August. The salary is \$9.00 to \$12.00 per hour depending on experience.

See the full job description at www.ken-carylranch.org for more information. Please email a resume or job application to patm@kcranch.org or mail to: KCRMD, attn. Parks Dept.

7676 S. Continental Divide Rd. Littleton, CO 80127.

Sign Up for the e-News!

The Ken-Caryl Ranch e-News is a weekly newsletter distributed every Monday via email to all residents who subscribe. It is a great information source and supplement to the newspaper and other forms of communication on Ken-Caryl Ranch, and includes updates on stories or events aren't in the paper. To sign up for the e-News, go to www.ken-carylranch.org and fill out the e-News sign-up form on the home page or send an email to victoriad@kcranch.org.



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SOLD! 20 Honey Locust

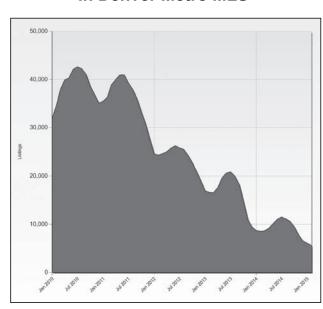




SOLD! 6 Tecoma

SOLD! 11 White Birch

Historic Count of Active Listings in Denver Metro MLS



In Jefferson County we currently have 625 single family homes active on the MLS. In March of 2010, there were 5,055 total active homes. Today we have 116 'attached' housing units in inventory in Jefferson County. In March of 2010 there were 1 316

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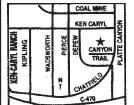
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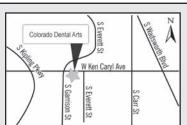
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Rosanne M., October 2014

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Free Teeth Whitening

Receive free whitening trays when you purchase a comprehensive exam, x-rays and professional teeth cleaning. Low or no cost with insurance. Expires April 30, 2015.



• KC Nature News

Spring has Sprung

Environmental Education Specialist Gabrielle Chisholm



It's official, spring was here as of Friday, March 20. The days are getting longer and the temperature is warming up thanks to the vernal equinox. That means it is time to get outside and hike, garden or just enjoy some fresh air. This time of year the weather can be very unpredictable, snowy one day and 70s the next, so it is very important to remember some of Leave No Trace principles while enjoying the



If you are hiking, be prepared, this can really make or break your experience. Make sure to always pack plenty of water, a snack, a cell phone, use sunscreen, but also have clothing for rain or snow, because you never know! Make sure you know your route and that you have told someone that you are hiking. Next, always use the trail, even if that means you get a little muddy; it's more fun that way! Staying on the trail helps prevent erosion and lets new growth in plants establish.

Hike with a Naturalist is back! Join KC Nature for spring all-age hikes where we will explore the world of black bears and wildflowers. Hope to see you on the trail!

- Drop-in, no registration required.
- Children 10 and under must be accompanied by an adult.

Adult - Resident: \$6 Non-Resident: \$8 Youth (3-18 years) - Resident: \$4 Non-Resident: \$6

Topic	Dates	Time	Meeting Area	Trail	Level
All About Bears	Friday, April 17	9:30 a.m 1:30 p.m.	Dakota Lodge	Lost Canyon- Shaffer- Manor House	M
What's in Bloom	Friday, May 15	9:30 a.m 12:30 p.m.	Dakota Lodge	Hogback-Lyons- Hogback	E/M

New Half-Day Summer Camp for 2.5-4 Year Olds

Children are social creatures! They love to interact with the world by exploring, investigating and questioning what's around them. This summer we will be providing an exciting learning opportunity for your young learner at Little Peeps summer camp. This camp will be an engaging social environment where children's development will be supported through fun games and activities. Bring your 2 ½ - 4 year old child to play with new friends, learn about nature and swim in the Ranch House Pool this summer! Please see page 11 for more information or visit our website www.ken-carylranch.org.

Meet your new hairdresser!

MODEFI.COM

Resident barber Sean has 21 years experience in the industry including teaching students new techniques how to cut hair properly! "I can cut stuff you can't!" he proclaims proudly. His specialty and favorite services are men's cuts, fades, flat tops, high & tights, and modern progressive male cuts. At Modefi he loves the freedom to express his creative abilities and our unique and beloved clientele pushes him to try new things.



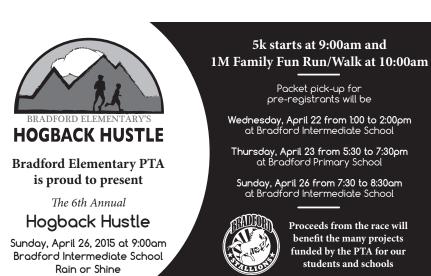


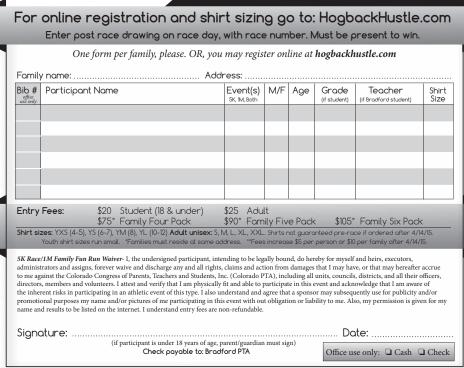
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(**&**) Life at Ken-Caryl

Ken-Caryl Art Guild Presents Wildlife Artist J.B. Sullivan

Submitted by Michele Sires-DeLorean

Wildlife artist J. B. Sullivan will be featured at the Thursday, April 9 meeting of the Ken-Caryl Art Guild at Rox Bar & Grill, 12684 W Indore Place in Littleton. His presentation topic, "Animal Odyssey" will take place at 7 p.m., following the regularly scheduled business meeting at 6 p.m. Sullivan will speak about his plans for a 10-year artistic journey across our country in which he will be capturing wildlife art from the sweltering swamps of Florida to the frozen tundra of Alaska.

A rare Colorado native, Sullivan's art reflects his western heritage and love of the outdoors. Wildlife and animals of all kinds are his favorite subjects. Each animal must be anatomically correct and true to its species, so snouts, hooves and fur are carefully studied by Sullivan. He possesses a well-developed eye for the unique composition, proper lighting and special moments in time.

Wildlife and animals of all kinds tell their story through Sullivan's work. The exquisite drawings bring forth a chuckle, a smile or nod of personal association with the subject. Created with graphite, charcoal and sometimes a touch of color using colored pencils, his highly detailed, representational style requires mastering various

pencil leads and devoting hundreds of hours to each piece.

Learn more about J. B. Sullivan and his meticulous drawings of wildlife art at www.jsullivanart.com.



High Country Buck, Pencil, 22 x 13, by J. B. Sullivan

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Sign Up for the e-News!

The Ken-Caryl Ranch e-News is a weekly newsletter distributed every Monday via email to all residents who subscribe. It is a great information source and supplement to the newspaper and other forms of communication on Ken-Caryl Ranch, and includes updates on stories or events aren't in the paper. To sign up for the e-News, go to www.ken-carylranch.org and fill out the e-News sign-up form on the home page or send an email to victoriad@kcranch.org.

Classifieds

Life at Ken-Caryl classified advertising is provided as a service to residents and businesses. All ads will be reviewed by the editor. Any person placing an ad deemed unsuitable or which may not be in the best interest of residents will be contacted and money refunded. Classified ads may be made in person and placed with the receptionist at the Ranch during business hours, 7:30 a.m. -- 5:30 p.m., Monday through Friday or they can be mailed, with payment, to 7676 So. Continental Divide Rd, Littleton, CO 80127. The deadline for placement of classified advertising is the close of business (5:30 p.m.) on the Monday prior to the following issue (10 days later). Cost is \$.25 per word for residents; \$.75 per word for non-residents. Payment for ALL classified advertisements MUST be made in full for the duration of the ad at placement. No changes to classified ads will be made. No refunds will be made for cancellations. No custom services are available for classifieds A maximum of 80 words will be accepted. If mailing your ad, please proof it CAREFULLY; provide contact name, address, phone number and desired ad category. Please call 303-979-1876 with questions or for clarification.

LOST & FOUND

BLACK CASE LOGIC CD HOLDER --

found in street week of 3/9. The Territory subdivision. 3M discs. Call to identify and claim. 303-933-7911.

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NORDICTRACK TREADMILL -- C18005 - \$300.00 Weider Pro 9930 Home Gym -\$350.00. Southwest Entertainment Center -\$70.00. Igloo doghouse – Lg. dog - \$25.00. 303-619-1958.

JOB OPPORTUNITIES

PART-TIME MARKETING ASSISTANT --

for Ken-Caryl State Farm agency. IDEAL for high school or college age – after school or Saturday hours available (we can fit the hours to your schedule). 5-20 hours per week available. \$10 per hour. Learn valuable marketing, communication and business skills. Please email Rob@ProtectingColorado.com with availability for a phone interview.

REAL ESTATE

\$3750/MO. FABULOUS UPSCALE 2 **STORY HOME** -- Available April 1st. 6 bedrooms, 4 baths, 3 car garage, 4404 square feet, park-like yard. Call Cheryl at 720-373-0654 or Dave at 719-339-2963, or email cheryl@DenverRealty.com Agent/Owner.

KEN CARYL RANCH HOME FOR SALE --Available now by owner. Contact: 303-513-0164.

WE ARE SEEKING A SF HOME IN KEN CARYL VALLEY -- to rent starting June/ July 2015. Dates are flexible. We are a young active family relocating from Georgia to Colorado. Quiet, courteous and friendly. Husband is an engineer and wife a professor. Impeccable credit and rental history. References from current landlord available. Contact Audrey 404-644-1244. audrey.burba@gmail.com

CHILDCARE

NEED A BABY SITTER WHO'S GREAT WITH KIDS? -- As a mother myself, I have a natural instinct to love and care for children. Love to do projects and play games. CPR certified. chantal.soenens@gmail.com 720-492-6366.

SEEKING SOMEONE TO GET OUR KIDS READY FOR SCHOOL -- in the morning, supervise homework, and walk or drive them to Bradford Primary. 6:30 am-9:00

am, as-needed basis. Contact David and Susanne 720-360-6010.

GOODS & SERVICES

RENOVATIONS: DECKS, BATHROOMS, **KITCHENS** -- interior trim, you name it. Greg Davis 303-960-6859.

LET THE KEN CARYL CLEANING SERVICE do your Spring cleaning. Weekly, biweekly, monthly, one time. References, experienced, estimates. 720-434-4136.

"PERSONAL" COMPUTER SERVICES -- Onsite or on-line. Local, fast, convenient. Visit www.3xSmarter.com or call 303-904-3613.

MOBILE BIKE REPAIR -- Bike mechanic will come to you; NO DROP-OFF NEEDED. Bike tune-ups \$60. Call or text Zack 303-502-6000.

2015 STYLE GEL STAIN -- Makes your handrails, cabinets and woodwork look better than new! Free estimates. Call Jeff, J&J Decorating 303-934-3249.

PAMELA'S "CAN DO" SERVICES

-- "Cadillac" house cleaning, yard maintenance, pet sitting, downsizing, organizing, administrative duties. 21-year KC resident. 303-929-0387.

ADVANCED HOME IMPROVEMENTS --

Drywall, carpentry, plumbing, electrical, tile. No job too small. 303-948-2745.

SPANISH TUTOR -- Instructing businesses and students. Educated in Spain. Degreed. Dan 720-620-0373.

TAX PREPARATION, ACCOUNTING, **AND PAYROLL SERVICES** -- Business and individual. 20+ years' experience, work from home office. Sue Bryant, 720-583-2417.

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IMMEDIATE SERVICE – 7 DAYS A WEEK

-- 303-810-8818. Working on Ken-Caryl Ranch for 10 years. Small and tiny jobs most welcome. NEW INSTALLATION & REPAIRS - Faucets/sinks/toilets/garbage disposals. Electrical new/re-wire. Breaker boxes installed. New installation of ceiling fans. Insured. Gary Harmon. 20 yrs. experience. Bonded.

CLASSICAL GUITAR INSTRUCTION --

After teaching seven years at Colorado State University and 22 years at the University of Denver, retired music professor is starting a private teaching studio at his Ken Caryl residence. He's a winner of seven major international guitar competitions including Andres Segovia International, Tokyo International and Guitar Foundation of America International Guitar Competitions, and still tours around the U.S. and beyond. All levels, including children, welcome. Please go to www. masakazuito.com for contact information.

TRASH HAULING - CALL BERNIE --303-347-2303. 7-Days - Furniture,

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MASTER ELECTRICIAN - Residential specialist for over 20 years. KC Resident. Free estimates. Ask for discount with ad. Redman Electric 303-948-5892.

Teen Services

This listing includes Ken-Caryl teens who babysit, mow lawns, house or pet sit, or shovel snow. To be included on the list, teens should email their name, number, age, neighborhood and list of services offered to Victoria DeSair at victoriad@kcranch.org or call 303-979-1876, ext. 122. Categories: (B) Babysitting; (L) Lawn care; (P) Pet or house sitting; (S) Snow shoveling

Name	Phone	Services	Age	Neighborhood
Mickey Ahearn	303-906-1137	L	14	Colony
Sean Áhearn	303-906-1137	L	18	Colony
Sierra Baliko	303-809-1117	В	13	Traditions
Sarah Bielefeld	303-506-8630	B, P	15	Cimarron
Christina Bigger	720-981-4521	В, Р	15	Deerwood Vista
Josh Blarr	720-318-4605	P, S	14	Colony
Madeline Byerly	720-785-3784	В	12	Wynterbrooke
Nolan Byrnes	720-530-9272	L, P, S	13	Bradford Place
Daniel Dominguez	720-648-3178	L, P, S	14	Traditions
Carly George	303-250-8502	В, Р	16	Bradford Place
Christina George	303-934-2612	В, Р	14	Bradford Place
Sam Gerbus	303-250-6079	B, L, P, S	18	Retreat
Allie Goulding	720-331-5428	В, Р	16	Carriage Hill
Matthew Guarino	720-981-7322	L, S	14	Bradford Place
Nicole Guarino	720-981-7322	В	14	Bradford Place
Raquel Gunkel	303-909-5090	В	15	Spread
Chuck Henderson	720-231-6068	L, P, S	15	Deerwood Vista
Kate Henderson	732-446-2801	B, S	14	North Ranch
Ben Iverson	720-626-5580	L, P, S	14	Stratford Farms
Hannah Johnson	720-879-1445	B, P	14	Bradford Place
Gabbie Jones	720-971-6680	P .	17	Manor Ridge
Taylor Jones	720-940-5043	В	16	Manor Ridge
Oliver Kauffman	720-724-0878	B, P, S	14	Wynterbrooke
Corrin Kevlyn	608-217-6317	В	14	Eagles Pointe
Sloan Lyons	720-431-5903	B, P	16	Village
Hadley Marx	720-380-4671	B, P	14	Shaffer Hill
Ryan McKenna	720-261-2869	B, L, P, S	14	Stallion Pointe
Gracie Mead	720-921-4495	B, P	14	Deerwood Vista
Matthew Murray	303-579-5322	P .	12	North Ranch
Ryan Murray	303-579-5322	B, L, P, S	15	North Ranch
Robby Nelson	303-904-8886	B, L, P, S	15	Spread
Alexandra Newsom	303-325-5232	B, P	15	Legacy
William Newsom	303-325-5232	L, S	13	Legacy
Lauren O'Connor	720-982-7981	B, P	13	Sunset Ridge
Rhiana Parker	720-877-5570	B, P	15	Territory
Micaela Pollard	303-904-8488	B, P, S	12	Cimarron
Dillon Reisinger	303-973-2469	L, P, S	18	Eagles Pointe
Seth Reisinger	303-973-2469	B, L, P, S	13	Eagles Pointe
Kylie Richards	303-420-6675	B, P	11	Settlement
Kari Salter	720-202-0067	B, P	17	Wynterbrooke
Reanna Schafer	303-808-0373	В	14	Village
Anya Schroeter	720-415-5112	P	12	Quail Ridge
Carissa Scott	720-215-8829	В, Р	13	Colony
Carlee Shute	303-903-0504	B, P	14	Bridle Gate
Cameron Suchomel	303-932-1580	L, S	15	Bradford Place
Jason Suchomel	303-932-1580	<u>-</u> , 3	13	Bradford Place
Cole Torgerson	303-933-9988	B, L, P, S	12	Legacy
Chloe Warren	303-797-0660	P	13	Quail Ridge
Eli Yeagley	720-363-6440	В, L, Р, S	14	Carriage Hill
Sam Yeagley	720-363-6440	B, L, P, S	17	Carriage Hill
Kate Kotze	720-413-1487	B, L, P	16	Aspen Meadows
Elly Spinney	303-502-7990	B, P	16	North Ranch
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Christ Died For Our Sins According To The Scriptures, That He Was Buried, That He Was Raised On The Third Day. (1 Corinthians 15:3-5)

Have A Blessed And Happy Easter! David and Diana Harder

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