

## Ken-Caryl Ranch’s New Website Is Here!

Ken-Caryl Ranch’s website, [www.ken-caryl-ranch.org](http://www.ken-caryl-ranch.org), received an overhaul at the beginning of December. There are some great new features, many of which were inspired by feedback from October’s website survey. The colors and new look are much more modern and eye-catching. The Ken-Caryl Ranch *e-News* also got a new look to match the updated website.

We’ve added a Frequently Asked Questions (FAQs) link at the top of the home page. This

page includes several questions that residents ask the Master Association and Metropolitan District staff on a regular basis. We will periodically update that page as new questions arise. The new site has an increased focus on the community calendar and news. It will be a great source for the latest Ken-Caryl news.

If you have any feedback on the new site, please send it to Victoria DeSair at [victoriad@kcranch.org](mailto:victoriad@kcranch.org) or 303-979-1876, ext. 122.



*Santa, crafts, cookies, cider, stories, games and music! What more could you ask for? The annual Holiday Happenings event was a huge success. Please see Page 7 for event photos.*

## Newspaper Production And Schedule

The staffs of the Ken-Caryl Ranch Master Association and Metropolitan District would like to express our sincere thanks to Southeast Denver Graphics, the company that has designed the *Life at Ken-Caryl* newspaper for more than 30 years. The staff at Southeast Denver Graphics has been a dedicated part of the newspaper team for Ken-Caryl Ranch. This issue of the newspaper will be their last one working with us following the Master Association decision to change vendors.

We will be transitioning to the new production company in January. There will not be an issue of the *Life at Ken-Caryl* newspaper on Dec. 31. The next issue will come out Wednesday, Jan. 14, 2015. If you have any questions, please contact Victoria DeSair at [victoriad@kcranch.org](mailto:victoriad@kcranch.org) or 303-979-1876, ext. 122.

## Give The Gift Of Dirt!

Need a unique gift idea for a family member or friend? How about the gift of gardening? This is truly a gift that “keeps giving” as fresh, organic fruits and vegetables will be available throughout the summer. The Ken-Caryl Community Garden has small plots available for the 2015 growing season. The cost is \$75 plus a \$50 refundable deposit. We will put together a gift with a certificate for the plot, a pair of gardening gloves and wrap it for you! All you have to do is place it under the tree. Please contact [harrietcamp@comcast.net](mailto:harrietcamp@comcast.net) for more information or to order your gift.



Merry Christmas



And  
Happy New Year!

### In This Issue

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### Get Ready For The New Year: SilverSneakers At Community Center

The Community Center is now accepting SilverSneakers to offer benefits to qualified members of AARP, Anthem Blue Cross and Blue Shield, Humana, Kaiser Permanente of Colorado and United Health Care. The Healthways SilverSneakers Fitness program is also an insurance benefit included in more than 65 Medicare health plans. Through SilverSneakers, health plans and group retirement plans provide a gym membership to their insured at no additional cost. SilverSneakers membership allows access to more than 12,000 participating locations nationwide, and includes all the basic amenities, group exercise classes and in some cases, classes geared specifically toward the active older adult. Stop by the Community Center, and we can put your name, address and birth date into the database to see if you qualify for a free gym membership, or you can contact your insurance provider. For more information, please call the Community Center at 303-979-2233.





## Manager's Column



by KCRMA Executive Director Chris Pacetti

The Ken-Caryl Ranch Master Association Annual Plan/Budget for the fiscal year beginning Jan. 1, 2015, and ending Dec. 31, 2015, is available at the Ranch House or on our website, [www.ken-carylranh.org](http://www.ken-carylranh.org), under the Administration tab. In the adopted budget the dues are increased from the 2014 levels of \$45 per month for each residential unit to \$46 per month and from \$29 per month per acre to \$30 per month for commercial properties. Both developed and undeveloped commercial properties are assessed.

The primary revenue sources for the Master Association are the monthly dues paid by property owners on Ken-Caryl Ranch, fees paid for services at the Equestrian Center (all revenues collected at the Center are spent at the Center and do not contribute to the general operations) and advertising in *Life at Ken-Caryl*.

The Master Association provides the following services to the community: weekly curbside trash and recyclable pick up for every occupied home, biweekly production and distribution of *Life at Ken-Caryl*, open space management and maintenance for over 4,000 acres of open space, operation of the Equestrian Center, architectural and covenant standards administration and the reserve program.

In addition to providing the services listed above, there are many projects planned for next year including: the completion of the drainage project that has begun east of the Community Center, continued replacement of the open space asphalt paths with wider concrete paths, replacement of the riding school metal building at the Equestrian Center, repairing the brick columns and staining the privacy fence along Chatfield Ave., hiring a contract trail builder to help construct new trails, relocation of the Manor House Prairie Dog Colony, and funding to plant 25 new trees and replace a section of greenbelt fencing. We will also be adding a new position to the Open Space staff that will be focused on trail maintenance and construction.

If you have any questions about the 2015 Budget, please contact me at 303-979-1876, ext. 116, or [chrisp@kcranch.org](mailto:chrisp@kcranch.org).

Have you checked out our new website yet? We have worked to provide enhanced features and a brighter more attractive site. Please take a look and if you have any suggestions forward them to us at the Ranch House.

## 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.**

### December 2014

Tuesday 16 6:30 p.m. **MA Board Meeting**  
Thursday 18 10:15 a.m. **Story Time**

### January 2015

Tuesday 6 6 p.m. **MA/MD Joint Study Session**  
Thursday 8 10:15 a.m. **Story Time**  
Thursday 15 10:15 a.m. **Story Time**  
Tuesday 20 6:30 p.m. **MA Board Meeting**  
Thursday 22 10:15 a.m. **Story Time**  
Tuesday 27 6 p.m. **MD Board Meeting**

### COMMITTEE/TASK FORCE MEETINGS

**Architectural** — Second and Fourth Thursdays at 7:30 a.m.

**Community Planning** — Monday, January 5, 7 p.m.

**Covenant** — Third Wednesday at 4:30 p.m.

**Historical Society** — Wednesday, Jan. 21, 2 p.m.

**MA Finance** — Monday, Jan. 19, 5:30 p.m.

**Open Space** — Thursday, Jan. 22, 7 p.m., *Dakota Lodge*

*All days and times are subject to change. Please visit [www.ken-carylranh.org](http://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](http://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](http://www.wcdenver.com). Once you are at [www.wcdenver.com](http://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](http://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 Tom Wamsley directly at 720-234-4551.

**Check Out Valuable Information On Our Website • [www.ken-carylranh.org](http://www.ken-carylranh.org)**  
Like us on at [www.facebook.com/ken-carylranh](https://www.facebook.com/ken-carylranh)

**Ken-Caryl Ranch Master Association**  
*Board of Directors:*  
Chris Figge, Dan Mullins, Seth Murphy, Erlinda Stafford and Valerie Walling.

*MA Executive Director* Chris Pacetti  
[chrisp@kcranch.org](mailto:chrisp@kcranch.org) 303-979-1876, ext. 116  
*Park Rangers/Open Space* 303-979-1876, ext. 170

**Ken-Caryl Ranch Metropolitan District**  
*Board of Directors:*  
David Banning, Jeffrey Esbenshade, Robert Generoli, Jami Jensen and Lauri Lehan-Milano.

*District Manager* Darrell Windes  
[darrellw@kcranch.org](mailto:darrellw@kcranch.org) 303-979-1876, ext. 114  
*Parks, Greenbelts, 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.**

## Architectural Accents

### Landscape Submittals by Architectural Administrator Julie Kearful

Throughout the autumn months, many folks have been working on improvements and enhancements to the landscaping on their properties. It has been a wonderful time to plant trees and warm enough for completing retaining walls, patios, decks, etc.

I often am asked the question, "Is submittal required for removal of a dead (or lame looking) tree?" Basically, not if a small type tree is being taken down. However, the primary issue is what will be done with the area where the tree had once been located. Submittal of a landscape plan must be provided. If you have any questions, contact me at [juliek@kcranch.org](mailto:juliek@kcranch.org).

## Ranger Field Notes

### Update On Massey Draw Stream Stabilization Project

by Open Space Manager Sean Warren

By now you have probably noticed the construction project as you enter the Valley along the east side of the Ken-Caryl Community Center. The drainageway improvement project was featured in the Oct. 8 edition of *Life at Ken-Caryl* after the Ken-Caryl Ranch Master Association Board of Directors hired the contractor, AGE Inc. The improvements will address public safety concerns, downstream bank stability and water quality issues. The \$405,000 cost of the project is funded entirely by Master Association dues.

Work began on Nov. 10, and the contractor has been busy establishing staging areas for the project, diverting stream flow and installing erosion and sediment control features around the site. The project design calls for moving the stream channel further north from its current location and installing three, grouted boulder drop structures to prevent erosion at the new location. The contractor will then fill in eroded channels and grade slopes.

One of the more interesting aspects of the project is the search for prehistoric animals that roamed the Valley some 30,000+ years ago! In 2009, two junior residents found a molar and part of a lower mandible of a mastodon in what is now the center of the stream stabilization project. The Denver Museum of Nature and Science was contacted about the find and sent a crew to investigate the site. Within a short period of time the crew found a tusk from a mastodon imbedded in the stream bank near where the boys found the tooth and jaw bone. Museum staff carefully removed the tusk and transported it to the Museum for preservation and study. Plans were made to excavate around the area where the tusk was found but a lack funds de-

layed execution of the excavation, until now.

On Monday, Dec. 8, museum staff returned to the site to oversee the excavation of a test pit to see if any other remains could be found. The excavation of the test pit was built into the scope of work for the stream stabilization project. The contractor, using a large track hoe, dug down at least 12-feet deep to the level where the tusk was found. The museum's paleontologist watched each bucket of dirt that came out of the pit looking for clues, bone fragments, anything that would indicate a larger find. But, after two hours and hundreds of cubic yards of dirt, nothing was found.

Who knows where the source of the tooth and tusk lie? Maybe the skeleton eroded away; perhaps it rests in an ancient stream bed hundreds of yards away. Regardless, the stream stabilization project will now move forward and will take shape over the next eight months. When finished, a trail will traverse the site connecting Brannon Gearhart Park to Club Drive hugging the south side of the right of way for Ken Caryl Ave. and crossing the new drop structures before climbing up to the concrete path along the west side of the project. A sidewalk will be added along the north side of Club Drive that will connect with the existing sidewalk along South Valley Road.

It's a little disappointing that more animal parts weren't found even if the contractor is relieved that his work won't be held up by a major paleontological discovery. For me, whenever I visit the site I always remember the tooth and tusk and imagine what it must have been like to live on Ken-Caryl Ranch tens of thousands of years ago. How wonderful it is that this discovery sparks the imagination and provides deeper meaning and context to our time on the Ranch! So, I am thankful that two teenage boys, exploring the storm-scoured stream channel back in 2009, made this serendipitous discovery and shared it with the rest of us.



*The drainageway improvements by the Community Center will address public safety concerns, downstream bank stability and water quality issues.*

## Two Master Association Board Seats Open For Election In 2015

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

There are two seats on the MA Board that will be on the ballot for the Board of Directors election in March 2015. The MA Board meets the first and third Tuesday of each month in the evening at the Ranch House. Board members are expected to attend other meetings on an as-needed basis. The affairs of the Master Association are managed by the five-member Board of Directors along with a professional staff. Serving three-year staggered terms, a portion of the Board is elected each year.

For those of you who are interested in running for an MA Board position, applications are available at the Ranch House and online at [www.ken-carylranh.org](http://www.ken-carylranh.org) under the Administration tab then Master Association Board. Applications are due by Jan. 30. The MA will introduce the declared candidates to the community in this publication and at [www.ken-carylranh.org](http://www.ken-carylranh.org) in February 2015. Residents will receive a postcard in the mail in mid-February with instructions on how to vote electronically. The election closes March 3 at 5 p.m., and winners will be announced soon after.





## 300 Trees Sold At Christmas Tree Sale

Residents picked out more than 300 trees at this year's Ken-Caryl Ranch Open Space Christmas Tree Sale on Dec. 6. Volunteers along with the Ranger staff harvested the trees from the Open Space to help with fire mitigation. There was a large crowd that attended the tree sale, and residents donated generously for the trees they picked out and took home. Approximately \$3,200 was collected, which is the highest amount ever. The donations will be used by the Rangers to help purchase open space supplies. Thank you to all the residents and volunteers for their support of this event over the past 12 years!



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

## Community Plan & Improvement Projects



### New Year Brings Facility Improvements ... And Some Inconveniences

Submitted by Lisa Lorman,  
Vanir Construction Management

2014 was a great year to live in Ken-Caryl Ranch! Residents voted overwhelmingly in favor of a bond to invest \$7.9 million in upgrading facilities and landscapes throughout the community. With your input, lists of needed improvements have been prepared and prioritized. Architects will soon begin evaluating these priorities and start the planning and design process.

What is the impact? The plan for construction is to have the Ranch House, Community Center and Dakota Lodge under construction simultaneously. This approach will actually save Ken-Caryl Ranch some time and money

by consolidating the General Contractor's efforts. This will require solid communication from the project team to the residents, and as expected, there will be some inconveniences.

The construction is expected to start in September 2015 and continue through March 2016. The goal is to maintain core functions of each facility, but there may be a need to relocate activities or suspend the use of a room or area during construction. Examples are the Adult Lounge at the Ranch House and the Dakota Lodge. With the assistance of the staff we have "black-out" the calendar for both the Adult Lounge and Dakota Lodge reservations from October 2015 through February 2016. This means that people cannot reserve the Adult Lounge or the Dakota Lodge for meetings, activities and events during this timeframe. We want you to have plenty of notice for any events you are considering next holiday season.

Once the General Contractor is selected, we can narrow down this "black-out" window, but for now we wanted to over commit the amount of time needed for a space that is so valuable to the community. Communication and safety will be the team's focus during construction. If you have any questions or suggestions, please send an email to [bondprojects@kcranch.org](mailto:bondprojects@kcranch.org).

Visit [www.ken-carylranh.org](http://www.ken-carylranh.org)

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## Life at Ken-Caryl

ISSN 0899-6318

**LIFE AT KEN-CARYL** is a private newspaper published every other week by the Ken-Caryl Ranch Master Association. **OUR PURPOSE** is to bring timely information to the residents of Ken-Caryl Ranch, and to be respondent to the needs of the community. We welcome suggestions and ideas for making this newspaper a good community servant. *Permission to reprint articles is granted, provided that proper credit is given to Life at Ken-Caryl, and the Editor is notified.* The editorial direction of this publication comes ultimately from the Ken-Caryl Ranch Master Association Board of Directors.

### NOTICE

The views of the authors of the various articles and letters in this newspaper do not necessarily reflect the views of committees, directors or management, and by no means do they reflect the views of the community as a whole.

Community Relations Director: Victoria DeSair,  
303-979-1876, ext. 122  
[victoriad@kcranch.org](mailto:victoriad@kcranch.org)

Email or send articles, photographs, letters to the editor and advertisements to:

### Life at Ken-Caryl

c/o Ken-Caryl Ranch Master Association  
7676 South Continental Divide Road  
Littleton, Colorado 80127  
Fax: 303-972-1272

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

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

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## Board Meeting Summaries

### Joint Study Session

On Dec. 2, the Ken-Caryl Ranch Master Association and Metropolitan District Boards held a Joint Study Session at the Ranch House and discussed the following items:

- A draft Landscape Vision document for comment (none received). This will be on the December business meeting agendas for both the Master Association and District Boards for adoption.
- The Boards discussed the request from Jefferson County Open Space to allow for the construction of the Opportunity Trail. If approved, the trail would be located along the east side of the hogback north of Ken Caryl Ave. There is a connection between this request and the MD request for the deed to the Community Center, so it is of interest to both Boards. Staff was directed to continue working with open space staff on this task and to also request a new longer-term lease agreement for the Community Center.
- A representative from the Veterans Monument Task Force presented suggested options for locating the Monument either north of the Ranch House or at Community Park near the intersection of Sangre de Cristo and Crestone Mountain.

### MD Board Meeting

On Dec. 9, 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 discussed a request from the Veterans Monument Committee to locate the proposed Monument at the Ken-Caryl Ranch Community Park near the intersection of Sangre de Cristo and Crestone Mountain. Following comments from several residents living near the park, the Board took action to approve the site for the project and authorized staff to proceed in cooperation with the Veterans Monument Committee to review the specific location and order utility locations. The Board will consider a resolution in early 2015 to address the specifics of the proposed Monument.
- The Board discussed additional investment options that might be available for the bond funds.
- The Board took action to renew the Property and Liability and Workers Compensation insurance coverages for 2015 with the Colorado Special Districts Property and Liability Insurance Pool.
- The Board took action to contract with the

Denver architectural design firm of Sink, Combs & Dethlefs to provide architectural services for the facility bond projects.

- The Board took action to approve the Landscape Vision Plan prepared by the Atkinson Design Group to provide an overall vision of landscaping for the future of Ken-Caryl Ranch. The Board also took action to approve the scope of services from the Atkinson Design Group to develop a Landscape Master Plan for irrigated turf areas managed and maintained by the District. Both the Landscape Vision Plan

and the Landscape Master Plan are being funded through the May 2014 bond issue. The purpose of both plans is to look toward the future for more efficient use of irrigation water on Ken-Caryl Ranch.

- The District Manager discussed the status of several new accounting reports being considered for further review in January.
- Following completion of the public hearing on the 2015 proposed budget, the Board took the following actions:
  - Adoption of the 2015 Business Meeting Schedule
  - Adoption of the 2015 Fee Schedule
  - Adoption of the 2015 Budget, Appropriation of Funds and Certification of the 2015 Mill Levy

## Job Announcement

### Environmental Education Part-Time Assistant

Position Summary: Assist Recreation Coordinator for Environmental Education with a variety of programs for all age groups. Develop, present, and assist with natural resources/historical related programs for the Ken-Caryl Ranch community. Environmental Education programs include: Babes in the Woods, Tot Discovery, KC Kids, Junior Naturalist, Young Explorers, Early Birds, summer Nature Camp, family friendly programs, School and Scout groups. Multiple camps and weekly sessions will be programmed throughout the year.

**Salary:** \$9-\$11/hour DOE

**Start Date:** January 2015

**Time Commitment:** 15-30 hours/week as needed, Monday-Friday some weekends

**Location:** Dakota Lodge

#### Responsibilities:

- Organize and lead a team of 5-10 students in group programs.
- Work as a team with other staff to lead large group programs.
- Ensure safety of all participants.
- Supervise students on field trips.
- Attend staff training and staff meetings.
- Market and promote attendance at pro-

grams.

- Collect, catalog, organize and protect collections of slides, photographs, specimens, programs supplies, etc.
- Other duties as assigned.

#### Qualifications:

- Experience working with children.
- Knowledge of Colorado flora and fauna is preferred.
- Flexible and positive in an intense, dynamic and sometimes stressful environment.
- Enjoy working and playing outdoors with energetic people.
- Ability to work independently and as a team member.
- Must exercise excellent judgment, diplomacy and sensitivity to all constituents.
- Must be at least 18 years old.
- Strong communication skills with youth, parents, adults and co-workers.
- Desire to work and play hard in the sun!
- Must have own reliable transportation.
- Must pass a criminal background check.
- First Aid and CPR certifications may be required.

Applications will be accepted until positions are filled. To apply, please email a resume and cover letter to gabriellec@kcranch.org.

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## Ken-Caryl Parent Network

### Ken-Caryl Parent Network Events

Submitted by

Kathryn Falconer, KCPN

**New Member Coffee:** Saturday, Jan. 10, 9:30-11:30 a.m. at 7 Periwinkle. If you are new to KCPN or just want to connect with new and "old" members, join us for our next New Member Coffee! Bring the whole family, just the kids, or come solo, whichever you prefer! Coffee and a light snack will be provided. Hope to see you there!

**Christmas Party:** The Annual Ladies' Christmas Party was Thursday, Dec. 4. A big thank you to Susan Schell of RE/MAX, our key sponsor. Another big thank you to the rest of our sponsors who graciously donated items that were drawn as giveaways throughout the evening: 212 Degree Fitness, Ancient Art Health Center, Atlas Coffees, Beauty-counter, Brody's Gift Wrapping Service, doTERRA, Frenchies, Hair Gypsy Waxing & Hair Studio, Ken-Caryl Community Center Yoga Studio, Ken-Caryl Ranch Metropolitan District Recreation Programming, Ken-Caryl Valley Pilates, Mojo, Norwex, Nothing Bundt Cakes Littleton, Premier Designs, Reasons Med Spa /Melinda Walsh Esthetics, Reflex & Reiki Touch, Stella & Dot, Tammy's House Cleaning Service, The Bite Sized Bakery, and Trendz Boutique. Looking forward to another great event next year.

**Toy Drive:** Thank you to all the residents and KCPN members who donated to this year's toy drive benefiting Warren Village in Denver. Over 130 toys and gifts were donated to kids and parents living at Warren Village



More than 130 toys and gifts were collected for Warren Village.

for their annual Holiday Shop. Kids and parents will be able to "shop" next weekend to pick out gifts for each other free of charge. Warren Village helps low-income, single-parent families achieve personal and economic self-sufficiency — and to sustain it. Single parents living at Warren Village are dedicated to improving their lives and creating a better future for their children and themselves. Thank you to all who donated for their generosity!

Visit KCR's new website [www.ken-carylranh.org](http://www.ken-carylranh.org) for updated information on upcoming meetings and other events.

## Fit Bits

by KCRMD Personal Trainer  
Lauren Jones

*Editor's Note: "Fit bits" is a new column with nutrition and exercise information and advice from Lauren Jones, who is a personal trainer at the Community Center. Lauren is a Ken-Caryl native, has her Bachelor of Science in exercise science and nutrition, is certified through the American College of Sports Medicine and manages the Annual Community Weight Loss and Fitness Challenge.*

Ok, I admit it: I love sweets!!! Anything chocolate will do. And I know many of you do, too, even if you are not willing to admit it. It can be pretty hard to find the will power to resist those dangerous foods, especially when faced with a stressful day or situation in your life.

**FACT:** It takes only 10 extra calories a day to gain 1 pound in a year and just an extra 100 calories a day to gain 10 pounds in a year! That is about one-third of a Snickers bar. It will take a 150-pound person running at 5 mph for 10 minutes to burn off those 100 calories. A cup of raw veggies on the other hand has only 25 calories. Just some perspective.....

We had a discussion on how to reduce cravings for sweets during one of our support group meetings in last year's Weight Loss competition, and we came up with some pretty good ideas. Here are some of them:

- Drink a glass of water! We have a very weak thirst mechanism and often hunger can be mistaken for thirst.
- Plan ahead: Pack a variety of low-calorie snacks the night before so you set yourself up for success the next day. Popcorn (all natural, no salt or sugar added), raw veggies, rice cakes/crackers and fruit are all good options!
- Buy dark chocolate chips and put 100-200

calories worth in a baggie. Eat a couple chips whenever you are feeling that craving coming on. Make sure to account for those calories in your meal plan by eating less or exercising more that day!

Make sure to sign up early for this year's "Rock your Resolution" challenge. This program offers an eight-week membership to the Community Center (if you already have a single pass it will extend your membership), nutrition classes, boot camp classes, weekly weigh-ins, support groups and more!

More information is available at [www.ken-carylranh.org](http://www.ken-carylranh.org) under Programs & Activities then Fitness & Wellness. Do you have a health, fitness or nutrition question, or are you interested in personal training? Contact Lauren at [lifes2shortfitness@gmail.com](mailto:lifes2shortfitness@gmail.com).

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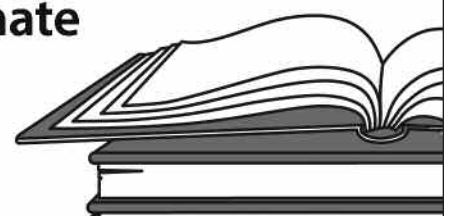


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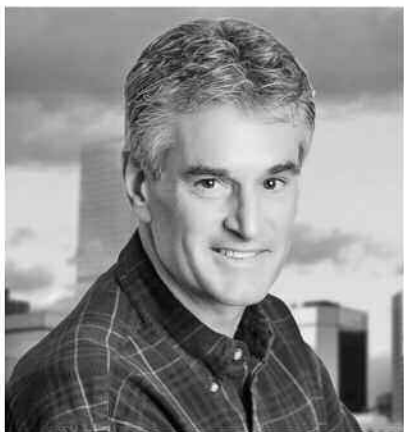
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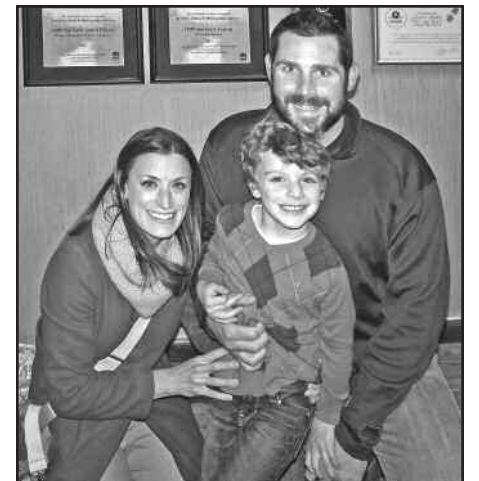




## Ho, Ho, Ho For Holiday Happenings

The annual Holiday Happenings event took place on Saturday, Dec. 6 at the Ranch House. This year was the first time the event was on a Saturday, and the new day with extended hours allowed the opportunity for more kids to have their photo taken with Santa. In addition to photos with Santa, there was a craft fair featuring several resident crafters, games, a bake sale, cookies, mini cakes, cider, the Heritage Methodist Bell Choir, a storyteller and hay wagon rides. We hope everyone had a wonderful time!

The event was made possible by the Ken-Caryl Ranch Metropolitan District, the Scientific and Cultural Facilities District, Colorado Credit Union, the Ken-Caryl Parent Network, Nothing Bundt Cakes, Sam's Club and RE/MAX Realtor Johnny McCloskey. Thank you to these great sponsors!







# Ken-Caryl Ranch Metropolitan District RECREATION ACTIVITIES

## For Your Information

### How To Register For Classes & Events

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

### Nursery Hours

#### Community Center

Monday through Friday 9 a.m.-3 p.m.

*Hours may vary  
according to reservations.*

### 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.

### Recreation Office Hours

#### Ranch House Recreation Office (303-979-4070)

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

#### Community Center (303-979-2233)

Monday - Thursday • 5:30 a.m. - 10 p.m.  
Friday • 5:30 a.m. - 7 p.m.  
Saturday • 8 a.m. - 7 p.m.  
Sunday • 8 a.m. - 7 p.m.

### Finger Scan

Utilizing our finger scan stations or presenting a 2014 KCRMD valid ID is required for anyone age 3+ or older. Those seeking resident discounts must show proof of residency (within the Metro District boundaries). To receive or renew you must present one of the following: a valid Colorado Driver's License, Warranty Deed, Colorado ID, Lease Agreement or Property Tax Statement which must have the applicant's name and valid KCRMD address. If you have questions regarding residency and/or ID cards, call the Ranch House for assistance at 303-979-4070.

### Visit

[www.ken-carylranh.org](http://www.ken-carylranh.org)

### Holiday Hours

#### RANCH HOUSE (303-979-4070)

Monday - Tuesday, Dec. 22 - 23  
8 a.m. - 6 p.m.

Wednesday, Dec. 24  
Closed

Thursday, Dec. 25  
Closed

Friday, Dec. 26  
8 a.m. - 6 p.m.

Monday - Tuesday, Dec. 29 - 30  
8 a.m. - 6 p.m.

Wednesday, Dec. 31  
8 a.m. - 4 p.m.

Thursday, Jan. 1  
Closed

#### COMMUNITY CENTER (303-979-2233)

Monday - Tuesday, Dec. 22 - 23  
5:30 a.m. - 10 p.m.

Wednesday, Dec. 24  
Closed

Thursday, Dec. 25  
Closed

Friday, Dec. 26  
8 a.m. - 5 p.m.

Saturday, Dec. 27  
8 a.m. - 5 p.m.

Sunday, Dec. 28  
8 a.m. - 8 p.m.

Monday - Tuesday, Dec. 29 - 30  
5:30 a.m. - 10 p.m.

Wednesday, Dec. 31  
5:30 a.m. - 4 p.m.

Thursday, Jan. 1  
Closed

\$

### Ken-Caryl Ranch REFUND POLICY

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

\$

### 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](http://www.facebook.com/caninefrontier) for more information.



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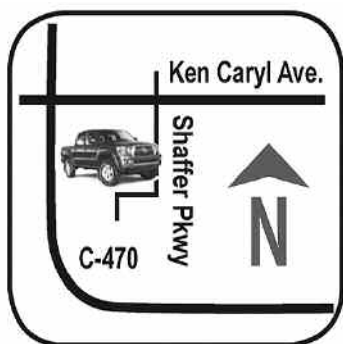
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# Tennis Information

## JUNIOR TENNIS LESSONS

Jan. 5 - Feb. 21 • No Lessons Feb. 14 or 16  
7 Weeks of Lessons • Registration is in progress.

Course	Age	Level	Day	Time	Pro	Fee
29900	5 - 6	Level A	M	4 - 4:30 p.m.	Robert	\$63/\$69
29901	5 - 6	Level A	T	4 - 4:30 p.m.	Leslie/Nic	\$73.50/\$80.50
29902	5 - 6	Level A	W	4:30 - 5 p.m.	Mark	\$73.50/\$80.50
29903	5 - 6	Level B	M	4:30 - 5 p.m.	Robert	\$63/\$69
29904	5 - 6	Level B - C	T	4:30 - 5 p.m.	Leslie/Nic	\$73.50/\$80.50
29905	7 - 8	Level A	M	5 - 5:45 p.m.	Robert	\$63/\$75
29906	7 - 8	Level A	T	5 - 5:45 p.m.	Nic	\$73.50/\$87.50
29907	7 - 8	Level B	M	5:45 - 6:30 p.m.	Robert	\$63/\$75
29908	7 - 8	Level B	W	4 - 4:45 p.m.	John	\$73.50/\$87.50
29909	7 - 8	Level C	M	5 - 5:45 p.m.	Chris	\$63/\$75

If your child turned 11 on or before Aug. 9, please register them for 11 - 12 age group lessons. As they move up an age group, they move down a level due to a change in balls.

29910	9 - 10	Level A	T	4 - 5 p.m.	Robert	\$98/\$119
29911	9 - 10	Level B (Limit 4)	M	5:45 - 6:30 p.m.	Chris	\$94.50/\$106.50
29912	9 - 10	Level B	T	5 - 6 p.m.	Leslie	\$98/\$119
29913	9 - 10	Level C	W	5 - 6 p.m.	Mark	\$98/\$119
29914	9 - 10	Level C	Th	4 - 5 p.m.	Nic	\$98/\$119

### Junior Ball Machine Drill

29915	9 - 10	Lev C, C1, C2	F	4:30 - 5:15 p.m.	Mark	\$73.50/\$87.50
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This is a fast paced drill session that will have the kids hitting hundreds of balls in a short amount of time. Improvement in tennis requires lots of hitting. This class will meet that need. Our goal is to have the group hit 1,000 to 1,500 balls in each class. This class is part cardio, part drill and part instruction.

29916	9 - 10	Comp 1	M	4 - 5 p.m.	John	\$84/\$102
No 2/16						
29917	9 - 10	Comp 1	W	4 - 5 p.m.	Nic	\$98/\$119
29918	9 - 10	Comp 2	M	5 - 6 p.m.	John	\$84/\$102
No 2/16						

29919	9 - 10	Comp 2	T	5 - 6 p.m.	Robert	\$98/\$119
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Match Play: Must have played Junior Team Tennis this summer.

29920	9 - 10	Comp 1 - 3	F	5 - 6 p.m.	Nic	\$98/\$119
29921	9 - 10	Comp 3	W	4:45 - 6 p.m.	John	\$122.50/\$143.50
29922	9 - 10	Comp 3	Th	5 - 6 p.m.	Chris	\$98/\$119

If your child turned 13 on or before Aug. 9, please register them for 13-14 age group lessons. As they move up an age group, they move down a level due to a change in balls.

29923	11 - 14	Level A, B	Th	4 - 5 p.m.	Mark	\$98/\$119
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### Junior Ball Machine Drill

29924	11 - 12	Lev C-C2	F	5:15 - 6 p.m.	Mark	\$73.50/\$87.50
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This is a fast paced drill session that will have the kids hitting hundreds of balls in a short amount of time. Improvement in tennis requires lots of hitting. This class will meet that need. Our goal is to have the group hit 1000 to 1500 balls in each class. This class is part cardio, part drill and part instruction.

29925	11 - 12	Comp 1	Th	5 - 6 p.m.	John	\$98/\$119
29926	11 - 14	Comp 2	T	6 - 7 p.m.	Robert	\$98/\$119
29927	11 - 12	Comp 2	Th	5 - 6 p.m.	Mark	\$98/\$119

Match Play: Must have played Junior Team Tennis this summer.

29928	11 - 12	Comp 2 - 3	F	4 - 5 p.m.	Nic	\$98/\$119
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## Cardio Tennis

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

Please observe levels:

Res: \$10, Non-Res: \$13

Tuesdays	9 - 10 a.m.	3.0 - 3.5	Nic
Tuesdays	7 - 8 p.m.	3.5 - 4.5	Nic
Thursdays	7 - 8 a.m.	3.5 - 4.5	Chris
Fridays	8 - 9 a.m.	3.5 - 4.5	John/ Leslie

Fridays	9 - 10 a.m.	2.5 - 3.5	Mark
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\*\* call at 6 p.m. Th

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

Call 303-979-2233 after 5 p.m.

(unless specified) the night prior.

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

## 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: Thursdays, through May 21, 2015

(No Story Time Dec. 25 or Jan. 1)

Time: 10:15 a.m.

Location: Ranch House Dance Room

Fees: FREE!

## 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.

29929	11 - 12	Comp 3	T	6 - 7 p.m.	Nic	\$98/\$119
29930	11 - 12	Comp 3	W	5 - 6 p.m.	Nic	\$98/\$119
29931	11 - 12	Comp 3	Th	5 - 6 p.m.	Nic	\$98/\$119
29932	11 - 12	Comp 4	W	6 - 7 p.m.	Nic	\$98/\$119
29933	11 - 12	Comp 4	Th	4 - 5 p.m.	John	\$98/\$119
29934	13 - 14	Comp 2	W	6 - 7 p.m.	Mark	\$98/\$119
29935	13 - 14	Comp 3	W	7 - 8 p.m.	Mark	\$98/\$119
29936	13 - 14	Comp 3	Th	6 - 7 p.m.	Chris	\$98/\$119
29937	13 - 14	Comp 4	Th	6 - 7 p.m.	Nic	\$98/\$119
29938	13 - 14	Comp 5	Th	7 - 8 p.m.	Nic	\$98/\$119
29939	13 - 14	Comp 2 - 5	S	3 - 4 p.m.	Nic, Chris	\$84/\$102
29940	HS	Girls	M	6:30 - 8 p.m.	Chris/Robert	\$126/\$144

Limit 16, 4 per court

29941	HS	Coed Varsity	W	3 - 4 p.m.	L/N/M	\$147/\$168
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Limit 8, 4 per court

29942	HS	Boys Dbles.	Th	3 - 4 p.m.	Nic/Mark	\$147/\$168
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Limit 8, 4 per court

29943	HS	Coed Varsity	S	1:30 - 3 p.m.	Nic/Chris	\$126/\$144
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Limit 8, 4 per court

29944	HS	Girls JV	F	3:30 - 4:30 p.m.	Mark	\$98/\$119
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## ADULT LESSONS

You must register at your current NTRP level.

Registration is in progress.

Course #	Level	Day	Time	Pro	Fee
29879	Beg.	W	10-11 a.m.	Heather	\$98/\$119

Complete the Beg. class and receive a \$20 discount

toward the next session of lessons Feb. - Apr.

29880	2.0 - 2.5	F	11 a.m. - 12 p.m.	Mark	\$98/\$119
29881	2.5	W	12 - 1 p.m.	Mark	\$98/\$119
29882	2.5	T	10 - 11 a.m.	Nic	\$98/\$119
29883	2.5 - 3.0	T	12:30 - 2 p.m.	Leslie	\$147/\$168
29884	3.0	Th	10:30 - 11:30 a.m.	Mark	\$98/\$119
29885	3.0	F	10 - 11 a.m.	Mark	\$98/\$119
29886	3.5 Singles (Limit 4)	Th	11:30 a.m. - 12:30 p.m.	Mark	\$147/\$168

## Learn How To Practice Like A Pro

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## LEAGUES

You must register at your current NTRP level.

Course #	Level	Day	Time	Fee
29894	Women 2.5 - 3.0	Mon.	11 a.m. - 1 p.m.	\$96/\$114
29895	Women 3.0 - 3.5	Wed.	6 - 8 p.m.	\$112/\$133
29896	Men 3.5 - 4.0	Tues.	6 - 8 p.m.	\$112/\$133

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## KC Nature Programs

### FAMILY PROGRAMS

Programs are appropriate for adults and children 3+ unless otherwise noted. Minimum class size is five participants. Pre-registration is required for all programs. Call 303-979-4070 or visit [www.ken-caryl.org](http://www.ken-caryl.org) to sign up!

### Past, Present, And Future... Without Mr. Scrooge

Children will take a step back in time to celebrate the holiday season the way the first settlers did. While parents can go shopping for *presents*, we will bake cookies, make an old-fashioned candle, design ornaments and visit the Bradford-Perley House. This should make for a festive holiday future! Drop off and pick up is at Dakota Lodge.

**Ages:** 5 - 10  
**Date:** Saturday, Dec. 20  
**Time:** 12 - 3 p.m.  
**Fee:** Res: \$15, Non-Res: \$18

Course #29722

### Full Moon Hike And Campfire Stories

Come enjoy the light of the moon. Take a short hike looking for night critters then warm up by the campfire at Bradford Park with hot chocolate and roasted marshmallows. Dress warm according to weather conditions. Meet at the Bradford Park parking lot.

**Date:** Friday, Jan. 16  
**Time:** 6 - 8 p.m.  
**Fee:** Adult — Res: \$10, Non-Res: \$12  
Youth (3 - 18yrs) — Res: \$8, Non-Res: \$10  
Family of 4 — Res: \$30, Non-Res: \$40

Course #29723

### Visit Staunton State Park

Take a ride up to Colorado's newest State Park, Staunton! Located just 40 minutes from Ken-Caryl Ranch on 285, there will be a naturalist lead behind the scenes four mile hike round trip to the historical cabins, time to admire Lion's Head, and a break for lunch at the group picnic area. Dress for changing winter weather conditions. Bring a sack lunch, day pack for water, sunscreen, and layers. Meet at Dakota Lodge and take the shuttle. 14 person maximum.

**Date:** Saturday, Feb. 7  
**Time:** 9 a.m. - 2 p.m.  
**Course:** #29724  
**Fee:** Adult — Res: \$30, Non-Res: \$35  
Youth (3 - 18yrs) — Res: \$25, Non-Res: \$30  
Family of 4 — Res: \$90, Non-Res: \$110

### Family Hikes Will Resume In March

We will go on easy to moderate hikes throughout the Ken-Caryl Ranch trail system. Each hike will have a topic, but will not limit the discussion on other surroundings. Please wear proper shoes and layers, bring a day pack with water, sunscreen and a snack.

- Drop-in, no registration required.
- 15 participant maximum
- These family hikes are **FREE** for residents! Non-residents are \$5 per person.
- Children 10 and under must be accompanied by an adult.
- All previously scheduled winter hikes have been cancelled.

Topic	Dates	Time	Meeting Area	Trail	Level
Live Rock! Performed by Ecology	Friday, March 20	9:30 a.m. - 12:30 p.m.	Dakota Lodge	Cathy Johnson-Columbine	E/M
All About Bears	Friday, April 17	9:30 a.m. - 12:30 p.m.	Dakota Lodge	Lost Canyon-Shaffer-Manor House	M

### YOUNG EXPLORERS

Minimum class size is five participants, maximum is 20 participants. Pre-registration is required for all programs. Call 303-979-4070 or visit [www.ken-caryl.org](http://www.ken-caryl.org) to sign up!

#### After School — Learn The Trails

This program is hike-based where we will learn the trails in Ken-Caryl Ranch and make stops along the way to look at wildlife, wildflowers, geology and historical sites. Bring a water bottle and snack for the trail.

**Ages:** 5 - 10  
**Time:** 3:45 - 5:45 p.m.  
**Fee:** Res: \$45, Non-Res: \$55  
(unless otherwise noted)

### Early Birds — KC Nature Before School Program For Bradford Primary And Intermediate

- Come explore the outdoors before heading off to school for the day! Please bring appropriate clothes to be outside. A light morning snack is provided.
- 7 - 9 a.m. Monday - Friday (You may drop off any time between 7 - 8:45 a.m. You may come to as many or as few days a week as you'd like.)
- Dakota Lodge with transportation to Bradford Primary and Intermediate
- \$10/day — Billed monthly according to what you sign up for each month.
- Please call or email Gabrielle Chisholm, Recreation Coordinator for Environmental Education, to receive registration packet and calendars. 303-979-1876, ext 106 or [gabriellec@kcranch.org](mailto:gabriellec@kcranch.org).

**Location:** Dakota Lodge. Transportation is available from Bradford Primary. Pickup is Dakota Lodge.

**SESSION 2**  
**Dates:** Mondays, Jan. 12 - 26  
Course #29727 No class Jan. 19  
**Fee:** Res: \$23, Non-Res: \$34  
**Dates:** Tuesdays, Jan. 13 - 27  
Course #29728  
**Fee:** Res: \$34, Non-Res: \$42  
**SESSION 3**  
**Dates:** Mondays, Feb. 2 - 23  
Course #29729 No class Feb. 16  
**Fee:** Res: \$34, Non-Res: \$42  
**Dates:** Tuesdays, Feb. 3 - 24  
Course #29730  
**Fee:** Res: \$45, Non-Res: \$55

**HAPPY HOLIDAYS**

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The Christmas season presents a welcome opportunity to wish you and yours the very best that this special holiday brings. Among them are peace, joy and the closeness of family and friends, as well as the universal sharing and caring that is so unique to the holiday season.

**Merry Christmas to all from your neighbor, Pat Lynch!**

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## Early Childhood Programs

### Preschool Winter Break Mini-Camp

**Dates:** Dec. 22 - Jan. 6

Need a moment to prepare or take a break from the holidays? Sign your preschooler up for one or all of our fun-filled Winter Break Mini - Camp sessions.

#### Program Daily Fees and Options:

**Little Learner:** 9 a.m. - 12 p.m. Res: \$17, Non-Res: \$21

**Explorer:** 9 a.m. - 3 p.m. Res: \$34, Non-Res: \$38

**Full Day:** 6:45 a.m. - 6 p.m. Res: \$43, Non-Res: \$48

**REGISTRATION IS NOW OPEN!** Registration can be completed online on our website at [www.ken-carylranh.org](http://www.ken-carylranh.org), over the phone at 303-979-4070, or in person at either the Ranch House or Community Center.

Day, Date & Daily Class Theme	Little Learner 9 a.m.-12 p.m. #29783	Explorer 9 a.m. - 3 p.m. #29790	Full Day 6:45 a.m. - 6 p.m. #29797
<b>Monday, Dec. 22</b> The Arctic Circle/North Pole (KidRhythms Music and Movement)			
<b>Tuesday, Dec. 23</b> Winter Weather Wonderland	#29784	#29791	#29798
<b>Monday, Dec. 29</b> Arctic Animal Adventure (Yoga)	#29785	#29792	#29799
<b>Tuesday, Dec. 30</b> Art in the Arctic	#29786	#29793	#29800
<b>Wednesday, Dec. 31</b> People in the Arctic	#29787	#29794	#29801
<b>Monday, Jan. 5</b> Food in the Arctic (Yoga)	#29788	#29795	#29802
<b>Tuesday, Jan. 6</b> Inuit (Eskimo) Culture — "The Messenger Feast"	#29789	#29796	#29803

### — New Classes —

#### Session Theme: Space Jan. 5 - 30

**Grow With Me** — Come join your child as they explore their first classroom like experience full of games, songs and art activities.

**Ages:** 18 - 36 months and parent

**Location:** Ranch House — Dance Room

**Fees:** Res: \$25, Non- Res: \$30

**Time:** 9:30 - 10:30 a.m.

**Tuesdays:** Jan. 6 - 27

Course #29771

**Drama Club** — Children will spend their time at the Drama Club learning about parts of a story, dressing up, and diving into dramatic play with their friends.

**Ages:** 3 - 5 years

**Location:** Ranch House — Youth Room

**1 Day Fee:** Res: \$50, Non- Res: \$58

**2 Day Fee:** Res: \$90, Non- Res: \$104

**Time:** 9:30 - 11 a.m.

**Dates:** Jan. 7 - 30

**Wednesdays:** Course #29773

**Fridays:** Course #29774

**Wednesday & Fridays:** Course #29775

**StART With Art** — Develop finer control of motor skills in this creative session as we experiment with different art materials and processes.

**Ages:** 3 - 5 years

**Location:** Ranch House — Youth Room

**Fees:** Res: \$50, Non- Res: \$58

**Time:** 10 - 11:30 a.m.

**Mondays:** Jan. 5 - 26 Course #29772

**Little Chefs** — Parents and children will work together to explore early math and science concepts as they cook and enjoy festive holiday treats.

**Ages:** 3 - 5 years and parent

**Location:** Community Center —

Youth Room

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

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

**Saturday, Jan. 17** Course #29776

**To register for classes  
and for more  
information visit  
KCR's website  
[www.ken-carylranh.org](http://www.ken-carylranh.org)**

## KC Nature Programs

### THEMED PROGRAMS

Minimum class size is five participants, maximum is 15 participants. Pre-registration is required for all programs. Call 303-979-4070 or visit [www.ken-caryl ranch.org](http://www.ken-caryl ranch.org) to sign up!

#### Whooo Are the Owls?

Jan. 5 - 30

There are several types of owls that call Colorado home. Come find out which ones they are and how to tell the difference. These birds have many special abilities that help with seeing in the dark, hearing and catching their prey, and much more! Let's explore to find a nesting pair of Great Horned Owls, one of the earliest nesting birds.

#### FROZEN!

Feb. 2 - Feb. 27

Elsa the Snow-Queen may have ruled in the movie, but in this class participates will

discover how the animal kingdom survives when the land around us is FROZEN! Build tunnels in the snow like voles, walk on top of the snow like a bobcat and learn what is under the ice in the pond.

#### Babes In The Woods

**Ages:** 18 months - 2 1/2 years,  
with a parent

**Location:** Dakota Lodge

**Fee:** Res: \$25, Non-Res: \$30

**Time:** 9:30 - 10:30 a.m.

**Tuesdays:** Jan. 6 - 27

**Fridays:** Jan. 9 - 30

**Tuesdays:** Feb. 3 - 24

**Fridays:** Feb. 6 - 27

Course #29739

Course #29740

Course #29741

Course #29742

### Tot Discovery

**Ages:** 2 1/2 - 3 years, must be potty trained

**Location:** Dakota Lodge

**Fee:** Res: \$48, Non-Res: \$55

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

**Mondays:** Jan. 5 - 26

Course #29744

**Mondays:** Feb. 2 - 23

Course #29745

No class Feb. 16

### KC Kids

3 1/2 - 6 years  
Mornings

**Location:** Dakota Lodge

**Fee:** Res: \$70, Non-Res: \$80

**Time:** 9:30 a.m. - 12:30 p.m.

**Wednesdays:** Jan. 7 - 28

Course #29749

**Thursdays:** Jan. 8 - 29

Course #29750

**Wednesdays:** Feb. 4 - 25

Course #29752

**Thursdays:** Feb. 5 - 26

Course #29753

### KC Kids

3 1/2 - 6 years  
Afternoons

**Location:** Dakota Lodge

**Fee:** Res: \$48, Non-Res: \$55

**Time:** 1:30 - 3:30 p.m.

**Wednesdays:** Jan. 7 - 28

Course #29751

**Wednesdays:** Feb. 4 - 25

Course #29754

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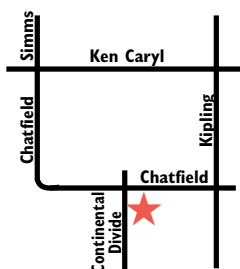
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## School-Age Enrichment

### Friday Fun Nights

Calling all Ken-Caryl kids! Leave your parents at home and join the energetic and goofy Youth Programs staff for an evening of play and party. From 5:30 - 9 p.m., take part in science experiments, cooking projects, crafts, games, and even watch a movie. These parties are for K - 6th grade fun-lovers and dinner is provided.

**Ages:** K - 6th grade

**Date:** Friday, Dec. 19

**Time:** 5:30 - 9 p.m.

**Location:** Ranch House

**Fee:** Res: \$25, Non-Res: \$30

Course #29705

**Group Size:** Min. 15/Max 45

**Cancellation Policy:** All cancellations must be made with 7 days notice to receive credit.

### Chess Wizards

Let your child be part of an exciting and successful chess program! Brought to you by Chess Wizards, teachers specially design classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. This class enhances cognitive development, improves both verbal and mathematical skills, and increases all levels of academic performance! Have your child join the fun and games!

**Ages:** K - 6th grade

**Dates:** Thursdays, Jan. 15 - Feb. 12

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

**Location:** Ranch House Dance Room

**Fee:** Res: \$115 for 5 weeks,

Non-Res: \$120 for 5 weeks

Course #29826

**Group Size:** Min. 10/Max. 20

**Cancellation Policy:** All cancellations must be made by Friday, Jan. 16.

### MINE, CRAFT, BUILD: Adventure Game Using LEGO

Bring Minecraft to life using LEGO! Re-

sourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items! Build a Zoo, Medieval Castle, and a Tree House Village! This LEGO experience is an original game designed by Play-Well instructors. Students will have a blast, even without prior experience with Minecraft or LEGO.

**Ages:** K - 1st grade

**Dates:** Mondays, Jan. 19 - Feb. 23.

**Time:** 5:30 - 7 p.m.

**Location:** Ranch House Dance Room

**Fee:** Res: \$115 for 6 weeks,

Non-Res: \$120 for 6 weeks

Course #29842

**Group Size:** Min. 11/Max. 16

**Cancellation Policy:** All cancellations must be made by Friday, Jan. 16.

### MINE, CRAFT, BUILD: Adventure Game Using LEGO

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers!! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without prior experience with Minecraft or LEGO.

**Ages:** 2nd - 5th grades

**Dates:** Wednesdays, Jan. 21 - Feb. 25

**Time:** 5:30 - 7 p.m.

**Location:** Ranch House Dance Room

**Fee:** Res: \$115 for 6 weeks,

Non-Res: \$120 for 6 weeks

Course #29843

**Group Size:** Min. 11/Max. 16

**Cancellation Policy:** All cancellations must be made by Friday, Jan. 16.

## Fitness & Wellness

### Holiday Fitness Schedule

Please see our website for an updated Holiday Fitness Schedule for Dec. 22 to Jan. 3.

### Introduction To The Weight Room

Want to take up a strength or weightlifting program, but don't know where to start? Well, help is here!

**Weight Room Training Classes:**

*Limit 6 per class*

**\$10 per person:** Once you complete the class, your fee can be applied to a monthly fitness membership.

**Pick one:**

Thursday, Jan. 8: 10:45 - 11:45 a.m.

with Lauren

Course #29947

Friday, Jan. 16: 10:30 - 11:30 a.m.

with Carla

Course #29948

Saturday, Jan. 17: 11 - 12 p.m.

with Regina

Course #29949

Tuesday, Jan. 20: 5 - 6 p.m.

with Sally

Course #29950

### Junior Weight Room Certification

The certification course is being held on the second Monday of every month from 4-5 p.m. at the Community Center. Youth between 12-18 years of age must be certified by our personal trainers in order to use the exercise/weight equipment at the center. Call

the Community Center at 303-979-2233 to register for this course; no walk-ins will be accepted.

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

**Date:** Jan. 12

Course #29768

Feb. 9

Course #29769

### Healthways SilverSneakers Fitness

The Community Center is now accepting Silversneakers to offer benefits to qualified members of AARP, Anthem Blue Cross and Blue Shield, Humana, Kaiser Permanente of Colorado and United Health Care. SilverSneakers fitness program is also an insurance benefit included in more than 65 Medicare health plans. Through SilverSneakers, health plans and group retirement plans provide a gym membership to their insured at no additional cost. It only takes a few seconds to see if you qualify for a free gym membership to the Community Center. Stop by and we can put your name, address and birth date into the database to see if you qualify or you can contact your insurance provider. For more information please call the Community Center at 303-979-2233.

### Yoga For Beginners

**Day:** Saturday

**Time:** 9 - 10:15 a.m.

**Fee:** Res: \$24, Non-Res: \$30

**Dates:** Jan. 10, 17

Course #29951

Jan. 24, 31

Course #29952

**Instructor:** Sue Cobb

### January Insanity Class

**Dates:** Tuesdays & Thursdays, Jan. 6 - 29

**Time:** 6 - 6:30 a.m.

Course #29838

**Fee:** Res: \$64, Non-Res: \$70

## New 2015 Fitness Classes

### Pi-yo With A Foam Roller Level 1

**Dates:** Tuesdays, Jan. 13 - Feb. 17

**Time:** 6 p.m.

**Location:** Ken-Caryl Community Center

**Fee:** Res: \$90, Non-Res: \$100\*

Course #29858

### Pi-yo Conditioning With A Foam Roller Level 2

**Dates:** Tuesdays, Jan. 13 - Feb. 17

**Time:** 7 p.m.

**Location:** Ken-Caryl Community Center

**Fee:** Res: \$90, Non-Res: \$100\*

Course # 29859

*\*Please also bring a check on the first day of class made out to L2S for \$25 to purchase your foam roller to use at home to practice the stretches, exercises and therapies you learn in class. If you already have a full-sized foam roller (36in-6in) bring it to class.*

### KCRMD Rock Your Resolution Fitness And Weight Loss Challenge New Year, New You!

Join our 5th annual community wide fitness and weight loss challenge to reach your goals in 2015! Transformation isn't just about weight loss. In this 8-week round we challenge you to set a goal and we will help you along the way to achieve it!

**The 8 week challenge runs**

**Jan. 12 - Mar. 2**

*The competition includes:*

- 8-week gym membership to the Community Center!
- Free nutrition classes starting in January!
- Free group personal training session with individualized workout plan.
- Free accountability app and online group.
- FREE weekly bootcamp class.
- Weekly weigh-ins and support meetings.
- Weekly workouts and healthy recipes.
- Unlimited fitness, yoga and Zumba classes.
- Discounts on personal training, body fat testing and bootcamp classes.
- GREAT prizes for most weight lost (individual and team) and most workouts at the Community Center.

**Fee:** Res: \$109, Non-Res: \$119 per person or

register as a team (2 - 4 people) and get a 10% discount.

**How do I sign up???**

1. Register and pay at the Community Center or Ranch House front desk or call 303-979-2233 for your resolution fitness pass.
2. Show up on Jan. 12 at 7 p.m. for the first weigh in, meeting and nutrition class!
3. Grab a fitness class schedule to plan which classes you will attend!

### Eating Right For Successful Weight Management Level 1

Learn how to reach your health and fitness goals this year through sound nutrition and exercise.

**Date:** Thursday, Jan. 15

**Time:** 7 p.m.

Course #29862

**Cost:** \$15

*(Free to challenge participants.)*

### Eating Right For Successful Weight Management Level 2

Receive more in-depth guidance and personalized information that will ensure successful behavior change that will last a lifetime.

**Date:** Thursday, Jan. 22

**Time:** 7 p.m.

Course #29863

**Cost:** \$20

*(Free to challenge participants.)*

### Resolution Bootcamp Classes Start Strong In 2015!

Join other participants in a fun but tough crossfit style class where you will burn more calories, gain strength, endurance and tone up! Be prepared for cardio intervals, muscle conditioning, lots of ab work, games and more.

**Dates:** Thursdays, Jan. 15 - Mar. 5

**Time:** 5:30 - 6:15 p.m.

**Location:** Community Center

Course #29876

**Fee:** Res: \$80, Non-Res: \$90

for 8 week program

*(Free to challenge participants.)*

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Golden Eagle # 26,28,32,35,45,47,67,70,75 & 77

Mule Deer # 3,4,6,30,31,34,39,42,43,46,47 & 48

Wren # 1,2 & 4

Goshawk # 3,4,6 & 7

#### COMPOSITE ROOFS:

Willowleaf # 16,24,26,30,46,70,98 & 100

Honey Locust # 22,23,25 & 27

Dawn Heath # 57,58,60 & 65

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Must present coupon at time of service.

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Any Parts/Service \$500 or More  
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Inspect The Hoses, and Replace  
Up To Two Gallons Of Coolant.

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

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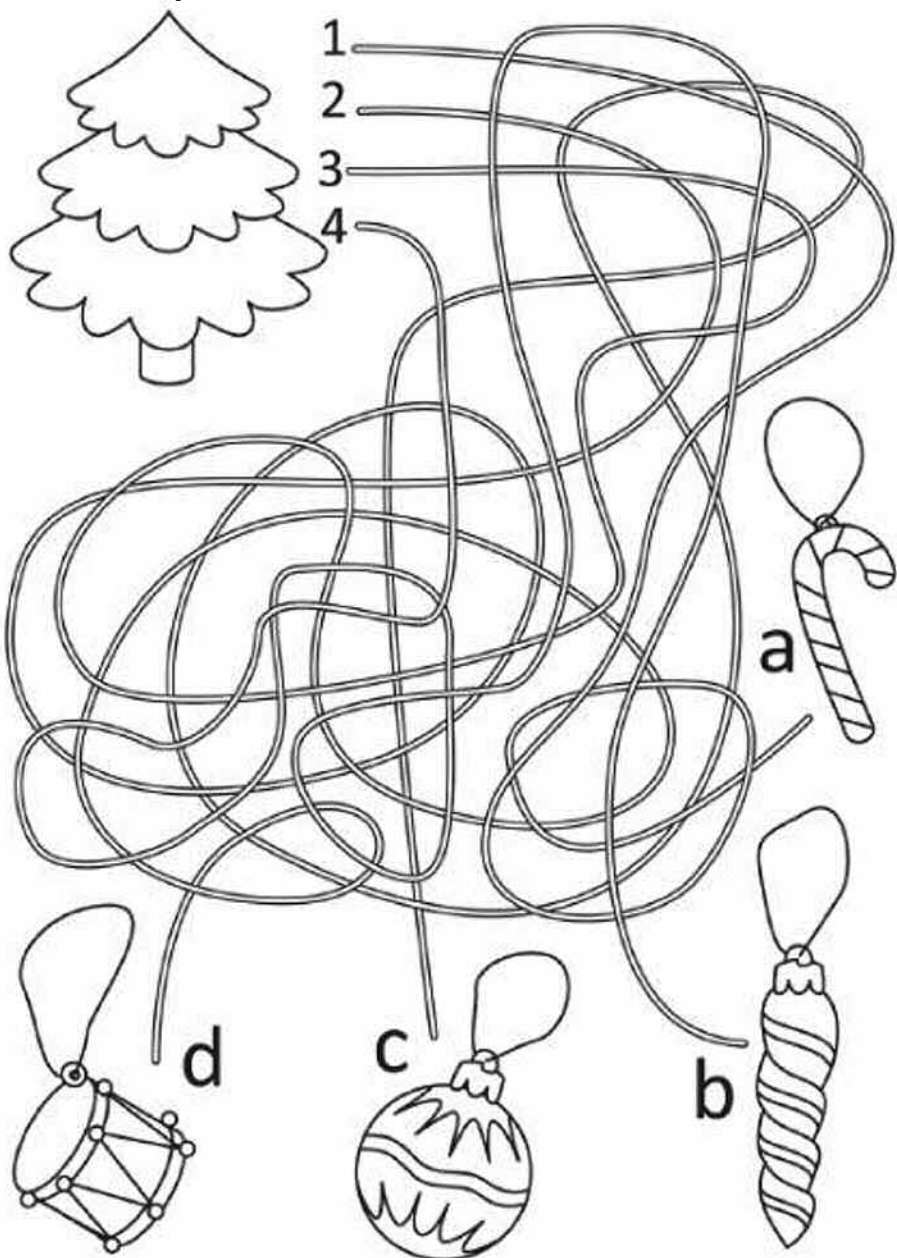
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## Kids' Corner

Help the Christmas Tree Find Its Ornaments!



## KC Nature News

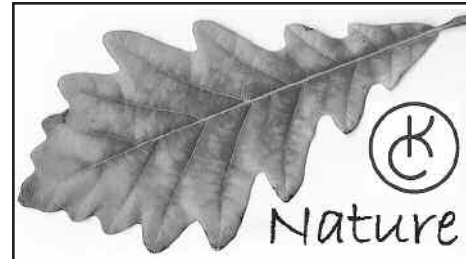
## O' Christmas Tree

by Environmental Education Specialist  
Gabrielle Chisholm

By now, many people already have their Christmas trees decorated with lights, ornaments and garland, ready to receive presents underneath. The Christmas tree is considered a staple when it comes time to celebrate Christmas, a tradition that seems to have been here forever! But did you know that having a Christmas tree wasn't that popular in America until the end of the 1800s?

During medieval times in Germany, evergreen trees were decorated in the home with apples to represent the Garden of Eden and were called "Paradise Trees." The evergreen trees added color and life to the home during the cold winter. By the 1850s, many Americans had fallen in love with the German custom of the Christmas tree. Some may have seen Christmas trees for the first time when they had visited Germany and then recreated their experience of German Christmas celebrations for friends and family at home. Others viewed them first-hand in the homes of German Americans.

The media at that time introduced the custom even more widely, inspiring Americans throughout the nation to adopt the tradition as their own. These first American Christmas trees were decorated with nuts, candles, strings of popcorn or beads, oranges, lemons, candies and homemade trinkets. Tree decoration soon became big business around 1870. American businessmen began to import large quantities of ornaments from Germany to be sold on street corners and stores. By the early 1900s, it is estimated that



one in five American homes adopted the Christmas tree tradition. Today around 100 million Christmas trees will be enjoyed worldwide. Watch the video at <http://www.history.com/topics/christmas/history-of-christmas-trees> to learn more!

On Saturday, Dec. 20, join KC Nature for "Past, Present, and Future...Without Mr. Scrooge" to explore the Bradford-Perley House and celebrate the holiday season the way the first settlers may have in Ken-Caryl Ranch. This event is for ages 5-10, and you can sign up online at [www.ken-carylranh.org](http://www.ken-carylranh.org) for Course #29722.

## Area Spotlight

Chanukah Celebration  
Dec. 19

Congregation B'nai Chaim, a Reform Jewish Synagogue in Southwest Metro Denver, will be celebrating Chanukah, the Festival of Lights, on Friday, Dec. 19. The festivities will begin at 6 p.m. with a Latke Bar featuring those delicious, golden fried potato pancake delights. Look also for sufganiyot, the addictive jelly-filled doughnuts so popular in Israel at this time of year.

At 7 p.m. a short and joyful Shabbat Service will begin. Be sure to bring your chanukiot, aka menorahs. We will light them all together and enjoy their brilliance as we sing Chanukah songs. You may also expect enthusiastic dreidel play for tasty chocolate gelt. Come one, come all! See [www.bnai-chaim.org](http://www.bnai-chaim.org) for more information or call 303-697-2668.

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Through a cooperative effort between Ken-Caryl Ranch Metro District and Foothills Park & Recreation District, all Ken-Caryl Ranch residents can continue to use the Indoor Pools (Leisure, Lap & Therapy) and other amenities at Ridge Recreation Center at Foothills' District Resident Rates for Facility Admission!

A Foothills Photo ID Card (valid for 3 years) is **required** for Ages 9 & up to receive the

Foothills District Resident Facility Admission Rate.

\*Foothills Photo ID cards are available for purchase at Ridge Recreation Center (6613 S. Ward Street, Littleton, CO 80127).



## FOOTHILLS PHOTO ID CARD RATES

ID Card Fee for Ages 18 &amp; up: \$5

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## County News

### Tips For A Safe Holiday Shopping Season

Submitted by District Attorney Peter Weir

The holiday shopping season has arrived, and malls and retail stores are crowded with shoppers. District Attorney Peter Weir is warning consumers to use care when they are shopping in order to ensure a safe and happy holiday season.

The retail hustle and bustle of the holiday season provides opportunities for identity thieves and other crooks. While it is easy to get caught up in the excitement of the season, DA Weir warns, "Plan your shopping trips. Don't overdo. Weary shoppers may let their guard down by the time they get to the cashier to pay for their purchases. Do not become distracted. Savvy ID thieves are waiting for just that moment to capture your credit card information on their cell phone, grab your purse or pick your pocket and destroy your holiday cheer."

Shoppers are often rushed and distracted. It is not unusual to lay checks, credit cards and drivers' licenses on cashiers' counters amidst a bevy of onlookers. Most cell phones are also cameras and make it easy for a crook to take a quick picture of your credit card number.

Here's a simple list of suggestions that can help you stay safe this holiday season:

- Plan your outing and go with a friend; there is safety in numbers;
- Park near an entry door, under lights if it is the evening. Note where your car is parked so that you can walk directly back to your car, without wandering, when you return;
- Don't get overloaded with too many packages. If you are focused on your packages, you are more vulnerable to purse or wallet theft. When you have a few packages it's a good idea to take them back to your car, put them in the trunk, and then drive

to another part of the mall to continue shopping;

- Be particularly aware in the busier areas of a store or mall. Crowded aisles, food courts and restrooms create a great opportunity and a quick getaway plan for thieves. Don't leave your packages or purses unattended in the food court and don't set packages or purses on the floor when in a bathroom stall. Crooks can easily reach under, grab and run;
- Travel light in terms of your personal and financial information. Bring a little cash

with you and keep it in a front pocket. Bring only one credit card. Avoid using checks as it is easy to become distracted while writing a check and drop your guard, leaving packages or purses vulnerable long enough for a crook to make you their next victim. Carry credit cards and ID in a neck wallet, bi-fold wallet in a front pocket, or a fanny pack worn in the front;

- Don't let your credit card out of your sight. Today's tech-savvy thieves often use a "palm skimmer" to capture credit card in-

formation without stealing the actual card. Check your credit card/bank account statements carefully at the end of the month and report fraudulent charges to your bank or credit card company immediately.




The Jefferson County District Attorney's Office offers free Power Against Fraud presentations for groups of all sizes. These programs are designed to protect consumers from becoming victims of identity theft or fraud. For more information, call the Fraud Hotline at 303-271-6980.

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Lorrie Aslakson won a 2014 Habitat Hero Garden Award for her garden at her North Ranch home. Congratulations, Lorrie!

## KC Resident Wins Habitat Hero Garden Award

Submitted by Susan J. Tweit,  
Terra Foundation

Congratulations to Lorrie Aslakson of the North Ranch on winning a 2014 Habitat Hero Garden Award. Twenty-eight gardens, parks and commercial landscapes spanning the Rocky Mountain region have been recognized as "Habitat Heroes" in the 2014 Awards sponsored by the Habitat Hero project, a project of Audubon Rockies and the Terra

Foundation, in partnership with Plant Select® and High Country Gardens. Winners include public gardens, schools, parks and trails, apartment/townhouse/condo complexes, landscapes designed by professionals, and residential yards and gardens from northern Wyoming to Southern Colorado, and from western South Dakota to Utah.

Habitat Heroes use wildscaping to "plant a lifeline" for songbirds, pollinators and other



imperiled wildlife — removing water-thirsty and sterile turf grass and restoring diverse habitat in gardens and landscapes, whether public, private or commercial. As the 2014 Habitat Hero award-winning gardens demon-

strate, wildscapes are as different as the gardeners and designers who create them. They can be formal gardens, meadow-style expanses, flower-filled cottage borders, or natural landscapes.

## School News

### Chatfield Engineering Class Receives Grant For Space Experiment

Submitted by Sam Gerbus,  
Chatfield Student

The Chatfield Senior High School Engineering class received a grant from CASIS (Center for the Advancement of Science In Space) to design and construct an experiment as part of the National Design Challenge to be flown to the International Space Station in April 2015.

The class hopes to use algae to produce

bio-fuel under microgravity conditions that can be used for fuel needs on board future spacecraft missions. The students have partnered with Oakman Aerospace, Inc., and the National Renewable Energy Laboratory to accomplish their goal.

The class is currently testing two strains of algae: *Chlorella vulgaris*, which produce lipids (fats) when deprived of nitrate, and *Chlamydomonas reinhardtii*, which produce hydrogen when deprived of sulfur. After thorough testing, the students will determine which strain of algae to send to space. The toughest challenge of this experiment is fitting all the necessary components in a 10 cm x 10 cm x 15 cm box. This box will carry the algae, the bio fuel and the nutrients needed for the algae to survive.

The software system known as a NESI board (developed by Texas A&M and NASA) will be used to monitor the algae, regulate light exposure, as well as power the motor. This project will fly on SpaceX 7, which is planned to launch in April of 2015, and will be staying in orbit for about 30 days.



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### Area Schools Earn Top State Honors

Forty-two Jeffco schools received academic awards from the Colorado Department of Education (CDE), with some Jeffco schools walking away with double awards.

The John Irwin Schools of Excellence Award goes to schools with excellent academic achievement on the three-year school performance framework. There were 26 Jeffco schools that exceeded expectations on the academic achievement indicator. The following Ken-Caryl area schools received the John Irwin Schools of Excellence Award:

- Bradford Intermediate School
- Bradford Primary School
- Deer Creek Middle School
- Shaffer Elementary School
- Ute Meadows Elementary School

The Governor's Distinguished Improvement Award was awarded to 23 Jeffco schools that demonstrated excellent student growth. These schools exceeded expectations related to academic growth gaps. Two Ken-Caryl area schools received the Governor's Distinguished Improvement Award:

- Bradford Intermediate School
- Ute Meadows Elementary School

"These school awards reflect the amazing work that happens in our schools every day and shows that our excellent teachers and principals continue to focus on student achievement and closing learning gaps," said Superintendent Dan McMinimee. "We celebrate this news and know we are all committed to kids."





## School News

### Discover Bradford Elementary K-6



- ➔ Annual winner of the Governor's Distinguished Improvement Award - top 2% of public schools demonstrating exceptional student growth
- ➔ Annual winner of the John Irwin School of Excellence Award - top 5% of public schools demonstrating excellent academic achievement
- ➔ A+ Rating ColoradoSchoolGrades.com
- ➔ Top Public Elementary Schools 5280 Magazine Nov 2014
- ➔ 10 out of 10 stars GreatSchools.com
- ➔ 1 to 1 Learning Initiative (iPads) grades 5 & 6

#### Kindergarten Information Night January 8, 2015

Bradford Primary (K-3) 303-982-3480

Bradford Intermediate (4-6) 303-982-4882

#### Choice Enrollment begins January 7, 2015

We, the Bradford community, collaborate to provide academic rigor and the social and emotional development needed to inspire individual success in a rapidly changing world.



### Shaffer Elementary Kindergarten

#### Kindergarten Information Night

Jan. 14 from 6-7 p.m. in the school's gym

#### Kindergarten Classroom Observation

Dec. 4 or Jan. 15 (choose one) from 11:30 a.m.-12:15 p.m.

#### Shaffer Offers Two Kindergarten Options:

- Tuition-based full-day program (\$300 per month) from 9:05 a.m.-3:35 p.m. Monday through Friday
- 2.5-day program on Mondays from 9:05-11:55 a.m. and full days on Tuesdays and Thursdays from 9:05 a.m.-3:35 p.m.

Call 303-982-3901 with questions.



### UTE MEADOWS KINDERGARTEN REGISTRATION 2015-2016

Kindergarten registration is January 20<sup>th</sup> - 26<sup>th</sup>!

An open house will be offered  
January 14<sup>th</sup>  
From 9:45-10:45am

Information Night, January 14<sup>th</sup> - 7:00-7:30pm  
Child care will be provided for the evening meeting

#### CHOICES:

\*Traditional morning half day, 5 days a week  
8:20 am - 11:10 am

\*Tuition-based - \$300.00 a month full day, 5 days a week  
8:20 am - 3:00 pm

\*Traditional afternoon half day, 5 days a week  
12:10 pm - 3:00 pm will be added, only if morning half day is full

Original birth certificate, proof of immunization, and  
proof of residency must be presented at time of registration.



Congratulations to the Ultimate Frisbee team from Collegiate Academy for bringing home the state title.

### Collegiate Academy Ultimate Frisbee Takes State Title

Ken-Caryl area charter school Collegiate Academy brought home the state title from the Colorado fall tournament, sponsored by USA Ultimate, in Broomfield, beating every competitor to reclaim the top title the school first earned in 2012. Last year, the team placed fourth in the state in the rapidly growing sport of Ultimate Frisbee.

The Wolves finished this year's regular season with a 6-2 record, defeating much larger schools such as Heritage, Lakewood and Arapahoe High Schools. The team is sponsored by Coach Darren Ray, who was joined this year by Assistant Coach and Collegiate Academy alumnus James Miller. James is currently attending Colorado

School of Mines in Golden.

Ultimate Frisbee is a fast-paced sport that combines the constant passing game of soccer with football's goal of possession in the end zone. During the fall season, coed squads of seven players take to the field with a 175-gram competition disc. This sport is unique in that it is completely self-refereed by the teams on the field and all disputes are resolved between the players and team captains without intervention of outside officials. The sport provides excellent opportunities to build character in young players.

According to Collegiate's Coach Darren Ray, "Ultimate aligns really well with our school's Core Values of integrity, ownership, perseverance and quality. It's so much more than a game." Coach Ray looks forward to fielding another strong team in the sport's spring season, which kicks off in March.

### Collegiate Academy Open House

Collegiate Academy is a Core Knowledge-based public K-12 charter school with a college preparatory focus. Collegiate Academy's Information Night and Open House is scheduled for Thursday, Jan. 8 from 6-8 p.m. Presentations outlining the school's kindergarten, elementary, middle and high school programs will take place at various times throughout the evening. Child care will be available during the presentations.

In 2015, Collegiate Academy will continue to offer a tuition-free, full-day kindergarten program from 7:45 a.m.-2:55 p.m. A half-day kindergarten program is also available from 7:45-11 a.m. Space is limited, and the free full-day program fills quickly. School classroom observations and tours are available throughout the year. Please contact Pamela Roberts at 303-974-7433 with questions or to schedule a tour.

Visit [www.ken-carylranh.org](http://www.ken-carylranh.org) for updated information.



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Interested in the History of the Ranch? **The Bradford Years** and **John C. Shaffer & the Manor House** are available at the Ranch House front desk for \$5 each. All proceeds go to the Ken-Caryl Ranch Historical Society and to the upkeep of archaeological and historical sites on the Ranch.

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Larry G.

## Art Notes

### KCAG Members Awarded In Lone Tree Art Expo

Congratulations to two members of the Ken-Caryl Art Guild for winning awards in the 2014 Lone Tree Art Expo.

**Second Place Painting —**

Sheila Littlehorn for *Bobolink Trail*

**Second Place Mixed Media —**

Stefan Begej for *Exuberance No. 6*

The Lone Tree Art Expo runs until Jan. 5 at the Lone Tree Arts Center, 10075 Commons Street in Lone Tree. You can find out more information at [lonetreeartscenter.org](http://lonetreeartscenter.org).

The Ken-Caryl Art Guild welcomes new members throughout the year. Monthly pro-



*Exuberance No. 6 by Stefan Begej*

grams are held on the second Thursday of the month at 7 p.m. in the upstairs meeting room at Rox Bar & Grill, 12684 W. Indore Place in Littleton (see website calendar to confirm dates).

For more information about joining the Ken-Caryl Art Guild, visit [kencarylartguild.org](http://kencarylartguild.org).



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*Bobolink Trail by Sheila Littlehorn*

### WhippleWood CPAs Expanding

WhippleWood CPAs, a leading accounting firm with business and individual clients in diverse industries nationwide, is pleased to announce its expansion into North Dakota with a new location in Watford City. WhippleWood's headquarters is in the Ken-Caryl Business Center.

WhippleWood CPAs redefines the CPA experience through its dynamic approach to building ongoing relationships with clients and community partners. For more than 30 years, the firm's clients — from oil and gas and real estate to not-for-profit organizations and more — have entrusted them to provide comprehensive accounting, tax and business consulting services.

Expanding into the Watford City community was a natural step for the firm, as a member of WhippleWood CPAs has long-standing roots in North Dakota. Taking the

lead in WhippleWood's move to the state is Patty Rodvold, a North Dakota native and graduate of Grenora High School. "I am so excited to bring a firm with such broad resources and exceptional tax accounting experience to my home state," said Patty, Manager of Marketing of Business Development for WhippleWood CPAs. "It's rewarding to know that we can really make a difference for so many thriving North Dakota businesses."

The firm's new location at the heart of McKenzie County — the largest in North Dakota — will serve an area currently undergoing unprecedented population and industry growth. WhippleWood CPAs is excited to bring its comprehensive range of accounting services and community-focused approach to building client relationships to this thriving community.

### Sign Up For The Ken-Caryl Ranch e-News

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-carylranh.org](http://www.ken-carylranh.org) and click on Email Subscriptions under Community & News or send an email to [victoriad@kcranch.org](mailto:victoriad@kcranch.org).





## Classifieds

*Life at Ken-Caryl* classified advertising is provided as a service to residents and businesses. All ads will be reviewed by the editor. Any person placing an ad deemed unsuitable or which may not be in the best interest of residents will be contacted and money refunded. Classified ads may be made in person and placed with the receptionist at the Ranch during business hours, 7:30 a.m.-5:30 p.m., Monday through Friday or they can be mailed, with payment, to 7676 So. Continental Divide Rd., Littleton, CO 80127. **The deadline for placement of classified advertising is the close of business (5:30 p.m.) on Monday, Jan. 5 for the Jan. 14, 2015 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 ranch.org](http://www.ken-caryl ranch.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

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**Deadline 5 p.m. on Monday, Jan. 5, for the Jan. 14, 2015 issue of *Life at Ken-Caryl*.**  
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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](mailto: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
Sean Ahearn, 18	303-906-1137	L
Katelyn Atkinson, 12	303-916-7666	B, P
Stephen Barton, 17	720-253-6110	L, P, S
Sarah Bielefeld, 14	303-506-8630	B, P
Christina Bigger, 13	720-981-4521	B, P
Josh Blarr, 13	720-318-4605	B, L, P, S
Olivia Boyd, 14	720-400-9710	B, P
Madeline Byerly, 12	720-785-3784	B
Nolan Byrnes, 12	720-530-9272	L, P, S
Paul Castellano, 12	720-940-3655	B, L, P
Wil Crane, 13	303-979-8707	B, L, P
Daniel Dominguez, 13	720-648-3178	P, S
Ann Gabrielson, 15	770-377-4261	B
Kyla Gallegos, 14	720-473-3897	B, P
Carly George, 15	303-250-8502	B, P
Sam Gerbus, 16	303-250-6079	B, L, P, S
Taylor Gohl, 17	303-807-8476	P
Allie Goulding, 15	720-331-5428	B, P
Raquel Gunkel, 14	303-909-5090	B
Chuck Henderson, 13	720-231-6068	B, L, P, S
Ben Iverson, 13	720-626-5580	L, P, S
Hannah Johnson, 14	720-879-1445	B, P
Carter Jones, 14	720-922-3097	L, P, S
Gabbie Jones, 17	720-971-6680	P
Oliver Kauffman, 13	303-979-9577	B, P
Corrin Kevlyn, 13	608-217-6317	B
Kate Kotze, 16	720-413-1487	B, L, P
Dominic Lasco, 13	303-979-6206	L, P, S
Morganne LaVigne, 16	303-475-7341	B, P
Ethan Lehrke, 11	720-240-3980	L, P, S
Sloan Lyons, 16	720-431-5903	B, P
Hadley Marx, 13	720-380-4671	B, P

*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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Jill Sohayda, MD

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ISAIAH 9: 6-7

For to us a child is born, To us a Son is given,  
And the government will be on His shoulders.  
And He will be called Wonderful Counselor,  
Mighty God, Everlasting Father, Prince of Peace.  
Of the increase of His government and peace  
there will be no end. He will reign on David's  
throne and over His kingdom, establishing and  
upholding it with justice and righteousness  
from that time on and forever.

ISAIAH 7: 14

Therefore the Lord himself will give you a sign:  
The virgin will be with child and will give birth  
to a son, and will call him Immanuel!

MATTHEW 1:23

The virgin will be with child and will give birth  
to a son, and they will call him Immanuel  
which means God with us.

As God's word has been fulfilled through Christ Jesus, may you celebrate CHRISTmas  
with Hope! Peace! And Joy in knowing God's unfailing love is a firm foundation.



One Nation Under God

*Please remember to pray for America, our troops and their families,  
and give thanks as they defend our freedom and America.*

*Team Harder – David and Diana*

"If we ever forget that we are One Nation Under God, then we will be a Nation gone under." President Ronald Reagan

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