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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.



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Ken-Caryl

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COMMUNITY CALENDAR

Budget Season

By Traci Wieland, District Manager

It is everyone's favorite time of the year... budget planning season! Well, maybe some of you are not as passionate about budgets as the staff is, but we want to make sure that residents are informed and have the opportunity to weigh in on this important process.

Ken-Caryl Ranch is managed by two organizations, the Metropolitan District and the Master Association, that work cooperatively to deliver services to our community. The District is funded by a portion of your property taxes and by activity fees for many different

programs, and the Master Association is funded primarily by monthly HOA dues. We understand that the community thrives when the two entities work together, and we want to be good stewards of your dollars.

On Sept. 5 at 6 p.m. at the Ranch House, the District and the Master Association Boards will hold a Joint Study Session and Budget Town Hall. Residents are welcome to attend the meeting in person or virtually via Zoom, and there will be an opportunity for public comment. If you can't attend the Budget Town Hall and would like to make public comment, please submit your email comments, limited to 300 words, to traciw@kcranch.org by 12 p.m. the day of the meeting. Email comments will be read aloud at the meeting. Meeting access details and an agenda will be posted online closer to the meeting date.

While General Manager Brian Yowell will address the Master Association's budget in a future issue, I will concentrate on the budget process for the District in this column. The first draft of the District's 2024 budget will be posted online Oct. 13. Please note that the District and Master Association Boards swapped meeting dates in October due to schedule conflicts, so the District Board meeting will now be Oct. 17. The Board will be reviewing the draft budget at this meeting, and residents are encouraged to attend and provide feedback.

The District budget discussions and public input opportunities will continue at the Dec. 5 District Board meeting and conclude at the Jan. 3 District Board meeting, where the Board will approve the final budget. The budget approval is later this year due to legislative impacts that affect all government entities in Colorado.

If you have questions, feel free to reach out via email at traciw@kcranch.org or by calling 303-979-1876, ext. 136. You can also send an email to the entire District Board at mdboard@kcranch.org. I look forward to engaging with you in this important public process!

• BULLETIN BOARD

Budget Town Hall and Joint Study Session, Sept. 5

Hear ye, hear 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.!

If you can't attend the Budget Town Hall and would like to make public comment, please submit your email comments, limited to 300 words, to traciw@kcranch. org by 12 p.m. the day of the meeting. Email comments will be read aloud at the meeting. This meeting will also be available online or by telephone via Zoom.

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-carylranch.org.

• POOL CUES

Late Season Pool Hours and Closures Reminder

The Ranch House and Bradford pools are closed for the season. However, the Community Center Pool will remain open through Labor Day, Monday, Sept. 4. The Community Center Pool will be open as follows Monday through Friday: 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. The Community Center Pool officially closes for the season on Labor Day at 7 p.m.



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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
27	28	29	30	9:30 a.m. Babytime 10:15 a.m. Storytime		

September

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		0	2
3	Labor Day Ranch House and Community Center Closed	6 p.m. Joint Study Session	6	9:30 a.m. Babytime 10:15 a.m. Storytime	8	9
10	3 p.m. Historical Society Meeting	6 p.m. Open Space Committee Meeting Dakota Lodge	13	7:30 a.m. Architectural Committee Meeting 9:30 a.m. Babytime 10:15 a.m. Storytime	15	16
17	18	6 p.m. MA Board Meeting	20	9:30 a.m. Babytime 10:15 a.m. Storytime	22	1 p.m. Barn BrewHa Dakota Lodge
24	25	6 p.m. MD Board Meeting	27	9:30 a.m. Babytime 10:15 a.m. Storytime	29	30 11 a.m. Bingo



Covenant Rules and Regulations Exist for a Reason

By Darci Cross, Community Administrator

Hello Ken-Caryl,

I hope you all had a wonderful summer and are settling back into the school year routine. I wanted to touch base regarding the numerous calls and emails we have received over the past several weeks regarding lawns and landscaping. I addressed the weeds issue in my last article.



Today, I want to address some of the calls and concerns with some data and follow up. Many of the calls I have received have been complaints about neighbors' lawns needing maintenance. Since the beginning of the season, more than 200 letters have been sent out for landscaping; a quarter of these letters were issued as the result of a complaint.

Living in a covenant community means that residents agree to maintain their properties to a standard agreeable to the Association. Since all residents agree to this when purchasing a home in Ken-Caryl Ranch, it is reasonable for your neighbor to expect your yard to be kept up. Often the resident that was issued a violation will reach out to me to let me know that they have a plan of action in place to take care of the issues. This goes a long way in satisfying a neighbor's complaint. There are so many yards in the community that are beautifully landscaped and maintained. Everyone needs to play a part in keeping property values up and being respectful to the ones that take excellent care of their investment. I do understand that occasionally there are circumstances out of your control. I am always willing to listen or offer some helpful suggestions.

The other letters that are sent are the result of routine inspections. The majority of emails and calls I get from these letters have been positive and communicative. Some are not so positive. Getting the dreaded letter in the mail is not to always great news. Just know that I am here to help keep the place we all call home in beautiful condition, which keeps our property values and the pride in your community soaring.

In the interest of disclosure, every neighborhood in Ken-Caryl is reviewed twice a month in the summer and once a month in the winter. When we review each neighborhood, it is a drive-by curbside inspection. The intent behind these inspections is to monitor the neighborhoods for aesthetics. We are reasonable and understanding. I recognize the frustrations of neighbors and residents. I hear them every day. It is not a personal judgement. I have no agenda to insult anyone. I am a fellow resident and an employee that enjoys serving my community. This is a beautiful community; you and your neighbors pay to ensure it is maintained properly. If you have any questions about a letter you received, please don't hesitate to reach out to me. I am here to help!

Be kind to one another,

Darci

Ranch House Parking Lot Replacement

The Master Association Board approved the much-needed full replacement of the Ranch House parking lot at its July 18 meeting. Work on this project is tentatively scheduled to begin on or around Sept. 11 and should take approximately three weeks to complete, depending on weather conditions.

The project work will include the full removal and replacement of the existing lot as well as the addition of some new curbing and partial sidewalk replacement. Painted curbs will be sandblasted and repainted when the lot is restriped.

To limit disruption and to allow for resident, guest, staff and visitor access during construction, the project is expected to be completed in two phases. The first phase is tentatively planned to begin on the north (administrative) portion of the parking lot and center islands, leaving the main drive and parking along the tennis court parking open and accessible. Immediately following the completion of Phase 1, Phase 2 will begin, and will include the replacement of the main drive and the south side of the parking lot. This will require a full closure of the parking lot for up to a week.

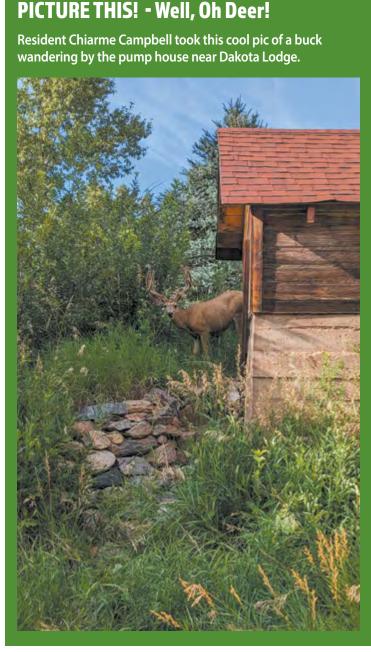
Please note that Babytime and Storytime will still run as scheduled during all phases of construction. Attendees may utilize street parking along Continental Divide Road during construction.

Stay tuned! More information, including alternate parking information, will be communicated as it becomes available.

For questions, please contact Master Association General Manager Brian Yowell at briany@kcranch.org or at 303-979-1876, ext. 113.







3 Life at Ken-Caryl August 30, 2023

Second Interface Mowing for 2023

By Matt Ōven, Park Ranger Supervisor

In May 2022, the Master Association Board directed the ranger staff to mow a 10-foot swath in the open space adjacent to private property as part of a fuel mitigation project. This decision was to assist with wildfire mitigation in Ken-Caryl. As part of a bigger initiative to educate the community on Firewise activities, this project would cut the open space grasses to a height of four-to-six inches and would assist knocking down flames if a grass or creeping fire were to

start in the open space and move toward homes. The 10-foot interface would also allow firefighters a safe way to access the open space with equipment and trucks. if needed.

For 2023, a contractor was selected to complete this task and performed the first cycle in June. The second and last cycle of the year will take place starting in mid-September and should take approximately two weeks.

The contractor will mow and trim the interface, but will be conservative in accomplishing this task. For difficult areas or steep grades, trimming or mowing of the open space grasses may be located several feet from the property line. This will accomplish the same task as providing a fuel break for properties. If you have any questions, feel free to call the park rangers at 303-979-1876, ext. 170.



Rules and Regulations Updates to Ken-Caryl's Landscaping, Garden Placement and Trash Enclosures

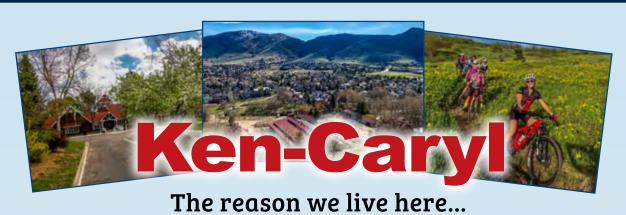
As a result of Senate Bill 23-178, which supports water-wise landscaping and non-vegetative landscaping alternatives for water conservation, Ken-Caryl Ranch is in the process of updating its current rules and regulations in relation to homeowner yards, turf and gardens. Ken-Caryl Ranch Master Association is updating the Gardens and Xeriscaping rules and regulations to be in compliance with the new house bill. In an effort to satisfy requirements of the house bill and to provide residents with more tools for updated landscaping, the Architectural Committee will be creating three xeriscaping design templates. Residents are advised that all exterior improvements, including landscaping, are required to be submitted for Architectural Committee approval.

In addition, new rules regarding the construction of trash encloses are being updated by the Architectural Committee. While these new rules and regulations



are independent of SB 12-178, residents are also encouraged to review them regarding the construction of trash encloses to outdoor house trash/recycling totes.

To view these updated rules and regulations, please visit the Community Announcements page of our website at www.ken-carylranch.org.



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HOW TO

PREPARE YOUR HOME

FOR WILDFIRES

WILDFIRE RISK REDUCTION STEPS THAT CAN MAKE YOUR HOME SAFER DURING A WILDFIRE



■ VEGETATION MANAGEMENT

1. HOME IGNITION ZONES

To increase your home's chance of surviving a wildfire, choose fire-resistant building materials and limit the amount of flammable vegetation in the three home ignition zones. The zones include the **Immediate Zone**: (0 to 5 feet around the house), the **Intermediate Zone** (5 to 30 feet), and the **Extended Zone** (30 to 100 feet).

2. LANDSCAPING AND MAINTENANCE

To reduce ember ignitions and fire spread, trim branches that overhang the home, porch, and deck and prune branches of large trees up to 6 to 10 feet (depending on their height) from the ground. Remove plants containing resins, oils, and waxes. Use crushed stone or gravel instead of flammable mulches in the **Immediate Zone** (0 to 5 feet around the house). Keep your landscape in good condition.

■ FIRE RESISTIVE CONSTRUCTION

3. ROOFING AND VENTS

Class A fire-rated roofing products, such as composite shingles, metal, concrete, and clay tiles, offer the best protection. Inspect shingles or roof tiles and replace or repair those that are loose or missing to prevent ember penetration. Box in eaves, but provide ventilation to prevent condensation and mildew. Roof and attic vents should be screened to prevent ember entry.

4. DECKS AND PORCHES

Never store flammable materials underneath decks or porches. Remove dead vegetation and debris from under decks and porches and between deck board joints.

5. SIDING AND WINDOWS

Embers can collect in small nooks and crannies and ignite combustible materials; radiant heat from flames can crack windows. Use fire-resistant siding such as brick, fibercement, plaster, or stucco, and use dual-pane tempered glass windows.



VISIT FIREWISE.ORG FOR MORE DETAILS

■ BE PREPARED

6. EMERGENCY RESPONDER ACCESS

Ensure your home and neighborhood have legible and clearly marked street names and numbers. Driveways should be at least 12 feet wide with a vertical clearance of 15 feet for emergency vehicle access.

- Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for handling pets, large animals, and livestock.
- Know two ways out of your neighborhood and have a predesignated meeting place.
- Always evacuate if you feel it's unsafe to stay-don't wait to receive an emergency notification if you feel threatened from the fire.
- Conduct an annual insurance policy checkup to adjust for local building costs, codes, and new renovations.
- Create or update a home inventory to help settle claims faster.



TALK TO YOUR LOCAL FORESTRY AGENCY OR FIRE DEPARTMENT TO LEARN MORE ABOUT THE SPECIFIC WILDFIRE RISK WHERE YOU LIVE.

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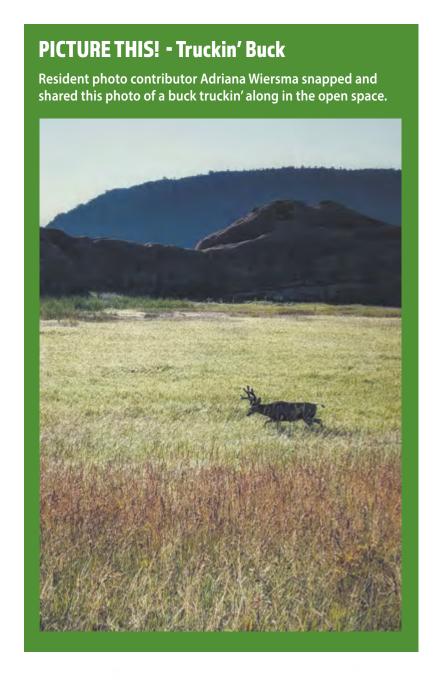
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Life at Ken-Caryl
 August 30, 2023





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• OUR COMMUNITY



Resident and Colorado Parks and Wildlife Bear Aware volunteer Kathy Webster, center, helps educate residents about the recent increase of bear activity in The Valley.

Two Strikes and You're Out!

By Kathy Webster, Resident

In America's beloved sport of baseball, a batter is out after three strikes. Unfortunately, if you are a bear on your home turf, you are out after only two strikes!

On Saturday, Aug. 5, from 10:30 a.m.-1 p.m., a Colorado Parks and Wildlife Bear Aware volunteer, Kathy Webster, set up a Bear Aware stand at the head of the Massey Draw Trail. The goal was to inform residents about the bear activity in the area, to answer any questions, and to educate them on the proper course of action to stay safe and save a bear's life. Brochures entitled "Living With Bears" were handed out.

Most of the 20 residents that I spoke with knew to secure garbage and never put it out for pick-up until the day of. They knew to either give up bird feeders completely, or bring them in at night, and to never leave food in your car. Each of

them also claimed to know that "one unaware neighbor" that continued to attract bears. Under Colorado law, "feeding bears or placing attractants out is unlawful." It just takes one error on a human's part and the bear will steal its way to first base and before you know it, the bear will strike out.

The questions asked most often were, "What is the two-strike policy?", "Why doesn't CPW just relocate the bears?" and "What is hazing?"

CPW Administrative Directive W-2 classifies bears into two categories: Nuisance and Dangerous. Nuisance bears pose a threat or damage to property, but do not threaten public safety. Dangerous bears pose an immediate threat to human safety. The Two-Strike Policy states, "If a bear has been captured and handled (tagged) for any of the above situations a second time, the bear must be destroyed." Two strikes and the bear is "out" forever.

There is no home run for a bear. Bear relocation rarely works. Relocated bears typically return to the territory where they were tagged, or they are hit by a car trying to return. If the bear chooses to stay in the relocated territory, the bear may be in competition with another bear for habitat. A fight ensues and one of the bears dies anyway.

If you do see a bear, hazing should be your first response. Hazing is the answer to making that bear as uncomfortable as possible. Haze the bear away by yelling, screaming, clashing pots together, blowing an air horn or activating the alarm on your vehicle. Keep a safe distance and allow the bear space and time to return to the outfield (wild). You shouldn't ever need to contact CPW if you remove all bear attractants from around your yard and home.

We live in bear habitat, the bears belong here, and we want them here. We want our bears alive. Only you can prevent the bears from striking out.





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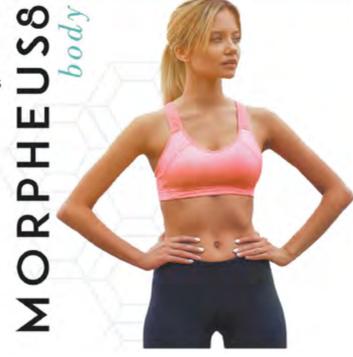
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Life at Ken-Caryl August 30, 2023

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Walk-ins welcome as space permits.

REGISTER NOW: WWW.KCRANCH.ORG





8 Life at Ken-Caryl August 30, 2023

Fitness Center Open House and Fall Fitness!

Have fun and get fit this fall at the Ken-Caryl Fitness Center! The Fitness Center will kick off the fall season with an Open House on Saturday, Sept. 23 from 9 a.m. – 12 p.m.! Check out the NEW cardio pieces and learn how to use the new Cybex Recumbent Bikes, Rower, Stairmaster, Freemotion Incline Trainer treadmills, Expresso bikes and get to know our Fitness Center staff! This event will also include a FREE Zumba class, complementary body composition analysis, complementary snacks and free giveaways.

KC Fitness is also excited to announce Sunday hours starting Oct. 1! The facility will be open from 9 a.m. – 1 p.m. to help you achieve your fitness goals all week long!

In addition, Ken-Caryl Fitness has several FREE and fee-based activities coming in September to delight all ages and fitness levels! All classes require pre-registration are available at www.ken-carylranch.org. Here's a preview:

FREE Classes:

Adult Jazz Funk Class!

Find your rhythm and power with a FREE Jazz Funk class on Sept. 14 from 9:15-10 a.m. at the Community Center! This beginner, upbeat dance class will explore a mix of jazz technique, contemporary influences and hip-hop grooves.

Introductory Fascianator Method Rolling Class!

Try a FREE Introductory Fascianator Method Rolling Class on Sept. 14 from 11:30 a.m. – 12 p.m. This class introduces the method of using a specialized self-massage roller, the Fascianator, to help release muscle knots and restore connective tissue imbalances. This is a great tool to improve circulation, restore tensional balance and provide recovery!

Yoga in the Park!

Join yoga instructor Kim Severa and fellow yogis in the park on Wednesday, Sept. 20 from 9:15-10:30 a.m. This FREE class will take place in Heirloom Park at 1 Mountain Oak in The Valley.

Fee-Based Classes:

Meditation Class

Join us for Meditation on Tuesday mornings for a five-week course beginning Sept. 12 through Oct. 10 from 8-8:30 a.m. at the Community Center! Hypnotherapist and Certified Neurosculpting Facilitator Molly Wright will lead this series to focus on ways to train your brain to manage your thoughts to better cope with chronic and acute stress. The first session will be a 45-minute class providing basic foundational information of how your brain functions, quick tips to manage stress and includes a relaxing, guided meditation. The remaining four sessions will include 30-minutes of both a guided meditation and ongoing tips to manage stress.

TRX

Total Resistance Exercises class starts Tuesday, Sept. 19 from 10:15–11:15 a.m. This 5-week class uses the TRX to provide a workout using your body weight and gravity as resistance. The TRX workout will utilize/emphasize your core in every exercise to build strength, balance, coordination, flexibility and joint stability. The class size is limited to 6, so everyone has a TRX for the entire class.

Barre Above

We're raising the "barre" on fitness! Barre Above is back and starts on Friday, Sept. 15 from 9:15-10:15 a.m. This 4-week class fuses the very best of Pilates,



aerobics and strength training. Designed for all bodies, this class includes modifications for any fitness level to feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body. Meet you at the Barre:)

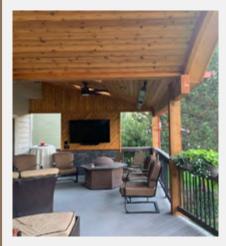
For more information on all of our class offerings and to register, please visit our website at www.ken-carylranch.org and click on the Register icon located at the top right corner of your screen.

PICTURE THIS! - Bright Sun(flower)

Resident Kathy K. took this photo of a sunflower soaking in the rays in The Valley.













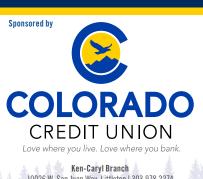


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Fairy Tale Ending

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:



Torch (281098) -

Torch is a 6-year-old male American Pit Bull/Border Collie mix. He is an engaged, confident, sweet and friendly dog who knows how to sit politely and shake your paw. Torch previously lived with another dog and may appreciate a canine friend in his new home.



Dennis (257236) -

Dennis is a 7-year-old male cat. His former owner says Dennis likes to cuddle, especially when a big, fluffy blanket is available. He also loves a good chat and interaction with his humans. Dennis will do best in a quiet home with no kids or kids aged 10 or older, and possibly a place where he can soak up attention as the only pet.

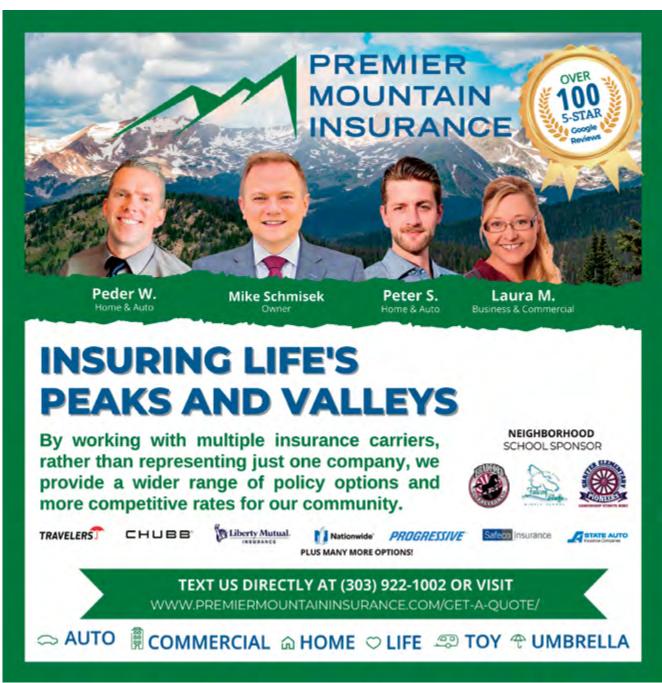
To find out more about Torch, Dennis and other deserving pets in need of good homes, visit www.FoothillsAnimalShelter.org.



PICTURE THIS!-Oh, Baby!

Resident photo contributor Adriana Wiersma "spotted" this fawn frolicking in Ken-Caryl!









TEAM HARDER

Brokers/Owner, G.R.I.

David and Diana Harder

DDHARDER Properties





2012-2021



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10 Mountain High



11130 Twin Thumbs Pass

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11709 Elkhead Range Road • 15636 Red Deer Drive • 10237 West Roxbury Avenue • 5 Woodfern • 10417 West Red Mountain

- · Living & Specializing in Ken-Caryl Ranch
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11

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August 30, 2023

Life at Ken-Caryl

RECREATION PROGRAMS & ACTIVITIES

Register online at www.ken-carylranch.org today!









Kate McDonald Aquatics and Community Supervisor katem@kcranch.org 303-979-1876, ext. 131 Robert Campbell Tennis Program Supervisor robert@kcranch.org 303-979-2233, ext. 202 Janet Robbins Fitness Coordinator janetr@kcranch.org 303-979-2233, ext. 185

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 at www.ken-carylranch.org, then click on the Register icon located at the top right corner of your screen.

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! Stay tuned! Visit the Special Events page of our website at www. ken-carylranch.org for more information!

Senior Living Fair

Ken-Caryl Ranch is pleased to partner with Kali Hepker with Equity Real Estate and Erica Chase with One Medical Seniors to host a FREE Senior Living Fair at the Ranch House on Oct. 14 from 9 a.m. – 12 p.m. This event will feature FREE health screenings, 20+ local vendors in health, wellness and recreation and so much more! Bring a friend!

Boo Bash

Get frightfully festive at this year's Boo Bash at the Ranch House on Oct. 20 from 4:30-6:30 p.m.! Enjoy this spook-tacular event, featuring "trunk or treating", hot chocolate, s'mores, wagon rides and a costume contest! This event is free for resident attendees, no registration required. Residents may register for FREE as a resident trunk or treat participant. Business may host a car for a fee and must also register.

End of Summer Tennis Bash

Come celebrate the end of the summer season with game courts, racquet demos, an exhibition match, food, giveaways and more at this year's End of Summer Tennis Bash on Sept. 2 from 10 a.m. – 1 p.m. at the Community Center! Exhibition match will take place from 12-1 p.m. Walk-ins are welcome, but participants who wish to secure guaranteed court time and be entered for a chance to win prizes are encouraged to register via our website at www. ken-carylranch.org. Simply click on the Register icon located at the top right corner of your screen to register!

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-carylranch.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-carylranch.org.

Cardio Tennis!

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

FREE Fitness Classes!

Ken-Caryl Fitness has several FREE activities coming in September! All classes require pre-registration at www.ken-carylranch.org:

- o Adult Jazz Funk Class! Find your rhythm and power with a FREE Jazz Funk class on Sept. 14 from 9:15-10 a.m. at the Community Center! This beginner, upbeat dance class will explore a mix of jazz technique, contemporary influences and hip-hop grooves.
- o Introductory Fascianator
 Method Rolling Class! Try a
 FREE Introductory Fascianator
 Method Rolling Class on
 Sept. 14 from 11:30 a.m.–12
 p.m. This class introduces the
 method of using a specialized
 self-massage roller, the
 Fascianator, to help release
 muscle knots and restore
 connective tissue imbalances.
 This is a great tool to improve
 circulation, restore tensional
 balance and provide recovery!
- o Yoga in the Park! Join yoga instructor Kim Severa and fellow yogis in the park on Wednesday, Sept. 20 from 9:15–10:30 a.m. This FREE class will take place in Heirloom Park at 1 Mountain Oak in The Valley.

Meditation Class

Join us for Meditation on Tuesday mornings for a fiveweek course beginning Sept. 12 through Oct. 10 from 8-8:30 a.m. at the Community Center! Hypnotherapist and Certified Neurosculpting Facilitator Molly Wright will lead this series to focus on ways to train your brain to manage your thoughts to better cope with chronic and acute stress. The first session will be a 45-minute class providing basic foundational information of how your brain functions, quick tips to manage stress and includes a relaxing, guided meditation. The remaining four sessions will include 30-minutes of both a guided meditation and ongoing tips to manage stress. To register, visit our website at www. ken-carylranch.org and click on the Register icon located at the top right corner of your screen.

TRX

Total Resistance Exercises class starts Tuesday, Sept. 19 from 10:15 – 11:15 a.m. This 5-week class uses the TRX to provide a workout using your body weight and gravity as resistance. The TRX workout will utilize/emphasize your core in every exercise to build strength, balance, coordination, flexibility and joint stability. The class size is limited to six, so everyone has a TRX for the entire class. To register, visit our website at www.ken-carylranch. org and click on the Register icon located at the top right corner of your screen.

Barre Above

We're raising the "barre" on fitness! Barre Above is back and starts on Friday, Sept. 15 from 9:15-10:15 a.m. This 4-week class fuses the very best of Pilates, aerobics and strength training. Designed for all bodies, this class includes modifications for any fitness level to feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body. Meet you at the Barre ;) To register, visit our website at www.ken-carylranch.org and click on the Register icon located at the top right corner of your screen.

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-carylranch.org.

Aqua Fitness Late Season Hours

Late season Aqua Fitness classes will 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 visit the Aquatics page of our website at www.kencarylranch.org for the updated schedule and to register.



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RECREATION PROGRAMS & ACTIVITIES

Register online at www.ken-carylranch.org today!









NEW! Children's Creative Movement Dance Class

Ken-Caryl Fitness is excited to offer a creative movement dance class for children ages 3 – 5 years. This 4-week class will take place on Wednesday mornings from 9:15-10 a.m. at the Community Center and provides young children with an introduction to the magical world of dance! Using make-believe imagery, handson props, and interactive music, children explore basic dance concepts and choreography of all dance forms. Children also practice taking turns, sharing and following directions. Come join the fun! To register, visit our website at www.ken-carylranch. org and click on the Register icon 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-yearold? 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-carylranch.org and click on the Register button located at the top right corner of your screen.

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!



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-carylranch.org, under the Programs tab, then Youth Programs and School-Age Care.



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.kencarylranch.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

FREE Senior Open Enrollment Seminar

Join us for a FREE Senior Open **Enrollment Seminar hosted by** One Medical Seniors on Sept. 12 from 11 a.m.-12:30 p.m. at the Ranch House, where licensed Medicare Broker Tammy Stellar will help attendees better understand the Medicare Maze. This seminar will provide essential information about insurance that attendees will need to know before the open enrollment period, and is designed to help you make informed decisions about your healthcare coverage options. Whether you're new to Medicare or looking to make changes to your current coverage, this seminar will provide the knowledge you need to make the right decisions. This session is free; however, secure your spot by registering online via our website at www.ken-carylranch.org and click on the Register icon at the top right corner of your screen.

Free Introduction to Zen Meditation Course

Learn about Zen meditation techniques and build an understanding of Zenphilosophical foundations and core teaching in a FREE sixweek course on Zen Practice and Philosophy. This course is hosted by Gary Kahn, resident and Zen teacher, and begins on Sept. 13 from 10:30-11:30 a.m. in the Sunshine Room at the Community Center. Each session will include a meditation, teachings, and discussion. This course is free; however, registration is required. For more information and to enroll, please visit www.ken-carylranch.org and click on the Register icon at the top right corner of your screen. This course is open to all participants ages 18 years or

Interested in Advertising in Life at Ken-Caryl?

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

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

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-carylranch.org and click on the Register button located at the top right corner of your screen.

The Grandlore Guilded 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 10week 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-carylranch.org and click on the Register icon 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-carylranch.org and click on the Register icon at the top right corner of your screen.



October 7th 11am-1pm

Come join us for an afternoon of bingo! Brunch food and beverages, including pastries, fruits, coffee and more will be provided! Prizes will be given out to bingo winners. Registration is free!

Drop-ins are welcome, but food will be limited.





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SLASHing your Fire Risk: SLASH Event and Pick-Up Days in September

Ken-Caryl Ranch is proud to offer an additional three-day SLASH Drop-Off Event as part of ongoing efforts to promote wildfire mitigation. Residents can drop off their SLASH at the Equestrian Center on Sept. 30 from 9 a.m.-1 p.m. The Ken-Caryl Ranch Metropolitan District Parks Department will be on hand with the chipper. Residents are encouraged, if possible, to drop off their SLASH, but a limited number of curbside pickups will be offered by the Master Association Ranger staff on Thursday, Sept. 28 and Friday, Sept. 29. Curbside pickups must be signed up for in advance, and a signup form will be available online starting Sept. 11 at 9 a.m. on the dedicated Firewise page of our website.

No reservations are necessary for residents to drop off their SLASH at the Equestrian Center on Sept. 30. Drop-off SLASH at any time during the event.

What is SLASH?

SLASH is debris, from nature, such as tree limbs and prunings (no rose

stems or cacti). If not removed, slash can add to potential fire hazards on your property. Removing SLASH and creating a defensible space around your home is the first line of defense against wildfires. You can create zones around your home, removing any fire fuels, such as tree debris. Having a properly mitigated property doesn't mean that wildfire will pass you by, but it gives the fire department a better opportunity to save your home when it does come.

Requirements for pick up:

- * Woody vegetation only. No rose stems or cacti.
- * Piles that have rocks, dirt/debris, trash or root wads will not be accepted.
- * Must be piled on edge of front property line with butt ends pointing towards the street. No overhead obstructions.
- * Each property limited to approximately 5cy or a single pile measuring 6'wide x 8'long x 3' high.
- * SLASH must be ready on the curb by 8 a.m. on the pick-up day. SLASH will be picked up between 8 a.m. - 5 p.m. that day. Residents do not need to be home for pick-up.
- * Staff not responsible for sweeping or pick up of fine debris that has settled on ground under pile.

Free Introduction to Zen Meditation Course Beginning in September!

Residents are invited to attend a free six-week course on Zen Practice and Philosophy hosted by Gary Kahn, resident and Zen teacher, on Sept. 13 from 10:30-11:30 a.m. in the Sunshine Room at the Community Center. This course is open to all participants ages 18 years or older.

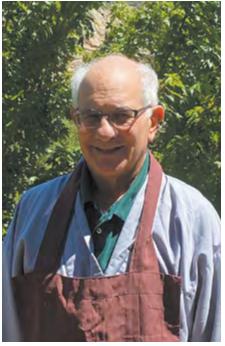
Zen meditation can help reduce stress, build self-confidence, prepare one to better deal with tough situations and, most importantly, help others. Zen has its roots in the original teachings of the Buddha, who lived over 2,500 years ago, in what is today India and Nepal. According to Gary, Zen philosophy has developed over the last 1,500 years and is influenced by many cultures. Although Zen has grown out of Buddhism, it is not viewed as a religion by Western practitioners. Millions of people, who may identify as Buddhist, Christian, Jewish, Muslim or other religions practice Zen.

Gary is delighted to share his Zen teaching and philosophy with all Ken-Caryl residents, donating his time and expertise as a community service. He has practiced Zen for over 20 years and is a Dharma Teacher in the International Kwan Um School of Zen. Recently, Gary facilitated a session on Zen Practices as part of Ken-Caryl's Ageless & Unstoppable series, which features programming for adults, retirees and seniors.

"I enjoyed participating in Gary Kahn's Zen Meditation class," said Liz Verrill, who attended Gary's Ageless & Unstoppable session earlier this month. "His presentation initiated the steps to take to clear your mind, while providing a foundation for dealing with challenges in our lives."

Other participant feedback included, "The next day my mind was clearer," and, "This will help me with a friend that is having a difficult situation."

Although there are several Zen Centers in the Denver area, Gary hopes that by making this course available to Ken-Caryl residents, it will be easier



Gary Kahn, resident and Zen teacher

for participants to access a basic introduction to Zen together with their neighbors. Following his class, participants will be able to evaluate whether Zen meditation is something they want to pursue to help achieve a deeper sense of peace and calm, especially considering the impending holiday season, which for many is a time of stress.

"Understanding Zen history and philosophy is helpful, but the benefits of Zen derive primarily from what we learn about ourselves through meditation," said Gary.

Zen Practice and Philosophy will convene once per week beginning Sept. 13 through Oct. 18. Each session will include a meditation practice, brief presentation and discussion. Presentations will pull from traditional Zen stories and videos of Zen master talks to illustrate core teachings. Participants will also receive a list of optional readings and resources to advance their learning. This course is free; however, registration is required. To enroll, please visit our website at www. ken-carylranch.org and click on the Register icon at the top right corner of your screen.

Have questions? Contact Gary at kcrzen@yahoo.com or at http://tiny.cc/rpr9vz. For more information on the Kwan Um School, please visit their website at https://kwanumzen.org.



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



Resident Robert "Bob" Searns Authors Latest Book, "Beyond Greenways: The Next Step for City Trails and Walking Routes"

The health benefits of walking are undeniable as shown by numerous recent articles and news stories, and walking for both mental and physical well-being has become increasingly popular. But many people don't have pleasant, safe places to walk. Too often, street networks completely lack sidewalks and have dangerous barriers like freeways or arterials.

There is an urgent need for high-quality, accessible pedestrian infrastructure in and around urban areas

In "Beyond Greenways: The Next Step for City Trails and Walking Routes" (Publication Date: July 25, 2023), urbanist, greenways expert and 36-year Ken-Caryl Ranch resident Robert "Bob" Searns lays out a timely vision for safe, pleasant walking infrastructure that stiches in-town and suburban areas together. Building on the legacy of parkways and greenways, Bob introduces a new generation of more accessible pathways and provides practical advice on how to plan, design and build them as well as garner community support.

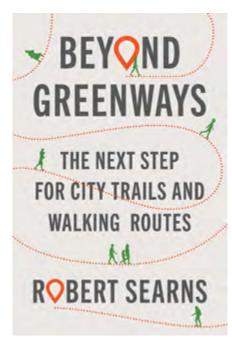
Drawing inspiration from the U.S. and abroad, Bob introduces two models: grand loop trails and town walks. Grand loop trails are regionalscale, 20- to 350-mile systems that encircle metro areas, running along the edges of where the city meets the countryside. Town walks are shorter, 2- to 6-mile routes in cities. Throughout the book, the author highlights examples of grand loop trails and town walks, including Tucson's Turquoise Trail, a 2.5-mile loop through downtown Tucson created by two individuals using a can of left-over paint. In Phoenix, a grand 315-mile loop connects 10 regional parks - an undertaking that took 15 years to complete. Bob also provides inspiration for how town walks and grand loop trails can be implemented in new places across North America.

Bob was inspired to write his book by fellow author Bernard Ollivier's book series "Out of Istanbul." Bob met Olivier, who walked the 7,000-mile silk road route across Southern Asia and visited the Jeju Oile walking trail in South Korea. Bob was also inspired by the words and encouragement he received while completing a walk/ bike fit plan for Commerce City.

"Beyond Greenways" is for those who want to shape livable communities with quality, pleasurable, and equitably accessible places to walk, stroll, run, hike and trek. The book lays out how to create a new layer of green infrastructure. Bob offers practical tools to develop successful and affordable plans, including how to envision routes that fit various settings and strategies for implementation. This book will inspire professionals ranging from city planners and designers to trails and walking advocates and health care professionals to policy makers



Resident and author Robert "Bob" Searns.



Bob Searns' latest book, "Beyond Greenways: The Next Step for City Trails and Walking Routes" is available now for purchase.

and many others to envision what is possible for on-foot expeditions. In an era dominated by highways and cars, safe and pleasant walking trails built near neighborhoods that haven't traditionally had access to them are more critical than ever. The ideas in "Beyond Greenways" will allow more people to travel by foot and enjoy the benefits of walking outdoors.

If your doorstep was a trailhead, how would you experience your city? Now is the time to pursue a legacy of accessible pedestrian routes for this, and future, generations. "Beyond Greenways" is a vital guide for creating trails and walking routes in communities across the country.

Bob has a four-decade trails and greenways history, visualizing concepts, writing effective plans and getting projects built. He was Project Director of Denver's Platte River and Mary Carter Greenways—both national-award-winning projects. He co-authored "Greenways: A Guide to Planning Design and Development," contributed to "Greenways: The Beginning of an International Movement," and has written for Planning, Landscape Architecture, LA China, and American Trails magazines. Bob also served as Editor-in-Chief of Trails and Beyond Magazine, chaired American Trails, and was a founder of The World Trails Network. He also completed a 150-mile trek around the edges of Metro Denver where city meets the countryside. As a result, the Colorado Parks Foundation later funded a concept plan based on the walk—a "Denver Grand Loop."

Bob hopes to inspire fellow Ranch residents to realize the benefits of walking and to inspire communities, designers and engineers to build more readily accessible places to



Bob walking the proposed Grand Loop Trail around Metro Denver.

enjoy walking. He also hopes to encourage sustainable walking tourism to experience places and to inspire the medical profession to promote the healing benefits of walking daily.

Bob is s a trail enthusiast; walking, hiking and biking whenever he can; finding enjoyment and health benefits of walking a loop every day in Ken-Caryl Ranch. Bob raised his children in Ken-Caryl and loves the people, the beautiful spaces, the wildlife, and the trails that are a part

of Ken-Caryl living, both great and small.

Interested in Advertising in Life at Ken-Caryl?

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

Display Advertising & Classifieds

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RUFF LIVING!

MY BREED IS:

Greyhound (retired racer)
MY HUMAN'S NAME IS

Laura
I'M ALWAYS GETTING IN

Stealing mom's food

I CAN'T LIVE WITHOUT A

Walks and treats

'M KNOWN F

Letting out a GSOD (greyhound scream of death) when the cat gets too close while I am sleeping

MY SECRET TALENT IS

Being the cat whisperer. They love me. They eat and drink with me and love on me

I LOVE IT WHEN:

I meet people. I love individual attention.

MY PERFECT DAY:

Walk, bully stick, more treats, napping, stuffies, occasional rabbit chase

LIFE IS RUFF WHEN:

I don't get my walk



Ken-Caryl's 1st **Juried Art Show** Proves to be a Work of Art

Ken-Caryl's first ever juried art festival proved to be a big success! The 2023 Art Festival was held on Aug. 5 from 10 a.m. – 4 p.m. at the Ranch House and featured more than 80 pieces of artwork created with various mediums that were showcased for the community to come out and see.

The Ken-Caryl Art Guild (KCAG) pre-judged all artwork prior to the festival. The winning pieces were displayed with ribbons and winners were recognized at a ceremony to highlight the artists and their work. In addition, Fred Vallier (bronze sculpture collection) was presented with the KCAG President Award for lifetime achievement.

Members of the Ken-Caryl Art Guild also hosted two art demonstrations throughout the day and a kids' creation station.

Congrats to the following award winners:

Adult Award Winners:

1st: Janney Sims "Nap Time" 2nd: David Snelson "Blessed Assurance"

3rd: Anne Gee: "Road to Moose Meadow"

Honorable Mention: Shawna Sannier "Male Moose"

Honorable Mention: Ken Beausoleil "Spinning"



Youth Art Festival winner Alec Spangler with this work entitle, "City at Night."

Youth Award Winners:

1st: Alec Spangler "City at Night" 2nd: Jennifer Kranz "Ship in a Bottle" 3rd: Maddie Nowakowski "Dog Birthday Party"

Honorable Mention: LC Weber "Eye of the Dragon"

Many thanks to the Ken-Caryl Art Guild and its members and to our event supporters, including Platinum Sponsor Bobbi Grieco, Gold Sponsor Gravina's Window Center of Littleton, Gold Sponsor Renewal by Anderson and Bronze Sponsor Colorado Credit Union



Members of the Ken-Caryl Art Guild hosted a kids' creation station at the event.



Artists like Tracy Wilson displayed their works for attendees to enjoy at this year's Art Festival earlier this



Book before 9/30.



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From left, Adult Art Festival winner Janney Sims pictured with Ken-Caryl Art Guild (KCAG) President Cindy Marshall and KCAG member Alexis

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-carylranch.org under the Community & News, then Newspaper & e-News tabs.

Life at Ken-Caryl Editor

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Brian Yowell General Manager briany@kcranch.org 303-979-1876, ext. 113

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Traci Wieland **District Manager** traciw@kcranch.org 303-979-1876, ext. 136

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(weekdays)......303-979-1876, ext. 399 (emergencies)...303-979-1876, ext. 320

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

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-carylranch.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 handdelivered 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 September 13 paper is September 1 at 9 a.m.

Dear Editor

After the most recent Open

Space Committee Meeting, I walked away impressed with how an array of community subjects are handled. Everything from memorial benches, to wildfire mitigation, to trail construction are discussed ad nauseum. We have a very dedicated group of "volunteers" who not only meet monthly on these issues, but from what I understand, take site field trips and study these issues offline. I was also pleased to see quite a few MA Board members in attendance to understand the intricate details/ discussions of these issues. Thanks to the OSC committee members, board members, ranger staff, volunteer trail coordinators and anyone else who puts in the hours to truly consider some of these issues at the heart of our community.

Tracy Soukup, Resident

CLASSIFIEDS

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.

LIFE AT KEN-CARYL CLASSIFIED

You can download a contract and view deadline dates at www.kencarylranch.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.

JOB OPPORTUNITIES

WANTED - Occasional day/overnight boarding for our well-behaved dog with a family that has a fence and no other dogs. We will bring crate, food, and toys! Please call or text Heidi at 303-906-6220

REAL ESTATE

FOR RENT - Large 2 Story Sunset Ridge Townhouse. 3+ Bedrooms, 3+ Bathrooms. 2 Car Attached Garage and Full Basement. Available Sept 1. Background check and income verification will be required. 303-949-6716

SUNSET RIDGE TOWNHOUSE FOR **SALE.** Coming Soon! (720) 878-8747.

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THE FACTS about divorce from a panel of experts. Virtual or in person in Littleton. Visit divorceadvicecolorado.com.

PET PHOTOGRAPHY! Studio portraits or in-home end-oflife sessions. KC resident www. hellodanesphotography.com 720-299-4440

PLUMBER - 40+ years - KC resident. No iob too small. Free Estimates. Call or text 720-612-3353.

GET ORGANIZED - Conquer chaos and transform your space. Customized solutions for you. Contact us for a free consultation. Summer specials now! sarah@liveclutterfree.com or 720-378-4328

OSB PANELING - All sizes, \$4 per sheet, located Ken-Caryl Ranch. Call 303-979-0360, Rich

CHEMISTRY TUTORING BY A

CHEMIST - I can partner with your student to help them achieve their full potential and excel. Comprehensive and unique interactive approach personalized for individual learning styles. Support and guidance between sessions. elementaltutoring.com (720) 757-0729

FENCE REPAIR AND INSTALLATION -Call John 720-384-7851.

QUALITY PAINTING - 30 Yr. Ken-Caryl Resident. Interior/exterior. 25 yrs. of experience. Bonded and insured. Please call for free estimate. John Gee 720-384-7851. Wave Painting LLC.

CABINET REFACING - Don't buy new cabinets refinish them. Please call John for free estimate, 720-384-7851.

PRIVATE LUXURY DRIVER - Make your next trip a luxurious one with long time Ken Caryl Resident, Pete Foster! You'll ride in comfort and style in a 2021 Black Ford Expedition Max. With plenty of room for luggage, you can comfortably travel to the airport, to the ski slopes or anywhere else in Colorado. Pete is vetted and licensed with the Colorado Public Utilities Commission. 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. www.PetersenGlass.com. 720-810-1160.

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

HOUSE SITTING AND PET SITTING -

Local professional couple. Frequent hikers of the open space! Contact Chris and Taylor Rafael. We would love to meet you and your pet! 567-429-9633. ctrafaelmoreno@gmail.com.

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



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SOLAR PANELS - Own your powerstop 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

JUNK REMOVAL – 50% off anything 303-525-5421.

HANDYMAN – My son-in-law is available for handyman jobs including painting, 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.

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

LOCAL GENERAL CONTRACTOR –

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

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.

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.

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COMPUTER SERVICES –

www.3xSmarter.com. 303-904-3613.

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

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

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



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• TEEN SERVICES

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

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

Services: (B) Babysittin				
Name Olivia Anderson	Phone 303-902-5026	Services B, P, S	Age 15	Neighborhood Aspen Meadows
Jade Atkinson	720-616-0063	в, _Р , з В	17	Aspen Meadows Aspen Meadows
Giana Baiotto	720-335-9786	P, H	10	Traditions
William Baiotto Hutch Barber	720-335-9786 303-249-0468	P, H P	13 14	Traditions Legacy
William Barrs	202-253-8227	L, P, S	11	Retreat
Piper Blarr	720-255-6877	В, Р	16	Colony
Aliza Bochner Eva Bochner	720-880-8336 720-899-0033	B, P B, P	19 17	North Ranch 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 Caprice Camilli	720-616-1333 720-347-3411	B, P B, P	16 13	Aspen Meadows Wynterbrooke
Elena Carpenter	303-999-9764	B, P	12	Traditions
Alice Cuttitta-Gallant	303-517-8864	В	14	Deer Creek
Hope Cuttitta Ella Daugherty	720-404-0282 303-591-2004	B, P B, P	18 16	Deer Creek Legacy
Quinn Daugherty	303-591-2004	B, P	15	Legacy
Razi Daugherty	303-591-2004	B, P	12	Legacy
Presley Davis Rosemary Detterick	720-487-8778 720-628-2638	B, P B, P	13 13	Sunset Ridge Saddlewood
Megan Ellis	720-290-2033	B, P, S	14	Heirloom
Jack Famariss	720-434-7033	B, P	14	North Ranch
Ryan Flint Caleb Flint	303-517-3749 303-517-3749	L,P,S L,P,S	15 12	Retreat Retreat
Grant Foster	720-345-3120	L, F, 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 12	Deerwood Vista
Lauren Fox Liam Fox	720-273-4077 303-906-4339	B L, P, S	12 11	North Ranch Deerwood Vista
Shaun Fox	303-906-4339	L, P, S	14	Deerwood Vista
Lily Freitas	303-999-1993	B, P	12	Retreat
Eva Gallant Georgia Gilmore	303-517-8864 720-210-4177	B, P B	15 16	Deer Creek 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 Will Guider	303-868-7198 303-868-7198	B,P L,P,S	14 14	Aspen Meadows Aspen Meadows
Aubrienne Hansen	720-822-5512	P P	13	Stallion Pointe.
Keegan Hardesty	720-484-9557	L, P, S	17	Cimarron
Mac Hardesty Gailyn Harrigan	720-672-1225 720-390-2770	L, P, S B, L, P, S	15 13	Cimarron 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 Kellen Hodges	720-788-3419	B, P	15 17	Eagles Pointe
Maddox Hodges	720-496-6113 720-472-2003	B, L, P, S B, L, P, S	17	Saddlewood Saddlewood
Reece Hodges	303-667-2606	L, P, S	12	Saddlewood
Gunnar Holmes	720-505-6764	L, S	15	Carriage Hill
Amelia Hopping Erin Hurley	720-626-7750 720-600-8261	B, P, S, L B, P, S	14 12	North Ranch Aspen Meadows
Lukas Jamtgaard	303-763-0250	P P	18	Mountain Gate
Afton Jones	720-705-9797	В	16	Manor Ridge
Salome Kekelia Eva Kiebler	801-201-1183 303-478-6050	В В, Р	13 15	Territory Cimarron
Sierra King	720-582-3334	L L	14	Heirloom
Kellen Lay	720-629-5566	L, S	12	Wynterbrooke
Andrew Lerudis Daniel Lobelo	720-691-3985 720-203-2912	L, P, S	15 14	Village Deerwood Vista
Shea McCaughey	720-774-7499	L, P, S 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 Charlotte Miller	303-358-1993 303-882-4415	L, P, S B, P	12 16	Retreat 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 Hannah Mote	347-803-6421 720-305-8757	B, P 1 B, P	3 14	Manor Ridge Stallion Pointe
Kellan Nash	720-630-5764	L, P, S	13	Retreat
Samara Pirozzi	720-818-2203	B, P	16	Traditions
Lillian Pool Alec Prinzi	720-985-1667 303-810-3221	B, P B, L, P, S	16 12	Bradford Place 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 Paulina Roberts	720-394-3910 720-394-3910	B, P, S, B, P, S	15 13	Village 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 12	Stallion Pointe North Ranch
Libby Sauer Nicholas Schuster	303-506-9752 720-990-7465	B, P B, P	12 18	Heirloom
Liam Schuster	720-480-0691	B, P	13	Heirloom
Aly Secondo	720-625-9910	B, P	14	Cimarron
Ava Secondo Jon Siebrase	303-883-2592 314-960-1524	B, P L	18 13	Cimarron Stallion Pointe
Brian Siebrase	314-960-1524	Ĺ	11	Stallion Pointe
Anna Smith	567-217-1248	В	16	North Ranch
Cameron Sternberg Wesley Sternberg	303-949-3691 303-949-3691	P P	12 14	Aspen Meadows Aspen Meadows
Lachlan Stevens	720-742-0086	P B, L, P, S	14 14	Bradford Place
Seumas Stevens	720-210-6065	B, L, P, S	14	Bradford Place
Ryann Stewart	303-817-4120	В	12 16	Heirloom
Maddy Szabo Jack Torgerson	720-768-5452 303-981-7617	В В, Р	16 18	Aspen Meadows Legacy
Aiden Tyler	720-448-7638	P, S	15	Cimarron
Catie Watkins	720-705-1656	B, P	14 15	Manor Ridge
Judah Webster Wyatt Webster	703-655-4428 703-655-4428	B,L,P,S B,L,P,S	15 13	The Spread The Spread
Ava Yaley	970-946-8955	В, Р	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 scr	eened or run back	ground che	скs on these teens and

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.

Eva Stadelmaier

www.homesinlittleton.com 303-619-4880

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- Suzanne



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