

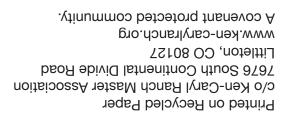
## Tokyo Bound: Ken-Caryl's Sammy Achterberg Clinches Spot in 2020 Olympics

See Pages 14-15 for More Information

AMENITIES	ART GUILD	HISTORICAL SOCIETY	KC FITNESS	SPECIAL EVENT	
Ranch House Pool Project Update	Ken-Caryl Art Guild Exhibit at Columbine Library	Grandchildren of Former Ken-Caryl Ranch Owner McDannald Visit	Exercise: 6 Benefits of Regular Physical Activity	Doggie Dip Day Sept. 7	
PAGES 8-9 PAGE 4		PAGE 6	PAGE 5	PAGE <b>9</b>	
Don't Attract the Bears!	Art Classes Return to the	The Budget	et Town Hall Sept. 3		

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PAGE 8



Ken-Caryl

Photo Credit: Brad Davi

Master Association and Metropolitan District is Tuesday, Sept. 3 at 6 p.m. at the Ranch House. This meeting signifies the beginning of the annual budget preparation process and is the first opportunity for residents to provide input for the 2020 budgets. You can review the current year's budgets online at www.ken-carylranch.org under the Administration tab, then Budgets & Reports. For questions or to submit feedback, contact Master Association Executive Director Chris Pacetti at chrisp@kcranch.org or Metropolitan District Co-Interim Manager Jeff Leniger at jeffl@kcranch.org.



### Ranch House

PAGE 11

### Trash Contract and Budget Discussions

By Communications Director and Incoming Executive Director Victoria DeSair

In July, the Master Association Board signed a contract extension with our current trash and recycling provider, Waste Connections. This agreement extends the existing contract for another five years through 2024.

The contract has a very favorable rate adjustment built in, allowing for a maximum 3% rate increase per year based on the Consumer Price Index. This is good news for the Master Association's budget, and it provides us a predictable expense for the next few years.

Regarding the budget, the Master Association and Metropolitan District Boards are doing an excellent job of working together on their respective budgets this year. There is a Financial Stability Workgroup consisting of two members of the Metropolitan District Board, two members of the Master Association Board, and representatives from staff. The goal of the group is: "Financial stability to facilitate predictable delivery of goods and services to the Ken-Caryl Ranch community."

The group meets on a regular basis and is looking at short-term and long-term budget solutions and philosophies for the community as a whole. This level of collaboration and commitment from the two entities will benefit all residents and create sustainability for the community. The group will report on their findings and proposed recommendations at the next Joint Study Session on Tuesday, Sept. 3 at 6 p.m. at the Ranch House.

### • Facilities

### Reminder: Indoor Tennis Courts Closed in August

The indoor tennis courts at the Community Center will be closed during the month of August to install energyefficient light fixtures. The new lighting will pay for itself in under three years with the energy savings. Huge thanks to the Metropolitan District's Facilities



Supervisor, Scott Babich, for leading this effort. While the installation is contracted out, Scott and his team are removing the existing fixtures once the installation is complete. The cost savings by doing this in-house is about \$15,000.



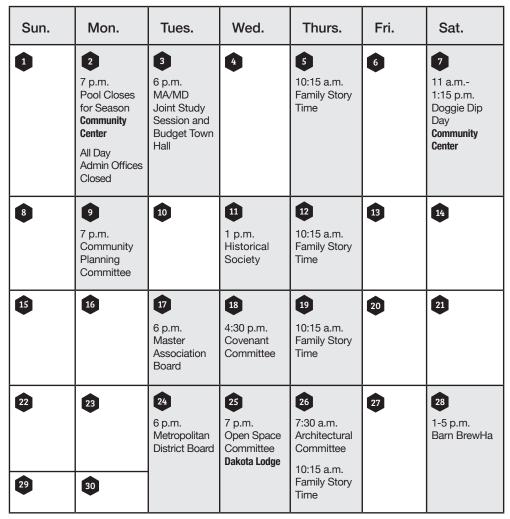
### • Community Calendar

August

All meetings and activities are at the Ranch House unless otherwise stated. Meeting dates and times are subject to change. Please see www.ken-carylranch.org for the most up-to-date information.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
18	19	6 p.m. Master Association Board	21 4:30 p.m. Covenant Committee	22 7:30 a.m. Architectural Committee 10:15 a.m. Family Story Time	23	24
25	26	6 p.m. Metropolitan District Board	28 7 p.m. Open Space Committee Dakota Lodge	29 10:15 a.m. Family Story Time	30	31

### September



### Deer Poaching in Willow Springs

Colorado Parks and Wildlife is investigating deer found with arrow wounds in Willow Springs, which is adjacent to Ken-Caryl Ranch. Anyone with information is asked to contact Operation Game Thief at 1-877-265-6648.



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Contraction Life at Ken-Caryl

2

### Covenant Clips

#### ISSN 0899-6318

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. Permission to reprint articles is granted, provided that proper credit is given to Life at Ken-Caryl and the Editor is notified. The editorial direction of this publication comes ultimately from the Ken-Caryl Ranch Master Association Board of Directors.

NOTICE: The views of the authors of the various articles and letters in this newspaper do not necessarily reflect the views of the committees, directors, management, or the community as a whole

DEADLINE: All articles, advertisements and letters to the editor must be received by 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date. The deadline date is sometimes early due to holiday schedules. Deadline dates are published at www.ken-carylranch. org under Community & News, then Newspaper: Life at Ken-Caryl.

#### Life at Ken-Caryl Editor

Victoria DeSair victoriad@kcranch.org 303-979-1876, ext. 122

#### **Display Advertisements**

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#### **Ken-Caryl Ranch Master Association**

**Board of Directors:** Chris Figge, Andy Lydens, Scotty Martin, Dave Seagraves and Erlinda Stafford

MA Executive Director: Chris Pacetti chrisp@kcranch.org 303-979-1876, ext. 116

Park Rangers/Open Space: 303-979-1876, ext. 170

#### Ken-Caryl Ranch Metropolitan District

**Board of Directors:** Jeffrey Esbenshade, John Huggins, Jami Jensen, Kayla Kirkpatrick and Lauri Lehan-Milano

Interim District Managers:

Pat Malloy patm@kcranch.org 303-979-1876, ext. 300



### **Rules Work Group Update**

rules such as RV/trailer, inoperable

vehicles, or vehicles with lettering on

Review enforcement and notification

Submittal requirements and procedures

have also been updated and clarified.

If you are planning an exterior home

be sure to take the opportunity to

improvement project in the next year,

review the new rules to see how they

may apply to your project and what you

can do in advance to help the approval

The document will now have links to

policies as they have been clarified

and help to provide a reasonable

expectation of service.

them.

process.

Over the past several months, the Master Association Architectural and Covenant Committee

who have volunteered for the Rules Work Group have been reviewing the current rules and developing a draft of revisions. On Aug. 12, the Rules Group met again to address feedback from the community and the edits suggested by the Association's attorneys. On Aug. 20, the Master Association Board is scheduled to review the final draft to consider the adoption of these rules. On Aug. 22, the Master Association Architectural Committee is scheduled to adopt the home improvement rules included in the draft.

How do the rules changes affect you? The Master Association has not made any changes to sub-association rules. Please contact your neighborhood's management company for more information. Sub-associations are Manor

Ridge, Enclave, or any of the Mountain Gate communities.

Ridge, North Ranch, Settlement, Sunset

If you have any concerns about vehicle

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Trash Service

Labor Day

Labor Day.

**Delay Week of** 

This is a reminder from the Ken-

Caryl Ranch trash service provider,

Waste Connections, that Labor Day,

Sept. 2, is an observed holiday. Trash

and recycling for all customers will

be delayed one day the week of

parking, you are encouraged to review Association and Metropolitan District the compliance standards for parking Boards held a Joint Study Session and

- discussed the following items: Staff provided an update on construction of the new Ranch House Pool. The contractor has set up fencing and their trailer. Staff has drained the pool and cleared the deck area.
- Board members Scotty Martin and Lauri Milano provided an update from the Financial Stability Workgroup. The group consists of two members of the Metropolitan District Board, two members of the Master Association Board, and representatives from staff. The goal of the group is: Financial stability to facilitate predictable delivery of goods and services to the Ken-Caryl Ranch community. The group will continue to meet to determine a path forward for the community.
- Staff passed out a list of potential onetime expenses for the community in 2020. The Boards will discuss the items at their respective Board meetings as well as future Joint Study Sessions.

### Joint Study Session

By Community Standards Administrator Jenny Bernal

members

important information not included in the rules which may have value for homeowners in the planning and execution of projects. Residents are encouraged to review the rules and address, in advance, any issues with their property that may come up as a result. Many thanks to those residents who reviewed the document and offered their feedback and suggestions. This has truly been a collaborative effort, and those who have participated are very much appreciated.





### On Aug. 6, the Ken-Caryl Ranch Master

Jeff Leniger jeffl@kcranch.org 303-979-1876. ext. 114

Parks, Greenbelts, Sprinklers: (weekdays) ...... 303-979-1876 (after hours, weekends) .. 303-979-1876, ext. 320

#### Recreation:

Ranch House ...... 303-979-4070 Community Center ..... 303-979-2233 Environmental ext. 469

Contact information for the Master Association and Metropolitan District Board members is available at www.ken-carylranch.org under the Administration tab.

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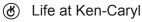
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### Fire Danger Signs at Entrance to the Valley

By Open Space Ranger Gary Norton

To keep Ken-Caryl residents informed of the current wildfire risk, the Ken-Caryl Park Rangers update the signs at the entrance to Ken-Caryl Valley. The fire danger levels are based on the information available at West Metro Station 13, which serves Ken-Caryl Ranch.

The Rangers post the "Fire Danger High" sign when the West Metro Fire Danger sign reads "High" or higher. This designation is to make residents aware of high fire danger, but no restrictions are in place besides those already in place for the community. "Fire Restriction"

and "Fire Ban" postings are based on a declaration from the Jefferson County Sheriff's Office. These designations are associated with increased restrictions beyond the current rules. Specifics can be obtained from the Sheriff's Office website or on Ken-Caryl media outlets. For additional information, contact the Ranger Staff at 303-979-1876, ext. 170.





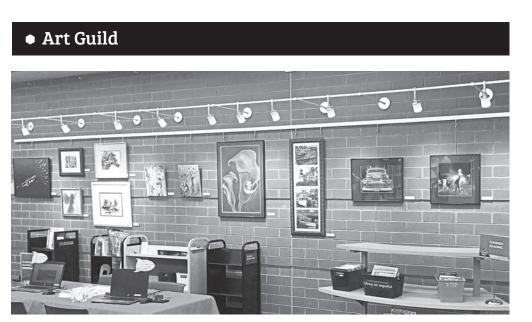
### **Trails Report**

Over the last couple weeks, volunteers have performed the following trail maintenance activities:

Trimmed grasses on Lower Bradford and Stove Prairie Trails. Trimmed grasses and shrubbery on North Shaffer Trail from Manor House Trail to Lost Canyon Trail.

Trimmed grasses and lopped shrubbery on Powerline, Golden Banner, and High Meadow Trails.

Volunteers will continue to work on vegetation and tread maintenance as needed. Huge thanks to all of the volunteers who contribute to our trails! If there are questions or comments, please contact trails@kcranch.org.



### Ken-Caryl Art Guild Exhibit at Columbine Library

The Ken-Caryl Art Guild is currently on exhibit at the Columbine Library through Aug. 31. Participating artists include: Steve Begej, Cindy Marshall, Chelli Schmac, Bruce Nall, Judy Ahlborn, Susan Hellman, and Michele Sires-DeLorean. For information about the Art Guild, visit www.kencarylartguild.org.





### Your Ken-Caryl Neighbor, Friend and Real Estate Specialist since 2003.

The Metro Denver home market is now in prime season. Think about a <u>Seller Counseling Session</u>. This will demonstrate your home value, set expectations, reduce risk, what you can and cannot do, outline the process, inform you of what Buyers are doing, and provide resources. Learn about the value of renovations and/or upgrades, decluttering, and staging the home. Buyer demand will continue as we see more Buyers in the market. Buyers are now all generational. Homes are now taking a little longer to sell and price appreciation is minimal. Buyers will always determine what your home is worth.

## Bobbi Grieco 303-378-4041

Bobbigrieco@msn.com

As a Seller, your home needs to be priced right from the very beginning. Manage your expectations, make sure your home is move-in ready, be flexible, and accept the offer that works best for you, the Seller. Note that Buyers are bringing their A game to the Denver Home Market.

Seller preparation includes a good pricing comparison analysis, instructions on staging, what are the top improvements, introduction to a net sheet to understand the bottom line, and a conversation on how the market functions. The Homeowner looking to sell a home needs a professional who is a local expert and can assist in the Professional plan to sell one's home. Now is the time to reach out to a Professional. *Contact me now to set up your personal counseling session*.

(RE/MAX Professionals 7 County Metro Denver Market Update. May 2019)

RE/MAX Professionals. 8500 W Bowles Ave #100. Littleton CO 80123

# Exercise: 6 Benefits of Regular Physical Activity

You know exercise is good for you, but do you know how good? From boosting your mood to controlling your weight, check out these six ways exercise can lead to a happier, healthier you!

(Information from article by Mayo Clinic Staff)

#### 1. Exercise controls weight

When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all.

### 2. Exercise combats health conditions and diseases

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

#### 3. Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed, and less anxious.

#### 4. Exercise boosts energy

Exercise delivers oxygen and nutrients to



system work more efficiently. And when

your heart and lung health improve, you have more energy to tackle daily chores.

**5. Exercise promotes better sleep** Regular physical activity can help you fall

asleep faster, get better sleep, and deepen your sleep.

6. Exercise can be fun ... and social! Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

#### **The bottom line on exercise** Exercise and physical activity are great

ways to feel better, boost your health, and have fun. For most healthy adults, the Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week.
- Strength training exercises for all major muscle groups at least two times a week.
   Examples include lifting free weights, using weight machines, or doing bodyweight training.

Come check out the gym or try a class at the KC Fitness Center, located in the Community Center. Contact Janet Robbins, janetr@kcranch.org, for any additional information about getting started on an exercise program.



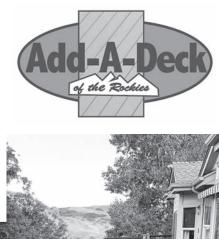
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🕑 Life at Ken-Caryl

### Grandchildren of Former Ken-Caryl Ranch Owner McDannald Visit

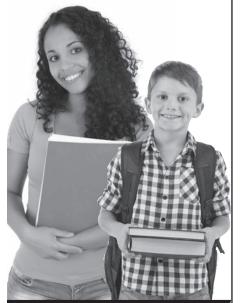
The Ken-Caryl Ranch Historical Society was treated to a visit on July 31 by two grandchildren of former Ranch owner A. T. "Cap" McDannald, who was the last owner of the Ranch before Johns Manville Corporation bought the property in 1971.

Morris Stark (joined by his wife Erin Curley), from Austin, Texas and his sister Lynn Stark Cutrer, from Houston, Texas devoted the afternoon of July 31 visiting the Ranch and being interviewed for the KCR Historical Society's oral history project. Both Stark and Cutrer spent their summers and other occasions on the Ranch during their childhood and early adult years. They shared vivid memories of McDannald (whom they called "Daddy Cap") and McDannald's wife Joanne (whom they called "Mama Jo"), and of their many days exploring the Ranch property.

For example, Morris remembers driving a large herd of cattle on horseback up what we call the Manor House Trail to graze during the summer. Lynn remembers sitting with her mother and "Mama Jo" looking out a window of the Manor House enjoying the view of the Bradford-Perley House. They also brought many photos, dating back even to the John C. Shaffer era in the early 20th century, which they generously allowed KCRHS to scan. The photos will become a valued part of the KCRHS archives. If you would like to learn more about the KCRHS oral history project, please contact KCRHS member Marilyn Norris at mnorris2077@comcast.net.



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Above: Photo of former KCR owner A. T. "Cap" McDannald, shared by grandchildren Morris Stark and Lynn Stark Cutrer. Left: Morris Stark and Lynn Stark Cutrer, grandchildren of former KCR owner A. T. "Cap" McDannald.

### Interested in Advertising in Life at Ken-Caryl?

Advertising information is available at www.ken-carylranch.org under the Community & News section.

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### 23 North Ranch Road - NORTH RANCH \$850,000

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John Claypool captured this image of a bear on Manzanita in the Valley on June 16. John safely captured the image from inside his home.

### Don't Attract the Bears!

The Ken-Caryl Rangers have received several reports of black bears feeding on garbage cans and birdfeeders. At this time of year when bears are active, the Rangers recommend putting garbage cans outside for pick-up only in the morning.

Please do your part to bear-proof your home and property and not attract bears.



### YOUR BATH WILL FEEL MORE TRANQUIL

Remember to remove all attractants:

- Remove birdfeeders until winter when bears are not active.
- Place secured garbage cans outside for pick-up in the morning only.
- Burn food off barbeque grills and clean after each use.
  Clean garbage cans with ammonia to
- Clean garbage cans with annihila to discourage bears and other wildlife.
  Don't leave food, trash, coolers, air
- fresheners, or anything with a scent in your vehicle.
- Lock bear-accessible doors and windows in the house, garage, and car at night.
- Remove any ripened fruit that has fallen to the ground on your property. Bears that get too comfortable around people can destroy property or even become a threat to human safety. Habituated bears must often be destroyed. Please don't let bears die needlessly. Do your part to bear-proof your home and property and help keep bears alive and wild.
- REMEMBER A FED BEAR IS A DEAD BEAR!

FACT: Moving lip and tongue muscles helps babies master pre-speech vocalizations.

### • Amenities

### **Ranch House Pool Project Update**

The Ranch House Pool construction team started moving in their equipment the week of Aug. 5. Staff worked hard to clear out the furniture and drain the pool. Major progress, including rough grading and demolition work, will occur in the next few weeks.

The project is budgeted at \$3.6 million, of which \$2.25 million will come from Plains Metro District lawsuit settlement funds designated for pools. The remainder of the funding will come from Master Association Reserves and Operations.

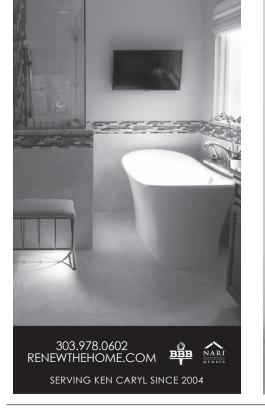
There are still some unfunded elements of the project that the Master Association and Metropolitan District Boards hope to fund in the future. Some of these items include additional shade structures, extra furniture, climbing wall, and play features.

Thank you to everyone for your patience during construction. There will be days where the construction will be loud, but the crews will do their best not to be disruptive. If you have any questions or concerns during construction, please reach out to Chris Pacetti at chrisp@kcranch.org.





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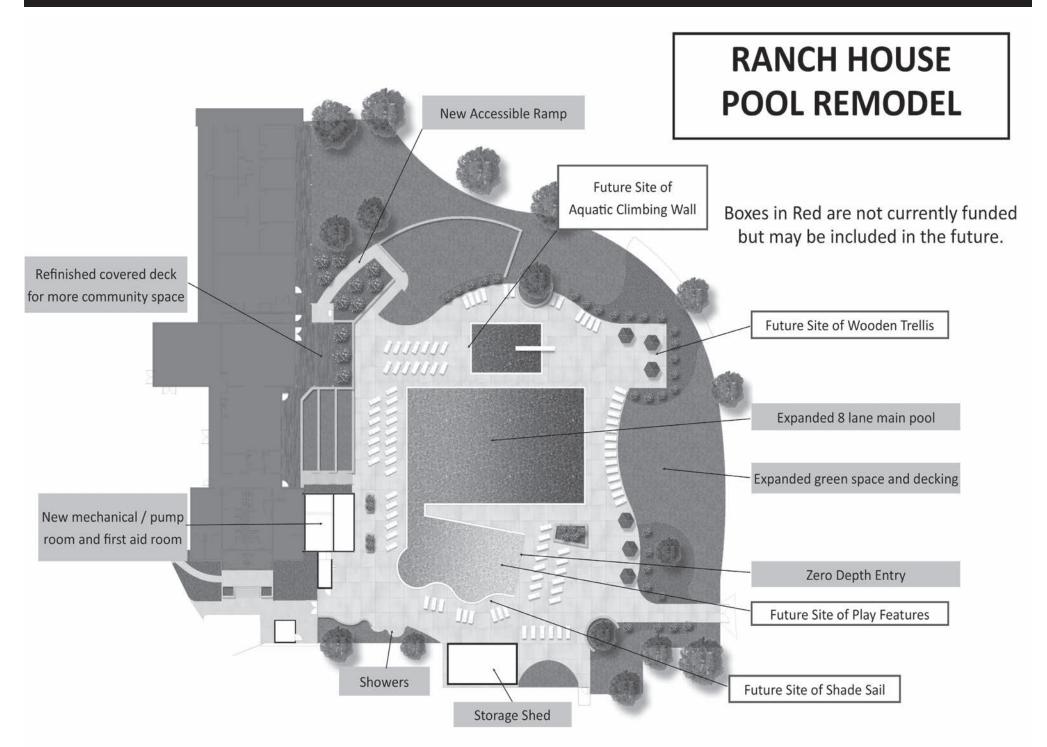




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**COLORADO HOME** REALTY Saturday September 7th

Register Early - Space is limited! New location this year - Community Center Pool

Course # 47145 11 am -12 pm Course # 47146 12:15 pm - 1:15pm

Register at Ken-CarylRanch.org or by calling the Community Center 303.979.2233 or the Ranch House 303.979.4070

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### • Area Spotlight

### Elea Plotkin Plays Jazz at Piano Pathways Grand Opening

Ken-Caryl singer-songwriter and pianist will perform a set of soulful and imaginative interpretations of songs by Billie Holiday on Saturday, Aug. 24 from 1-1:45 p.m. at the Grand Opening of the new Piano Pathways Keyboard Store located at 10143 W. Chatfield Avenue in Littleton. Stop in to browse and listen to some live music by local artists in your neighborhood. Piano Pathways is a non-profit organization dedicated to helping "at risk" and underprivileged youth through music education.

### Foothills Republicans BBQ and Fundraiser for State and Local Candidates

Special Guests: Senator Cory Gardner and State GOP Chairman Ken Buck When: Saturday, Aug. 24 from

4-7 p.m.

Where: Ken-Caryl Valley For more information and to register, visit FoothillsRepublicans.org or contact FoothillsRepublicans@gmail.com.



For more than 25 years, Thalia Peletis has been bringing her four-legged family members, including Bode, to Deer Creek Animal Hospital.

### Thalia and Bode Grateful for care and compassion

Passionate and always pushing just where they can go for their patients and pet owners, the Deer Creek Animal Hospital team isn't satisfied until they've learned everything they can to give each pet the best care possible.

"Without question, I know that my veterinarian and the entire care team will be there for me and my dog – from puppyhood through to their senior days – as they help guide us through their medical care. Most importantly, my veterinarian has never backed away from answering the question, 'If this was your dog, what would you do?' That partnership, that compassion, is absolutely priceless to me."



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# Art Classes Return to the Ranch House

Fall is coming, and with it, the return of our ongoing acrylic and watercolor classes... so grab your paintbrushes and come on down!

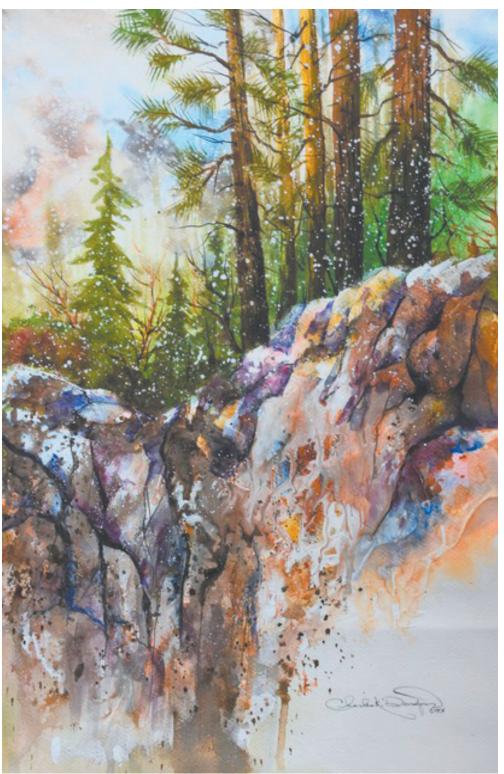
Instructors Leslie Miller and Chuck Danford both have some new techniques to share and fun projects prepared, so if you've been thinking about joining a class, you can register now at www.ken-carylranch.org!

Paint the Landscape in Acrylics launches Sept. 13 on Friday mornings, 9:30 a.m. to 12:30 p.m. This class is for complete beginners, as well as intermediate painters and anyone who likes creating art in a warm and supportive group. Last year the class had a great time painting landscape, seascape, cityscape, and wildlife... and they even took a shot at copying a Monet, using a sea sponge! Take a look at Leslie's artwork at DailyPaintworks.com/Artists/Leslie\_ Miller-9606.

Watercolor Classes are happening on Monday and Wednesday mornings, 9 a.m. to 12 p.m., and launch Sept. 23 and Sept. 25, respectively. This class, which has been running for more than 10 years, is for intermediate to advanced watercolorists.

"I still get excited about helping others develop their painting skills and learning with them by painting together," Chuck said. By the way, you can see some of his gorgeous artwork hanging in the classroom at the Ranch House or at ChuckDanford.com.

Both teachers are available to answer questions about their classes, so if you have any, please contact the Ranch House at 303-979-4070. We hope to see you in September.





Stag in Snow by Leslie Miller



Bottom left: River Runs by Leslie Miller

### Flowers Abound

Resident Joel Pankow captured this image along Colorow Trail of Purple Locoweed, scientific name oxytropis lambertii. This summer's rainfall has brought about some beautiful flowers in the open space. Thanks, Joel, for adding a bright spot of color to our paper!



#### Colorado Landscape by Chuck Danford



Pots for Sale by Chuck Danford

ℰ Life at Ken-Caryl

# **RECREATION PROGRAMS & ACTIVITIES**

### For Your Information

### **Facility Hours**

racinty riours			
Ranch House			
Recreation Office	303-979-4070		
Monday - Friday	8 a.m 6 p.m.		
Saturday	Closed		
Sunday	Closed		
Community Center	303-979-2233		
Summer Hours until Sept	. 2		
Monday-Thursday:	5 a.m 9 p.m.		
Friday:	5 a.m 7 p.m.		
Saturday & Sunday:	8 a.m 7 p.m.		
Fall Hours Beginning Sept. 3			
Monday-Thursday: 5 a.m 10 p.m.			
Friday: 5 a.m 6 p.m.			
Saturday: 8 a.m 6 p.m.			
Sunday: 8 a.m. – 8 p.m.			

#### How to Register for Classes & Events

**Online:** Go to www.ken-carylranch.org and click on Register for Classes at the top to get started.

Phone: 303-979-4070 or 303-979-2233. In-Person: Walk in to the Ranch House or Community Center.

### **Credit Card Fees**

For those paying for programs with a credit or debit card, you will now see an increase of 4.25% per transaction, which will help offset \$90,000 the District pays in card processing fees each year. Payments made with cash or check will not be subject to the increased fee. The District has consulted its legal team and other professionals in the credit card industry to determine that as a governmental entity, it is exempt from the law that prohibits charging patrons for credit card fees.

### Aquatics

#### **Pool Hours**

**Bradford and Ranch House Pools** Closed for the season.

**Community Center Pool** 1 Club Drive Monday – Friday 4-7 p.m. Saturday – Sunday 10 a.m. – 7 p.m. Labor Day 10 a.m. – 7 p.m. Adult Lap Swim No morning lap swim Monday – Thursday 7-8 p.m. No lap swim 9/2. Splash Pad Monday - Friday 12-7 p.m. Saturday - Sunday 10 a.m. - 7 p.m. Sept. 3-7 Open 10 a.m. – 2 p.m. Please use the NW corner entrance when the pool is closed.

Pool closes for the season on Sept. 2. Splash pad closes for the season on Sept. 7.

### Tennis & Pickleball

#### Pickleball Mixers

FICKIEDall MIXELS			
Dates:	Wednesdays, Sept. 25 – Oct. 16		
Time:	6-8 p.m.		
Location:	Community Center		
Fee:	Resident: \$8/mixer		
	Non-Resident: \$10/mixer		
Course:	Sept. 25: Course #47474		
	Oct. 2: Course #47475		
	Oct. 9: Course #47476		
	Oct. 16: Course #47477		
Dates:	Fridays, Sept. 27 & Oct. 25		
Time:	6:30-8:30 p.m.		
Location:	Community Center		
Fee:	Resident: \$8/mixer		
	Non-Resident: \$10/mixer		
Course:	Sept. 27: Course #47478		
	Oct. 25: Course #47479		

#### **Cardio Tennis**

Cardio Tennis is a fast, fun, fitness workout that includes quick tennis rotations and running. Pre-registration required. Call 303-979-2233 after 5 p.m. the night prior unless specified below. Cancellations less than two hours in advance will be charged. Dates: Sept. 6 - Dec. 20

Fridays 8-9 a.m. level 3.5 – 4.5 Times: Fridays 9-10 a.m. level 2.5 – 3.0 \*call after 6 p.m. Thurs. Saturdays 8-9 a.m. level 3.5 & above

Location: **Community Center** Fee: Resident: \$11 Non-Resident: \$14

#### **Tennis & Pickleball Court** Reservations

The Ken-Caryl Ranch Metropolitan District is now taking outdoor court reservations for the Community Center, Ranch House, and Bradford. Courts may be reserved up to three days in advance. Bradford reservations are taken through the Community Center. The outdoor ball machine at the Community Center is available for \$15 per use. Pickleball may be played at the Bradford courts utilizing the blended junior tennis lines. The kitchen line has been permanently installed for your convenience.

### KC Fitness

### **Barre Above Fitness**

This class fuses the very best of pilates, yoga, aerobics, and strength training. It's for all bodies and includes modifications for any fitness level. You can feel successful while achieving an amazing workout that will lengthen, strengthen

### KC Fitness

#### **Ken-Caryl's Fantastic Flora**

Is it edible? Is it medicinal? Is it poisonous? We will look for and discuss the various wildflowers, shrubs, plants, and trees as well as the degrees to which they are useful for both humans and wildlife. There will be a presentation in the Dakota Lodge Conference Room and then a short hike to look for some of the plants we discuss. Ages: 18 and up Sunday, Sept. 8 Date: 9 a.m. - 12 p.m. Time: Location: Dakota Lodge & Massey Draw Trail Fee: Resident: \$9 Non-Resident: \$11 Course #47153

### • Adult Programs

### Paint the Landscape in Acrylics

This beginner/intermediate class is perfect for anyone who enjoys painting in a lively and welcoming class environment. Learn to paint landscapes the easy way... no sketching required! Each class includes step-by-step demonstrations that allow students to easily follow along, build their skills, and create finished paintings they'll be proud of.

Dates: Fridays, Sept. 13 - Oct. 18 9:30 a.m. - 12:30 p.m. Times: Location: Ranch House Resident: \$125 Fee: Non-Resident: \$150

Course #47492

### Adult Programs

#### Watercolor Painting Class

Instructor is award-winning artist Chuck Danford, signature member of the Colorado Watercolor Society. Instructor uses video and HDTV for better viewing of demos. See Chuck's work at www.charlesdanford.com. Each student will provide their own supplies. A supply list will be provided at registration. This class is for intermediate and advanced students 18 years old and older. Dates: Mondays, Sept. 23 – Oct. 28 9 a.m. - 12 p.m. Time: Location: Ranch House Fee: Resident: \$115 Non-Resident: \$138 Course #47429

Dates:	Wednesdays, Sept. 25 – Oct. 30	
Time:	9 a.m Noon	
Location:	Ranch House	
Fee:	Resident: \$115	
	Non-Resident: \$138	
Course #47430		

### Interested in Advertising in Life at Ken-Caryl?

Advertising information is available at www.ken-carylranch.org under the Community & News section.

Display Advertising Victoria DeSair, victoriad@kcranch.org 303-979-1876, ext. 122

**Classified Advertising** Charleen Dowdell, charleend@kcranch.org 303-979-1876



Volunteer Member of: **Open Space Committee KC Trail Club** 



**COMMUNITY GARAGE SALE** 

20 Prairie Clover

### Tennis & Pickleball

#### **Indoor Courts Closed in August**

The indoor tennis courts at the Community Center will not be available the month of August. The indoor lighting is being replaced with more energy/cost-efficient lights.

#### **Tennis Lessons**

Junior tennis lessons begin Aug. 26. Adult tennis lessons begin Sept. 3.

#### **Pickleball Lessons**

Wednesdays, Sept. 4 - 18 Dates: Beginner Lessons 6-7 p.m., Time: Intermediate Lessons 7-8 p.m. Location: Community Center Resident: \$45; Non-Resident: \$54 Fee: Beginner #47471 Course: Advanced #47472

and tone your body. Dates: Fridays, Sept. 20 - Nov. 8 Time: 9-10 a.m. Location: Community Center Fee: Resident: \$80 Non-Resident: \$96 Course: # 47426

#### "Wine Down" Yoga in the Park

Enjoy a gentle yoga class under the cool shade at Heirloom Park. A great way to end your week! Bring a friend and an appetizer or libation to share to this FREE class and "wine down" time. This class is FREE but requires pre-registration for planning purposes.

Date: Friday, Aug. 23 Time: 5-6 p.m. (class) 6-7:30 p.m. (wine down) Location: Heirloom Park, 1 Mountain Oak FREE Fee: Course: #47428



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# **RECREATION PROGRAMS & ACTIVITIES**

### • Sports & Athletics

### Fencing

Discover the Olympic sport of fencing! Fencing Academy of Denver will be returning to Dakota Lodge on Tuesdays this fall. The beginning and intermediate level fencing program, taught by worldclass champions, includes an introduction to the history of fencing, weapons, target areas, and fencing technique. The use of equipment is included in the class fee. Ages: 7-17 Dates: Tuesdays, Sept. 10 - Oct. 15 Time: 4:30-5:30 p.m.

Location: Dakota Lodge Fee: Resident: \$120 Non-Resident: \$144

Course: #47392

### • Youth Programs

#### **Backcountry Skills in the Front Range**

KC Nature presents a new, immersive wilderness skills enrichment program for 6th-8th grade students (10-14 years) at the Dakota Lodge. Dates: Tuesday, Jan. 21 - April 7

Courses #47407			
	Non-Resident: \$264		
Fee:	Resident: \$220		
Location:	Dakota Lodge		
Time:	6-8 p.m.		

Course: #47427



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### • Youth Programs

### ArtVentures Fall 2019 Registration Information

ArtVentures is an art and nature enrichment program for children ages 4-6 years old. This program is ideal for preschoolers, part-time kindergarteners, or students attending home school. Each day, there are new discoveries and adventures with curriculum and activities varying each month. Dates: Fridays, Aug. 30 - Dec. 13 (No program Nov. 29) Time: 12:10-3 p.m. Dakota Lodge with Location: transportation provided from Bradford Primary School. Resident: \$330 Fees: Non-Resident: \$398

Course: #47190

#### **Outdoor Discovery**

Outdoor Discovery is a science and nature enrichment program for children ages 4-6 years old. This program is ideal for preschoolers, part-time kindergarteners, or students attending home school. Each day, there are new discoveries and adventures with curriculum and activities varying each month.

- Dates: Mondays and Wednesdays, Aug. 26 - Dec. 11 (No program Sept. 2, Nov. 25, or Nov. 27)
- Time: 12:10-3 p.m. Location: Dakota Lodge with transportation provided from Bradford Primary School. Fee: Resident: \$638 Non-Resident: \$768

Course: #47157

### • Youth Programs

#### 2019-2020 Before and After School Programs

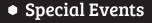
The KCRMD Before & After School Programs provide a caring, safe, and fun learning environment while serving students who attend Shaffer and Bradford Schools. Students explore a wide variety of activities that develop learning, encourage imagination, and promote positive social skills and physical activity. Join us for exciting games, cooking projects, yoga, hiking, sports, reading, homework help, and much more! Looking for an Environmental Education focused program? This is offered at the Dakota Lodge and caters to Bradford Schools! 6:45 a.m. until school starts and Hours: after school until 6 p.m.

Ages: K-6th grade Locations: Ranch House, Community

Center, and Dakota Lodge (Transportation is provided to and from Shaffer and Bradford Schools each day.) We offer year-round care and provide fullday care on most in-service days, school holidays, and breaks. Register and pay for only the days you need each month! Find more information at www.ken-carylranch. org or call 303-979-4070.

#### Family Story Time at the Ranch House

We are partnering again with JeffersonCounty Libraries to offer family fun whilesharing our love of children's literature. Familyand Baby Story Times are combined into oneFamily Story Time for all ages. The program isfree, and no registration is required.Dates:Every ThursdayTime:10:15 a.m.Location:Ranch HouseFee:Free



### DOGGIE DIP DAY



#### **Doggie Dip Day**

They've waited all summer, and now it's their turn! Join us for Doggie Dip Day. There are two 60-minute sessions with up to 45 dogs allowed in each session. The sessions include open swim time along with optional games and contests. Date: Saturday, Sept. 7 11 a.m. - 1:15 p.m. Time: Location: Community Center Pool Resident: \$7 per dog Fees: Non-Resident: \$9 per dog Session 1: 11 a.m. - 12 p.m. Course #47145 Session 2: 12:15-1:15 p.m. Course #47146

#### **Barn BrewHa**

Join us for a day of boot stompin' fun as we celebrate the coming fall. Live music, beer garden, food, tours of the Equestrian Center, KC Nature activities, and more! Stay tuned for more information! Date: Saturday, Sept. 28 Time: 1-5 p.m. Location: Dakota Lodge







### SUSAN KUTIS, DDS

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### Tokyo Bound: Ken-Caryl's Sammy Achterberg Clinches Spot in 2020 Olympics

By Kristen Peterka, Master Association Staff Sammy Achterberg won the Silver Medal in the Pan American Games in the Pentathlon, securing her place in the Tokyo Olympics.

The Modern Pentathlon was inspired by the traditional pentathlon held by the Ancient Greeks in the early Olympics. The sport incorporates five different events: one-touch fencing, 200-meter freestyle swimming, equestrian show jumping, and a final event of shooting and crosscountry running.

The Modern Pentathlon begins with round-robin fencing and swimming. For the equestrian event, athletes are given a random horse and 20 minutes to warm up before riding a course with 15 jumps. The competition concludes with a combined *Continued on page 15* 





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Sammy Achterberg celebrates her Silver Medal at the Pan American Games with her parents, Elaine and David.



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#### DEER CREEK - 31 Tecoma Circle \$599,0

#### \$599,000

#### **NORTH RANCH -** 3 Coyote Lane \$1,099,000



11366 San Joaquin Ridge - \$506,000



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### Interested in Advertising in Life at Ken-Caryl?

Advertising information is available at www.ken-carylranch.org under the Community & News section.

Display Advertising Victoria DeSair, victoriad@kcranch.org 303-979-1876, ext. 122

Classified Advertising Charleen Dowdell, charleend@kcranch.org 303-979-1876

(d) Life at Ken-Caryl

### Our Rising Generation (Continued)

running and shooting event, where athletes run 800 meters, hit a target five times with a laser pistol, and repeat the

process for a total of two miles and 20 hits on the target. The first three events, fencing, swimming, and equestrian show



Sammy competes in the one-touch, round-robin fencing event in Lima, Peru.



Pentathletes have 20 minutes to meet their horse before completing 15 show jumps.

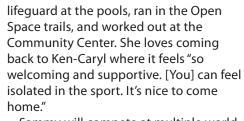
jumping, decide the starting position and time handicap for the final running and shooting event.

Starting at age 17, Sammy has been competing in Pentathlon for 10 years. She moved from Ken-Caryl to the Olympic Training Center in 2010. After competing as a civilian in the sport she joined the U.S. Army World Class Athlete Program in 2017. She completed Basic Training and Advanced Individual Training and now travels to Army Bases across the country to conduct Total Soldier Enhancement Training.

"I first started the sport trying to train, work part-time, and go to school. I was so exhausted with no friends, no balance, and I didn't see improvements," said Sammy. "This [World Class Athlete Program] has allowed me to focus on my training and see better results. I have much more peace of mind being able to pay my bills. And I am able to use my sport expertise to translate to combative and lifestyle training for the military."

Sammy trains six days per week. Her daily schedule includes running 5-9 miles, swimming 1-1 1/2 hours, shooting and fencing for 1-2 hours, foam rolling, and stretching. She also builds in time for lessons with coaches, strength and conditioning training, and equestrian training. Sunday is her rest day, featuring an easy jog and yoga.

Growing up in Ken-Caryl, Sammy was part of the Ken-Caryl swim club, rode horses at the Equestrian Center, was a



Sammy will compete at multiple world cup competitions throughout the year as she prepares for the 2020 Olympics in Tokyo. You can follow her adventures at www.samanthakusa.com.



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### 14 PRAIRIE CLOVER



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### 11632 ELK HEAD RANGE RD



\$375,000 // sold

### 15 PINYON PINE RD



\$625,000 // sold

### 11882 ELK HEAD RANGE RD



\$432,000 // sold

### LOCAL UPDATES



wednesday nights

Thank you, Ken Caryl, for joining us on Wednesday Nights at the Manor House!

It's been an amazing summer celebrating with you all!



manor house





Lisa Downing wins her third Emmy.

### **Ken-Caryl Resident Lisa Downing Wins** Third Emmy Award

International pianist, composer, arranger, and longtime Ken-Caryl resident Lisa Downing received another Emmy Award — this time for her original piano music created for the Colorado Women's Hall of Fame film series featured on Rocky Mountain PBS. This is Lisa's sixth nomination and third win.

The series, "Great Colorado Women," debuted in February 2018, and is a multi-season broadcast focusing on historic and contemporary Colorado women and their little known, underreported achievements. Lisa created music for the Marilyn Van Derbur

Atler episode, Season 2: "An Incest Survivor's Odyssey."

"It is a profound honor to have my music as a part of this powerful story," said Lisa. "I hope that sharing my music is a way that I can contribute to society by highlighting the amazing accomplishments of these Colorado women."

"An Incest Survivor's Odyssey" is the life story of Marilyn Van Derbur Atler who was crowned Miss America in 1958. Marilyn became one of the most popular women to hold the title.

As a result of being sexually violated by her socially prominent father from age 5 to age 18, her life shut down at age 45, and for six long years Van Derbur Atler struggled to overcome the memories and feelings that overwhelmed her. In 1989 she asked the Kempe National Center in Denver to begin an adult survivor program to help other men and women who were just beginning their healing process.

In 1993 she co-founded two national not-for-profit organizations based in Washington, D.C., dedicated to public education and awareness to strengthen the laws protecting adult survivors and child victims, and to stopping the sexual violations of children. Lisa has completed four albums to her credit. She performs solo concerts worldwide and is a Top 5 Billboard Artist. All of Lisa's recordings can all be sampled and purchased at her website: www.LisaDowning.com.





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### • Letters to the Editor

### LETTERS TO THE EDITOR ARE WELCOME AND ENCOURAGED from

any Ken-Caryl resident in good standing or from any elected official or political candidate. Letters should be concise no letters over 350 words—and must be received by 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date, but the day can vary due to holidays. Deadline dates can be found at www.ken-carylranch.org.

The preferred method for submitting letters to the editor is by email to Victoria DeSair at victoriad@kcranch.org, but they may be mailed or hand-delivered to the Ranch House, Attn: Victoria DeSair, 7676 S. Continental Divide Road, Littleton, CO 80127. A response will be sent via email when a letter or article is received. If you do not receive a response, call 303-979-1876, ext. 122, to confirm receipt.

We do not print anonymous letters. Letters must include name, address and phone number (daytime), but only the author's name and "Ken-Caryl Resident" or applicable government office will be printed in the paper. Residents may submit up to eight letters to the editor per calendar year. More than one letter per resident may be published in a single issue of the paper provided that the letters are not about the same subject. Letters will be printed on a space available basis and may be edited. Editor retains right to appropriateness and content. Letters will be published with plain text; use of all caps, italics, bold or excessive exclamation points will not be allowed.

Published letters to the editor do not necessarily reflect the views or opinions of the Master Association, its directors, officers, employees, agents, staff, Life at Ken-Caryl or its editor. Neither the editor nor the Master Association accepts any responsibility for the content of these letters. Writers accept full responsibility for their written word. Letters should comply with acceptable standards for courtesy and respect.

Email to victoriad@kcranch.org. Deadline for Sept. 4 Issue: Aug. 26 at 5 p.m

### **Dear Editor:**

As a 28-year resident of Ken-Caryl, this is my second letter to the editor in those 28 years, so I am not your frequent critic or complainer. We have seen a lot of changes in our community, unfortunately some for the bad. I have thus far ignored the bitter sparring that has gone on over the community's apparent appetite to put a trail on every bit of Ken-Caryl open space. However, the recent decision to allow electric bicycles that can hit 20 MPH on our open space trails and bike paths has put me over the top; be on notice Master Association, this is simply a lawsuit waiting to happen, call the

### Sign Up for the e-News

The Ken-Caryl Ranch e-News is a weekly newsletter distributed every Monday via email. 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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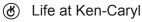
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insurance carrier now.

Electric bikes are essentially silent and when encountered on a curve or blind corner, just like a manually powered bike, they are a real danger to hikers, runners, and horse riders. I used to run our trails almost every day, for over 25 years, but not anymore. I have been hit once by a mountain bike going downhill and almost hit many more times by riders who simply don't understand that careening down a trail on a bike without any idea of what is around the next corner is a life-threatening decision, yet it happens every day. Now we add electricpowered bikes to the mix. What's next, ATVs and BMX motorcycles? Heck, pave the whole system, paint some yellow lines down the middle of them, and be done with it.

Our trails used to be an oasis for getting back to some assemblance of

Continued on page 18



### Letters to the Editor (Continued)

Colorado nature and a little open space for peace and quiet. Now we have racetracks for bikes and electric vehicles.

I am an advocate for putting aside some of our trails and open space areas as pedestrian and horses only; dedicate some space to those who wish to enjoy nature and our surroundings without the threat of being run over. Before you ruin what drew people to Ken-Caryl in the first place, let's put the brakes on the electric bikes or anything similarly powered. Enough already!

Mike Guyerson

**Ken-Caryl Resident** 

### **Dear Editor:**

As a professional horticulturist, I've noticed a blight has been spreading throughout the Valley, more precisely, fire blight. Even though the bacteria that causes it only attacks plants in the Rose family, these species are quite common - including apples, crabapples, pears, cherries, plums, peaches, hawthorns, mountain ashes, and chokecherries. Fire blight can also affect shrubs like raspberries and, of course, roses.

This disease gets its name from the way it kills the host plant's branches from the tip downwards, turning them brown and crispy and making them look burnt. The bacteria are spread though pollen, carried by pollinators from the flowers of an infected tree or branch to the flowers of a healthy one. The infection starts in the flowers at the tip of the branch and progresses downwards throughout the summer until the entire branch is dead and wilted.

This is of course fascinating, but why is it worth writing into the paper about? Fire blight is extremely contagious! It can severely affect fruit set and flowering as well make the tree unsightly, covered with dead branches and leaves. Therefore, I would ask everyone to check the trees in your yard for branches covered in dead leaves with a shriveled burnt-looking tip.

If your plants are infected, you can cut the fire blight out yourself this time of year (cut the infected branches at least 8-12" below where the dead part ends, sterilizing your pruning instrument of choice with a bleach or alcohol solution in between each cut) or hire your tree company to take care of it for you.

Mitigating fire blight helps everyone. It will not only make your tree healthier,

but it also helps your neighbors. Due to the highly contagious nature of the disease, it spreads rapidly to Rosaceous plants nearby. With the disease's current prevalence in the Valley, infection on a healthy tree is almost inevitable. Therefore, I ask everyone to be responsible plant owners and make sure your plants aren't spreading this infection around the neighborhood!

The American Phytopathological Society is an excellent resource: www.apsnet.org/edcenter/disandpath/ prokaryote/pdlessons/Pages/FireBlight. aspx

Jackson Burkholder Ken-Caryl Resident

### **Dear Editor:**

As the pool early morning lap swim season comes to an end, I would like to review.

The Good, The Bad, and The Ugly:

The Good: A big thank you goes out to all the guards and Brett and Scott. It's not easy getting up that early every day, but we all appreciated the hard work by you. The water was always clean and clear, and the guards were there to open on time.

The Bad: Once again it is the middle of August and the pool is closed for early morning swims. We have all heard the excuses and reasons - the board can only find high school kids to guard, but how hard do you really try? What about your aquatic and aerobic directors being certified to guard so that the season can be extended into September? You are always saying how great water aerobics is for everyone, but you never seem to go the extra mile to make the season last into September. There are still warm beautiful days left. Other pools can find people to stay open, why can't KC? One of the reasons we bought our home here was the pools, but we only seem to be able to keep them open for 2.5 months on a full schedule. I'm sure that if the trails people were told they could only use the trails for that time period there would be a loud and vocal uproar.

The wrist bands. What a stupid waste of time and money for a non-existent problem. We found them floating in the pool, stuck in the filters, and thrown around the parking lot all summer.

The Ugly: The vandalism. This continues to be a major problem. From all the pool furniture, tennis balls to

rocks, broken tabletops to broken windows, you never knew what to expect on any given morning. It made the guards, Brett's, and Scott's jobs more difficult and time consuming. To the person or persons who have done all of this just remember, karma is nasty. It always comes back to bite you and it always will.

Nancy Everhart Ken-Caryl Resident



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### • Classifieds

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**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 House during business hours, 8 a.m. - 5 p.m., Monday through Friday.

You can download a contract and view deadline dates at www.ken-carylranch. org under Community & News, then Newspaper: Life at Ken-Caryl. The deadline for placement of classified advertising is 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date. The deadline date is sometimes early due to holiday schedules. Cost is \$0.25 per word for residents or \$0.75 per word for non-residents. Payment for ALL classified advertisements MUST be made in full for the duration of the ad at placement. No refunds will be made for cancellations. No custom services are available for classifieds. A maximum of 80 words will be accepted. Please call 303-979-1876 with questions or for clarification.

#### **LOST & FOUND**

FOUND AT BRADFORD PARK - Designer Sunglasses and hand forged cheese knife (engraved). Call to identify and claim. 614-580-2538

FOUND CAMERA – Found near White Deer Valley Trail. Call to identify. Jennifer: 303-500-2589

LOST - Red & White Drone. Lost late during the late Fall of 2018, in the Aspen Meadows neighborhood by Shaffer Elementary. If found, please contact Emily 720-635-2097.

#### **FOR SALE**

ART FOR SALE – Salvador Dali, Vasarely, Rob Gonsalves-All framed! Gonsalves Art will knock your socks off. \$1000.00 to \$4000.00 Valley Resident 303-810-2600.

MOON LANDING - Original Oil Painting of Neil Armstrong- Artist M.Otteman 1969 (50 years old) contemporary. This is a one of a kind! Face Shield Kitty Hawk -\$4000.00 303-810-2600 Very Unique.

**TREK SPORT BIKE AND VEHICLE** 

CARRIER - 303-948-8982 \$395 Ken-Caryl Quail Ridge.

#### JOB OPPORTUNITIES

**HIRING PART-TIME SPANISH TEACHERS** for enrichment programs at Shaffer Elementary and Bradford K8. Hours are before -school (7:55-8:50am.); teachers may







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#### **REAL ESTATE**

FOR RENT - 30-day lease. Ideal for visiting family and friends. 1700 Sq. ft. home in the Plains of Ken-Caryl. Fully furnished, 3 bedrooms, great patio. This is still my home. I rent it on 30-day increments when I travel. I will be a stickler for references renting to trustworthy, clean, and kind tenants. Next available approximately Sept. 15 to Oct. 15,2019. \$2400 per month. Better deal for someone that would take loving care of my 2 cats. Call or text 303-901-0737.

**ENCLAVE RANCH HOME** - Coming soon. Fantastic views backs to open space. Best location in Enclave. Must see! For details call Paul Motzkus at Remax Professionals.

(d) Life at Ken-Caryl

### • Classifieds

#### **GOODS & SERVICES**

**PIANO AND VOICE LESSONS** – The Elea Plotkin Music Studio and Total Talent Development has been helping aspiring musicians in the community for over two decades achieve their dreams in piano and vocal performance, with success from L.A. to Nashville. Comprehensive and individualized instruction in classical, jazz, and popular music styles, songwriting and auditions. Join the legacy of students who have launched their music careers from her studio. All ages and ability levels welcome! Call 303-972-1984 Visit Eleaplotkin.com.

HOUSE CLEANING – by Josefina and Oscar. Weekly, bi-weekly, monthly, or one-time cleanings. Move-ins, moveouts, construction or special occasions. References in the area. Call Josefina or Oscar. 720-364-3818.

**EUROPEAN WAY:** Professional house cleaning. Great references from this area. Insured and bonded. Feel free to call Barbara at 303-968-9110.

PATRIOTS CARPETS – carpet installation, repairs, and restretches, Over 25 years experience. Locally owned. Free Estimates. 303-903-5190. email: rydoh@msn.com

#### LAWN CARE & PET WALKING/SITTING

**SERVICES** – Reliable college and high school aged brothers offering lawn mowing and pet walking /sitting. Most yards \$28. Call or text Jake at 720-635-7837.

**QUALITY PAINTING** – 30Yr. Ken-Caryl Resident. Interior -exterior. 25 yrs. Of experience. Bonded and insured. Please call for free estimate. John Gee 720-384-7851 Wave Painting LLC.

FENCE REPAIR AND INSTALLATION – call John 720-384-7851.

**RETIRED MASTER ELECTRICIAN** – KC resident. No job too small. Residential - commercial, all. 303-564-3533.

NATURAL MEDICINE CLINIC – Ken-Caryl Resident. Treatment of Headaches, Insomnia, Stress, Anxiety, Back Pain, Sciatica & Sports Injuries. Request a Free Consultation at mtnsunacu.com or 720-588-2801.

**BIKE TUNE UP** – \$65.00 Professional Bike Mechanic will come to you. NO DROP OFF NEEDED! Zach Griffith, 303-502-6000.

#### SPANISH/FRENCH/GERMAN TUTOR -

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PIANO & ORGAN LESSONS – Master's Degree. Experienced. All ages & levels. Beginners, Adults and transfer students welcome. Unique approach. All styles. Recitals & special events. Preparation for College Scholarships. Award-winning international performer. Complimentary lesson. KCR Resident. Mary Reinker: 303-717-2599. **DRYWALL SERVICE** – Hang, Tape, Texture. Excellent repair work, call 720-371-3097.

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**PIANO LESSONS** – Treat yourself or a loved one to a COMPLIMENTARY lesson this season with Emmy Award winning concert pianist! All styles, all levels, all ages. Cimarron neighborhood. Call Lisa at 303-979-7011 ext. 1.

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#### **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.

#### **MISCELLANEOUS**

**COLUMBINE LADIES** – welcomes new friends to play canasta, pinochle and mah jongg on Mondays. Husbands/partners are invited to social activities and monthly Thursday luncheons. Membership fees are \$18.00/year. For more information contact: Hope Moore 303-979-8659, dixiegal@ecentral.com

### • 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 Kristen Peterka at kristenp@kcranch.org or call 303-979-1876, ext. 109.

Services: (B) Babysitt	ing; (L) Lawn care; (P)	Pet or house sit	tting; (S) Si	now shoveling
Name	Phone	Services	Age	Neighborhood
Ava Ahrenholtz	720-546-7365	B, P	13	Cimarron
Jade Atkinson	720-616-0063	Р	13	Aspen Meadows
Katelyn Atkinson Sierra Baliko	303-916-7666 303-809-1117	B, P P D	16 17	Aspen Meadows Traditions
Charlie Beelaert	720-688-1597	B, P L, P, S	17	Colony
Colette Bennett	303-520-4411	B, P	14	North Ranch
Kiera Bierstedt	720-937-2102	B, P	14	Traditions
Piper Blarr	720-255-6877	B, P	14	Colony
Adam Brandland	720-838-1032	L, S	14	Settlement
Abby Burton	720-616-1333	В, Р	13	Aspen Meadows
Bridget Cassidy	720-244-1359	В, Р	14	Stratford Farms
Hope Cuttitta	303-517-8864	B, P	14	Deer Creek
Ella Daugherty	303-591-2004	B, P	13	Village
Quinn Daugherty Brooke Ellis	303-591-2004 720-988-9162	B, P P D	11 16	Village Heirloom
Megan Ellis	720-290-2033	B, P B, L, P, S	16 14	Heirloom
Ella Famariss	303-588-4130	в, е, г, з В, Р	14	North Ranch
Kyla Fouts	303-668-0581	B, L, P, S	13	Mountain Gate
Abbie Gallant	303-517-8864	B,P	14	Deer Creek
Lila Garcia	303-475-0888	B, P	14	Legacy
Marcus Garcia	303-704-9796	L, P, S	16	Legacy
Erin Giles	303-885-8787	В, Р	17	Colony
Kyra Goudzwaard	720-552-0175	В, Р	15	Barrington Ridge
Karmin Groom	720-980-9088	B, P	14	Sunset Ridge
Nicole Guarino	303-720-3036	В	17	Bradford Place
Kara Hammond	720-979-4069	B, P	13	Carriage Hill
Trisha Henderson	732-915-1214 720-372-9476	P	17 14	North Ranch Enclave
JJ Heupel Kellen Hodges	720-496-6113	B, L, P, S B, L, P, S	14	Saddlewood
Maddox Hodges	720-472-2003	B, L, P, S	14	Saddlewood
Reece Hodges	303-667-2606	L, P, S	12	Saddlewood
Gunnar Holmes	720-505-6764	L, S	15	Carriage Hill
Aubrey Jones	720-971-6680	В	16	Manor Ridge
Salome Kekelia	801-201-1183	В	13	Territory
Eva Kiebler	303-478-6050	B, P	11	Cimarron
Sierra King	720-582-3334	L	14	Heirloom
Ethan Lehrke	720-240-3980	L, P, S	15	Cimarron
Andrew Lerudis	303-523-0765	L, P, S	13	Village
Payton Lott	720-415-3486	B, L, P, S	15	Spread
Rachael Lott	720-415-3486	B, L, P, S P D	15 18	Spread Shaffer Hill
Hadley Marx Hannah Marx	720-380-4671 720-380-4670	B, P B, P	18 16	Shaffer Hill
Hayden Marx	720-588-7486	L, P, S	15	Shaffer Hill
Bethany McCollough	720-749-0298	B, P, S	16	Stallion Pointe
Holly McCollough	720-492-0288	B, P, S	17	Stallion Pointe
Rileigh Rose McMahon		В, Р	13	Stallion Pointe
Hannah Mote	720-305-8757	B, P	14	Stallion Pointe
Kaya Musgrave	303-667-3068	B, L, P, S	13	Deerwood Vista
Hayden Nash	303-895-8117	B, P	12	Cimarron
Catherine Newsom	303-325-5232	В, Р	15	Legacy
William Newsom	303-325-5232	L, S	17	Legacy
Ethan Pankow	720-217-8175	P	14	Heirloom
Samara Pirozzi Alec Prinzi	720-818-2203	B, P P L D C	14 12	Traditions Shaffer Hill
Joshua Reisinger	303-810-3221 303-973-2469	B, L, P, S L, P, S	12	Eagles Pointe
Seth Reisinger	720-525-0078	B, L, P, S	17	Eagles Pointe
Kylie Richards	720-414-0008	B, P	15	Settlement
Max Ruszkowski	720-517-9066	L, P, S	15	Stallion Pointe
Nic Sarkisov	720-470-1486	P, S	15	Heirloom
Megan Schuster	720-587-7265	B, P	16	Heirloom
Nicholas Schuster	720-990-7465	В, Р	14	Heirloom
Ava Secondo	303-883-2592	B, P	13	Cimarron
Jacob Seybert	303-668-5987	L, P, S	16	Saddlewood
John Seybert	303-668-5987	L, P, S	16	Saddlewood
Maria Seybert Austin Skeffington	303-668-5987	B, P	15 17	Saddlewood
lan Soukup	720-308-8704 303-862-5756	L B, P, S	17 14	Wynterbrooke Eagles Pointe
Cameron Sternberg	303-949-3691	в, г, з Р	14	Aspen Meadows
Wesley Sternberg	303-949-3691	P	14	Aspen Meadows
Abby Szabo	303-915-3730	В, Р	13	Aspen Meadows
Ben Szabo	720-413-3072	L, P	15	Aspen Meadows
Maddy Szabo	303-915-3730	B, P	13	Aspen Meadows
Lauren Thorp	303-995-5551	В, Р	18	North Ranch
Cole Torgerson	720-291-9022	B, L, P	17	Legacy
Jack Torgerson	303-981-7617	B, P	14	Legacy
Zane Tweedie	720-688-9440	L, P, S	15	Deerwood Vista
Aiden Tyler	720-448-7638	P, S	15	Cimarron
Olivia Vangels Charlotta Wabstor	720-292-6727	B, P P D	13 15	Village The Spread
Charlotte Webster Genevie Webster	703-655-4428 703-655-4428	B, P B, P	15 17	The Spread The Spread
Judah Webster	703-655-4428	в, р В, L, P, S	17	The Spread
Ella Widmann	720-318-7927	в, р	16	Territory
		, , ,		

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(d) Life at Ken-Caryl

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3 Mountain Cedar Lane • \$1,425,000 Situated on Open Space. This fabulous home offers a 4-car garage, 5 bedroom, 5 baths, a main floor study.



### 32 Mesa Oak • \$724,000

This pristine home offers four bedrooms, three baths and is situated on a quiet cut-de-sac with stunning mountain views. The eat-in kitchen boasts stainless steel appliances, a five burner gas stovetop, double ovens, center island, granite countertops and plenty of natural light. Hardwood Floors Throughout. Updated Bathrooms. New Furnace and Air Conditioning.

Radiant Heat in the Gorgeous Master Bath. Wet bar with Wine Refrigerator. James Hardy Siding. Newer Roof. New Paint. Oversized Deck. Professional Landscaping. Natural Gas Line For Easy Grilling.





14 Osage • \$700,000



72 Dawn Heath Circle • \$709,000

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