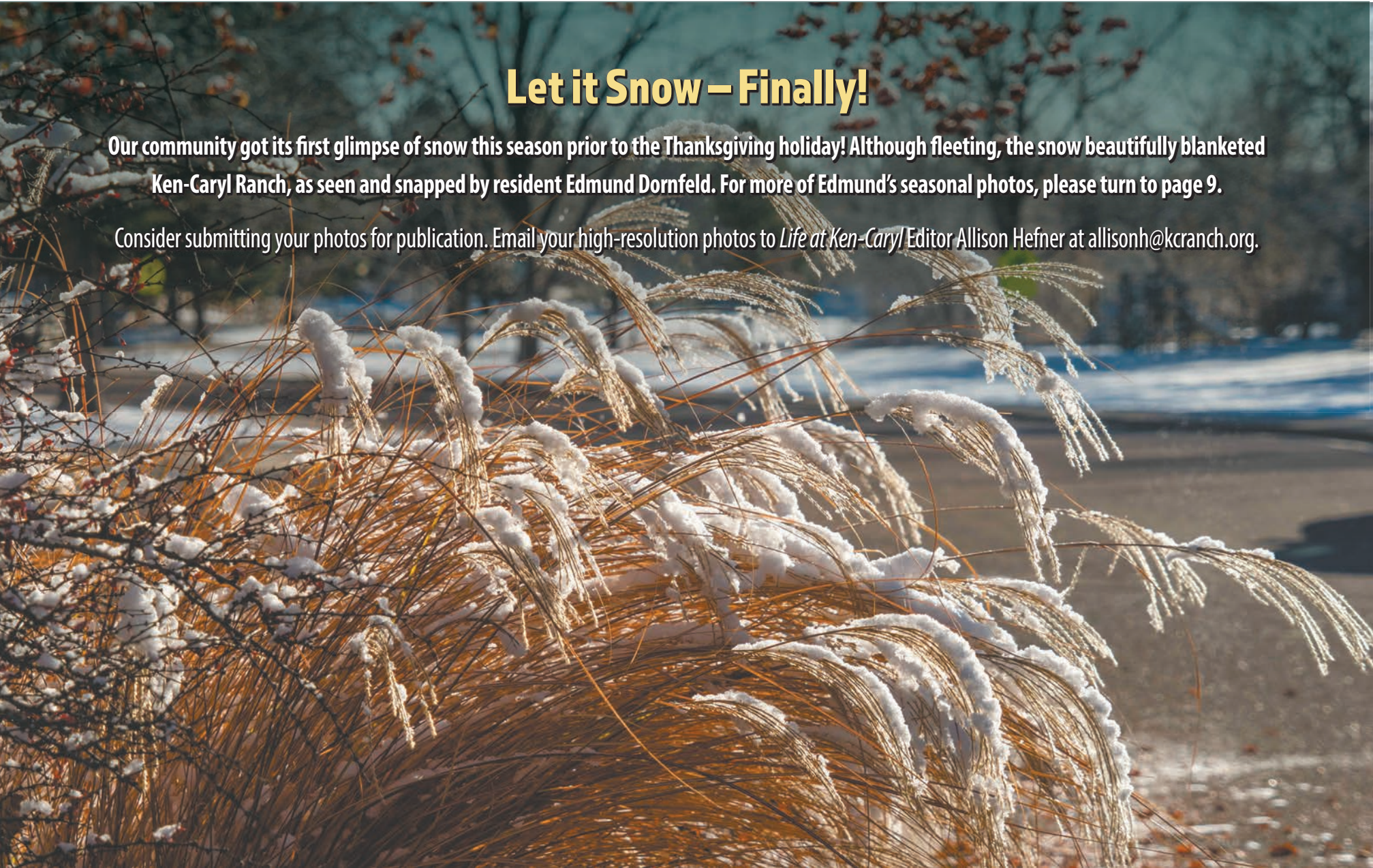


Let it Snow – Finally!

Our community got its first glimpse of snow this season prior to the Thanksgiving holiday! Although fleeting, the snow beautifully blanketed Ken-Caryl Ranch, as seen and snapped by resident Edmund Dornfeld. For more of Edmund’s seasonal photos, please turn to page 9.

Consider submitting your photos for publication. Email your high-resolution photos to *Life at Ken-Caryl* Editor Allison Hefner at allisonh@kcranch.org.



GIVING BACK	SPECIAL EVENTS	RANGER FIELD NOTES	MENTAL HEALTH MATTERS	COVENANT CLIPS
Feeding Local Food Banks and Pantries to Serve those in Need	Residents Get Their Gobble Wobble on at this Year’s Annual Event!	Recognizing Mange in Ken-Caryl’s Animal Population	Free Mental Health Forums Continue in December	Community Corner
PAGE 6	PAGES 14-15	PAGE 4	PAGE 16	PAGE 3

Manager’s Column: In Memoriam: Dave Seagraves



PAGE 2

Fairy Tale Endings: Helping Pets Find Their Fur-ever Homes! Sponsored by CCU



PAGE 10

Master Association Adopts \$4 Dues Increase for 2022

The Ken-Caryl Ranch Master Association Board adopted the 2022 Master Association Budget with a \$4 per month dues increase, which equates to a total of \$60 each month. This year’s resident survey showed that 77% of residents would tolerate a dues increase, and residents also requested additional shade at pools and parks, as well as increased special events. The Board took this feedback to heart and incorporated these items into the budget, which is posted to our website at www.ken-carylranh.org, under the *Community & News* tab.



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In Memoriam: Dave Seagraves

By Victoria DeSair, KCRMA Executive Director

It is with a heavy heart that I announce the sudden death of Ken-Caryl resident Dave Seagraves. Dave passed away unexpectedly while exercising at his home on the evening of Nov. 22. Our thoughts and condolences go out to the Seagraves family.

Dave served on the Master Association Board for the past four years. He was an amazing volunteer; devoted husband, father, and grandfather; Scout leader; friend; and just an overall great man. It's difficult for me to even imagine Ken-Caryl Ranch without Dave. He loved this community and was involved in multiple aspects. Dave made a tremendous impact and will be truly missed.

There will be a full tribute to Dave in the Dec. 22 issue of *Life at Ken-Caryl*. If you have a story or remembrance about Dave, I encourage you to write a letter to the editor for the Dec. 22 issue of *Life at Ken-Caryl*. The deadline for letters is Monday, Dec. 13 at 5 p.m., and the limit is 350 words. Please send letters to the newspaper's editor, Allison Hefner, at allisonh@kcranch.org.



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December

All meetings will be held at the Ranch House unless otherwise noted.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5 2 p.m. Holiday Happenings	6 6:30 p.m. Community Planning Committee	7 6 p.m. MD Board Meeting	8	9 7:30 a.m. Architectural Committee 10:15 a.m. Storytime	10	11
12	13	14 6 p.m. Open Space Committee Dakota Lodge	15 4:30 p.m. Covenant Control Committee	16 10:15 a.m. Storytime	17	18
19	20	21 6 p.m. MA Board Meeting	22	23 7:30 a.m. Architectural Committee 10:15 a.m. Storytime	24 Christmas Eve Administrative Offices and Community Center Closed	25 Christmas Community Center Closed
26	27	28	29	30 10:15 a.m. Storytime	31 New Year's Eve Administrative Offices and Community Center Closed	

* Information regarding audio and video conferencing options for public meetings will be communicated as it becomes available. See website at www.ken-carylranh.org for details.



Sign Up for the e-News!

To sign up for the e-News, go to www.ken-carylranh.org and fill out the e-News sign-up form on the home page or send an email to allisonh@kcranch.org.



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ISSN 0899-6318

Life at Ken-Caryl is a private newspaper published every other week by the Ken-Caryl Ranch Master Association. OUR PURPOSE is to bring timely information to the residents of Ken-Caryl Ranch. Permission to reprint articles is granted, provided that proper credit is given to *Life at Ken-Caryl* and the editor is notified. The editorial direction of this publication comes ultimately from the Ken-Caryl Ranch Master Association Board of Directors.

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

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

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

www.ken-carylranh.org
www.facebook.com/ken-carylranh

Community Corner

By Brian Yowell, Community Administrator

The position of Community Administrator isn't all sugar and spice and everything nice. I've had many interactions with members of our community, which range from thanks for supporting Ken-Caryl Ranch, empathy for difficult situations – usually with a tear of sympathy rolling down the cheek - and yes, sometimes heated conversations. I know the latter is hard to believe in this ever-so-positive community, but it does happen.

Now, you may think that with these conversations and interactions come frustration and morn, but that's not the case. Although I don't particularly enjoy difficult conversations with unhappy residents (especially the squirrels – they are so mad all the time), I look at them as an opportunity to listen, offer resolve and sympathy and ultimately find a solution in an otherwise difficult situation.

When I write my articles, I often reflect on conversations I've had, things I've read on social media, happenings that are affecting our community, or things I've observed. Most of the time, the articles are meant to educate, remind, and emphasize the rules and regulations that come with living in our beautiful community. Other times, they serve to clarify, share information, and sometimes, even to humor.

As we ready ourselves for 2022, I would love to hear from the community on what you all would find useful, opportunities we have as a community and challenges we can work together to overcome.

My tagline isn't just a cute way to end my articles, but is truly an honest sentiment. I am here, at your service, to support Ken-Caryl Ranch in every way I can. Let me know how I can support you.

Thank you, Ken-Caryl!

At your service,
Brian Yowell

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Recognizing Mange in Ken-Caryl's Animal Population

The KCRMA Park Rangers have received several reports of a coyote with mange viewed in the Plains area over the last month. The Park Rangers have viewed the animal twice feeding on apples and exhibiting typical behavior as it hunts for food, despite its current condition. Any animal viewed with mange is referred to Colorado Parks and Wildlife (CPW). CPW Officers have responded, and although hard to view an animal with hair loss, there is no treatment for wildlife, and they let nature take its course. The below information was taken from CPW's website addressing Sarcoptic Mange:

Sarcoptic Mange

Sarcoptic mange is a crusting skin disease due to infestation by a particular species of mite. Species affected in Colorado are coyotes and foxes. It is less common, but also reported in black bears, porcupines and fox squirrels.

What to Look For?

- Hair loss, especially over the lower legs and tail (rat-tail)
- Thick crusting or scaling of the skin
- Intense itching and scratching
- Thin, debilitated animals

Cause and Transmission

Sarcoptic mange (also known as scabies) is caused by the "itch mite" *Sarcoptes scabiei*, which is a microscopic parasite that burrows tunnels in the outer layer of the skin. These tunnels are filled with mites, their eggs/feces and other irritating debris, causing intense itching and sores. The sores can progress to large areas of thick crusts and hair loss.

Severely affected animals have substantial hair loss and can appear thin and weak. These animals often die due to exposure. Sarcoptic mange is highly contagious, with affected animals having thousands of immature, infective mites per square inch of infected skin surface. These immature mites are passed to a new host primarily through direct, skin-to-skin contact, allowing mange to spread more rapidly when populations of animals are densely concentrated.

Public Health Concerns

Sarcoptic mange can be transmitted between wildlife, domestic animals and humans, although severe infections typically only occur when transmission is between animals of the same species. Direct, skin-to-skin contact is the most common method of transmission, although infections can be transmitted through contact with heavily infested material such as bedding. Pets can be protected from infection by preventing contact with wildlife and using mite-controlling products prescribed by a veterinarian. Treatment requires prolonged therapy that is not possible for free-ranging wildlife. Any questions, please call Colorado Parks and Wildlife at 303-291-7227.

Sarcoptic scabiei and sarcoptic mange, in Parasitic Diseases of Wild Mammals (Authors: Set Bornstein, Torsten Morner, and William M. Samuel).



Recycle Your Holiday Lights

Do you have broken, burned-out or impossibly tangled sets of holiday lights stored away with last year's holiday decorations? Don't throw them out – recycle them instead! Lights can be recycled Dec. 1 through Jan. 9 at the Dakota Lodge! Accepted items include light strings and wires for incandescent, LED and "icicle" lights. Lights with attached bulbs will also be accepted, however, we cannot accept bubble (liquid-filled) or neon lights. **Please remove light strings from packaging material.*



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Know Your Lumens

By Kathy Webster, Resident, IDA member

Do you know your lumens? At a recently attended International Dark Sky (IDA) conference entitled “Under One Sky,” the focus was on responsible outdoor lighting. The term “lumen” was often referred to. What is a lumen? The Merriam-Webster definition is as follows: a unit of luminous flux equal to the light emitted in a unit solid angle by a uniform point source of one candle intensity. More simply put, a measure of visible light.

Knowing your lumens is important because LED lighting is measured in lumens and LEDs are replacing conventional light bulbs measured in watts. As improvements in energy and power usage evolve, wattage will become irrelevant when trying to determine brightness.

Lumens and watts measure two different things. Wattage measures the amount of electrical power the light bulb consumes. Lumens measure the actual brightness, regardless of how much power is needed.

Does a higher wattage mean a brighter light? Not anymore! In the past, conventional logic dictated that a bulb with a higher wattage would produce a brighter light, but today, this is not the case. Advances in modern lighting allow us to produce more light using less energy. For example, a 23-watt LED can produce the same amount of light (lumens) as a 100-watt incandescent bulb. And technology is only getting better!

This information is important as you choose outdoor lighting for your homes. Hopefully, you know by now that our Master Association is a member of IDA and has updated our Lighting Rules and Regulations. We are encouraged to follow the “Five Principles for Responsible Outdoor Lighting,” and “turn off outdoor decorative lighting by midnight unless you are actively in the area.” For outdoor lighting, it is recommended to use a warm-light spectrum bulb (around 2,700 kelvins) and use the appropriate lumens for the project. A guideline would be 50 lumens for garden lights, 100 lumens for path and landscape lights and 200 lumens for lantern lights. Lights still need to be hooded and pointed downward to limit light trespass and wash over and into neighboring properties.

These levels of lumens will not interfere with nocturnal animal life, will not interfere with the 80 percent of birds that migrate at night, will provide enough light, will save energy and respect your neighbors right to a night sky without trespass.

Thank you to all residents who have educated themselves regarding our community’s new lighting rules and

regulations, and have made the proper adjustments to comply with these rules that benefit all of nature - humans, animals and birds.

If you are not aware of the new lighting regulations, it is your responsibility to inform yourself. As Community Administrator Brian Yowell stated in his recent article, “Ignorance of the law is no excuse for breaking it...Everyone in Ken-Caryl chose to live, or do business, in a community that is governed by an HOA. All are expected to follow the MA Rules, Regulations and Procedures...”

For the new lighting rules, go online to: www.ken-caryl-ranch.org/download/rules-regulations/

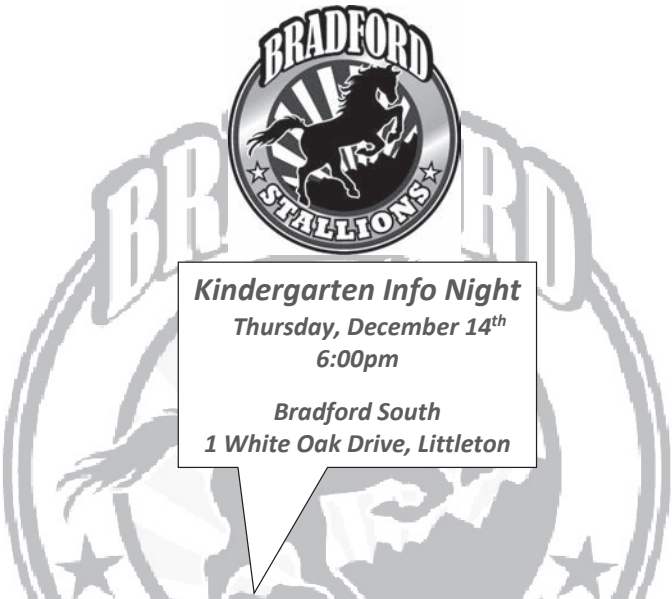
Then click on “download” and go to page 18 (2.32).

This is the holiday season. There are lighting exceptions from November to January. Go to the online site above and scroll to page 16 (2.27) to read about holiday lighting rules and regulations.

We should be proud that our leaders have joined the International Dark Skies Association (IDA), the newest environmental movement focused on preserving the night skies by reducing light pollution. Learn more about IDA by going online to www.darksky.org to read more about the “Five Principles for Responsible Outdoor Lighting.”

Lights Off, Stars On!

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Kindergarten Info Night
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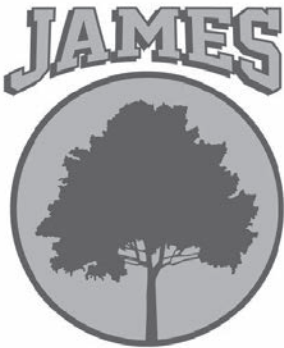
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Feeding Local Food Banks and Pantries to Serve those in Need

Food Insecurity on the Rise in Colorado

According to Feeding America, food insecurity in Colorado has increase by an estimated 20% due to the pandemic. In fact, 1 in 8 people, which equates to 700,000 of our neighbors, including 185,000 children, are unable to access the food they need. This is an increase from 1 in 10 in 2019.

**Source www.feedingamerica.org*

Food pantries have always played a vital role in helping address issues of food insecurity in communities all across the United States. Today, they're even more important than ever. Surges in the U.S. unemployment rate brought on by the COVID-19 pandemic have meant that more individuals and families are in need of food support as well as the need for rapid changes in the way that food pantries run and operate. However, there is good news on the horizon! Many food pantries across the country have stepped up to the "plate", concentrating their efforts to meet this growing need, even as they've had to greatly reduce their volunteer teams. If you or your family are interested in donating your time or food to a local food bank or pantry, here are a few ways to find a food bank and/or pantry in our area to help make the holidays a little brighter for those in need.

Different Types of Food Assistance Programs

It's helpful to know the differences between various types of food assistance programs. Here's the 411:

Food pantry: A food pantry is an individual site that provides food to those in need in a designated area. Food is acquired in a few different ways, including through individual donation and from food banks.

Food bank: A food bank is sort of the organizational arm of ensuring food assistance programs like food pantries can fill their shelves. They collect unsold product from grocery stores, food drives, overstocked manufacturer inventories, and more, and then store and redistribute that food to organizations like food pantries and meal centers.

Meal centers: A meal center is a site where individuals can go to receive a free or reduced-price meal. Also called soup kitchens or food kitchens, meal centers are often operated by individual communities and provide one meal at a time instead of providing groceries.

Local Food Banks/Pantries

Want to give back, but don't know where to start? Below you can find a listing of local area food banks and pantries serving the Littleton area and surrounding communities.

Open Arms Food Bank

Open Arms Food bank is a 501(c) 3 non-profit corporation originally founded in 2002. The food bank began in a small 300-square foot room and has expanded

its operations to their current size of over 7,200-square feet. Open Arms, a partner of Food Bank of the Rockies, is a full-service food bank, conveniently located in Littleton. The organization currently serves as many as 250 families a week, some of whom come from over 50 miles every Tuesday afternoon in order to receive food assistance. Volunteers make sure that any overages get funneled into other charities so that nothing ever goes to waste. Food distribution is available every Tuesday from 12-3 p.m. on a first-come, first-serve basis. To donate or volunteer, please visit their website at <https://www.openarmsfoodbank.org/>.

Life Center Littleton

The Life Center of Littleton's Food Bank is an emergency, short-term food pantry for the able-bodied and a long-term food pantry for seniors, disabled individuals and those suffering from long-term illnesses. Their team takes the time to welcome visitors, listen to their stories and offers encouragement for the future.

Emergency food is available to any individual or family who is in need. Families can come twice a month for groceries, which include fresh fruit, vegetables, dairy, canned and boxed food, that are generally available. The Food Bank operates each

week on Tuesdays from 4:30-6 p.m. Check-in starts at 3:30 p.m. For more information about donations and volunteer opportunities, please visit their website at <https://www.lifecenterlittleton.org/event/food-bank/all/>.

Food Bank of the Rockies

According to their website, Food Bank of the Rockies provides food and necessities to people in need through signature programs and by teaming up with hundreds of Hunger Relief Partners to serve communities across Colorado and Wyoming, the largest food bank coverage area in the contiguous United States. Their belief is that for communities to thrive, every member must have the resources they need to flourish, and the organization strives to provide equitable access to proper nourishment. Food Bank of the Rockies offers many ways to get involved, including hosting a fundraiser or food drive. For more information, please visit their website at <https://www.foodbankrockies.org/give/give-food/>.

Information from this article was provided by www.moving.org, and from the following websites: www.foodbankrockies.org, www.lifecenterlittleton.org and www.openarmsfoodbank.org.

Our Community

Calling all Fitness Fans – 3-Month Membership Special!

Ready to hit the gym again? Get fit and fabulous, just in time for 2022 by getting a jump on those New Year's Resolutions to take better care of your health and wellness! Take advantage of a 3-month KC Fitness membership special that runs from Dec. 15 - Jan. 15. This special is extended to current and new patrons! Interested? You can purchase your membership online, beginning Dec. 15. For more information, please contact Fitness Coordinator Janet Robbins at janetr@kcranch.org.

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Adult 19+	\$110.25	\$132.24
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TODDLER TIME: HOLIDAY

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Time: 10-10:45am

Where: Community Center
Sunshine Room

Price: \$15 per child (adult free)

Age: 2-3 years old

For more information and to
register scan the QR code



A Smithereen of Snow

Resident Edmund Dornfeld captures the fleeting snow that blanketed Ken-Caryl Ranch during the week leading up to the Thanksgiving holiday in his recent photo contributions!



Happy Holidays!



THANK YOU
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Fairy Tale Ending

Helping our furry friends find homes.

Every adorable, adoptable resident of Foothills Animal Shelter lacks only one thing: a happy home. Please consider adopting one of this week's featured pets:



Daisy (#234904): Daisy is a 3-year-old, female pit bull mix. Boasting a lovely tan-'n'-white coat and a smile that lights up the room, this sweet girl has had a tumultuous last few weeks at the shelter. She eagerly awaits the opportunity to decompress from the stress of those events by finding a loving family (with older or no children) that's prepared to give her the support needed to adjust to a new home and greet new people (suspending large outings while she acclimates, and designating a retreat space for her when fearful). Daisy has been easy to approach for leashing, displaying a wagging tail and seeking attention from the handler, and has been very relaxed and affiliative while in the shelter's exercise yard.



Charming (#235382):

Charming is an 8-year-old, male cat. Aptly named for his sweet purr-sonality, this senior tabby came to the shelter as part of the Rescued Pet Movement and has quickly earned the label of being a "sidekick" – a companion who is just plain good company with a penchant for shadowing that special someone, but who also enjoys his solitude at a time of his choosing. Charming would make a steady companion on the road of life, and would be a wonderful addition to any family willing to give him the love, permanence and security he so richly deserves.

Visit www.FoothillsAnimalShelter.org to find out more about Daisy, Charming and other deserving pets in need of good homes.

◆ Our Rising Generation

Troop 686 Cheers on the Colorado Buffs!

By Deanna Miller, Resident

Scouts from Troop 686 spent a beautiful November afternoon at the CU football game. After the game, scouts enjoyed the fall evening and had a campout before heading home.

If your son or daughter is interested in joining Troop 686, please contact Marisa Famariss at famariss4@gmail.com. The troop meets every Wednesday at 7 p.m. at Heritage United Methodist Church.



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303-979-2233, ext. 185



Youth Programs

Lizz Brock
Recreation Supervisor-Youth Programs
lizzb@kcranch.org
303-979-1876, ext. 132



Youth Programs

Winter Break Camp is coming!
Sign your school-age kiddo up for a wild time this winter! Our Winter Break Camp is located at the Ranch House with a scheduled off-site field trip planned each day (weather dependent)! Public registration is now open! Find more information on our website at www.ken-carylranh.org and get registered!
Email youthprograms@kcranch.org with questions.

Cardio Tennis!
Get into the game with Cardio Tennis! Here's the game plan:
• Wednesday 6 p.m., level 3.5+
• Wednesday 7 p.m., level 3.0 and below
• Friday 8 a.m., level 3.5+
• Friday 9 a.m., level 3.0 & below
• Saturday 8 a.m., level 3.5+
Be sure to mark your calendars! Online registration opens 48 hours in advance at www.ken-carylranh.org.

From Boomer Fitness to H.I.T.T. it Hard to Zumba, we've got fitness classes that appeal to all skill and interest levels! For the latest fitness class information, class descriptions, schedules and to register, please visit our website at www.ken-carylranh.org for more information!
The use of the weight room and cardio areas at the Fitness Facility no longer require pre-registration. All fitness classes still require pre-registration. If you have any questions, please contact the front desk at the Community Center at 303-979-2233.

NEW Program - Toddler Time!
Join us for our new toddler and adult companion program, Dec. 22 from 10-10:45 a.m. in the Sunshine Room at the Community Center! Enjoy a story, crafting and sensory play – all holiday themed! Meet new friends and make two ornaments together to take home. This program is for children ages 2-3 years old. \$15/child. Adults are free. To register, please visit our website at www.ken-carylranh.org.

Story Time at the Ranch House
Join us for Story Time at the Ranch House, in partnership with Jeffco Public Library, each Thursday from 10:15-10:45 a.m. Due to community feedback, Story Time will take place outside of the Bradford room on the grass in front of the Ranch House until the weather forces us to move it inside.



Teen Programs

Membership Special!
Ready to hit the gym again? Take advantage of a 3-month KC Fitness membership special that runs from Dec. 15 through Jan. 15. This special is extended to current and new patrons. Memberships can be purchased online starting Dec. 15. For more information, contact Janet Robbins at janetr@kcranch.org, or see page 6 of this issue.

Enroll in our spring Nature Enrichment Programs!
Register now for our Preschool Nature Enrichment Programs spring session! Secure your spot early! These programs take place at the Dakota Lodge and are for children ages 3-6 and potty trained. This program is ideal for preschoolers, part-time kindergartners or students attending home school. Each week has a new and engaging topic to look forward to!
Outdoor Discovery meets Mondays and Wednesdays from 12:10-3 p.m. This program allows your budding explorer to experience nature with experiments, hikes and opportunities to view wildlife in the community.
Art Ventures meets Fridays from 12:10-3p.m. This enriching program brings opportunity for students to explore and connect to nature in new ways through artistic learning and outdoor exploration!
For more information and to register, please visit our website at www.ken-carylranh.org.

Ken-Caryl Ranch B&A Care Program
The KCRMD Before and After Care Programs serve Shaffer Elementary and Bradford Schools. We strive to promote healthy development through experiential, explorative and fun opportunities! Register and pay only for the days you need each month. We also offer year-round care providing full-day care on most school holidays and breaks! For more information visit our website or contact Lizz Brock at LizzB@kcranch.org.

Babysitting Clinic
This course is designed for pre-teens to help prepare them for those first babysitting opportunities. Students will learn to identify their own responsibilities and personal safety. Basic child care, including feeding, bathing and diapering will be covered. Participants will also learn basic child development and be able to provide activities for the many developmental stages. Home and fire safety and prevention and treatment of common injuries will also be covered. Ages: 11-14 years. Register at www.ken-carylranh.org.

Fitness Classes & Personal Training
Please visit our website for the most up-to-date information on classes, hours and fitness sessions at www.ken-carylranh.org.



Adult Programs

Kate McDonald
Aquatics and Community Coordinator
katem@kcranch.org
303-979-1876, ext. 131

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Residents Get Their Gobble Wobble on at this Year’s Annual Event!

Residents kicked off the Thanksgiving holiday week by participating in this year’s Gobble Wobble 5K and Fun Run, with a total of 85 participants! Congrats to Chad Spring, the first male to cross the finish line and Reese Tucker, first overall and first place women’s finisher!

Thanks to all of our turkey day trotters and volunteers for helping to make this year’s event such a big success and to our generous event supporters, Platinum Sponsor Rob Stewart with State Farm and Gold Sponsor Crystal Wurschmidt Adams with Equity Realty!





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

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Free Mental Health Forums Continue in December

By Traci Wieland, Metro District Manager

The holidays may not always be happy for those struggling with mental health concerns. That’s why Ken-Caryl Ranch Metropolitan District, in collaboration with resident Dr. Matt Mishkind, will continue to offer free one to two-hour educational sessions this month designed to help community members better understand mental health and the prevalence of mental health concerns, common signs indicating that someone may be struggling, and ways that we can help each other as friends, neighbors and community members.

These sessions are not clinical, but rather designed to give community members tools and information to help other community members.

Sessions offered in December include Navigating the Mental Health System and Burnout and will cover statistics, facts, myths and warning signs for common mental health conditions. Dr. Mishkind

will discuss the critical need for suicide prevention and changing dialogue about mental health. The training is designed for anyone, including parents, friends, neighbors, teachers, advocates, doctors, nurses, office supervisors, first responders, etc., to recognize and refer someone at risk of suicide.

Navigating the Mental Health System can be difficult, and many people find themselves asking questions like, “who should I talk to?”, “what’s the difference between a psychiatrist and psychologist”, “will my insurance pay for this?” and “why is there such a long waitlist?”. This presentation will help answer these and other questions about engaging with the mental health system, discuss some of the barriers to treatment and provide tips and resources for community members to help other community members navigate the system in times of need.

The final session will be about Burnout and COVID. Most employed adults in the United States report feeling increased levels of burnout. Married and child-rearing adults are most likely to report complete burnout. This session will offer practical tips on how to navigate increased stressors in the workplace due

to the COVID-19 pandemic. Over half of U.S. adults report experiencing increased levels of stress, emotional exhaustion, increased anxiety, increased feelings of sadness and increased levels of irritability. This presentation will focus on combating burnout in a “post”-pandemic world.

All sessions are facilitated by Dr. Matt Mishkind, a faculty member with the Departments of Psychiatry and Family Medicine at the University of Colorado School of Medicine, Anschutz Medical Campus. He currently serves as the Deputy Director for the University of Colorado Johnson Depression Center, as the Director of Operations for the Steven A. Cohen Military Family Clinic at the University of Colorado Anschutz Medical Campus, and as Director of Strategic Facilitation, Office of Telehealth and Technology Implementation for Behavioral Health Practice and Science (TIPS). Dr. Mishkind is a certified QPR, Working Minds: Suicide Prevention in the Workplace and Mental Health First Aid trainer.

Sessions are held at the Ranch House and, although free, pre-registration is required. Go to www.ken-caryl-ranch.org



Dr. Matt Mishkind

and click the “Register” button at the top of the page. Space is limited to 30 spots and it is not required to attend each session. These presentations are intended to be inclusive, open and non-judgmental.

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

At present, the method for submitting letters to the editor is by email to Allison Hefner at Allisonh@kcranch.org. A response will be sent via email when a letter or article is received. If you do not receive a response, call 303-979-1876, ext. 108, to confirm receipt.

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

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

Email to allisonh@kcranch.org.
Deadline for December 22, 2021 issue:
December 13, at 5 p.m.

Dear Editor,

I I encourage all residents to attend neighborhood meetings including the MA, MD, and others - these organizations need resident support to function well. Thank you to the MA where I have noticed a huge shift in communications protocol and the Board is doing an excellent job of listening and responding. I brought numerous topics before the MA/MD earlier this year and I have found an impressive level of response about our Parks and Playgrounds in particular. I have new friends at meetings that share many of my concerns. Dr. Fodor has approached me numerous times to thank me and supported me, he has been incredibly kind and agreed with my perspective that we need to focus on children and the elderly, and not just the middle segment of the population. I found out that he is the same age as my mom and a bit younger than my dad would be. We have many common interests specifically in minimizing our impact on the ecosystem. I explained to him that I have worked on neighborhood cleanup projects, habitat, reforestation and sensitive eco-system protection projects in Costa Rica, California, Colorado and Maryland. I also discussed with Dr. Fodor my efforts to improve ADA compliance, resources for seniors, neighborhood safety and other things. It is important listen carefully to older generations, understand the challenges they have faced and face today and to make sure we care, we listen, and that mistakes are not repeated. One issue that I have seen Dr. Fodor address repeatedly is the replanting, care and ongoing maintenance of our neighborhood trees and plants. I explained how I monitor trees, plants, bee, bird and animal populations and myself maintain native plants and pollinator gardens to ensure

that our properties blend with, support, and enhance the native ecosystem. I share his love of native trees and plants and feel that our neighborhood efforts are woefully underserved, I see many dead, diseased and dying trees and I am going to work with Dr. Fodor on getting support from the MA, MD and residents to ensure sustainable practices.

Tim Berg, Resident

Dear Editor,

I noticed a letter from a resident in the last issue expressing her desire that we all abide by the same rules, and I wholeheartedly agree. I was also told the same thing by my mom, obey the law, follow the rules, stay out of trouble – it works well for me, and I have found out that the more I listen to my mom, the better things work out. I encourage everyone to read the Laws, Master Declaration, and other documents – that create a good environment for all of us. We are a nation of laws and rules and not kings or queens and most of the disagreements or conflicts I have seen since we have lived here are because people think the rules don’t apply to them. I am not aware of another neighborhood that has so much nature in such proximity and all of us should care about the ecosystem, animals - both wild and domestic - and do what we can to make sure to create harmony between us and the world around us. All of us should care about our homes and do simple things like fire mitigation, upkeep and try to create harmony with both the development and nature. Vote in neighborhood elections and think about what is best for our kids, new residents or others that will inhabit our homes and neighborhood after us. All of us should volunteer and support others that volunteer to make things better. All of us should be able to pursue our passions and recreation if it is tennis, hiking, cycling, swimming, or dog walking – we have so much room and so many things there is no need to deny others of the things they love to do. When we pursue those passions, we should be careful to clean up after our dog, say thank you, yield to pedestrians, yield to the uphill trail user, don’t litter, speed, vandalize, disrespect, or destroy what we have. We can have nice things, but it requires everybody to participate, and appreciate and leave things better than you found them.

Tim Berg, Resident

Dear Editor,

Listen to your mother! I want to thank Jason Himick for his excellent letter to the editor in the last edition of *Life at Ken-Caryl*. His mother taught him an important lesson “Ignorance of the law is not an excuse for breaking it.” Jason reminded me that my mother also taught me an important lesson. “Turn off the light when you leave the room...turn off the lights when you are not using them.” As a teenager, I was ignorant of the fact that lights use electricity, which requires an energy source and costs money. My mother was ahead of the times. Even before the dark skies movement, and the knowledge about the detrimental effects of light pollution on health, nature,

birds, and the drain on the power grid, she required all lights, both indoor and outdoor, to be turned off at bedtime.

Today, we know the detrimental effects of water, air, land and light pollution. I am proud that our community has recognized the importance of reducing light pollution and has joined the International Dark Sky Association (IDA) and has chosen to update our Lighting Rules and Regulations. We all chose to live in a community governed by an HOA because of the rules that benefit all of us. To ignore these rules is to disrespect your neighbors and the greater good of the community.

These new lighting rules went into effect six months ago. If you have not educated yourself on these new rules, please read the article “Know Your Lumens” in this paper and go online to ken-carylranh.org/download/rules-regulations/. Click on “download” scroll to page 18 (2.32).

The request is so simple: Use soft yellow-orange spectrum lights, use the lowest lumens needed, use hooded downward lights, use timers and most important, “Turn decorative outdoor lights off by midnight unless you are actively in the area.”

Listen to your mother!

Lights Off, Stars On

Kathy Webster, Resident



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You can download a contract and view deadline dates at www.ken-carylranh.org under Community & News, then Newspaper: Life at Ken-Caryl. The deadline for placement of classified advertising is 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date. The deadline date is sometimes early due to holiday schedules. Cost is \$.25 per word for residents or \$.75 per word for non-residents. Payment for ALL classified advertisements MUST be made in full for the duration of the ad at placement. No refunds will be made for cancellations. No custom services are available for classifieds. A maximum of 80 words will be accepted. Please call 303-979-1876 ext. 109 or email kristenp@kcranch.org for more information.

FOR SALE

HAND-CRAFTED DOLL HOUSE –

Exquisite hand-crafted dollhouse for sale by Ken-Caryl artist, just in time for that perfect holiday gift! Please text 303-906-6220 for photos and details.

JOB OPPORTUNITIES

SPANISH LANGUAGE CONVERSATION –

Two people want to practice Spanish with native Spanish speaker. One hour per week starting January. Good rate. raheservices@gmail.com.

PT NANNY WANTED – New KC Family Living in Aspen Meadows –Seeking flexible nanny during the weekdays during work hours, who could come to our house 1 or 2 days a week for about 4-5 hours per day. Please contact 303-520-9479 for more information.

GOODS & SERVICES

CHEMISTRY TUTOR – Chemistry finals next week! Elemental Tutoring LLC can review your study guide with you and provide exam tips. 720-757-0729.

NEW BABY, NO SLEEP? – Contact certified birth/postpartum doula, and KC resident, Liz Gallant to provide prenatal, birth, and postpartum support. Specializing in infant care/soothing, home transitions and wellness. You are not alone. 303-517-8864. heartstringsdoulacare.com.

EMBROIDERY – Custom Logos on shirts/jackets, wedding gifts, towels, church/school clubs etc. Small orders welcome. KC resident. Tina 303-916-1510.

FLOORING SALES AND SERVICE – Is your flooring due for an upgrade? Would you like to shop in the comfort of your home? We have a mobile flooring showroom offering carpet, LVP, prefinished hardwoods and wood refinishing. Our knowledgeable and experienced design team is here to help with your tough flooring decisions. We carry all the latest styles and trends, bringing them right to your front door. Professional installation available. Free in-home estimates. KC Resident. FH Flooring. com. 303-928-5005.

PIANO AND ORGAN LESSONS – Master’s Degree. Founder & Former Owner/Director of Forte Academy of Music taking private students in her KC studio. Steinway Grand Piano. Award-winning international performer. All ages & levels welcome, including beginners, transfer students

and adults. Quality instruction in correct ergonomic technique, sight reading, theory, improvisation, classical and contemporary styles. Recitals and special events. Students have won awards, competitions and college scholarships; some have professional careers or just play for enjoyment. Mary Reinker Music Studio 303-717-2599.

COMPUTER SERVICES –
www.3xSmarter.com. 303-904-3613.

JUNK REMOVAL & property clean outs. 50% off. Call Taddy at 303-525-5421.

PAMELA’S PERSONAL SERVICES – Here to help! Offering pet care, concierge services, grocery shopping, misc. errands, downsizing, organizing, networking. 303-929-0387.

ADVANCED HOME IMPROVEMENTS – Drywall, carpentry, plumbing, electrical, tile. No job too small. 303-908-5869.

CARPET AND UPHOLSTERY CLEANING – Low moisture/fast drying/thorough service. Local. Morrison Floor Pro. 303-809-7929.

HANDYMAN SERVICES – Small jobs my specialty. Over 35 years of experience. Call Drew for appointment. 303-968-5565.

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

EXCEPTIONAL HOUSE CLEANING #1, INC. – Since 1997 Licensed-Insured-Bonded. Weekly, Bi-weekly, 3 Weeks, Monthly, Move-In, Move-Out. Free estimates. Tom Nguyen: Office & Cell: 303-349-3153. Email: exceptionalhousecleaning@gmail.com. Website: <https://exceptionalhousecln.wixsite.com/home>. Visa-M/C. paypal.me/nguyentom. Venmo@Tom-Nguyen.

PLUMBER – 40+ years - KC resident. No job too small. Fee Estimates. Call or Text 720-612-3353.

OB PAINTING – \$300 off Exterior / \$300 off Interior. 10% off cash discount / Military discount. Call today: Rob 303-908-9063

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

HANDYMAN SERVICES/CUSTOM CONSTRUCTION – Tile/Painting/Cabinets/ Hardwood/Decks/ and more. Free Estimates & Fully Insured. Contact: JMErnsthomeservices@gmail.com or Jason at 303-910-9909.

DRYWALL SERVICE – Hang, Tape, Texture. Excellent repair work, call 720-371-3097.

A HARDWOOD SPECIALIST – Install, repair, refinish, free estimates, insured. Over 20 years’ experience and Ken-Caryl Resident. ahardwoodfloors1@gmail.com. www.ahardwoodspecialist.com. Dan 303-570-7930.

LOCAL GENERAL CONTRACTOR – Kitchens, basements, bathrooms, decks and pergolas. Call or text 303-960-6859. Email: gcdavisllc@gmail.com.

MASTER ELECTRICIAN – Residential specialist for over 26 years. KC resident. Free estimates. Ask for discount with ad. Redman Electric 303-356-1968.

DOG WALKING & PETSITTING – Affordable, reliable. Pets2us.com. Chris 303-902-8128.

● Teen Services

This listing includes Ken-Caryl teens who babysit, mow lawns, house or pet sit, or shovel snow. To be included on the list, teens should email their name, number, age, neighborhood and list of services offered to Allison Hefner at AllisonH@kcranch.org or call 303-979-1876, ext. 108.

Services: (B) Babysitting; (L) Lawn care; (P) Pet or house sitting; (S) Snow shoveling

Name	Phone	Services	Age	Neighborhood
Olivia Anderson	303-902-5026	B, P, S	15	Aspen Meadows
Jade Atkinson	720-616-0063	P	15	Aspen Meadows
Hutch Barber	303-249-0468	P	14	Legacy
Colette Bennett	720-415-0311	P	16	North Ranch
Preston Bennett	303-520-4411	S	13	North Ranch
Piper Blarr	720-255-6877	B, P	16	Colony
Aliza Bochner	720-880-8336	B, P	17	North Ranch
Eva Bochner	720-899-0033	B, P	16	North Ranch
Mariel Bochner	319-338-4414	B, P	12	North Ranch
Adam Brandland	720-376-1987	L, S	14	Settlement
Abby Burton	720-616-1333	B, P	16	Aspen Meadows
Bridget Cassidy	720-244-1359	B, P	17	Stratford Farms
Hope Cuttitta	303-517-8864	B, P	17	Deer Creek
Ella Daugherty	303-591-2004	B, P	16	Legacy
Quinn Daugherty	303-591-2004	B, P	15	Legacy
Razi Daugherty	303-591-2004	B, P	12	Legacy
Megan Ellis	720-290-2033	B, P, S	14	Heirloom
Jack Famariss	720-434-7033	B, P	14	North Ranch
Ryan Flint	303-517-3749	L,P,S	14	Retreat
Caleb Flint	303-517-3749	L,P,S	11	Retreat
Grant Foster	720-345-3120	L, S	17	Aspen Meadows
Kyla Fouts	303-668-0581	B, L, P, S	13	Mountain Gate
Abbie Gallant	303-517-8864	B,P	17	Deer Creek
Connor Glitzer	303-489-3932	L, S	16	The Village
Kyra Goudzwaard	720-552-0175	B, P	15	Barrington Ridge
Nicole Guarino	303-720-3036	B	17	Bradford Place
Cameron Guider	303-868-7198	B,P	14	Aspen Meadows
Will Guider	303-868-7198	L,P,S	14	Aspen Meadows
Kara Hammond	720-979-4069	B, P	13	Carriage Hill
Keegan Hardesty	720-484-9557	B, L, P, S	15	Cimarron
Mac Hardesty	720-672-1225	L, P, S	13	Cimarron
Michael Hefner	303-359-9052	P, L	11	The Spread
Reed Hershey	720-828-3245	B, L, P	12	North Ranch
JJ Heupel	720-372-9476	B, L, P, S	16	Enclave/Traditions
Natalie Himmel	720-788-3419	B, P	15	Eagles Pointe
Kellen Hodges	720-496-6113	B, L, P, S	17	Saddlewood
Maddox Hodges	720-472-2003	B, L, P, S	14	Saddlewood
Reece Hodges	303-667-2606	L, P, S	12	Saddlewood
Gunnar Holmes	720-505-6764	L, S	15	Carriage Hill
Amelia Hopping	720-626-7750	B, P, S, L	14	North Ranch
Erin Hurley	720-600-8261	B, P, S	12	Aspen Meadows
Afton Jones	720-705-9797	B	16	Manor Ridge
Tyler Karchut	605-641-5672	B, P, S	13	Bradford Place
Harrison Kauffman	303-520-4819	L, P, S	17	Wynterbrooke
Salome Kekelia	801-201-1183	B	13	Territory
Eva Kiebler	303-478-6050	B, P	11	Cimarron
Sierra King	720-582-3334	L	14	Heirloom
Kellen Lay	720-629-5566	L, S	12	Wynterbrooke,
Cadence Leal	303-944-9122	B, P, S,	14	Sunset Ridge
Ethan Lehrke	720-295-2156	L, S	17	Cimarron
Andrew Lerudis	720-691-3985	L, P, S	15	Village
Daniel Lobelo	720-203-2912	L, P, S	14	Deerwood Vista
Eric McCabe	720-951-9467	L, P, S	17	Heirloom
Mitch McGatlin	703-850-0642	B, L, P, S,	16	Legacy
Riley McGatlin	703-244-8558	B, L, P, S	14	Legacy
Raleigh Rose McMahon	720-375-3352	B, P	13	Stallion Pointe
Janey Millstone	720-668-1029	B, P	12	North Ranch
Sydney Millstone	720-471-3245	B, P, L	13	North Ranch
Hannah Mote	720-305-8757	B, P	14	Stallion Pointe
Kellan Nash	720-630-5764	L, P, S	13	Retreat
Catherine Newsom	303-325-5232	B, P	17	Legacy
Ethan Pankow	720-217-8175	P	14	Heirloom
Samara Pirozzi	720-818-2203	B, P	16	Traditions
Lillian Pool	720-985-1667	B, P	16	Bradford Place
Alec Prinzi	303-810-3221	B, L, P, S	12	Shaffer Hill
Nathan Rector	720-506-5616	S, L	12	Sunset Ridge
Joshua Reisinger	303-587-0927	L, P, S	16	Eagles Pointe
Alessandra Roberts	720-394-3910	B, P, S,	13	Village
Paulina Roberts	720-394-3910	B, P, S	12	Village
Max Ruskowski	720-517-9066	L, P, S	17	Stallion Pointe
Sebastian Ruskowski	303-960-9883	L, P, S	13	Stallion Pointe
Nicholas Schuster	720-990-7465	B, P	17	Heirloom
Liam Schuster	720-480-0691	B, P	12	Heirloom
Ava Secondo	303-883-2592	B, P	15	Cimarron
Maria Seybert	303-668-5987	B, P	18	Saddlewood
Austin Skeffington	720-308-8704	L	17	Wynterbrooke
Cameron Sternberg	303-949-3691	P	12	Aspen Meadows
Wesley Sternberg	303-949-3691	P	14	Aspen Meadows
Seumas Stevens	720-210-6065	B, L, P, S	14	Bradford Place
Abby Szabo	720-745-1339	B, P, S	15	Aspen Meadows
Ben Szabo	720-413-3072	L, P, S	17	Aspen Meadows
Maddy Szabo	720-768-5452	B, P	15	Aspen Meadows
Cole Torgerson	720-291-9022	B, L, P	19	Legacy
Jack Torgerson	303-981-7617	B, P	16	Legacy
Zane Tweedie	720-688-9440	L, P, S	15	Deerwood Vista
Aiden Tyler	720-448-7638	P, S	15	Cimarron
Catie Watkins	720-705-1656	B, P	14	Manor Ridge
Charlotte Webster	703-655-4428	B,P	16	The Spread
Judah Webster	703-655-4428	B,L,P,S	13	The Spread
Ava Yaley	970-946-8955	B, P	13	Carriage Hill

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

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303-717-6201

PROUD SPONSOR OF THE 2021 KEN-CARYL CHRISTMAS LIGHTS CONTEST!

\$1,000 GRAND PRIZE goes to charity of winner's choice.

Enter yourself or nominate a home by Dec. 10 by emailing address to lightcontest.kencaryl@gmail.com.
List of entries will be posted on KC Neighbors Facebook page and printed in Dec. 22 edition of *Life at Ken-Caryl*.
Vote for your favorite at lightcontest.kencaryl@gmail.com.



Happy Holidays!

I AM SO GRATEFUL TO ALL OF MY NEIGHBORS & CLIENTS.

With your support, I just sold my 50TH HOME in Ken-Caryl!!!

DREAMING BIG IS ON THE RISE IN KEN-CARYL

For all of Your Real Estate Needs Remember, Dream Big Call Small!

BREANSMALL@REMAX.NET WWW.BREANSMALL.COM