

# KCRMD Board Selects Owner's Representative Firm For Bond Projects

by KCRMD District Manager Darrell Windes

Following a month-long competitive solicitation and interview process, the Ken-Caryl Ranch Metropolitan District (KCRMD) Board of Directors held a special Board meeting on Thursday, Sept. 4 to make the final selection of an Owner's Representative to assist both the KCRMD and the Master Association in

overall management of the improvements that will be funded through tax-exempt bond proceeds of \$7.9 million.

The KCRMD Board of Directors awarded the job of Owner's Representative to the firm of VANIR Construction Management, Inc. Over its 30-year history, 90 percent of VANIR's business has been providing owner's representative/project management services to

### KCRMD Completes Sale Of \$7.9 Million In Tax-Exempt Bonds

by KCRMD District Manager Darrell Windes

This past week, the Ken-Caryl Ranch Metropolitan District completed the sale of \$7.9 million in tax-exempt municipal bonds. By selling the bonds at this time, the KCRMD was able to take advantage of historically low interest rates to finance upgrades to the Ranch House, Community Center, Dakota Lodge, new entrance signage, and landscape and irrigation system improvements.

The bonds, which were offered initially for sale to residents of Ken-Caryl Ranch in \$5,000 increments, were authorized by voters in May of 2014 to fund improvements to the infrastructure of the community that is approaching 40 years of age. The bonds have a maturity of 10 years and are exempt from both federal and Colorado state tax to residents of Colorado. George K. Baum & Company served as underwriter for the transaction. The closing on the bonds is scheduled for Sept. 30.



Tom Ryan, a Ken-Caryl Ranch resident in the Retreat neighborhood, took this photo of the massive monsoon thunderheads over Denver from the Manor House while looking through the Hogback. He submitted the photo to the editors of USA Today, and they chose it for their featured weather photo of the day on the weather page of the Aug. 22 issue of the paper. This is actually the third time a photo of Tom's has been featured on the USA Today weather page.

### In This Issue

- Community Garden Fees Reduced
- Lemonade Stand
   For Ovarian
   Cancer
   Research

#### Sidewalk Closure Information

Portions of the sidewalk along the south side of Ken Caryl Ave. at the entrance to the Valley are scheduled to be replaced in October. The path and the adjacent lane of Ken Caryl Ave. may be closed periodically throughout construction. Timely updates on the project will be published in the Ken-Caryl Ranch *e-News*. If you haven't signed up for the *e-News*, we encourage you to do so by going to www.ken-carylranch.org and clicking on *e-News* under the Community & News link.

public sector clients like KCRMD.

VANIR will be responsible for managing all aspects of the bond improvements that were approved by voters on May 6 for the Ranch House, the Community Center and Dakota Lodge, including planning, design/engineering, governmental approvals, construction, furniture and fixtures, equipment, and coordination for all construction/renovation sites for the projects. VANIR's duties will also include developing master program schedules, budgets, and cost control services throughout the projects. Community leaders met with VANIR earlier this week to kick off the scheduling and planning for community improvements.

Watch for more information on the process in future issues of the *e-News* and *Life at Ken-Caryl*. Please contact KCRMD District Manager Darrell Windes at darrellw@kcranch.org or 303-979-1876, ext. 114, with any questions.

#### **Road Repairs In** The Community

Some residents have inquired about recent road repairs on Ken-Caryl Ranch. Jefferson County owns the streets and does all street maintenance and repairs. The Ken-Caryl Ranch Master Association and Metropolitan District do not handle road repairs or snow removal for the streets. Continental Divide Road has been undergoing repairs the last couple weeks, and it is scheduled to be repaved soon, weather permitting. You can see weekly construction schedules online for Jefferson County Road & Bridge at http://jeff co.us/road-and-bridge/ or call them at 303-271-5219 with any questions or concerns.

### Fall Family Flu Immunization Clinic

The Colorado Flu Shot Company will be providing the four-strain (Quadrivalent), preservative-free flu vaccine for ages six months to adult at the Community Center this fall. The four-strain (Quadrivalent) has two strains of Influenza A and two strains of Influenza B. This provides better coverage, especially for children. Approximately 25 percent of the total 2014-2015 flu vaccine is available as Quadrivalent. The protection from the influenza vaccine lasts one year.

Clinic Dates/Time: Sundays,

Sept. 28 to Nov. 9 from 1-4 p.m. No appointments necessary.

**Location:** Ken-Caryl Community Center, 1 Club Drive

Cost:

Intranasal Flu Vaccine: \$35 (for ages 2 to 49 years without chronic diseases and not pregnant)

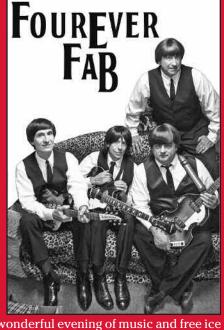
(for six month olds through adult)
Tdap Tetanus/Pertussis: \$65
Pneumonia: \$80

**Payment:** Cash or checks only; receipts available.

Parental consent is required for individuals under 18 years old. Vaccinations will be provided by a Pediatric RN. The Colorado Flu Shot Company also provides other vaccinations including those for international travel (yellow fever, typhoid, meningococcal, polio). A travel appointment is necessary. For additional information on vaccines, please call the Colorado Flu Shot Company at 303-932-8989, email coloradoflushotcompany@att.net or visit www.coloradoflushotcompany.com.

# Free Concert On Sunday Featuring Beatles Tribute Band

Join us for a free concert and ice cream in the park area behind the Ranch House on Sunday, Sept. 28 from 5-7 p.m. The event will feature Beatles tribute band FourEver Fab. The band covers all of the great Beatles songs from their Beatlemania days in the early 1960s to the last innovative music of their time the late 1960s. They perform the music you remember hearing "note for note" using authentic instruments to achieve that GREAT Beatles sound. With their vast song list, FourEver Fab is sure to entertain you with their feel-good Beatles music and will have you dancing and singing as you go down memory lane. Don't miss out on this wor



down memory lane. Don't miss out on this wonderful evening of music and free ice cream. Bring a picnic dinner or purchase hot dogs and hamburgers that will be available from Archie's Dog House. Don't forget your chairs and blankets!

c/o Ken-Caryl Ranch Master Association 7676 South Continental Divide Road Littleton, Colorado 80127 http://www.ken-carylranch.org A covenant protected community

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# Manager's Column\_



#### by KCRMA Executive Director Chris Pacetti

It is budget time at the Ranch House, and both the Master Association and Metropolitan District are working to draft their 2015 budgets. The Boards received input from the community at our Sept. 2 Joint Study Session and will continue to discuss at all of our Business Meetings and Study Sessions until the budgets are adopted in late November (MA) and early December (MD). If you have suggestions you would like to share with the Boards, please plan to attend one of these meetings. Dates are listed below in the Community Calendar in every issue of this publication.

I know I have shared this message several times in the past, but I want to encourage you to sign up to receive our weekly *e-News* 

email newsletters. This is the best way to stay up to date on what is happening in the Master Association and Metropolitan District. The messages are short so you can quickly decide if you need to know more about the many topics that are presented each week. The *e-News* is sent out every Monday, unless it is a holiday. To sign up, please go to our website at www. ken-carylranch.org and click on Email Subscriptions at the bottom of the home page and follow the prompts. You will also be able to sign up to receive other regular emails on other topics.

## 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.

2011112			
			September 2014
Tuesday	23	6 p.m.	MD Board Meeting
Thursday	25	10:15 a.m.	Story Time
Sunday	28	1-4 p.m.	Flu Immunization Clinic — Community Center
Sunday	28	5-7 p.m.	Concert In The Park — Ranch House Park
			October 2014
Thursday	2	10:15 a.m.	Story Time
Sunday	5	1-4 p.m.	Flu Immunization Clinic — Community Center
Tuesday	7	6 p.m.	MA/MD Joint Study Session
Thursday	9	10:15 a.m.	Story Time
Sunday	12	1-4 p.m.	Flu Immunization Clinic — Community Center
Thursday	16	10:15 a.m.	Story Time
Sunday	19	1-4 p.m.	Flu Immunization Clinic — Community Center
Tuesday	21	6:30 p.m.	MA Board Meeting
Thursday	23	10:15 a.m.	Story Time
Friday	24	5-8 p.m.	Family Fright Night & Haunted Trail

#### **COMMITTEE/TASK FORCE MEETINGS**

**Story Time** 

**MD Board Meeting** 

Dakota Lodge & Bradford Park

Flu Immunization Clinic — Community Center

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

Community Planning — See website

1-4 p.m.

10:15 a.m.

6 p.m.

26

28

30

Sunday

Tuesday

Thursday

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

**Historical Society** — Wednesday, Oct. 15, 2 p.m.

MA Finance — Monday, Oct. 20, 5:30 p.m.

**Open Space** — Thursday, Sept. 25, 7 p.m., Dakota Lodge

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

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

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

#### **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

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#### **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 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 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.

- 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 toters/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.

## Architectural Accents

#### Expanding Your Home

#### by Architectural Administrator Julie Kearful

It is entirely possible to create more space in your home. Many additions to homes on Ken-Caryl Ranch have been built over the years. If you have been thinking of building an addition onto your home, bumping an exterior wall out or expanding the exterior in any way, it surely is a reasonable option.

Information regarding such improvements can be found in Section 3.02 of the Ken-Caryl Ranch Home Improvement Rules,

Guidelines and Information, which outlines the requirements that must be submitted for architectural review. Submittals shall include: site and grading plans, location and setbacks, floor plans, exterior elevations showing all materials and colors, an engineered foundation plan, and a small review fee. In addition, it is of course the responsibility of the homeowner to acquire all the necessary permits from Jefferson County and adhere to all of the County regulations.

If you have any questions or concerns about architectural submittals, please don't hesitate to contact me at 303-979-1876, ext. 119, or juliek@kcranch.org.

## Ranger Field Notes

#### Mountain Lions On Ken-Caryl Ranch

by KCRMA Open Space Ranger Matt Oven

Rangers are always asked by trail users and property owners about mountain lions on Ken-Caryl Ranch. Mainly, where are they and are they seen often? Living in lion country can mean different things to different people — some residents live in mountain lion habitat and some people just



recreate there. Either way, it's important for people to be aware and know the basics.

As excerpts of the Colorado Parks and Wildlife article below state, be sure to protect yourself and property in lion country. If you happen to see one in the area, consider yourself fortunate. The accompanying lion picture was taken by a trail camera in the Ken-Caryl Ranch open space on Aug. 17.

#### If You Encounter A Mountain Lion

Remember: Every situation is different with respect to the lion, the terrain, the people and their activity.

- When you walk or hike in mountain lion country, go in groups and make plenty of noise to reduce your chances of surprising a lion. A sturdy walking stick is a good idea; it can be used to ward off a lion. Make sure children are close to you and within your sight at all times. Talk with children about lions and teach them what to do if they meet one.
- Do not approach a lion, especially one

- that is feeding or with kittens. Most mountain lions will try to avoid a confrontation. Give them a way to escape.
- STAY CALM when you come upon a lion.
   Talk calmly yet firmly to it. Move slowly.
- **STOP OR BACK AWAY SLOWLY**, if you can do it safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright.
- DO ALL YOU CAN TO APPEAR LARG-ER. Raise your arms. Open your jacket if you're wearing one. If you have small children with you, protect them by picking them up so they won't panic and run. If the lion behaves aggressively, throw stones, branches or whatever you can get your hands on without crouching down or turning your back. Wave your arms slowly and speak firmly. What you want to do is convince the lion you are not prey and that you may in fact be a danger to the lion.
- FIGHT BACK if a lion attacks you. Lions have been driven away by prey that fights back. People have fought back with rocks, sticks, caps, jackets, garden tools and their bare hands successfully. Remain standing or try to get back up!
- Landscape or remove vegetation to eliminate hiding places for lions, especially around children's play areas. Make it difficult for lions to approach unseen.
- Keep your pet under control. Roaming pets are easy prey and can attract lions. Bring pets in at night. If you leave your pet outside, keep it in a kennel with a secure top. Don't feed pets outside; this can attract raccoons and other animals that are eaten by lions. Store all garbage securely.

If you get a chance, check out the "Mountain Lion Safety" video on the Colorado Parks and Wildlife website at http://cpw.state.co.us.



This photo of a mountain lion was taken by a trail camera in the Ken-Caryl Ranch open space on Aug. 17.

# Sign Up For The *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-carylranch.org and click on Email Subscriptions under Community & News or send an email to victoriad@kcranch.org.

## 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.

# Life at Ken-Caryl Board Meeting Summary

#### **MA Board Meeting**

The following is a summary of items from the Sept. 16 business meeting of the Ken-Caryl Ranch Master Association Board:

- The Board received an update from the Veterans Monument Task Force explaining some challenges that have arisen with the site identified for the monument. The Task Force will gather information and develop options to be presented in the future.
- A resident addressed the Board expressing concerns about high school student activity near their home and requesting that the Association remove a "sidewalk to nowhere" in an effort to control this activity. The Board took this request under consid-
- The Board received an update on the status of the insurance renewal from our broker. The policies need to be renewed on Oct. 1 and a sub group of the Board will review with staff before binding cover-
- The Prairie Dog Task Force report and a

proposal from Prairie Dog Action were discussed at length before the Board took action to accept the proposal (see associated article below).

- A concept of allowing Jefferson County Open Space to construct and manage a trail running north/south along the eastern flank of the hogback north of Ken Caryl Ave. was discussed. The concept is that in exchange for allowing this trail the County would deed the Community Center to the Metropolitan District. The Board is open to more discussion regarding this request. Staff will continue gathering information to be presented at the October Study Session.
- The Board was updated briefly on the status of the Community Plan Investment and the Community Planning Committee activ-
- Discussion regarding the 2015 budget was held, specifically addressing the level of reserve funding and balancing the requests for additional funding while reducing funding in other areas. Staff will prepare

#### a draft budget to present at the October business meeting using this discussion as

- Manager's Report: A written report was included in the Board package.
- Committees: Board member committee liaisons reported on the activities that their committees have been engaged in for the past month.
- Action: See associated article on this page.

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### Board Enters Into Agreement With Prairie Dog Action the future to monitor the new site and to as-

At their Sept. 16 business meeting, the Master Association Board of Directors voted unanimously to enter into an agreement with Prairie Dog Action, a volunteer group that specializes in the relocation of prairie dog colonies. The agreement is only an initial step in a potential long-term plan to remove or reduce an excessively large colony from the site off Manor House Trail. In April of this year, a task force was appointed to draft a policy to address prairie dogs on Ken-Caryl Ranch, in particular the colony west of the Manor House. The draft policy was presented to the Open Space Committee and then the Master Association and Metropolitan District Boards in September.

Relocation of the Prairie Dogs from undesirable locations to acceptable land is the preferred method to manage these animals. However, finding appropriate land and funding to pay the expenses associated with moving the dogs is a challenging task. The proposal from Prairie Dog Action will provide service to the community in the form of volunteers as well as funding (\$10,000 plus grant opportunities for more) to help move our animals in exchange for allowing them to relocate up to 100 dogs from a site at the intersection of Wadsworth and Coal Mine at no cost to the community.

So after careful consideration and lengthy discussion the Board voted to accept this proposal and allow the relocation in exchange for the funds and promise of help in

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 com-We welcome suggestions and ideas for make ing this newspaper a good community servant. Permission to reprint articles is granted, provided that proper credit is given to Life at Ken-Caryl, and the Editor is notified. The editorial direction of this publication comes ultimately from the Ken-Caryl Ranch Master Association Board of Directors

#### **NOTICE**

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

Community Relations Director: Victoria DeSair, 303-979-1876, ext. 122 victoriad@kcranch.org Email or send articles, photographs, letters to the editor and advertisements to:

Life at Ken-Caryl 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.

**Check Out Valuable Information** On Our Website • www.ken-carylranch.org

Like us on iii at www.facebook.com/ken-carylranch the animals is along the east side of the hogback north of Ken Caryl Ave. and is subject to any conditions we are not aware of which would prohibit use of the North Hogback Some additional review will take place to

sist with relocation efforts if land becomes

available for the relocation of the Manor

House colony. The land identified to accept

confirm that this land is acceptable and to define a specific location before the prairie dogs are moved, but it is anticipated that this will happen quickly. Please contact Chris Pacetti at 303-979-1876, ext. 116, or chrisp@kc ranch.org if you would like additional information.



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## 2015 Ken-Caryl Community Garden Fees Reduced

Registration Begins Oct. 15

Submitted by Harriet Camp, North Ranch

Want to get down and dirty next summer? Here is the perfect opportunity! Not only will you be allowed to dig in the dirt, but you will be rewarded with delicious organic fruits and vegetables. In addition you will become part of a community of individuals who are passionate about gardening. There are several social events that the Ken-Caryl Community Garden hosts each season such as "Pancakes in the Garden," educational lectures and a season finale "Harvest Party."

The plot fees have been reduced for 2015! We have finally set aside an adequate amount of reserve money as required by the Metro District and are now able to charge fees that will cover only our ongoing costs. The KCCG is totally funded by the gardeners, and therefore we need to cover not only annual costs but also cover a reserve for future, anticipated maintenance needs such as fence repair, replacement benches, shed repair, tool replacement, etc.

The good news is that plot fees for 2015 are



The Ken-Caryl Ranch Community Garden, located next to the Community Center in the Valley, will be accepting plot registrations for next year on Oct. 15.

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as follows: \$100 for a large plot (reduced from \$150) and \$75 for a small plot (reduced from \$100). In addition there is a \$50 deposit that is returned if your volunteer duties are fulfilled.

We invite you to join the community of gardeners in Ken-Caryl by registering for a garden plot for the 2015 season. Registration for a plot in the Ken-Caryl Community Garden will open to the general public on Oct. 15 via an online registration system. To register, go to the Ken-Caryl website at www.kencarylranch.org and follow the directions to register for a course. Click on "Find a Course" and choose Garden. The direct link is: https:// direct2rec.ken-carylranch.org/econnect/Start /start.asp. For more information about the Community Garden, visit the Ken-Caryl website and search under Community and News for the Community Garden link or call Harriet Camp at 720-261-5252.

# Mental Health/ Substance Abuse: Jeffco League Of Women Voters Open Meeting

Submitted by Lynne Ellison, League of Women Voters of Jefferson County

More than 35 percent of inmates in Colorado's prisons have a mental health diagnosis. Ten percent of prisoners are considered severely mentally ill, and 72 percent of total prisoners are severe substance abusers. Yet people with mental illness are no more likely to be violent than the general population.

These and many other findings are the result of a year-long study by the Mental Health Task Force of the League of Women Voters of Colorado. The task force included 13 highly qualified experts plus parents of adults with mental illness and numerous volunteers.

On Wednesday, Oct. 8 from 7-9 p.m., the Jeffco LWV will sponsor a panel discussion on behavioral health (mental health and substance abuse) at St. Anthony Hospital, 11600 W. 2nd Place, in Lakewood. This meeting is free and open to the public. No reservations are required. Park on the south side of the hospital and enter the auditorium on the ground floor. *Panelists will include:* 

Moe Keller, Vice President of Public Policy and Strategic Initiatives for Mental Health America of Colorado Barbara Mattison, President-elect of League of Women Voters of Colorado and Chair of the Colorado Behavioral

Health Task Force Vicki Rodgers, Vice President of Jefferson Center for Mental Health (JCMH)

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## West Metro Family Fire Muster Sept. 27

Life at Ken-Caryl

Break out your firefighter costume and join West Metro Fire Rescue at the 20th Annual Family Fire Muster on Saturday, Sept. 27 from 10 a.m.-2 p.m. at West Metro Fire Rescue's Training Center, 3535 South Kipling St. in Lakewood.

No costume? No worries! West Metro will have retired bunker coats for folks to try on and take pictures, so bring your camera, too! But leave your pets at home; pets are not allowed at the Muster.

Join West Metro Firefighters in a celebration of the greatest job on earth! Meet West Metro's Firefighters and see where they work doing the job they love. Kids of all ages will enjoy fun activities like the Junior Firefighter Challenge, Teddy Bear Clinic, Bike Rodeo and inflatable slides.

Adults and kids get to tour Fire Station No. 10 and West Metro's Training Center to see how firefighters prepare for emergencies and what it's like to live the dream of being a firefighter! Families will learn what to do to prepare for their own emergencies: have a Family Escape Plan, how to call 911 and how to create their own safety profile online at Smart911.com.

Firefighters will demonstrate their response to a residential fire and show how important it is to practice your own family fire drill at home. You'll also get to see members of our technical rescue team in action.

Event parking is free at D'Evelyn High School with a school bus shuttle to the event. A limited number of parking spaces are available on site for handicapped permits, special needs and folks with mobility issues. Follow the signs from the South Hampden service road.

While you're there, you can meet the event sponsors — St. Anthony Hospital, Foothills Credit Union, Firehouse Subs, Professional Restoration, T. Charles Wilson Insurance, Whole Foods, Alameda Gateway Community Association, Village Roaster and FastSigns. You'll also get to meet folks from other health and safety agencies who will be there sharing information and goodies.

There will be free stuffed animals to the first 1,000 children who visit the Teddy Bear Clinic. If you purchase lunch (cash only) from Firehouse Subs while you're at the Muster, you'll support the event while enjoying a delicious sandwich or salad!

#### Littleton Symphony Concert

The Littleton Symphony Orchestra, Jurgen de Lemos, Music Director, presents the opening concert of their 2014/2015 season on Friday, Oct. 17 at 7:30 p.m. at Littleton United Methodist Church, 5894 S. Datura St. in Littleton. This exciting season, Fantastic Piano Concertos and American Mas terworks, opens with local pianist Katie Mahan performing Beethoven's Piano Concerto No. 5 in E-Flat Major, "Emperor." Also on the program: Gershwin's Cuban Overture, Copland's El Salon Mexico and John Williams' popular selections from the movie E.T. Tickets are available online at www.littletonsymphony.org, at the Gorsett Violin Shop, 8100 S. Quebec, Suite B206 in Centennial, or at the door. For group tickets or more information, call 303-933-6824.



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The West Metro Family Fire Muster will be Saturday, Sept. 27 from 10 a.m.-2 p.m. at West Metro Fire Rescue's Training Center, 3535 South Kipling St. in Lakewood.

#### **Opting Out Of Dues Coupon Books**

It is time to begin the process of ordering Master Association dues coupon books for 2015. If you pay your dues in one annual payment, online or with recurring payments, you may be interested in opting out of receiving a dues coupon book. Please complete the Opt-Out Form below to stop receiving future dues coupon books. If you've opted out of coupon books in the past, you don't need to fill out the form again. If you have recurring payments through your bank, you still need to fill out the form to discontinue receiving future coupon books. You can scan and email the completed form to Annette Chavez at annettec@kcranch.org, drop it off at the Ranch House, fax it to 303-972-1272 or mail to 7676 S. Continental Divide Road, Littleton, CO 80127.

#### NOTICE TO DISCONTINUE RECEIPT OF DUES COUPON BOOKS

Please do not send a KCRMA dues coupon book for the property listed below until further notice. I have made arrangements to pay my dues using an alternative method (e.g., annual payment in full, e-checks, credit cards or bill pay) and will not be using the coupons. I understand that I will need to contact Ken-Caryl Ranch in writing to receive a dues coupon book in the future. Note: If you own more than one property, a separate form is required for each.

PROPERTY ADDRESS:
OWNER'S NAME (PRINTED):
OWNER'S SIGNATURE:
DATE:
PHONE: EMAIL:

You can scan and email the completed form to Annette Chavez at annettec@kcranch.org, drop it off at the Ranch House, fax it to 303-972-1272 or mail to 7676 S. Continental Divide Road, Littleton, CO 80127.





## It's our 2 year anniversary!

We would love to celebrate with you.

For the month of October we'll have bubbles and cake every Wednesday.

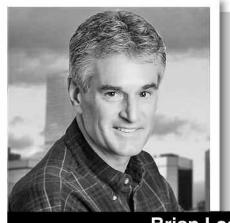
Book your appointment in our Salon or Spa now!



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**Brian Lee** 303.618.6888 bslee58@msn.com



**Spread** 7560 Lost Ranger Peak \$605,000



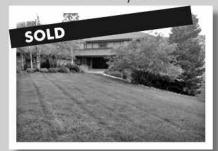
**Trailmark** 9590 S. Field Way \$576,500 www.9590sfieldway.com



North Ranch 2 Coyote Lane \$849,900



Manor Ridge 2 Shining Oak \$1,095,000



Manor Ridge 11 Shining Oak Court \$860,000



Legacy 34 Desert Willow Lane \$675.000



Michael Aden 303.525.4896 michael@coloradohomerealty.com



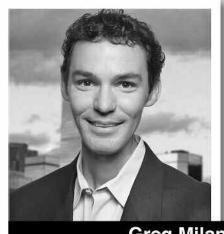
Heirloom 2 Mesa Oak \$655,400



**Shaffer Hill** 48 Blue Sage \$547,000



**Wynterbrooke** 37 Mountain Pine \$570,000



Greg Milano 303.888.9228 gregmilano@comcast.net



Cimarron 8220 San Juan Range Road \$375,000



**Quail Ridge** 10723 Turtle Mountain \$360,000



Cimarron 11245 San Joaquin Ridge \$345,000

# Community Corner

Independent Agents...Same Great Company Serving ALL KC Real Estate Needs

## Welcome Back To School KC Students!

We wish you a wonderful and safe 2014-2015 school year!

We have qualified buyers! If you are thinking of selling, call your CHR agent today for a market analysis.

Mike Greg Brian





Follow Colorado Home Realty on Facebook!





The Come Sit Stay Pet Resort is scheduled to open near C-470 and Ken Caryl Ave. by mid-

types of dogs and other pets. Dustin has al-

ways been a "dog man" and loves to train dogs and coach people. They started the

business because they wanted to be able to help all pet owners. Come Sit Stay also has

The owners have been in the business of

international pet transport and relocation since 1982. Through their global network of

contacts, they will help you safely and afford-

ably transport your pet across the country or

When asked what differentiates Come Sit

Stay from other similar businesses, Tim said,

"Our level of experience, professionalism,

and the compassionate way we treat our

guests and their owners. We are excited about

For more information about Come Sit Stay

Editor's Note: The Minding Our Business

section features businesses within the bound-

aries of Ken-Caryl Ranch. If you have a busi-

ness you would like to submit for this section,

contact Community Relations Director Victoria

DeSair at 303-979-1876, ext. 122, or victoriad

Pet Resort, please visit www.comesitstay.com,

call 720-530-6830 or email info@comesitstay

serving the pet community in this area!"

a location in Parker.

around the world.

@kcranch.org.

## **Come Sit Stay Pet Resort**

#### Your Pets Will Love Their Stay At Ken-Caryl's Newest **Boarding Facility**

by Community Relations Director Victoria DeSair

The Come Sit Stay Pet Resort is coming to Ken-Caryl! The business, located at 12692 W. Ken Caryl Ave., will offer overnight pet boarding for dogs, cats, and exotic pets; day play for dogs; professional dog training; and worldwide pet shipping. The facility is scheduled to open by mid-October but please check www.comesitstay.com for an update on the exact timing.

Come Sit Stay Pet Resort has specially designed boarding rooms, dog training areas, play areas, and space to house cats and exotic animals. The facility is safe and secure, with 24-hour fire monitoring with a full sprinkler system, as well as a security system. There is a year-round climate control system to ensure your pet stays comfortable at all times. The entire facility was designed by professional dog trainers to ensure a safe, fun and clean environment for your pet so you can go on vacation guilt free.

Tim Cruser and Dustin Darnell are the owners of Come Sit Stay. Tim has been a professional dog trainer since 1982 and loves all

#### Rick Whipple Of WhippleWood CPAs **Appointed Chair Of South Metro Denver Chamber Board**

Richard J. Whipple,

cofounder and CEO of



WhippleWood CPAs, nas been appointed Chair of the Board of Directors of the South Metro Denver Chamber of Commerce (SMDCC). The SMDCC is a not-forprofit business advocacy group founded in

Rick Whipple

1921 that is one of the most influential forces in local Colorado government and regional economic development, representing more than 850 business investors totaling over 60,000 employees. The SMDCC and its dynamic members are a significant power in the community and work to shape the Colorado lifestyle we love.

In his role as CEO of WhippleWood CPAs, Rick has successfully managed the growth and strategy of the firm for the past 10 years. In addition to his day-to-day management of the firm, Rick also consults for WhippleWood clients in general business areas, strategic tax planning and issues facing emerging businesses. In 2013, he was named a FIVE STAR Wealth Manager for a fourth time, an award given to only the top 7 percent of wealth managers in the area.

Visit www.ken-carylranch.org for updated information.

# magine

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**WE'VE DONE A LOT OF PROJECTS** IN OUR KEN-CARYL **COMMUNITY** 

TILE ROOFS:

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

Wintercress # 2,5,6 & 11 and many more!

Ken-Caryl Valley Resident & Owner - Bruce Wank

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**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, Com-

munity Center. This includes any Ranger

programs. Requests need to be made during normal business hours. Each refund will be assessed a \$10 service charge, un-

less the class is cancelled by the Ken-

\$

Parental consent is required for individuals

Vaccinations will be provided by a Pediatric

vides other vaccinations including those for

international travel (yellow fever, typhoid,

meningococcal, polio). A travel appointment

is necessary. For additional information on

vaccines, please call the Colorado Flu Shot

Company at 303-932-8989, email colorado

flushotcompany@att.net or visit www.colo

The Colorado Flu Shot Company also pro-

for ages 6 months to adult;

\$65

Quadrivalent/Preservative Free

Caryl Ranch Metropolitan District.

Flu shot

Pneumonia

Tdap Tetanus/Pertussis

receipts available.

under 18 years old.

Payment: Cash or checks only,



## **Ken-Caryl Ranch Metropolitan District** RECREATION ACTIVITIES

## For Your Information.

#### **How To Register For Classes & Events**

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

#### **Nursery Hours**

Effective Sept. 2, 2014 **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.

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**Filter Service** 

ONLY

Includes Up To 5 Qts.

Regular Oil + Filter

Only Valid On Toyota, Lexus, Scion Or Subaru Vehicles.

(Some Exclusions May Apply.)

Expires October 24, 2014.

#### **Recreation Office Hours**

Effective Sept. 2, 2014 **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-carylranch.org for updated information.

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Only Valid On Toyota, Lexus,

Scion Or Subaru Vehicles.

(Some Exclusions May Apply.)

Expires October 24, 2014.

720-379-7070

## Special Programs **Fall Family Flu Shot Clinic**

providing the four-strain (Quadrivalent), preto adult at the Community Center this fall. B. This provides better coverage, especially Quadrivalent. The protection from the influenza vaccine lasts one year.

fections (pneumonia, bronchitis, strep throat, ear infections) and complications. The flu virus results in more childhood hospitalizations than any other vaccine-preventable disease. Other individuals at higher risk include anyone with asthma, heart disease, kidney disease, a compromised immune system, newborns and pregnant women. School-age children are also the most common source of spreading the virus. The virus can live on surfaces such as desks, keyboards, door handles and telephones for three days. Annually, 36,000 deaths occur in the United States from influenza.

Clinic Dates: Sundays, Sept. 28 - Nov. 9 **Time:** 1 - 4 p.m.

**Location:** Community Center

No appointments necessary.

**COST:** 

Intra nasal Flu vaccine

for ages 2 to 49 years without chronic diseases or pregnancy; Quadrivalent/Preservative Free

The Colorado Flu Shot Company will be servative-free flu vaccine for ages six months The four-strain (Quadrivalent) has two strains of Influenza A and two strains of Influenza for children. Approximately 25 percent of the total 2014-2015 flu vaccine is available as

Children are most at risk for secondary in-

**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 reg-

Date: Saturday, Nov. 15 Course #27855

**Time:** 9 a.m. - 3 p.m. Fees: Res: \$50, Non-Res: \$65

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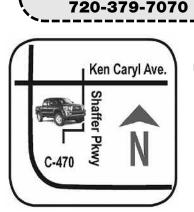
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Monday-Friday 7 a.m. - 6 p.m. 720-379-7070

7591 Shaffer Parkway, Suite B-2 Littleton, CO 80127 Close To The Foothills

Ken Caryl And C-470 WWW.TOY-AUTO.COM

Tot Discovery

**KC Kids** 

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

**Location:** Dakota Lodge

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

Course #29302

Course #29308

Course #29420

Course #29309

Course #29310

Course #29311

Course #29421

up is at Dakota Lodge. Fee: Res: \$50, Non-Res: \$60

Dates: Tuesdays, Sept. 23 - Oct. 14

Dates: Tuesdays, Oct. 21 - Nov. 11

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

Course #29313

Course #29314

**Ages:** 5 - 10

**Location:** Dakota Lodge

Fee: Res: \$50, Non-Res: \$60

(Monday/Tuesday) 1 - 3 p.m.

(Wednesday) 9 a.m. - 12 p.m.

Dates: Wednesdays, Sept. 24 - Oct. 15

Dates: Thursdays, Sept. 25 - Oct. 16

Dates: Mondays, Oct. 20 - Nov. 10

Dates: Tuesdays, Oct. 21 - Nov. 11

Dates: Wednesdays, Oct. 22 - Nov. 12

**Junior** 

**Naturalist** 

Location: Dakota Lodge. Transportation is

available from Bradford Primary and pick-

Dates: Thursdays, Oct. 23 - Nov. 13

**Ages:** 4 - 6

Times:

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

Dates: Mondays, Oct. 20 - Nov. 10



# Life at Ken-Caryl 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-carylranch.org to

#### **Family Fright Night And Haunted Trail**

Come play spooky games, enter the costume contest, paint a pumpkin, and learn about some creepy creatures that are associated with Halloween. Then take the shuttle to Bradford Park to trick-or-treat at some animal homes through the red rocks. Find out about of the myths and truths about these animals. After the walk, gather at the Bradford amphitheater for hot chocolate and roasted marshmallows (fire conditions permitting). **Ages:** Family

Date: Friday, Oct. 25 Time: 5 - 8 p.m.

**Location:** Dakota Lodge

Shuttle to Bradford Park every 20 minutes. Fee: Adult — Res: \$10, Non-Res: \$12

Youth — Res: \$8, Non-Res: \$10 Family of 4 — Res: \$30, Non-Res: \$35 Course #29286

#### Sunday Family Fun-Day; Hike With A Naturalist

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.
- Children 10 and under must be accompanied by an adult.
- LTBA Location to be announced.

Topic	Dates	Time	Meeting Area	Trail	Level
Critter Clues	Sundays Sept. 28, Oct. 5 & 12	9 a.m 12 p.m.	Dakota Lodge	Columbine, Massey Draw, Colorow	М
Spooky Spectacle	Sundays Oct. 19 & 26, Nov. 2 & 9	9 a.m 12 p.m.	Dakota Lodge	LTBA	E/M
Hibernate, Migrate, or Tough it Out	Sundays 11/16, 11/23, 11/30, 12/7, 12/14	9 a.m 12 p.m.	Dakota Lodge	LTBA	E/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 ranch.org to sign up!

#### After School

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.

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

Fee: Res: \$45, Non-Res: \$55

Session 2 — Course #29289 Dates: Mondays, Sept. 22 - Oct. 13 Course #29290 Session 3 —

Dates: Mondays, Oct. 20 - Nov. 10

#### **Hike And Bike Saturdays**

Bring your bike and we will also get off to hike. We will explore the trails of Ken-Caryl Ranch and also get off to observe some of the natural wonders in our area. Wear a helmet and bring a backpack to carry a water bottle, sunscreen, layers and a snack.

**Ages:** 8 - 12

Course #29292 Session 2 — Dates: Saturdays, Sept. 27 - Oct. 18 Session 3 -Course #29293

Dates: Saturdays, Oct. 25 - Nov. 15

**Time:** 9 a.m. - 12 p.m. Location: Dakota Lodge Fee: Res: \$60, Non-Res: \$70

## Dance Classes

#### **Dance Classes**

<b>Dates:</b> Sept. 9 - Oct. 28			Fees: Res. \$84, Non-Res. \$104 (8 weeks)			
Course #	Day	Ages	Class Description	Time	Location	
29328	Tuesday	4 - 7	Intermediate Ballet & Tap	5:45 - 6:30 p.m	. RH	
29329	Tuesday	6 - 11	Beginning Hip Hop	6:30 - 7:15 p.m	. RH	
Drop-ins for	r new student	ts 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-carylranch.org.

#### 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,

**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 canine frontier@gmail.com. Please visit Canine Frontier's website at: http://caninefrontiertraini ng.com or our Facebook page www.face book .com/caninefrontier for more information.

#### **Chess Wizards Strategies For Life**

Join The Chess Wizards Community!!

Let your child be part of an exciting and successful chess academy. Chess Wizards is offering specially designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. For more information or to register please call the

Ranch House at 303-979-4070 or online at

www.ken-carylranch.org. **Date:** Oct. 2 - Nov. 6 (6 weeks)

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

Location: Ranch House Dance Room

Fee: Res: \$115, Non-Res: \$120

Course #29588

#### 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 to sign

#### Critter Clues: Sept. 21 - Oct. 15

Use your senses to play detective! Look for signs of animals that live in Ken-Caryl, find out where they have been, where they live and where they are going.

#### Spooky Spectacle: Oct. 19 - Nov. 12

Creepy, crawly critters that rule the night usually are the highlight at this time of year. Come discover the benefits and truths about these spooks! Search caves, under rocks and logs, and the ponds of KCR to meet them face to face.

#### **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. Dates: Tuesdays: Sept. 23 - Oct. 14

Course #29295

Dates: Tuesdays: Oct. 21 - Nov. 11 Course #29296

#### Tot Discovery

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

**Location:** Community Center Fee: Res: \$48, Non-Res: \$55 **Time:** 2 - 4 p.m.

Dates: Sundays, Oct. 19 - Nov. 9

Course #29301

#### 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.



Own It! GT Select-Flex Suites are specifically designed for showrooms, offices, light manufacturing & limited retail. SF Suites come in two sizes (24' x 52' & 30' x 52'), feature great street level exposure, 150-amp electrical, air conditioning, gas heat, plumbing & are ready for occupancy or for your custom finish. Additionally, GT Select-Flex Suites offer great accessibility & visibility, multiple signage opportunities, ample parking, lots of windows & spectacular views.



#### www.ken-carylranch.org

## Lile at Ken-Care

## Fitness & Wellness

Chen Village TaiChi Excel and be strong, healthy and confident

in any situation with the world's most powerful internal martial art and meditation.

**Instructor:** Cal Zheng Lin

7:30-8:30 a.m

7:45-9 a.m.

Three **Free Trial Classes** will be held:

Thursday, Sept. 25: 4:15 - 6 p.m. #29618 Friday, Sept. 26: 12 - 1 p.m. #29619 Saturday, Sept. 27: 3 - 4:15 p.m. #29620 Registration required.

MONDAY

Interval Challenge

TOTAL BODY CHALLENGE

For ages 3 - 7 (with an adult) to 103.

**Session I:** 

Sept. 30 - Oct. 23 Course #29621 **Session II:** 

Oct. 28 - Nov. 20 Course #29622 Days: Tuesdays and Thursdays

**Time:** 12 - 1 p.m.

**Location:** Community Center Cost: \$75 per person.

**Drop In:** \$15 per time if space available.

Class Size: Min. 4, Max. 15

**Background** 

TUESDAY

6-6:30 a.m

Power Pump

• The original TaiChi. Chen Village TaiChi originated in the Chen Family Village (Chen-Jia-Gou) in the late 16th century in China. All other forms of TaiChi (Yang style

Fitness & Yoga Schedule • Sept. 1- Dec. 20, 2014

Classes in ALL CAPS are suitable for beginners

THURSDAY

6-6:30 a.m

Power Pump

WEDNESDAY

Taylor 6-6:50 p.m

TOTAL BODY CHALLENGE

for example) were learned from the village directly or indirectly.

- The village was isolated from the outside world until the mid-1980s so this system is still pure and intact and has not been watered down.
- The old ways are not taught in Colorado, until now.

#### **Benefits**

FRIDAY

Cardio Sport

TOTAL BODY CHALLENGE

- Equal emphasis on the meditative health exercises, which ultimately leads to self-defense applications.
- · Hands-on correction and constant attention to individual needs are essential to ensure improvement.

SATURDAY

SUNDAY

- Physical: Students have reported recovery from neck, spine, shoulder, elbow and knee injuries, nerve damage and multiple-
- sclerosis. Mental: Achieve focus, clarity and serenity. Reduce stress, anxiety, panic attacks.

#### Curriculum

- This is a physical exercise that benefits all, from the convalescing individuals to peak athletes and martial artists. Exercises tailored to individual ability.
- For beginners, focus is on spine and neck alignment, strengthening hip joints, knees, ankles, rooted balance, improve circulation and self regeneration.
- For intermediate, focus is on slow forms. fluidity, control, movement while maintaining root/balance, energy circulation and willpower.
- For advanced, focus is on cardio forms, bursts of internal strength, joint locks, push hands and weapons training.

## 1 ennis

#### **Cardio Tennis At** The Community Center

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

9 - 10 a.m. 3.0 - 3.5 Fridays \*\* call at 6 p.m. Th

Fridays 6 - 7 p.m. 3.0 - 4.0 Nic

\*\* call at 6 p.m. Th

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

Mark

Call 303-979-2233 after 5 p.m. (unless specified) the night prior. Cancellations made less than two hours in advance will be charged.

#### 8:15-9:15 a.m. Step & Sculpt Power Pump Janet Interval Challenge Janet BARRE PLUS Sally 9:15-10:15 a.m. Muscle Plus MAT PILATES Janet 9:15-10:30 a.m. Lisa VINYASA FLOW YOGA HATHA YOGA 9:30-10:45 a.m. HATHA YOGA HATHA YOGA PILATES FUSION ZUMBA Lauren 9:30-10:30 a.m Renate Interval Challenge **ZUMBA** ZUMBA 10:35-11:35 a.m. 10:15-11:15 a.m TAI CHI Chen Lin 12-1 p.m. TAI CHI Chen Lin YOGA FOR BEGINNERS 9/18-10/16 Course #29415, \$30/\$40 4:30-5:30 p.m. AFTERWORK YOGA FOR YOUTH 10/1-10/29 Course #29615 \$30/\$45 HATHA FLOW INYASA FLOV 5:15-6:30 p.m. **YOGA Evening Classes** MUSCLE SCULPT **ZUMBA** MAT PILATES Yoga Room Kim 6:20-7:20 p.m. MAT PILATES SCULPT Stacia 6:15-7:15 p.m. Kim 6:15-7:15 p.m. ZUMBA Renate 6:15-7:15 p.m.

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			Varsity	JV	Fresh
08/21 Th	Heritage	HOME			4:30
08/21 Th	Everglades HS	AWAY	6:30	ESPN Co	mplex,F
08/21 Th	Citrus Park Christian	AWAY		8:30 E	SPN, FL
08/30 Sa	Monarch	HOME			10:00
09/04 Th	Horizon	AWAY	TBD		
09/12 F	Lakewood	HOME	7:30	Homeco	ming
09/13 Sa	Lakewood	AWAY		11:30	9:00
09/18 Th	Bear Creek	AWAY	6:00		
09/19 F	Bear Creek	HOME		4:00	
09/20 Sa	Bear Creek	HOME			9:00
09/25 Th	Raiston Valley	AWAY	7:30		
09/26 F	Raiston Valley	AWAY		4:00	
09/27 Sa	Raiston Valley	AWAY			9:00
10/03 F	Mullen	AWAY	7:00		
10/04 Sa	Mullen	HOME		11:30	9:00
10/09 Th	Arvada West	HOME	7:00	Senior Nig	tht
10/10 F	Arvada West	AWAY		4:00	517 C
10/11 Sa	Arvada West	AWAY			9:00
10/17 F	Columbine	AWAY	7:00		
10/18 Sa	Columbine	HOME		11:00	9:00
10/24 F	Pomona	AWAY	7:30		
10/25 Sa	Pomona	HOME		11:30	9:00
10/30 Th	TBD/PLAYOFFS	AWAY			
10/31 F	TBD/PLAYOFFS	AWAY			



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# Life at Ken-Caryl www.ken-ca Early Childhood Programs\_\_\_\_\_\_

#### School Of Rock 'Little Wing' Special Programs

A unique and innovative new early childhood music education program launched by School of Rock, Little Wing is coming to Ken-Caryl! This introductory class will feature exciting activities that blend music, science and fun in an engaging edutainment experience for kids and adults of all ages.

Session 2 Dates: Fridays, Oct. 3 - 24 **Location:** Ranch House

**MOM & ME CLASS** 

**Age:** 2 - 3 years

(and required, accompanying adult)

**Time:** 9 - 9:45 a.m.

Fees: Res: \$60. Non-Res: \$72 Session 2: Course #29321

**Min:** 8, **Max:** 12

PRESCHOOL DROP-OFF CLASS

**Age:** 3 - 5 years Time: 10 - 10:45 a.m. Fees: Res: \$60, Non-Res: \$72 Session 2: Course #29323 Min: 8, Max: 18

**GIG BAG** (optional)

If you want to be in the band, you have to have your instruments! If your child is planning to attend classes regularly, participants are encouraged to make a one-time "Gig Bag" purchase to supply each child with their own set of supplies for use in specific activities at various times during the classes. Each padded, soft-sided, wing-shaped Gig Bag includes maracas, a tambourine, rhythm sticks, and a Little Wing program t-shirt. A Gig Bag purchase is not required to attend, as instruments will be supplied for all participants at every class.

Course #29319 **Fee:** \$35

## Specialty Classes

#### **Red Hat Divas**

The monthly meeting schedule is as

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

**Nov. 25** — Red Hat meeting 10:30 a.m. - 12:30 p.m.

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

#### **Story Time With Columbine Library** Is Back For Fall

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: Every Thursday from Sept. 4 - Dec. 18

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

Location: Ranch House Dance Room

Fees: FREE!

#### Watercolor Classes

For all levels 18 years old and over. Location: Ken-Caryl Ranch Parlour Room **Dates:** 

Monday, Sept. 22 - Nov. 10 Course #29275

Cost: Res. \$113.50, Non-Res. \$120

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.charles danford.com.

#### **At Home Alone**

Does your child spend a few hours home alone before or after school due to your work schedule or other commitments? This popular entertaining workshop is designed to prepare children to look after themselves during these times. Students learn how to stay safe through interactive lessons, role play and hands-on training. Every Kidproof course is non-threatening and empowering. This famous program has helped thousands of children become more confident and to make safe choices while at home alone. Bring a sack lunch and drink.

**Ages:** 10 - 13

Date: Saturday, Oct. 18 **Time:** 9 a.m. - 1 p.m.

Location: Ranch House AV Room

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

Course #28016



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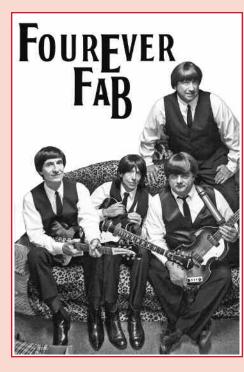
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## Special Event

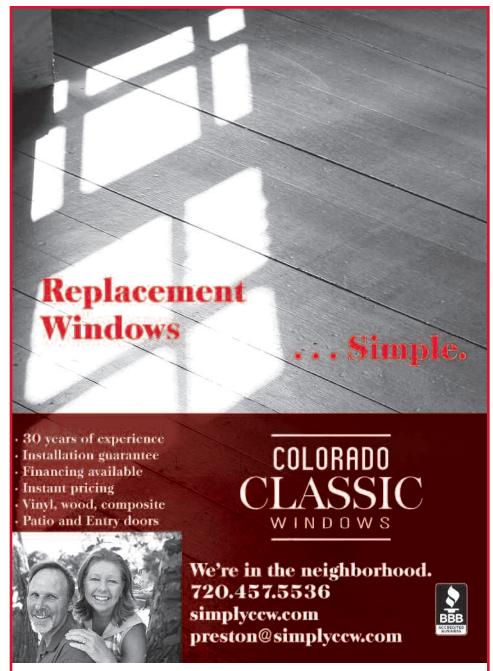
#### **Concert** In The Park

Sunday, Sept. 28 from 5 - 7 p.m. at the Ranch House Park Featuring FourEver Fab

Denver's Beatles Tribute Band, Four-Ever Fab, is comprised of some of the best musicians in Colorado. Covering the great Beatles songs from their Beatlemania days in the early 1960s to the last innovative music of their time the late 60s: Sgt. Pepper's Lonely Hearts Club Band, The White Album, Let It Be and Abbey Road. Beatles Tribute Band FourEver Fab performs the music you remember hearing "note for note" using authentic instruments to achieve that GREAT Beatles sound. With their vast song list, FourEver Fab is sure to entertain you with their feel good Beatles music and will have you dancing and singing as you go down memory lane. Don't miss out on this wonderful



evening of music and free ice cream. Bring a picnic dinner or purchase hot dogs and hamburgers that will be available from Archie's Dog House.



"We recently had 14 wood windows replaced due to the hail storm of last August. Preston and his team did a great job from initial consultation all the way through the interior casement painting and blinds removal and reinstall. Preston was also a great help with my insurance company. While we didn't recover all of the loss we did receive some compensation due to Preston's help. His window installation crew led by Marcus, was professional and did craftsman type work. Overall I was very happy with the work Colorado Classic Windows did for us."

J. Bushroe 92 Willowleaf Drive

# COLORADO PARKS & WILDLIFE Bearproofing Your Home

Help Keep Bears Wild



Only people can prevent conflicts with bears. Please do your part to protect your home and property, and prevent conflicts with

### **Keep Bears Out**

- Many bears that enter homes do so through an unlocked or open window or door. Close and lock all bear-accessible windows and doors when you leave the house, and at night before you go to bed.
- If you must leave downstairs windows open, install sturdy grates or bars. Screens don't keep out bears.
- Keep garage doors and windows closed and locked at night and when you're not home. Don't leave your garage door standing open when you're not outside. Install extra-sturdy doors if you have a freezer, refrigerator, pet food, bird seed, or other attractants in your garage.
- Keep car doors and windows closed and locked if you park outside. Make sure there's nothing with an odor in your vehicle, including candy, gum, air fresheners, trash, lotions and lip balms.
- Bears are great climbers remove any tree limbs that might provide access to upper level decks and windows.
- Replace exterior lever-style door handles with good quality round door knobs that bears can't pull or push open.
- Put on talk radio (not music) when you leave home; the human voice startles most bears.

#### **Get Rid of Attractants**

- Bears follow their super-sensitive noses to anything that smells like food, and can follow scents from up to five miles away.
- Don't leave trash out overnight unless it's in a bear-proof enclosure or container. Obey all local regulations.
- We recommend feeding birds only when bears are hibernating. If you want to feed birds when bears are active, please review the Attracting Birds, Not Bears fact sheet on our website.

- Don't store food of any kind in an unlocked garage, flimsy shed or on or under your deck.
- Don't leave anything with an odor outside, near open windows or in your vehicle, even if you're home. That includes scented candles, air fresheners, soaps and lotions.

#### **Teach Bears They're Not Welcome**

- If a bear comes into your yard or close to your home, do yourself and the bear a big favor, and scare it away. A confident attitude plus loud noises like a firm yell, clapping your hands, banging on pots and pans or blowing an air horn sends most bears running.
- If a bear enters your home, open doors and windows and make sure it can leave the same way it got in. Don't approach the bear or block escape routes.
- Never approach a bear. If a bear won't leave, call your local CPW office. If a bear presents an immediate threat to human safety, call 911.

Visit www.wildlife.state.co.us/bears for more information or call your local Colorado Parks and Wildlife Office.



COLORADO PARKS & WILDLIFE • 6060 Broadway, Denver, CO 80216 • (303) 297-1192 • www.wildlife.state.co.us/bears



Believe It Or Not, Awkward **Eye Contact Saves Lives** 

**CDOT Reminds** Pedestrians And **Drivers To Lock Eves** And Keep Heads Up At Crosswalks

Of the 1,433 pedestrian-related crashes and fatalities in Colorado last year, approximately 60 percent of drivers were at fault, leaving pedestrians at fault 40 percent of the time; a statistical reminder that everyone on the road can help prevent pedestrian-relat-

The Colorado Department of Transportation (CDOT) recently announced a pedestrian safety campaign targeted at both drivers and pedestrians. The campaign employs the tagline "Awkward Eye Contact Saves Lives — Heads Up At Crosswalks" and incorporates media placements around the state where awkward eye contact tends to occur, e.g. bathroom stalls.

With the majority of pedestrian-related crashes occurring between October and March, spiking in October and January, the timing of this campaign appropriately lands just before daylight savings blankets the streets during the fall and winter seasons. Even still, Monday through Friday marks the height of occurrences with nearly 80 percent of crashes falling within the work/school week, in line with the recent back-to-school crunch.

'We're seeing far too many preventable pedestrian-related crashes and even fatalities on the road," said Amy Ford, CDOT Communications Director. "The simple act of making eye contact at intersections and crosswalks could reverse this growing problem, in turn saving lives."

Upon analyzing the 2013 pedestrian crash and fatality data, Ford notes that approximately 20 percent of crashes were caused by pedestrians entering the roadway without a crosswalk present, while nearly 38 percent occurred at the site of a crosswalk, further emphasizing the need for both pedestrians and drivers alike to be aware of their surroundings, adhere to traffic signals, and to make eye contact with each other. Denver topped the 2013 findings with 30 percent of all incidents occurring within city limits. For pedestrian safety tips, please visit www.colo radodot.info/programs/bikeped/informationfor-pedestrians.



Ken-Caryl Ranch is stepping up our presence on Facebook. We are posting important updates and reminders about special events, fire bans, emergencies, community meetings and other key information. To stay up-to-date on the latest news, make sure to like us on Facebook at www.facebook.com/ken-caryl ranch.

## Life at Ken-Caryl KC Nature News

#### **Be Bear Aware**

by Environmental Education Specialist Gabrielle Hesselius



Late summer and early fall means that black bears are very actively in search of food. Approximately 20.000 calories a day are needed for them to survive the winter. Black bears have lived in the foothills and mountains of Colorado long before our de-



scendants made their way out west. Because we as humans are living and playing in these areas more than ever, it is up to us to be "Bear Aware," make responsible choices and try to avoid bear conflicts.

Normally, black bears are shy and run away or climb up a tree to avoid encounters

with humans or other strange things. But according to Colorado Parks and Wildlife, "Bears that find food around homes, campgrounds and communities often lose their natural wariness of people. Even though black bears are not naturally aggressive and seldom attack or injure people, they are still strong, powerful animals. A bear's intent on getting a meal could injure someone who gets in its way. Every year bears that have become too comfortable around people have to be destroyed."

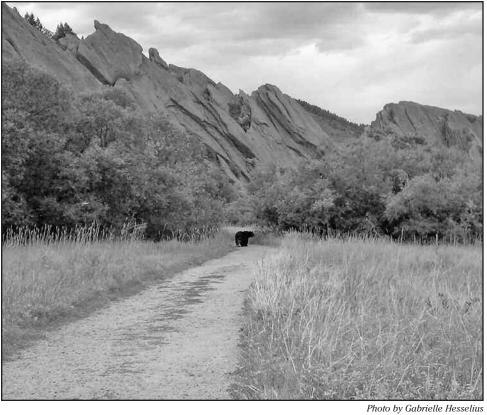
Bears can smell five miles away and will try to eat as much as they can the most efficient way. This means that we can do our part by taking away attractants around our home or when we are spending time outdoors.

• Keep trash in a bear-proof container or in the garage and close the door.

- Keep vehicles free of any smells and lock doors.
- Don't use birdfeeders when bears are active.
- · Don't plant trees that have fleshy fruits or

To learn more about living in harmony with black bears, see the Colorado Parks and Wildlife brochure on "Bearproofing Your Home" on Page 12.

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







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with granite slab countertops! New lighting! Vaulted master suite w/private

Bright open finished basement with large recreational room! Bathroom and

remodeld bath! Skylight! Walk-in closet with cedar floor & custom shutters!

#### TRADITIONS



1 Yellow Locust • \$479,900

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DEERWOOD VISTA

#### workshop/artroom! Lots of storage! Private setting! Deck and patio with garden areas! Newer windows! New roof! Hardwood and ceramic tile flooring! New exterior paint! Cul-de-sac! All appliances included! Model condition!

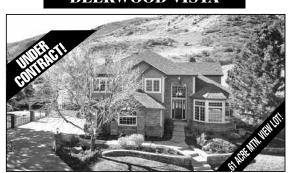


170 Willowleaf Drive • \$549,900

with bedroom, bath, recreational room with new built-in bar with wine cooler 3500+finished SF! 5 bedrooms! 4 baths! 2 car attached garage! Vaulted & open floor plan! Formal living & dining rooms! New gourmet Cherry kitchen with sunny breakfast nook! New appliances! New lighting throughout! Granite slab countertops! Hardwood floors entire main level! New Cut Berber carpet! New wrought iron railings! New customized baths! Vaulted main floor family room with skylights and new stacked stone fireplace! Ceiling fan with light plus new mounted flat panel screen TV included! Must see inviting and spacious master suite with large walk-in closet! New designer bath with seamless Euro glass shower! Private park-like backyard with mature landscaping for privacy and mountain views! Large custom patio for entertaining! Newer furnace and A/C! New interior paint! 6-panel doors! All new hardware throughout! Model condition!

#### DEERWOOD VISTA

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**20 Black Bear Lane • \$837,500** 

Breathtaking 1/2 acre mountain view lot — backing to open space. This elegant undated custom walkout 2-story has a 4-car sideload garage! 6 bedrooms! 4 baths! Main floor study! 3 fireplaces! Dramatic! Bright & open floor plan! Entertainer's delight! Loaded with upgrades! Feel the quality as you enter the 2-story entry curved staircase! Formal living w/fireplace! Formal dining w/custom built-in wall dining cabinet! Gourmet kitchen w/island, newly finished hardwood floors main level & kitchen! Newer stainless steel appls! Side by side SubZero included! Trash compactor! Large walk-in pantry! Separate main floor laundry w/2 sinks/laundry chute! Inviting master w/sitting area! Fireplace! Private deck w/views! 5 piece bath w/dual showerheads/ietted tub & his /her walk-in closets and built-in speakers! Newer exterior paint! Newer furnace! A/C! Huge rebuilt/refinished deck! Security system! Crown molding & wainscot! Secondary bedrooms w/built-in window seats! Workshop in basement! 6-panel doors! Attic fan! Finished walkout with 2 bedrooms! Bath! Recreational room and workshop! Priceless views 24/7!

Newly remodeled kitchen with granite slab countertops, lighting and appliances! Brand new earpet in walkout basement!

#### SUNSET RIDGE



11824 Elk Head Range Road • \$239,900 Updated and remodeled 2-story with finished basement! New windows! Hardwood floors! Newer lighting and interior paint!

#### DEERWOOD VISTA



90 Deerwood Drive • \$739,900

#### **TRADITIONS**



20 Foothill Ash • \$414,900

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## Now I Lay Me Down To Sleep Remembrance Walk Oct. 4

Submitted by Melisa Ramsey, Now I Lay Me Down To Sleep

In 2007, Ken-Caryl Ranch residents Rob and Gina Harris were full of hope and joy when they learned halfway through their first pregnancy that their baby was going to be a boy. Their hope and joy quickly turned into a shattered dream when they learned their baby would die at birth because he had Potter's Syndrome, which means his kidneys did not form.

Through their journey, as Gina remained pregnant, they learned about Now I Lav Me Down To Sleep (NILMDTS), a nonprofit organization that provides remembrance photography to parents suffering the death of a baby. The photographs are completely complimentary. NILMDTS was founded by Cheryl Haggard and Sandy Puc in 2005. NILMDTS has more than 1,500 volunteer photographers who offer priceless heirloom images of the only moments parents will spend with their babies.

At 34 weeks into the pregnancy, their son David was coming. When David was delivered, his heart was not beating.

The doctor handed David to me. I was overwhelmed at how beautiful he was. He looked so perfect," said Gina. "How could anything be wrong with him? We held him for six hours. I made sure to remember how he smelled and how soft his skin was. I tried my best to remember every moment with him."

NILMDTS co-founder Sandy Puc photographed David with Rob and Gina. These photographs helped capture the only moments the couple spent with David as well as every feature of David.

There is no way I could have remembered this much about David without the photographs," said Gina. "When we received the images, they became and still are, our most prized possession. They are proof that David existed and that we are parents."

In 2011, Gina, who had been an executive director of another nonprofit, had the



Ken-Caryl Ranch residents Rob and Gina Harris with their baby David, who died of Potter's

opportunity to become the executive director at NILMDTS. "To be able to bring my nonprofit experience and my passion to an organization that has impacted me in such a profound way is such an honor," said Gina.

On Oct. 4. NILMDTS will be conducting the Remembrance Walk, "Our Journey Together." More than 1,500 people are expected to attend. The NILMDTS Remembrance Walk is for parents, family and friends to come together to remember a baby who has died due to miscarriage, stillbirth, SIDS, neonatal or any type of pregnancy or infant loss. Each baby's name is read at the walk and a balloon is released.

"This walk is part of the healing process for

parents and others related to the baby. The goal is to bring healing, hope and honor. We hope you will participate and tell others about the walk," said Gina.

The Remembrance Walk will take place at Clement Park on Oct. 4. Registration begins at 8 a.m. and the program and walk begins at 10 a.m. You can register at www.nilmdts remembrance.org. You can find out more about NILMDTS and information on becoming a photographer or other volunteer by visiting the main website: www.nowilayme downtosleep.org.

Jesse Lanyon, a 4th-Generation

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## Area Spotlight **Marine Corps** Birthday Luncheon

All Marine, Navy Corpsmen and friends of Marines are invited to the 2014 Marine Corps Birthday Luncheon on Friday, Nov. 7 at the Denver Athletic Club. Check-in is at 10:30 a.m., the bar opens at 11 a.m. and the ceremony begins at 11:30 a.m. All reservations are \$40 per person, pre-paid. A few seats may be available at the door on Nov. 7, first come, first served, for \$45 each, check or cash. Register by mailing your check to: Rocky Mountain Marines, 2610 W. Long Circle, Littleton, CO 80120. For additional information, email bhanon@comcast.net or call 303-734-1458.

### **State** Representative **Candidate Hosting**

Mary Parker, candidate for State Representative for House District 22, will host a public meet and greet event for local voters on Saturday, Sept. 27 from 1-2:30 p.m. at the Columbine Library conference room. The library address is 7706 W Bowles Ave. in Littleton. Refreshments will be served. Questions may be directed to 720-202-0169 or www.maryforstaterep.com.

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## Tennis News.

### **KC Gold Wins District Championships**



The 40+ Ladies 3.0 Team, KC Gold, won the District Championships and advanced to Intermountain Sectionals Sept 19-21. Back row from left to right are: Jen Zinevich, Alicia Hovland, Kimberly Borchelt, Lauren Dannenhauer, Kristen Schoon, Christine Wilkes, Kathy Gravlin, Dannette Henderson (Capt.), Deven Farris and Stephanie Poper. Front row from left to right are Stacey Persichetti and Kelly Mair.

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

## Library News



Paul Saunders was the Bookmobile's first patron as it began service in Ken-Caryl on July 12. Paul, a Ken-Caryl Ranch resident in the Stratford Farms neighborhood, used the new stop as a pickup location for his online hold request.

### Jeffco Library Bookmobile On Ken-Caryl Ranch Every Saturday

Ken-Caryl residents can now benefit from an additional library. The Jefferson County Public Library (JCPL) Bookmobile offers weekly service from noon-4 p.m. each Saturday in the Safeway parking lot at Ken Caryl Ave. and Shaffer Parkway.

The new Bookmobile location keeps with JCPL's mission of providing access for all to informational, educational and recreational resources. Patrons may utilize the Bookmobile for the library's most popular services: checking out and returning materials, placing and picking up holds, and accessing information about other library services. The Bookmobile collection holds over 1,200 items for patrons of all ages in a variety of formats — books, DVDs and audiobooks.

Children, teens and adults can also sign up and claim rewards for the Summer Reading Club at the Bookmobile. Patrons may use the Bookmobile as a pickup location for holds and requested items by choosing "Bookmobile" in the dropdown menu from the library catalog at jeffcolibrary.org.



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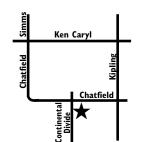


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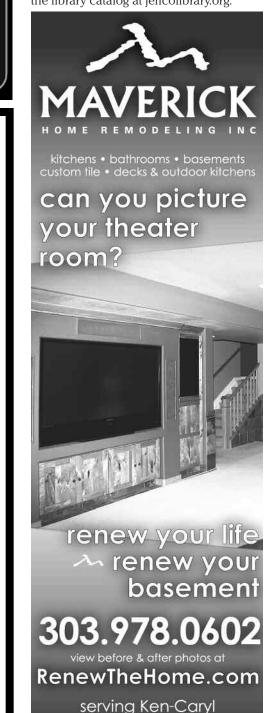
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# Life at Ken-Caryl Our Rising Generation



Ken-Caryl residents Harrison Payne and Cienna Kub raised \$237 with a lemonade stand and drum lessons and donated the money to help fight ovarian cancer.

## **Ken-Caryl Youth Have Lemonade Stand To Help Fight Ovarian Cancer**

Jodi's Race for the Cure

Ken-Caryl residents Harrison Payne and his good friend Cienna Kub held a lemonade stand to raise money to help fight ovarian cancer and made \$237! Harrison also taught music lessons on his drum set to benefit the cause. Harry lost his mom to ovarian cancer, and Cienna's great grandmother was a 30year survivor. They wanted to do something to honor the memory of these special peo-

Jeanene Smith, Associate Director of the Colorado Ovarian Cancer Alliance (COCA) was thrilled to accept their donation, and she said "We were all very impressed by their commitment to the cause and are excited to have their heartfelt donation!"

The Colorado Ovarian Cancer Alliance is a 501(c)(3) organization whose mission is to provide support and to promote awareness and early detection of ovarian cancer through advocacy and education. Programs

include: Nicki's Circle Support Groups COCA Cares financial assistance for women in treatment, comfort kits and a resource guide for the newly diagnosed, Survivors Teaching Students, Health Fairs and more! COCA's biggest fundraiser is Jodi's Race, a 5K and 1-mile run/walk the first Saturday of June every year, to raise awareness for ovarian cancer. Jodi's Race was founded by and named after Ken-Caryl resident Jodi Brammeier, who lost her battle to ovarian cancer

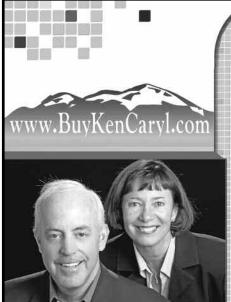
September is ovarian cancer awareness month, so take the opportunity now to know the four main symptoms: bloating, feeling full quickly, pelvic pain or discomfort, and frequent or urgent need to urinate. See your doctor if these symptoms persist for more than two weeks. Knowing the risk of developing ovarian cancer can help a woman detect the disease early and greatly increase her chance of survival. Visit www.colo-ovarian cancer.org for more information.

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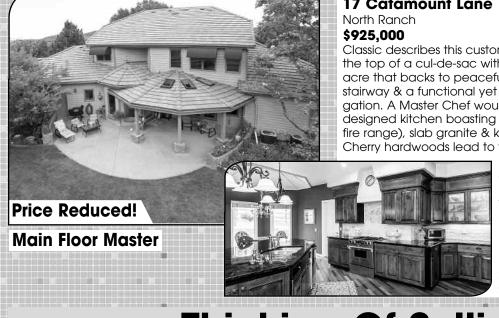
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17 Catamount Lane

Classic describes this custom North Ranch home — perched at the top of a cul-de-sac with city and mountain views. Nearly 3/4 acre that backs to peaceful Open Space! An impressive grand stairway & a functional yet contemporary floor plan await investigation. A Master Chef would be impressed with the thoughtfully designed kitchen boasting new stainless steel appliances (dual

fire range), slab granite & knotty Alder cabinets! New Brazilian Cherry hardwoods lead to the rare main floor Master bedroom, complete w/luxurious, remodeled

six piece bath (including bidet). The bathroom is augmented w/soaking tub w/his & her closets. Upstairs there are 3 large bedrooms and a loft — or convert to a 5th bedroom all served by 2 beautifully appointed baths. A large finished basement with wet bar, game/entertainment area plus a workshop round out this remarkable home!

## **Thinking Of Selling?**

Denver Metro Active Inventory is -28% YTD through July\* Does your agent provide:

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## Life at Ken-Caryl

## Letter To The Editor

Dear Editor:

I love the new street signs that are being installed today on the Ranch. Big and large letters. I am sure they are much easier to read at night as the older ones were terrible. My question is how long do these signs last? The last ones have only been in use for two years (per the installer and as I remember). I can't imagine how much these signs cost for the whole Ranch area times two. I'm guessing a big mistake was made by the Board when they approved the signs two years ago. With money being tight and our now rising property taxes to fund new projects and upgrades, are these kinds of mistakes going to happen again? Board members, please remember to ALWAYS question your hired experts. ALWAYS doubt their responses until everyone is satisfied with their

answers. Everyone! You need to remember that once the decision is made, it's on you. Don't waste my money anymore!

Chris Brown Quail Ridge

Editor's Note: Here are a few clarification points regarding Chris Brown's Letter to the Editor about the new street signs. He said in his letter that the signs were replaced two years ago. Only signs that needed replacement (broken, vandalized, stolen, poor condition, etc.) have been replaced in the last few years. Those signs that were replaced were done so with the same size sign as the original sign but with the addition of the Ken-Caryl logo. Most of the signs around Ken-Caryl Ranch were still the original signs until this year. This year's street sign replacement project is the first time since the development of

Being there Ken-Caryl Ranch that ALL of the street signs have been replaced. All of the new signs were designed to be more legible and to last longer. In addition the new signs are to County standards and when replacement is needed in the future they will be completed by the County.

## From The Sheriff's Office.

#### Sept. 27 Is National Prescription Drug Take-Back Day

On Saturday, Sept. 27, the Jefferson County Sheriff's Office will be joining law enforcement agencies nationwide to remove potentially dangerous controlled substances from our nation's medicine cabinets. The DEA's

National Prescription Take-Back Day provides an opportunity for the public to surrender expired, unwanted or unused pharmaceutical controlled substances and other medications for destruction. These drugs are a potential source of supply for illegal use and an unacceptable risk to public health and safety.

Sheriff's representatives will be set up at two drop-off locations in Jefferson County on Saturday, Sept. 27 from 10 a.m.-2 p.m. The locations are:

#### Dakota Ridge High School —

13399 W. Coal Mine Ave., Littleton (west parking lot)

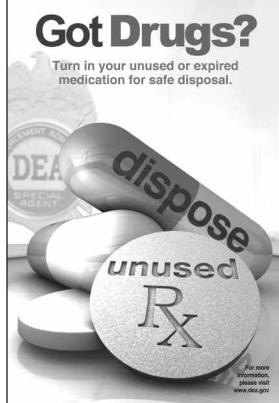
#### **Evergreen Fire Rescue**— 1802 Bergen Parkway, Evergreen

This one-day effort is intended to bring national focus to the issue of increasing pharmaceutical controlled substance abuse. Many metro area cities and counties are participating in this initiative. Other Colorado locations can be found by going to www. dea.gov.

- The program is anonymous.
- Prescription and over-the-counter solid dosage medications, (tablets

and capsules) are accepted.

- Intravenous solutions, injectables, needles and oxygen containers will not be accepted.
- Illicit substances such as marijuana or methamphetamine are not a part of this initiative.
- The prescriptions should be removed from the original containers and placed in plastic or Ziploc type bags prior to drop off.





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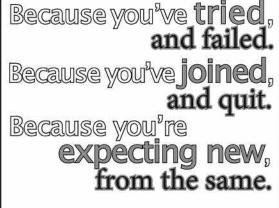
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service to residents and businesses. All ads will be reviewed by the editor. Any person placing an ad deemed unsuitable or which may not be in the best interest of residents will be contacted and money refunded. Classified ads may be made in person 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, Sept. 29 for the Oct. 8, 2014 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 en-carylranch.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**

 $\label{eq:red_leading} \textbf{RED LEATHER PHOTO WALLET FOUND} - \textbf{with lots}$ of photos. Found on White Birch, in the Valley, the beginning of September. Call 303-979-2233.

CRAFTSMAN 2-STAGE SNOW BLOWER — Excellent condition & just serviced, \$275. MTD single stage snow blower, excellent cond. & just serviced, \$125. 303-523-

MISSION STYLE OAK BUNK BED — with built in desk, dresser and shelves. Great condition. Elegant leather and fabric, Flexsteel sofa with matching oversized chair and ottoman plus pillows. 2 matching lamps. Call for info: 303-956-1898

#### **BUSINESS**

#### **BUSINESS OPPORTUNITIES**

AWESOME BUSINESS OPPORTUNITY — for stay @ home moms or anyone interested to make some extra \$\$. Free training provided! Call 303-513-0164.

FOR RENT: 4 BEDROOM — 3 bath home on cul-de-sac in the Valley. Completely remodeled. 2 car garage. No pets. \$2,500/mo. Jim 720-635-6592.

FAMILY GETAWAY? — KC resident renting new 3 bed/3 bath condo, steps to slopes, pool/spa, in Granby Ranch. Excellent hiking, biking, fishing, golf! 720-207-1928.

1% LISTING FEE! — + 2.8% co-op fee. 15 year experienced high quality Metro Brokers Agent & Ken-Caryl resident. Fee includes professional photography, property website, staging advice, market analysis and complete representation. Call Broker Owner Annamaria Augustine at 303-668-2685.

PROFESSIONAL COUPLE WITH TWO CHILDREN —

(6, 10) in Ken-Caryl Valley seek part-time, in-home nanny to work Monday-Friday 3:30 p.m. to 6:30 p.m. and some evenings starting Sept. 29. Pay is \$12 per hour. Own transportation required. References required. Must be dependable and available per schedule as mutually agreed. Contact Lisa at 720-350-1660 for full job description

PIANO LESSONS — Have you always wanted to play piano but never had the chance? This Fall is a perfect time to start! Study with internationally acclaimed performer, recording artist and experienced instructor. From beginners to advanced. Learn to play piano at your own pace — right here in Ken-Caryl! Call Lisa Downing at 303-979-

SPARKLE & SHINE HOUSECLEANING — One time cleanings, weekly, biweekly or monthly, Family-owned since 1985. Free Estimates and references upon request. 303-972-0776

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MAIDS OF HONOR CLEANING SERVICE — is reliable, trustworthy, and detail oriented. Call Dana 720-625-9256.

PAMELA'S "CAN DO" SERVICES — "Cadillac" house cleaning, yard maintenance, pet sitting, downsizing, organizing, administrative duties. 21-year KC resident. 303-929-

"HOUSE CLEANING" — Weekly, bi-weekly, monthly, move-ins, move-outs, one-time, construction or special occasion cleanings. Lots of references from the area. Free estimates. Call Josefina and Oscar 720-364-3818.

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MUSIC LESSONS - No school program? Learn to play saxophone, clarinet, flute or oboe with Larry Campbell, formerly with Douglas County Schools. 720-344-8828.

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 wordsand must be received by 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date, but the day can vary. Deadline dates can be found at www.kencarylranch.org. The preferred method for submitting letters to the editor is by email to Victoria DeSair at victoriad@kcranch.org, but they may be mailed or hand-delivered to the Ranch House, Attn: Victoria DeSair, 7676 S. Continental Divide Road, Littleton, CO 80127. We do not print anonymous letters. Letters must include name, address and phone number (daytime), but only the resident's name and subdivision will be printed in the paper. Residents may submit up to eight (8) letters to the editor per calendar year. Letters will be printed on a space available basis 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, Sept. 29, for the Oct. 8, 2014 issue of *Life at Ken-Caryl*. Email to victoriad@kcranch.org

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement of the goods or services offered therein. Life at Ken-Caryl does not knowingly accept fraudulent or misleading ads. We encourage residents to use our advertisers; however we also recommend checking references and seeking information from local business agencies. If you have a complaint, please submit it in writing to the editor. The opinions expressed in this newspaper are those of the individual authors and, unless stated, not of the Board of Directors of your Association or your Metropolitan District

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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.

to victoria DeSair at	victoriad@kcra	nch.org or o	caii 303-979-1876, ext.	122.		
Categories: (B) Babysitting; (L) Lawn care; (P) Pet and house sitting; (S) Snow shoveling.						
Name, Age	Phone	Services	Hadley Marx, 13	720-380-4671	B, P	
Sean Ahearn, 18	303-906-1137	L	Ashley McFerrin, 13	303-979-6559	В	
Emma Ahern, 16	303-765-4924	P	Ryan McKenna, 13	720-261-2869	B, P, S	
Katelyn Atkinson, 12	303-916-7666	B, P	Gracie Mead, 13	720-921-4495	B, P	
Stephen Barton, 17	720-253-6110	L, P, S	Jacob Metzger, 13	303-999-7332	L	
Sarah Bielefeld, 14	303-506-8630	B, P	Matthew Murray, 11	303-579-5322	Р	
Christina Bigger, 13	720-981-4521	B, P	Ryan Murray, 14	303-579-5322	L, P	
Josh Blarr, 13	720-318-4605	B, L, P, S	Robby Nelson, 13	303-904-8886	B, L, P	
Olivia Boyd, 14	720-400-9710	B, P	Alexandra Newsom, 13	303-325-5232	B, L, F	
Madeline Byerly, 12	720-785-3784	В	Lauren O'Connor, 12	720-982-7981	B, P	
Nolan Byrnes, 12	720-530-9272	L, P, S	Sean O'Dell, 16	720-371-1957	L, P	
Paul Castellano, 12	720-940-3655	B, L, P	Max Packebush, 12	720-949-4482	L, P, S	
Wil Crane, 13	303-979-8707	B, L, P	Rhiana Parker, 13	720-275-2000	B, P, S	
Daniel Dominguez, 13	720-648-3178	P, S	Tucker Payne, 18	720-936-3049	L	
Ann Gabrielson, 15	770-377-4261	В	Micaela Pollard, 12	303-904-8488	B, P, S	
Kyla Gallegos, 14	720-473-3897	B, P	Dillon Reisinger, 18	303-973-2469	L, P	
Carly George, 15	303-250-8502	B, P	Seth Reisinger, 13	303-973-2469	L, P, S	
Sam Gerbus, 16	303-250-6079	B, L, P, S	Carter Rubin, 11	720-583-5727	Р	
Taylor Gohl, 17	303-807-8476	Р	Kari Salter, 16	720-202-0067	B, P	
Allie Goulding, 15	720-331-5428	B, P	Reanna Schafer, 13	303-808-0373	В	
Raquel Gunkel,14	303-909-5090	В	Carissa Scott, 13	720-215-8829	Р	
Chuck Henderson, 13	720-231-6068	B, L, P, S	Carlee Shute, 13	303-903-0504	B, P	
Ben Iverson, 13	720-626-5580	L, P, S	Blake Smith, 13	720-238-9478	B, P	
Matthew Jarecki, 17	303-551-5446	L, P, S	Elly Spinney, 16	303-502-7990	B, P	
Hannah Johnson, 14	720-879-1445	B, P	Cameron Suchomel, 15	303-932-1580	L, S	
Carter Jones, 14	720-922-3097	L, P, S	Jason Suchomel, 12	303-932-1580	Р	
Gabbie Jones, 17	720-971-6680	Р	Hannah Topka, 18	303-829-1841	B, P	
Oliver Kauffman, 13	303-979-9577	B, P	Cole Torgerson, 12	303-933-9988	B, P	
Corrin Kevlyn, 13	608-217-6317	В	Jake Trovinger, 15	303-932-7352	Р	
Kate Kotze, 16	720-413-1487	B, L, P	Kyra Turner, 15	303-495-8670	B, P	
Dominic Lasco, 13	303-979-6206	L, P, S	Chloe Warren, 12	303-797-0660	Р	
Morganne LaVigne, 16	303-475-7341	B, P	Eli Yeagley, 13	720-363-6440	B, L, P	

i et and nouse sitting,	(S) SHOW SHOW	emig.
Hadley Marx, 13	720-380-4671	B, P
Ashley McFerrin, 13	303-979-6559	В
Ryan McKenna, 13	720-261-2869	B, P, S
Gracie Mead, 13	720-921-4495	B, P
Jacob Metzger, 13	303-999-7332	L
Matthew Murray, 11	303-579-5322	P
Ryan Murray, 14	303-579-5322	L, P
Robby Nelson, 13	303-904-8886	B, L, P, S
Alexandra Newsom, 13	303-325-5232	B, L, P, S
Lauren O'Connor, 12	720-982-7981	B, P
Sean O'Dell, 16	720-371-1957	L, P
Max Packebush, 12	720-949-4482	L, P, S
Rhiana Parker, 13	720-275-2000	B, P, S
Tucker Payne, 18	720-936-3049	L
Micaela Pollard, 12	303-904-8488	B, P, S
Dillon Reisinger, 18	303-973-2469	L, P
Seth Reisinger, 13	303-973-2469	L, P, S
Carter Rubin, 11	720-583-5727	P
Kari Salter, 16	720-202-0067	B, P
Reanna Schafer, 13	303-808-0373	В
Carissa Scott, 13	720-215-8829	Р
Carlee Shute, 13	303-903-0504	B, P
Blake Smith, 13	720-238-9478	B, P
Elly Spinney, 16	303-502-7990	B, P
Cameron Suchomel, 15	303-932-1580	L, S
Jason Suchomel, 12	303-932-1580	Р
Hannah Topka, 18	303-829-1841	B, P
Cole Torgerson, 12	303-933-9988	B, P
Jake Trovinger, 15	303-932-7352	Р
Kyra Turner, 15	303-495-8670	B, P
Chloe Warren, 12	303-797-0660	Р
Eli Yeagley, 13	720-363-6440	B, 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 appropri-ate manner. It is the sole responsibility of the individuals contracting with these teens to make these determinations.

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- All Workers Comp and Liability Insurance
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\$300 OFF **Complete Exterior Paint Job** 

\$150 OFF **Interior Paint Job** 

Special Thank You for Veterans

– An Additional 10% Off!

## **YOUR ALTERNATIVE TO THE DEALER**

2 Year/24,000 Mile Warranty . . . ASK FOR DETAILS!

SINCE 1977 • SPECIALIZING IN

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

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



720-981-1855

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





# Replacement

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

#### **OFFER EXPIRES OCTOBER 31, 2014**

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

## VIP DISCOUNT

\$500 OFF!

Any Parts/Service \$50-\$99

\$1500 OFF! Any Parts/Service \$100-\$199

\$3000 OFF!

Any Parts/Service \$200-\$499 \$50<sup>∞</sup> OFF!

#### Any Parts/Service \$500 or More

**OFFERS EXPIRE OCTOBER 31, 2014** One coupon per customer. Not valid with any other offer. Must present coupon at time of service

## FALL **CAR CARE** SPECIAL

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

#### **OFFER EXPIRES OCTOBER 31, 2014**

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

## COOLING FLUSH SPECIAL

Includes:

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

#### **OFFER EXPIRES OCTOBER 31, 2014**

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



Diese

**SUVs** 

**American Cars** 

**TRUCKS** FORD, GMC, JEEP, DODGE

- 2 Year/24,000 Mile Warranty . . . ASK FOR DETAILS!
- **Factory Scheduled Maintenance**
- Fuel Service
   Full Diagnostics
- **Brakes Injectors Tune Ups**
- **Diesel E-test Center**

#### **HOURS:**

**Monday-Friday** 7:30 a.m. - 5:30 p.m. Closed Saturday and Sunday



Experience The "Excel" Difference **ExcelDieselParker.com** 



### **OFFER EXPIRES OCTOBER 31, 2014**

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

303-904-1500

7591 Shaffer Parkway, Unit A • Littleton 80127

## DIESEL **EMISSIONS** TESTING

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

**OFFER EXPIRES OCTOBER 31, 2014** One coupon per customer.

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

COOLING

**FLUSH SPECIAL** 

Includes:

Inspect The Cooling System,

Inspect The Hoses, and Replace Up

To Two Gallons Of Coolant.

## THE WHOLE SHEBANG!

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

**OFFER EXPIRES OCTOBER 31, 2014** One coupon per customer. Some pricing may vary. Not valid with any other offer. Must present coupon at time of service.

### VIP DISCOUNT **COUPON OFFERS**

\$500 OFF!

Any Parts/Service \$50-\$99

\$1500 OFF! Any Parts/Service \$100-\$199

\$30⁰ OFF!

Any Parts/Service \$200-\$499

\$50<sup>∞</sup> OFF!

Any Parts/Service \$500 or More **OFFERS EXPIRE OCTOBER 31, 2014** 

One coupon per customer. Not valid with any other offer.

Must present coupon at time of service.