



Life at Ken-Caryl

Vol. XXXVI, No. 24

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Nov. 20, 2013

Three MA Board Seats Open For Election In 2014

Please give some thought to serving your community by becoming a member of the Ken-Caryl Ranch Master Association Board of Directors, the decision-making, policy-setting leaders of this community.

There are three seats on the Board that will be on the ballot for the Board of Directors election in March 2014. The two candidates who receive the most votes will be elected for three-year terms with the third candidate to serve for two years. This is being done to reestablish the staggered terms called for in our governing documents following a reduction in the size of the

Board from seven members to five.

The MA Board meets the third Tuesday of each month at 6:30 p.m. at the Ranch House. Board members are expected to attend other meetings on an as-needed basis. The affairs of the Master Association are managed by the five-member Board of Directors along with a professional staff. Serving three-year staggered terms, some Directors are elected each year.

For those of you who are interested in running for an MA Board position, applications will be available at the Ranch House, in *Life at Ken-Caryl*, and online at www.ken-carylranh.org in early December. The MA will introduce the declared candidates to the community in this publication and at www.ken-carylranh.org in February 2014. Residents will receive a postcard in the mail in mid-February with instructions on how to vote electronically. The election closes March 4 at 5 p.m., and winners will be announced soon after.

What Questions Do You Have For Candidates?

On the MA Board application, there will be questions for each candidate. Do you have a particular question you would like answered? If so, please submit your suggested question(s) to Chris Pacetti at chrsp@kcranch.org.

Open Space Staff Urges Visitors To Stay On New Trail

Volunteers and staff recently completed construction of a new 2.25 mile loop trail in Ken-Caryl Ranch Open Space. Now that the new trail in Upper Massey Draw is open (see related article on Page 2 and map on Page 4), staff will be closing the construction access trail located along the north side of the valley bottom between Massey Draw Trail and the western reaches of the new trail. The access trail was used during the summer as a convenient "commuter" route for volunteers and staff working on the trail project. The access trail heavily impacts sensitive habitat in the area and was never intended to be a permanent trail. The Open Space staff asks that you help protect this habitat by staying on the new trail in Upper Massey Draw.

Thanksgiving Trash Service Delay

This is a reminder from the Ken-Caryl Ranch trash service provider, Waste Connections, that Thanksgiving Day is an observed holiday. All trash service normally scheduled on Thanksgiving Day, which is Thursday, Nov. 28, will be picked up on Friday, Nov. 29. If your trash day is Monday, Tuesday or Wednesday, your service will not be delayed. For important reminders about our trash and recycling service, see Page 2.

Fall Brings Greater Risk To Motorists And Wildlife

Now that daylight saving time has ended, Colorado motorists face a higher risk of being involved in a wildlife-related accident due to commuting at dusk when visibility is poor. Deer are also more active at this time of year because it's their peak mating season. Please keep these tips in mind to keep everyone safe:

- **SLOW DOWN** because driving more slowly increases reaction time and reduces the chance of a collision.
- **STAY ALERT** while driving at dusk and dawn. This is when many of Colorado's wildlife are the most active and are likely to be crossing roadways.
- **SCAN AHEAD** and watch for movement along roadsides. When driving at night, watch for shining eyes in headlights. Always look and be prepared for more than one animal.
- **OBEY TRAFFIC SIGNS** and watch for wildlife warning signs.



This deer was struck by a car in the Valley. Slow down and stay alert on our roadways

Metropolitan District Establishes Special Arrangement For Use Of Ridge Recreation Center

by Darrell Windes,
KCRMD District Manager

The Boards of Directors of both the Ken-Caryl Ranch Metropolitan District (KCRMD) and the Foothills Park & Recreation District (Foothills) have reached a special arrangement for residents of Ken-Caryl Ranch (KCR) to use the Foothills Ridge Recreation Center at Foothills resident rates.

The Ridge Recreation Center, which is located at 6613 South Ward St. just north of the boundary of KCR, is owned and operated by Foothills, a local park and recreation provider. Residents of KCR have always been able to use Foothills facilities as they are all open to the public. However, in the past residents of KCR have been assessed non-resident fees for Foothills facilities as it is a separate park and recreation district. Residents of KCR do not pay property taxes to help support the facilities owned and managed by Foothills.

In November KCRMD and Foothills entered into an Intergovernmental Agreement (IGA) to permit KCR residents to use the

drop-in amenities of the Ridge Recreation Center at the same daily rates as Foothills residents from Jan. 1, 2014, through Dec. 31, 2014. This agreement was reached on a one-year trial period, which will be evaluated to assure that each organization is benefiting from the arrangement. The fee differential will be absorbed by the KCRMD and the Ken-Caryl Ranch Master Association.

Continued on Page 4

Early Deadline For Upcoming Issue

Due to the upcoming Thanksgiving holiday, deadline for submissions in the Dec. 4, 2013, issue of *Life at Ken-Caryl* is earlier than usual. **The deadline for submissions to the Dec. 4, 2013 issue is Friday, Nov. 22, 2013.**

Without exception, this applies to all advertisers (display ads and classified ads) as well as those planning to submit *Letters to the Editor* or other articles for the Dec. 4, 2013 issue. If you have questions, please call 303-979-1876.

Christmas Tree Sale Dec. 7

Mark your calendars for the annual Ken-Caryl Ranch Christmas Tree Sale on Saturday, Dec. 7 from 8-10 a.m. at the Dakota Lodge. The Rangers and volunteers harvest the trees from the Ken-Caryl Ranch Open Space and make them available to residents just in time for the Christmas season. The trees are first-come, first-served, and donations are accepted. All donations go directly to funding Ken-Caryl Ranch Open Space programs. The event is for Ken-Caryl residents only. For more information, call the Ranger Staff at 303-904-0249.

Happy Thanksgiving!



Doug Banning of the Eagles Pointe neighborhood on Ken-Caryl Ranch recently captured this picture of a wild turkey near the Valley.

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A covenant protected community



Board Report



by KCRMA Board Member Paul Camp

Several months ago, the Ken-Caryl Ranch Master Association (KCRMA) Board of Directors agreed to expand this column in *Life at Ken-Caryl* to include reflections from individual Board members on various topics of interest to Ranch residents. In October you heard from Board member Chris Figge who offered his sentiments on the great people who volunteer their time for Ken-Caryl Ranch. This issue I'd like to extend an invitation to join us as we continue the process of re-invigorating the buildings and infrastructure of Ken-Caryl Ranch — much of which is more than 30 years old.

As most of you know, in the fall of 2012, we conducted a comprehensive survey of all Ken-Caryl Ranch residents on future desires, needs and priorities. We've used the last 11 months to carefully analyze and evaluate the thousands of comments we received. Additionally, last month we held a community planning open house, the purpose of which was to obtain specific input on major structures such as the Ranch House and Community Center.

Armed with this information and from other informal data gathering efforts, we will soon be making decisions on how much to spend on what facilities and in what priority order. This is a huge task with major implications! Our decisions will not only address the campuses of the Ranch House and Community Center, but other KCR facilities and areas such as Dakota Lodge, perimeter fencing, neighborhood signs, irrigation systems, playgrounds and parks, paved trails, and much, much more.

My fellow Board members and I agree that our decision-making will be vastly improved with your involvement. You can share your thoughts several ways: email KCRMA Executive Director Chris Pacetti at chrisp@kcranch.org; email any of the five Master Association Board members (you can find our email addresses at www.ken-carylranh.org under Administration); attend future open houses; or attend monthly Board meetings, which are held on the third Tuesday of every month at 6:30 p.m. at the Ranch House.

Please join us as we chart the future of this great community of ours. WE WANT AND NEED YOUR INPUT!

Community Calendar

Upcoming events/meetings are as follows (all meetings/activities will be at the Ranch House unless otherwise stated):

BOARD MEETINGS ARE OPEN TO ALL KEN-CARYL RANCH RESIDENTS.

November 2013

Tuesday	19	6 p.m.	MD Board Meeting
Tuesday	19	6:30 p.m.	MA Board Meeting
Friday	22	10:15 a.m.	Story Time
Thu.-Fri.	28-29		Thanksgiving Holiday <i>Ranch House Administrative Offices Closed</i>

December 2013

Tuesday	3	6 p.m.	MA/MD Joint Study Session
Friday	6	5 p.m.	Holiday Happenings
Saturday	7	8 a.m.	Christmas Tree Sale, Dakota Lodge
Tuesday	10	6 p.m.	MD Board Meeting
Tuesday	17	6:30 p.m.	MA Board Meeting
Tu.-Wed.	24-25		Christmas Holiday <i>Ranch House Administrative Offices Closed</i>

COMMITTEE/TASK FORCE MEETINGS

- Architectural** — Second and Fourth Thursdays at 7:30 a.m.
- Community Planning Committee** — Wednesday, Nov. 20, 7-10 p.m.
- Covenant** — Third Wednesday at 4:30 p.m.
- Historical Society** — Wednesday, Jan. 15, 2014, 2 p.m.
- MA Finance** — Monday, Dec. 16, 5:30 p.m.
- Open Space** — Thursday, Dec. 5, 7 p.m., Dakota Lodge

All days and times are subject to change. Please visit www.ken-carylranh.org for updated information.

For more information about a particular meeting or a specific committee, please call 303-979-1876 or visit www.ken-carylranh.org.

Important Reminders From Waste Connections

- Auto Dial Service:** Waste Connections, the trash and recycling services provider for Ken-Caryl Ranch offers an auto dial service to notify customers of any changes in trash pickup days. If you are interested in being notified through this service, you can sign up online by visiting www.wcdenver.com. Once you are at www.wcdenver.com, please click on contact tab. Complete the required information, click on Residential Trash Service, then in the comment section at the bottom of the page explain that you are a Ken-Caryl resident seeking to sign up for the Call Fire service.
- Delayed Trash Days:** Waste Connections observes the following holidays: New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving Day and Christmas Day, unless they fall on a weekend day. If your normal pick-up day falls on a holiday or after a holiday, your collection schedule will run one day late that week.
- Recycling Notes:** Please remember to have your trash and recycling curbside by 7 a.m. on your collection day. Trash and recycling should be placed four feet apart from each other at the curb. Waste Connections will pick up individual bags or service totes/cans which homeowners have individually purchased. Recycling containers need to be clearly marked as recycling. Waste Connections has provided recycling stickers which can be placed on any purchased container. If you need a sticker please visit the Ranch House or Community Center. Single Stream Recycling means that glass, plastic, tin, and aluminum and paper products may all be placed in the same container.
- Customer Service Contact Information:** Contact Waste Connections at 303-288-2100 or www.wasteconnectionsofcolorado.com for a complete list of what can and cannot be recycled, if a special items pickup is needed or for answers to any other questions.
- Service Problems:** If you are experiencing service problems or have a missed pickup, please call Assistant District Manager Ryan Gatewood directly at 303-520-2698.

Check Out Valuable Information On Our Website • www.ken-carylranh.org
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Ken-Caryl Ranch Master Association
Board of Directors:
Paul Camp, Chris Figge, Dennie McGarry, Dan Mullins and Valerie Walling.
MA Executive Director Chris Pacetti
chrisp@kcranch.org 303-979-1876, ext. 116
Ranch Ranger (mobile phone) 303-901-6890

Ken-Caryl Ranch Metropolitan District
Board of Directors:
Jeffrey Esbenshade, Robert Generoli, Lauri Lehan-Milano and Dennis Sykes.
District Manager Darrell Windes
darrellw@kcranch.org 303-979-1876, ext. 114
Parks, Open Space, Sprinklers
(weekdays) 303-979-1876
(after hours, weekends) 303-979-1876, ext. 320
Recreation Activities, Ranch House 303-979-4070
Community Center 303-979-2233
Environmental Education 303-973-0280

To reach members of the MA or MD Board of Directors, please call 303-979-1876 for contact information.

Covenant Clips

Some Roofing Products No Longer On Allowed List

by Community Standards Administrator Julie Kearful

Roof replacements continue daily on Ken-Caryl Ranch. Seems like a choir of hammers and nail guns along with dumpsters in driveways, trucks blocking cul-de-sacs and shingles being thrown to the ground. To this date, my office has processed more than 900 architectural submittals since the hail storm on Aug. 22. Some of these are for paint and decks that were damaged, but the vast majority of submittals are for roof replacements. I imagine that there will be tons more through the winter and into spring.

The submittal process is really simple, and I do my best to make it quick and painless. Please remember to check the list of approvable products when working with insurance

companies and contractors. It is especially important to know that there were two products (the Elk Prestique and the Tamko Heritage) that were once on the approved list more than a decade ago and have been removed due to manufacture of superior products. If you have an Elk Prestique or Tamko Heritage roof and you are getting a new roof, you must change to one of the 14 approvable products on the list.

Please keep in mind that rules and regulations are dynamic in nature...new issues surface, new regulations are added, inappropriate ones are deleted and others simply are amended or updated. Ken-Caryl Ranch documents are available at the Ranch House and on our website at www.ken-carylranh.org so try to make certain you, too, are up-to-date. Also, don't hesitate to call me at 303-979-1876, ext. 119 or email juliek@kcranch.org should you have any covenant or architectural questions or comments. Help will be gladly offered.

Ranger Field Notes

Open Space Committee Needs Help Naming New Trail

by Open Space Manager Sean Warren

Volunteers and staff recently completed construction of a new 2.25 mile loop trail in the Foothills Open Space region of Ken-Caryl Ranch Open Space (see map on Page 4). The trail is located in the upper reaches of Massey Draw and has been known during the design and construction phases of the project as Upper Massey Draw Trail.

Now that the project is completed, the Ken-Caryl Ranch Open Space Committee would like the community's participation in finding a permanent name for the new trail. The name should take a cue from the world of plants and animals like Ovenbird Trail or Hazelnut Trail. It could also come from geo-

graphical features like Meadow Trail or Valley Trail, or it can be based on an experience such as Grand View Trail. You may also use proper nouns as long as they refer to historical figures (like Shaffer Trail), place names (Beacon Hill Trail) or events (Fourth of July Trail). Please, do not include names of businesses or companies or names intended to be a memorial to departed loved ones.

Send in your nominations for the new trail name to seanw@kcranch.org, or mail to KCRMA, Attn: New Trail Name, 7676 S. Continental Divide Road, Littleton, CO 80127. Please send in your nominations by Dec. 4. The Open Space Committee will pick the best name, and with final approval from the Ken-Caryl Ranch Master Association Board of Directors, the name change will be made and full bragging rights will be bestowed upon the person providing the winning name.

Great Ideas Shared At Community Planning Open House

Nearly 100 residents attended the Ken-Caryl Ranch Community Planning Open House on Tuesday, Oct. 29 at the Ranch House. Shown here is Ken Anderson of the Heirloom neighborhood on Ken-Caryl Ranch speaking with a facilitator from Valley Crest. Everyone was willing to share their ideas for the future of Ken-Caryl Ranch, and a team of facilitators ensured that the thoughts were captured. The facilitators gathered all of the input from the event and submitted it to the Community Planning Committee for consideration. The committee is working hard on developing a plan to map the future of Ken-Caryl Ranch. Thank you to everyone who attended.



ACH: Easy Way To Pay Your Dues

ACH stands for Automated Clearing House, and it is a common, reliable and secure option to pay your Master Association Dues. It will automatically debit your checking or savings account on the 5th of each month. This process eliminates stamps, envelopes, coupons and late fees. You can go online to www.ken-carylranh.org/residents/assessments/ and download an ACH form. There's no cost to set up ACH, so please email annettec@kcranch.org or call Annette Chavez at 303-979-1876, ext. 112, for more information.



Board Meeting Summary

Joint Study Session

On Nov. 5, the Ken-Caryl Ranch Master Association and Metropolitan District Boards held a Joint Study Session at the Ranch House and discussed the following items:

- The Boards discussed the different bond funding options that had been presented to the MD Board at their October business meeting. They went on to discuss poten-

tial projects and developed a process to review and prioritize the projects in preparation for further discussion at the December Study Session.

- The Draft Agreement with Foothills Park and Recreation District for use of the Ridge Recreation Center by residents of Ken-Caryl Ranch was discussed. A draft Memorandum of Understanding between the MA and MD to address the Mountain Gate

residents was reviewed. Assuming Foothills approves, the Boards intend to enter into these agreements to provide access to the Ridge for all Ken-Caryl residents at Foothills

rates with the fee differential being absorbed by the MA and MD.

- The Boards were updated on the progress of the Community Planning Committee.

From The Sheriff's Desk

Dog Licensing by Sheriff Ted Mink

Residents in unincorporated Jefferson County have been required to license their dogs since 1994. In 2007, Lakewood, Golden, Wheat Ridge, Westminster and Arvada joined the county's licensing program and residents in those cities have been required to license their dogs ever since.



Sheriff Ted Mink

The original purpose of the county licensing program was to expedite returning pets to owners, to encourage the spaying and neutering of dogs by offering a reduced license fee, to establish a fund to pay for medical treatment of injured stray animals, and to provide a source of revenue to move the animal control operation toward self-sufficiency.

In 2007, although the primary purpose remained the same (returning pets to owners), the focus changed to raising money to build a much needed new animal shelter to replace the old and non-functional Table Mountain Animal Center. Consequently, residents now have the new Foothills Animal Shelter that offers excellent services for county pets and county residents.

Now that the shelter has been built, the focus is changing once again and animal license fees will be used to support operations at the Foothills Animal Shelter. Due to this change, the board of directors decided that Foothills staff should administer the licensing program instead of the sheriff's office. This change took place in July of 2013.

The license fee has always been a source of revenue to support providing services (animal control and sheltering) to the citizens of the county and is necessary for con-

tinued operations.

Although the sheriff's office will no longer be administering the program, we will continue to enforce the requirement in unincorporated Jefferson County as our experience and our motto has always been that "a dog license is a ticket home."

Please note, as of July 20, 2013, owners with licensed pets, will now receive renewal notices from PetData, Foothills Animal Shelter's licensing partner. If you have never licensed your pet, or have any questions, visit www.FoothillsAnimalShelter.org/License or call 303-278-7577.

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Friday and Saturday, 9-5 p.m.
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SEPTEMBER 14 – DECEMBER 17, 2013

Life at Ken-Caryl

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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 responsive to the needs of the community. We welcome suggestions and ideas for making this newspaper a good community servant. *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 committees, directors or management, and by no means do they reflect the views of the community as a whole.

Community Relations Director: Victoria DeSair, 303-979-1876, ext. 122, victoriad@kcranch.org

Email or send articles, photographs, letters to the editor and advertisements to:
Life at Ken-Caryl
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7676 South Continental Divide Road
Littleton, Colorado 80127
Fax: 303-972-1272

For information on display advertisements, please call Victoria DeSair at 303-979-1876, ext. 122.

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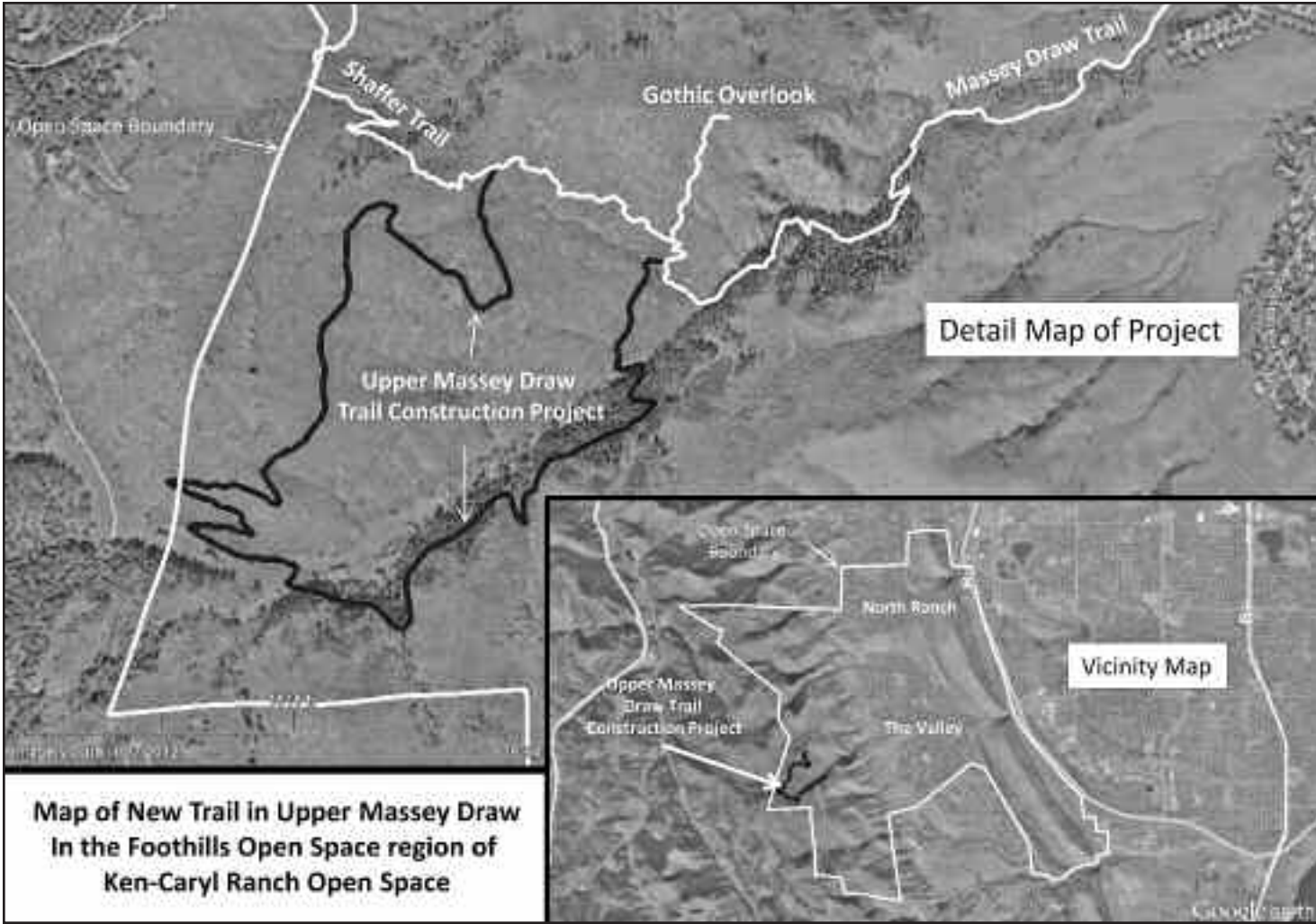
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Map of New Trail in Upper Massey Draw In the Foothills Open Space region of Ken-Caryl Ranch Open Space

New Trail Completed

Volunteers and staff recently completed construction of a new 2.25 mile loop trail in the Foothills Open Space region of Ken-Caryl Ranch Open Space. This map shows the location of the trail. The Open Space Committee is having a contest to name the new trail. See the Ranger Field Notes article on Page 2 for more details.

Chatfield Ave. Project Update

The Chatfield Ave. improvement project is moving along, and it is anticipated to be completed in mid-December, with the exception of landscaping. Landscaping will be completed in spring 2014. Contractors will be working seven days a week until completion of the project.

The Ken-Caryl Business Center access west of Shaffer Parkway will be temporarily closed as full roadway reconstruction is completed in this area on Chatfield Ave. Business Center traffic will be detoured to Shaffer Parkway.

The speed limit is 25 mph through the construction zone, so for your safety and the safety of the workers, please drive slowly and cautiously through the construction zone. Jefferson County Sheriff deputies are conducting speed enforcement in the Chatfield Ave. construction areas.

For the latest updates on the project, sign up for the Ken-Caryl Ranch e-News at www.ken-carylranh.org.

Metropolitan District Establishes Special Arrangement For Use Of Ridge Recreation Center

Continued from Page 1

Caryl Ranch Master Association.

The Ridge Recreation Center offers users an indoor lap and separate leisure activity pool, a therapy pool, a gymnasium and track, a cardio weight room, racquetball courts and a rock-climbing wall. As part of the agreement, KCR residents will receive a special ID card issued by Foothills, which will identify the user as a resident of KCR. While ID cards issued by Foothills normally cost \$5 per card charged to the user, ID cards issued during the month of December are free to the user. We encourage you to go to the Ridge in the month of December to get your free ID card.

The current agreement is exclusive to the Ridge Recreation Center only. The agreement does not include the special discounted fee toward use of the Edge Ice Arena, the Peak Community and Wellness Center or any other Foothills amenities. The special rate is only for the drop-in use of these amenities and does not apply to classes or youth programs.

The KCRMD Board of Directors began working on this agreement with the Foothills Board earlier this year following results of the 2012 KCR resident survey, which showed a strong interest in the ability to use an indoor, year-round swimming pool.

Watch for specific details and more information in the next issue of *Life at Ken-Caryl*, in the e-News and on the KCR website at www.ken-carylranh.org. Please contact the KCRMD District Manager at darrellw@kc ranch.org or 303-979-1876 with questions.

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Veterans Voice

Volunteer Engineers And Donations Needed For Veterans Monument

Submitted by Byron Wicks, Aspen Meadows

As the Ken-Caryl Ranch community continues its efforts to build the Veterans Monument adjacent to the front door of the Ranch House, everyone should take a moment to reflect on the freedoms we have and recognize those veterans, men and women, who dedicated themselves to preserving those freedoms. **"All gave some, some gave all."**

Request For Volunteers

In the last issue of *Life at Ken-Caryl*, it was announced that Ken-Caryl Ranch was chosen to be the recipient of an award to help build the Veterans Monument. Through the efforts of Chris Sullivan of Aspen Meadows, the Decorative Concrete Council (DCC) of the American Society of Concrete Contractors accepted the design concept for the Veterans Monument and will complete all concrete flat work on a pro bono basis. The DCC would like to begin the concrete work in the spring/early summer of 2014. That portion of the monument will be completed within several days. The challenge for Ken-Caryl Ranch residents is to have enough donations to complete all the preparatory ground work before the DCC crews begin.

The KCR Veterans Monument Committee needs assistance in designing, equipping and preparing the site so the DCC can complete its pro bono work. Specifically, the project needs volunteers who have an expertise in civil engineering, structural engineering and electrical work. Any and all other volunteers are welcome as well.

The KCR Veterans Committee is pressing forward aggressively to collect sufficient contributions and identify the appropriate expectations so Ken-Caryl Ranch does not lose this great opportunity for pro bono work from the DCC.

All volunteers are encouraged to contact Byron Wicks at byronwicks@hotmail.com or Jeff Esbenshad at esbenshad@aol.com or 303-972-3968

Fundraising Efforts

Residents can purchase bricks for the Veterans Monument to honor veterans of the U.S. Armed Forces. There are a limited number of bricks available. A donation of \$300 or

more is acceptable. While the bricks will be engraved similarly, each brick will be personalized with the veteran's name, rank, branch of service and dates of service/conflict. Several sample bricks have been ordered and will be placed on display in the very near future.

Private donors contributing \$1,000 or more will be recognized at the "Silver" level. Their names will be engraved at the monument if they so desire. Contributors donating \$750 or more will be recognized at the "Gold" level in the same manner. A \$500 contribution reaches the "Bronze" level with the appropriate recognition.

Corporate sponsorship will be recognized similarly at a different location at the monument. Corporate sponsorship can be in terms of cash donations, materials or construction activities.

Plans for the silent auction/raffle at Q's Pub and Grille are under way. Several original paintings as well as limited prints have been promised for the auction. Sports memorabilia will be available. A resident of Cimarron recently promised a Rockies jersey signed by Todd Helton! Other signed and valuable items will be available as well. The

event will take place in early 2014 at Q's Pub and Grill, 10133 W. Chatfield Ave. Stay tuned for details!

Anyone wishing to make a contribution to the silent auction/raffle or join the Veterans Committee is encouraged to contact Byron Wicks at byronwicks@hotmail.com or 303-979-5884 or Jeff Esbenshad at esbenshad@aol.com or 303-972-3968.

How Do I Donate?

Donations are currently being accepted and all donations can be sent to the following address:

Ken-Caryl Ranch Veterans Monument
Attn: Darrell Windes
7676 South Continental Divide Road
Littleton, Co, 80127

Checks can be made payable to KCRMD, and please put "Veterans Monument" in the memo line. Be sure to identify if the donation is to purchase one of the bricks to honor a veteran. A phone number is helpful as the Veterans Monument Committee will have to make contact to obtain the appropriate information for engraving.

Visit the Ken-Caryl Ranch Veterans Monument website at <http://kcrveteransmonument.wordpress.com>.



The Veterans Monument Committee would like to wish the United States Marine Corps a happy 238th birthday. "On Nov. 10, 1775, the Continental Congress approved the resolution to establish two battalions of Marines able to fight for the independence at sea and on shore. This date marks the official formation of the Continental Marines," said 1st Commandant: Maj. Samuel Nichols (1775-1783).



Please join us for a Canned Food Drive November 23 and December 14 9 a.m.-6 p.m.

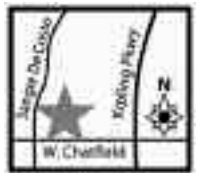
Three Non-perishable Items = One Free Deluxe Car Wash!
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Ken-Caryl Parent Network

Films And Wine At Upcoming Events

Submitted by Keri Pugh, KCPN

Ken-Caryl Parent Network guys, usher in ski season with a showing of a Warren Miller ski film! Plan to meet to watch an epic flick with friends and enjoy some beers on Nov. 21 at 8 p.m.!

The Couples' Wine Tasting Enthusiasts group meets in November to explore wines of the Pacific Northwest and champagne! Come share in some bubbly or an Oregon Pinot Noir to kick off the holiday season. This tasting will be held on Nov. 23 from 7 to 9 p.m. Bring one bottle of Pacific Northwest (Oregon/Washington) wine or a bottle of champagne PER COUPLE. Labels will be covered up, and we will do a blind tasting, noting preferences and voting for the best one!

See more details on these and other upcoming events at <https://www.bigtent.com/groups/kcpn>.

KCPN is a volunteer-based organization with 24 years of experience connecting families and parents on Ken-Caryl Ranch. KCPN offers parent-to-parent interaction with Special Interest Groups and kid-to-kid interaction with playgroups. Parent education opportunities are offered through expert speaker series, and holiday parties are thrown each year, giving a chance for the whole community to come together. Are you interested in joining? Membership inquiries can be sent to info@kencarylparents.com. We look forward to seeing you at an event soon!



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Ken-Caryl Ranch Historical Society



Karen Van Gundy, who co-wrote the video script and also narrates the video, is the great-great granddaughter of James Adams Perley. In this photo, she is wearing clothing that belonged to her great-grandmother, Emma Josephine Perley Beall.

Stories Of The Perley Family Shared In New Video

The Ken-Caryl Ranch Historical Society has produced a third online video in a continuing series that informs residents of the Ranch's extensive history. "Stories of the Perley Family" is told by Karen Alonzi van Gundy, great-great granddaughter of James Adams Perley, the pioneer who immigrated to Colorado during the gold rush days and eventually settled in 1895 on the North Ranch site of the current Bradford-Perley House.



James Adams Perley bought the land located by the red rocks in the North Ranch in 1895.



This photo of the Bradford-Perley House from about 1910 shows the ranch, including some of the farm buildings and a pond.

Her stories share the adventures of James Adams Perley's travels from his home in northern Vermont, across the United States to Black Hawk, and finally to the foothills of what was to become Ken-Caryl Ranch. Karen

shares memories of her grandfather describing life at the Ranch a century ago. This video is available on the Ken-Caryl website, www.ken-carylrancho.org, under Community & News, then History of Ken-Caryl Ranch.

Toy Drive For Children In Need Collection Boxes At Ranch House And Community Center

Collection boxes for a toy drive benefiting 5,000 Jefferson County children in need are located at the Ranch House Recreation Office and the Community Center. Please consider making a donation of a new, unwrapped toy from Nov. 20 through Dec. 14.

The toys will go to The Action Center's Santa Shop. The Santa Shop allows parents to "shop" for their kids' holiday gift(s) completely free of cost. Struggling families face difficult decisions during the holidays — to pay this month's rent or buy presents, to put food on the table or have a happy holiday. This seasonal prevention program allows families with fragile finances to avoid crisis and stay on a pathway to self-sufficiency.

It will take more than 16,000 toys to meet the need this year. You can be part of the holiday joy that is brought to parents who otherwise would not be able to provide for their children. Please see the list of items needed:

- Remote-Controlled Toys
- MP3 Players
- iTunes Gift Cards
- Hand-held Electronics
- Scooters/Skateboards
- Bikes/Helmets
- Dolls/Action Figures
- Makeup/Nail/Craft Kits
- Footballs/Soccer Balls
- Books
- Hats/Scarf Sets
- Sweaters/Jackets
- Stuffed Animals

The Action Center is a human-service non-profit organization that offers the single-most comprehensive range of services to struggling residents of Jefferson County and the homeless. It meets the immediate needs of clients, treating them with respect and dignity. Then it provides clients with the resources needed to develop pathways to self-sufficiency, breaking the cycle of poverty.

You can also make a financial contribution or drop off items at The Action Center before Dec. 11. The Action Center's donation dock is located at 8755 W. 14th Ave. in Lakewood. Dock hours are weekdays from 8:30 a.m. to 4:30 p.m. (Thursdays until 7 p.m.) and Saturdays 9 a.m. to noon. Find out more at www.theactioncenterco.org. Thank you for your contribution to The Action Center.



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Brian Boyle D.V.M.
Ryan Henderson D.V.M. M.S.

303-980-4444

*Call For Details. Some Restrictions Apply.

SOLD!

North Ranch
4 Blue Grouse Ridge
\$759,000

Beautiful open space lot with mountain views. Updated kitchen with cherry cabinets, granite slab, travertine tile, built-in refrigerator and stainless appliances. 6 bedrooms, 5 bathrooms. 3855 sq ft plus 1413 finished in the basement. New tile roof. Unique home with lovely views! Backs to trails!

Under Contract!

Barrington Ridge • 5 Mountain Cedar • \$949,000

Beautiful 5 bedroom, 5 bath home. Huge finished walkout basement. Backs to open space. Professionally landscaped. Move-in condition!

LYONS RIDGE

Would you like to know more about the new homes in Lyons Ridge in Willow Springs along the golf course at Red Rocks Country Club? Homes being built from the \$500K including ranch style homes with golf course and open space lots. Call Beth for more details about the development, floorplans and lot selection!

SOLD! North Ranch
5 Blue Grouse Ridge

SOLD! Deer Creek
23 Manzanita

Happy Thanksgiving!
 Hope your day is a special one!
 Beth and Jim

SOLD! Legacy
6 Summit Ash



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Michael Aden
303.525.4896
michael@coloradohomerealty.com



Greg Milano
303.888.9228
gregmilano@comcast.net



Manor Ridge
11 Tamarade Drive
\$950,000



Deerwood Vista
4 Amberwood Lane
\$739,000



North Ranch
53 Golden Eagle Lane
\$829,000



Deerwood Vista
4 Mountain High Court
\$749,000



Bradford Place
4 Bark Cherry
\$690,000



Legacy
29 Desert Willow Lane
\$559,000



Heirloom
25 Pin Oak Drive
\$530,000



Saddlewood
12159 Little Haystack Mountain
\$315,000



North Ranch
10 Golden Eagle Lane
\$859,000



Manor Ridge
1 Tamarade Court
\$745,000



Legacy
1 Desert Willow Lane
\$489,900



Heirloom
30 Pin Oak Drive
\$475,000

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Community Corner

Mark Your Calendar!

Ken-Caryl Celebrates Christmas & Holiday Events!

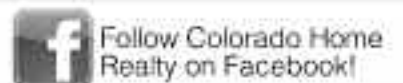
Come meet Santa at the Ranch House on **Dec. 6 at 5 p.m.**

And then...

Come pick out your Christmas tree at the Dakota Lodge on **Dec. 7 at 8 a.m.**

Happy Holidays!

Mike Aiko
Brian Greg





Local Veterinarian Shares Fond Memories Of Growing Up On Ken-Caryl Ranch

Running from black bears on Massey Draw Trail, spending summers swimming at the Community Center, and exploring every nook and cranny behind the hogback, Dr. Ryan Henderson can say he had his fill of adventures growing up on Ken-Caryl Ranch in the Valley. Now a new adventure awaits him, working alongside his father, Dr. Tony Henderson, helping to provide excellent medical care for area pets.

"I remember growing up watching my dad be in his element at work. Always smiling and making others smile. That is why I wanted to be a veterinarian. He made it look like so much fun," said Ryan.

After building a wonderful foundation for his education at Bradford Elementary and Bradford Intermediate, Ryan then went on to graduate from Chatfield Senior High School. He then attended Colorado State University for both his bachelor's and master's degrees. After that, he graduated with his Doctorate

in Veterinary Medicine from the University of Illinois.

Ryan has been practicing veterinary care for the last two years near Ogden, Utah. During his time there, he participated in the No More Homeless Pets program where he spayed and neutered pets owned by low-income families. His passions and interests in veterinary medicine include internal medicine, neurology and orthopedic surgery.

Ryan and his wife Megan returned to Colorado with their two shelter dogs, Penny and Jack, and two cats, Lucy and Optimus Prime. "My wife and I are extremely excited about returning back to Colorado not only for the

state-of-the-art medicine practiced at Fox Hollow, but also for the rock climbing, hiking and snowboarding," he said.

"Working with my dad will bring a unique level of authenticity and trust that I think clients will appreciate," Ryan said. "My new and fresh education and my father's 30 plus years of experience will be a perfect combination for excellent medicine as well."

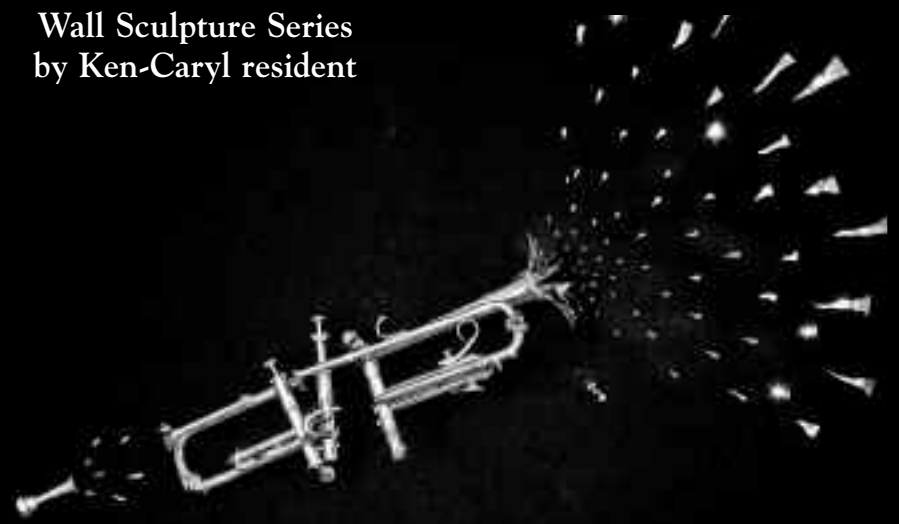
Fox Hollow already provides healthcare to a large portion of Ken-Caryl. In the month of December, Fox Hollow will offer 15 percent off an examination for new clients. To schedule an appointment, call 303-980-4444. For more information about Fox Hollow, visit www.foxhollowvet.com.



Father and son duo Tony and Ryan Henderson offer veterinary care at Fox Hollow Animal Hospital.

"Exuberance No. 2"

Wall Sculpture Series
by Ken-Caryl resident



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for other works, prices and availability.

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Ken-Caryl Ranch Metropolitan District RECREATION ACTIVITIES

For Your Information

How To Register For Classes & Events

- **Online:** Go to ken-carylranh.org and click on Registration under Programs & Activities.
- **Phone-In:** Ranch House 303-979-4070, Community Center 303-979-2233
- **Mail-In:** Download a registration form at ken-carylranh.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 and Discover accepted. Check and cash accepted for walk-in and mail-in.

Nursery Hours

Community Center
Monday through Friday
8 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, Community Center. This includes any Ranger programs. Requests need to be made during normal business hours. Each refund will be assessed a \$10 service charge, unless the class is cancelled by the Ken-Caryl Ranch Metropolitan District.

\$

Preschool Programs

Thanksgiving Break Mini-Camps

Are you working over Thanksgiving break? Needing more time at home to prepare for visiting company or family travel? Register your preschooler for one day of learning fun or the entire session. We've scheduled a **SPECIAL PROGRAM** for each morning of camp, and are excited to welcome some on-site programs that will keep your child movin' and groovin' while school is out, including **The Children's Museum of Denver** and **Littleton's School of Rock Little Wing Program**.

The remainder of each day will follow a typical preschool schedule complete with singing, games, crafts, stories, science and cooking. Small, healthy snacks will be provided in the mornings and afternoons. All children must be at least 3 years old and toilet-trained. Please send your child with a change of clothes and appropriate outdoor gear to fit weather conditions.

Little Learners (half-day program)

Ages: 3 - 5 years
Times: 9 a.m. - 12 p.m.
Location: Community Center
Fee: Res: \$17, Non-Res: \$21 per day (includes cost of daily Special Program)
Min: 4, **Max:** 8
Course #: see chart for individual dates

Explorers (extended-day program)

Ages: 3 - 5 years
Times: 9 a.m. - 3 p.m.
Location: Community Center
Fee: Res: \$34, Non-Res: \$38 per day (includes cost of daily Special Program)
Min: 4, **Max:** 8
Course #: see chart for individual dates

Don't need the mini-camp schedule, but would love to attend the Special Programs on your own? We'd love to have you join us!

Littleton's School of Rock — Little Wing

Program: Your child will participate in engaging activities set to classic songs that inspired adults and kids throughout history. Great activities and games are set to some of the most important music of our time.

Ages: 4 - 5 years
Date and Time: Monday, Nov. 25, 11 a.m. - 12 p.m.

Location: Community Center
Fee: Res: \$10, Non-Res: \$12
Min: 8, **Max:** 12
Course #: see chart for "Special Program ONLY"

Environmental Education with Ranger Ernie

We'll take a real look at our nation's history to learn about where the tradition of celebrating Thanksgiving came from. We will re-create the first Thanksgiving feast from the planting of seeds to setting the table, learning about the food we grow and the animals we live with along the way.

Ages: 3 - 5 years
Date and Time: Tuesday, Nov. 26, 9:30 a.m. - 12 p.m.

Location: Community Center
Fee: see chart
Min: 4, **Max:** 15

Course #: see chart, must register for Little Learner or Explorer Program.

Special Program: The Children's Museum of Denver — World Dance & Drumming

Children will take a journey around the world as they learn about drums and dancing from diverse cultures. Students will try their hands at different drums in this interactive musical adventure combining geography, arts and culture.

Ages: 4 - 7 years
Date and Time: Wednesday, Nov. 27, 10:30 - 11:30 a.m.

Location: Community Center
Fee: Res: \$10, Non-Res: \$12
Min: 8, **Max:** 15

Course #: see chart for "Special Program ONLY"

	Little Learner (9 a.m.-12 p.m.) Special Program Included	Explorer (9 a.m.-3 p.m.) Special Program Included	Special Program ONLY
Monday, Nov. 25	27755	27758	27761
Tuesday, Nov. 26	27756	27759	n/a
Wednesday, Nov. 27	27757	27760	27762

Thanksgiving Hours

Community Center

Thursday, Nov. 28 • 8 a.m. - 12 p.m.
Friday, Nov. 29 • 8 a.m. - 5 p.m.
Saturday, Nov. 30 • 8 a.m. - 5 p.m.
Sunday, Dec. 1 • 8 a.m. - 8 p.m.

Ranch House Recreation Office

Thursday, Nov. 28 • Closed
Friday, Nov. 29 • Closed

Need An Elegant/Casual Site For Your Holiday Party, Wedding Or Corporate Seminar?

Meeting and party space in the Ken-Caryl Ranch House may be reserved! For fee and reservation information, please call Terry or Mary Lou at 303-979-1876.

Recreation Office Hours

Ranch House Recreation Office
(303-979-4070)

Monday - Friday • 8 a.m. - 6 p.m.
Saturday • Closed
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. - 8 p.m.

Attention Patrons

Finger scanner or ID cards are required for admittance to use the Community Center and Ranch House fitness areas or you will be required to pay the drop-in rate. No exceptions.

Get a Jump on Winter! SAVE \$50*

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Red Hat Divas

The monthly meeting schedule is as follows:

Nov. 26 — Red Hat meeting
10:30 a.m. - 12:30 p.m.
(Ranch House Adult Lounge)

Jan. 28, 2014 — Red Hat meeting
10:30 a.m. - 12:30 p.m.
(Ranch House Adult Lounge)

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

Story Time At The Ranch House Ends Nov. 22

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.

Ages: All ages
Dates: Fridays through Nov. 22
Time: 10:15 a.m.
Location: Ranch House Dance Room
Fees: FREE!

I would like to give a big

Thank You

to those who participated in & supported the 2013 Ken-Caryl Home Tour!

You've toured the homes, tested communities, and tossed your excess...
Is 2014 the year for a lifestyle change?

It could be a fresh home in Ken-Caryl, a trendy city flat, or new community of ranch style homes just around the corner! Let me help you move through the process towards your new lifestyle!



303-521-2133

303-322-2202

susanmiesen@gmail.com

susanmiesen@remax.net

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Holiday Happenings

Feestivities will begin Friday
December 6th at 5:00pm!

Holiday Happenings will take place at the Ranch House with the Jolly 'ol Fella himself ready to hear Christmas wishes from the little ones.

This annual tradition ushers in the holiday season with the sounds of the Heritage Methodist Church Bell Choir, Hay Wagon Rides, Bake Sale, Free Professional Photos, Holiday Crafts and Games.



Holiday Happenings will be brought to you by Colorado Credit Union, SCFD, and KCRMB

Youth Programs

Winter Camp Registration

Get ready for an adventure packed week! We'll provide laughter, learning, and fun!

Dates: Monday, Dec. 23 - Tuesday, Jan. 7
(Program closed Dec. 24, Dec. 25 and Jan. 1; Program closes at 4 p.m. Dec. 31)

Times: 6:45 a.m. - 6 p.m.

Field Trip Times: Generally 9 a.m. - 4 p.m.
Exact times will be listed in confirmation packets.

Location: Ken-Caryl Ranch House.

We will travel each day.

Ages: Grades K-6

Fee: Res. \$32/day, Non-Res. \$37/day.

All field trip costs are included.

What to Bring: Lunch, two snacks and warm clothes for playing outside.



WINTER BREAK SCHEDULE:

Monday, Dec. 23: Family Fun Center (SSPR) Course #27795

Tuesday, Dec. 24 - Wednesday, Dec. 25: Happy Holidays! No Camp.

Thursday, Dec. 26: Wildlife Experience Course #27796

Friday, Dec. 27: Sledding & Fun City Course #27797

Monday, Dec. 30: Pepsi Center Tour Course #27798

Tuesday, Dec. 31*: Elvis Cinema Movie Course #27799

*Program closes early at 4 p.m. *

Wednesday, Jan. 1: Happy Holidays! No Camp.

Thursday, Jan. 2: Ridge Recreation Center Course #27800 (climbing & swimming)

Friday, Jan. 3: Denver Museum of Nature & Science Course #27801

Monday, Jan. 6: Mid-Air Adventure Course #27802

Tuesday, Jan. 7: Downtown Aquarium Course #27803

Field trips subject to change due to weather or unforeseen circumstances.

To Register:

- Complete registration form (available online or at the Ranch House) and return it to the Ranch House with payment.
- Priority B&A registration is through Nov. 20.
- Open public registration begins Monday, Nov. 25.
- Cancellations will receive an account credit with seven days notice.

For more information, please contact Melissa at 303-979-4070, ext. 136 or melissab@kcranch.org.

Visit

www.ken-carylranh.org for updated information on upcoming meetings and other events.

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Holiday Happenings

Schedule Of Events

Friday, Dec. 6

- 5 to 8 p.m.
Visit with Santa.
Get free professional photos or bring your own cameras.
Upstairs Adult Lounge
You must have a ticket for a time slot reservation to have your picture taken with Santa. To reserve a Santa time slot, tickets will be available at the Ranch House beginning Friday, Dec. 6 at 8 a.m.
- 5 to 8 p.m.
Holiday Crafts & Games
Aerobics Room
- 5 to 8 p.m.
Bake Sale by Chatfield High School Marching Band
Upstairs Adult Lounge
- 5 to 8 p.m.
FREE Cookies and Cider
Ranch House Main Lobby
- 6 to 8 p.m.
Heritage Methodist Church Bell Choir
Ranch House Main Lobby
- 6 to 8:30 p.m.
Hay Wagon Rides
Outside in front of Ranch House

Thanksgiving Fitness & Yoga Schedule • Nov. 23-29, 2013

Classes in ALL CAPS are appropriate for beginners.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7 a.m.	Interval Challenge Carla		Muscle Plus Kerry	THANKSGIVING Open 8 a.m.-Noon			
7:15-8:10 a.m.	MAT PILATES Carla		TONE IT UP Carla				
7:45-9 a.m.		Power Pump Theresa					
8:15-9:10 a.m.	Step & Sculpt Theresa		Interval Challenge Theresa				
8:30-9:30 a.m.				Interval Challenge With Janet		Step & Sculpt Instructors Vary	
9-10 a.m.							Step & Pump Chelsea
9:15-10:15 a.m.	Muscle Plus Janet 9:15-10:30 a.m.	MAT PILATES Lisa HATHA YOGA Petra	Power Pump Janet				
9:30-10:45 a.m.	Hatha Yoga Leslie		Power Yoga Petra			ZUMBA Renate 9:40 -10:40 a.m.	
10:35-11:35 a.m.	ZUMBA Elaine	Interval Challenge Janet 10:15-11:15 a.m.	ZUMBA Janet				
5:15-6:15 p.m.	HATHA FLOW Petra						
Evening Classes	MUSCLE SCULPT Yoga Room 6:15-7:15 p.m. • Kim MAT PILATES Lori • 6:30-7:30 p.m.		MUSCLE SCULPT 6:15-7:15 Kim				

To stay up-to-date on the latest news, make sure to like us on Facebook at www.facebook.com/ken-carylranh.

Specialty Classes

Puppy Preschool & Basic Obedience Classes

Join positive dog trainers Laurel Landsman and Dawn Winans and find out how much fun training your dog can be. Laurel and Dawn's dog training business is called Canine Frontier Training and Performance, LLC.

PUPPY PRESCHOOL CLASSES

Puppies under six months old. Must have had two rounds of vaccinations. Basic commands, socialization, general puppy behavior tips and tricks.

Days and Time: Tuesdays at 6:30 p.m.

Fees: Res. \$130, Non-Res. \$155

BASIC DOG OBEDIENCE CLASSES

For dogs over six months old. Basic commands plus home manners, focus work, tricks.

Days and Time: Tuesdays at 7:30 p.m.

Fees: Res. \$110, Non-Res. \$130

Puppy Preschool and Basic Dog Obedience Classes are held at the Dakota Lodge on the grounds of the Ken-Caryl Equestrian Center. Classes are for six weeks, and then we start a new series.

Questions or to register, please contact Laurel Landsman at 720-233-3461 or caninefrontier@gmail.com. Please visit Canine Frontier's website at: <http://caninefrontiertraining.com> or our Facebook page www.facebook.com/caninefrontier for more information.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7 a.m.	Interval Challenge Carla		Muscle Plus Kerry		Cardio Sport Nikki		
7:15-8:10 a.m.	MAT PILATES Carla		TONE IT UP Carla		TONE IT UP! Kerry		
7:45-9 a.m.		Power Pump Theresa		Power Pump Theresa			
8:15-9:10 a.m.	Step & Sculpt Theresa		Interval Challenge Theresa	HATHA YOGA Kari 8-9:15 a.m.	Interval Challenge Theresa		
8:30-9:30 a.m.						Step & Sculpt Instructors Vary	
9-10 a.m.							Step & Pump Chelsea
9:15-10:15 a.m.	Muscle Plus Janet 9:15-10:30 a.m.	MAT PILATES Lisa HATHA YOGA Petra	Power Pump Janet	Interval Challenge Janet	Barre Pilates Lisa		
9:30-10:45 a.m.	Hatha Yoga Leslie		Power Yoga Petra		Yoga Petra 1 st , 3 rd , 5 th : Power 2 nd & 4 th : Hatha	ZUMBA Renate 9:40-10:40 a.m.	
10:35-11:35 a.m.	ZUMBA Elaine	Interval Challenge Janet 10:15-11:15 a.m.	ZUMBA Janet				
4:30-5:30 p.m.		Afterwork Fitness Challenge Kerry		Afterwork Fitness Challenge Kerry			
5:15-6:15 p.m.	HATHA FLOW Petra						
Evening Classes	MUSCLE SCULPT Kim • Yoga Room 6:15-7:15 p.m. MAT PILATES Lori 6:30-7:30 p.m.	ZUMBA TBA 6:15-7:15 p.m.	MUSCLE SCULPT Kim 6:15-7:15 p.m.	MAT PILATES Lori 6:30-7:30 p.m. ZUMBA 6:15-7:15 p.m. Renate			

Visit www.ken-carylranh.org for updated schedules and information.

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Wren # 1,2 & 4
Goshawk # 2,3,4,6 & 7

COMPOSITE ROOFS:
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Honey Locust # 22,23,25 & 27
Dawn Heath # 57,58,60 & 65
Wintercress # 2,5,6 & 11
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Fitness & Wellness

Resolution Fitness And Weight Loss Competition Begins Jan. 8

Join our fourth annual fitness and weight loss competition to challenge you and your loved ones to get in shape for the New Year. This "Biggest Loser" type challenge will keep you motivated and inspired to lose weight in a fun, competitive and supportive setting. Watch for more information in the next issue of *Life at Ken-Caryl*.

Junior Weight Room Certification

The certification course is being held on the second Monday of every month from 3:30-5 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. There is a class minimum of two participants, and a maximum of eight. If the minimum is not met, class will be postponed until the next session.

Fees: Res: \$20, Non-Res: \$23

Date: Dec. 9 Course #26263

Tennis

Tennis Lessons & Leagues

Jan. 6 - Feb. 22

Adult registration begins Dec. 11
Junior lottery deadline is Dec. 15
Schedules available online Dec. 4
Current juniors evaluated during class the week of Dec. 9.

Cardio Tennis

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

Please observe levels:

Res:	\$10, Non-Res:	\$13		
Tuesday	9 - 10 a.m.	3.5-	Mark	
Wednesday	7 - 8 p.m.	3.5-	Naveed	
Friday	8 - 9 a.m.	3.5+	John/ Leslie	
Friday	9 - 10 a.m.	3.5-	Chris	
Saturday	8 - 9 a.m.	3.5+	Chris	

Preregistration required.
Call 303-979-2233 after 5 p.m. the night prior.

Cancellations made less than two hours in advance will be charged.

Drop-In Drills

Friday 10 - 11 a.m. with Chris • \$13

Course	Date	
26674	Nov. 22	Volleys
26675	Dec. 6	LoB/Overheads
26676	Dec. 13	Serve/Return
26677	Dec. 20	Santa's Surprise

Indoor Tennis Fees

COMMUNITY CENTER

(Four courts at the Community Center)

Reservations: Up to seven days in advance by calling 303-979-2233.

Cancellation Policy: Anyone cancelling an indoor court less than 24 hours in advance will be charged full fees unless the court can be resold.

Fees: Residents and Current League

Participants: \$24/hour
Non-Res. \$32/hour
Non-Jeffco \$38/hour
\$10/hour/Junior walk-on rate (same day reservation)

Black Friday Cardio Tennis & Head Demo Day

Friday, Nov. 29

Cardio 9 - 10 a.m. • Demo 10 - 11 a.m.

Work off the pumpkin pie, demo the new Head racquets and feed a family all at one time.

Register for Course #27823

Choose your donation at the time of registration: \$10, \$25, \$50, \$100
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Patient Testimonial

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Sincerely,
Karen S.

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Tennis News



The Ken-Caryl Ranch 7.5 Silver Tennis Team represented Colorado at the Mixed Doubles Sectional Championships held Nov. 1-3 in Las Vegas. Back row: Chris Sullivan, Troy Lowrie, Rachel Wagner, Robert Campbell, Shannon Buhl. Front row: Mike Moses, Susan Kozlowski (captain), Mike Medina, Jennifer Dawe (co-captain), Nancy Hiester. Not pictured: Liz Rapp.

Visit www.ken-carylranh.org for updated information on upcoming meetings and other events.

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Area Spotlight

Rugby Club Looking For New Players

SWARM Rugby is a high school rugby club combined from Columbine, Chatfield, Dakota Ridge, D'Evelyn, Front Range Christian and Mullen schools. It is actively recruiting new players for the 2014 season. SWARM competes against other clubs and high schools across the Denver area from January through April. Rugby is one of the fastest growing sports because it's a fun, international team sport. It is all about camaraderie, not just among teammates, but with the competition as well. For more information, please email swarmboysrugby@gmail.com.

Littleton Symphony Concert Dec. 6-7

The Littleton Symphony Orchestra will perform its annual holiday concert, *Great Stories of Christmas: The Nutcracker*, on Friday and Saturday, Dec. 6 and 7 at 7:30 p.m. at Littleton United Methodist Church, 5894 S. Datura St. in Littleton. This program will appeal to the entire family, and tickets for children and youth are free! Tickets are \$15 for adults, \$12 for seniors and FREE for youth 21 and under.

They may be purchased ahead at the Gorsett Violin Shop, 8100 S. Quebec, online at www.littletonsymphony.org or at the door (cash/check/credit card).

Belliston Ballet Presents The Nutcracker Nov. 30

The Belliston Ballet will present *The Nutcracker* Saturday, Nov. 30 at 2 p.m. and 7 p.m. and Sunday Dec. 1 at 1 p.m. and 4 p.m. at the University of Denver Gates Concert Hall at 2344 E. Iliff Ave. You can get discounted tickets by calling 303-933-4889 and mentioning "Rose." The discounted tickets are \$22 for adults and \$18 for children and seniors. Several Ken-Caryl Ranch residents are performing in the show.

Lutheran Chorale Concert Dec. 5

On Dec. 5 at 7:30 p.m., the Lutheran Chorale will perform a holiday concert titled *Welcome, Joyous Season* at the Lakewood Cultural Center. Tickets for this concert may be purchased only through the Lakewood Cultural Center, and seating is reserved. For more information, contact the Lakewood Cultural Center at 303-987-7845.

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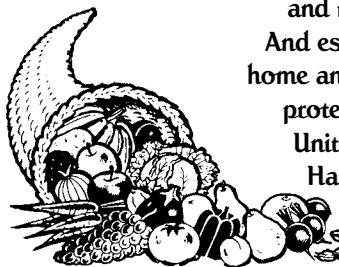
LEGACY



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— Dave & Kathy Heins (Sellers North Ranch)

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Nature News

Holidays At The Bradford House
by Environmental Education Specialist Ernie Stone



Maj. Robert Boyles Bradford moved to what is now Ken-Caryl Valley in 1859. The original part of the stone house found in the North Ranch was completed between 1859 and 1860. The Bradfords most likely celebrated their first winter holidays in their new home the winter of 1860. I wonder if Maj. Bradford hunted Massey Draw for a wild turkey to grace their Thanksgiving table. Thanksgiving was not a national holiday until Oct. 3, 1863, but many pioneer families celebrated with a feast and church services.

The celebration of Christmas with decorations and gifts started in the United States between the 1820s and 1830s. According to legend, the idea of a decorated Christmas tree was introduced by German soldiers who had been hired to fight for the British during the American Revolution.

The tree did not become part of the American holiday tradition until about 1830. Not all pioneer families had a Christmas tree, but holiday decorating was still part of getting ready for the holidays. They would decorate with pine boughs, wreaths and handmade ornaments that they hung in the windows. They made ornaments out of salt dough, and a yarn decoration called ojo de Dios (O-ho day Dee-ohs).

The ojo de Dios is a good-luck decoration that was made by Hispanic settlers in the hills around Santa Fe in present-day New Mexico. These colorful decorations are still made by the descendants of those early settlers and also by people in Mexico. The ojo de Dios, which means "eye of God" in Spanish, was traditionally made for an October festival.

In 1822, a man named Clement C. Moore wrote the poem that begins "'Twas the night before Christmas." The poem helped make Christmas a much more popular holiday. By 1843, Christmas was beginning to look like the festive holiday we know today — a time for family gatherings, a traditional dinner, decorations and, of course, gifts.

If the Bradfords had a tree, they might have strung popcorn, cranberries, and nuts and hung homemade or store-bought ornaments. If they had lights on their tree, they would have been candles. The lighting of the candles was a special moment, with everyone gathered around the tree. But the candles remained lit for only a few minutes. During that time, several people stood by with buckets of water, just in case.

Perhaps Mrs. Bradford had a photograph portrait made for Mr. Bradford to hang over the fireplace. In the early 1800s, only people who were fairly wealthy could afford to have their portraits painted. Silhouettes were a popular substitute for true portraits. A silhouette is a portrait cut from dark material and mounted on a light background. Viewers could easily identify the person, and the cost was very low.

In the late 1830s, a French artist named Louis Daguerre developed a technique for taking the first true photographs, called daguerreotypes. The technology of photography developed rapidly after that, and by the 1860s, photograph portraits were widely popular.

If you would like to experience what it might have been like to get ready for the

Story Time Ends
Nov. 22

This year's final story time at the Ranch House will be Friday, Nov. 22 at 10:15 a.m. Story time will resume in January. The Ken-Caryl Ranch Metropolitan District partnered with Jefferson County Public Libraries this fall to offer the exciting hour of family fun and children's literature. Join us for this free activity for all ages.



Residents can visit the Bradford-Perley House in Bradford Park in the North Ranch.

holidays in the 1860s, then come to the "Holidays At The Bradford House" on Saturday, Dec. 14 anytime between 10 a.m. and 11 a.m. The program meets at the Dakota Lodge. There will be stations where you can make holiday cookies, make an ojo de Dios and other ornaments, try some old-

fashioned hot chocolate, dip a candle, and much more. Pre-registration for all Environmental Educational programs is required. Call the Ranch House Recreation desk at 303-979-4070, the Community Center at 303-979-2233 or register online at www.ken-caryl-ranch.org.

Kids' Corner

Pioneer families used different kinds of berries, nuts, and pinecones to make ornaments and table decorations. Pinecones and nuts can be formed into all kinds of shapes like animals, people, angels, etc. Gather some pinecones and see what you can make or come to the "Holidays at the Bradford House" and make other ornaments for the time period.

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Our Rising Generation

Local Units Celebrate 100 Years Of Scouting

Submitted by Babzanne Barker

As onlookers held their breath, young Columbine area Scouts from BSA Troop 596 gingerly made their way across the Monkey Bridge, holding onto skinny ropes as they walked a tightrope several feet above the ground. Their Scout leaders stood nearby to catch anyone who started to slip.

A monkey bridge, part of a ropes course often used by Scout troops at summer camps in the mountains, was set up in the parking lot of a local church, one of 16 Scout activities and exhibits on display Tuesday, Oct. 29.

It was all part of "A Century of Honor," a Scouting Open House sponsored by the Church of Jesus Christ of Latter-day Saints and joined by the Boy Scouts of America Denver Area Council (DAC).

Several Ken-Caryl Ranch residents participated in the event, including Roy Jones, president of the Columbine Stake of the Church of Jesus Christ of Latter-day Saints. Displays and activities were hosted by the DAC and veteran Scouters Lew Cohn, Frank Leitz, Al Vigil, Doug Caldwell and Walt Bybee; as well as by several troops from the Colum-



Photo by Mark Stutz

Venture Scout Michael Barker stands with Roy Jones, president of the Columbine Stake of the Church of Jesus Christ of Latter-day Saints. Roy is a Ken-Caryl Ranch resident in The Spread.

bine Stake of the Church.

A game to test the players' knowledge of first aid; displays of Scout memorabilia; and pictures and scrapbooks of such activities as kayaking, outdoor camps and a five-day bicycle trip were some of the exhibits.

The 16 Eagle Scouts and six Silver Beaver recipients present were then recognized for their achievements, followed by a live, multimedia broadcast from Salt Lake City celebrating the LDS Church's 100-year anniversary of association with the Boy Scouts of America. The broadcast may be viewed online at www.scouts100.lds.org.

A popular interactive exhibit was the race-track used in the Cub Scout car racing event known as the Pinewood Derby. Those pres-

ent had fun racing the cars (carved from blocks of wood) that Cub Scout Den 552 provided. Long-time Scouter Frank Leitz brought decades of Scout memorabilia, including mementos from his attendance at five National and four World Scout Jamborees.

The hour-and-a-half-long broadcast from the LDS Conference Center in Salt Lake City included the history of Scouting presented in song, dance and theater — much of it presented by Boy Scouts and Cub Scouts themselves. World War II veterans talked about their Scouting days, reminiscing about the hiking and singing, the friendships, and the values they learned.



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Holidays Are A Time For Giving; Jefferson County Has 400 Families In Need

Jefferson County Human Services is looking for generous donors to join in making the 2013 holiday season a little brighter for families in need. The Holiday Giving Sponsor-A-Family Program serves children and families who are dealing with issues of child abuse and neglect and may not receive any gifts this holiday season. 400 families are in need.

The deadline to sign up is Nov. 27 and gift drop off takes place Dec. 2-4. General gift donations, food and diapers will be accepted until Dec. 20. There are two ways you can help:

- Sign up to sponsor a child or family.
- Donate items especially needed at this time: gifts for teens, non-perishable food items, diapers and children's books.

The Holiday Giving Sponsor-A-Family Program matches community members and businesses with children and families that are involved in the child welfare program at Jefferson County Human Services. Each individual is asked to provide needs and a wish list. Even though a child may need winter boots, he/she may also desire the latest toy or gadget. It is up to the giver what they wish to buy.

The program is also accepting any general toys and gifts, especially gifts and gift cards for teens, as there are many children and families who won't be matched with a donor. Simply fill out the Holiday Program Donor Form at jeffco.us/cyf/index.htm and an email will be sent with further instructions and a list of requested items. You may bring gifts wrapped, but please label them CLEARLY with the family member's name and family number.

Gift drop-off will take place Dec. 2-4 from 8 a.m. to 5 p.m. at the Jefferson County Human Services Building Cafeteria, located at 900 Jefferson County Parkway in Golden near the north building entrance. There will be assistance in unloading your vehicle if needed. Donors are welcome to come to the cafeteria for refreshments during gift drop-off week.



Minding Our Business

Core Essentials Resident Offers Pilates Studio In Her Home

by Community Relations Director
Victoria DeSair

Are you looking to improve your strength and flexibility but want to stay close to home for your workout? Ken-Caryl Ranch Village resident Linda Bravdica has the solution for you with her in-home Pilates studio, Core Essentials.

Linda received her Pilates certification in 1990 when she was working as a physical therapy assistant. She taught Pilates for Foot-hills and Carmody Recreation Center in Lake-wood for several years. She also served as a personal trainer. It was always a goal for her to have her own studio, and Linda opened Core Essentials in August in her home at 11367 Wolf Tooth Pass.

She offers private and duet sessions for clients. She can teach clients on the reformer, jumpboards, towers, Pilates rings and boxes. Additionally, she teaches body awareness/control, balance, injury prevention, flexibility, strength and how to build a strong trunk and core.

"My goal is to maintain a nurturing and educational environment where clients are encouraged to take functional health beyond the walls of my studio," Linda said. "I meet each client where they are and develop individual programs. I love to work with and be around people. Every day I get to work with people on the health of their bodies. I think it is so important that we know our bodies and take care of them."

Linda is also an avid runner, and she understands how important form is when running. "I witness so many people that just push their bodies without awareness and unfortunately, injuries always pop up. So, I love to help people learn about their bodies and how to prevent injuries. My clients are young,



Linda Bravdica runs her own Pilates studio in her home in the Village neighborhood on Ken-Caryl Ranch.

old, active, not active, thin and overweight. I am honored to work with such a diverse group of clients."

"The saying 'Do what you love' has been so appropriate to my life," Linda said. "I love helping others, and it has paid off. Many of my former clients from previous ventures have followed me, and I continue to train them. It's important that others in the area know about my business, and I would be more than interested in having discussions with people who want to take charge of their health. I am so excited that not only have I lived in this amazing neighborhood since 1992, but now I am a business owner, too, in the same area."

If you mention this article, Linda will give you 10 percent off a client's first purchase of a single or package of five or 10. Call 720-319-2403 or email core_essentials@yahoo.com for more information.

Editor's Note: The Minding Our Business section features businesses within the boundaries of Ken-Caryl Ranch. If you have a business you would like to submit for this section, contact Community Relations Director Victoria DeSair at 303-979-1876, ext. 122, or victoriad@kcranch.org.



Let Linda help you improve your strength and flexibility with her personalized Pilates sessions in her home.

School News

Jeffco Superintendent Announces Retirement

Dr. Cindy Stevenson, Jefferson County's longest serving school superintendent, has announced she will retire on June 30, 2014. The announcement was made at a Board of Education meeting Nov. 7.

Dr. Stevenson, a graduate of Jeffco schools, was appointed superintendent in 2002 and has worked successfully with 14 board of education members, strengthening the district's academic achievement, operations and financial management. During her tenure,

she helped to secure increased funding for the 85,000 Jeffco students with the passage of two bond elections and two mill levy overrides. Dr. Stevenson was named the 2010 Colorado Superintendent of the Year and was one of four finalists for the national award.

"The past 12 years have been the best years of my life. This is an exceptional school district, and it's been my honor to lead an amazing staff of talented people. I'd like to thank my team, the community and our students — they have made my life joyful," said Dr. Stevenson.



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New Price!

26 Mountain Pine

Wynterbrooke – Ken-Caryl Valley
\$475,000

Sensational Ken-Caryl Valley home approaching 3,500 of finished living space! 3 bedrooms upstairs, 4 baths total and 1 additional bedroom in the basement (non-conforming). Oak hardwood floors, updated lighting, vaulted ceilings, newer paint and new carpet in family room and basement. Classy kitchen with island, new stainless steel appliances and slab granite counters plus eating area. Spacious master suite w/ 5 piece bath (dual sinks) and walk-in closet. Professionally finished basement with room for media center, a play area or space for the occasional guest! Large, flat yard plus a newly stained deck. With a three car tandem garage and a new roof, all your needs have now been met!



Elegant Updates!

3 Tamarade Drive

Manor Ridge – Ken-Caryl Valley
\$1,275,000

New news — this exclusive Manor Ridge home has been recently updated with new carpet, new paint and bathroom remodels! A country estate that sits on almost two acres backing to Open Space — formally considered horse property. An ideal family home with 7 bedrooms, 8 bathrooms, offering over 7,200 square feet of finished living space. A four car garage provides room for all the "toys" and a custom media/rec room in the basement shall provide hours of fun for all. Spacious modern kitchen, a sunny breakfast room, plus a family room with walls of windows boasting a brick fireplace and wet bar. An enormous master suite offers an updated bath and reading retreat. All other bedrooms are "upstairs," on the second and third floors. Explore!



Fantastic Price!

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The Retreat – Ken-Caryl Valley
\$589,000

Elegant front brick exterior on a cul-de-sac, boasting over 4,300 square feet of finished living space. Family friendly with four bedrooms upstairs and another secluded in the fully finished basement. Granite counters in kitchen augmented by a custom backsplash and island! New upstairs paint, soaring ceilings & gleaming hardwoods. All baths have been updated, including luxurious appointments in the master. Large, "Private" and low maintenance fenced back yard with mature landscaping and apple tree! Just steps to open space trails. Come take another look!



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Owner Of Local Goddard School Honored At Convention

Amanda King of The Goddard School located at 8010 Shaffer Parkway in Littleton joined more than 350 Goddard School franchisees at the 2013 Goddard School National Franchisee Convention in Nashville, Tenn., to discuss the latest innovations and advancements for providing the highest quality, play-based educational childcare programs in a technology-driven age.

A highlight of the gathering was the award ceremony, where Amanda, a Ken-Caryl Ranch resident in the Wynterbrooke neighborhood, received the Market of Excellence Award.

"It was exciting to be recognized at this year's convention. For the past 25 years, The Goddard School has nurtured children

into respectful, confident and joyful learners, and we are focused on raising the bar even higher over the next 25 years," said Amanda. "I am proud to ensure that children have fun while learning the skills they need for long-term success in school and in life."

Inspired by The Goddard School philosophy of learning through play for its children and families, the convention blended education and fun to motivate, inspire and energize franchisees.

To learn more about The Goddard School located at 8010 Shaffer Parkway in Littleton, please call Amanda at 303-932-7499, visit www.goddardschool.com or call 1-800-GODDARD.



The Goddard School owner Amanda King interacts with the kids on a daily basis. The school is located at 8010 Shaffer Parkway in the Ken-Caryl Business Center.

Ken-Caryl Ranch License Plate Holders For Sale



Want to show your Ken-Caryl Ranch pride? You can now purchase a Ken-Caryl Ranch license plate holder for \$5 at the Ranch House or Community Center. Proceeds from the sales of the license plate holders will go to preserving the history of Ken-Caryl Ranch.



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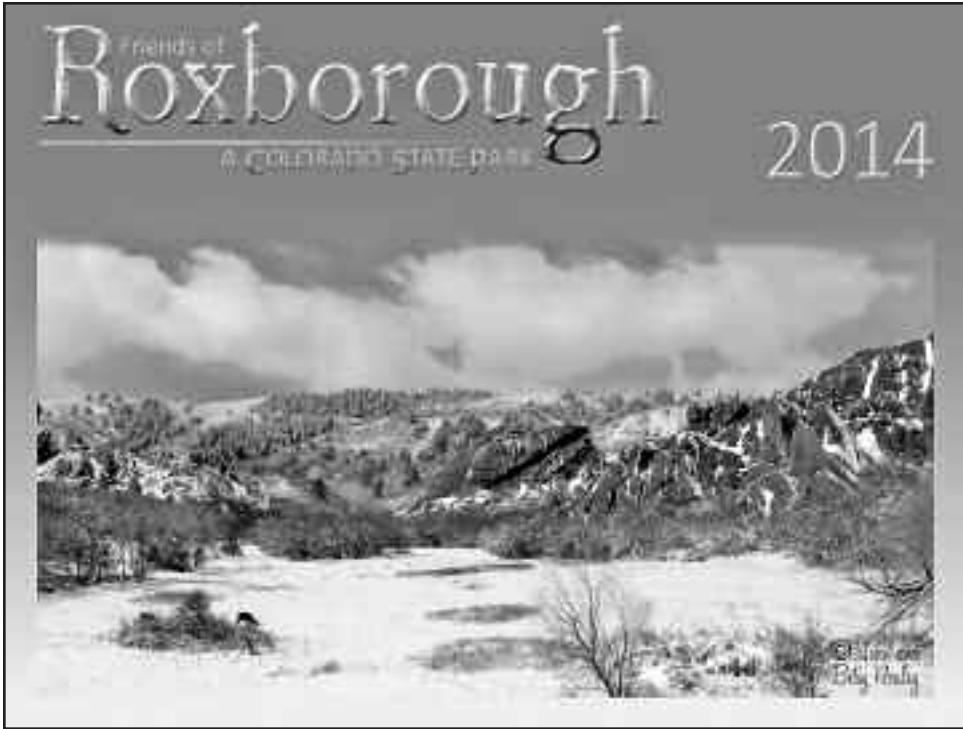
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Roxborough State Park 2014 Calendars On Sale Now

Take a trip to Roxborough State Park and step in to the peace and tranquility of nature. Just in time for gift giving season, the Friends of Roxborough State Park have created a calendar with gorgeous images that bring the tranquility of the park to you. Top quality photos were selected through a juried process to give you a glimpse of the natural wonders you can find at Roxborough State Park. Buy a calendar and support the educational and interpretive mission of the park. The Friends is a not-for profit organization. Contact RoxParkFriends@gmail.com to place or an order.

Library News

Jeffco's Belmar Library Is Assistance Site For Connect For Health Colorado Sign-Up Sessions



Certified Health Coverage Guides from Jefferson County Human Services will be available to help Jefferson County residents learn about and sign up for health insurance through the Affordable Care Act on the "Connect for Health Colorado" online health insurance marketplace. "Connect for Health Colorado" is the only place where Coloradans can find out if they are eligible for the new income-based federal financial assistance and use the benefits right away.

Personal assistance will be offered on the following dates and times at the Belmar Library:

- 12:30-8 p.m., Wednesday, Nov. 20
- 9 a.m.-5 p.m., Monday, Nov. 25
- 12:30-5 p.m., Wednesday, Nov. 27

Catching Fire Movie Release Event

The Columbine Public Library is hosting a *Catching Fire* movie release event on Friday, Nov. 22 at 5:30 p.m. for youth ages 12-18. Compete in Hunger Games style once again in anticipation of the movie release! The Hunger Games arena returns — hone your survival skills and compete against other teens in a fight to the death ... by sticker, that is. No teens will be harmed at this event! Snacks will be provided. Register online ahead of time because attendance is limited.

Littleton Symphony Free Children's Concert Nov. 23

Join the Littleton Symphony for a free family concert that is all about fun and learning on Saturday, Nov. 23 at 2:30 p.m. at Littleton United Methodist Church, 5894 S. Datura St. This concert will feature two completely different interpretations of the fairy tale involving Three Little Pigs and the Wolf. Is the infamous wolf really big and bad, or is he just the victim of poor timing? Join us and decide for yourself! Maestro Jurgen de Lemos will be highlighting the different sections of the orchestra, and there will be opportunities to help him conduct the orchestra. No tickets needed! For more information, visit www.littletonsymphony.org or call 303-933-6824.

Coats For Colorado Drop-Off Location At Homewood Suites

Submitted by Lauri Wallin, Homewood Suites

Join 7 News and Dependable Cleaners in a long-standing tradition of keeping Colorado warm by donating to Coats for Colorado. Bring your gently used or new coats to the Homewood Suites SW Denver/Littleton, located at the southeast corner of Ken Caryl and C470 at 7630 Shaffer Parkway, between Oct. 1 and Nov. 30.

There is a drop-off box located in the lobby, which is open 24 hours a day, seven days a

week. Coats will be distributed to charitable organizations, homeless shelters and thousands of Coloradans in need.

Homewood Suites General Manager Jeanette Ridl said, "The Homewood Suites Littleton is delighted to be a drop-off center for this charitable effort. We are so proud of our Littleton/Ken-Caryl community and know that we can count on a tremendous amount of support from our neighbors."

For more information, contact the hotel at 720-981-4763.



Employees at the Homewood Suites Littleton go through all of the coats that were donated during last year's Coats for Colorado drive.

Life At Ken-Caryl Archive Online

Have you ever wanted to look back at an article or ad from a previous issue of *Life at Ken-Caryl*, but you can't find your paper? There are now archives of the paper going back to Aug. 1, 2012, on www.ken-carylranh.org under Community & News. You can download PDFs of the back issues from the site.



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Humor Me

Things My Parents Said

Submitted by David LeSueur, Legacy Editor's Note: David LeSueur is a Ken-Caryl Ranch resident in the Legacy neighborhood. He has been writing columns since 2006 for The Denver Post, the National Multiple Sclerosis Society magazine and various other publications. You can read his blog at <http://lesueur926.blogspot.com/>.

Researchers in Omaha, Neb. have confirmed that the advice my parents gave me when I first went out on my own was true: don't go grocery shopping on an empty stomach. The study showed that people who shop for groceries while hungry tend to choose items with more calories and also buy more junk food. A spokesman for the study recommended eating a snack right before shopping.

I was curious whether other things my parents told me were equally true, so I went to the study's website. As I had hoped, there were a number of helpful reports. Unfortunately, the links to those studies no longer work, so you will have to be satisfied with the summaries I have put together. The statements by my parents are in bold.

Turn off the lights! Do you think I own stock in the electric company? It turns out that 70 percent of parents who say this actually DO own stock in the electric company, usually through their 401(k) plans.

If everyone else were jumping off of a bridge, would you jump too? Mothers brought in children who were doing something because "everyone else was doing it."

The kids were taken to a bridge and were told that their friends had all jumped off of it. 30 percent of the children jumped off of the bridge. The ones who survived all said they would never do it again.

Make sure you put on clean underwear before you leave the house. You never know when you might be in an accident and end up in the hospital. The kids in the prior study were used for this one as well. They were all given this advice by their mothers before being brought to the bridge. 80 percent of them chose to wear clean underwear. Researchers talked to the kids who survived the fall and found that the ones wearing clean underwear were treated better at the hospital. However, no correlation was found between wearing clean underwear and surviving jumping off of a bridge.

How many times do I have to tell you? According to the study, seven times. Why? Because I said so! Researchers examined nearly 5,000 cases where a mother gave this response to a child and concluded that the mother was justified 100 percent of the time. Oddly enough, the study provided no data or reasoning to support the claim. I called my own mother to ask her why, and she said "Because I said so!"

Someday you'll thank me for this. This study was the most requested one by parents in the Omaha area. Researchers followed nearly 25,000 children for 30 years. So far, none of them has thanked their parents for that.

Beds are not made for jumping on. It was determined that it was too dangerous to test this hypothesis on humans. So the Study Center asked a Norwegian animal trainer

named Peta to bring in some subjects. Soon there were three little monkeys jumping on the bed. One fell off and broke his head. Peta called the doctor and the doctor said "No more monkeys jumping on the bed!" The study was immediately terminated without reaching a conclusion. I did a Google search on "Beds made for jumping on" and couldn't find any. This seems like a great opportunity for some entrepreneur out there.

Do you think your socks are going to pick themselves up? This study tried to answer two questions. First, how many children actually THOUGHT that the socks were going to pick themselves up? The answer was 21 percent. Second, how often did the socks ACTUALLY pick themselves up? Disappointingly, that only happened 1 percent of the time.

There were some other studies, but I don't remember them and as I said before, the links are no longer working. But if you have any other questions, let me know and I'll ask my friend Ted who lives down the street. He knows a lot of stuff.

Foothills Animal Shelter Featured Pets



Sasha (#116036) Sasha is a 10-year-old female Mini Pinscher mix. She's a people-loving performance artist who knows several commands. As a senior pet, Sasha's adoption fee is \$80 and includes her spay, vaccinations, microchip and health check. Visit www.FoothillsAnimalShelter.org to see Sasha and other spectacular pets like her.



Ben (#126050) Ben is a 6-year-old male domestic short-haired mix. This confident and outgoing fellow gets along just fine with other cats. Pick Your Purrfect Price and choose Ben's adoption fee, which includes his neuter, vaccinations, microchip and health check. Visit www.FoothillsAnimalShelter.org to find out more about Ben and other delightful pets like him.

Chanukah Celebration Dec. 4

Congregation B'nai Chaim will have its congregational Chanukah celebration Wednesday, Dec. 4 at 6:30 p.m. at 4716 S. Coors Lane in Morrison. It will begin with a buffet style dinner. The Religious School families will be bringing latkes, sour cream, apple-sauce, doughnuts, cookies, cheese platter, fruits and vegetables. Everyone is welcome to bring additional dairy (meatless) treats. Dinner will be followed by an abridged service in the sanctuary, which will include songs and a special play. Remember to bring your chanukiyot (Chanukah menorahs) and nine candles. Congregation B'nai Chaim is a Reform Jewish Congregation serving the southwest Denver metro area. Visit www.bnaichaim.org or "Like" Congregation B'nai Chaim on Facebook.

LETTERS TO THE EDITOR ARE WELCOME AND ENCOURAGED from any Ken-Caryl resident in good standing or from any elected official. Letters should be concise — no letters over 350 words — and must be received by 5 p.m. on the deadline date, the Monday of the week prior to the edition date. Letters must include name, address and phone number (daytime). Residents may submit up to eight letters to the editor per calendar year. Letters will be printed, space available, and may be edited. Editor retains right to appropriateness and content. 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.

Deadline 5 p.m. on Friday, Nov. 22, for the Dec. 4, 2013 issue of *Life at Ken-Caryl*.

Email to victoriad@kcranch.org

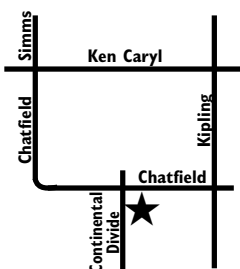
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Includes:
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