



Life at Ken-Caryl

Vol. XXXVI, No. 23

Ken-Caryl Ranch Master Association • www.ken-carylranh.org
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Nov. 6, 2013

KCR Veterans Monument To Receive Pro Bono Concrete Work

Submitted by Byron Wicks, Aspen Meadows

Several weeks ago, Aspen Meadow resident Chris Sullivan notified the Ken-Caryl Ranch Veterans Monument committee of a project that he was involved in regarding construction efforts to support American Veterans.

Chris had been following the articles in *Life at Ken-Caryl* and determined that the project might qualify for support from the Decorative Concrete Council of the American Society of Concrete Contractors (DCC). Chris requested and received the recently approved design concept plans from the Veterans Monument Committee. He presented those plans to the decision-making board of the DCC.

Chris advised the Monument Committee that the project had been approved by the DCC, which means the DCC and associated companies will complete all concrete work pro bono. The concrete work is valued at approximately \$12,000! Chris will be the main liaison between the DCC and the Veterans Monument Committee during the concrete construction portion of the building process. The preferred timeframe for the start of construction is spring/early summer 2014. In the meantime, all preparation for the concrete installation must be completed. Thank you to Chris for a job well done!

Veterans Monument Background And Donation Levels

The concept of the Ken-Caryl Ranch Veterans Monument was conceived and approved with the understanding that the entire

project would be funded by donations from the residents, friends of Ken-Caryl Ranch and local businesses.

There are no current plans to have either the Master Association or the Metropolitan District contribute money to the fund. Contributions of any amount are welcome and all will be acknowledged and recognized in writing.

The Veterans Monument Committee has developed a number of ways for the benefactors to be recognized based on the amount of their contributions. 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 man-

ner. 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. Specific levels of corporate recognition will be posted on the Veterans Monument website, www.kcrveteransmonument.wordpress.com.

Monument Bricks To Recognize Veterans

The design of the Veterans Monument incorporates the idea of using engraved bricks to recognize Ken-Caryl Ranch residents, family members or special friends who have served honorably in the United States Armed Forces. Anyone who took the oath to defend the Constitution of the United States and served on active duty is eligible to be recognized.

A maximum number of 184 bricks will be available for a donation of \$300 each. It is expected that all the bricks will sell quickly. The engraving will basically consist of name, rank, branch of service and dates of service/conflict. The design, size and parameters of the engraving on the bricks will be posted on the Veterans Monument website. All bricks will be engraved in a similar fashion. Sample bricks will soon be available for viewing.

There MAY be a very limited number of decorative items for the monument that can
Continued on Page 18



The Ken-Caryl Ranch Equestrian Center held a Schooling Show on Oct. 20 to give the Riding School students and the Equestrian Center boarders an opportunity to compete. Check out Page 17 for more photos and event details.

Chatfield Ave. Improvement Project Update

The Chatfield Ave. improvement project contractor began work in late October at the Chatfield and Cochetopa Pass intersection. Until mid-November, two-way traffic will be driving on the east half of Chatfield Ave. from approximately Park Range Road to 300 feet south of Cochetopa Pass. The speed limit has been lowered in this area. It is recommended that you use alternate routes. Also, drivers wanting to access Shaffer Place must use Shaffer Drive. Construction crews will be working seven days a week for the remainder of the project, which is anticipated to be completed in mid-December.



In This Issue

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Where Is Summit View Trail?

You may have seen the photo and description of the Summit View Trail re-route in the Oct. 23 issue of the paper. Unfortunately, when the trail map was last updated, the re-routed trail had not yet been christened Summit View Trail. On the map on our website and on the printed copies of the Community and Open Space Map and Guide, the trail is still listed as the Bradford Trail. While part of the Bradford Trail retained its name, the upper section of the Bradford Trail that crosses the summit of Tin Cup was renamed Summit View Trail. Summit View Trail is two miles in length from the eastern terminus of Beacon Hill Trail to the western terminus of the Manor House Trail. If you have any questions, please contact the Rangers at 303-904-0249.

New Member Needed For Architectural Committee

A longtime member of the Ken-Caryl Ranch Master Association Architectural Committee will be stepping down in December, and the Master Association is looking for a new volunteer to serve on the committee.

The Architectural Committee carries the responsibility of "how Ken-Caryl Ranch looks." It reviews and approves all plans and specifications from an aesthetic standpoint, and it establishes guidelines and Ken-Caryl Ranch standards. Everything from colors of exterior paint on individual homes to signage — and the myriad details in between — helps to create the community that we all call

home. Members of the Architectural Committee are dedicated volunteers who are appointed by the KCRMA Board of Directors. The committee meets on the second and fourth Thursdays of each month at 7:30 a.m. at the Ranch House.

To apply, download the Committee Application form on our website. To access the form, go to www.ken-carylranh.org and click on Committees & Task Forces under the Administration tab. Forms should be submitted to Victoria DeSair at victoriad@kcranch.org, dropped off at the Ranch House or faxed to 303-972-1272.



Tickets On Sale For Ken-Caryl Tour Of Homes

What: Tour eight homes in the Valley, Plains and North Ranch
When: Saturday, Nov. 9 from 11 a.m. to 4 p.m.
Ticket Prices: \$20 for adults; \$10 for children
Purchase Tickets Online: www.ken-carylranhfoundation.com
Purchase In Person: The day of the event at the Community Center.
For more information, visit the website or see the flyer inserted in this issue.

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Manager's Column



by KCRMD District Manager Darrell Windes

The Ken-Caryl Ranch Metropolitan District's Proposed 2014 Budget is now available for review on the Ken-Caryl Ranch website with copies also available at the District's business offices at the Ranch House. The District Board of Directors conducted the Public Hearing on the Proposed 2014 Budget in conjunction with the Oct. 22 Board meeting. Comments on the Proposed 2014 Budget will be accepted until Dec. 10, the date the budget is scheduled to be adopted by the Board.

Property tax revenues in the 2014 Proposed Budget reflect a slight decrease from 2013 levels as a result of tax refunds and abatements that occurred during 2013. The Proposed 2014 Budget also reflects minor changes to several recreation fees where appropriate. The District has two major capital projects planned in 2014, which are included in the Proposed Budget. These projects include the replacement of the playground equipment and play surface at the Community Park and the installation of a new sidewalk on the north side of Club Drive adjacent to the Community Center in the Valley.

The Proposed Budget also includes an additional \$25,000 for improvements within the community identified in the Ken-Caryl Ranch transition plan for the Americans with Disabilities Act. The District is also planning on buying four Parks Department maintenance vehicles out of current operating leases in June of 2014.

The Community Planning Committee continues to work with both the District and Master Association Boards of Directors to evaluate and study results from the 2012 Resident Survey. A Community Planning Open House was held on Oct. 29 to gather community feedback on ideas for future improvements and enhancements to amenities in the future on Ken-Caryl Ranch. As part of the community planning process, the District Board of Directors is studying options and ideas for a possible bond issue election in May of 2014. The purpose of such an election would be to allow the community to vote on major capital improvements and enhancements for Ken-Caryl Ranch, which in 2015 will be celebrating the 40th birthday of the master-planned community.

The District will be conducting a Board of Director election in May of 2014 as well with three Director positions up for election on its five-member Board. Watch for updates on the community planning process and the Community Planning Committee in future issues of *Life at Ken-Caryl* and on the Ken-Caryl Ranch website at www.ken-carylranh.org.

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	5	6 p.m.	MA/MD Joint Study Session
Friday	8	10:15 a.m.	Story Time
Saturday	9	11 a.m. - 4 p.m.	Tour of Homes, Location Varies
Sunday	10	1 - 4 p.m.	Flu Shot Clinic, Community Center
Friday	15	10:15 a.m.	Story Time
Sunday	17	1 - 4 p.m.	Flu Shot Clinic, Community Center
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

Ranch House Administrative Offices Closed

COMMITTEE/TASK FORCE MEETINGS

- Architectural** — Second and Fourth Thursdays at 7:30 a.m.
- Community Planning Committee** — Wednesday, Nov. 6, 7-10 p.m.
- Covenant** — Third Wednesday at 4:30 p.m.
- Historical Society** — Wednesday, Jan. 15, 2014, 2 p.m.
- MA Finance** — Monday, Nov. 18, 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 Esbenschade, Robert Generoli, Lauri Lehan-Milano and Dennis Sykes.
 District Manager Darrell Windes
darellw@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

Political Signage Reminders

by Community Standards Administrator Julie Kearful

As this column reaches you, the November election will be history and of course, there will be no political signs in view anywhere on Ken-Caryl Ranch! Actually, the Political Signage Guidelines state, in part, that signs "...must be removed within one week after the election."

And what is coming next? We all know. There will be folks far ahead of me in the race to the holidays, and for them, another rule may apply: "For traditional December holidays, decorations and lighting shall not be put up before Nov. 1 and shall be taken down by Feb. 1."

Note: The MA has relinquished architectural control and covenant enforcement to subassociations: the Mountain Gates, the Enclave, the North Ranch, Manor Ridge, Sunset Ridge and the Settlement and a separate set of documents may be applicable.

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

Watch Out For Wildlife This Fall

by KCRMA Open Space Ranger Gary Norton

Fall is the time when wildlife start preparing for winter and is breeding season for deer and elk. Increased activity in the fall can lead to conflicts with wildlife. By adhering to a few guidelines, Ken-Caryl residents can avoid potentially dangerous situations.



- BEARS** are preparing for hibernation, and they will need to consume up to 20,000 thousand calories a day. Residents should remove all attractants like birdfeeders and remember to store trash indoors until the morning of pickup.
- DEER** are entering the breeding season and male deer will be searching for mates and can be very aggressive. Never approach male deer and give them plenty of room to escape if encountered.
- VEHICLE COLLISIONS** with deer increase in the fall as the days gets shorter.

Please slow down and be aware of major deer crossing areas like the intersection of Valley Parkway and Club Drive and the blind corners on Ken-Caryl Ave. as you enter or leave the Valley.

- HOLIDAY LIGHTS** that are strung on trees and shrubs can get caught in deer antlers and may hinder movement or feeding. If possible, restrict holiday lights at your home.

For more information, contact the Ranger staff at 303-904-0249 or Colorado Parks and Wildlife at 303-291-7227 or visit www.wildlife.state.co.us.

Open Space ID Bracelets

Many trails on Ken-Caryl Ranch are private, and only residents and their accompanied guests are allowed to use these trails. To be easily identified as a resident, you can wear an Open Space ID Bracelet. To obtain your own blue ID bracelet, go to the Ranch House Recreation Office or the Community Center. You will need to complete a registration form and provide proof of residency. There is no cost.

RapidScreen Van Emissions Testing Provides Alternative To Emissions Testing Facility

An alternative to standard emissions testing, RapidScreen gives you the opportunity to have your vehicle's emissions screened as you drive, rather than having to visit an emissions testing facility. If you record two clean RapidScreen readings within a 10-month window in the year prior to your registration renewal, you'll receive a notification in the mail on your vehicle's registration renewal card.

If you choose to accept RapidScreen's clean readings, simply pay your emissions fee along with your registration renewal fee, and you're good to go. If you wish not to participate, you'll need to receive a standard emissions test at your local testing facility — in which case your emissions fee would be due at the time of that test.

To ensure accurate and uncontaminated readings, the emissions limits for RapidScreen are stricter than those of a standard tailpipe emissions test. Therefore, it's possible to fail a RapidScreen test, but still be able

to pass emissions at an Air Care Colorado testing facility. If your vehicle fails to meet RapidScreen's strict qualifications, the need for a standard emissions test will be indicated on your registration renewal card.

How RapidScreen Works

RapidScreen testing vans set up at highway on-ramps and other locations where vehicles are accelerating or driving uphill at a moderate speed because these conditions generate the most representative sample of a vehicle's exhaust emissions. You can visit aircarecolorado.com to find out when and where the vans will be operating.

As a vehicle passes by, the roadside testing equipment is able to analyze the vehicle's exhaust in less than a second. Here's how RapidScreen works:

The vehicle first passes through speed and acceleration detectors, while an image of the license plate is recorded for identification. The vehicle then passes through the infrared and ultraviolet beams of the emissions analyzer. A laser light source directs the beams across the road, where they are bounced off mirrors and directed back to a detector module. As the light beams are broken by the vehicle's exhaust plume, the detector module measures the levels of carbon monoxide, carbon dioxide, hydrocarbons and oxides of nitrogen in the plume. The emissions readings are matched to the license plate and an official test record is created.

To ensure accurate, uncontaminated readings, RapidScreen testing vans do not operate during rain, snow, high winds or other adverse weather conditions.

For more information or for van locations, visit aircarecolorado.com.

SHOVELING SIDEWALKS SERIOUS BUSINESS

The Ken-Caryl Ranch Master Association Board of Directors wants to make sure everyone knows that shoveling sidewalks/passageways on all sides of houses is the responsibility of residents. Please be sure that these areas are cleared for the safety of children walking to and from school, firefighters, trash collectors, postal carriers and others who must use these routes. Please also make sure fire hydrants are clearly visible and accessible at all times.



Board Meeting Summary

MD Board Meeting

On Oct. 22, the Ken-Caryl Ranch Metropolitan District held a regular meeting of the Board of Directors and discussed the following items and took the following actions:

- The Board received presentations from representatives with three investment banking firms that work with local government entities like the District on the issuance of general obligation debt. The Board of Directors is in the process of gathering information toward exploring the possibility of conducting a bond issue election in May of 2014 in conjunction with the regularly scheduled Director election.
- The Board conducted the Public Hearing on the 2014 Proposed Budget. The Board

will leave the Public Hearing open until final adoption of the budget on Dec. 10. There were no comments on the proposed budget from the public at the meeting or prior to the Public Hearing.

- The Board visited with four residents interested in serving out the remainder of the term of Dennis Sykes, who recently resigned from the Board. The Board appointee will serve until the May 2014 election. The Board will discuss the Board member replacement further at its November Board meeting.
- The Board received an update on the Veterans Monument Committee from Director Esbenshade. The Committee is working with the Master Association Architectural

Committee on design concepts for the Monument. Fundraising is also under way at this time.

- The Board received an update from Director Lehan-Milano and the District Manager on the Community Planning Committee, a joint committee with the Master Association. A Community Open House was held Tuesday, Oct. 29 to update the greater Ken-Caryl Ranch community on the progress of the Community Planning Committee since the 2012 Resident Survey.
- The Board reviewed a draft Memorandum of Understanding (MOU) with the Foothills Park and Recreation District regarding use of the Ridge Recreation Center by Ken-Caryl Ranch residents at Foothills resident rates. The draft MOU will be forwarded to Foothills for review by its management. The District Board hopes to have the MOU in place for a Jan. 1, 2014 pro-

gram start date.

- The District Manager updated the Board on the process for the 2014 Jefferson County Open Space local park and recreation grants.
- The Board took action to approve the purchase of a replacement riding lawnmower for the District's Parks Department operations. The Board also took action to authorize the surplus sale of property for the District's old riding lawnmower.
- Staff reviewed current staffing needs in the District's preschool operations.
- The Board reviewed a preliminary proposal from the firm of Community Resource Services to provide election services for the District for its May 2014 Board of Director election.
- The Board took action to reschedule its November Board of Directors meeting to Tuesday, Nov. 19 at 6 p.m. at the Ranch House.

CDOT Unveils New Statewide Transportation Plan Website

Submitted by Amy Ford, CDOT

The Colorado Department of Transportation (CDOT) has launched a new website in coordination with the development of the 2040 Statewide Transportation Plan, which identifies future needs for Colorado's transportation system and establishes a transportation vision for the state. The website, coloradotransportationmatters.com, is designed to engage Coloradans to help shape the future of our transportation system.

"This website will make it easy for people to share their input so that we can develop a plan that reflects the priorities and needs of all Coloradans," said CDOT Planning Section Manager Michelle Scheuerman.

The site boasts a range of interactive features designed to answer the three fundamental questions of what the plan is, why it's important to Coloradans, and how people throughout the state can get involved in shaping it. Visitors will learn about how the statewide plan serves as a framework for deciding how to invest limited funds in the transportation system, why CDOT is focused on maintaining its existing assets in the short-term while still looking ahead to the next 25 years, and how the public can play a vital role in the plan development process.

Visitors will discover the opportunities and challenges facing Colorado's transportation system and provide their own perspectives through commenting, uploading photos or attending in-person meetings. At the same time, users will gain an understanding of the financial practices and organizational policies that CDOT has adopted to stretch resources and meet statewide needs. Visitors to the site may also access a wealth of information on local planning processes, upcoming meetings and events, and geospatial

data on the state's economy, environment, and transportation system that can help inform their active participation in the process.

The website will serve as a central point of contact for CDOT, its planning partners, and the public at large as the plan develops between now and the spring of 2014. Check back often to learn about new developments and provide your input on the direction of the plan as additional interactive multimedia features are added along the way. Your input is critical in developing Colorado's transportation vision for the future!

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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.

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Life at Ken-Caryl

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

For information on classified advertisements, please call Mary Lou Greeley at 303-979-1876.

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Ken-Caryl Ranch Historical Society

Antique Lamp Donated To Ken-Caryl Ranch

Submitted by Jeff Allison, Chairman, Ken-Caryl Ranch Historical Society

On Oct. 16, Karen Van Gundy and Lou Alonzi donated a historic brass lamp to the Ken-Caryl Ranch community. The lamp has been in the Perley family for more than 100 years.

James Adams and Charlotte Perley purchased what is now called the Bradford Perley House in 1895, and it remained in the family until 1926. In their later years, they moved to Golden to live with their daughter Charlotte Perley and Charles Matthews. They were unable to keep most of their possessions after the move and gave the lamp to daughter Emma Josephine Perley Beall.

The lamp was presented to Chris Pacetti, executive director of the Ken-Caryl Ranch Master Association, who represented the Ken-Caryl Ranch community. Karen and Lou are the great, great grandchildren of James Adams and Charlotte Perley. Also at the presentation were members of the Ken-Caryl Ranch Historical Society.

The lamp was converted from lamp oil to electricity and will be displayed at the west end of the Ranch House. The original globe



On Oct. 16, Karen Van Gundy and Lou Alonzi (second and third on the right) donated a brass lamp to the Ken-Caryl Ranch community. The lamp has been in the Perley family for more than 100 years. The lamp was presented to Master Association Executive Director Chris Pacetti (first on the right), who represented the Ken-Caryl Ranch community. Also shown are members of the Ken-Caryl Ranch Historical Society from left to right: Jeff Allison, Rose Lewis, Linda Omdahl, Jerry Jones, Pat Badolato, Marilyn Norris, Vinny Badolato and Marilyn Elrod.

was broken long ago, but the replacement is representative of the style of the time.

The Bradford Perley House, now a preserved ruin, was first owned by Maj. Robert Boyles Bradford, who established and owned the Bradford Road. The house was named a State Historic Site in 1997 and a Colorado Preservation, Inc. "Saved" site in 2006. It is located in the North Ranch near the Bradford Pool and west of Kildeer Lane.

The Ken-Caryl Ranch Historical Society is always looking for volunteer Ken-Caryl Ranch residents interested in promoting awareness and appreciation for historical and archaeological sites and protecting and preserving those sites. If you are interested in joining, contact Jeff Allison at 303-972-0096.

Consumer Fraud Alert

Recently, some residents notified the Master Association about phone calls they have received from scammers. Our office spoke with the District Attorney's Consumer Fraud Specialist Deb Ohno about the incidents, and she had some valuable advice.

Deb said one of the most important things to remember is to get information, not give information. In other words, don't give out any information to a caller or reply to an unsolicited email. You can ask them questions and get information from them, but never give them personal or confidential information. If someone calls and says that you are delinquent on an account, tell them to send you something in writing. If they ask you for your address, don't give it to them. A legitimate company would already have your address.

You can also request a phone number from them and tell them you will call them back. Instead of simply calling back, first try to verify if the number is legitimate. You can do this through the company's website or by calling the Better Business Bureau at 303-758-2100 or the Attorney General's Office at 720-508-6000.

"Listen to your instinct," said Deb. "It's much easier to prevent fraud than to recover from it."

Deb encourages people to report the issue to the District Attorney's Office through their Fraud Hotline at 303-271-6980. For more information about consumer fraud, visit <http://jeffco.us/district-attorney>.

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

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- Massage Therapists will be here to give 20+ min FREE MASSAGES. (Buy one hour get a half hour FREE through Jan 31st).

- 4-6PM: Trainers Consultation, Gym Tours & Massage
- 6-7PM: Healthy Cook-Off taste testing & voting while hearing from Nutrition Experts, Visuals Sciences, Kangen Water & Norwex
- 7PM: Votes are in for Healthy Cook Off Winner, Raffle Prizes & other Awards/Member Appreciation
- 7-8PM: Eat, Drink, Talk and Have Fun!

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KC Resident Greg Stevinson Recognized For Contributions To Jefferson County

Submitted by Rosemary Lewis, Chair, Jefferson County Historical Commission

Ken-Caryl Ranch Manor Ridge resident Greg Stevinson was recognized for his contributions to Jefferson County with his induction into the Hall of Fame on Oct. 17, held at Mount Vernon Country Club.

Attendees included County Commissioners Faye Griffin and Casey Tighe, representatives from many County agencies, historical societies and supporters of Jefferson County history. The Hall of Fame is an annual event sponsored by the Jefferson County Historical Commission (JCHC), an 11-member group of volunteers appointed by the Board of County Commissioners who promote the preservation and responsible use of historical resources in the County. JCHC is chaired by another Ken-Caryl Ranch resident, Rosemary Lewis.

Greg's participation and leadership on the Open Space Advisory Committee between 1988 and 2009 coincided with a period of both growth and challenges to the County's Open Space program. He chaired the grassroots volunteer committee Save Open Space during the 1998 election cycle that saw the passage of a countywide referendum to sell bonds and advance the purchase of lands to preserve the mountain backdrop, including South Valley Park in Ken-Caryl in 1999.

Greg is president of Denver West Realty, Inc., and an owner of the Denver West Office Park. He was instrumental in the creation of Colorado Mills regional shopping center, and was named businessperson of the year in 2002 by the *Rocky Mountain News*. He and his wife



Jefferson County Historical Commission Chair Rosemary Lewis is shown here with Ken-Caryl Ranch resident Greg Stevinson at his induction ceremony into the County Hall of Fame on Oct. 17.

Sue have also donated several bronzes to enrich the County's public art at libraries and at the Courts and Administration building, and have participated in numerous boards

promoting education and economic vitality.

This recognition is particularly appropriate this year as the County is also observing the 40th anniversary of the establishment of the Open Space program, 100 years of Denver Mountain Parks and the 20th anniversary of Great Outdoors Colorado. Greg also co-chaired the Party for the Parks celebration earlier this year.

The Hall of Fame was initiated in 1979 and recognizes two designees annually, one living and one deceased, for their contributions to Jefferson County. The roster of honorees includes community leaders, business leaders, educators, historians, pioneers, legislators, journalists and ranchers. Former Ken-Caryl residents Don Ebner and Dolores Ebner are also members of the Hall of Fame. The honorees are listed on the Wall of Fame, located outside of Hearing Room 1 at the Courts and Administration Building.

JCHC also works with museums, historical societies and citizens on various projects. A magazine, *Historically Jeffco*, is published annually and is available at County libraries and online through www.historicjeffco.org.

JCHC is always interested in hearing from the public and encourages you to attend a meeting, generally held on the first Monday of the month from 1 to 3 p.m. at the Courts and Administration Building. Agenda and minutes from previous meetings are available through jeffco.us.

Area Spotlight

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.

Equestrian Art Exhibit At Local Gallery

Equine artist Dominique Samyn will have an art exhibit Nov. 9-30 at the Mirada Fine Art Gallery at 5490 Parmalee Gulch Road in Indian Hills. The opening night reception will be Friday, Nov. 8 from 6 to 9 p.m. Scraping, layering and reworking acrylics and Venetian plaster, the Belgian artist has created a look that is distinctive and engaging. Since moving to New Mexico in 2006, Dominique has focused her attention on her greatest passion: horses. For more information, visit www.miradafineart.com or call 303-697-9006.

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PROPERTY DESCRIPTION

This Spread in Ken-Caryl Ranch has a large professionally landscaped lot on the corner of cul-de-sac with easy access to trail system and a short walk to the elementary school as well as the Ranch House. The kitchen is complete with granite countertops, cherry cabinets and stainless steel appliances. This custom mountain contemporary home has hardwood floors, vaulted ceilings and a main floor master. Over 40k in exterior upgrades, including new roof, paint and more!

- Bedrooms: 5
- Bathrooms: 3
- Square Feet: 5125
- Garage: 3 Car Attached
- Style: 2 Story
- Location: Corner Lot/ Cul-de-sac
- Basement: Finished





Bradford Butterfly Garden Memorializes Paula Shanley

Submitted by Tammy Wonnacott, Stallion Pointe

Longtime Ken-Caryl Ranch resident and former Bradford Elementary PTA president Paula Shanley passed away this summer from a brain tumor. She was very involved in the community and especially with Bradford and looked for ways to help enhance the learning environment for students.

Before Paula became the PTA president, she helped the third-grade teachers create a lifecycles garden. The teachers wanted a garden so they could teach the children about the lifecycles of caterpillars. The students were able to watch the cycle of caterpillar to chrysalis to butterfly. Because of her illness, the garden wasn't properly maintained and it deteriorated.

In October, community volunteers, members of her family, and members of the Church of Jesus Christ of Latter-day Saints joined forces to weed and repair the garden. A stone was placed in the garden to honor Paula. It reads, "The Paula Shanley Memorial Garden."

Bradford Principal Gene Lewis remembers her countless hours working in the garden, with her young daughter in a stroller beside her. "Paula showed up without any pomp and circumstance and worked without any recognition," he said. "It was the right thing to honor Paula by repairing the garden that she had worked so hard on for the community and the school."

Keith Shanley, her husband, was very pleased with the recognition for Paula. Their children have all attended Bradford.



Volunteers came together to weed and repair the Paula Shanley Memorial Garden at Bradford Elementary.

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Cub Scout Food Drive Begins In Valley

Submitted by Tracy Soukup, Eagles Pointe

It is that time of year again. There is a chill in the air and Ken-Caryl's Cub Scout Pack 742 is conducting their annual food drive in the Ken-Caryl Valley. All Valley residences will receive a flyer and a donation bag hand delivered to their home on the weekend of Nov. 9. The flyer details the items in demand for food donations.

Last year, we supported the Jeffco Action Center and the Channel 9 Colorado Shares Food Drive, and we are planning to do the same this year. If you would generously donate a few of the needed items, we will have the Cub Scouts return to your front porch on Saturday, Nov. 16 to pick up your donations. Please try to place your items out by 9 a.m. so the Cubs can sweep through the neighborhood as quickly as possible. If we miss your

pickup, we will also have a donation drop box at the Community Center through Friday, Nov. 22.

The food items most needed include: peanut butter, tuna, canned meats, tomato sauce, pasta, rice, beans, mac-n-cheese, cereal, oatmeal, baby food and formula.

If you would like to make other pickup arrangements, please contact Tracy Soukup at 303-862-5756. On behalf of Cub Scout Pack 742, thank you in advance for your generosity!

County News

Connect For Health Colorado: County Has Team To Assist

Submitted by Kris Kinzli, Jeffco Human Services

Colorado's new health insurance marketplace opened Oct. 1. Individuals, families and small businesses can look at their health insurance options and shop for coverage that will take effect as early as Jan. 1, 2014, if they sign up by Dec. 15. Open enrollment continues until March 31, 2014.

From videos to county snapshots and a tax credit calculator, the Marketplace offers many ways for Coloradans to learn about their options. The new Customer Service Center has expanded hours, so Coloradans can reach a Customer Service Center Representative by phone from 7 a.m. to 8 p.m., Mondays through Saturdays, at 1-855-PLANS-4-YOU (855-752-6749).

On the website, you can locate an Assistance Site near you for in-person assistance, and find a list of more than 1,300 certified licensed health insurance agents and brokers for advice and support.

The marketplace is a public, non-profit entity that was established by a 2011 state law. More information is available at www.ConnectforHealthCO.com.

A Jefferson County Connect for Health Colorado Team has been established. This seven-person team, all Human Services employees, will be assisting Jefferson County residents with navigating the marketplace. You can contact this team by calling 303-271-1388, email healthinfo@jeffco.us or visit one of the assistance sites below.

- Assistance Sites In Jefferson County:**
Jefferson County Human Services
 900 Jefferson County Parkway
 Golden CO 80401
 Hours: Monday-Friday, 8 a.m.-3 p.m.
- Jefferson County Public Health**
 260 S. Kipling St.
 Lakewood CO, 80226
 Hours: Monday-Friday, 8 a.m.-3 p.m.
- Jefferson County Public Library at Belmar**
 555 S. Allison Parkway
 Lakewood CO, 80226
 Hours vary; please call 303-271-4791 for specific days and times.
- Stride**
 5400 W. Cedar Ave.
 Lakewood CO, 80226
 Hours: Wednesday, 8 a.m.-3 p.m.

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- Bioenergetic Testing
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Minding Our Business

Graze Restaurant

New Local Restaurant Features All-Natural Beef From The Owner's Farm

by Community Relations Director Victoria DeSair

A new restaurant offering fresh produce and all-natural beef and pork has opened in the King Soopers shopping center on Ken Caryl Ave.

Graze Restaurant is owned by Vladimier Mocevic, who started raising Black Angus cows on his ranch in Elizabeth, Colo., five years ago. Graze opened here in Littleton almost two months ago. The first Graze Restaurant opened in Lone Tree a year ago. Ty Leon is the chef at Graze. The restaurant offers home-style American food, but mostly specializes in burgers. The beef comes from Vladimier's ranch in Elizabeth, and the restaurant also serves pork from a farm in Bennett, Colo. The meats are all natural, antibiotic free and preservative free. On the restaurant's ever-changing menu, Graze also offers a variety of seasonal salads, green chili, appetizers, sandwiches and desserts, all made from scratch.

"Having an ever-changing menu keeps everyone from getting bored with the same stuff over and over," said Vladimier. "It keeps interest with employees and most importantly customers. It also gives us a chance to try out new things that we may have not done before."

"We started raising our Black Angus on our ranch about five years ago, and the quality of the meat they produced was exceptional," said Vladimier. "We have been restaurateurs for many years now and decided to open up our two Graze locations as an out-



Ty Leon, the chef at Graze Restaurant, is cooking up a batch of green chili, just one of the many offerings on the menu.

let for our beef. Our chef Ty, a Johnson and Wales alumnus, takes our beef and creates wonderful burgers and various other items for our seasonal menu."

Graze is located at 11727 W. Ken Caryl Ave., in between King Soopers and Dairy Queen. You can visit the restaurant's website at www.grazenatural.com, call 303-904-6420 or email grazenatural@gmail.com for more information. Make sure to check out the Graze ad on Page 14 for a 10 percent off coupon!

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.



The cozy atmosphere of Graze Restaurant will have you coming back often to try its ever-changing menu.

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www.littlehaystackmountain.com

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www.30pinoakdrive.com

We wish all of our Ken-Caryl neighbors a blessed Thanksgiving Season!

Eva Stadelmaier

Your Ken-Caryl Real Estate Professional

303-619-4880



Barrington Ridge

5 Mountain Willow Drive • \$949,000

Main floor master with additional master suite on upper level. 4 beds/5 baths, theater room, workout room. Open kitchen, top of the line appliances and pantry. Oversized private lot with gorgeous water feature, fire pit and covered patio. 4 fireplaces. Massive prof. fin. 3 car garage with built-in storage.



North Ranch

53 Golden Eagle Lane • \$829,000

Custom home situated on open space with gorgeous views, gazebo and waterfall. 5 bedrooms, 5 baths. Concrete tile roof. Main floor study. Newer stainless steel appliances and slab granite. Professionally finished walk-out basement with mother-in-law suite. Newer carpet. Hardwood floors. Dual staircases.



Barrington Ridge

2 Mountain Cedar • \$949,000

Fabulous lot with panoramic views backing to open space. 4 bedrooms, 5 baths. Newer metal roof. Newer Trex Deck. New paint. Traditional floor plan with study and formal living/dining rooms. Central air.



North Ranch

12 Porcupine • \$689,000

Ranch style home situated on open space. 5 bedrooms, 4 baths. Oversized kitchen with center island. Central air, huge laundry/mud room. Tile roof. Finished walk-out basement.



North Ranch

19 Red Fox Lane • \$999,000

Backs to open space. 6 beds, 6 baths, 4 car gar. Two master suites. Dual staircases. Updated kitchen, custom cabinets, slab granite, Sub-Zero refig., two pantries. Butler's pantry. Tile roof, hardwood fls. Sunroom. Bonus room. New composite deck. Fin. walkout bsmt. w/guest suite and wet bar.



Legacy

30 Desert Willow • \$599,000

4 bedrooms, finished walkout basement. Newer roof and windows. Central air. New carpet. Granite. Main floor study. Private yard.



North Ranch

15 Catamount • \$949,000

5 bedrooms/5 baths. Finished walk-out basement. Gorgeous sunroom, newer windows, formal living and dining rooms. Main floor study, cul-de-sac.



Deer Creek

24 Tecoma • \$412,000

Impeccably maintained. Updated kitchen with slab granite and SS appliances. Remodeled master bath with heated floors. Prof. fin. bsmt. with wet bar. Designer window coverings. Cul-de-sac.



Deer Creek

28 Tecoma • \$409,000

Gorgeous 3 bedrooms, 3 baths. Updated kitchen and bathrooms. Stainless steel appliances. Quiet street. Views. Partially finished walk-out basement.

KEN-CARYL RANCH AND VALLEY SALES IN THE PAST 60 DAYS

Property Address	Sold Price	Price Per Finished Square Feet	Property Address	Sold Price	Price Per Finished Square Feet
11213 San Juan Range Road	\$285,000	\$153.	1 Desert Willow Lane	\$450,000	\$122.
8701 San Juan Range Road	\$297,000	\$154.	30 Pin Oak Drive	\$468,500	\$138.
11397 W Wolf Tooth Pass	\$305,000	\$146.	7659 S Hahns Peak	\$522,000	\$116.
11033 Twilight Peak	\$312,400	\$ 85.	1 Oakmont Lane	\$540,000	\$174.
7248 Mount Holy Cross	\$322,000	\$132.	48 Willowleaf	\$575,000	\$182.
11465 San Joaquin Ridge	\$325,800	\$129.	7636 Bear Mountain	\$580,000	\$104.
7183 Mount Holy Cross	\$344,900	\$162.	2 Meadow Rose	\$690,000	\$180.
7612 Cottonwood	\$364,000	\$110.	40 Tamarade	\$721,224	\$197.
3 White Pine	\$382,200	\$180.	10 Golden Eagle	\$840,000	\$175.
26 Willowleaf Drive	\$432,000	\$157.	4 Golden Aster	\$860,000	\$171.
10 Purple Ash	\$439,000	\$126.	32 Tamarade	\$875,000	\$165.



Deer Creek
30 Long Spur



Deer Creek
27 Long Spur



Bradford Place
14 White Oak Drive
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North Ranch
68 North Ranch Road
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Critters About At The Halloween Haunted Trail

The annual Halloween Haunted Trail event was held Friday, Oct. 25 from 5:30 to 8 p.m. at Bradford Park. There was a great turnout for this family-friendly event, and the weather was perfect that evening.

Participants hiked along a nature trail through the red rocks in Bradford Park and were greeted by several volunteers who were dressed as local wildlife. The "wildlife" each told their own story about their animal species to educate everyone on the great animals we find on Ken-Caryl Ranch. The night ended at the Bradford amphitheater with hot chocolate, cider and marshmallow roasting by the bonfire. A special thanks go out to the volunteers, Boy Scouts and staff members who helped the occasion run smoothly.




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 Goshawk # 2,3,4,6 & 7
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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.

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

Nursery Hours

Community Center
 Monday through Friday
 8 a.m. - 3 p.m.
Hours may vary according to reservations.

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.

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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.

Preschool Programs

	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, 11/25	27755	27758	27761
Tuesday, 11/26	27756	27759	n/a
Wednesday, 11/27	27757	27760	27762

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"

KEN-CARYL RANCH REPLACEMENT WINDOWS



BEFORE



AFTER

COMPLETE REPLACEMENT AND 3-YEAR PHASED PROGRAMS AVAILABLE

30 Years In Business
 KCR References

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Tennis Information

Next Session Of Tennis Lessons

Jan. 6 - Feb. 22 • Lottery Deadline: Dec. 15

Drop-In Drills

Friday 10 - 11 a.m. with Chris • \$13

Course	Date	Topic
26672	Nov. 8	Forehands
26673	Nov. 15	Topspin
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)

Babysitting Clinic

Certification for boys and girls 11 years of age and older. Bring a sack lunch and drink. You must stay for the entire time to become certified. Classes are held at the Ranch House AV room. Payment is due at the time of registration.

Time: 9 a.m. - 3 p.m.
Fee: Res: \$50, Non-Res: \$65
Date: Saturday, Nov. 9
Course #25971

Cardio Tennis

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

Please observe levels:

Res:	Non-Res:	Level	Instructor
\$10	\$13	3.5-	Mark
Tuesday	9 - 10 a.m.	3.5-	Naved
Wednesday	7 - 8 p.m.	3.5+	John/
Friday	8 - 9 a.m.	3.5+	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.

Preschool Programs

Preschool Programs

The Ken-Caryl Ranch Preschool offers a licensed preschool program and full-time child care. Our state-licensed preschool programs promote learning in a fun, hands-on environment! We focus on peer socialization, self-regulation, and respect for all people and living things. Developmentally appropriate curriculum helps create confident, inquisitive learners, and nurturing staff provide a fun and caring place for your child to develop and grow.

Options: Our state-licensed program offers half-day, extended day, and full-time child care.

Location: Community Center

Little Learners

Little Learners develop social skills through creative expression, dramatic play, sensory activities, art, stories and much more. Our play-based program gives children the opportunity to grow physically, cognitively and emotionally as they explore their surroundings.

Ages: 2-1/2 - 4 years (must be toilet trained)
Times: 9 a.m. - 12 p.m.

Explorers

Explorers will spend their days engaged in

both work and play, further developing basic social and academic skill sets. With a larger focus on early literacy, math and science concepts, we will help prepare your Explorer for their exciting journey into kindergarten.

Ages: 4 - 5 years
Times: 9 a.m. - 3 p.m.

Before & After And Full-Time Child Care

Before and after-school care and full-time child care are now available for children ages 2 1/2 to 5 years, along with full day care on designated holidays and school breaks. You may choose to add either or both of these services to your preschool schedule on a monthly basis. Once your child is registered, you will receive an electronic monthly calendar to mark the days you will need care. As long as your calendar is received by designated due dates then you are guaranteed the care you need. You may also call ahead each day for drop-in care as a supplement to your calendar (if space is available.) Please call for schedule and rate inquiries.

For more information on our Preschool and Early Childhood Programs, contact Sarah Gagne at 303-979-2233, ext. 206, or sarahg@kcranch.org.

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Susan Schell

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Environmental Education

Adult Nature Hikes

Hiking and learning the trails of Ken-Caryl Ranch is the focus, but we can stop to look at flowers, wildlife, geology and historical sites along the way. Wear comfortable hiking boots: bring water, daypack, rain gear, snacks and lunch.

Fee: Res: \$5, Non-Res: \$8 **Key:** E = easy; M = moderate; S = strenuous

Date	Time	Meeting Area	Adventure	Level
Friday, Nov. 15	9 a.m.-1 p.m.	Bradford Park Parking Lot	Bradford / Little John's Chimney	M
Friday, Dec. 13	9 a.m.-1 p.m.	Dakota Lodge	Bradford/Beacon Hill	M



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Junior Naturalist Fall Programs

Programs are very hands-on, allowing participants to use all five senses to explore the wonders of nature. A different theme will be explored each month and may include hikes, experiments and other fun activities.

November/December Where Owls, Hawks And Eagles Soar & What's For Dinner?

Come soar with owls, hawks and eagles as you discover the world of birds of prey. Find out what helps an owl hunt at night and what kind of wings help eagles soar. Try catching your snack like a hawk and tear it apart with your hooked beak. Explore the wild animal dinner menu of plants, meat and just about anything else they find. Discover the different kinds of teeth needed to eat all kinds of food and who is having whom for dinner. What happens when predator meets prey? Where do you fit in this eating picture?

Dakota Lodge Junior Naturalist Club

Ages: 5 - 10 years old
Dates: Thursdays, Nov. 7 - 21, Dec. 5 - 19
Time: 3:45 - 6 p.m.
Fee: Res: \$90, Non-Res: \$110
Location: Dakota Lodge
(Transportation provided from Bradford Primary to Dakota Lodge.)
Pick-up is at Dakota Lodge.
Course #27740
Class Size: Min. 6, Max. 20

Ken-Caryl Ranch Chili Cook-Off

Do you have the best chili in town?
Time to put your chili to the test!
Date: Saturday, Nov. 16
Time: Set-up 11:30 a.m.
Tastings: 12 - 12:30 p.m.
Judging: 12:30 p.m.
Winners announced: 1 p.m.
Location: Ranch House
Fee: \$10 per entry
Just coming for the food?
Please join us to taste some great chili! Please bring a nonperishable food item or \$1 donation.
Register for Course #27788 online at www.ken-carylranh.org or by calling 303-979-4070.

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

Fall Environmental Education Programs

Tot Discovery Time: Ages 2-1/2 To 3 Years Old

Each month explore a new topic in natural history and science. We'll touch specimens, hike in the outdoors, and participate in hand-on science experiments and use imagination and creativity. Light snacks will be included and are often integrated into the topic of the class.

Age: 2-1/2 to 3 years old
(Must be toilet trained)
Times: Monday & Wednesday
9:30 a.m. - 12 p.m.
Location: Dakota Lodge
Class Size: Min. 6, Max. 15

November/December — Where Owls, Hawks And Eagles Soar & What's For Dinner?

Come soar with owls, hawks and eagles as you discover the world of birds of prey. Find out what helps an owl hunt at night and what kind of wings help eagles soar. Try catching your snack like a hawk and tear it apart with your hooked beak. Explore the wild animal dinner menu of plants, meat and just about anything else they find. Discover the different kinds of teeth needed to eat all kinds of food and who is having whom for dinner. What happens when predator meets prey? Where do you fit in this eating picture?

Session I: Course #27746
Dates: Monday, Nov. 4 - 18, Dec. 2 - 16
Fee: Res: \$100, Non-Res: \$120
Session II: Course #27747
Dates: Wednesday, Nov. 6 - 20, Dec. 4 - 18
Fee: Res: \$100, Non-Res: \$120

KC Kids Nature Camp: Ages 4 - 5 Years

Each month explore a new topic in natural history and science. We'll touch specimens, hike in the outdoors, and participate in hand-on science experiments and use imagination and creativity. Light snacks will be included and are often integrated into the topic of the class.

Age: 4 - 6 years old
Location: Dakota Lodge
Times: 9:15 - 12 p.m. (Thursday)
9:15 a.m. - 12 p.m. (Wednesday)*
(*Please note that this class is open to 2 1/2 - 5 1/2 year olds.)
1 - 3 p.m. (Wednesday)
Class Size: Min. 6, Max. 15

November/December — Where Owls, Hawks And Eagles Soar & What's For Dinner?

Come soar with owls, hawks and eagles as you discover the world of birds of prey. Find out what helps an owl hunt at night and what kind of wings help eagles soar. Try catching your snack like a hawk and tear it apart with your hooked beak. Explore the wild animal dinner menu of plants, meat and just about anything else they find. Discover the different kinds of teeth needed to eat all kinds of food and who is having whom for dinner. What happens when predator meets prey? Where do you fit in this eating picture?

Thursday Morning Session:
9:15 a.m. - 12 p.m. Course #27743
Dates: Thursday, Nov. 7 - 21, Dec. 5 - 19
Fee: Res: \$100, Non-Res: \$120
Wednesday Morning Session*:
9:15 a.m. - 12 p.m. Course #27744
Dates: Wednesday, Nov. 6 - 20, Dec. 4 - 18
Fee: Res: \$100, Non-Res: \$120
Wednesday Afternoon Session:
1 - 3 p.m. Course #27745
Dates: Wednesday, Nov. 6 - 20, Dec. 4 - 18
Fee: Res: \$90, Non-Res: \$110

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.



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Holiday Happenings

Festivities 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 KCRMD

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

Specialty Classes

Watercolor Classes

For all levels 18 years old and over

Location: Ranch House Recreation Side

Dates: Monday, Oct. 28 - Dec. 9

(No class on Nov. 28)

Course #27737

Wednesday, Oct. 23 - Dec. 11

(No class on Nov. 20 & 27)

Course #27736

(Identical Six-Week Sessions)

Cost: Res: \$85, Non-Res: \$90

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



Story Time At The Ranch House

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

Ages: All ages

Dates: Fridays through Nov. 22

Time: 10:15 a.m.

Location: Ranch House Dance Room

Fees: FREE!

Environmental Education

Ranger Adult/Family Programs

Programs are appropriate for adults and children ages 3 and above unless otherwise noted.

Minimum class size is 5 participants.

Pre-registration is required for all programs. Call 303-979-4070, 303-979-2233 or online at www.ken-caryl ranch.org.

Fee: Adult - Res: \$5, Non-Res: \$8

Youth - (3-18) Res: \$4, Non-Res: \$5

Family - (up to 4 people)

Res: \$15, Non-Res: \$20

Bighorn Sheep

Explore the lives of these nimble creatures that inhabit rugged lands. Learn about the natural history of Colorado's state mammal.

Join us on a trek into bighorn habitat in Waterton Canyon during their mating season.

Date: Saturday, Nov. 16

Time: 2 - 5 p.m.

Location: Waterton Canyon parking lot
Course #27738

Holidays At The Bradford House

Get ready for the holidays in the 1860s. Bake some holiday cookies, make a candle and create ornaments for the tree and more. Fun for the entire family!

Date: Saturday, Dec. 14

Time: 10 a.m. - 12 p.m.

Location: Dakota Lodge
Course #27739



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Fitness & Yoga Schedule • Oct. 1-Dec. 20, 2013

Classes in ALL CAPS are appropriate for beginners. BARR class requires additional fee.

	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	FAB Friday AM Bootcamp Lisa		
9:30-10:45 a.m.	Hatha Yoga Leslie		Power Yoga Petra	PILATES FUSION Jeri/Lauren Yoga Room 9:30-10:30 a.m.	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 6:30-7:30 p.m. Renate			

Visit www.ken-caryl-ranch.org for updated schedules and information.

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Fitness & Wellness

Shimmy, Shuffle & Shake!

With Elaine, Renate & Janet
Zumba Party

Date: Nov. 14

Time: 6:15-7:30 p.m.

Fee: Res. \$6, Non-Res. \$8

No charge for pass holders

Wine and appetizers to follow!

No Gain - Let's Maintain Holiday Weight Challenge

The goal of this challenge is to provide a Holiday Survival Guide: how to maintain your fitness goals and provide nutritional guidelines for the holidays.

Fitness instructor Janet Robbins will guide you through the seven-week challenge. You will receive nutritional advice (recipes and advice on food options) and tools (workouts and emails of encouragement) to handle the stress and ways to maintain your current fitness level during this busy time of year.

If you maintain your current weight during the seven weeks, you will earn a \$10 credit that can be used at the fitness center (toward membership, tennis or future fitness challenge) AND a chance to win a one-hour massage and one-hour personal training session.

If you have any questions, feel free to contact Janet Robbins at 303-949-3352.

Dates: Nov. 4 through Dec. 20

Fees: Res: \$40, Non-Res: \$50 per person

Course #27750

Res: \$100, Non-Res: \$120 with unlimited use of the nursery between 9 and 11a.m., Monday-Friday. Does not include a facility pass or drop-in fees.

Course #27751

We will be offering the Resolution Fitness Challenge again in 2014.

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: Nov. 11

Dec. 9

Course #26262

Course #26263

Need An Elegant/Casual Site For Your 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.



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Colorado, and locally raised pork from Bennett, Colorado. We also have hand-crafted salads, green chili, sandwiches, appetizers and homemade desserts. Our seasonal menu will have you coming back often to try out our new items.

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FROM OUR FARM TO YOUR TABLE



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.

To Register:

- Complete registration form (available at the Ranch House) and return it to the Ranch House with payment OR register online at www.ken-carylranh.org
- Complete Consent & Release Form (unless currently in Before & After program)
- Priority B&A registration is through Nov. 15 at 6 p.m.
- **Open registration begins Tuesday, Nov. 19.**
- Cancellations will receive an account credit with seven days notice. For more information, please contact Melissa at 303-979-4070, ext. 136 or melisab@kcranch.org.

Special Programs

Fall Family Flu Shot Clinic

The Colorado Flu Shot Company will be providing family flu immunization clinics. The flu vaccination is now recommended by the Centers for Disease Control and the American Academy of Pediatrics for anyone 6 months of age and older who would like to increase their chances of a flu free fall/winter season.

The CDC in 2006 has changed the age range of high-risk children to include all children 5 years and under, and their caregivers. This is because younger children are most at risk for secondary infections (pneumonia, bronchitis, ear infections), and complications from the virus result in more childhood hospitalizations than any other vaccine-preventable disease. Others at higher risk in-

clude: anyone with asthma, heart disease, kidney disease, nursing or pregnant mothers, and cancer patients. School age children/students are also the most common source of spreading the virus.

For more information on the Quadrivalent Flu Vaccine please go to www.cdc.gov/flu/protect/vaccine/quadrivalent.htm.

COST:

Quadrivalent Intra-nasal Flu Vaccine \$31 (for ages 2 to 49 years without chronic diseases)

Quadrivalent Flu shot \$31 (for ages 6 months to adult)

Pneumonia \$80

Tetanus/Pertussis \$55

Travel Vaccinations by appointment.

Dates: Sunday, Nov. 10, 17.

Time: 1 - 4 p.m.

Location: Community Center

Dance Classes

At **Denver Region Dance Academy** our emphasis is on confidence. We provide four building blocks for a confident dancer: dance skills, musicality, appropriate peer/teacher relations and a studio environment for performances. Each class is designed to incorporate these four aspects for building confidence in your child. Denver Regional Dance Academy is a non-competitive studio believing that performances in front of friendly supportive audiences build self-esteem.

Ballet & Tap I • Beginning — This class is for 3- to 5-year-old beginning ballerinas. Does your little girl tip-toe across the floor, love princess everything and always want to wear pink and purple? Then this class is for her! Dancers learn classical ballet skills while dancing to their favorite princess music. Together with the tap skills they learn, dancers will put the moves into routines to perform them for family and friends.

Hip-Hop • Beginning — Come join this fun, high-energy beginning dance class. Learn dance moves and routines to Taylor Swift, Stereo Hearts and TV shows like "Shake It Up," "Glee" and more. Perform for your family and friends and make it a dance party every week!

FALL DANCE CLASSES

Dates: Nov. 5 through Dec. 17 (No class Nov. 26)

Location: Ranch House

Fees: Res. \$63, Non-Res. \$78 (6-week session)

Course #	Day	Ages	Class Description	Time	Location
27544	Tuesday	3-5	Beginning Ballet & Tap	5 - 5:45 p.m.	RH
27546	Tuesday	6-11	Beginning Hip Hop	5:45 - 6:30 p.m.	RH

Drop-ins for new students available. Class fee will be prorated.

Questions? Call Mikki Wright at 303-733-7982.

To register, call the Ranch House at 303-979-4070 or online at www.ken-carylranh.org.

Cash or checks payable to the Colorado Flu Shot Company accepted; receipts available. Parental consent is required for children under 18 years of age and consent forms are available by fax. Vaccinations will be provided by a Pediatric RN.

The Colorado Flu Shot Company also carries Pneumonia, Tetanus/Pertussis, travel vaccinations, along with Hepatitis A & B, and the new vaccines against Shingles, Meningitis, and HPV (Cervical Cancer). An appointment is not needed for a flu shot. If you would like to get one of the additional vaccines please call the Colorado Flu Shot Company at 303-932-8989 or fax 303-932-0004.

www.coloradoflushotcompany.com

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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EquiNews

Equestrian Center Holds Halloweeny School Show

Photos and Article by Chelsea Sheldon, Ken-Caryl Riding School

The Ken-Caryl Ranch Equestrian Center held its first Halloweeny School Show on Sunday, Oct. 20. The event was open to the Riding School and the Equestrian Center boarders and was a great success!

Participants ranged from our beginning students on school horses, some of whom have only been in classes for a matter of months, to our more advanced riders. The morning started with our Schooling Show and consisted of a number of beginner and intermediate classes. Students had a great time testing their riding skills against those of their peers before a judge. For many students, this was their first show experience.

Following the Schooling Show, our boarders and their horses had the opportunity to partake in an Obstacle Challenge. The afternoon was finished with our riders dressing themselves and their horse up in costumes for our Halloweeny Costume Parade and games. Weather was cold but a chili cook-off between boarders gave everyone the opportunity to warm up.

A special thank you to our Riding School instructors who were invaluable in the quick tack changes and stirrup adjustments as we played musical students on school horses throughout the show.

First, second and third places in the various events were as follows:

Walk/Woah: 1st, Natalie Mess

Beginner Equitation: 1st, Simona Lazarus; 2nd, Riley Wank; 3rd, Brooke Wikoff

Intermediate Equitation: 1st, Caitlin James; 2nd, Gianella Veltri; 3rd, Simona Lazarus

Advanced English Equitation:

1st, Hannah Pauley; 2nd, Lexi Howard; 3rd, Libby Spangler

Advanced Western Equitation:

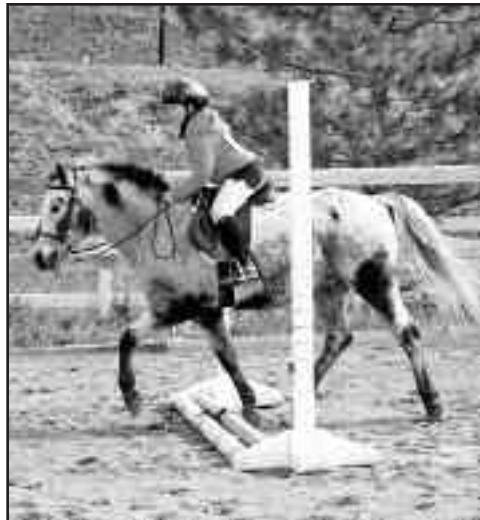
1st, Ellie Edgar; 2nd, Megan Anderson; 3rd, Michelle Floor

Pattern Class (walk/trot):

1st, Gianella Veltri; 2nd, Brooke Wikoff; 3rd, Riley Wank

Pattern Class (walk/trot/canter):

1st, Michelle Floor; 2nd, Hannah Pauley;



3rd, Tracy Borey
Pile of Poles: 1st, Hannah Pauley; 2nd, Libby Spangler; 3rd, Simona Lizarus
X-Rails: 1st, Libby Spangler; 2nd, Simona Lizarus
Intermediate Equitation O/F: 1st, Lexi Howard
Obstacle Challenge: 1st, Emma Devin; 2nd, Brenna Milligan; 3rd, Cecillia Needham
Chili Cook-Off Winner: Ian Holtum



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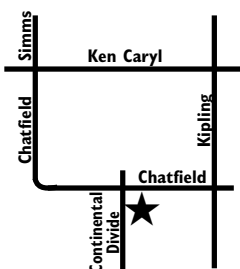
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EquiNews



Brownie Troop Visits Equestrian Center

The third-grade Brownie troop from Dennison Elementary spent the afternoon of Oct. 23 at the Ken-Caryl Equestrian Center. The young ladies were full of energy and excitement. The Riding School team enjoyed giving the girls pony rides and teaching basic grooming tips. The girls are Whitney Allen, Mia Beinecke, Anna Carlson, Sydnee Fark, Gina Gersabeck, Ella Grace, Sophia Lane, Kylee O'Hara, Maddie Park, Zoe Passarelli, Sofia Scaturro, Kira VanDerSteen and Giselle Wipper.

KCR Veterans Monument To Receive Pro Bono Concrete Work

Continued from Page 1
be purchased with donations by individuals or families. Those benefactors will be recognized for their contributions to the Veterans Monument. Specific items will be listed on the website soon.

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.

Current Veterans Monument Committee Members

Six highly motivated and dedicated Ken-Caryl Ranch residents have recently joined

the Monument Committee as new members. Additional members are welcome! The current members are:

- Cork Chicota, The Spread
- Jeff Esbenshade, North Ranch
- Chris Figge, Eagles Pointe
- Al Gonzalez, The Spread
- Greg Moore, Deer Creek
- Brenda Smull, Bradford Place
- David Snelson, Cimarron
- Chris Sullivan, Aspen Meadows
- Russ Tirella, Village
- Sharon Wagner, Bradford Place
- Byron Wicks, Aspen Meadows

Upcoming Events

There will be a silent auction/raffle at Q's Bar & Grille in the near future. Anyone interested in donating items of value to the event are encouraged to do so.

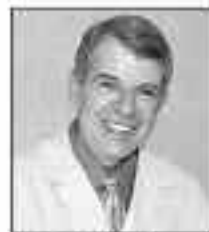
The Veterans Monument Committee highly encourages other local businesses or residents who wish to promote and support any fundraising effort to contact Byron Wicks at byronwicks@hotmail.com or 303-621-4968 or Jeff Esbenshade at esbenshad@aol.com or 303-972-3968.

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Don't forget to sign up for the *Ken-Caryl Ranch e-News*. This weekly newsletter is distributed every Monday via email to all residents who subscribe. It has short articles and reminders about important news and happenings on the Ranch. To sign up for the e-News, go to www.ken-caryl-ranch.org and click on Email Subscriptions under Community & News or send an email to victoriad@kcranch.org.



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Nature News

Bighorn Sheep

by Environmental Education Specialist Ernie Stone



In bighorn sheep, both the males called rams and the females called ewes have horns. Horns, unlike antlers, are never shed. Rams' horns are larger than ewes' and they curl more. A ram's horn could weigh as much as 30 pounds while a ewe's will only weigh

four or five pounds.

The horns of a bighorn sheep grow throughout their life, which in the wild is up to 15 years. Each winter, the horns stop growing, leaving a deep groove called an annular ring. The number of annular rings shows a bighorn's age. The horns then grow longer and wider again in the spring. A ram's horns may curl into a complete circle by the time it is seven or eight years old.

Older bighorns may have horns with broomed tips that are broken or splintered. Sometimes the horn is broken during the rut season but rams are known to rub the ends of their horns on rocks to wear them down. Scientists think sheep do this when a horn's curl blocks their vision.



The horns are made of two layers. One layer is a central core of bone that attaches the horn to the skull. Keratin, a tough animal fiber that also makes up bird beaks, cat claws and human fingernails, covers and protects the boney central core.

Most mammals have a single layer of bone in their skulls. Bighorns have two bony layers of the skull. These layers make the skull even stronger. A strong tendon connects the bighorn's head to its spine. This tendon helps



the neck take heavy blows when two rams fight. Thick facial hide also helps cushion the head during battle.

Every fall from November to December, rams and ewes band together to mate at breeding grounds. Rams fight to establish their rank within the groups. The rams with the biggest horns are the most powerful. They have the highest rank in the herd. Most often the rams with the largest horns do not have to fight to show their dominance but sometimes two rams of equal or close to equal size horns will face off in a fight. When the rams fight, they come at each other at full speed, horn against horn with an impact that can be heard a mile or more away.

Again and again they charge like jousting knights, until one of them abandons the battle. This is the rut or mating ritual of the Rocky Mountain Bighorn Sheep.

Because the bighorn ram, with its massive headgear, was viewed as the best representation of the wild heritage of Colorado, it was chosen as the state mammal and the symbol of the Colorado Parks and Wildlife in 1961.

These large sheep (rams weigh from 125 to 275 pounds and ewes from 75 to 150 pounds), are well adapted to their rocky cliffs where they are usually found. To help them navigate the cliffs, they have split hooves with a hard outer shell and sharp edges. The bottom surface of each hoof is hollow in the center. The center part is soft like rubber. This hoof shape allows the bighorns to grip small pieces of rock and climb almost vertical slopes. Bighorns' hooves also allow them to land safely when they jump over steep rocks. Bighorn sheep can jump up to 20 feet, which helps them to escape predators.

Come hike Waterton Canyon on Saturday, Nov. 16 from 2 to 5 p.m. with Ranger Ernie in hopes of catching some rams jousting for the ladies. Meet at the Waterton Canyon parking lot. For program details, check out the Ken-Caryl Ranch website at www.ken-caryl-ranch.org or see Page 13 of this paper. Pre-registration is required for all Environmental Education programs.

Kids' Corner

The Bighorn Sheep is Colorado's state mammal. Do you know what our state tree, flower, fish, butterfly, bird and dinosaur are? Do we have other state symbols? Do some research and find out.

Answers: Tree, Blue Spruce; Flower, Rocky Mountain Columbine; Fish, Greenback Cutthroat Trout; Butterfly, Colorado Hairstreak Butterfly; Bird, Lark Bunting; Dinosaur, Stegosaurus.

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Area Spotlight

Belliston Ballet Presents The Nutcracker

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.

Grief Sharing Seminar: Surviving The Holidays

There will be a grief sharing seminar about surviving the holidays on Saturday, Nov. 16 from 9 to 11 a.m. at The Rock of Southwest. No matter how long it's been since your loved one died, grief can make the holidays a painful time. But there's hope. Join us for an encouraging seminar that will help you survive the holidays and discover new reasons to enjoy them again. For more information, call Vicki Tisdell at 303-881-3555.

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

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Ken-Caryl Parent Network

Spooky Fun At The KCPN Halloween Party

The Ken-Caryl Parent Network Spooktacular Halloween Party brought in crowds of pretty princesses, spooky characters and all the best superheroes! Monsters and fairies alike enjoyed decorating cookies, coloring spooky pictures, creating custom Halloween frames, and showing off their costumes during the costume parade.

A big thanks from KCPN to our local sponsors for supporting this year's Spooktacular Halloween Party: Nikki Cavalero with The Little Gym of West Littleton; Summit Family

Dentistry; Keri I. Pugh, managing director with National Planning Corporation; Crystal Hodge with Fuller Sotheby's International Realty; and Lil' Ricci's!

The guys are getting together this month to usher in ski season with a showing of a Warren Miller ski film! Plan to meet to watch and enjoy some beers on Nov. 21 at 8 p.m.!

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 commu-

nity 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!



This little boy is on guard and ready for fun outside Dakota Lodge for the Ken-Caryl Parent Network Halloween Party.



There were great Halloween crafts for the kids at this year's party.

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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Our Rising Generation

Erin Quinn Named Student Athlete Of The Year

Chatfield High senior Erin Quinn was named the 2013 Female Student Athlete of the Year by the Colorado High School Cycling League. Erin is the daughter of Ken-Caryl Ranch Legacy neighborhood residents Rob and Jeanne Quinn.

Criteria for the award included grade-point average and other athletic and civic accomplishments. It was awarded by League President Kate Rau at the season-ending High School Mountain Biking League barbecue in Eagle, Colo. Erin ended the season fourth in Division 1 Varsity Girls and hung on for a podium spot for the overall state series. Erin races for the Evergreen Composite High School Team.

Erin was selected to attend a National Leadership Conference in August at the Cal Berkeley School of Medicine for an all-inclusive medical school immersion experience with 2,000 other students from across the country. Participants had to be nominated by their high school. In addition to bike racing for Evergreen High School, Erin also ski races for Evergreen, an event in which she advanced to state in 2011.

Despite racing for Evergreen High School, Erin attends Chatfield High where she is a returning letterman on the Chargers' swim team. She'll attend Fort Lewis College in Durango on a cycling scholarship, racing road, track, cycle cross and mountain bikes for the 12-time national champions. She plans on eventually competing in the Ironman in Kona, and pursuing an advanced degree in exercise physiology.



Colorado High School Cycling League President Kate Rau, left, is shown here with Erin Quinn at the High School Mountain Biking League barbecue in Eagle, Colo.



Ken-Caryl Ranch resident Erin Quinn was named the 2013 Female Student Athlete of the Year by the Colorado High School Cycling League.

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Life At Ken-Caryl Archive Now 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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Jeffco LWV Update On Developments In Hydrofracturing

Submitted by Ellen Stiner, Jeffco LWV

Public interest in hydraulic fracturing or "fracking" remains high in Colorado with a number of changes being enacted or pursued. The Jefferson County League of Women Voters will review a 2012 League of Women Voters of Colorado consensus on the issue and update information on fracking at its meetings Nov. 12-14. The League will look at local attempts to ban fracking, at changes to setback rules, groundwater monitoring and the impacts of recent flooding.

The LWVCO supports policies that enhance public participation in the permitting and monitoring of oil and gas operations in the state. It also supports efforts to improve coordination with local governmental units for environmental management and wise land use. The state League also supports strong environmental regulations for water quality, air quality and those that impact human health.

Those policies supported by the LWVCO include, in part:

- Public hearings held in the actual community of the drilling.
 - Strong environmental and safety regulation of water quality and air quality including pre- and post-testing of water wells and air around all oil and gas well sites.
 - Transparency in the reporting of all chemicals used during drilling, posted on a neutral website that is easily accessible to the public.
 - Adequate number of inspectors for the volume of oil and gas activity in the state to ensure that operations are safe and accidents are properly reported and mitigated.
- Jeffco LWV members in the Chatfield area will meet at 9:15 a.m. Tuesday, Nov. 12, at St. Philip Lutheran Church, 7531 S. Kendall Blvd. in Littleton. The public is welcome. For more information, call Betsy at 303-979-0906, Elaine at 303-979-3721 or visit www.lwvjeffco.org.



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

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.

Simple Steps To A Healthy Lifestyle

Submitted by Amy Watson, Youngevity Representative, North Ranch

Do you feel like your body is missing something? Most likely you are missing vital nutrients. We do our best to eat right and take care of our bodies with diet and exercise. However, we are nutritionally deficient. Consider this:

- Most Americans are only getting 77 percent of the recommended daily value for Vitamin A, which can lead to fatigue, infertility, acne and insomnia.
- Iron deficiencies in children and childbearing age women can lead to depression, fragile bones, headaches and irritability.

- Vitamin B6 deficiency is found in 10 percent of Americans, leading to a decrease in brain function and lack of energy.
- 75 percent are calcium deficient, which can lead to arthritis, bone spurs, muscle cramps, nervousness, tooth decay and palpitations.
- More than half of us are vitamin D deficient, leading to diarrhea, insomnia and nervousness.

In addition to our lack in minerals and vitamins, the foods we are consuming have a lower nutrient profile. Because of modern farming practices (pesticides and fertilizer) the nutrients are stripped. The vegetables we eat, for example, don't have the nutrients they had 100 years ago.

So, despite our best efforts to exercise and eat right, we are still coming up short. True health and wellness is only possible if it radiates from a solid, fundamentally-sound center. Although the human body's systems are complex and multidimensional, there exists a core group of 90 essential nutrients that have the greatest influence in support of vibrant health.

Article content based on research and development on behalf of Youngevity's Co-Founder and CEO Dr. Joel Wallach.

Early Deadline For Upcoming Issue Of Life At Ken-Caryl

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.

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 Monday, Nov. 11, for the Nov. 20, 2013 issue of *Life at Ken-Caryl*.** Email to victoriad@kcranch.org

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Classifieds

Life at Ken-Caryl classified advertising is provided as a service to residents and businesses. All ads will be reviewed by the editor. Any person placing an ad deemed unsuitable or which may not be in the best interest of residents will be contacted and money refunded. Classified ads may be made in person and placed with the receptionist at the Ranch during business hours, 7:30 a.m.-5:30 p.m., Monday through Friday or they can be mailed, with payment, to 7676 So. Continental Divide Rd., Littleton, CO 80127. The deadline for placement of classified advertising is the close of business (5:30 p.m.) on Monday, Nov. 11 for the Nov. 20, 2013 issue. Cost is \$.25 per word for residents; \$.75 per word for non-residents. Payment for ALL classified advertisements MUST be made in full for the duration of the ad at placement. No changes to classified ads will be made. No refunds will be made for cancellations. No custom services are available for classifieds. A maximum of 80 words will be accepted. A Classified Ad Form may be downloaded at www.ken-caryl.org. If mailing your ad, please proof it CAREFULLY, provide contact name, address, phone number and desired ad category. Please call 303-979-1876 with questions or for clarification.

PERSONAL

LOST & FOUND

PHONE FOUND — by Cochetopa & Main Range Trail in September. Call 303-979-1876.

NECKLACE FOUND — at the base of the Massey Draw Trail in October. Call 303-972-1560.

LOST HAT — On trail by Brannon Gearhart Park on Oct. 13. Sentimental value. Beige knit with brim and grey fleece lining. Please call 303-810-3601 if found.

CAT FOUND — Dark grey cat found by the intermediate school in the Valley around Sept. 21. Call 303-919-8512.

DKNY PRESCRIPTION SUNGLASSES FOUND — outside rangers offices at the Equestrian Center. Stop by the Ranch House business offices to pick up or call 303-979-1876.

FOR SALE

FOR SALE: 2001 CHEVY BLAZER — silver. Good condition. New radio, newer tires. 157,757 miles. Asking \$2,500. Call after 6 p.m. 303-972-5153.

ENTERTAINMENT CENTER — white/natural \$100. Weider Pro 9930 Home Gym \$200. Restaurant utility/bar cart \$50. Natural wood desk & night stand \$30 for both. Southwestern papasan chair with ottoman \$60 for both. Distressed kitchen table \$75. Call 303-972-5153 after 6 p.m.

BUSINESS

REAL ESTATE

1/2 ACRE BUILDABLE LOT AVAILABLE — in "the Spread," a custom home community in Ken-Caryl Ranch. \$220,000. 303-979-7859.

GOODS & SERVICES

SNOW SHOVELING, SNOW BLOWING AND DE-ICING — Why not use the same trustworthy local business you depend on for your lawn? Call Colin w/Grassthetics @ 720-257-4560.

MAIDS OF HONOR HOLIDAY CLEANING SERVICE — \$79.95 for 4 man hours. Expires 12-20-2013. Since 1999. Trustworthy, dependable, detailed, references. Call 303-458-9075.

GARBAGE DISPOSAL REPLACEMENT — Why call a plumber? Call for a very affordable price! Brian at 303-956-7380.

HOUSE CLEANING — Honest, professional, reliable, thorough, references. Call Diana 720-296-2479.

MATH TUTORING — Retired engineer. 16/hour. 720-253-6162.

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LOSE WEIGHT — Drink my coffee. Call John or Joann, 303-973-1330.

TUTORING BY LEARNING DISABILITIES/ADD SPECIALIST — Highly qualified, fully certified special education teacher with 36 yrs. practical classroom experience, will provide tutoring in your home for grades 1st-6th. Call Ileana Kopelson 720-428-8828. Email ik@flashoff road.com Cell 847-651-6789.

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FALL FABRIC SALE — Get your window treatments by the Holidays-Design Inspirations. 303-973-5289.

ON-SITE YOGA — On-site yoga class for groups or individuals. Contact Carin at yogaonthego@live.com, 303-862-0760.

POLISH CLEANING SERVICE — Premium quality, competitive prices, trained, insured. 303-900-3227.

PIANO AND VOICE LESSONS — for all ages and ability levels. Superb instruction for total talent development in music performance, theory and technique. Contact the Elea Plotkin Music Studio at 303-972-1984.

HIGH SCHOOL MATH TUTOR — Colorado School of Mines graduate. www.Algebra2CalculusTutor.com In-person or online tutoring. Free 1st session. Ken-Caryl resident. David Cowan 303-949-1989.

DECKS, BASEMENT, KITCHENS, BATHROOMS, ETC. — Quality work for the right price. Call Greg, 303-960-6859.

ADVANCED HOME IMPROVEMENTS — Drywall, carpentry, plumbing, electrical, tile. No job too small. 303-948-2745.

KEN-CARYL HAULING ANYTHING TO DUMP OR ARC — 303-525-5421.

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.masakazu.com for contact information.

TRASH HAULING — CALL BERNIE — 303-347-2303. 7-Days — Furniture, Appliances, Junk, Carpet, etc.

DOG WALKING & PETSITTING — Affordable, reliable. Chris 303-902-8128.

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

IMMEDIATE SERVICE - 7 DAYS A WEEK — 303-810-8818. Small and tiny jobs most welcome. NEW INSTALLATION & REPAIRS — Faucets/sinks/toilets/garbage disposals. Electrical new/re-wire. Breaker boxes installed. New installation of ceiling fans. Insured. Gary Harmon. 20 yrs experience. Bonded.

MISCELLANEOUS

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Teen Services

This listing includes Ken-Caryl teens who babysit, mow lawns, shovel snow, house sit or pet sit. To be included on the list, teens should email their name, number and a list of services offered to Victoria DeSair at victoriad@kcranch.org or call 303-979-1876, ext. 122.

Categories: (B) Babysitting; (L) Lawn care; (P) Pet and house sitting; (S) Snow shoveling.

Name, Age	Phone	Services	Name, Age	Phone	Services
Dylan Ahearn, 17	303-906-1018	L	Morganne LaVigne, 15	303-475-7341	B, P
Sean Ahearn, 17	303-906-1137	L	Sloan Lyons, 15	720-569-4883	B, P
Emma Ahern, 15	303-765-4924	P	Ashley McFerrin, 13	303-979-6559	B
Stephen Barton, 17	720-253-6110	L, P, S	Ryan McKenna, 13	720-261-2869	B, P, S
Sarah Bielefeld, 13	303-506-8630	B, P	Robby Nelson, 13	303-904-8886	B, L, P, S
Christina Bigger, 13	720-981-4521	B, P	Alexandra Newsom, 13	303-325-5232	B, L, P, S
Josh Blarr, 13	720-318-4605	B, L, P, S	Lauren O'Connor, 12	720-982-7981	B, P
Olivia Boyd, 14	720-400-9710	B, P	Sean O'Dell, 16	720-371-1957	L, P
Nolan Byrnes, 12	720-530-9272	L, P, S	Max Packebush, 12	720-949-4482	L, P, S
Hannah Calahan, 17	303-667-3985	B, P	Rhiana Parker, 13	720-275-2000	B, P, S
Paul Castellano, 12	720-940-3655	B, L, P	Tucker Payne, 18	720-936-3049	L
Wil Crane, 13	303-979-8707	B, L, P	Dillon Reisinger, 16	303-973-2469	L
Daniel Dominguez, 13	720-648-3178	P, S	Seth Reisinger, 12	303-973-2469	P
Carly George, 15	303-250-8502	B, P	Reanna Schafer, 13	303-808-0373	B
Wil George, 17	720-382-6910	B, L, P, S	Carlee Shute, 13	303-903-0504	B, P
Sam Gerbus, 16	303-250-6079	B, L, P, S	Hannah Topka, 18	303-829-1841	B, P
Taylor Gohl, 16	303-807-8476	P	Cole Torgerson, 11	303-933-9988	B, P
Chuck Henderson, 13	720-231-6068	B, L, P, S	Jake Trovinger, 15	303-932-7352	P
Ben Iverson, 13	303-932-8275	L, P, S	Kyra Turner, 15	303-495-8670	B, P
Oliver Kauffman, 12	303-979-9577	B, P	Eli Yeagley, 13	720-363-6440	B, L, P, S
Dominic Lasco, 13	303-979-6206	L, P, S	Sam Yeagley, 15	720-363-6440	B, L, P, S

The Ken-Caryl Ranch Master Association has not screened or run background checks on these teens and makes no representations, guarantees or warranties on their appropriateness, fitness or ability to perform the work for which they are advertising. In addition, the Master Association has not examined any of the tools or machinery they may use to perform the work for which they are advertising and makes no representations, guarantees or warranties on the safety or soundness of the equipment or the ability of the teens to utilize the equipment in a safe and appropriate manner. It is the sole responsibility of the individuals contracting with these teens to make these determinations.

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— Dave & Kathy Heins (Sellers North Ranch)



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