

ELECTION NEWS	RANGER FIELD NOTES	STAFF SPOTLIGHT	MD BOARD	MINDING OUR BUSINESSES
MA and MD Board Elections: What You Need to Note Before You Vote	Warning: Thin Ice on Ponds During the Winter!	Meet Sam Marko, Communications Administrator	Calling All 2023 MD Board Candidates	Introducing Youtopia: Optimizing Health Through Beautiful, Delicious and Nutritious Food
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### Manager's Column:

### Ken-Caryl Ranch – A Special Place

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



PAGE 8

### Neon Family Dance Party, Feb. 24

Come get your groove on, dance the night away with your family and enjoy a 'light' dinner at our Family Dance event on Feb. 24 from 6 – 8 p.m. at the Ranch House. Register online today at [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon located at the top right corner of your screen.

We are still looking for sponsors for this event! Interested? Contact Kate McDonald at [katem@kcranch.org](mailto:katem@kcranch.org).





# Ken-Caryl Ranch – A Special Place

By Brian Yowell, MA General Manager

We all know that Ken-Caryl Ranch is a special place. Stunning scenery, rich history, unmatched open space, remarkable amenities, passionate residents, devoted staff and amazing volunteers. All these things, together, make Ken-Caryl so spectacular.

Our Master Declaration, Rules, Regulations and Procedures, and Original Development Plan (ODP) guide us in our decisions, give us a framework for cohesion and help to ensure that Ken-Caryl Ranch is maintained, and improved, in a way that ensures the long-term happiness of our residents, the continued preservation of property values and the protection of our community.

The ODP was written as a document to direct the development of the Ken-Caryl community and to protect the quality of life for its residents. The ODP gives guidance on setbacks, building heights, parking requirements, widths of streets and even the keeping of livestock, just to name a few. The ODP requirements are reviewed and considered when the Architectural Committee reviews requests for approval from developers. The Master Declaration and Rules, Regulations and Procedures give guidance to the Architectural Committee when reviewing resident requests for improvements.

As Parcels A, B and C are developed, we will work with developer North American Land Development Group (NADG) to ensure that the requirements of our governing documents are met and that these new neighborhoods will maintain the foundations set-forth to become an integral part of the community.

By following our governing documents, we help to ensure that Ken-Caryl Ranch continues to be a special place, that property values are maintained, and that the enjoyment and quality of life of our residents is first and foremost.

At your service,  
Brian Yowell  
General Manager



February

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2 9:30 a.m. Babytime 10:15 a.m. Storytime	3	4
5	6	7	8	9 7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	10	11
12	13	14 6 p.m. Open Space Committee	15 4:30 p.m. Covenant Control Committee	16 9:30 a.m. Babytime 10:15 a.m. Storytime	17	18
19	20	21 6 p.m. MA Board Meeting	22	23 7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	24 6-8 p.m. Neon Family Dance Party	25
26	27	28 6 p.m. MD Board Meeting				

Information regarding audio and video conferencing options for public meetings will be communicated as it becomes available. See website at [www.ken-carylranh.org](http://www.ken-carylranh.org) for details.



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Hello February!

By Darci Cross, Community Administrator

To honor this month of love, I wanted to share one of my favorite quotes.

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

- Maya Angelou

Let's all share some kindness wherever we go!

This last month, there has been 'snow' much to love. As we look forward to the meltdown and the excitement of warmer days to come, we want to remind you to keep your property tidy by keeping your trash containers stowed away and by gathering, properly storing or discarding any rubbish from your driveways and side yards, as none of these items should be visible from the road. Thank you for keeping our community looking great!

If you have been considering giving the exterior of your home or yard some love this coming spring or summer, I would recommend you visit [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the *Resident Resources* tab, then Home Improvements. There you will find all the information you need to submit a home improvement request. Get ahead of the crowd to have your project approved in a timely manner!

Be kind and have a blessed month!

Darci



Introducing Sam Marko, Ken-Caryl's Communications Administrator

Hi, all. I'm Sam Marko, the new Communications Administrator with the Master Association. I graduated from the University of Colorado with a degree in English Literature and worked for a few years as an advertising copywriter, and since 2017 I've been with the Metropolitan District supervising facility rentals.

In my new role, I will be responsible for managing the advertising for *Life at Ken-Caryl*, assisting with social media efforts and community events, and in providing support for all communications initiatives to help keep residents informed and up to date on all things Ken-Caryl Ranch.

I'm excited to join the team, and I can't wait to serve and work with the whole community. I can be reached at [samm@kcranch.org](mailto:samm@kcranch.org), or 303-979-1876, ext. 117.



◆ BOARD SUMMARY

MA Board Summary

On Jan. 17, the Ken-Caryl Ranch Master Association Board held its regular meeting and discussed the following items:

- Monthly Manager's Report
- A proposal by the Open Space Committee to install a memorial overlook site

The Board passed the following motions:

- Accept the Ken-Caryl Ranch Historical Society Hall of Fame nomination of Marilyn Elrod
- Approve the 2023 Recurring Vendors List

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# Warning: Thin Ice on Ponds During the Winter!

By Michael Ryan, KCRMA Park Ranger

As we enter March, which is also historically the snowiest month for Colorado, we would like to remind everyone that it is never a good idea to traverse ice covered ponds, even if they seem solid enough to walk on.

There are three ponds located in Ken-Caryl Ranch, including Dakota Lodge Pond, Brannon-Gearhart Pond and Settlement Pond near Shaffer Elementary School, and all three have operating aerators. However, from November to April, we turn off the aerators at the Dakota Lodge and Brannon-Gearhart ponds to allow them to fully freeze, as the partially frozen water can be a hazard to big game animals. They could potentially fall through the ice as they attempt to cross, or drink the water, and may become trapped. Even if these ponds look completely frozen, residents should always stay off the ice.

Due to the fast-changing temperatures and sunny days in between our snowstorms, the ice can be deceptively thin and will not support weight, and the middle of the pond may not be as thick as the sides if water is circulating underneath.

The partially frozen surface of the ponds is even an attractant to dogs. Please avoid playing with pets near frozen ponds as a thrown stick or ball could result in your pet falling through the ice. Many accidents occur from people trying to rescue pets.

Be sure to talk to your children about these concerns and to inform them of Ken-Caryl Ranch Open Space Rule #13, which states "Ice skating and ice fishing and walking upon any ice is prohibited". If you have any questions, feel free to call the KCRMA Rangers at 303-979-1876, ext. 170.



# Now Accepting Applications for the 2023 Open Space Volunteer Patroller Program

Love our trails? Looking for a great opportunity to serve the Ken-Caryl community and spend more time in our open space? Then consider applying to be a Volunteer Patroller! KCRMA's Volunteer Patrollers serve as an extension of the Ken-Caryl Ranch Master Association's Park Ranger Staff. Volunteer Patrollers provide rules education, trail use guidelines and private open space information. Volunteer Patrollers strive to achieve and maintain a positive relationship with different user groups and present a professional image. For more information, program requirements and to apply, please visit our website at [www.ken-caryl-ranch.org](http://www.ken-caryl-ranch.org) and click on the Open Space tab.



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◆ ELECTION NEWS

## Master Association Board Candidate Forum, Feb. 13

The 2023 Master Association Board candidates will be featured in the Feb. 15 issue of *Life at Ken-Caryl*. In preparation of the upcoming election, candidates will also participate in a candidate forum via Zoom on Monday, Feb. 13 from 6:30-8:30 p.m. Candidates will each be given a few minutes to discuss important issues to them and then they will answer questions from a moderator.

In preparation of this forum, residents may submit question suggestions via email to Ken-Caryl Ranch General Manager Brian Yowell at [briany@kcranch.org](mailto:briany@kcranch.org) by 5 p.m. on Friday, Feb. 10. Due to time constraints, not all questions will be answered in the forum. Please limit question suggestions to no more than one. The candidate forum will be recorded and available on our website following the event.



# Take a Seat: Calling All 2023 MD Board Candidates!

It's election season in Ken-Caryl Ranch! Want to make a difference in our community? Consider throwing your hat in to the ring for this year's upcoming Metropolitan District Board election. This year, there will be three four-year seats available on the Metropolitan District Board. As this is a government election, all registered voters within the Ken-Caryl Ranch Metropolitan District will have the opportunity to cast their ballot.

If you are interested in running for one of the open board seats, the deadline for filing your Self Nomination and Acceptance Form with the Designated Election Official (DEO) is Feb. 24, no later than 5 p.m. The deadline to file affidavit of intent to be a write-in candidate with the DEO is Feb. 27, no later than 5 p.m. This year's MD Board election will take place on May 2. Please stay tuned to this publication for more information to come.

**How to Submit a Self-Nomination Form**

All nomination forms must be acquired from and returned to the District's Designated Election Official (DEO) listed here: Sue Blair, CEO, Community Resource Services of Colorado, LLC 7995 East Prentice Avenue, Suite 103E Greenwood Village, CO 80111. Contact Sue Blair at 303-381-4977, at [sblair@crsoscolorado.com](mailto:sblair@crsoscolorado.com), or [elections@crsoscolorado.com](mailto:elections@crsoscolorado.com).

Self-nomination forms are thoroughly reviewed by the DEO to confirm eligibility and are then confirmed with the Secretary of State. Once this is complete, an official candidate list will be published.

For questions regarding the Metropolitan District Board or upcoming election, please feel free to contact Metropolitan District Manager Traci Wieland at 303-979-1876, ext. 136, or via email at [traciw@kcranch.org](mailto:traciw@kcranch.org). For questions regarding eligibility or how to file your self-nomination form, please contact the Designated Election Official, Sue Blair, CEO, Community Resource Services of Colorado, LLC 7995 East Prentice Avenue, Suite 103E Greenwood Village, CO 80111 at (303) 381-4977, at [sblair@crsoscolorado.com](mailto:sblair@crsoscolorado.com), or [elections@crsoscolorado.com](mailto:elections@crsoscolorado.com).

# MA and MD Board Elections: What You Need to Note Before You Vote

It's election season for Ken-Caryl Ranch! Since our vibrant community is governed by two distinct entities, we will have two elections this spring, one for the Master Association Board and one for the Metropolitan District Board. These two entities work together to support amenities, services and programs for the community.

The chart below summarizes the upcoming elections, and more information is available at [www.ken-carylranh.org](http://www.ken-carylranh.org) under the *About Us* tab on the Board of Directors page.

	Master Association Board Election	Metropolitan District Board Election
When can I vote?	Feb. 15 – March 7 at 5 p.m.	April through May 2 at 7 p.m.
How will I get my ballot?	Your ballot will be emailed if there is an email on file, or a postcard will be mailed. You can also vote in-person at the Ranch House.	You will receive a ballot by mail. You can return it by mail or at a drop-off location listed on your ballot.
How many votes does my house get?	As an HOA election, there is one ballot per household.	As a government election, all registered voters that live in the District may vote. (May be more than one vote per household.) Information regarding voter registration can be found through the office of the Secretary of State: <a href="https://www.sos.state.co.us/pubs/elections/">https://www.sos.state.co.us/pubs/elections/</a>
How many seats are on the ballot?	Two seats that are each three-year terms	Three seats that are each four-year terms. Each registered voter may vote for three candidates.
What does this Board oversee?	The Master Association is the HOA that oversees covenant and architectural control, Master Association-owned open space, trash and recycling services, the Equestrian Center and community communications.	The Metro District is a governmental entity that provides maintenance in the parks, greenbelts and facilities. The District also provides recreational activities for the enjoyment of the Ranch community.
Who do I contact for each entity if I have questions?	General Manager Brian Yowell at <a href="mailto:briany@kcranch.org">briany@kcranch.org</a>	District Manager Traci Wieland at <a href="mailto:traciw@kcranch.org">traciw@kcranch.org</a>
Who do I contact if I would like to run for the Board?	General Manager Brian Yowell at <a href="mailto:briany@kcranch.org">briany@kcranch.org</a>	The District's Designated Election Official: Sue Blair, CEO, Community Resource Services of Colorado, LLC 7995 East Prentice Avenue, Suite 103E Greenwood Village, CO 80111 (303) 381-4977 - Direct <a href="mailto:sblair@crsoscolorado.com">sblair@crsoscolorado.com</a> or <a href="mailto:elections@crsoscolorado.com">elections@crsoscolorado.com</a>
What is the dead-line to submit my application for the Board?	Deadline was Jan. 26. Candidates will be announced online and in the Feb. 15 paper.	Self-Nomination and Acceptance Forms must be filed with the District's Designated Election Official no later than 5 p.m. on <b>Feb. 24</b> .

## Sign Up for the e-News!

The Ken-Caryl Ranch e-News is a weekly newsletter distributed every Monday via email to all residents who subscribe. It is a great information source and supplement to the newspaper and other forms of communication on Ken-Caryl Ranch.

To sign up for the e-News, go to [www.ken-carylranh.org](http://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](mailto:allisonh@kcranch.org).



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### PICTURE THIS! - Ski-tacular!

The Ken-Caryl Valley ski season is once again underway! We live in paradise! Photo and caption courtesy of resident Brian Wiens.



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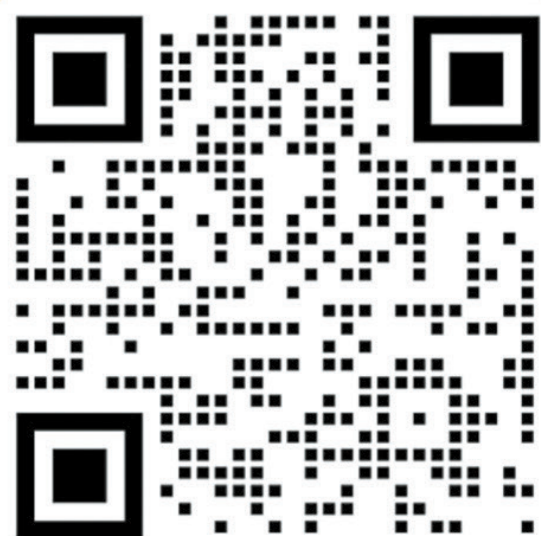
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## Fairy Tale Ending

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:



**Ace (#247917)** Ace is a 1-year, 3-month-old male Siberian Husky working through an inclination to playfully chase his tail. His adoption includes counseling to help him overcome this. Ace is playful and will benefit from a few selected playmates. A feline-free household with children aged 10 or older is required. *\*Please note that Ace's adoption fee has been waived under a shelter program called "Sponsoring", which allows caring staff members or patrons to voluntarily sponsor and cover all applicable fees.*



### Grayson (#271294)

Grayson is an eight-year-old male cat. Known to be affectionate with familiar people and visitors, this big ole' sweet pirate-kitty will steal your heart! At the shelter, he has warmed up quickly to new human friends! He seeks pets, purrs loudly and makes biscuits when comfy. He can't wait to settle down and feel safe in a calm home, where we anticipate his affectionate side will shine. He is available to a household where he'll be the only cat and is likely to transition most easily into a family with older or no kids and to a dog-free home.

To find out more about Ace, Grayson and other deserving pets in need of good homes, visit [www.FoothillsAnimalShelter.org](http://www.FoothillsAnimalShelter.org).

## PICTURE THIS! - Snow Guilt

Ah, the gifts of not feeling a single iota of guilt regarding work-from-home! Another day in Ken-Caryl Valley's 'National Geographic' set! Photo and caption courtesy of resident TJ Jaroszewski.



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- Prices rise to what we think may be their highest level; all areas rising by solid double digit %s.
- We also sold the fewest # of homes in each area, down by a huge % over the prior year.
- We are still in a seller's market with low inventory.
- Prices are not predicted to continue this upward trend.

2022 Year in Review - Sales

Ken-Caryl Valley Residential

	# of Homes Sold	Average Square Feet	Average Price per Square Foot	Average % of List/Sold	Average Sales Price	Average Days on Market
TOTALS 2022	56	2,842	\$458	106%	\$1,284,579	10
TOTALS 2021	87	2,943	\$385	102%	\$1,127,111	7
% Change 2021 vs 2022	-36%	-3.4%	+19%	+4%	+14%	+41%

Ken-Caryl Plains Residential

	# of Homes Sold	Average Square Feet	Average Price per Square Foot	Average % of List/Sold	Average Sales Price	Average Days on Market
TOTALS 2022	43	2,222	\$357	105%	\$770,116	13
TOTALS 2021	74	2,093	\$317	105%	\$647,066	6
% Change 2021 vs 2022	-42%	+6%	+13%	0%	+19%	+107%

Ken-Caryl Plains Condos & Townhomes

	# of Homes Sold	Average Square Feet	Average Price per Square Foot	Average % of List/Sold	Average Sales Price	Average Days on Market
TOTALS 2022	51	1,275	\$338	104%	\$424,192	12
TOTALS 2021	68	1,238	\$298	103%	\$363,067	5
% Change 2021 vs 2022	-25%	+3.0%	+13%	+1%	+17%	+120%

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# RECREATION PROGRAMS & ACTIVITIES

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## Special Events

Kate McDonald  
Community Coordinator  
[katem@kcranch.org](mailto:katem@kcranch.org)  
303-979-1876, ext. 131



## Tennis & Pickleball

Robert Campbell  
Tennis Program Supervisor  
[robert@kcranch.org](mailto:robert@kcranch.org)  
303-979-2233, ext. 202



## Tennis & Pickleball

**Cardio Tennis!**  
Get into the game with Cardio Tennis! Here's the game plan:

- Wednesday 6 p.m., 3.5+
- Wednesday 7 p.m., 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](http://www.ken-carylranh.org).



## Youth Programs

Youth Programs  
[youthprograms@kcranch.org](mailto:youthprograms@kcranch.org)  
303-979-1876



## Family Dance Event!

Come get your groove on! Dance the night away with your family and enjoy a "light" dinner at our Family Dance event on Feb. 24 from 6 – 8 p.m. at the Ranch House. Register online today at [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon located at the top right corner of your screen. We are still looking for sponsors for this event! Interested? Contact Kate McDonald at [katem@kcranch.org](mailto:katem@kcranch.org).

## Junior Tennis Lessons

Looking for tennis lessons for your young player? Register your child today via our website at [www.ken-carylranh.org](http://www.ken-carylranh.org).

## Adult Tennis Lessons

Register today! For more information, and to check availability, including available lessons based on skill, please visit our website at [www.ken-carylranh.org](http://www.ken-carylranh.org).



## KC Fitness

Janet Robbins  
Fitness Coordinator  
[janetr@kcranch.org](mailto:janetr@kcranch.org)  
303-979-2233, ext. 185

## Fitness Classes and Personal Training

Please visit our website for the most up-to-date information on classes, hours and fitness sessions at [www.ken-carylranh.org](http://www.ken-carylranh.org).

## Fitness Class - Chisel & Stretch

Finish your week off right with a Friday 9:15–10:05 a.m. Chisel & Stretch class! This class will provide strength and core training followed by an extended period of stretching. Come join the challenge! Register online at [www.ken-carylranh.org](http://www.ken-carylranh.org).

## Valentine's Day-themed Toddler Time

Join us for an activity that you and your toddler are going to LOVE. Register for our Valentine's Day-themed Toddler Time, Feb. 13 from 2:15–3:15 p.m. at the Ranch House! Meet new friends and enjoy a holiday-themed story, song, craft and sensory play! For more information and to register, please visit our website at [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon, located at the top right corner of your screen.

## Babysitting Course

Register your pre-teen for our new Babysitting course that starts Feb. 4 from 9 a.m. – 3 p.m. in the Bradford Room at the Ranch House! This course is designed for the pre-teen, ages 11 – 14 years, to prepare them for their first babysitting opportunities. Students will learn to identify their own responsibilities, personal safety and will learn basic childcare such as feeding, bathing and diapering. Students will also learn basic child development and be able to provide activities for different developmental stages. Home, fire safety and the prevention and treatment of common injuries will also be covered. This course is offered in person. To view the current schedule and to register, please visit [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon located at the top right corner of your screen.

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# RECREATION PROGRAMS & ACTIVITIES

Register online at [www.ken-carylranh.org](http://www.ken-carylranh.org) today!



**Youth Programs**



**Youth Programs**



**Adult Programs**



**Adult Programs**

**Wonders of Nature – Topic-Based Sessions**

This spring, we look forward to offering several topic-based preschool nature enrichment sessions! Students will get to explore nature with experiments, hikes and opportunities to view wildlife in the Ken-Caryl community! Each session will have fun and engaging nature-based lessons focused on the session’s topic specifically related to Colorado or the Ken-Caryl area! Registration is for specific topic-based 3 to 4 week-long sessions. For session topics and to register, please visit [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the *Programs* tab, then Preschool.

**Storytime at the Ranch House Moves Indoors**

Please join us this winter from 10:15-10:45 a.m. in the Bradford Room at the Ranch House for Storytime and enjoy fun with our youngest residents!

**Babytime at the Ranch House**

Please join us with your little one for Babytime at the Ranch House from 9:30-10 a.m. in the Bradford Room at the Ranch House, followed by Storytime at 10:15 a.m. This program is designed to help the littlest minds develop and grow. Bounce, sing, rhyme and read with your baby!

**Kate McDonald**  
Aquatics and Community Coordinator  
[katem@kcranch.org](mailto:katem@kcranch.org)  
303-979-1876, ext. 131

**The Grandlore Guided Memoir Program**

The Grandlore Guided Memoir Program is a series of three, 10-week courses that result in a book of your personal and family history. The first 10-week course, which runs Feb. 7 - April 11, will focus on “Me and My Family,” with a different topic about that each week. The Grandlore Program goes deeper than just writing your stories; you also have the opportunity to pen your feelings, the lessons you learned, and share your advice for future generations! For more information and to register, please visit [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon located at the top right corner of your screen.

**Spring Nature Adult Enrichment**

Ken-Caryl Ranch is excited to offer adult nature enrichment programming this spring! Looking for a fun evening activity to do with your child? Each week bring your child(ren) to come explore a new topic or create a guided hands-on project. Father-daughter, mother-son, grandparent-grandkid, this is a great chance to bond and spend time together while experiencing something new. Experienced instructors will guide you through each evening’s endeavors. This is limited to pairs only, one adult and one child. Children must be 5 years or older. To view program offerings and to register, please visit our website at [www.ken-carylranh.org](http://www.ken-carylranh.org) and click on the Register icon located at the top right corner of your screen.

**Register for Before & After School Care**

Register your child for our B&A Care program this fall at either our Ranch House or Dakota Lodge to conveniently serve Bradford and Shaffer families! KCRMD Before & After School Recreation Programs provide a caring, safe and fun learning environment. Students explore a wide variety of activities that develop learning, encourage imagination and promote positive social skills. Join us for exciting science experiments, cooking, art projects, sports, games, reading, homework help and more! We offer year-round care and provide full-day care on most early release days, school holidays and vacations. Register and pay only for the days you need each month! Register on our website at [www.ken-carylranh.org](http://www.ken-carylranh.org), under the Programs tab, then Youth Programs and School-Age Care.

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# Introducing Youtopia: Optimizing Health Through Beautiful, Delicious and Nutritious Food

By Allison Hefner, Editor and Sam Marko, Communications Administrator

Here’s some food for thought. Youtopia’s mission is to help customers optimize their health and wellness through Precision Nourishment, using food to help achieve a state of complete physical, nutritional, mental, social and spiritual well-being that begins with what you put on your plate. Like their ingredients, this simple concept packs a healthy punch, producing dishes that encourage vibrant health and longevity with 100% client-based food cultivated to specifically meet the health and nutritional needs of each individual consumer.

“Through our personal journeys, we identified how difficult and frustrating it was to try and figure all this nutrition and foodstuff out,” said Jason Lockridge, Youtopia Co-Creator and VP of Marketing. “Anyone who has been told they need to ‘eat better,’ or ‘you really need a healthy diet,’ and has no idea what that means or how they might even begin to start something like that, they’ve felt the same frustrations. We said there must be a better way. There wasn’t, so we created it!”

When first entering Youtopia, you won’t be greeted with a typical list of menu items. Instead, customers download the Youtopia app and answer six basic questions about their age, weight and habits. Based on the data provided, Youtopia’s Precision Nourishment Optimization Engine uses your unique information to determine your daily nutrient needs and populates recommended menu items, all of which are scratch-made daily. Each item is scored based on how closely it corresponds to your individual nutritional needs.

The process is fast, as is the service, with a goal of getting your plate out within 3-5 minutes of placing your order. According to Chef Andrew Fontaine, this is all made possible by incorporating science and technology into Youtopia’s food preparation. Think of the concept of parboiling, where food is cooked just below perfection. It’s stored just above freezing in a 41-degree chiller room, then plated, weighed, and reheated in state-of-the-art heating ovens, yielding perfectly cooked food -- fast.

Youtopia’s Discovery Center, scheduled to open this spring, will do a deeper dive to unlock each customer’s Nutrient Discovery score. Trained phlebotomists and medical professionals will perform blood work that will be analyzed against their Starting Line -- a comprehensive evaluation of 15 functional wellness areas of the human body. With this in mind, food is precisely scored down to the portion size to provide the nutrients necessary to support these 15 fundamental areas of your body in a way that is perfectly calibrated, unique to every customer, healthy and delicious.

“We believe this is the future of food,” said Lockridge. “Using food as a medication to restore your body, with food that is gluten-free, dairy-free. Our beef is basic, using bison. Our goal of getting you to 120 is not just about increasing longevity, but adding vibrant health to longevity.”

Just like the ingredients on your plate, the staff at Youtopia works in synergy, with seasoned chefs, nutritionists, and medical professionals on staff each bringing their unique talents to the table to optimize health, wellness, and flavor in every dish and experience. At each touch point, there’s an inherent passion, from the brand ambassadors who greet you at the door, to the behind-the-scenes culinary team that expertly crafts your order, to the servers and the chefs who are delighted to dish about what is on your plate.

“We’re changing people’s lives and getting people excited about food,” said Master Chef Elizabeth Clay. “I don’t believe there’s a recipe that is wrong, only wrong ingredients. You want a cupcake for your birthday, yeah, we can certainly do that.”

Chef Clay is most excited about the challenge of creating favorite recipes in a healthy new way, singling out biscuits and gravy, but with healthy, nutrient-dense ingredients that promote wellness. She is excited for the challenge of working in research and development, crafting recipes that are full of flavor, but devoid of unhealthy ingredients. Most recently, she has crafted plant-based seasonings to boost flavors in lieu of traditional salt and pepper.



Youtopia, Ken-Caryl's newest resident business, is open for discovery! Customers may dine in, carry out or enjoy a cup of coffee or tea. Chef Andrew Fontaine perfects a dish at the front counter.



Inside Youtopia. Photo courtesy of Youtopia.

When it comes to being the new kid on the culinary block, Lockridge and his team remain humble. To achieve Youtopia’s goal of being 100% You-Based, they welcome all feedback to continue to grow and nourish their business to drive the ultimate customer experience.

“Food is beautiful, it’s infectious and it should make people very, very, happy,” said Chef Clay. “That’s what we want Youtopia to be.”

Currently, Youtopia is changing its menu every few weeks, but aspires to feature rotating daily menu offerings. Youtopia is now open and offering customers a Sneak-a-Peek, where you can dine in, carry out or even grab a cup of coffee or tea. The company plans to begin its daily á la carte delivery service in March and to open its Discovery Center in April.

“Youtopia is where the best food on the planet for you finds you,” said Lockridge. “We’re different than a typical restaurant, and we’re hopeful the community is just excited about discovering what Precision Nourishment means for them as we are about bringing it to the neighborhood.”

Youtopia is located at 12634 W. Indore Place in Ken-Caryl and is open Monday – Friday from 11 a.m. – 8 p.m. and on the weekends from 11 a.m. – 9 p.m. For more information, visit them online at [www.youtopia.com](http://www.youtopia.com). Their app is available for download on Apple and Android devices.



Above: Youtopia offers dishes that meet each individual's nutrient needs. Among their rotating offerings, Harissa Tofu with Brown Rice and Brussel Sprouts. Photo courtesy of Youtopia.

Left: Youtopia's Roasted Chicken and Southwest Salad. Menu items subject to change.



Life at Ken-Caryl Policy: Letter to the Editor

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 the published deadline date and time. Deadline dates and times can be found at [www.ken-carylranh.org](http://www.ken-carylranh.org).

The preferred method for submitting letters to the editor is by email to Allison Hefner at [allisonh@kcranch.org](mailto:allisonh@kcranch.org), but they may be mailed or hand-delivered to the Ranch House, Attn: Allison Hefner, 7676 S. Continental Divide Road, Littleton, CO 80127. 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. Letters should comply with acceptable standards for courtesy and respect.

Email to [allisonh@kcranch.org](mailto:allisonh@kcranch.org).  
Deadline for Feb. 15 paper is Feb. 6 at 9 a.m.

Dear Editor:

...continuation from last month's LKC...

Eagles in peril...this was the "go-to" concern during the Docmann expansion. The nest in question is next to Lockheed Martin. So, eagles nested here, for who knows how long with people, cars (and helicopters) coming and going at all hours, yet a 24-inch-wide trail half a mile away was going to be their demise? Please.

Racing... It doesn't occur. Period. The fact that there was a race more than 13+ years ago is irrelevant. Using it against today's mountain biking community is asinine and a clear indication of disdain.

Superhighways... Predominantly, I don't see a soul when perusing many miles of trail during an outing. To the "multi-generational bikers," try going to Green Mountain on any given Saturday for some actual perspective. Calling the KC trails a "superhighway" is a ludicrous over exaggeration with zero real world comparative observation.

Majority favor conservation...Yes, I voted for more as most of us did. This

would be wonderful. That should not be misconstrued to mean I (or anyone) therefore want less trails or limiting of trail access. That is a disingenuous bending of a stat to meet a narrative and not true.

Fragmented trail system...This is the latest "eco terror." In truth, a fragmented trail system is one that has the difficulty in trails increasing as they increase in altitude – i.e., beginners low, advanced up high. This creates balance in trail usage and options based on your experience. This provides a higher degree of safety (isn't that one of the main concerns?) based on spreading out the more experienced from less experienced trail users.

I have been a part of the extended mountain biker community for over 30 years. It is a vibrant, eco-conscious, considerate, and friendly-to-a-fault group. We are a better and more balanced community because of their presence. Those who are a part of it know this to be true. Those who are not, don't let the biased views of a few small voices sway you to their thinly veiled objectives.

Sean Flynn, Resident

Dear Editor:

Neighbors,  
I would like to request that residents of Ken-Caryl cease using the community paper to argue about the use of (Ken-Caryl) open space. The negative rhetoric reflects poorly on how our community functions as an entity.

Thank you.  
John Turtle, Resident

Dear Editor:

Like many in Ken-Caryl, I have read Dr. Fodor's letters for some time now. While I disagree with his statements on mountain bikers and their impact to the trails and ecosystems, I would like to better understand the impact of his proposal for a "conservation area," Dr. Fodor has proposed closing all trails south of Massey Draw to mountain bikers. In looking at the KC trail map, that would include the following: all of Lower Cougar, Blue Bird, the Colorow connector, the south half of Upper Cougar, all of Docmann, all of Golden Banner and all of High Meadow. These are some of the most popular trails in the Valley. Is this list correct?

I humbly request that Dr. Fodor clarify the exact specifics of his recommendation for the community, including the names of specific trails he plans to close to mountain bikers. This will help the neighborhood better understand the impact to us as recreationalists.

Sincerely,  
Brad Fosser, Resident

Dear Editor:

Nick Hereford's recent letters to the editor have been spot on. Jim Fodor (aka Dr. Fodor) is on the record in Open Space Committee meeting minutes stating that he wishes to shut down all trails south of Massey Draw. This is a fact. Dr. Fodor states that this is in the name of conservation, but it is only in his version that conservation, trails and outdoor recreation cannot coexist. Why do we give him the megaphone on this issue when the

continued on page 14

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professionals suggest otherwise? Take CPW's recent 5-year plan for example - and I quote - "In addition to the benefits trails provide to recreationists, they can also act as tools to support wildlife needs and conservation goals, guiding human-use away from sensitive areas and into places less impactful to wildlife." If anything, Ken-Caryl is a model for this coexistence. I have lived in the Valley for 8 years and every trail that has been built required an extensive biological study and approval process. Trail routes were even changed to protect certain species of rare plants and animal foraging areas. The Ken-Caryl trail system is so unique and managed so well that it should be revered and celebrated in our neighborhood, not constantly bickered over by folks who most likely do not use it. The people who have put in thousands of hours to design trails that protect the uniqueness of the Valley, and all of the countless hours of Trail Club member volunteer work should be a source of inspiration instead of something to constantly gripe about by a small few. Our trail system is a beautiful part of this neighborhood that we all love. Let's find some more constructive ways to improve the neighborhood versus trying to tear down a beautiful, unique trail system that brings peace and joy to so many.

*Jake Cummins, Resident*

**Dear Editor:**

There has been so much money spent developing the 'Stacked Loop Trail System' from north to south in the Foothills Open Space. It is such an excessive and fragmenting, invasive system and requires more trail. It divides the land into pieces, constricts

wildlife habitat, crosses water sources more often and forces senior citizens, me, to walk further. It is generally accompanied by wide switchbacks with rounded corners, which are not desired by hikers. Often hikers will create a social trail as a shortcut, thus defeating the purpose of keeping users on the trail.

- \* The Docmann Trail should never have been built in its present form.
- \* The flat trail path on the east comes within 6/10 mile from the golden eagle nesting site.
- \* Mountain bikers go very fast here.
- \* The switchbacks on the west penetrate deep into the raptor foraging area.

Then some people doubt why the golden eagle nest failed in each of the four years since this trail was activated. All of the open space is special. All trail users deserve to feel safe on all open space trails. Docmann Trail statistics from 2019 to 2020 reveal the mountain bike traffic out-numbers hiker traffic by 20 to one. This area will come to life again with raptor populations increasing and elk migrations returning. All that needs to be done is reduce the stressful biking activity in the area. The area south of Massey Draw was referenced in two biological reports as a Potential Conservation Area. The trails in this area would be open to pedestrians and equestrians exclusively and for the sake of safety and rejuvenating the wildlife population, this area would be closed to mountain bikers. I believe that this area of open space will be a favorite place for members of family who don't mountain bike and those who would just want to take a casual walk without a bell ringing at them or hearing a loud noise 'right,' translation: 'move over.'

*Jim Fodor, Resident*

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**RANCH HAND AT EQUESTRIAN CENTER** - Flexible hours! Handling horses for turnout, feeding, watering, cleaning, mucking, driving the tractors, etc. Must be 18 with valid license. Discounts on board available to employees. Visit [www.ken-carylranh.org](http://www.ken-carylranh.org), click on About Us tab and choose Employment Opportunities.

**GOODS & SERVICES:**

**REDMAN ELECTRIC** – Specializing in residential service and remodel electrical work for over 27 years. KC resident. Free estimates. Master Electrician. 303-356-1968.

**LOCAL GENERAL CONTRACTOR** – Kitchens, basements, bathrooms, decks and pergolas. Call or text Greg 303-960-6859. Email: [gcdavisllc@gmail.com](mailto:gcdavisllc@gmail.com).

**HOUSE SITTING AND PET SITTING** – Local professional couple. Frequent hikers of the open space! Contact Chris and Taylor Rafael. We would love to meet you and your pet! 567-429-9633. [ctrafaelmoreno@gmail.com](mailto:ctrafaelmoreno@gmail.com).

**WANTED TO BUY** – Coins and coin collections, jewelry, old watches, sterling flatware and tea sets. Call What's it worth appraisals at 720-327-7867.

**NEW BABY, NO SLEEP?** – Contact Certified Birth/Postpartum Doula/ Childbirth Educator, and KC resident, Liz Gallant to provide prenatal, birth, and postpartum support. Specializing in infant care/soothing, mother's recovery, postpartum healing foods and overall wellness. 303-517-8864. [Heartstringsdoulacare.com](http://Heartstringsdoulacare.com).

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◆ CLASSIFIEDS

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calc, Calc, SAT/ACT prep. David Cowan,  
10 yr. Ken-Caryl resident, 303-949-1989.

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

**EMBROIDERY –** Custom Logos on  
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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	B	17	Aspen Meadows
Hutch Barber	303-249-0468	P	14	Legacy
William Barrs	202-253-8227	L, P, S	11	Retreat
Colette Bennett	720-415-0311	P	16	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	13	North Ranch
Abby Burton	720-616-1333	B, P	16	Aspen Meadows
Alice Cuttitta-Gallant	303-517-8864	B, P	14	Deer Creek
Hope Cuttitta	720-404-0282	B, P	18	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
Presley Davis	720-487-8778	B, P	13	Sunset Ridge
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	15	Retreat
Caleb Flint	303-517-3749	L,P,S	12	Retreat
Grant Foster	720-345-3120	L, S	17	Aspen Meadows
Kyla Fouts	303-668-0581	B, L, P, S	13	Mountain Gate
Lauren Fox	720-273-4077	B	12	North Ranch
Eva Gallant	303-517-8864	B, P	15	Deer Creek
Georgia Gilmore	720-210-4177	B	16	Heirloom
Connor Glitzer	303-489-3932	L, S	16	The Village
Maria Gonzalez	720-224-3612	B, P, S	12	Cimmaron
Kyra Goudzwaard	720-552-0175	B, P	15	Barrington Ridge
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
Aubrienne Hansen	720-822-5512	P	13	Stallion Pointe.
Keegan Hardesty	720-484-9557	B, L, P, S	15	Cimarron
Mac Hardesty	720-672-1225	L, P, S	13	Cimarron
Gailyn Harrigan	720-390-2770	B, L, P, S	13	Colony
Michael Hefner	303-359-9052	P, L	12	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
Lukas Jamtgaard	303-763-0250	P	18	Mountain Gate
Afton Jones	720-705-9797	B	16	Manor Ridge
Salome Kekelia	801-201-1183	B	13	Territory
Eva Kiebler	303-478-6050	B, P	15	Cimarron
Sierra King	720-582-3334	L	14	Heirloom
Kellen Lay	720-629-5566	L, S	12	Wynterbrooke
Andrew Lerudis	720-691-3985	L, P, S	15	Village
Daniel Lobelo	720-203-2912	L, P, S	14	Deerwood Vista
Shea McCaughey	720-774-7499	B, P	13	Cimmaron
Riley McGatlin	703-244-8558	B, L, P, S	14	Legacy
Rileigh Rose McMahon	720-375-3352	B, P	13	Stallion Pointe
Nathan McAnally	303-358-1993	L, P, S	12	Retreat
Charlotte Miller	303-882-4415	B, P	16	Manor Ridge
Janey Millstone	720-668-1029	B, P	15	North Ranch
Sydney Millstone	720-471-3245	B, P, L	15	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
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
Griffin Ruszkowski	303-960-9883	L, P, S	13	Stallion Pointe
Jake Ruszkowski	720-607-2809	B, L, P, S	17	Stallion Pointe
Sebastian Ruszkowski	720-766-9843	L, P, S	15	Stallion Pointe
Libby Sauer	303-506-9752	B, P	12	North Ranch
Nicholas Schuster	720-990-7465	B, P	18	Heirloom
Liam Schuster	720-480-0691	B, P	13	Heirloom
Aly Secondo	720-625-9910	B, P	12	Cimarron
Ava Secondo	303-883-2592	B, P	15	Cimarron
Anna Smith	567-217-1248	B	16	North Ranch
Cameron Sternberg	303-949-3691	P	12	Aspen Meadows
Wesley Sternberg	303-949-3691	P	14	Aspen Meadows
Lachlan Stevens	720-742-0086	B, L, P, S	14	Bradford Place
Seumas Stevens	720-210-6065	B, L, P, S	14	Bradford Place
Maddy Szabo	720-768-5452	B	16	Aspen Meadows
Jack Torgerson	303-981-7617	B, P	16	Legacy
Aiden Tyler	720-448-7638	P, S	15	Cimarron
Catie Watkins	720-705-1656	B, P	14	Manor Ridge
Judah Webster	703-655-4428	B,L,P,S	15	The Spread
Wyatt Webster	703-655-4428	B,L,P,S	13	The Spread
Ava Yaley	970-946-8955	B, P	15	Carriage Hill
Cole Yaley	970-946-7649	B, P, S	13	Carriage Hill
Liam Young	720-883-3616	L, S, P	12	North Ranch

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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12 Silver Aspen • \$1,475,000

5 Bedrooms, 5 Baths, Updated throughout, Professionally landscaped yard, Wonderful deck, Finished basement with a guest bedroom, ¾ bath and a workout room, New carpet, New paint, Master bedroom balcony, Views.



33 Tacoma • \$850,000

4 Bedrooms, 3 Baths, Updated kitchen and baths, Formal living and dining rooms, Spacious family room, New carpet, New paint, Wonderful views, Cul-de-sac.



2 Silver Aspen • \$1,425,000

6 Bedrooms, 5 Baths, 3-car garage, Panoramic mountain views, Huge and flat yard, Backs to open space with multiple patios, decks, oversized rooms, and a walk-out basement.



57 Dawn Heath • \$1,050,000

7 Bedrooms, 4 Baths, 3-car garage, Central air, Large fenced yard, Newer windows, Professionally finished walk-out basement with a kitchenette.



164 Willowleaf • \$1,150,000

6 Bedrooms, 4 Baths, Updated throughout with the most thoughtful touches and boasts breathtaking views!



27 Mountain Laurel • \$1,550,000

Custom home with stunning updates throughout. 5 Bedrooms, 5 Baths. Main-floor study, Professionally finished basement with a media room, wet bar, workout room, guest suite and a ¾ bath. Large flat private yard with a covered patio.

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### 2022 SALES

152 Willowleaf  
18 Dawn Heath  
31 Tamarade  
10 Summit Cedar  
2 White Pine Dr.  
17 Mountain Oak  
7222 Mt. Holy Cross  
21 Bridlegate Lane

164 Willowleaf  
2 Mesa Oak  
5 Blue Cedar  
10377 Red Mtn.  
4 Mule Deer

11 Willowleaf  
3 Willowleaf  
4 Mourning Dove  
8 Blue Willow  
15 Mountain High

4 Wild Turkey  
13 Buckthorn  
9 Mule Deer  
54 Blue Sage  
9 Lindenwood

9 Buckthorn  
1 May Cherry  
7622 Davis Peak  
49 Blue Sage  
5 White Fir

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