



Birds of a Feather

Is that you, Sven?!? This Disney-esque photo of two birds riding on the back of a deer feels like a scene straight out of the movie “Frozen!” Photo snapped by resident Todd Collins and submitted by his wife, Sandy.

Love life behind the lens? Consider submitting your photos to *Life at Ken-Caryl* Editor Allison Rager at allisonr@kcranch.org for publishing consideration in an upcoming issue.

ELECTION NEWS	TRASH TALK	ELECTION NEWS	POOL CUES	COVENANT CLIPS
Meet Your 2024 MA Board Candidates!	Order Your Recycling and Trash Totes Online!	MA Board Election is in Full Swing!	2024 Ken-Caryl Pool Updates	Spring into Submittals for Exterior Projects
PAGE 6	PAGE 4	PAGE 3	PAGE 5	PAGE 3

Manager’s Column:
Do Unto Others

PAGE 2

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



PAGE 12

Easter Egg Hunt

Mark your calendars and plan on hippity-hopping on over to our annual Easter Egg Hunt at the Ranch House! This year’s event will take place on March 30 in Ranch House Park from 11 a.m. - 1 p.m.! Kids of all ages can join in the hunt for thousands of Easter eggs, visit with the Easter Bunny and find a ticket in an Easter egg and get a prize! The Crepe Outdoors Food Truck will be offering both sweet and savory crepes. This event is FREE and registration is not required! To view the event schedule, please see the flyer on page 10 of this issue or visit the Special Events page of our website at www.ken-carylranh.org. Thanks to Platinum Event Sponsors Susan Schell and Renewal by Andersen!



Do Unto Others

By Brian Yowell, MA General Manager

Ken-Caryl Ranch is meant to be a haven of harmony and camaraderie. A place we are all proud to call home. A place for the community, regardless of opinion, to rise above, communicate, discuss, listen, hear and compromise for the good of the community. I fear; however, we are on the precipice of forgetting how to work together for the good of the community. How to support each other in a healthy and productive way, and be impactful through positivity, openness and a willingness to support and collaborate.

Negativity, name calling and bullying can cast a dark shadow over our once-peaceful community. The impacts of such activities can easily counteract the crucial role that a healthy contribution to our community plays in fostering an inclusive and supportive environment for all our residents.

With the prevalence of social media and digital communication, the dynamics of community interaction have evolved, sometimes for the worse. Online bullying within our community can take various forms, including cyberbullying, harassment and the spread of misinformation. Such behaviors can lead to strained relationships among neighbors, erode trust within the community, and create an unhealthy living and working environment.

Additionally, such activities can have severe consequences on the mental health of those targeted. Residents, staff and board members subjected to bullying may experience anxiety, depression and a diminished sense of well-being. Community members are meant to support and uplift one another, even if they don't always agree. Such negativity and attacks on one another contradict the very essence of our community.

A community divided is a community at risk. Disputes and conflicts can escalate, tension among residents can be heightened and distrust may flourish. Without trust, communication and collaboration within our community will be further strained, and the ultimate goal of collaboration and compromise for the betterment of Ken-Caryl could be threatened.

Ken-Caryl Ranch is a very special place. I think we can all agree on that. We chose to raise our families here, grow old here, work and live here. What makes us special is our property, our open space, our greenbelts, and our amenities; however none of that means anything without the residents and the healthy communication and collaboration between us all.

A healthy contribution to the community is essential. This involves actively participating in community events, fostering open communication, and promoting a culture of respect and understanding. We should be prioritizing neighborly relations, empathy, and cooperation to build a positive atmosphere that discourages bullying and encourages growth, respect and the betterment of our neighborhoods.

Actively working towards inclusivity and support creates an environment where healthy, respectful dialogs can take place and we can work together for the ultimate goal of making Ken-Caryl Ranch the very best place it can be for all residents. We should be striving to create an environment where differences are celebrated, and everyone feels valued.

Let’s get back to creating an environment where mutual respect, understanding and support prevail.

We are Ken-Caryl.

At your service,
Brian Yowell



February

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
25	26	27 6 p.m. MD Board Meeting	28	29 9:30 a.m. Babytime 10:15 a.m. Storytime		

March

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5 7 p.m. MA Board Annual Meeting (Online Only)	6	7 7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	8	9
10	11 3 p.m. Historical Society Meeting	12 Open Space Committee Meeting Dakota Lodge	13	14 9:30 a.m. Babytime 10:15 a.m. Storytime	15	16
17	18	19 6 p.m. MA Board Meeting	20 4:30 p.m. Covenant Control Committee Meeting	21 7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	22	23
24	25	26 6 p.m. MD Board Meeting	27	28 9:30 a.m. Babytime 10:15 a.m. Storytime	29	30 11 a.m. Easter Egg Hunt Ranch House Park

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.



SCAN FOR
MORE DETAILS
& TO REGISTER





The Tumble Truck

THURSDAYS AT
KEN CARYL RANCH HOUSE!

GROSS MOTOR SKILLS | LANGUAGE SKILLS | TECHNICAL SKILLS | BUILD CONFIDENCE | GAMES | FUN | ROCK CLIMBING WALL | ZIP LINE | TUMBLING | GYMNASTICS | FITNESS | AND MORE!

6 week session
March 28-May 2
\$86 residents | \$112 non-residents

1 YEAR & UNDER 10:30 -11:00AM
2 YEAR OLDS 11:00AM -11:30AM
3 YEAR OLDS 11:30AM -12:00PM
4 & 5 YEAR OLDS 12:00PM-12:30PM



www.thetumbletruck.com | 720-689-3814 | thetumbletruck@gmail.com



Abe’s Tree & Shrub Care

- Removals
- Shrub Shearing
- Pruning
- 10% Senior and Veteran Discount
- Stump Grinding

Abraham Spilsbury
Owner/Operator & Littleton Resident
Certified Arborist WE7555A
VETERAN

OFFICE: (720) 283-8226
CELL: (720) 979-3888

Over 20 years of experience. “I do the estimates and the work.”

Spring into Submittals for Exterior Projects

By Darci Cross, Community Administrator

Hello Ken-Caryl!

Living on Ken-Caryl Ranch offers all kinds of wonderful benefits, and certainly the climate we enjoy is near the top of the list. It won't be long before we will all be thinking of many different projects to enhance our outdoor living areas. Spending time outdoors is surely the lifestyle that so many of us value. Installing a gazebo or a fire pit area, a fountain, etc., are a few of the many projects that can offer additional enjoyment of our warm days and cool nights from May through September. Gazebos can offer shade, shelter and ornamental features to our landscape. They come in a vast variety of designs with windows or screens or concealed electric wiring and all kinds of decorative elements. Gazebos can be free-standing, on a deck, on a porch or attached to a garden wall.

Several gazebos exist in Ken-Caryl Ranch, and I expect more to pop up in the future. If you are contemplating the addition of such a fun thing (or, of course, any other exterior improvement), please remember to submit your plan for architectural review. To submit your plan visit our website at: <https://ken-carylranh.org/resident-resources/home-improvements/>.

Please let me know if you have any questions, I can be reached at 303-979-1876, ext. 109, or via email at darci@kcranch.org

As always, remember to be kind!

Darci



Master Association Annual Meeting is March 5

The Annual Meeting of the Ken-Caryl Ranch Master Association is March 5 at 7 p.m. via Zoom only. The online meeting information and agenda will be posted to our website prior to the meeting. Proxies for Annual Meeting quorum purposes will be part of the online Master Association Board election. When you go online to vote, you will be able to submit your proxy at the same time. If you choose not to vote in the election, an online proxy form will also be available separately. The proxy does not grant your voting privileges to anyone. If you have any questions about the MA Board Annual Meeting, contact Master Association General Manager Brian Yowell at briany@kcranch.org, or 303-979-1876, ext. 113.

ELECTION NEWS

MA Board Election is in Full Swing!

Five residents submitted applications for two open seats on the Master Association Board. You can view their candidate profiles on page 6 of this issue. The Ken-Caryl Ranch Master Association Board election opened on Feb. 12 and runs through March 5 at 5 p.m.

Here's how the election works:

- Residents and businesses with an email address in our accounting system should have received an email from kcr.ivotehoa.com/register on Feb. 12 with voting instructions.
- Those residents and businesses without an email in the system should have/will receive a postcard by or after Feb. 12.
- There is one ballot per household, or business. If you own multiple properties, or are a business, you will only vote once, but your vote will be weighted.
- The election will be done online, but paper ballots will be available at the Ranch House Monday through Thursday from 9 a.m. to 4 p.m., or by appointment, for those residents who do not wish to vote online. **You will need a photo ID to vote with a paper ballot. *Please note the Ranch House is closed to the public on Fridays.**

There are two open positions for the Board, so you may vote for up to two candidates. Questions about the election? Contact Brian Yowell at briany@kcranch.org.

Proud to support the neighborhood

As your local State Farm® agent, I'll be there whenever you need me with Good Neighbor service you can count on. Give me a call.



Virginia Hooper Ins Agcy Inc
Virginia Hooper, Agent
10143 W. Chatfield Ave, Suite 12
Littleton, CO 80127-4245

Bus: 303-973-8883
virginiahooper.com



State Farm
Bloomington, IL

PICTURE THIS! - Crescent Moon

We're over the moon – or under it in this case – for resident Kathy K.'s most recent photo contribution!



FEATURING THE MUSIC OF BOB CHILCOTT
& MEMBERS OF THE KING'S SINGERS

VOICES WEST PRESENTS

simple gifts

the gift to be simple
bob chilcott

yesterday
lennon & mccartney

hallelujah
leonard cohen

you are the new david
john david

and so it goes
billy joel

and others

March 9, 2024 | 7:30 PM
ST. TIM'S EPISCOPAL CHURCH, CENTENNIAL

March 10, 2024 | 2:00 PM
LITTLETON UNITED METHODIST CHURCH

3/9 LIVE STREAM & TICKET INFO AT VOICESWEST.ORG

Voices West
CHORUS OF THE COLORADO FRONT RANGE

Our 45th Season

Recycling Update: Order Your Recycling and Trash Totes Online!

By Brian Yowell, MA General Manager

Per our current contract with Waste Connections, recycling pick-ups will continue on a weekly basis until Ken-Caryl officially transitions to bi-weekly recycling collection services on May 1. Once the new contract goes into effect, only recycling in approved Waste Connections totes will be collected. To accommodate resident preferences and needs, residents may request recycling totes in pre-

approved 64-gallon or 96-gallon sizes via an online form posted to the Community Announcements page of our website at www.ken-caryl-ranch.org. Photos and dimensions for each tote are also available on our online form. Residents may also request additional recycling totes using this form for an additional \$6 monthly fee that will be billed to you directly by Waste Connections.

The delivery of the new recycling totes will be prioritized prior to the start of bi-weekly recycling collection services on May 1; however, residents may also request new trash collection totes in either 64-gallon or 96-gallon sizes via the online form that will be kept on file and delivered at a later date. Residents will receive delivery information once it becomes available.

Please note: If you have a Waste Connections tote with an orange lid, you are not required to place an order to replace your tote. Waste Connections will take your small bins once they drop off your new totes, just mark it with "Trash, please take." Due to room, it may take a few trips to collect all of these bins, so please be patient. They will be collected at no charge. Have a tote from another trash provider? Waste Connections stickers are available at the Ranch House and the Community Center for pick-up to cover your previous provider's logo. Residents are also encouraged to bring any old bins to Ken-Caryl's Annual Recycling & Clean-Up event at the Ranch House on May 4. Stay tuned - event details to come!

Please stay tuned to all our communications channels for any additional information or updates. Questions? Please contact Darci Cross at darcic@kcranch.org.

● RANGER FIELD NOTES



Bag it, Can it, Simple!

By Peter Marozas, Park Ranger

One thing I have noticed over the years is an increase in the plastic dog waste bags left alongside the trail or around our rules stanchions.

We appreciate dog owners who dutifully bag their dog's waste, but unfortunately, some leave the bag alongside the trail, forgotten forever, as if hoping that some dog-poop fairy will take and make them go away.

Others think that "stashing" it or leaving a "marker" to remind them where it was placed is understandable; however, it can be forgotten and causes littering in the open space. As a friendly reminder the rule regarding dog waste is as stated... *"Owner or handler will be responsible for any damages caused by their animal and must pick up and take out pet excrement after their household pets."*

With dog dispenser cans and bag stations located at convenient areas of our trail system, there is no excuse not to bag it/can it. It's that simple!



Life is great when you
ADD-A-DECK!

SCHEDULE NOW for SUMMER specials!

Add-A-Deck
of the Rockies

303-838-3397
addadeck@gmail.com
addadeckoftherockies.com

Trex PRO
PLATINUM



Katie Bolling

- Strong professional experience in non-profit fundraising and management
- Passionate about community building
- Dedicated to transparency

Vote for Katie Bolling

Ken Caryl Master Association

Hay Neigh-bors:
Equestrian Center
Tack Donation
Drive Supports
Therapeutic Riding
Center

By Allison Rager, Editor

For the love of horses and community. Resident and Equestrian Center boarder Andrée DeBauge “led” a donation drive in January to collect horse tack, which consists of equipment or accessories used to ride, drive or handle horses in their domesticated life, to benefit Hearts & Horses, a non-profit (501c3) therapeutic riding center in Loveland, Colorado.

“I am so proud of our horse community coming together to generate three truckloads of donated tack for the Tack Shoppe at Hearts & Horses,” said Andrée, who organized the donation drive and spread the word via social media. “The proceeds from the sale of these items will be so important in supporting the amazing programs Hearts & Horses offers. I am grateful to Kathryn Yuma, Development and Communications Director at Hearts & Horses, for taking us on informational tours of their incredible facility and educating us about the important work they do there.”

According to Andrée, a total of eight English and Western saddles,

more than 50 saddle pads, bridles, halters, lead ropes, cinches, more than 50 weather blankets and a variety of other accessories, like protective leg boots for the horses, were donated to Hearts & Horses Tack Shoppe for sale. Proceeds from the sale of these items will go to support the non-profit’s many programs like equine-assisted therapies to support the cognitive, physical, emotional and social well-being of people with disabilities, including those with movement disorders and memory-related conditions.

“Your generous donation of tack to the Hearts & Horses Tack Shoppe provides so much more than monetary rewards,” said Hearts & Horses Tack Shoppe Manager Donna Weyer. “Because the money raised goes to the program, supporting both horses and staff, horse blankets, bits, and saddles are magically transformed into smiles, friendship and horsey love. The tack you donated also supports our local equine community by providing safe, budget-conscious options for local horse owners. As we sell these items over the next few months, I expect that the thousands of dollars generated

will create great experiences and opportunities for our riders. Thank you so much for caring and supporting our programs here!”

According to Andrée, the donations

collected, which included unwanted items cleaned out from the Equestrian Center, totaled more than \$5k to support the non-profit and its many therapeutic programs.



Hearts & Horses Tack Shoppe Manager Donna Weyer inside the Tack Shoppe. Proceeds from the sale of donated items in the Tack Shoppe support the non-profit’s many therapeutic riding programs. Photo courtesy of Hearts & Horses.



Ken-Caryl residents deliver loads of horse tack to Donna Weyer, far right, creator and purveyor of Hearts & Horses Tack Shoppe.



ESSEX
MEDSPA



MEET
JENNIFER!

Our newest Nurse Injector. She recently moved from Hawaii and brings 10 years of injection experience!

BOOK WITH JENN IN MARCH AND RECEIVE \$1.00 OFF PER UNIT ON JEUVEAU OR BOTOX.



Jill Sohayda, MD

Save our new address!
9200 W. Cross Dr., Suite 319
Littleton, CO
Located in the Target Parking Lot
www.essexmedspa.com



YOUR PLACE FOR ADVANCED AESTHETIC AND HORMONE TREATMENTS.

POOL CUES

2024 Ken-Caryl Pool Updates

Ranch House Pool Climbing Wall
We’re thrilled to share the news of an upcoming enhancement to the Ranch House pool! As part of our 2024 season, we’re introducing a climbing wall in the dive well, situated opposite the diving board. Thanks to the generous sponsorship from Gravina’s Window Center of Littleton, this exciting addition will be open for guest enjoyment all summer long!

Staff Supervisor Position
We are seeking to recruit four Aquatics Staff Supervisors whose main duties involve overseeing lifeguards, assuming a leadership and mentorship role in daily operations, providing staff training, upholding rigorous standards for lifeguard skills, and prioritizing the safety of both visitors and staff.

Policy and Pool Rules
In order to create a positive environment for all users, we will be updating the pool rules. The revised rules will be announced in the spring. Stay tuned!

Weather Cancellation Policy and Updates
Pools will close for the day if the high is forecasted to be 60 degrees or less otherwise, they will remain open regardless of attendance.

Cashless Payment
Our pools will be adopting a cashless payment policy this summer. All non-residents visiting the pools are encouraged to either purchase their passes online before arriving at the pools or bring a credit or debit card with them. Apple Pay/Google Pay are accepted.

Meet Your 2024 MA Board Candidates



Katie Bolling
Resident Since: 2010
Phone: 312-498-6155
Email: katiebinkc@gmail.com
Occupation: Sales and Community Building
Community and/or civic organizations, clubs, and office held: Ken-Caryl Trail Club: Communications Manager (1 yr) and VP (1 yr), Bradford Running Club - Assisted in establishing club
Hobbies: Reading, being outside, traveling, hiking, skinning, watching soccer, riding bikes, sitting in the sunshine, non-profit involvement, writing, gathering with neighbors and managing my lifestyle brand, Advanced Recess
Why have you declared your candidacy for the Board of Directors?
I have decided to be a candidate for the MA Board because of my lifelong dedication and love for strong community building and my experience in the non-profit sector. In 2008, I was hired as the first official fundraiser for a humanitarian-focused non-profit that connects students to schools, healthcare workers to patients and entrepreneurs to markets. The organization was in its infant years and had established programming in Africa but was primarily raising funds through the founder's family. I was hired to create a grassroots network

and for the next ten years dedicated my career - and heart - to the work. The organization grew from being funded by about 200 donors to close to 100,000 over that ten years and our budget grew tenfold. As part of this - and as the lead fundraiser in the organization - a major part of my job was communicating with the highest integrity and transparency to our community of donors. Throughout the ten years there, I am 100% confident that we ran the organization with the highest-level transparency, the highest level of integrity and the highest commitment to our donors in which they could fully trust responsible management of their donations to create maximum impact in the mission. In the spirit of my love for the community of Ken-Caryl, I want to bring those skills that I contributed to my non-profit work to the MA Board. I run my campaign - and commitment to the community - on these promises: I will ensure transparency within the Board to our community members, I will represent all community members through listening and thoughtfulness, and I will dedicate myself to creating strong relationships and bonds to strengthen our community and collective community spirit.
What skills or qualifications do you bring as assets to the KCRMA Board of Directors?
As I shared above, I bring knowledge from my career in the non-profit sector in addition to strong community-building skills that have been a major part of my entire career. Igniting enthusiasm, building connections, hosting events and creating impact through passion are all part of building strong communities and I want to use these skills to better our community. Furthermore, I have two bachelor's degrees, one in Accounting, and one in Business Management, and have used these degrees throughout my career and spent five years as the controller for an international travel company that was hit hard following 9/11/01. The company made it through and I'm pleased to share that it's thriving today. Building on my experience in the

non-profit space, I was recognized by my peers across the country as the best-case example of a leader building a strategic, impactful grassroots campaign for #GivingTuesday and spoke on this topic many times at the national level. Wanting to act in the spirit of "a rising tide lifts all boats," I shared my knowledge and mentorship with many other non-profits... and some that were competitors in the same space. I firmly believe in the mentality that we are stronger together and will represent our community with this core belief.
In general, my work at the non-profit blended my skills in accounting, community building and fundraising that helped establish the charity as a globally recognized leader in fulfilling an important mission: building connectivity. And now I want to bring this skillset to our community because I truly believe that the more we are all connected - through relationships, knowledge, access, trust and transparency - the more we will thrive.
Board Members serve as liaisons on the various KCRMA committees: Architectural, Community Planning, Covenants, Election, Historical Society, and Open Space. On which committee(s) do you wish to serve as a liaison? Why?
Equestrian Center Committee. I am interested in serving on the new Equestrian Center committee given this unique asset in our community. It's always been one of the first points I make about our community when families and friends visit. Given my love of nature and being outside, I also think it's a vital resource of ours and one that I know adds incredible value to many neighbors in Ken-Caryl. In general, I want to become engaged in the work around this important part of our community.
What do you see as the major issues facing the KCR community over the next three years, and how would you deal with those issues as a Board member?
I see these topics as major issues:
• Board governance and transparent communication to community

members
• Expense management and ensuring community members have clarity and transparency around their dues and where they go towards
• Neighborhood appeal - ensuring Ken-Caryl continues to attract a vibrant and energetic community
• Continued care and stewardship of our extremely unique access to nature through trails
• Care and focus around the valuable asset of our Equestrian Center
I would deal with these issues through listening, learning and engaging in thoughtful conversation with community members about these topics and ensure that I represent our community with humility, integrity, enthusiasm and real passion for wanting our community to thrive. I would strive to meet new community members and aim to always be open to thoughts, ideas and feedback. Furthermore, for those who know me within the community, I would say they would possibly say a few things about me: that I truly love bringing people together - just the joy of seeing people together and connecting with one another makes me very happy. And, I would also say they know that I thrive in atmospheres that allow for more meaningful conversation and connection. I enjoy thoughtful interactions that allow me to connect, listen and truly feel engaged. I will approach the issues above with that same spirit and work towards outcomes that best represent our community.
What is your vision for the future of Ken-Caryl Ranch?
I come to this opportunity with a love of nature and outdoor connection. In one of my favorite books, the topic of Shinrin Yoku is discussed: the art of Japanese "forest bathing." This concept is around the deeper we are in nature, the more health benefits there are and this is how I feel about our access to nature here in Ken-Caryl. I am not the most common trail user in our community but, when I do, I feel a sense of connectivity, calmness and happiness



MUSIC TOGETHER

AGES 0-5

TUESDAYS, MARCH 26 - MAY 28
9:15 A.M. OR 10:15 A.M.
AT THE RANCH HOUSE

10-WEEK SESSION



SCAN TO REGISTER AND FOR MORE INFO





Scan Here To Register



Preschool
Tuesdays
March 26 - May 7 (7 wks)
3:00 p.m. - 4:00 p.m.
Ages 3-5
Ken-Caryl Community Center

Parent-Tot
Thursdays
March 28 - May 9 (7 wks)
10:30 a.m. - 11:10 a.m.
Ages 18mo-3yrs
Ken-Caryl Community Center

Over 70+ activities in our curriculum!

• FOOTBALL	• OBSTACLE COURSE
• HOCKEY	• TENNIS
• BOWLING	• CROQUET
• MARTIAL ARTS	• JUMPROPES
• SOCCER	• AND MORE!!!

A New Focus Each Week!



Our multi-sport enrichment program is designed to enhance children's physical fitness, cognitive development and confidence! Our trained coaches get children active and engaged through sports exploration in a safe and encouraging environment! Dive into the world of movement and fitness with this introductory program specifically designed to promote learning and a life-long love of fitness!

QUESTIONS? CONTACT:
Staci Lifshen, Owner of JumpBunch Suburban Denver
stacilifshen@jumpbunch.com | (720) 979-9828
<https://amazingathletes.com/co/suburbanedenver/>



that require our best thought leaders to start working today. The 2021 Community Survey has been a point of contention and ambiguity that needs to be addressed. Future surveys must clearly address issues allowing resident's opinions to be heard directly instead of open to interpretation.

The Firewise Committee is about protecting our homes, residents and open space. Having lived in Superior, CO, I watched my old neighborhood burn down live on TV in 2021 as the Marshall Fire swept through overgrown, fuel filled, open space land. The Waldo Canyon Fire destroyed beloved childhood memories where I grew up in Colorado Springs. Our own Ken-Caryl close call on Dec. 27, 2021 - when a large fire along C-470 evacuated us from our home - cannot be forgotten. So when I see the single issue, "conservation-"minded candidates, focused on micromanaging our use of open space, I can't help but think that it misses the mark on what conservation should be about. Fire is our biggest risk and that risk isn't going away. Throughout the summer months, you can find me volunteering in Ken-Caryl through fire mitigation work, noxious weed removal, trash pick-up, and other open space activities. You can find a picture of my daughter and I doing fire mitigation with the Ken-Caryl Rangers on page 4 of the Sept. 27, 2023, *Life at Ken-Caryl* newspaper! I'd be honored to help this committee.

What do you see as the major issues facing the KCR community over the next three years, and how would you deal with those issues as a Board member?

The major issues I'd prioritize:
Population Growth and New Development - Ken-Caryl is undergoing expansion with the two NADG developments. We need to ensure these are developed under the architectural and covenant regulations and get a head start on understanding what resources will become strained with the increase in residents and how to mitigate that.
Fiscal Responsibility - Transparently ensuring services and fiscal viability are not compromised while balancing limited finances/resources.
Listening to the Residents - We have brilliant and successful residents that need to be heard in shaping the future of Ken-Caryl. Residents deserve more awareness of issues and a frictionless

way to give input. Board meetings (i.e. 1/10/2024) with only 48 hours' notice cannot be the way forward. This is about overall transparency, not just fiscal transparency. We need to get two-way communication flowing and we'll all be better for it.

Fire Mitigation - Continued support for the Firewise Committee's recommendations is essential. Efforts should be intensified to educate residents on implementing fire mitigation measures.

Open Space Management - Acknowledged as our #1 amenity in the 2021 survey, let's update the Revised Open Space Comprehensive Management Plan. Striking a balance between conservation and recreation is vital, considering residents' diverse perspectives. The goal is to protect our significant natural, cultural and historic resources while still allowing low impact educational and recreational use.

Equestrian Center - Support the new Equestrian Center Committee to help provide management, operational direction and recommendations for the facility. Recently, 30+% fee increases hit boarders with no notice or input. Again, the theme is transparency, we can do better.

What is your vision for the future of Ken-Caryl Ranch?

I envision the future of Ken-Caryl Ranch continuing to be one of the most desirable neighborhoods within metro Denver. Achieving this requires a commitment to conservation and responsible resource utilization, coupled with proactive decision-making to address upcoming challenges. Ken-Caryl is a vibrant and active community, ideal for living, conducting business and raising a family. Let's start electing MA Board members that will act as representatives for us. What we see right now is hidden agendas and a series of decisions being made with undisclosed reasoning and minimal community input. This has only served to keep residents in the dark as to what is happening and where our money is being spent. The chaos and clandestine activities must end.

Personally, I feel I am a reflection of many new residents in Ken-Caryl. My wife and I relocated from another Littleton neighborhood to Ken-Caryl nearly 10 years ago, and we've become wholly invested in the community

- forging connections through friendships, neighbors, kids, Bradford Elementary, Ken-Caryl Lightning Swim Team and many other activities. With our long-term commitment to this community, my vision is for others to share the same connection and passion for Ken-Caryl. Preserving this sense of community is paramount for the future of Ken-Caryl and a vision we must all collectively protect and maintain.

I'm ready to represent all of us - no matter if you're new to the neighborhood, been here since the 70's, or something in between. The fabric of our community is everyone in it and it's time to invest in growing new and diverse leaders for our community's future.

What is your philosophy toward Ken-Caryl Ranch amenities and spending money on those amenities?

What sets our neighborhood apart is the fantastic range of amenities and it's imperative we preserve and enhance them. Addressing budget considerations involves a dual focus: determining appropriate expenditures and then strategically allocating funds based on feedback from homeowners. I'll advocate for a transparent budgeting approach and target investments that maintain the neighborhood as a desirable and engaging place for both current and future residents. It's no secret that many families move to Ken-Caryl for the amenities.

The key is to plan and be intentional about spending on the amenities that matter most to the residents. While individual preferences may vary, everyone should have a voice in shaping what holds significance for them. I'm all about ensuring residents are in the loop about tough budget decisions and the choices being made. Those monthly dues? They should go towards things that truly matter, and we're going to be transparent and proactive about where that money is spent. Responsibly investing in our community doesn't just make financial sense - it boosts our overall well-being and makes our neighborhood an even better place.



Rilla Reinsma
Resident Since: 1992
Phone: Candidate chose not to publish
Email: outdoorenth@gmail.com
Occupation: Retired
Community and/or civic organizations, clubs, and office held:
Community Planning Committee
Open Space Committee
Love INC/Impact Kids
Hobbies: Reading, genealogy, walking/hiking, gardening
Why have you declared your candidacy for the Board of Directors?

As a KCR resident for 32 years, I have observed our community changing. We have grown in the number of residents, but at the same time, we have lost some of the diversity and quantity of wildlife, which calls Ken-Caryl home.
In the last 8 years, I have attended most of our community meetings. I have served on the Community Planning Committee (CPC) since 2017. During this time, I have become aware that there are many residents who are very concerned about the preservation of our open space which includes the wildlife, flora and fauna. We celebrate the history of our areas with artifacts, which have been found (and we can wonder what life was like here thousands of years ago).
A balance is needed in the KCR community between recreational activities that we all enjoy, and the

TOGETHER JEFFCO 2045

County Plans and Regulations Update

JEFFERSON

COUNTY COLORADO

JOIN US FOR THE UPCOMING COMMUNITY OPEN HOUSES

TO TO HELP DEFINE THE VISION THAT WILL SHAPE THE

FUTURE OF JEFFCO!

¡SE LA INVITA A ASISTIR UN EVENTO COMUNITARIO! AYUDAR A DEFINIR LA

VISIÓN QUE DAR FORMA AL FUTURO DEL CONDADO DE JEFFCO.

March 4

6:30 - 8:30 PM

Golden Gate Grange

25201 Golden Gate

Canyon Road, Golden

March 5

6:30 - 8:30 PM

Evergreen High School

29300 Buffalo Park Rd.

Evergreen

March 7

4:00 - 6:00 PM

Lookout Mountain Room

Jeffco Administration &

Courts Building

100 Jefferson County

Parkway,

Golden

Spanish interpretation will be provided and children are

welcome at each event.

Se ofrecerá interpretación en español y los niños son

bienvenidos a asistir.

Join the conversation by

visiting togetherjeffco.com!

¡Únase a la conversación

visitando togetherjeffco.com!

Introduction to Zen

Practice & Philosophy

Journey through Zen's

philosophical

foundations, core

teachings, and

meditations in this FREE

program. Registration

required.

Scan for more info &

to register

Sundays, April 7- May 12

Community Center

9:30 am-11 am

needs wildlife require to thrive. A different balance is also needed by having more female voices on our Board. It has been male dominant for the majority of the 32 years I have lived here.

If elected, I will continue to speak for all the residents, as I have been doing in all the meetings I have attended. Implement the results of the last 3 community surveys, which support creating a conservations area in our open space, with night-time and seasonal closures to allow for the health and well-being of the wildlife during breeding and other critical times. More shade structures are being added to pools and various playgrounds, which was also supported. Fiscal responsibility by making sure our dollars are put to their best use. Working to make KCR a better community than it already is. Let's preserve KCR open space s it is today and continue to improve the rest of KCR aesthetics.

I would be honored to represent you.

What skills or qualifications do you bring as assets to the KCRMA Board of Directors?

I spent nine years in the field of secretarial science, prior to staying home and raising two sons. When the boys began playing competitive soccer, I assisted in managing their teams and being the treasurer paying fees. I also recorded the stats for their high school soccer teams for 4 years. Later on, for 13 years, I began volunteering with YES Entertainment, a non-profit organization, working in and managing concessions stand in the Denver metro area. These venues included Dick's Sporting Goods Park, Fiddler's Green Amphitheater, Pepsi Center, Coors Field, Denver Coliseum and Red Rocks Amphitheater. Managing these concessions stands meant I was responsible for 3-12 people (depending on venue), product inventory, opening and closing paperwork, food health safety documentation and monies collected at the end of the night that was turned in to the venue cash office.

I took pride in being very accurate in my numbers with each venue - paperwork and monies. After our sons left for college, I worked retail for seven years, as a customer service employee and working out on the floor. I also had to think of creative ways to solve a customer's problem, whatever the issue was. I have been "retired" from outside the home jobs for a few years and am enjoying being able to give my time by volunteering in other areas. Besides attending KCR meetings, I previously volunteered by tutoring in reading and math 1 day a week during the school year with WhizKids; and still do childcare for a couple hours 1 evening a week with Love INC, while parents are attending classes.

Within KC, and as research for my attendance at board meetings, I maintain over 20,000 pages of KCR documents dating back to its inception.

Board Members serve as liaisons on the various KCRMA committees: Architectural, Community Planning, Covenants, Election, Historical Society, and Open Space. On which committee(s) do you wish to serve as a liaison? Why?

I have served on the Community Planning Committee (CPC) since 2017 and would like to continue my relationship there as a liaison. I have also just been appointed to the Open Space Committee, but this committee already has a good MA liaison. The CPC has a broad remit and is consequently one of the most important committees within KCR, as it represents the "pulse" of the community and its desires. The information provided by the last two community surveys show what the community feels is most important (or not) to KCR and informs our Board(s) as what budget priorities should be for the future. Surveys also bring to the forefront the desire for boards to be fiscally responsible with our dues. Some historical survey questions have been ambiguous, and as a result, the open-ended comments written take on much

greater significance. If the Board(s) are not listening to the residents, then why were surveys sent out? We need to fulfill resident wishes as best we can, knowing that all will not or may not be able to come to fruition. If wishes or desires can't be fulfilled, then the Board needs to inform the community as to why, and that hasn't always been conveyed the best. Information is the best avenue available to the community and it must be shared. The KCR residents will know that they are being listened to.

What do you see as the major issues facing the KCR community over the next three years, and how would you deal with those issues as a Board member?

- * Preservation of open spaces are needed for our wildlife and their survivability. They require a respite from human contact for hunting in the nighttime or just resting and conserving energy for the next day for food foraging. This is an easy issue to resolve, we just need to have respect for everything around us and not treat wildlife like a nuisance.
- * Be fiscally responsible with monies (dues) received. Monies spent on "X" - is this the best use? Can these same monies be put to better use elsewhere?
- * Being Firewise. This will always be important, as fires are a part of nature, just like other weather conditions. The majority of fires that have occurred here in CO and our nearby communities have been human-caused. Disturbing the open space landscaping impacts the requirements wildlife needs for survival. If trees and shrubs are eliminated, there is a loss of habit (perches for hunting, nest building) and food sources from trees/ bushes, which cuts down on the survivability wildlife species need that live here in KCR. We need to be Firewise, yes, but within reason.
- * Vandalism, crime and trespassing. While we live in an area that is not a high crime area, there are "bad" people everywhere. We all need to

do our part to deter vandalism and crime. KCR founding documents state open spaces are for residents only. Emphasizing that KCR open spaces between neighborhoods and on the foothills are private, must be widely communicated.

What is your vision for the future of Ken-Caryl Ranch?

A number of years ago, KCR had a saying -- "Ken-Caryl Ranch - True Colorado Living." I think we have gotten away from this statement over the past few years, but we can get back to living it again. Like all communities, there are challenges to overcome. Resident priorities from the surveys are being implemented. Fencing replacement is now a budget item that started 2 years ago. Now the Equestrian Center is being improved, which has historical value too. Biological studies have shown that KCR is an area with a lot of historical significance with geological rarities in it. These need to be preserved now, for future generations, and for the state of Colorado as well. KCR Committees should be made up of a variety of residents. KCR has a wealth of expertise that can, and should be, drawn from for the benefit of the whole community. Improving on what we already have, by drawing from KCR experts, will keep us unique compared to other developments on the side of Denver metro. Let's be able to say again that Ken-Caryl Ranch is True Colorado Living.

What is your philosophy toward Ken-Caryl Ranch amenities and spending money on those amenities?

KCR has some great amenities. We need to preserve our open space as it is, as of today, for the future. We need to continue to work on improving remaining amenities and the aesthetics of the entire community. Residents need to know that their voices are being heard on all topics, as to how or what is being replaced, changed, or may have to be eliminated and why. It's our hard-earned money that is paying for all this. There will most likely be some that are not happy with changes, but remember the Board's job is to try and do what's best for the entire community as a whole. We need to live within our means, with what we have and show the community their monies are being spent wisely. What benefits the whole community? Does it raise everyone's home value? Does it improve the aesthetics of the entire community? KCR is a unique area and it's hard to compare with other communities, because it's not an "apples to apples" comparison. The Board needs to do its best using everything wisely, being fiscally accountable with monies, and respectful to all residents giving them their best decisions.

I will do my very best to be a responsible MA Board member with your vote.

continued on page 8

5-12 YRS

Ages vary by camp!

SUMMER

ENRICHMENT

2024

CAMPS

6/3-8/2

WEEK-LONG CAMPS!

FUN4ALL

Play Well

MAD SCIENCE

The KCR Ranch House hosts several reputable camps this summer!

FROM UNIQUELY THEMED WEEKS TO SCIENCE EXPERIMENTS TO EXPLORING BUILDING & ENGINEERING CONCEPTS. EACH PROGRAM BRINGS AN ENRICHING & FUN CAMP FOR YOUR CHILD TO LOOK FORWARD TO!

REGISTRATION BEGINS ONLINE MARCH 11 FOR RESIDENTS & MARCH 25 FOR NON

Interested in Advertising in Life at Ken-Caryl?

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

Display Advertising & Classifieds

April Crockett, aprilc@kcranch.org
303-979-1876, ext. 117



Carrie Scott

Resident Since: 2013
Phone: 720-480-8088
Email: Carrie.Scott@comcast.net
Occupation: Healthcare Executive
Community and/or civic organizations, clubs, and office held: Colorado Managed Care Consortium (CMCC), Board Member 2015-2017; Colorado Software and Internet Association (CSIA), Committee Board Member 2005-2007; various volunteer roles: Colorado Women’s Chamber of Commerce, Girl Scouts of Colorado Troop Cookie Campaign, South Jeffco Baseball Team Parent; various volunteer opportunities for dance, school and local charities.
Hobbies: Reading, scuba diving, spending time with family, friends, and my dogs, travel
Why have you declared your candidacy for the Board of Directors?

I am increasingly uncomfortable with the growing divide in our community and feel that the Board of Directors could use an infusion of leadership, collaboration, transparency and common sense from a leader with experience in strategic planning and assessing competing priorities.

What skills or qualifications do you bring as assets to the KCRMA Board of Directors?

I am a Lean Blackbelt with proven results in creating high-functioning teams, process improvement and data-driven decision-making. I am a results driven individual who believes in communication, collaboration, and aligning the various priorities, often competing priorities, of various stakeholders. I use a data-driven, common-sense approach to my decision making, often meeting with subject matter experts to understand the pros, cons, risks and standards before committing to that decision. My ego does not prevent me from asking questions, doing a deeper dive into issues, and collaborating with those divided by an issue.

Board Members serve as liaisons on the various KCRMA committees: Architectural, Community Planning, Covenants, Election, Historical Society, and Open Space. On which committee(s) do you wish to serve as a liaison? Why?

I do not come to the decision to run for the Board with a predisposition

or agenda for one committee over another. I would not consider myself a subject matter expert and as such, would serve on the committee that has the greatest need for support, objectivity or in need of a liaison.

What do you see as the major issues facing the KCR community over the next three years, and how would you deal with those issues as a Board member?

The most pressing issue for our community is the divide between the incoming residents and the established residents. There are now potentially 4 generations of residents in our community with incredibly different priorities and day-to-day expectations. It is time for compromise, prioritization of needs, and a recognition of all residents within the community through various mechanisms of feedback to the Board, including meeting participation, town halls, virtual events and surveys that ask the right questions. Additionally, the growth within the KCR community continues, which will tax the current infrastructure from trash to trails to roads to recreation areas and wildlife safety/preservation. We need to come together to strategically plan for this growth and recognize we are doing so behind the curve. Safety is also a concern as I continue to see neighborhood posts about car break-ins, thefts and crime in, or very close to, our beloved community. We need

to proactively create solutions to the incidents occurring in and around our proximity.

What is your vision for the future of Ken-Caryl Ranch?

A beautiful and safe community that is respectful of one another, the wildlife and the beauty that is Ken-Caryl. I am in awe when I drive through the community and we need to create and maintain a way to establish a mutual respect for our neighborhoods by the residents and those visiting the area.

What is your philosophy toward Ken-Caryl Ranch amenities and spending money on those amenities?

I would define the amenities to include the pools, the clubhouses, the courts, the playgrounds, the open spaces, the horse stables, the historical artifacts and the trails. I do not use and have not used all of these amenities but they are an important component of our community and it is a privilege to have use or access to any one of them so close to my home. They are important and require financing for maintenance, preservation, improvement and growth.



Philip Varley

Resident Since: 1993
Phone: 303-946-1941
Email: philipvarley@gmail.com
Occupation: CFO and Board Director
Community and/or civic organizations, clubs, and office held: Ken-Caryl Water District: 2004 - 2012, 2020 - present
Hobbies: Hiking, skiing, flying, travel
Why have you declared your candidacy for the Board of Directors?

I was elected in 2021 to represent ALL of the residents of Ken-Caryl, and I want to continue the progress we have made, to accomplish the following:

1. Assure budget and fiscal integrity.
2. Preserve, protect and enhance our priceless, signature landscape and our unique flora and fauna from fragmentation and visual degradation.
3. Promote a safe, enjoyable and world class experience for all users of all amenities, including pools, tennis courts, buildings, parks, trails and open space.
4. Ensure proper maintenance of existing facilities, particularly fences in The Plains, so that the visitor’s first impression of Ken-Caryl is one of delight.
5. Enhance our home values and quality of life.

We have made significant progress towards those goals in the following ways:

1. Questioned every project for costs and obtained competitive quotes. Consequently, the pond dredging proposal was reduced by \$150k, and the Ranch House parking lot resurfacing expanded from a simple overlay, which would have not addressed the drainage, cracking or



EASTER EGG HUNT

SATURDAY, MARCH 30
11 A.M. - 1 P.M.
RANCH HOUSE PICNIC AREA

HOP ON OVER TO THE RANCH HOUSE FOR 7,000 EGGS TO HUNT, A VISIT WITH THE EASTER BUNNY, YARD GAMES AND A FOOD TRUCK!

EGG HUNT TIMES:

0-2 YRS: 11:30 A.M.
3-4 YRS: 11:45 A.M.
5-7 YRS: 12 P.M.
8+ YRS: 12:15 P.M.

FIND A TICKET IN AN EASTER EGG AND GET A PRIZE!!

Thank you to our generous sponsors:



disintegration, to a well-engineered total replacement with professional engineering oversight. To increase revenues to the Association, we began investing Reserve Funds in interest bearing CDs.

- 2. Preserving the environment. We prevented the concreting of the Plum Thicket dirt trail. "Paving paradise" would destroy Ken-Caryl's unique character.
- 3. Promoting the betterment of ALL recreation facilities. The Equestrian Center has seen significant restoration work, to the extent that there is now a waiting list for boarding.
- 4. The Fence Task Force was created and recommended a ten-year plan to replace all perimeter fencing - Continental Divide Road's has been replaced. Chatfield Avenue has been contracted for 2024. These significant aesthetic improvements create a positive first impression of a well-cared for community.
- 5. Together, the above achievements contribute to everyone's home values appreciating and a better quality of life.

What skills or qualifications do you bring as assets to the KCRMA Board of Directors?

I bring historical knowledge through having lived here for 30 years. I remember what the "original KCR" was like – welcoming, family oriented, vibrant, green, rural, tidy, proud. I moved here because the "open space" behind my first house in the metro area had been rezoned for residential development, without any consideration of the negative

effects on existing residents. So before moving here, I read our Declarations which promised an "oasis of natural beauty close to the city", where the open space would never be developed. In my 30 years here, I have gained historical knowledge of the subtle changes made, and the issues those changes have created, as represented by over 2,000 written comments in the resident survey. I have seen the results, both good and bad, and always consider the harder to discern longer term impacts as being far more important than any short term benefits. At a recent KCRMA Board meeting, a new resident who had moved from Denver stated his opinion that "urbanization was coming to KC and there was nothing we could do to stop it." I do not accept that conclusion. Our Board has the ultimate power to prevent ANY changes to our way of life. Those who we elect will determine what we become, but my promise to you is this: for as long as I am a Board member, I will stand up to preserve Ken-Caryl's natural character the way it is today, so that our children can be proud to say they are part of this unique community.

My professional qualifications include being a Director of the Ken-Caryl Water District, and Member of Council (the governing body) of the Institute of Chartered Accountants in London. I am a Chemical Engineer by degree, as well as holding an Active CPA license.

Board Members serve as liaisons on the various KCRMA committees: Architectural, Community Planning, Covenants, Election, Historical Society, and Open Space. On which committee(s) do you wish to serve as a liaison? Why?

As current Board member, I serve as liaison to the Metro District Board and the Water Board. I am happy to continue in those roles, if the new board so chooses. I was also liaison to the specially created Fence Task Force whose recommendations for a ten-year replacement plan of all perimeter fencing was approved by this Board, and for which approximately \$200,000 per year has been budgeted. The results of this work are so far visible on Continental Divide Road and, provided I am retained as a board member, will see Chatfield Avenue begun his year.

With regard to interest in other committees, there are two which are particularly close to my heart.

Open Space: To maintain Ken-Caryl as a pristine oasis surrounded by a concrete jungle, we are fortunate to independently manage over 5,000 acres of open space. As we already maintain 45 miles of private trails within this area, at a trail density of 10 times that of Jefferson County's open space, we should leave the remaining land in its natural condition. As the urban area inexorably expands, we will see greater demand for our unique offering, providing financial benefit to all residents through greater property values. The Open Space Committee is responsible for ensuring that there is a balance between conservation and other uses.

Community Planning: Another resident survey is likely to be commissioned in 2025. It is imperative that the questions are formulated in a way which can only have one clear answer. In the past, badly worded questions such as "are you satisfied with the trails," or "should the MA maintain or improve trails" have led to disputes as to what is meant by

a majority agreeing. I would like to ensure that the questions proposed in the next survey are much more specifically written.

What do you see as the major issues facing the KCR community over the next three years, and how would you deal with those issues as a Board member?

Maintaining the appearance of our community and ensuring that dues are prioritized on improving the public face of the community. This means fences, buildings, signage, roadways (medians and verges in particular). We must continue to enhance the physical structures that we own – Equestrian Center, tennis courts, swimming pools, fences.

We must aggressively protect against any attempts to degrade our greenscapes. Our trees and turfgrass along our roads, especially Valley Parkway, Ken Caryl Ave., and Continental Divide must be protected against those who would take down mature trees, remove rose bushes and ornamental shrubs, and replace cooling greenery with heat reflecting stonescapes, or worse, replace the strips of grass between the sidewalk and the paved road with concrete slabs.

The few acres of community greenbelt at such road junctions as Amaranth and Valley Parkway, or Ken Caryl Ave and Continental Divide Road, must not be allowed to die off in 2024, as they were in 2016 before community pushback caused the irrigation system to be turned back on. I will stand against these 2024 "xeriscape" proposals, and ensure that our green and pleasant community is not turned into a "Scottsdale look-alike."

Working within a fiscally conservative budget, it makes no sense for plans to be made to "change what already works" or "build new while we let existing structures rot." We MUST ensure that every facility we currently own has had ALL deferred maintenance remediated before even considering building new, or tearing out what we have, simply on a whim. We have started to address the rot (pun intended) with the fences, it would now benefit the community if we could agree to spend landscape monies on adding trees and shrubs rather than paying to remove those large specimens that have taken 30 or 40 years to grow.

What is your vision for the future of Ken-Caryl Ranch?

Now, even more so than in 2021, for Ken-Caryl Ranch to be the most sought after covenant controlled community in the southwest Denver metro area, rivalling Back Country at Highlands Ranch and Castle Pines Village. A community which prides itself on being visually attractive through attention to detail, and preservation of its amenities.

The metro area has expanded at a speed unprecedented in my 30 years of living here. Sterling Ranch, with 12,000 houses, a few thousand at Morrison Rd and C-470 on the southwest side of Green Mountain, apartment complexes at Quincy and C-470, and our own new construction just east of C-470, make it imperative that we preserve and protect from encroachment demands the natural areas that we own.

The founders of KCR, Johns Manville, stated in the Declarations that "KCR is an area of unique natural beauty, featuring distinctive terrain. It is the desire of Grantor to create a community in which such beauty

shall be substantially preserved." Across the USA, and across metro Denver, it is difficult to tell where you are. Everywhere has its Safeway, Target, First Bank. Can you distinguish between Thornton and Superior? Probably not, but you know when you are in Ken-Caryl, and I would like us to be able to keep it that way so that our children can state with pride that they grew up here, and will look forward to coming back here.

What is your philosophy toward Ken-Caryl Ranch amenities and spending money on those amenities?

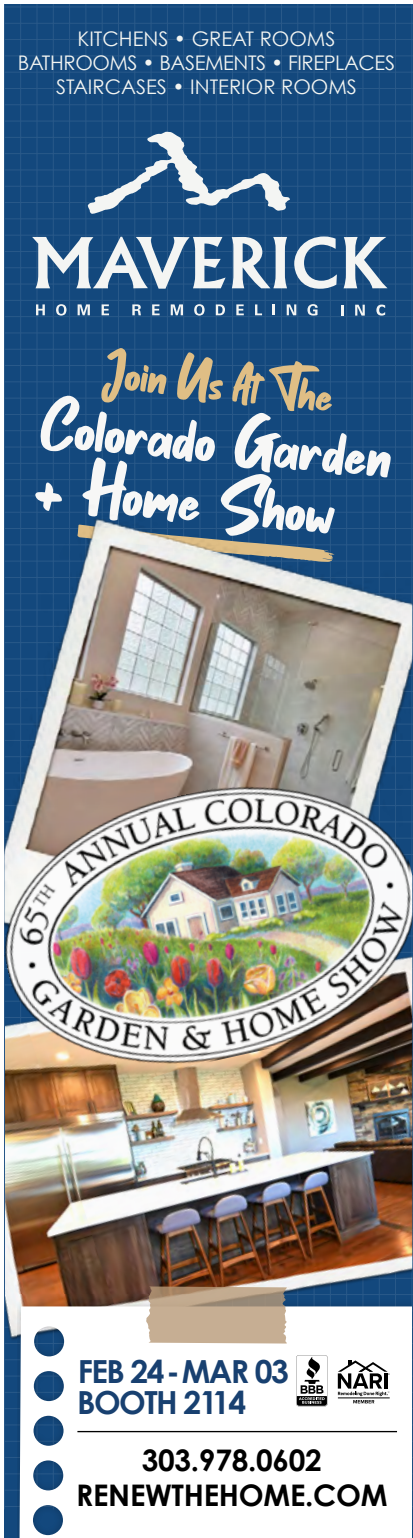
I believe that the votes I have cast at MA Board meetings in the last three years provide an adequate insight into my view on spending the residents' money on services and facilities. Before 2021, many of our facilities had been allowed to degrade. When I was elected that year, my platform was "fix what we have before building anything additional." You will see that in the last three years, we have built on that platform. A selection of my votes, demonstrating that commitment, is as follows:

- 1. Postponing the dredging of Brannon Gearhart Pond because of initial excessive costs. Saving over \$150,000 as a result.
- 2. Cancelling the conversion of dirt trails to concrete which would have cost about half a million dollars per mile.
- 3. Performing a proper and complete rebuilding of the Ranch House parking lot, which should last 30 years, for less than double the cost of a simple overlay which might only have lasted two years.
- 4. Fixing many of the eyesores at the Equestrian Center, including drainage issues, the barns, arenas, manager's office, and employees' house. This is a facility which within three years has become one which I am proud to show off to visitors, and the efforts have been recognized by the equine community to the extent that there is now a waiting list for boarders.
- 5. Promoting the long term management plan for replacing perimeter fences, which is now in its second year of a ten-year project.
- 6. Increasing security patrols during the evenings and installing more cameras.
- 7. Generating "free money" for residents by preparing detailed weekly cash flow forecasts so that we can invest as much cash as possible in interest bearing CDs. I will continue to follow this philosophy, to gain the most value for all residents.

KITCHENS • GREAT ROOMS
BATHROOMS • BASEMENTS • FIREPLACES
STAIRCASES • INTERIOR ROOMS



MAVERICK
HOME REMODELING INC

Join Us At The
**Colorado Garden
+ Home Show**



FEB 24 - MAR 03
BOOTH 2114

303.978.0602
RENEWTHEHOME.COM


 



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 and fill out the e-News sign-up form on the home page or send an email to allisonr@kcranch.org.



FOOTHILLS
ANIMAL SHELTER

Sponsored by



COLORADO
CREDIT UNION

Love where you live. Love where you bank.

Ken-Caryl Branch

10026 W. San Juan Way, Littleton | 303.978.2274

ccu.org

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:

Maximus – (287824)

Maximus is a 2-year-old male American Pit Bull Terrier. Despite being stressed at the shelter, he has responded to a kind, gentle approach. Maximus previously lived with other dogs and enjoyed the dog park. He will do best in a home where he has time to adjust and can interact at his own pace. Maximus is available to households without kids or with kids aged 10 years and older.

Mamas – (290002)

Mamas is a 2-year-old female cat. Personable Mamas greets people with soft meows and by rubbing on their hands. Mamas may prefer petting and attention to be on her own terms. She is available to dog-free homes without kids or with kids aged 10 or older.

To find out more about Maximus, Mamas and other deserving pets in need of good homes, visit www.FoothillsAnimalShelter.org.

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 allisonr@kcranch.org.

FOUNDATION MATTERS

Last Call for 2024 Ken-Caryl Ranch Foundation Scholarships!

By Dennie McGarry, Resident, Ken-Caryl Ranch Foundation

The Ken-Caryl Ranch Foundation is soliciting scholarship applications from Ken-Caryl residents in their senior year of high school. This year, two scholarships will be awarded for \$1,500 to help defray the costs of higher education. Scholarship applications must be turned into the Ranch House by Friday, March 15 at 5 p.m. (Please note: the Ranch House is closed to the public on Fridays; however, applicants may drop off their applications via the secure mailbox located outside of the Ranch House entrance.) For eligibility requirements or to download a scholarship form, visit www.kencarylranhfoundation.org.

In 2024, the Foundation has been able to increase the scholarship amount to \$1,500 through the generous contributions of The Esbenschade family, Colorado Credit Union and the King Soopers Community Rewards program. If you would like to help further the scholarship program, the Foundation welcomes individual donations.

In addition, you can participate in the King Soopers Community Rewards program and designate the Foundation as the beneficiary. Just go to kingsoopers.com, login to your account or create one if you do not have one. Register your phone number - Go to MY ACCOUNT (Upper right drop down)

Choose COMMUNITY REWARDS (Left navigation) and search for Ken-Caryl Ranch Foundation either by name or by entering DW239 and then click Enroll.

The two scholarships are as follows:

Community Service

The first scholarship focus is on community service. To be eligible to receive this scholarship, the applicant

must include a one-page, self-written essay on community service that describes: 1. what the applicant thinks is meant by community service, and 2. his/her own contributions in the way of community service.

Civil Discourse


The second scholarship focus is on civil discourse. To be eligible to receive this scholarship, the applicant must include a one-page, self-written essay on any controversial subject showing how to compromise and solve a problem. In summary, how vigorous disagreements expressed with civility and respect can strengthen our pluralistic nation.

About the Foundation

The Ken-Caryl Ranch Foundation, created in October of 1990, was originally conceived as an organization to accept deductible donations of money and other items of value to be used to benefit the community, but quickly found itself involved in the acquisition from the developer of the Ranch of 537 acres in the South Valley area of the Ken-Caryl Ranch to be preserved as open space. The early years of the

Foundation were devoted to ensuring that the purchase of the South Valley was completed.

Since then, the Foundation has engaged in numerous activities, including art shows and golf tournaments, to raise funds to benefit cultural, recreational and educational opportunities on the ranch. The benefits have included: scholarship awards given to area high school students; programs in area elementary and middle schools to support music, the arts and educational programs; the Make-a-Wish Foundation; Ken-Caryl open space, the Alive-at-25 teen driving program; disability renovations at the Ken-Caryl Ranch House, including a lift, ramps and swimming pool access; for historical preservation of the Bradford-Perley House in The Valley; and support for The Miracle Field, a solid surface ball field at the Schaefer Athletic Complex of the Foothills Park and Recreation District in Jefferson County.



emporia
home services


IS YOUR
FURNACE
10 YEARS OLD
OR OLDER?

Make sure you're ready for the upcoming season!

\$49.99 FURNACE INSPECTION WITH CO DETECTION

Call and schedule today - 303.909.2018

OFFER EXPIRES 10/31/2023. CANNOT BE COMBINED WITH ANY OTHER OFFERS.




BIOMEND
Aesthetics and Wellness

GET SUMMER READY


GET 1 MONTH OF
MEDICAL WEIGHTLOSS
FREE


WITH ANY MORPHEUS 8
OR
BODY COUNTOURING
PACKAGE



5935 SOUTH ZANG STREET
SUITE 220
LITTLETON, CO 80127

WWW.BIOMEND.COM
720-460-0179

 INFO@BIOMEND.COM

 [@BIOMEND_AESTHETICS](https://www.instagram.com/BIOMEND_AESTHETICS)

12

Life at Ken-Caryl

February 28, 2024

SISTERS CONSTRUCTION

Now Offering DESIGN CONSULTATIONS!

We are a full service construction company that specializes in kitchens and baths, and have a 14 year history of satisfied customers in the Ken Caryl Area.

303-378-6773

- Decks
- Pergolas
- Fences
- Interior/Exterior Painting
- Drywall
- All Types of Flooring (including large format)
- Electrical
- Plumbing
- Interior/Exterior Repairs
- Cabinets of All Types
- The List Goes On!



www.sisters.construction | boomboxdesigns.com
jeannie@sisters.construction | @boombox.designs

RUFF LIVING!

MY HUMANS' NAMES ARE:

John and Sandi

MY BREED IS:

Newfoundland

**I'M ALWAYS GETTING
IN TROUBLE FOR:**

I don't understand the question!

MY SECRET TALENT IS:

Being gentle with little humans

I CAN'T LIVE WITHOUT MY:

Stuffed giraffe and chew bones

I'M KNOWN FOR:

Snoring when I sleep

I LOVE IT WHEN:

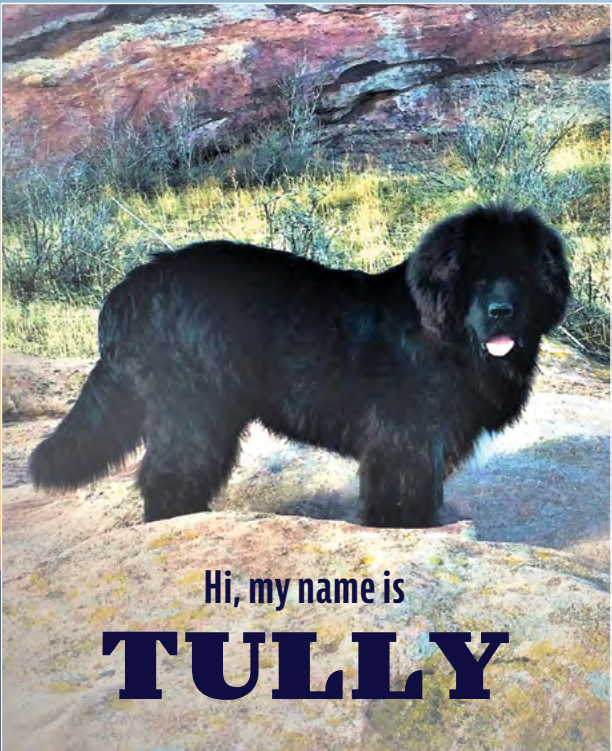
It snows

MY PERFECT DAY:

Walking with my human in fresh, deep snow

LIFE IS RUFF WHEN:

It is above 80 F



Hi, my name is
TULLY

Submit your dog to be featured in a 2024 edition of *Life at Ken-Caryl's "Ruff Living"* column at <https://ken-carylranh.org/submit-to-ruff-living/>.

Submissions are first-come, first-served!



AGELESS & UNSTOPPABLE

PROGRAMMING FOR SENIORS, RETIREES & ADULTS



1st Tuesday of every month
11 a.m. - 12:30 p.m.



Ranch House- Shaffer Room

March 5

Zen Meditation with Gary Kahn

This session will discuss how Zen is rooted in human experience and Buddhist tradition. Zen Buddhism is not a religion and is practiced by millions of people who may identify as Christian, Muslim, Jewish, or one of many other religions. Zen offers a non-religious spiritual path for making every day more peaceful and fulfilling. We will explore the meditation experience and discuss Buddhist stories and poems that help us build an understanding of both Zen and ourselves. The session will be led by resident Gary Kahn, a Zen practitioner for the last 20 years and Dharma Teacher in the international Kwan Um School of Zen.

April 2

What the Tech? 101 - Rapid S.O.S & Emergency Contacts

Find out how your smartphone can help save your life! Presented by Jessica Jones, Tech Tutor and KC Resident! This session will describe how to set up your medical ID, allergies, blood type, assign emergency contacts, make emergency calls and more!

Generously Sponsored By:



RECREATION PROGRAMS & ACTIVITIES

All special events are FREE for Ken-Caryl Ranch residents to attend unless otherwise noted.
Classes are fee-based unless otherwise noted. Register online at www.ken-carylranh.org today!



Special Events

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

Easter Egg Hunt

Mark your calendars and plan on hippity-hopping on over to our annual Easter Egg Hunt at the Ranch House! This year's event will take place on March 30 in Ranch House Park from 11 a.m. - 1 p.m.! Kids of all ages can join in the hunt for thousands of Easter eggs, visit with the Easter Bunny and find a ticket in an Easter egg to get a prize! The Crepe Outdoors Food Truck will be offering both sweet and savory crepes. It's sure to be an egg-ceptional time! This event is FREE and registration is not required! Thanks to Platinum Event Sponsors Susan Schell and Renewal by Andersen!

Save the Date

Recycling Event - May 4
Memorial Day Celebration - May 27
Community Garage Sale - June 7-8



Tennis & Pickleball

Robert Campbell
Tennis Program Supervisor
robertc@kcranch.org
303-979-2233, ext. 202

Junior Tennis Lessons

Register today for Junior Tennis Lessons! For more information, and to check availability, including available lessons based on skill, please visit our website at www.ken-carylranh.org.

Adult Tennis Lessons

Register today for Adult Tennis Lessons! For more information, and to check availability, including available lessons based on skill, please visit our website at www.ken-carylranh.org.

Cardio Tennis!

Wednesdays 6-7 p.m. level 3.5+
Wednesdays 7-8 p.m. level 3.0 & below
Fridays 8-9 a.m. level 3.5 – 4.5
Fridays 9-10 a.m. level 2.5 – 3.0
Saturdays 8-9 a.m. level 3.5 – 4.5



Sports & Athletics

Challenger Summer Soccer Camps

#Summer"Goals"! We're "kicking" things up! Sign up early for Challenger's Summer Soccer Camps and save money! So, if you're looking for a fun, healthy way to entertain your kiddos, secure your spot today via the Sports & Athletics page of our website at www.ken-carylranh.org or visit Challenger's website at <https://challengersports.com/camp-finder/>.



KC Fitness

Janet Robbins
Fitness Coordinator
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.



Youth Programs

The Tumble Truck is Coming to Ken-Caryl!

Ken-Caryl Ranch is excited to partner with The Tumble Truck to bring tumbling classes right to you on March 28! The Tumble Truck is a custom designed, temperature controlled, enclosed mobile unit equipped with mats, tumbling equipment, rock climbing wall, a zip-line and more! They bring all of the equipment and instructors right to you so young learners can develop foundational skills in a variety of fitness activities in a fun, safe, convenient environment while gaining confidence in their athletic abilities and developing team-building skills with their peers! Lessons are tailored to each age group and skill sets. Get ready to practice jumping, climbing, tumbling, balancing, stretching and more through fun games, circuits and practice. Parents are welcome to join their little ones inside or hang outside The Tumble Truck during the class. Classes are for children Under 1 to 5 years old. For individual class information and to register, please visit our website at www.ken-carylranh.org and click on the Register icon located at the top of your screen.

- Reintroduce transparency to MA decision-making
- Community input made easy again
- Prioritize the sustainability of amenities and resident services, while ensuring fiscal viability
- Broaden MA's focus back to ALL neighborhood issues
- Accountable to both you and your neighbor's best interests
- Personally invested in Ken-Caryl's future through family, schools, friends, and co-workers



Randall Flint

It's time to invest in new leaders
Vote for Randall Flint

RECREATION PROGRAMS & ACTIVITIES

All special events are FREE for Ken-Caryl Ranch residents to attend unless otherwise noted.
Classes are fee-based unless otherwise noted. Register online at www.ken-carylranh.org today!



Youth Programs



Youth Programs



Adult & Senior Programs



Adult & Senior Programs

Amazing Athletes – JumpBunch – Parent/Tot

Enjoy hands-on interaction with your toddler as they move, explore, learn and play at our JumpBunch Parent/Tot class that runs March 28 – May 9 from 10:30-11:10 a.m. at the Community Center! Amazing Athletes JumpBunch for tots promotes development of the whole child and encourages participants to try new things! Your tot will gain confidence through the introduction of a variety of sports, fitness and movement-based activities specifically designed to support their growth and development. Sports, smiles, fitness and fun! To register, please visit our website at www.ken-carylranh.org and click on the Register icon located at the top of your screen.

Summer Camp 2024

Ken-Caryl Ranch is looking forward to another fun-tastic summer!! Summer camp information and registration details are now posted at www.ken-carylranh.org and will continue to be updated as more information becomes available. Important registration dates: March 11-22: Ken-Caryl Residents March 25-29: Non-Residents Registration windows open at 9 a.m. and close at 5 p.m.

Storytime at the Ranch House

Please join us from 10:15-10:45 a.m. at the Ranch House for Storytime, in partnership with the Jeffco Library, and have fun with our youngest residents!

Babytime

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!

Amazing Athletes – JumpBunch – Preschool

Why only learn one sport... when you can play them all!? Amazing Athletes JumpBunch will introduce your child to the fundamentals of a new sport or fitness activity each week beginning March 26 – May 7 from 3-4 p.m. at the Community Center! You'll quickly observe your child's confidence grow as they explore a variety of different sports while developing coordination, motor skills, strength, agility and more! Dive into the world of movement and fitness with this introductory program specifically designed to promote learning and a life-long love of fitness! To register, please visit our website at www.ken-carylranh.org and click on the Register icon located at the top of your screen.

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 and fill out the e-News sign-up form on the home page or send an email to allisonr@kcranch.org.

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

Introduction to Zen Practice and Philosophy

Experience a transformative journey in this FREE Introduction to Zen Practice and Philosophy class on April 7 – May 12 from 9:30-11 a.m. at the Community Center. Participants will delve into the profound art of Zen meditation and explore the timeless wisdom imparted by Zen masters. In the initial four sessions, students will receive rich insights through immersive teachings, setting the foundation for your practice. The final two classes offer a unique chance for extended meditation and personalized guidance, allowing you to explore your questions and experiences that arise during your Zen journey throughout the course. Join us on this enriching path of self-discovery and mindfulness. This class is FREE; however, pre-registration is required. To secure your spot, please visit our website at www.ken-carylranh.org and click on the Register icon located at the top right corner of your screen.

Adult Nature Enrichment Spring 2024: Family Nature Club


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, beginning in March, bring your child 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. Our spring program runs March 6 – April 3 from 5:30-6:30 p.m. at the Dakota Lodge. 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 register, please visit our website at www.ken-carylranh.org and click on the Register icon at the top of your screen.

Ageless & Unstoppable
March 5 – Zen Meditation with Gary Kahn

Mark your calendars and plan on joining us for our next Ageless & Unstoppable, Programming for Seniors, Retirees and Adults, on March 5 from 11 a.m. – 12:30 p.m. at the Ranch House. This session will discuss how Zen is rooted in human experience and Buddhist tradition. Zen Buddhism is not a religion and is practiced by millions of people who may identify as Christian, Muslim, Jewish, or one of many other religions. Zen offers a non-religious spiritual path for making every day more peaceful and fulfilling. Participants will explore the meditation experience and discuss Buddhist stories and poems that help build an understanding of both Zen and ourselves. The session will be led by resident Gary Kahn, a Zen practitioner for the last 20 years and Dharma Teacher in the international Kwan Um School of Zen. No registration required. For additional program information, please visit the Adults & Seniors page of our website at <https://ken-carylranh.org/programs/adult-programs/>. This series is proudly sponsored by Kali Hepker with Equity Real Estate.

PICTURE THIS! - A Bird's Eye View

A stunning vista, as seen and snapped by resident photo contributor Dean Insalaco.



The Outliers in Urban Residential Landscaping: Why These Homeowners Tore Out Their Turf

By Allen Best, Colorado Newsline, <https://coloradonewsline.com>

Editor's Note: The following story is an excerpt from a full story published on Dec. 5, 2023, by Colorado Newsline in collaboration with Big Pivots and Aspen Journalism. The full article is available at <https://coloradonewsline.com>. It is the fourth of a five-part series that examines the intersection of water and urban landscapes in Colorado. As Ken-Caryl Ranch looks to the future with water-wise planning of community landscape areas, we will be increasing our community education efforts to also encourage water-wise landscaping in residential areas as well. Please keep an eye on future issues for more articles about this important conservation topic. For questions or comments, contact Ken-Caryl Ranch Metropolitan District Manager Traci Wieland at traciw@kcranch.org or Master Association General Manager Brian Yowell at briany@kcranch.org.

Heather Brubaker had a sprawling yard of Kentucky bluegrass at her home in Longmont. Mowing the turf took her more than two hours. During summer, her monthly water bill jumped to \$400.

To what good purpose, she asked herself. "It's not really doing anything for anybody. And the grass is not native to Colorado," she said.

Three years later, the lot at the corner of a cul-de-sac has not shrunk. Most of it remains in grass. But in increments, Brubaker has started replacing the thirsty turf with waterwise landscaping, also called xeriscaping or Coloradoscaping.

Cactuses and rocks do not define this new front yard. Colorado's Front Range has a semiarid climate, but it's not in the Mojave Desert. The result has spurred Brubaker's neighbors to inquire as to her landscaper. "I tell them that my children and I have done most of the work," she said.

Brubaker's front yard is part of a broad and accelerating shift in Colorado's towns and cities. Many homeowners and some businesses have started replacing lawns of Kentucky bluegrass and other varieties of thirsty cool-weather turf with vegetation that needs less water.

Outdoor water use constitutes roughly half of the water used in Colorado's towns and cities. Many water utilities have offered rebates for these water-saving landscape shifts, reasoning that more-efficient use of existing water supplies will be far cheaper than development of new sources to meet growing populations. This reduced demand can also insulate them from the extremes posed by a changing climate.

Kentucky bluegrass and other cool-weather grasses are imports from wetter climates. Philadelphia, for example, gets 44 inches of annual precipitation. Even Oklahoma City gets 36 inches. Denver averages 15.6 inches. Bluegrass requires between 24 and 29 inches of water in the metropolitan area. Waterwise landscapes can reduce outdoor water use by half and, depending upon choices, even more.



Longmont resident Heather Brubaker still has a large yard, but with the help of aid by rebates and a program called Resource Central she has begun replacing the thirsty turf with alternatives. (Allen Best/Big Pivots)

Change, however, can be hard. There's the sod itself. Once established, it is very difficult to remove. For most homeowners, that's the most arduous task in a landscape conversion. Deciding what to plant in place of the thirsty grass can also be perplexing.

Brubaker started in 2021 with a narrow 100-square-foot strip along her front porch. She had volunteered for research being conducted by a team from Colorado State University that wanted to see how well pollinator-attracting plants would grow along the dripline of her front porch without supplemental irrigation. She now has many more buzzing visitors.

Emboldened by that success, Brubaker then applied for grants offered through Longmont's municipal water provider. In two sequences, each involving sod removal and then plantings, she replaced other and larger portions of her front yard. The new section will need only half the water of before. She also created a place for whiling away languid summer evenings around a fire pit.

Attracting pollinators and reducing water use motivated Lois Witte. A retired water attorney, she decided last year that with her kids on their own, it was time to replace plants in her front yard with plants mostly native to the region.

Plant species with flowers from

elsewhere, such as the East Coast or Europe, may attract bees and insects, said Witte. But plants native to the region will attract far more insects. After all, they evolved together.

In another part of the metropolitan area, professional landscaper Kevin Cox has been eager to help homeowners and businesses shift to what he calls "sustainable landscaping." That generally involves eliminating all cool-weather, high-water turfs except in areas where specifically needed.

His company, Centennial-based Professional Landscape Services, has a dozen large commercial clients, a few dozen medium to smaller commercial accounts, and 80 to 90 residential homes across the metro area, including Castle Rock, Aurora and Denver.

Mowing bluegrass is part of what Cox's company does. But he also suggests landscape alternatives. When he does, he sometimes gets pushback.

"Everyone still wants their green grass. They say, 'I don't want it to look like Arizona.' I've heard that a thousand times," said Cox. "The other thing I hear is the amount of money it costs to rip out grass. They say, 'That buys a lot of water.'"

Pay now or pay later, Cox tells them. Water will only get more expensive over time.

Beyond money, Cox sees what he calls low-water landscapes being the

moral high road. "It just starts with ethics. Water is a finite resource," he said.

Although a good case can be made for keeping some cool-weather grasses, such as for ball fields and places where toddlers play, Cox finds much of it wasteful.

"I mean, some of this grass nobody even looks at. We're the only ones that look at it. It's just there for us to mow, especially in some of these people's backyards. They're not even there half the year."

The best way for Front Range cities such as those where his customers live, Cox said, is to do it right the first time. When new homes and business parks are developed, they should create landscapes that use less water. Led by Aurora and Castle Rock, more jurisdictions are deciding that it's better to get it right first instead of correcting later. And in early 2024, legislators are almost certain to hear a bill that would make that state policy.

Interested in Advertising in Life at Ken-Caryl?

Advertising information is available at www.ken-caryl.com under the Community & News section.

Display Advertising & Classifieds

April Crockett, aprilc@kcranch.org
303-979-1876, ext. 117



"I understand the importance of safeguarding for the future."

-John Walker, Financial Advisor

Family First

LEGACY FOREVER

 RETIREMENT INCOME PLANNING
 ESTATE & LEGACY
 TAX PLANNING
 and more!

JOHNWALKERFINANCIAL.COM

(303) 587-4650

10488 W. Centennial Road, Suite 510

Investment Advisory Services offered through Trek Financial LLC., an (SEC) Registered Investment Advisor. Trek 23-739

PICTURE THIS! - Snow-asis

Many residents took to their cameras to take pictures of all of the beautiful snow that has blanketed our community this past month! Enjoy!



Photo courtesy of resident Sharon Schaub.



Photo courtesy of resident Adriana Wiersma.



Photo courtesy of resident Sharon Schaub.



Photo courtesy of resident Tom Ryan.



Photo courtesy of resident Christine Shiller.

A Conversation about Mental Health and Addiction Recovery in Youth, Part 2

By Vicki Sullivan, Resident, Human Resources Director at Chick-fil-A C470 and Kipling and Sarah Hornbuckle, Associate Director of the Hornbuckle Foundation, located in the Ken-Caryl Business Park

Editor's Note: This is Part 2 of a Q&A session between Vicki Sullivan and Sarah Hornbuckle with the Hornbuckle Foundation, an organization dedicated to helping educate the community about addiction and mental health struggles, especially in youth. This article is printed in its original form to preserve the integrity of the interviewee's own words.



Q: Why is it so important for us to focus on mental health in our young people?

A: We are fourth in the nation for child suicide. If your kid in Colorado is struggling and there are signs that you're seeing, it's very difficult to find a counselor, very difficult to find something that's affordable. And what we do here is we kind of fill in the gap. We hold families and individuals together and help them get the resources that they need to live their best lives to be able to build back up because life is really defeating. And it's a lot easier to do when you have people helping you. We have a general outpatient program as well as a program about life skills and learning about addiction and how to conquer certain things and get the support that you need. We have just so many options for the whole family. Even if you're not a full-blown addict. Maybe you just want to drink less or are having a hard time with grief.

Currently the world...when we experience a pandemic, both of health and of something like Fentanyl (is a pandemic) – it creates something called complex grief and it's everybody that's feeling it. There are wars going on, there's pandemics and it's just bad news, bad news, bad news, so everybody is in this state of grief.

What Hornbuckle Foundation wants to do in the Ken-Caryl area is address two questions - how do we help our community heal and stop looking at all the bad stuff that's going on and how do we build our best lives together as a community? And work through that grief so that we can have these fulfilling lives, and be of service. Service work is really important, to give back to the people around. And if you don't have the energy because you're struggling with grief or addiction or mental health, start there to fill your cup up so that you can in turn be able to give back to your community.

Q: Can you tell us more about addiction, and what causes it?

A: So the number one root cause of addiction is childhood trauma. #1. We all have it. Even as a parent, we are sometimes going to say and do things the wrong way, or overreact to something, or get triggered by something and then it's a whole thing, and we have to apologize. But

sometimes even with an apology, you know that pain is still there. And we pass that on generation from generation. Addiction is a genetic disorder. It runs in families. I've seen it destroy generation after generation. And where can we stop that? And so the myth about addiction is that it's a choice. Is it a choice to take that first drink? Yeah, but when you're in high school and you're surrounded by kids and you're just taking a drink? Maybe 80 percent of those kids are going to be just fine and then they go off and have a career and they're going to be fine, but there is another 20 percent where addiction runs in their genes and they don't stop and next thing you know, they're moving on to fentanyl before the age of even 21. That's what you see. You have to have those conversations. What does addiction look like? What does it mean? How do you know if you check the boxes or not? And be very informed if you have this disease or if you are predisposed to have the disease, and that you're not bad. Chances are you are probably very passionate. You are probably highly intelligent. You are probably very emotional, creative. You are probably very intense. You know these are all really, really good qualities, but if we use it the wrong way, then you can get sucked up into addiction or mental health, and if you are not using your gifts for good they can be your greatest weakness, instead of your greatest strength. That first drink might be a choice, but sometimes, after you get to a certain point, it's no longer a choice for you and you need help and you need people to help you. And if it's your kid, getting some professional help and getting that information and that knowledge of what is the best thing I can do to help my kid right now? And maybe it's just bringing your kids to music night, or art, or getting those creative avenues and neural pathways in their head of going "man, I want to do this instead of get high. I want to do that." There are so many things, and then all of a sudden you have more reasons to stay sober than you do to not.

Q: Tell us more about the youth nights and how much they help those kids who attend.

A: I'm really, really passionate about that program, because it's my children's friends that I have helped

them get to hospitals. I've helped their parents get into treatment. I've helped them get into detox and you just you don't want them to hold on to that grief. You want to teach them how to overcome it before it's too late. And so that's what we get to do. We get to teach kids how to be resilient, just by virtue of music and arts and building a community of support. So when they have a bad day and they come to youth night and people are so excited to see them. "We're happy that you're alive. I'm happy that you are here. You matter." These things are really important for kids to hear, all the time. You're not going to get that from your cell phone, yeah... I get emotional about kids. It's just, I've gone to a lot of funerals. A lot. There's a lot of suicide in this area, in the Ken-Caryl area. There's a lot of overdoses and you don't hear about all of it. It's not on the news and in the newspapers. It's only reported in numbers that the CDC or that Colorado comes out with. That's the only time that you see what's going on because it's all behind closed doors. There's a lot of pain in this area. And we want to be the light. We want to be the hope. We want to be the connection and teach our community how to heal themselves because it is possible, we've done it. We've done it here.

Q: How can parents support their kids if they suspect that their kids are fighting some sort of addiction?

A: Be informed. Be informed about what addiction is, what it looks like. There's so many different programs around, and we're a really good stop... first stop, to say "OK" and because everybody is individual, everybody has something different - what they're comfortable with, what they're not. You have different religions and demographics and backgrounds and so what kind of - maybe it is therapy, maybe it's a community group, maybe it is an individual therapist, maybe it's a Christian counselor, maybe it's not. What is an option? What are the options that you have? Sometimes parents wait until they're in crisis, until that child attempts to kill themselves or they drink an entire bottle of whiskey and pills, and the parents didn't know, and they're just blindsided. Just get informed before it gets to that point. Start talking to your kids sooner. Age 10, age 11. A lot of parents are very afraid to talk to their kids about drugs, alcohol and

suicide. But that - middle school - is where we're seeing like they're going one way or the other. And it's also contagious - depression and anxiety - these kids start acting like each other. You are who you hang out with. Who are their friends, are they coming to your house? Is your home open? To be able to know who they are and where they're going, what their beliefs are? Who is influencing your kids more than anybody? So being informed about all of these things and educating yourself. Because if you're not, the Internet is. Social media is. They are raising your children and next thing you know, you're like, I don't recognize this person. So it's all about the relationship. It's very, very important to stay connected with your kids. And if you don't have the stamina or you're exhausted or there's things going on, then get the help that you need as well. And we would love to support. We have a fentanyl awareness night every other month, where we teach parents, kids, teenagers, middle school, we teach them about what addiction looks like and fentanyl and what the different types and how to recognize an overdose because it's happening, here. You know the most overdoses in the entire state, the highest number of overdoses happen on Belleview and Broadway. Wow. In Littleton, it's getting closer to us. So how do we bring safety to our community? Not fear, not fear-based, but empowered and full of knowledge. And with the tools to know what to do and when and how.

Q: Who do you help?

A: We're here for the people that want to be here and we have been humbled. We stay in a state of gratitude and hope and of service because when you've been given a gift, you become very passionate about giving that gift to others and to sharing that gift. We endure a lot of loss, but we also see a lot of wins. And those wins, I mean, this last youth night I was standing there with my coach and I thought, "Man, in six months we saw these four individual kids just transformed." They were coming in, just, I mean, it looked like they wanted to die and to see them happy and playing these songs and coming in and being a part of, and they are just different kids. And it's just community, you know, that's all it is.

For more information, visit hornbucklefoundation.org.



Fusion

FINANCIAL GROUP

WEALTH MANAGEMENT

Comprehensive financial planning and investment management with implementation and adjustments over time handled for you.



We help thriving families, women, small businesses and subscription-based investors plan a future worth working toward.

We Get You.

10488 W. CENTENNIAL RD #406, LITTLETON, CO 80127 // 303.388.2466 // WWW.FUSIONFINGROUP.COM
Fusion Financial Group and LPL Financial do not provide legal or tax services. Please consult your legal or tax advisor regarding your specific situation. Securities and advisory services offered through LPL Financial. Member FINRA/SIPC, and a Registered Investment Advisor. Fusion Financial Group and LPL Financial are not affiliated.

Eva Stadelmaier

www.homesinlittleton.com 303-619-4880



Coming Soon!



THE SPREAD

10809 Park Range Rd - \$899,000
This ranch-style home with 4 bedrooms and 4 bathrooms has been updated throughout. Cul-de-sac~Oversized 2 car garage~ 3 Fireplaces~Central air~Covered, 2 tier deck~ Finished, garden-level basement.

Just Listed!



DEERWOOD VISTA

6 Amberwood - \$1,585,000
Immaculate 5 bedroom, 5 bath home with a main floor study. Granite counters~Under-cabinet lighting in kitchen~New roof~3 car garage with new doors~Professionally finished, walk-out basement~ New paint~New, large Trex deck~Attic fan~ 2 air conditioner units~2 furnaces.

Just Listed!



NORTH RANCH

4 Kokanee - \$1,799,000
This custom, updated home situated on a flat, oversized lot boasts 5 bedrooms, 5 baths, a main floor study, and a huge laundry/mud room. Professionally finished, walk-out basement with a wet bar~ Spectacular views~Cul-de-sac~New paint~New carpet.

Under Contract!



BRADFORD PLACE

4 May Cherry - \$1,700,000
Updated from top to bottom, this 5 bedroom, 4 bath home has a main floor study. New Pella windows~ 3 car garage~Amazing backyard space~Water feature~Gas firepit~ Covered, teak deck.

Under Contract!



CARRIAGE HILL

6 Prairie Clover - \$1,695,000
This 5 bedroom, 5 bath home has been masterfully updated throughout with custom woodwork and unique finishes. Views~Professionally finished, garden-level basement~Updated windows~Butler's pantry~Central vacuum~New paint~New driveway~ 2 decks~Mature trees.

SOLD!



BARRINGTON RIDGE

12 Barrington Drive - \$1,799,000
European-style custom home situated on open space in Barrington Ridge. This immaculate home offers 5 bedrooms, 5 baths, and a main floor study. Professionally finished, walk-out basement Breathtaking views~Exposed beams~New HVAC~ 3 fireplaces.



Save the date!
Recycling Event
May 4th - Ranch House
PROUD PLATINUM SPONSOR



2023 RECENT SALES

35 Blue Sage • 27 Tamarade • 9541 S. Cougar Rd • 7602 S. Davis Peak • 10 Long Spur
40 Willowleaf • 2 Amaranth • 2 Rose Clover • 20 Tecoma • 3 Buckthorn • 9 Blue Willow
12 North Ranch Rd • 2 Silver Aspen • 33 Tecoma • 2 Holly Oak • 12 Silver Aspen
164 Willowleaf • 57 Dawn Heath • 27 Mountain Laurel • 4 White Pine • 36 Pinyon Pine

#1 AGENT IN JEFFERSON COUNTY **RANKED WITHIN THE TOP 1% OF AGENTS IN DENVER**

#1 AGENT IN KEN-CARYL **RANKED AMONGST THE TOP 50 AGENTS IN RE/MAX US**

Certified Distressed Property Expert • Certified Negotiation Expert • Luxury Home Marketing Specialist



EXPERIENCE MATTERS ... I've served both Corporate and Real Estate clients with expertise and integrity for 28 years. That's a direct benefit to you in negotiating your biggest investment!



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.

The preferred method for submitting letters to the editor is by email to Allison Rager at allisonr@kcranch.org, but they may be mailed or hand-delivered to the Ranch House, Attn: Allison Rager, 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 allisonr@kcranch.org.
Deadline for March 13 paper is March 4 at 9 a.m.

Dear Editor

For the upcoming Ken-Caryl Master Association Election, the McGarry family is proud to support Katie Bolling and Randall Flint. Both Katie and Randall possess the skills and experience to build consensus and drive positive results for our community as a whole.

The past several years, the Board has faced multiple distractions from eagles to fences, from trails to recycling. We have some current board members who claim conservation, yet act contrary to the two most critical environmental issues facing Colorado - water use and wildfire mitigation. They have not acted in the community’s best interest in reducing our recycling services, another leading effort in conservation and environmental stewardship. Nor have they listened to the community on fence repair - where our last survey indicated nearly 70% were opposed to the MA taking over ownership of fences.

Katie has a track record of success in building communities and strengthening relationships in her role of non-profit leadership. Randall not

only has 25 years of engineering experience, but he also has the soft skills in managing large diverse teams. Both Katie and Randall bring a fresh set of ideas and a positive outlook and mindset. In the end, they have the ability to bring the community together and will listen to all voices.

Our family is honored to be able to support them in this Master Association Board election.

The McGarry Family, Residents

Dear Editor

I am writing in support of Katie Bolling as representative on the MA Board. I believe Katie to be an independent thinker, one who will not cave to pressure from a few individuals but rather would stand for what she believes is best for the community. I have always found Katie to be kind, warm and inviting. When I find myself in her company, she demonstrates an earnest interest in what I have to say, and I trust she will hold true to that as she becomes more acquainted with the rest of her community and navigates her way through the diverse demands of our neighborhood and the many personalities along the way. I have always admired Katie’s commitment to her non-profit work, and I trust that commitment will transfer to this role as well. Since this seems to matter in this community, I, myself, am a “soft-core” mountain biker, a drag-my-kids-out-for-a-hike-mom, and a lover of all things outdoors -- flora and fauna. I see Katie as someone who mirrors that combination of enthusiasm for all things Ken-Caryl, albeit with a lower heart rate, and higher socks. It would

be hard not to like Katie Bolling, and I think her leadership will encourage more voices, improve communication amongst those with divergent opinions, embrace the commonality that brought us all here, and ultimately lead to stronger connections within this awesome community.

Suzanne Meinert, Resident

Dear Editor

Three years ago, I wrote a letter supporting Philip Varley in his candidacy for the MA Board as I saw his dedication as a resident attending Ken-Caryl meetings and researching and understanding the issues of Ken-Caryl. He continues to be the one of the most dedicated and involved directors I have seen in the past 30+ years. His work on the Board has saved Ken-Caryl money and mistakes in decisions that would have gone unnoticed. Some of the decisions for cost savings have stirred a lot of critical comments in the last few weeks, but I know he remains dedicated to improving the overall standards of our community and saving us money at the same time. I don’t know what more we should want from a board member. We residents can’t have everything under the sun from our HOA without paying for it, and we are lucky to have board members like Philip who sometimes say no when our desires exceed our means... and say yes to maintaining the basic infrastructures of the Ranch that maintain our property values and quality of life.

Val Cover, Resident

WEST + MAIN

homes



Your Ken Caryl Neighbor
Your Front Range and Mountain Home Realtor
Residential. Vacation and Second Homes. Relocation.
Resort + Second Property Specialist, RSPS

First-hand experience with short term rental ownership, operations and regulations.
Specializing in Second Home Investment Real Estate throughout the Front Range, Summit County and Vail communities with exclusive member access.

I would love to connect with you!

MELANIE HARBAUGH
BROKER ASSOCIATE + REALTOR®
WEST + MAIN HOMES
melanieh@westandmainhomes.com
713-502-9690





ASE

TOY AUTOMOTIVE

INDEPENDENT TOYOTA LEXUS SUBARU REPAIR

Toy Automotive

Independent Toyota, Lexus & Subaru Repair

Oil And Filter Service

ONLY

\$27⁹⁵

Includes Up To 5 Qts. Regular Oil + Filter

Only Valid On Toyota, Lexus, Scion Or Subaru Vehicles. (Some Exclusions May Apply.)

Expires March 28, 2024

720-379-7070

Synthetic Oil And Filter Service

ONLY

\$44⁹⁵

Includes Up To 5 Qts. Synthetic Oil + Filter

Only Valid On Toyota, Lexus, Scion Or Subaru Vehicles. (Some Exclusions May Apply.)

Expires March 28, 2024

720-379-7070

Monday-Friday 8 a.m. - 5 p.m.

720-379-7070

7591 Shaffer Parkway, Suite B-2
Littleton, CO 80127

Close To The Foothills
Ken Caryl And C-470

WWW.TOY-AUTO.COM

WWW.TOYAUTOLITTLETON.COM



20

Life at Ken-Caryl

February 28, 2024

Dear Editor

On the KC Neighbors Facebook page, it is disappointing to see a few people, who despite my full election platform being visible on the KC website, continue to misrepresent my policies for trails within Ken-Caryl. Because these individuals have endorsed candidates who will significantly expand trail building, they are afraid of any rational discussion. So rather than debate me on why they favor new trails, and because of their refusal to say when (if ever) there will be enough trails, and explain why it's OK to allow non-residents to ride our private trails free of charge, they verbally bully anyone who asks these question.

I have not said I will close trails. I have simply proposed a conservation area be designated where new trails will not be built, such as the Hogback or Wildcat Ridge where currently there are no trails.

Should we infer from these individuals' refusal to even consider creating a conservation area in the hills that they will totally blanket the entire open space with a labyrinth of trails like Thunder Mountain, or build out the Bike Adventure Park in Lost Canyon that was suggested in 2020? Would election of the two Trails Club endorsed candidates give rise to Trails Master Plan 2.0 and resurrect their 2009 plans for 60 miles of trails, including three trails up and over the Hogback to C-470? And after they have excavated the Wildcat Ridge Trail, would their next demand be to build a connector to Deer Creek Canyon Road, opening up our land to the hundreds of non-Ken-Caryl bikers who use that road at weekends?

Perhaps we should require the Trails Club President to explain their ultimate goal for our private land. At present, all we can do is speculate about a worst-case scenario - 70 or 80 miles open to

all and sundry and costing KC taxpayers a quarter million dollars per year to patrol and maintain, and with the ever-present risks of an injury lawsuit or human-set fire.

Vote for Varley and Reinsma to secure Ken-Caryl's land for all of Ken-Caryl's residents.

*Philip Varley, Resident, MA Board
Treasurer, MA Board Candidate*

Dear Editor

In 2016, I arrived in Ken-Caryl, a newcomer balancing family and work, slowly finding my place in a sea of unfamiliar faces. One day, a flyer caught my eye – the Ken-Caryl Trail Club. I awkwardly attended a meeting, but soon realized it was more than just a social gathering; it was the heart of volunteerism in our community. It should be called Ken-Caryl Volunteer Club! I quickly started contributing to fire mitigation, trash pickup, noxious weed battles and erosion solutions alongside other generous individuals.

Fast forward to 2024, witnessing ongoing confusion and conflict in neighborhood governance, I sought to make another difference by running for the MA Board. I provided my email and phone number on the application.

Surprisingly, the only outreach I received came from Trail Club members – past MA and MD Board members included. They, completely unfamiliar with my introverted self, sought to understand my stance on fiscal transparency, the Equestrian Center, recycling and more. Their genuine curiosity and concern convinced me that they cared deeply about Ken-Caryl.

I am incredibly humbled to have garnered support from what I call, the Ken-Caryl Volunteer Club. These individuals collectively volunteer over 1,000 hours each year! Our neighborhood would undoubtedly suffer without their selfless

contributions. If you must put a label on me, then grab your label maker. These are successful, kind, and incredible people that I'm proud to be supported by.

I received zero communication from Conservation Club members. They were, however, swift to criticize, insult, and reject me. Perhaps this disconnect is reflected in the 2021 community survey, where “community leadership was the least positive among the community indicators asked in the survey.”

It's time for change – a change that focuses on representing the wishes of the residents. I am committed to bringing back fiscal and decision-making transparency, resident input and a renewed focus on all neighborhood concerns. As the March 5 election deadline approaches, cast your vote and support a shift towards an inclusive, transparent and community-focused MA Board, one that prioritizes your concerns.

I kindly ask for your vote for Randall Flint. Let's move Ken-Caryl forward together.

*Randall Flint, Resident, MA Board
Candidate*

Dear Editor

Electing Rilla Reinsma and Philip Varley will maintain balance on the MA Board. Balance is necessary between mountain bike recreation and open space preservation. The bikers need to help and give a little; for example: Was it worth spending \$80,000 to build a new trail if it only averaged one hiker per day? Well, this actually happened and it was not essential to spend \$80,000 for such limited use.

1. The Docmann Gulch Trail was = \$80,000+.
2. Data collected during 291 fair weather days averaged only 1.2 hikers per day.

3. Environmental costs were high as well: Golden Eagle nest failure, discontinued elk migration, raptor foraging area disruption and more.

The opposition leadership keeps pushing for the new, even worse: "Wildcat" trail. The total cost burden could easily exceed \$100,000. The location is even more remote. Expect about zero hikers.

1. Beware of candidates supported by bikers telling you how great it is to have the newest Stacked Loop Trails.
 2. These are bicycle paths.
 3. Stacked loops are primarily used for bicycle parks, BMX and thrill sports, including motorized recreational vehicle activity or mountain biking, including racing events or practice.
 4. There are much better hiker friendly options overwhelmingly preferred by other communities. Why not us?
- Remember the biker/Traill Club outcry on Jan. 10 against the Conservation Area concept? The 2021 Community Survey revealed a different viewpoint.
1. A 51% majority favored an Open Space Conservation Area.
 2. A lesser 29% opposed it.
 3. The opposition uses social media. (Counteract with a late resident or business vote.)
 4. Preserving the Open Space is a good and noble cause.
 5. A Conservation Area provides value for everyone, including mountain biking families.

Maintaining a healthy balance of board members, (2-2-1 split), is critical for budgeting with impartial spending. In recent years, more attention has been focused on high-priority issues close to home. This is due to emphasis by board members Gerry Bauer, Philip Varley and the respected commentary and advice given by Rilla Reinsma serving on the CPC and the Open Space Committee. Vote for Reinsma and Varley.

Jim Fodor, Resident

Dear Editor

Ken-Caryl is an amazing community made great by the spectacular location that we're lucky to live in, and by the vibrant, engaging and engaged people who live here. I've been lucky to live here since 1999, to raise a family here, to enjoy the beauty of the place and to develop so many great friendships with other residents. Two things stand out to me as we, as a community, vote for new MA Board members:

- 1) KC is not a community that wants or needs a board that “knows best.” We’re an engaged community where thorny issues should be kicked around the table in the light of day, not in closed-door sessions, or obscured by vague or hidden agendas. Transparency is the word of the day.
- 2) Youth and fresh perspective keep this community thriving. We’re not a 55+ place, and we’re so much better for it.

Two candidates stand out as best prepared to return the Board to transparency and to inject youth and fresh perspective into its culture: Katie Bolling and Randy Flint. Their summaries in the prior edition of this paper say it all.

Sean Devin, Resident

Letters continue on page 22

FACES OF 5280
DENVER • BOULDER
— 2023 —

THE FACE of
COSMETIC DENTISTRY

BLUE SAGE DENTAL

SUSAN KUTIS, DDS

KEN-CARYL RESIDENT

American Academy of Cosmetic Dentistry
American Dental Association
Chair of the CDA Foundation
MDDS Vice President
Colorado Dental Association

Invest in Your *Smile*. You Wear it Every Day!

WWW.BLUESAGEDENTAL.COM | (720) 316-7210

10354 West Chatfield Avenue, Suite 100, Littleton, CO 80127

A DENTAL IRISH BLESSING

May your cavities be less, your brushing and flossing be more, and nothing but happiness for patients who walk through your door!

Dear Editor

Shedding further light on the character of Philip Varley. In 2019, the Volunteer Trail Coordinators (VTCs) were asked by the open space committee (OSC) to design a re-route of a social trail that is just west and north of Brannon Gearhart Park. This is the trail that even today dumps soil onto the Valley Parkway sidewalk along one of the most walked routes in the Valley. The upper end also happens to be adjacent to Mr. Varley's home. Due to his vocal objections at the idea, an olive branch was extended to Mr. Varley: VTCs met with him (and other residents) to walk the hill and map out reasonable options. Those options were then presented to the OSC.

◆
 LIFE AT KEN-CARYL

ISSN 0899-6318

Life at Ken-Caryl is a private newspaper published every other week by the Ken-Caryl Ranch Master Association. OUR PURPOSE is to bring timely information to the residents of Ken-Caryl Ranch. 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 dates are published at www.ken-carylranh.org under the *Community & News*, then *Newspaper & e-News* tabs.

Life at Ken-Caryl Editor
 Allison Rager
allisonr@kcranch.org
 303-979-1876, ext. 108

Display Advertisements and Classifieds
 April Crockett
aprilc@kcranch.org
 303-979-1876, ext. 117

Ken-Caryl Ranch Master Association
 Board of Directors: Gerry Bauer, Debbie Seagraves, Scotty Martin, Chris Schroeder and Philip Varley
 Brian Yowell
 General Manager
briany@kcranch.org
 303-979-1876, ext. 113

Ken-Caryl Ranch Metropolitan District
 Board of Directors:
 Jim Conzelman, Kayla Kirkpatrick, Joe Levy, John Ostrom and Mike Miro
 Traci Wieland
 District Manager
traciw@kcranch.org
 303-979-1876, ext. 136

Park Rangers/Open Space:.....303-979-1876, ext. 170
 Parks, Greenbelts, Sprinklers: (weekdays).....303-979-1876, ext. 399 (emergencies)....303-979-1876, ext. 320
 Recreation:
 Ranch House.....303-979-1876
 Community Center.....303-979-2233
 Environmental
 Education.....303-979-1876

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

Only a week later in this paper's May 19, 2019 issue, he lambasted the VTCs for their efforts and accused them of trying to continue "the deluge of trail building," referring to one option as "creating a scar parallel to Valley Parkway."

This is but one example of two-faced combative behavior that is common with him. Some might even call it lying. Speaking of which...

Lie #1: In his own candidate Q&A, he suggested our trail density is "10x Jeffco." Really? I'd love to see his data on that. We have kept close track of it in our sustainable trail building practices... we are around 5.8 miles/sq.-mile today and would be at 6.1 with Wildcat. Jeffco's average is 7.1. For someone who is a "CFO," that 10x comment is suspect at best. Let's forget the fact that KC trails get a fraction of the use that Jeffco's trails endure.

Lie #2: For years Mr. Varley has stated in some form that "according to the 1997 management plan, there were to be no trails south of Massey Draw." I presented a memo to the Board highlighting the specific paragraph he references and how that statement is false. Yet even at the October board meeting, I heard him profess this again. When will this end? March 5! Vote!

Mark Celusniak, Resident

Dear Editor

Part of my role as one of your two Volunteer Trail Coordinators is to field questions, organize volunteer efforts and monitor our progress.

I was appalled to learn that last year some of our volunteers were harassed by a KCCC ("Ken Caryl Conservation Club") member for pulling weeds. She approached these selfless wonderful neighbors and scolded them for pulling what she believed to be native species instead of the targeted weed. Admittedly, these two plants can be difficult to distinguish. Nonetheless, this is consistent with this individual's behavior over many years. As she helps to represent that "club," I have to wonder what they are really trying to conserve. Could we start with civility?

As it so happens, this individual was also removed from being a volunteer patroller for harassing bikers, has been known to jump into the trail to block bikers (almost severely hurt one) and questioning people's residency without having the authority to do so. Having been on the open space committee for 5 years myself, I also remember this individual coming to one meeting in particular where she presented a number of maintenance issues she wanted resolved, making the quip that it would help to keep the Trail Club busy so that they would stop building trails. Really? It has taken this community 14 years to put in place Lost Canyon and south of that... I would not call that rapid progress. Can anyone imagine our trail system without Cougar or High Meadow?

The so-called conservationists are using that word as a cloak. Let's make no mistake, they hate mountain bikers. Period. Last I checked, a lot of families in this community like to bike and unpaved trails were rated as the #1 amenity in the neighborhood (slide 14). Do not let these individuals control the narrative anymore. Rilla wants to close your trails to late evening and early morning use. Philip would love to not spend another dime on backcountry trails. Vote!

Mark Celusniak, Resident

LIFE AT KEN-CARYL CLASSIFIED ADVERTISING is provided as a service to residents and businesses. All ads will be reviewed by the editor. Any person placing an ad deemed unsuitable or which may not be in the best interest of residents will be contacted and money refunded.

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. 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. 117 or email aprilc@kcranch.org for more information.

GOODS & SERVICES

HIGH SCHOOL MATH TUTOR - Colorado School of Mines grad. First 1/2-hour session is free. www.DigitalMathTutor.com. Online and in-person. Algebra, Geometry, Trig, Pre-calc, Calc, SAT/ACT prep. David Cowan, 10 yr. Ken-Caryl resident, 303-949-1989.

PAMELA'S CAN-DO SERVICES - Critter Care Extraordinaire + overnights. Concierge, organize, downsize, networking & admin, miscellaneous chores. 30-year resident, references available. 303-929-0387.

HIGH SCHOOL ENGLISH/COLLEGE APPLICATION ESSAY TUTOR - Online or in-person. College English professor for 15+ years. KC resident. Call or text, Carrie 720-236-3656.

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

AUTO DETAILING - Ken-Caryl resident, your garage or mine. 720-318-5411

GUITAR, BASS AND AUDIO ENGINEERING lessons offered in a professional studio environment in KC valley. Beginner to expert level. Contact Michael at 720-635-1648.

CAIN CONSTRUCTION - Concrete Driveways, Patios, Pool Decks, Heated Driveways. Family Owned. Ken-Caryl Resident. 720-584-7092

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

RETIRED MASTER ELECTRICIAN - KC resident. No job too small. Residential, commercial, and power for Tesla. 303-564-3533

EUROPEAN WAY PROFESSIONAL HOUSE CLEANING - 15 years' experience. Insured & bonded. 303-968-9110

GUITAR LESSONS - DMA degree. KC resident. All levels and styles, all ages welcome. Ethanlorentz.com ethanlorentz@hotmail.com 303-669-7451

DIVORCE BOOTCAMP - Get the facts from a panel of experts. Virtual or in person in Littleton. Visit divorceadvicecolorado.com

PRIVATE LUXURY DRIVER - Make your next trip a luxurious one with long-time Ken Caryl Resident and USAF Vietnam Era Veteran Pete Foster! You'll ride in comfort and style in a Registered Luxury Limousine 2021 Black Ford Expedition Max (PUC LL-04048). With plenty of room for luggage, you can comfortably travel to the Airport/Mountains/Red Rocks Concerts/Dinner and more! Get the VIP treatment and Schedule your next trip with Pete Foster by texting 303-829-8580 today!

PETERSEN CUSTOM GLASS - Provides custom glass shower enclosures, wine rooms, mirrors & tabletops. Family & Veteran owned. 10% off materials with mention of this ad. 720-810-1160. www.PetersenGlass.com.

HANDYMAN - Now that my grandkids are back in school, my son-in-law has more time available for handyman jobs including electrical or mechanical repairs, tree trimming or removal, and other home and yard maintenance. He is very capable, honest, reliable, and strong. Call or text Brian 303-947-2591 for work or Marian 303-726-7937 for reference.

ATTENTION:
 Clients New to Medicare or Medicaid



My name is Lisa Little. I am in my 7th year helping Medicare and Medicaid clients with their insurance needs. I got my start with Medicare when I had to help my late husband navigate Medicare and Medicaid 16 years ago when he became disabled due to a rare congenital heart condition.

Since then, I have made it my mission to:

- **Assist others** by finding the most cost-effective plan for their needs
- **Sit down with you** to explain all that is available with Medicare or Medicaid - I am local!
- **Continuously educate you** on the upcoming changes and hold annual reviews

You need to understand the interworking of the plans to make an informed decision based on your individual health needs. **Let us help guide you through the insurance maze!**



We offer 2 **FREE** Social Security and Medicare 101 classes every month. One is virtual and the other is in-person.

CONTACT LISA TO SCHEDULE AN APPOINTMENT

Call: 720-679-1320 - Email: Lisa@ALittleNorthInsurance.com

EVENING AND WEEKEND APPOINTMENTS AVAILABLE. NO OBLIGATION.

SOLAR PANELS - Own your power-stop renting! Get a free solar evaluation from me with well over 100 personal installs to date in the Ken-Caryl and Metro Denver area. I work for one of the highest rated installers in the nation-Blue Raven Solar. Everything is turn key. No contractors ever. Never any money out of pocket, and get a HUGE tax refund that pays for 30% of the system. Tim Webb 281-635-3288

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

PET SITTING - Affordable, reliable. Pets2us.com. Chris 303-902-8128.

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

PIANO AND ORGAN LESSONS - Master's Degree. Former music school Director experienced with all ages and learning styles is 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

HOUSE CLEANING - EXCEPTIONALHOUSECLEANING # 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. Credit card, PayPal, Venmo, Zelle.

OB PAINTING - \$350 off Exterior / \$150 off Interior Call today: Rob 303-908-9063.

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

HOUSE CLEANING KEN-CARYL - resident now accepting NEW clients. 10 years of experience. Reliable, Trustworthy, Licensed, Insured, References available upon request. Call or email to schedule a free estimate today and take a load off your feet. avividclean@yahoo.com 303-332-4524 avividclean.com

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

JOSEFINA AND OSCAR HOUSE CLEANING - We specialize in deep cleaning, move-outs, move-ins, construction, renovations, weekly, bi-weekly, monthly, special occasions. Whatever your cleaning needs are, we're prepared to tackle them. We have a large crew to get the job done. Over 13 years cleaning in the area with references. We have a few openings we would like to fill. Imagine running errands and returning to a beautifully cleaned home – that's the convenience we offer. Call for a complimentary estimate. (720)364-3818

Interested in Advertising in Life at Ken-Caryl?

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

Display Advertising & Classifieds

April Crockett, aprilc@kcranch.org
303-979-1876, ext. 117



America, Let's Raise the Bar!

OB Painting

Call Rob TODAY for an Appointment
303-908-9063

- Interior and Exterior Painting
- Fence Staining / Painting
- Deck Staining / Painting
- In Business for 30 Years
- American-Owned and Operated
- All Workers Comp and Liability Insurance
- No Subcontractors

\$350 OFF
Complete Exterior Paint Job

\$150 OFF
Interior Paint Job

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 Rager at Allisonr@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
Giana Baiotto	720-335-9786	P, H	10	Traditions
William Baiotto	720-335-9786	P, H	13	Traditions
Hutch Barber	303-249-0468	P	14	Legacy
William Barrs	720-788-3109	L, P, H, S	13	Retreat
Jack Bayton	720-485-8783,	B	17	North Ranch
Piper Blarr	720-255-6877	B, P	16	Colony
Aliza Bochner	720-880-8336	B, P	19	North Ranch
Eva Bochner	720-899-0033	B, P	17	North Ranch
Mariel Bochner	319-338-4414	B, P	14	North Ranch
Mia Briceno	573-801-4342	B, P, H	12	Deer Creek
Abby Burton	720-616-1333	B, P	16	Aspen Meadows
Caprice Camilli	720-347-3411	B, P	13	Wynterbrooke
Elena Carpenter	303-999-9764	B, P	12	Traditions
Alice Cuttitta-Gallant	303-517-8864	B	15	Deer Creek
Hope Cuttitta	720-404-0282	B, P	19	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
Rosemary Detterick	720-628-2638	B, P	13	Saddlewood
Megan Ellis	720-290-2033	B, P, S	14	Heirloom
Jack Famariss	720-434-7033	B, P	16	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
Brayden Fox	303-906-4339	L, P, S	15	Deerwood Vista
Lauren Fox	720-273-4077	B	12	North Ranch
Liam Fox	303-906-4339	L, P, S	11	Deerwood Vista
Shaun Fox	303-906-4339	L, P, S	14	Deerwood Vista
Fiona Freitag	720-456-1556,	B	10	Deerwood Vista
Lily Freitas	303-999-1993	B, P	12	Retreat
Eva Gallant	303-517-8864	B, P	16	Deer Creek
Georgia Gilmore	720-210-4177	B	16	Heirloom
Connor Glitzer	303-489-3932	L, S	18	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
Aubrienne Hansen	720-822-5512	P	13	Stallion Pointe.
Keegan Hardesty	720-484-9557	L, P, S	17	Cimarron
Mac Hardesty	720-672-1225	L, P, S	15	Cimarron
Gailyn Harrigan	720-390-2770	B, L, P, S	13	Colony
Reed Hershey	720-828-3245	B, L, P	12	North Ranch
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
Rleigh 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
Lexi Moscardini	347-803-6421	B, P 1	3	Manor Ridge
Hannah Mote	720-305-8757	B, P	14	Stallion Pointe
Kellan Nash	720-630-5764	L, P, S	13	Retreat
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,	15	Village
Paulina Roberts	720-394-3910	B, P, S	13	Village
Griffin Ruszkowski	303-960-9883	L, P, S	15	Stallion Pointe
Sebastian Ruszkowski	720-660-2234	L, P, S	17	Stallion Pointe
Libby Sauer	303-506-9752	B, P	14	North Ranch
Maggie Schmisek	720-960-7707	B, P	14	Traditions
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	14	Cimarron
Ava Secondo	303-883-2592	B, P	18	Cimarron
Jon Siebrase	314-960-1524	L	13	Stallion Pointe
Brian Siebrase	314-960-1524	L	11	Stallion Pointe
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
Ryann Stewart	303-817-4120	B	13	Heirloom
Maddy Szabo	720-768-5452	B	16	Aspen Meadows
Jack Torgerson	303-981-7617	B, P	18	Legacy
Aiden Tyler	720-448-7638	P, S	15	Cimarron
Charlotte Watkins	720-649-0813	B, P	12	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
Connor Young	720-883-3616	B, L, P, S	13	North Ranch
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.

WE MAKE
MEDICARE
EASY!

Turning 65 or
Retiring Soon?
Questions About
Medicare?



HealthCare
Benefit Services

We are a LOCAL Insurance Agency that can help you!

We'll explain your options so you can make an informed decision.

- When and how to sign-up for Medicare? What are Parts A, B, C, D?
- How much will Medicare "cost"?
- Should you stay on your employer group plan?
- Medicare Supplements vs. Advantage plans
- What happens to your Medicare plan if you are planning to or have recently moved?

NO FEE OR OBLIGATION FOR AN ANALYSIS SPECIFIC TO YOUR SITUATION

We represent 13 organizations which offer 138 products in the state of Colorado. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with choices.

What your neighbors say about working with us

Tammey and Tom's knowledge of Medicare is incredible. They were so thorough in helping me pick the plan that was best for my situation. Judy B. (client since 2010)

I started with Tom and Tammey at HBS when I went on Medicare 10 years ago. Now Torrie is my agent and I'm more than pleased with her service. Each year I know Torrie will schedule a call, present her findings and with my agreement we're set for another year. Patrice V. (client since 2014)

I called Jenell after struggling for weeks to pick a Medicare supplement plan. She gathered all my information, assessed my needs and narrowed down my choices to four different plans to choose from. HealthCare Benefit Services made what seemed to be an overwhelming task simple. Kevin D. (client since 2020)

Tear here to keep our contact information for your future Medicare needs.

We guide...you decide!



We are Medicare Specialists
representing *all* available plans.



The HBS Team

Call Torrie or Jenell
303-973-6636
www.medicarehbs.com
clients@medicarehbs.com

Follow HBS on Facebook

Family owned and operated for 35 years
6638 West Ottawa Ave #120, Littleton, CO
(Near Pierce and Coal Mine)