



A History of Beauty

The Bradford-Perley House, flanked by irises in summer’s stunning colors. Photo courtesy of Leslie Miller, resident and Master Gardener, who beautifully tends to the Bradford-Perley garden.

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

BULLETIN BOARD	POOL CUES	SPECIAL EVENTS	RANGER FIELD NOTES	COVENANT CLIPS
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Fairy Tale Endings:

Helping Pets Find Their Fur-ever Homes!
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Yeee-Ha! The Barn BrewHa Returns on Sept. 23

Join us for some boot stompin’ fun with live music, featuring KDog and The Howlers, a beer garden, pony rides, a mechanical bull, a petting zoo, food trucks, bounce houses and more on Sept. 23 from 1-5 p.m. at the Dakota Lodge! Check out our flyer on page 14!

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A covenant protected community.

Paving Paradise...and Putting Up Some, Well, Playgrounds!

By Brian Yowell, Master Association General Manager

Hello, Ken-Caryl Ranch!

As you may be aware, a large part of dues go towards community projects. Thanks to our one and only Master Association Finance Manager, Mark Knott, these are made possible with the supplement of smart investing of monies and cash flow forecasting.

From a projects perspective, 2023 has been a busy year for Ken-Caryl Ranch. So far this year, the Master Association dredged Brannon Gearhart Pond, is finishing paving the highly-used trail on Ken Caryl Avenue (well almost...for resident safety and better drainage, the last 300 ft. will be re-engineered) and we are in the process installing a new shade structure at The Ranch House Park. In addition, the Master Association is also working on repairing, improving, replacing and staining perimeter fencing (this will be a multi-year continual project), repaving The Ranch House parking lot, and we are in the beginning stages of choosing new playground designs for Settlement Park, Brannon Gearhart Park and Bradford Park.

The Ranch House parking lot hasn’t been updated since it was installed in the mid 1970s and is in definite need of a replacement. Beginning Sept. 11, the parking lot will be completely removed and graded, the damaged curbing and insufficient sidewalks will be replaced, the curbs will be painted and the lot restriped. We will do everything in our power to minimize the impact on our staff and residents during this large project. Please look for more information including timing, parking instructions and closures online and in the e-News. This project will not only look amazing, but will improve drainage in the parking lot, thus increasing safety and ensuring a long and prosperous life for our new parking lot!

Like many large projects, an immense amount of time and planning goes into them. We are currently in the planning phase of improving Settlement Park playground, Brannon Gearhart Park playground and Bradford Park playground. Not only are we excited about upgraded equipment, but also the improved accessibility and play stimulation these new playgrounds will provide! In addition to Settlement Park’s playground, the Master Association will be looking into improving drainage behind the playground that flows into Settlement Pond. Look for an upcoming community survey on layout selections for these three playgrounds!

I’m excited to see 2023 projects through to completion and to plan the community-centric improvements in 2024!

As always, if you have any questions, please don’t hesitate to reach out to me at briany@kcranch.org, 303-979-1876, ext. 113.

At your service,
Brian Yowell



August

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
13	14	15 11 a.m. Ageless & Unstoppable 6 p.m. MA Board Meeting	16	17 9:30 a.m. Babytime 10:15 a.m. Storytime	18	19 10 a.m. Doggie Dip Day Ranch House Pool
20	21	22 11 a.m. Ageless & Unstoppable 6 p.m. MD Board Meeting	23	24 7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	25	26 5 p.m. Rockin’ the Ranch Summer Concert Ranch House/ Soccer Field
27	28	29 11 a.m. Ageless & Unstoppable	30	31 9:30 a.m. Babytime 10:15 a.m. Storytime		

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.

TRASH TALK

POOL CUES



Labor Day Trash Delay

This is a reminder from the Ken-Caryl Ranch trash service provider, Waste Connections, that Labor Day is an observed holiday. All trash and recycling service the week of Labor Day will be delayed one day.



Late Season Pool Hours and Closures

Summer is winding down! While we would love to keep all three pools open longer, our hard-working lifeguard staff will be heading back to school. The final day for the Ranch House and Bradford Pools is Sunday, Aug. 13, but luckily the Community Center Pool will remain open through Labor Day, Monday, Sept. 4. Due to Jefferson County’s new later school times, the Community Center Pool hours were adjusted to ensure staff availability. Starting Monday, Aug. 14, the Community Center Pool will be open as follows:

Monday, Aug. 14: 10 a.m. - 7 p.m.
Monday through Friday (starting Tuesday, Aug. 15): 4:30 p.m. - 7 p.m.
Saturday and Sunday: 10 a.m. - 7 p.m.
Labor Day, Sept. 4: 10 a.m. - 7 p.m.

WE’RE HIRING!

We’re Hiring for our Parks Department!

Do you enjoy working outdoors and helping to keep our community beautiful? Then consider applying to be an Irrigation Technician for our Parks Department!

Under the direction of the Parks Supervisor, the Technician II - Irrigation is responsible for the daily maintenance, repair, inspection and operation of the irrigation systems located throughout the District.

For more information, job requirements and to apply, please visit the Employment Opportunities page of our website at www.ken-carylranh.org.



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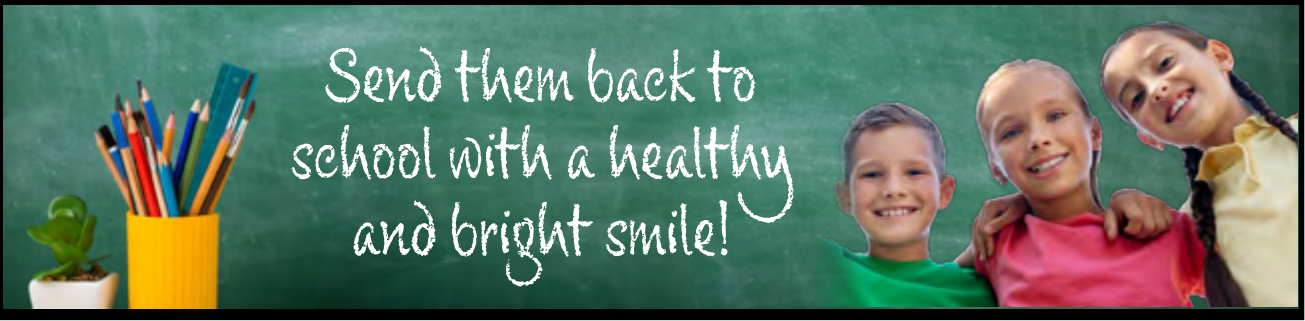
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Weeds, Weeds Everywhere!

By Darci Cross, Community Administrator

Hello, Ken-Caryl! What a crazy few months of weather we have had! Nobody loves weeding, but oh my, do we have a huge number of weeds and overgrown grass in tree rings, rock beds, flower beds, in driveway cracks, ect., throughout our community!

In the several hours I was out doing inspections, in the span of one week, I saw more than 80 violations - just for weeds. Please check your yard and put a plan in place to get your weeds pulled or sprayed. We understand that certain chemical-based commercial weed killer brands pose health risks to people and pets. If you prefer to pull the weeds yourself, great! However, if you prefer to spray them rather than pull them, here is a non-toxic solution I recommend:

Natural Weed Killer Recipe

- One gallon of white vinegar
- ¼ cup of Dawn dish soap
- 2 cups of table salt
- A bucket and spoon
- Gloves and spray bottle

Just a friendly reminder that you have 30 days to cure the violation to avoid any fines! Please be kind and keep your property looking great! To keep our property values up, we all need to participate!

Have a great month,
Darci



Doggie Dip Day Returns to the Ranch House on Aug. 19!

Life's ruff when it is hot outside and you're donning a fur coat! So, in honor of the 'dog' days of summer, we're turning over the Ranch House pool to our furry, four-legged residents to close out the summer pool season! It's Fido's turn to take a dip in the pool for our annual Doggie Dip Day event on Aug. 19 from 10 a.m. – 1 p.m.! Your canine companion will be able to (dog) paddle their way to fun and enjoy paw-some activities and a chance to win prizes! This event is for fully vaccinated, well-behaved dogs who can obey owner commands and can get along well with other dogs and patrons. NEW this year – Bone Apetreat – a food truck just for dogs – will be on-site at the event! To register, please visit our website at www.ken-carylranh.org and click on the Register icon located at the top right corner of your screen!

Many thanks to our paw-some In-Kind Sponsors, including Chuck & Don's Pet Food & Supplies, Ken Caryl Pet Spa, Crystal Adams with Equity Real Estate and Canyon View Dentistry.

Metropolitan District Board Meeting Recordings

In an effort to make the Ken-Caryl Ranch Metropolitan District Board monthly meetings more accessible and convenient for residents, staff began recording the meetings in June and will continue through August on a trial basis. Currently, the June and July board meetings are posted on the Ken-Caryl Ranch YouTube channel, accessible by clicking on the YouTube icon at the top of the Ken-Caryl Ranch website, www.ken-carylranh.org, or going directly to www.youtube.com/@kcranch9236.

The Metropolitan District Board and community members have expressed a desire to have more effective communication strategies to further engage residents. The meeting recordings are just one of several initiatives to increase community engagement. The meeting recordings will be posted to the website within a couple days after the meeting so residents can watch the meeting at their convenience. We know it is sometimes difficult to attend the board meetings due to other commitments, so hopefully this option to watch the meetings on your own time is helpful. The recordings are also separated into chapters that align with key sections of the agenda.

After the three-month trial period, the Board will assess the usage of the recordings and determine next steps. What do you think of the meeting recordings? Send your feedback to victoriad@kcranch.org.

Budget Town Hall and Joint Study Session, Sept. 5

Here ye, here ye! Budget planning for 2024 is underway! Share your ideas for the 2024 Master Association and Metropolitan District budgets at the Budget Town Hall and Joint Study Session of the two boards on Sept. 5 at 6 p.m.!

For questions or feedback, please contact Master Association General Manager Brian Yowell at briany@kcranch.org or Metropolitan District Manager Traci Wieland at traciw@kcranch.org. This meeting will also be available online or by telephone via Zoom. For details, please visit the Board of Director page, located under the *About Us* tab on our website at www.ken-carylranh.org.



We're Hiring for Youth Programs Staff!

Ken-Caryl Youth Programs is looking for some awesome instructors to join our dedicated, fun-loving staff who are committed to having a significant influence on the lives of our community's kiddos! Come work in a supportive, positive and exciting environment!

To sweeten the deal, we're offering \$500 signing bonuses for eligible employees! We're looking for both part-time and full-time positions. For more information and to apply, scan the QR code on the accompanying article flyer or visit the Employment Opportunities page of our website at www.ken-carylranh.org.

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State Farm, Bloomington, IL

PICTURE THIS! - Well Now, Deer

This is one way of putting off yardwork, as seen, snapped and captioned by resident photo contributor Tom Ryan.



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Valley and Plains Residents are Reminded to be Bear Aware!

The KCRMA Rangers have received an influx of reports of bears walking through neighborhoods, knocking over trash cans, walking into open garages and pulling out trash bags. These sightings also include The Plains! Please help keep residents, homes and bears safe! If a bear is viewed on the ground walking, attempt to haze it with noise makers (rocks in a soda can also work) or a water hose. The same can be done if a bear is viewed eating from a trash bag in a yard. Haze the bear or call the rangers and they can respond to haze the bear, if on duty. Please call the rangers with any sightings or incidents at 303-979-1876, ext. 170. Helpful tips include:

- * Keep garage doors closed at all times
- * No bird feeders. All bird feeders and pet food should be removed until Thanksgiving.
- * Keep garbage indoors. Only put out trash/recycling on the morning of your scheduled pick-up day.
- * Lock car doors and remove sweet smelling items from cars.
- * Clean grills and grease catch pans. Use ammonia-soaked rags if bears are frequenting an area.

More information is available on CPW’s website at <https://cpw.state.co.us/> and enter keywords, living with bears.

In an effort to promote education and resident safety, please take note of the new Bear Aware signs that will be rotating throughout our community over the next few weeks.

It’s Hot Outside... Have You Scheduled Your FREE Fuel Hazard Assessment?

Ken-Caryl Ranch Fire Mitigation Specialist Keith McMillan has worked to develop and implement a voluntary Fuel Hazard Assessment program for all residents. This program offers a no-risk, private educational opportunity where he will discuss the wildfire factors that could affect the community and specifically your home. Working directly with residents, Keith will generate an individual plan that will help you, your family and neighbors be better prepared for wildfire. To request your Fuel Hazard Assessment, please visit the Firewise page of our website at www.ken-caryl.org, located under the *Resident Resources* tab.

◆ JEFFCO CONNECT

Short Term Rental Regulation Updates

Jefferson County Planning & Zoning is completing an update to the Short-Term Rental regulations to streamline the review process and reduce non-compliance. In order to adequately update the regulations to meet the needs of the community, Planning & Zoning will be holding community meetings to hear from you.

The following community meetings will be held to hear public comments:

- Aug 16. - virtual at 6 p.m.
- Aug. 30 - in person at 6 p.m. Location TBD.
- Sept. 12 - virtual at 3 p.m.

A draft of the regulation will be published for community review once the community meetings have taken place.

A Short-Term Rental is currently defined in the Jefferson County Zoning Resolution as a single family detached dwelling or portion thereof that contains not more than 5 bedrooms, that is used for, or advertised and available for use for, accommodations or lodging of guests paying a fee or other compensation, for a period of fewer than 30 consecutive days.

For more information and updates, please visit Jeffco’s website at <https://www.jeffco.us/> and enter keywords “short-term regulation updates” in the search field.

◆ RANGER FIELD NOTES

Outside Vegetation Fires in Ken-Caryl

By Keith McMillan, Fire Mitigation Specialist & Park Ranger

Since joining the Ken-Caryl Ranger team in April, our community has experienced two outside vegetation fires that were human-caused. One was accidentally ignited between two homes from outside plumbing work with a torch. West Metro Fire extinguished the fire rapidly, but not before damage was caused to both homes. The other was ignited by a homeowner burning weeds around their property. Fortunately, two young neighbors noticed a fire in the planted bed between two houses and grabbed a fire extinguisher to quickly extinguish the fire - nice work, kids! What many people don’t understand is that there can be smoldering debris that can stay hot for hours, if not days. So even when observed flames from a fire are extinguished, materials around the heat continue to dry and pre-heat, and can ignite later as temperatures rise and fuels dry out, especially if wind is a factor.

Colorado has a climate that is very susceptible to fires. Do not let all the recent rains fool you: grasses are considered 1-hour fuels by firefighters, meaning that light flashy fuels (1/4” diameter or smaller) can either lose or gain the ability to burn in one hour of favorable weather.

So, what can we take away from these incidents moving forward? First, it is important to know that outdoor plumbing (with torches) and outdoor welding can quickly ignite fuel loads around homes. Firewise guidelines call for a 5’ non-combustible perimeter around your homes. Rock ground cover with limited and thoughtful vegetation in this zone cleared of any mulch. This is especially important when homes are closely spaced, sometimes as little as 10’ exists between our homes. This particular area should have minimal combustible material. Home-to-home spread is a real threat to our community, especially in The Valley and The Plains, where the lots are smaller.

Another thing to consider is Ken-Caryl’s Master Association Master Declaration that states:

“No open fires shall be lighted or permitted on any property except in a contained barbecue unit while attended and in use for cooking purposes or within a safe and well-designed interior fireplace or except such campfires or picnic fires in the portions of Recreation and Open Space areas designated for such use by Grantor, or by the Master Association as to Association Property.”

This rule exists for a reason. To keep our community safe. Please stay safe out there, Ken-Caryl. I look forward to seeing you all around the neighborhood. For any questions or concerns, please call the Ken-Caryl Ranch Park Rangers at 303-979-1876, ext. 170.

TOGETHER JEFFCO2023

County Plans and Regulations Update

Jefferson County is excited to announce the kick-off of the Together Jeffco: County Plans and Regulations Update! Together Jeffco is a two-year process which combines efforts to update the

→ Comprehensive Plan (CP)

→ Transportation & Mobility Plan (TMP)

→ Community Wildfire Protection Plan (CWPP)

→ Comprehensive Emergency Management Plan Evacuation Annex (CEMP EA)

→ Unified Land Use Code (ULUC).

WE WANT TO HEAR FROM YOU!

HELP DEFINE THE VISION AND RULES THAT WILL SHAPE THE FUTURE OF JEFFCO!

Join the conversation by visiting togetherjeffco.com or by scanning the QR code on this flyer!

Scan me to get involved!

JEFFERSON COUNTY COLORADO

PICTURE THIS! - Lucky Strike

Resident TJ Jaroszewski took this photo of a lightning strike from his Valley home vantage point. TJ said of his photo, “[Mother Nature] made not even an audible whisper to be heard here in The Valley, but the show she put on nonetheless was absolutely spellbinding!”

Fuel Load Mitigation Efforts on Golden Eagle a Success!

On July 15, Ken-Caryl Ranch Park Ranger and Fire Mitigation Specialist Keith McMillan and fellow rangers completed an MA-sponsored wildfire fuel mitigation project on Golden Eagle in The Valley. According to Keith, there were approximately 25 volunteers consisting mostly of Trail Club Members, combined with a few concerned residents that worked together for 4.5 hours to remove approximately 45 cubic yards of dead material from two identified fuels sites!

Other highlights included sculpting and removing lower dead fuels on an identified raptor perch all while prioritizing the bird’s habitat at the request of neighboring homeowner, removing dead and downed trees from the culvert area to increase drainage capability in a 100-year-flood zone and improving the existing wildlife habitat to promote shade and screening. This work was completed all while avoiding sensitive areas like hops vine and delicate interface areas.

“It was a great day with an awesome display of community,” said Keith. “Thank you for the support!”

Fuel mitigation projects are currently resident-driven. The rangers are hoping to complete additional projects in the future to remove fuel loads in our open space, but to “fuel” this initiative, an organized group of residents committed to reducing fuel loads in their area is necessary.



Residents and rangers gathered on Golden Eagle to remove fuel loads as part of Ken-Caryl’s commitment to fire mitigation efforts.



Beautiful and healthy open space thanks to our resident volunteers and rangers!



Cleaned-up culvert as result of last month’s fuel load removal efforts.



‘Second Chance’ market conditions continue:

- The averages for the first time in recent sales history have started to trend down in the first 6 mos of 2023. With continued low inventory, the second half of 2023 could reverse this trend. Avg sales price dips slightly over last year.
- We still experience multiple offers on many home sales, especially based on condition and location of the property.
- Just over 50% of all transaction closed over list price and went under contract in less than 7 days.

2023 Mid-Year Review - Sales

Ken-Caryl Valley Residential

Community	# of Homes Sold	Average Sales Price	Average % of List/Sold	Average Square Feet	Average Price per Square Foot	Average Days on Market
Barrington Ridge	0	-	-	-	-	-
Bradford Place	2	\$1,324,500	100%	2,743	\$483	4
Bridle Gate	0	-	-	-	-	-
Carriage Hill	3	\$1,611,667	99%	3,677	\$438	13
The Colony	0	-	-	-	-	-
Deer Creek	4	\$880,250	98%	2,149	\$410	24
Deerwood Vista	2	\$1,575,000	98%	3,711	\$424	3
Eagles Pointe	2	\$1,168,000	99%	3,439	\$340	5
The Enclave	2	\$900,000	97%	2,232	\$403	37
Heirloom	2	\$1,157,500	95%	2,968	\$390	22
Legacy	3	\$1,366,687	105%	2,655	\$515	17
Manor Ridge	3	\$1,728,833	102%	3,804	\$454	6
North Ranch	5	\$1,663,000	97%	3,798	\$438	50
Retreat	0	-	-	-	-	-
Shaffer Hill	1	\$775,000	80%	1,640	\$473	129
Shavano	2	\$1,175,000	98%	2,070	\$568	21
Stallion Pointe	2	\$1,125,000	96%	2,549	\$441	18
Stratford Farms	1	\$1,030,000	103%	2,502	\$412	7
Traditions	0	-	-	-	-	-
Wynterbrooke	0	-	-	-	-	-
TOTALS YTD 2023	34	\$1,312,134	99%	2,987	\$439	24
TOTALS YTD 2022	31	\$1,369,919	108%	2,942	\$466	4
% Change 2022 vs 2023	+10%	-4%	-9%	+2%	-6%	+505%

53% of closed transactions went for at or over their asking price.
53% of closed transactions went under contract in 7 days or less.

Ken-Caryl Plains Residential

Community	# of Homes Sold	Average Sales Price	Average % of List/Sold	Average Square Feet	Average Price per Square Foot	Average Days on Market
Aspen Meadows	2	\$772,500	104%	2,278	\$339	18
Cimarron	9	\$767,170	98%	2,519	\$305	43
Quail Ridge	0	-	-	-	-	-
Saddlewood	1	\$610,000	98%	1,880	\$324	19
Spread	2	\$1,107,500	94%	2,890	\$383	9
Territory	3	\$601,741	96%	1,433	\$420	36
Village	7	\$749,286	101%	2,097	\$357	16
TOTALS YTD 2023	24	\$763,531	99%	2,244	\$340	28
TOTALS YTD 2022	27	\$793,715	107%	2,275	\$349	5
% Change 2022 vs 2023	-11%	-4%	-7.9%	-1%	-2%	+492%

67% of closed transactions went for at or over their asking price.
58% of closed transactions went under contract in 7 days or less.

Ken-Caryl Plains Condos & Townhomes

Community	# of Homes Sold	Average Sales Price	Average % of List/Sold	Average Square Feet	Average Price per Square Foot	Average Days on Market
Mountain Gate	10	\$363,850	99%	1,042	\$349	27
Settlement	1	\$515,000	97%	1,724	\$299	22
Sunset Ridge	5	\$457,420	101%	1,453	\$315	8
TOTALS YTD 2023	16	\$402,538	100%	1,213	\$332	21
TOTALS YTD 2022	25	\$427,899	108%	1,227	\$349	4
% Change 2022 vs 2023	-36%	-6%	-7%	-1%	-5%	+462%

56% of closed transactions went for at or over their asking price.
50% of closed transactions went under contract in 7 days or less.

RP 2020 DENVER TOP 5%

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5

Life at Ken-Caryl
 August 16, 2023

Truly Paw-some: Resident Spearheads Pet Care Item Donation Collection for Pets in Need

By Allison Hefner, Editor

Ken-Caryl Ranch Plains resident Vanessa Wandersee is giving back to shelter pets as part of her efforts to support local shelters and rescues in need of pet care items. Vanessa, who was inspired by her own two rescues, is organizing a pet supply drive to paws-itively impact animals in her community now through Labor Day weekend.

Vanessa’s two late rescues, Kaya, a husky, and Oreo, a Border Collie mix, were such an integral part of her home and family, that she wanted to do something to help other dogs like them to find their fur-ever homes. According to Vanessa, the two dogs were found as strays and instantly became an integral part of the home she shares with her husband and their two children, now ages 2 and 5.

“Straight off the streets, [Kaya and Oreo] found us and became the absolute best team,” said Vanessa. “They were members of our family, so it broke us when we lost them 10 days apart in May after having them almost eleven years. Seeing two abused, underweight, flea-infested dogs who were completely betrayed by humans transform into such amazing, trusting and loving companions with us and our kids was truly rewarding.”

Vanessa was inspired by the profound effect that a loving and caring

home has on a pet in need and wanted to support other deserving animals adjust to their new homes, first using profits from the sale of her homemade jam to create pet care packages, she affectionally called “Pup Packs.” She is now expanding her efforts by collecting donations for local animal shelters and rescues in need of care items.

“I make and sell jam in the community and had a sale to honor Kaya and Oreo’s memory,” said Vanessa. “I sat at the park selling jars of homemade jam and used all of the money made to purchase supplies such as treats, bowls, brushes, toys, food toppers and a frame for the new owner,” said Vanessa. “My boys loved helping me pick these things out and fill each bag I personalized with a homemade vinyl decal ‘Who Rescued Who?’ I was able to make an initial 26 packs and dropped these off along with other supplies purchased. As I dropped these “Pup Packs” off at rescues around us to be sent home with each adopted pet, I got an overwhelming look into the world of rescue and what these places and volunteers do for these pets. I found a need that I could potentially help fill, so I reached out to the community for help.”

According to Vanessa, items in need include plastic kennels for transport, wire crates, play pens, leashes, collars, clean blankets, litter boxes, cardboard cat scratchers, towels and puppy pads. In addition, pet store gift cards, unopened bags of pet food, wet cat food, canned food and treats are also appreciated as well as cleaning supplies, such as bleach.

According to Vanessa, a lot goes into running a rescue, and every donation helps, as they are often in need of not just money, but supplies and additional

space to house animals for adoption. She plans on dropping off the donations she collects to several area shelters and rescues, including Foothills Animals Shelter and non-profits that are mostly foster-based, such as Taysia Blue Husky Rescue, Jailbreak Husky, Up Pup and Away, Mamco and more.

“With so many animals in need and in need of good homes, rescues, shelters and non-profits are in desperate need of donations to provide a comfortable living environment for deserving pets as they patiently wait to find their purr-fect, fur-ever homes,” said Vanessa. “Each rescue is working

tirelessly to help the dogs (and cats) of Colorado, and those transported here from several other states find a new chance at life. A lot of these non-profits are in desperate need of fosters and volunteers as they have a list of dogs being treated medically, a waiting list for space, and more being requested for transport every day.”

Vanessa will be collecting pet supply donations now through Labor Day. Residents are welcome to drop off donations at the collection box at the Ranch House, located by the reception desk in the main entrance.



Vanessa and her adopted pup with a stack of donations.



Resident Vanessa Wandersee’s foster pup from Taysia Blue Husky Rescue, one of the organizations that she hopes to support with her pet supply drive.

PICTURE THIS! - Moms Just Never Get A Break

Resident Christine Gaines’ photo proves that even in nature, moms just can’t get a break!



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PICTURE THIS! - Colorful Camouflage

Can you spot the hummingbird moth amongst the beautiful foliage?
Photo courtesy of resident Rilla Reinsma.



HEALTHY HABITS

Back Pain and the Culprit... the Quadratus Lumborum Muscle

By Bob Kannaka, DPT, Resident

Have you ever reached for an object underneath the car seat and felt your back lock up? How about when you helped move a piece of furniture and back spasms stopped you in your tracks? You may also have gotten out of bed the wrong way and succumbed to extremely debilitating back discomfort keeping you laid up on the couch for days.

What causes this? Why does it keep happening? The answer might be the deep strappy muscles on both sides of your spine called the Quadratus Lumborum muscles, or QL for short. The Quadratus Lumborum is the most overlooked muscle when it comes to low back pain. These muscles tend to go into spasm when there is a muscle imbalance between the “stabilizer” and “mover” muscles in your low back. We have been told many times that back pain comes from a herniated disc. This can be true, but low back pain more likely comes from muscle strains, ligament sprains and arthritis. These structures are responsible for about 85 percent of back pain episodes.

Many careers require a lot of sitting at a desk and using a computer. When this posture is assumed for many hours each day, the core muscles responsible for stabilization aren’t utilized and the bigger “mover” muscles are asked to work non-stop. When you go to stand up while helping carry a heavy couch, the already overworked QL is asked to do even more work and is likely to go into spasm.

So how do you fix this problem? You must quiet down your QL and work to strengthen your core muscles the right way by activating your stabilizer muscles (the multifidi) in your spine. Stretching the QL with mobility ball manipulation, a lateral line stretch, or a 90/90 QL stretch are all ways to quiet down the QL. The plank pull-through, side plank with resisted rotation, or a farmer’s carry using a kettlebell are all ways to initiate your core muscles to normalize the imbalance in your lower back.

Feel free to contact me with any questions. Your personal trainer can work with you to provide you with appropriate exercises. I can provide you with more detailed descriptions of the exercises as well to prevent QL muscle spasms that can sideline you with pain. You can contact me at bobkannaka@msn.com or at 720-231-1602.

For a great workout under the guidance of an expert, please contact Ken-Caryl Ranch Fitness Coordinator Janet Robbins at janetr@kcranch.org and ask about personal training at the Fitness Center!

COLORADO PARKS & WILDLIFE

Bearproofing Your Home

Help Keep Bears Wild



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

Keep Bears Out

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

Get Rid of Attractants

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

- Don’t store food of any kind in an unlocked garage, flimsy shed or on or under your deck.

- Don’t leave anything with an odor outside, near open windows or in your vehicle, even if you’re home. That includes scented candles, air fresheners, soaps and lotions.

Teach Bears They’re Not Welcome

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

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



Please Do Your Part to Keep Bears Wild

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Cyclists to Participate in 2023 Tour de Cure in September via Ken-Caryl

The American Diabetes Association will be hosting their 2023 American Diabetes Association Tour de Cure Bike Tour on Saturday, Sept. 9. The 60-mile route will include travel through Ken-Caryl as part of the event; however, cyclists and motorists associated with the event will NOT be using, traveling or accessing Ken-Caryl's open space at any time during the event.

Cyclists will only be accessing Jefferson Country-owned streets and roadways as part of the event. Approximately 150 cyclists will be part of this year's Tour de Cure. According to event organizers, the first cyclist would cross the intersection of C-470 & Valley Road at approximately 8:15 a.m. and the last cyclist would exit Valley Parkway to Valley Road at approximately 11 a.m. Please see the map included with this article to view the event route. Medical vehicles to ensure rider safety will be on the route as well as SaG cars for support.

A first aid station will be set up in the Bradford K8 North Intermediate School parking lot during the event. This event is not affiliated with the Ken-Caryl Ranch Master Association,

Metropolitan District or any Ken-Caryl entities, groups, or affiliates. For more information, please visit the American Diabetes Association's website at <https://diabetes.org/get-involved>.



PICTURE THIS! - Trice as Nice

A doe with her three fawns in tow, as seen and snapped by resident Jackie Treece.



Trash & Recycling Information

Waste Connections is the trash and recycling service provider for Ken-Caryl Ranch. Service is included as part of the Ken-Caryl Ranch Master Association monthly residential dues. Waste Connections can be reached at 303-288-2100 or www.wcdenver.com.

Trash and Recycling Totes

Residents have the option of using their own trash and recycling containers/bags or using 96-gallon totes provided at no charge by Waste Connections. To order totes, send an email to kencarylco@wasteconnections.com, say that you want to sign up for totes, and provide your name, address, email address, and phone number. You can request both trash and recycling totes, just a trash tote, or just a recycling tote.

Holiday Trash Delays

Waste Connections observes the following holidays: New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and Christmas Day, unless they fall on a weekend. If your normal pickup day falls on or after a holiday, your collection schedule will run one day late that week.

WasteConnect Mobile App

Never miss your collection day again! With their WasteConnect™ Mobile App you can:

- Sign-up for waste collection reminders
- Receive Service Alerts for collection delays
- Search how to properly dispose of materials

Get the app on Google play or download it from the Apple App Store.



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 allisonh@kcranch.org.

Protect Your Home

7 Ways Residents Can Reduce the Risk that their Homes & Property Will Become Fuel for a Wildfire

#1

Clear

Clear off pine needles, dead leaves & anything that can burn from your rooflines, gutters, decks, porches, patios & along fence lines. Falling embers will have nothing to burn.

#3

Screen & Seal

Wind-borne embers can get into homes easily through vents & other openings and burn the home from the inside out. Walk around your house to see what openings you can screen or temporarily seal up.

#5

Trim

Trim back any shrubs or tree branches that come closer than 5 feet to the house and attachments, and any overhanging branches.

#7

Close

If ordered to evacuate, make sure all windows & doors are closed tightly, and seal up any pet doors. Many homes are destroyed by embers entering these openings and burning the house from the inside out.

#2

Store Away

Store away furniture cushions, rattan mats, potted plants & other decorations from decks, porches & patios. These items catch embers and help ignite your home if you leave them outside.

#4

Rake

Embers landing in mulch that touches your house, deck or fence is a big fire hazard. Rake out any landscaping mulch to at least five feet away.

#6

Remove

Walk around your house and remove anything within 30 feet that could burn, such as woodpiles, spare lumber, vehicles and boats – anything that can act as a large fuel source.



NFPA has many more tips and safety recommendations on its websites, including www.firewise.org.

Eva Stadelmaier

www.homesinlittleton.com 303-619-4880

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40 Willowleaf Drive • \$1,158,705



9541 South Cougar Road • \$2,500,000

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Eva is hands-down the best realtor in the Ken-Caryl Valley! She provided service over and above what I expected and helped me prep my home for listing. I will continue to use Eva for all my real estate needs in the Denver area. Thank you Eva and your wonderful team!"
- Suzanne



2 Amaranth • \$1,100,000



2 Rose Clover • \$1,750,000



20 Tecoma Circle • \$906,000



3 Buckthorn • \$1,085,000

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9 Blue Willow • 12 North Ranch Rd. • 2 Silver Aspen • 33 Tecoma • 2 Holly Oak • 12 Silver Aspen • 164 Willowleaf
57 Dawn Heath • 27 Mtn. Laurel 31 Tamarade • 10 Summit Cedar • 2 White Pine Dr. • 152 Willowleaf
18 Dawn Heath • 17 Mountain Oak • 7222 Mt. Holy Cross • 21 Bridlegate Lane • 164 Willowleaf • 2 Mesa Oak
5 Blue Cedar • 10377 Red Mtn. • 4 Mule Deer • 11 Willowleaf • 3 Willowleaf • 4 Mourning Dove • 8 Blue Willow
• 15 Mountain High • 4 Wild Turkey • 13 Buckthorn • 9 Mule Deer • 54 Blue Sage • 9 Lindenwood

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Fairy Tale Ending

Helping our furry friends find homes.

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



Willy (276355) –

Willy is a 2-year-old male Labrador retriever mix. This bouncy boy enjoys other dogs and yearns for outdoor adventures. However, under that rambunctious energy is a sensitive guy needing an experienced dog owner to guide and support him during doggie playtime and vet visits. Willy is recommended for a home with children aged 10 years and older.



Booger (277683) –

Booger is a 5-year-old male cat and a shelter favorite. His adorable antics include lots of head-butts, body rolls and luxurious stretches. Booger sometimes keeps a low profile, but can easily be lured with treats. His love of humans does not include other animals, so he is available as the single pet for a household. Booger's adoption fee has been waived thanks to the support of staff or volunteers who have sponsored him.

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

 **KEN-CARYL RANCH**

Ageless and Unstoppable

Programming for Seniors, Retirees and Adults

Tuesdays at the Ranch House from 11 A.M.-12:30 P.M.
unless otherwise noted.

**Tuesday, Aug. 22 – Topic: Intro to Knitting
with Sonia Berlingeri**

**Tuesday, Aug. 29 – Topic: Mindfulness– What is it and how
can it help me? Presented by
Erica Chase with One Medical Seniors**

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DOGGIE ➡ DIP DAY ➡

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RANCH HOUSE POOL
10 AM - 1:30 PM

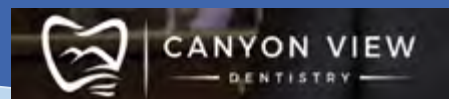
Resident: \$10
Non-Resident: \$12

Sign up for a session on our website!
Spots are limited, so don't wait!



All dogs must be well socialized and be fully vaccinated.
Owners are responsible for cleaning up after their dog.

Prizes will be provided by our generous sponsors:



Ken-Caryl Youth Earn National Federation of Music Clubs Gold

The National Federation of Music Clubs is a volunteer organization founded in 1898 that promotes community awareness, support and involvement in the performing arts, including music, opera, dance and poetry.

This organization promotes musical education through its federation festivals requiring the memorization of a piece written by an American composer and a contrasting piece written by a foreign composer. The Federation Festival Gold Cup program awards a gold cup to each student earning 15 points, in 15-point increments. Each year, a maximum of five points may be earned by each student. It takes a minimum of three years to earn the first 15-point cup.

Many Ken-Caryl piano students have earned Federation gold cups of different levels over the past few years. These cups were earned through dedication, industry and fortitude at the piano.

Those children earning gold cups in 2023 are Lisa Mitchell, Reese VerSchave, Graycin VerSchave, Ellie Schmisek and Edie Fleenor. In addition, Hunter Elvenholl earned his 30-point gold cup.

Congratulations to these industrious musicians!



Hunter Elvenholl earned his 30-point gold cup. All photos courtesy of resident and teacher Janet Newman Ali.



Federation Gold Cup Recipients, pictured back to front, left to right, Lisa Mitchell, Reese VerSchave, Graycin VerSchave, Ellie Schmisek and Edie Fleenor. Ali.



Recital group photo. Left to Right Janet Newman Ali, Ellie Schmisek, Mia Sisneros, Maggie Schmisek, AJ Wang, Tyler Wang, Zia Zbylut, Reese VerSchave, Graycin VerSchave, Alaina Collier, Lisa Mitchell. Front row: Emma Sisneros, Ian Lems, Kate Schmisek, Noel Parker, Sara Parker, Edie Fleenor, Penelope George, Simone Oese and Kirk Mitchell.

PICTURE THIS! - David vs. Goliath

Resident Chris Meagher submitted this photo on behalf of fellow resident Shawna Sannier where a hummingbird protecting her nest was able to shoo the hawk away.



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Special Events

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

Doggie Dip Day

Life's ruff when it is hot outside and you're donning a fur coat! So, in honor of the 'dog' days of summer, we're turning over the Ranch House pool to our furry, four-legged residents to close out the summer pool season! It's Fido's turn to take a dip in the pool for our annual Doggie Dip Day event on Aug. 19 from 10 a.m. – 1 p.m.! Your canine companion will be able to (dog) paddle their way to fun and enjoy paw-some activities and a chance to win prizes! This event is for fully vaccinated, well-behaved dogs who can obey owner commands and can get along well with other dogs and patrons. NEW this year – Bone Apetreat – a food truck just for dogs – will be on-site at the event! To register, please visit our website at www.ken-caryl ranch.org and click on the Register icon located at the top right corner of your screen.

Don't Miss Out! - 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. To sign up for the e-News, go to www.ken-caryl ranch.org and fill out the e-News sign-up form on the home page or send an email to allisonh@kcranch.org.



Special Events

Rockin' the Ranch Summer Concert

Are you ready to rock, Ken-Caryl Ranch?!? Gather the family together and head on over to the Ranch House Park/Soccer Field for a FREE concert featuring The Vinyls on Aug. 26 from 5-7 p.m.! Stay tuned! More info to come!

Bingo at the Ranch House!

Come join us for some fun bingo games at the Ranch House on Sept. 30 from 11 a.m. – 1 p.m.! Registration is FREE, but required! Stay tuned! Registration will open closer to the event.

Barn BrewHa

Join us for some boot stompin' fun with live music, a beer garden, pony rides, a mechanical bull, a petting zoo, food trucks, bounce houses and more on Sept. 23 from 1-5 p.m. at the Dakota Lodge!



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-caryl ranch.org.



Tennis & Pickleball

Robert Campbell
Tennis Program Supervisor
robert@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-caryl ranch.org.



Tennis & Pickleball

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-caryl ranch.org.

Cardio Tennis!

Cardio Tennis is taking a hiatus this summer, but stay tuned! This class will return in the fall!



Aquatics

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

Aqua Fitness Late Season Hours

Late season Aqua Fitness classes will begin on Tuesday, Aug. 15 and run through Monday, Sept. 4. There will no longer be morning classes from 8:45-9:35 a.m. The schedule will change to only include Wednesday Deep Water classes from 4:30-5:20 p.m. The Saturday and Sunday classes from 9-9:50 a.m. will not be affected. Please see the website for the updated schedule.



Youth Programs

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!

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RECREATION PROGRAMS & ACTIVITIES

Register online at www.ken-caryl ranch.org today!



Youth Programs



Teen Programs



Adult Programs



Adult Programs

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!

Babysitting Course

Sign your tween/teen up for our latest Babysitting Class on Sept 16. 4 from 9 a.m. - 3 p.m. at the Ranch House! This course is designed to help prepare participants for those first babysitting opportunities. Basic childcare such as routine childcare duties (feeding, bathing and diapering) will be covered. Participants will also learn basic child development and be able to provide activities for various developmental stages. Home and fire safety along with the prevention and treatment of common injuries will also be covered. This course is offered in person for kids ages 11-14. To enroll, please visit www.ken-caryl ranch.org and click on the Register icon at the top right corner of your screen.

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

Ageless & Unstoppable

Ageless & Unstoppable is back for another exciting season! Join us for fun and entertaining adult programming from 11 a.m. – 12:30 p.m. on select Tuesdays in the *Shaffer Room at the Ranch House. These sessions are FREE, and registration is not required. To view dates and program topics, please visit the Adults & Seniors page of our website at www.ken-caryl ranch.org. **Please note that programming will convene in the Colorow Room on the second Tuesday of every month to accommodate the Senior Club's previously scheduled meetings.*

Register for Before & After School Care

Register your child for our B&A Care program this fall at the Ranch House for Shaffer families and the Dakota Lodge or the Community Center for Bradford families! The Ranch House-Shaffer program still has openings, so sign up now! Both Bradford programs are full, but you are welcome to join the waitlist, which can be done online via our website. A survey will be sent soon to all registered participants and waitlisted families to help determine if there is the option to open any more spots. KCRMD Before & After School Recreation Programs provide a caring, safe and fun learning environment. Students explore a wide variety of activities that develop learning, encourage imagination and promote positive social skills. Join us for exciting science experiments, cooking, art projects, sports, games, reading, homework help and more! We offer year-round care and provide full-day care on most early release days, school holidays and vacations. Register and pay only for the days you need each month! Register on our website at www.ken-caryl ranch.org, under the Programs tab, then Youth Programs and School-Age Care.

Adult Nature Enrichment Programs

A few of our popular adult nature enrichment programs are coming again this fall! Look forward to Bird Watching, Nature Journaling, and of course Family Nature Club! Interested in what each program has to offer? Registration is now open for residents and July 24 for non-residents. Find more information and to register, please visit our website at www.ken-caryl ranch.org and click on the Register button located at the top right corner of your screen.

Pre-K Nature Enrichment Programs

Looking for a fun and enriching program for your 3- to 6-year-old? Come check out KCR Youth Program's Nature Enrichment this fall! Each program fosters exploration of nature and new discoveries! Wonders of Nature-Topic Based sessions are offered Tuesdays and Art Ventures is offered Thursdays, each program will run from 12:10-3pm at the Dakota Lodge. Find more information and to register, please visit our website at www.ken-caryl ranch.org and click on the Register button located at the top right corner of your screen.

Knitting for Everyone

Knit hats, scarves, totes, blankets and so much more with our Knitting for Everyone class that runs Sept. 13 – Oct. 18 at the Ranch House! Morning and afternoon sessions are available at 9:15 a.m. – 12:15 p.m. or 12-3 p.m. Whether you're new to knitting or you want to learn new techniques, Knitting for Everyone is a knitting class for all skill levels. From casting on to weaving in ends, you'll learn how to make several beautiful projects.

The instructor has dozens of projects for you to choose from that will help you learn how to knit or go beyond the basics. This is a fun class where you set your own pace. To register, please visit www.ken-caryl ranch.org and click on the Register icon at the top right corner of your screen.

The Grandlore Guided Memoir Program Returns!

The Grandlore Guided Memoir Program returns to the Ranch House for a second session starting on Sept. 15 from 2-4 p.m. at the Ranch House. This 10-week program features a series of three courses that result in a book of your personal and family history. The Grandlore Guided Memoir Program is a wonderful and enriching experience for participants as it delves into various aspects of their lives and helps create a meaningful narrative of their personal and family history. This session is focused on exploring a wide range of topics, including friends, feuds, personal tales, education, work, activities and travel. For more information and to register, please visit our website at www.ken-caryl ranch.org and click on the Register icon located at the top right corner of your screen.



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Attendees Get Creative at Ageless & Unstoppable!

Ageless & Unstoppable got creative earlier this month when the folks at Createry hosted a workshop full of artistic fun!

For more information on upcoming programs, please visit the Adults & Seniors page of our website at www.ken-carylranh.org. This series is proudly brought to you by Kali Hepker with Equity Real Estate.



PICTURE THIS! - Seeing Double

A double rainbow over Ken-Caryl, as seen, snapped and shared by resident Robb Fort.





Mike Schmisek
Owner
Ken-Caryl Resident

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Call or text us at **303.922.1002**





Barn BrewHa

Saturday, Sept. 23, 1-5 p.m.

Dakota Lodge & Equestrian Center

14422 W. Ken-Caryl Ave.

Live music by KDog and the Howlers, Beer Garden, Petting Zoo, Bounce Houses, Pony Rides & Food Trucks!

Park at Bradford North and ride the shuttle. Handicap parking only at the Dakota Lodge.

Free Event! Bring your lawn chairs for best seating for the band.

A rootin', tootin' thanks to our generous event sponsors:



Support the Jeffco Action Center at the event!

PICTURE THIS! - A Magical Place

Resident Alexis Nicole snapped and shared this photo of a rainbow cradling the Ken-Caryl Valley.



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MY HUMANS' NAMES ARE:
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Barking at the neighbors walking by my fence

I CAN'T LIVE WITHOUT MY:
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MY SECRET TALENT IS:
Being super cute

I'M KNOWN FOR:
Being very social and sleeping in later than my humans

I LOVE IT WHEN:
Anyone says hi to me


MY PERFECT DAY:
Sleeping in and playing wall ball with my grandpa

LIFE IS RUFF WHEN:
It's hot outside and there's no snow



Hi, my name is
Bruin

Submit your dog to be featured in a 2023 edition of Life at Ken-Caryl's "Ruff Living" column at <https://ken-carylranh.org/submit-to-ruff-living/>.
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11373 W. San Juan Range Rd. - VILLAGE

Gorgeous floor to ceiling double-sided gas fireplace, hardwood floors, and recently remodeled kitchen. TWO Primary Suites both with large closets and full en-suite luxurious 5-piece bath. Multiple entertaining areas and charm. **Listed by Bre at \$685,00**



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Life at Ken-Caryl
Policy: Letter to
the Editor

LETTERS TO THE EDITOR ARE WELCOME AND ENCOURAGED from any Ken-Caryl resident in good standing or from any elected official or political candidate. Letters should be concise — no letters over 350 words — and must be received by the published deadline date and time. Deadline dates and times can be found at www.ken-carylranh.org.

The preferred method for submitting letters to the editor is by email to Allison Hefner at allisonh@kcranch.org, but they may be mailed or hand-delivered to the Ranch House, Attn: Allison Hefner, 7676 S. Continental Divide Road, Littleton, CO 80127. A response will be sent via email when a letter or article is received. If you do not receive a response, call 303-979-1876, ext. 108, to confirm receipt.

We do not print anonymous letters.

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

Letters will be published with plain text; use of all caps, italics, bold or excessive exclamation points will not be allowed. Published letters to the editor do not necessarily reflect the views or opinions of the Master Association, its directors, officers, employees, agents, staff, *Life at Ken-Caryl* or its editor. Neither the editor nor the Master Association accepts any responsibility for the content of these letters. Writers accept full responsibility for their written word. Letters should comply with

acceptable standards for courtesy and respect.

Email to allisonh@kcranch.org.
Deadline for Aug. 30 paper is August 21 at 9 a.m.

Dear Editor,

Wait, errrrrr no um Dear Diary, I’m sad. Actually, no, not sad. I’m disappointed. Since the April 26 issue of *Life in Ken-Caryl*, life has not been the same. I used to wait oh so anxiously, oh so nervously... I used to wait with great trepidation, counting down days from 14, 13, 12 ... ‘til finally, it was again the day that a new edition would grace my mailbox. I would run home, and rip open the crisp grey page and scan, scan, scan, ‘til I found this very section: Letters to the Editor.

Ah, what a joyous reading that it was, always ripe with juicy gossip, dripping and oozing with a slew of new passionate call-outs from my dear, dear neighbors about who to vote for... who likes trails... and about who has lived here for 473 years. Here, in this very section I learned about riveting topics like who got smeared on Facebook ... who launched an attack on who in the latest board meeting ... who is truly a real mountain biker ... even who hates the golden eagles. Wow -- the highlights of my weeks! The juicy, juicy, juicy gossip!

But, on April 26 it seems we gave up. Candidates have been elected. Fate has been sealed. What more is left to talk about? What more could

we possibly have to share with the community?
I don’t stand for this. In times of peace, in times of war, and yes ... even in times “in-between Ken-Caryl elections”, I’d like to beseech my fellow KC brethren and sistren and all peoples to continue writing... Please write. Please contribute. Please share. We need more gossip, more arguing, more juicy, juicy slander.
Your letter to the editor is not just a privilege: It’s a responsibility. According to denvermetrodata.org, Ken-Caryl has 7,349 households and 19,899 residents, yet in the last 7 weeks we’ve only been able to muster up 2 measly letters to our dear editor? This is a disgrace, KC - We can do better!
Sincerely, a deeply concerned citizen (and relatively novice hilly bike pedaling person),
Will Wegert, Resident

◆ OUR COMMUNITY

What Time is it?

By Kathy Webster, Resident
What time is it? School is starting, the perennials are fading, the vegetables are ready for harvest, the temperatures are cooling, the sunflowers are smiling and the lesser goldfinches have arrived in Colorado on their way south. It is time for the mighty fall bird migration that starts in August and goes to the end of September.
Over the next two months, millions of birds will fly over Colorado through the migratory “central flyway” heading south for the winter. Most of this eternal ritual will take place while you are sleeping. More than 80 percent of the millions of migratory birds travel at night, navigating with the night sky. Artificial lights and sky glow cause the birds to become disoriented, throwing them off their migration path. The migrating birds rely on “stellar orientation” for their GPS. “Stars are a visual stimulus that conveys directional information.” The light pollution throws the birds off their path, and most of the bird deaths are attributed to the stress and energy expended by the birds flying around and calling out in confusion. They’re depleting their energy reserves to the point of exhaustion and disorientation, causing them to collide into widows or buildings.
Because night lights are a deadly allure, Colorado has initiated a program called “Lights Out Colorado” in conjunction with Denver Audubon and Dark Sky with the main goal of educating people as to what they can do to save the lives of migrating birds. The Ken-Caryl Ranch Master Association is a member of the International Dark-Sky Association and supports their recommendations that include:
• Turn off all outdoor lights, starting at the “sunset cue” in August and September
• Close your indoor blinds and/or drapes, use window decals close together
• Become an advocate, speak up for the birds and educate others
What time is it? It is time to help save millions of migrating birds. It is time to go “lights out.”
For more information go to: idacolorado.xyz/lights-out-coloradoaudubon.org/lightout



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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 Hefner
allisonh@kcranch.org
303-979-1876, ext. 108

Display Advertisements and Classifieds

Sam Marko
samm@kcranch.org
303-979-1876, ext. 117

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Education.....303-979-1876, ext. 469

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.

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 samm@kcranch.org for more information.

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LIFE SKILLS COACHES, SUBSTITUTES, and HOST HOME PROVIDERS – Stepping Stone Support Center supports adults with intellectual and developmental disabilities and is currently in need of caring part- and full-time providers in the Ken Caryl and surrounding areas: flexible schedules, \$15-\$20/hr. (based on services provided) for employee positions; retirees, college students, & stay-at-home parents welcome! For contracted, Host Home Provider position: \$1,800 - \$4,800/mo., tax-exempt income (dependent on several factors) for providing live-in care in your own home. For more information, please contact Crista at ccarnes@steppingstonesupportcenter.com. 303-872-6882 x707.

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

Services: (B) Babysitting; (L) Lawn care; (P) Pet or house sitting; (S) Snow shoveling				
Name	Phone	Services	Age	Neighborhood
Olivia Anderson	303-902-5026	B, P, S	15	Aspen Meadows
Jade Atkinson	720-616-0063	B	17	Aspen Meadows
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	202-253-8227	L, P, S	11	Retreat
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
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	14	Deer Creek
Hope Cuttitta	720-404-0282	B, P	18	Deer Creek
Ella Daugherty	303-591-2004	B, P	16	Legacy
Quinn Daugherty	303-591-2004	B, P	15	Legacy
Razi Daugherty	303-591-2004	B, P	12	Legacy
Presley Davis	720-487-8778	B, P	13	Sunset Ridge
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	14	North Ranch
Ryan Flint	303-517-3749	L,P,S	15	Retreat
Caleb Flint	303-517-3749	L,P,S	12	Retreat
Grant Foster	720-345-3120	L, S	17	Aspen Meadows
Kyla Fouts	303-668-0581	B, L, P, S	13	Mountain Gate
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
Lily Freitas	303-999-1993	B, P	12	Retreat
Eva Gallant	303-517-8864	B, P	15	Deer Creek
Georgia Gilmore	720-210-4177	B	16	Heirloom
Connor Glitzer	303-489-3932	L, S	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
JJ Heupel	720-372-9476	B, L, P, S	16	Enclave/Traditions
Natalie Himmel	720-788-3419	B, P	15	Eagles Pointe
Kellen Hodges	720-496-6113	B, L, P, S	17	Saddlewood
Maddox Hodges	720-472-2003	B, L, P, S	14	Saddlewood
Reece Hodges	303-667-2606	L, P, S	12	Saddlewood
Gunnar Holmes	720-505-6764	L, S	15	Carriage Hill
Amelia Hopping	720-626-7750	B, P, S, L	14	North Ranch
Erin Hurley	720-600-8261	B, P, S	12	Aspen Meadows
Lukas Jamtgaard	303-763-0250	P	18	Mountain Gate
Afton Jones	720-705-9797	B	16	Manor Ridge
Salome Kekelia	801-201-1183	B	13	Territory
Eva Kiebler	303-478-6050	B, P	15	Cimarron
Sierra King	720-582-3334	L	14	Heirloom
Kellen Lay	720-629-5566	L, S	12	Wynterbrooke
Andrew Lerudis	720-691-3985	L, P, S	15	Village
Daniel Lobelo	720-203-2912	L, P, S	14	Deerwood Vista
Shea McCaughey	720-774-7499	B, P	13	Cimmaron
Riley McGatlin	703-244-8558	B, L, P, S	14	Legacy
Rileigh Rose McMahon	720-375-3352	B, P	13	Stallion Pointe
Nathan McAnally	303-358-1993	L, P, S	12	Retreat
Charlotte Miller	303-882-4415	B, P	16	Manor Ridge
Janey Millstone	720-668-1029	B, P	15	North Ranch
Sydney Millstone	720-471-3245	B, P, L	15	North Ranch
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	13	Stallion Pointe
Jake Ruszkowski	720-607-2809	B, L, P, S	17	Stallion Pointe
Sebastian Ruszkowski	720-766-9843	L, P, S	15	Stallion Pointe
Libby Sauer	303-506-9752	B, P	12	North Ranch
Nicholas Schuster	720-990-7465	B, P	18	Heirloom
Liam Schuster	720-480-0691	B, P	13	Heirloom
Aly Secondo	720-625-9910	B, P	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	12	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
Catie Watkins	720-705-1656	B, P	14	Manor Ridge
Judah Webster	703-655-4428	B,L,P,S	15	The Spread
Wyatt Webster	703-655-4428	B,L,P,S	13	The Spread
Ava Yaley	970-946-8955	B, P	15	Carriage Hill
Cole Yaley	970-946-7649	B, P, S	13	Carriage Hill
Liam Young	720-883-3616	L, S, P	12	North Ranch

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



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Here's what our clients are saying!

"We have used Dave and Diana for both selling and purchasing our Ken-Caryl Properties. They are very attentive, knowledgeable and reliable! In this challenging and ever changing real estate market you need a broker with experience that you can trust to meet your goals! We highly recommend David and Diana Harder."

- Ed & Dee MacDonald
Sellers/Buyers in Deerwood Vista



7369 Alkire St. Unit 204 - \$365,000



7228 Gore Range Road



11385 San Joaquin Ridge



10 Mountain High



11130 Twin Thumbs Pass

Sold by the Harders 28 Mesa Oak • 9607 W Trailmark • 5 Catamount Lane • 8 White Birch • 6 Meadow Rose Lane
9 White Birch • 11 Wild Turkey • 9 Paonia • 11722 Hornsilver • 11886 Elkhead Range Road • 15 Summit Ash
11709 Elkhead Range Road • 15636 Red Deer Drive • 10237 West Roxbury Avenue • 5 Woodfern • 10417 West Red Mountain

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- Top 1% City and Nationwide for Closed Sales!
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