



Life at Ken-Caryl

Vol. XXXV, No. 22

Ken-Caryl Ranch Master Association • www.ken-carylranh.org
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Oct. 24, 2012

Don't Miss The Halloween Haunted Trail Event On Saturday



Enjoy smores and hot chocolate at the Halloween Haunted Trail event.

It's that spooky time of year again, filled with creepy critters, not-so-scary stories and fun family activities. The annual Halloween Haunted Trail event at Bradford Park is Saturday, Oct. 27 from 5:30 to 8 p.m.

Hike along a nature trail where you will meet some un-scary critters we often associate with Halloween. Find out some of the myths and truths about these night creatures. End at the Bradford amphitheater for hot chocolate and marshmallow roasting by the bonfire. This event is for families with children ages 3-10. The trail starts at the Bradford Park parking lot. Tours will start every 10 minutes so you can arrive any time between 5:30 and 7:30 p.m. The cost for the Halloween Haunted Trail event is:

Adult: Residents \$5, Non-Residents \$8

Youth (3-18): Residents \$3, Non-Residents \$4

Family (up to 4 people): Residents \$12, Non-Residents \$18

Pre-registration is required. To register for this event (**Course #25716**), call 303-979-4070, 303-979-2233 or online at www.ken-carylranh.org.

2013 Proposed MD Budget Available For Review

The 2013 Proposed Budget for the Ken-Caryl Ranch Metropolitan District (KCRMD) is now available for review on the Ken-Caryl Ranch website at www.ken-carylranh.org. Copies of the 2013 Proposed Budget are also available at KCRMD's administrative offices at the Ranch House.

The 2013 Proposed Budget was prepared as a "status quo" budget with planned services for next year remaining at 2012 levels. As a result of the recent economic recession,

real property values throughout Colorado have fallen in the past two to three years. This drop in property values translates into a decrease in the total assessed valuation for the KCRMD of more than 6 percent.

Because KCRMD relies on property tax revenues for more than 60 percent of its total budget, the nine percent decrease in assessed valuation results in approximately \$223,000 in reduced revenues for 2013. Even with the estimated decrease in 2013 revenues, the KCRMD Board of Directors is making every effort to keep service levels at 2012 levels. This effort is being accomplished through a combination of 2012 general fund budget savings in conjunction with a reallocation of funds available in the Youth Services Fund. There will be no increase in property taxes for 2013.

The Public Hearing on the 2013 KCRMD budget was held Tuesday, Oct. 23 at the Ranch House.

Lock Your Cars And Keep Valuables Out Of Sight

More Than 200 Cars Trespassed In South Jeffco From May Through October

South Jefferson County, including Ken-Caryl Ranch, has experienced a large increase in car trespasses compared with 2011. The majority of trespasses were committed at night on unlocked vehicles, with no signs of forced entry. It appears that the suspect(s) are simply going down the street and trying doors. When they find one that is unlocked, they search it for valuables and are on to the next one in a matter of seconds. Items stolen include anything of perceived value: laptops, GPS units, wallets, purses, tools, cell phones, cash, etc.

Crime occurs when opportunity presents itself. You can reduce or remove the opportunity

by being vigilant and:

- Locking your cars.
- Keeping valuables out of sight.
- Using motion-detection lighting in the front and back of your house.
- Trimming trees and shrubs around your house so that criminals don't have places to hide.

The Sheriff's Office encourages citizens to lock their cars and to report any suspicious activity immediately by calling Jeffco Sheriff's non-emergency number at 303-277-0211. Visit jeffcosherriff.com for more crime prevention tips.

Last Chance To Submit Resident Survey

The deadline is nearing to submit your Resident Survey! Surveys must be received via mail or online by Oct. 29. If for some reason you did not receive your survey, please contact the Ranch House at 303-979-1876 or email kc2020@kcranch.org.

Advertisers Sought For Resident Directory

Are you looking for a great way to advertise your business all year long? The Master Association is planning to produce a 2013-14 Ken-Caryl Ranch Resident Directory. Advertising sponsors are needed to make this happen! The directory is a great opportunity for your business to receive exposure 365 days a year in a publication that reaches nearly 4,200 homes on both sides of the Hogback. The directory includes a listing of Ranch residents, amenities, history, services, emergency contact information and more. If you are interested in placing an ad in the directory for your business, please contact Victoria DeSair at victoriad@kcranch.org or 303-979-1876, ext. 122, for more information.

Do You Have A Business You Would Like To Have Featured?

Do you have a Ken-Caryl Ranch business you want to feature in our paper? The *Minding Our Business* section highlights businesses within the boundaries of Ken-Caryl Ranch. It's a great way to let residents know about all of the local businesses we have in our community. If you have a business you would like to submit for this section, contact Community Relations Director Victoria DeSair at 303-979-1876, ext. 122 or victoriad@kcranch.org.

Draft MA Budget Online

The 2013 Master Association Draft Budget is available for review at www.ken-carylranh.org. For more information on the budget, please see the Manager's Column on page 2.

In This Issue

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Ranch House And Dakota Lodge Available For Holiday Parties

Did you know that you can rent the Ranch House Adult Lounge and Dakota Lodge for parties? The rooms are available for very reasonable rates. The Ranch House Adult Lounge can accommodate up to 152 people, and Dakota Lodge can have up to 75 people. For rates and policies, visit www.ken-carylranh.org. To book your party, call 303-979-1876.

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Littleton, Colorado 80127

<http://www.ken-carylranh.org>

A covenant protected community



Manager's Column

by KCRMA Executive Director Chris Pacetti



The Ken-Caryl Ranch Master Association Draft Annual Plan/Budget for the fiscal year beginning Jan. 1, 2013 and ending Dec. 31, 2013 is available at the Ranch House or on our website at www.ken-carylranh.org under the Administration tab. In the draft, the dues are increased from the 2012 levels of \$41 per month for each residential unit to \$45 per month and from \$26 per month per acre to \$29 per month for commercial properties; both developed and undeveloped commercial properties are assessed.

The revenue generated by the dues increase is scheduled to fund: an increase in costs for trash/recycling services, ADA updates to our facilities, increased care of our greenbelt trees, additional security measures, KC2020 implementation, increased maintenance of our street signs and additional seasonal staff and equipment to maintain the Open Space.

The primary revenue sources for the Master Association are the monthly dues paid by property owners on Ken-Caryl Ranch, fees paid for services at the Equestrian Center (all revenues collected at the center are spent at the center and do not contribute to the general operations) and advertising in *Life at Ken-Caryl*.

The Master Association provides the following services to the community: weekly curbside trash and recyclable pick up for every occupied home, biweekly production and distribution of *Life at Ken-Caryl*, Open Space management and maintenance for more than 4,000 acres of Open Space, operation of the Equestrian Center, architectural and covenant standards administration and the reserve program.

In addition to providing the services listed above, there are many projects planned for next year including: the fourth year of replacing sections of the sprinkler system along Valley Parkway, continued replacement of the Open Space asphalt paths with wider concrete paths, repairs to association sidewalks, and funding to plant 25 new trees and replace a section of greenbelt fencing.

If you have any questions about the 2013 Budget, please contact me at 303-979-1876, ext. 116 or chrisp@kcranch.org.

Community Calendar

Upcoming events/meetings are as follows (all meetings/activities will be at the Ranch House unless otherwise stated):

BOARD MEETINGS ARE OPEN TO ALL KEN-CARYL RANCH RESIDENTS.

OCTOBER

Tuesday 23 6 p.m. **MD Budget Public Hearing/Board Meeting**
Saturday 27 5:30-8 p.m. **Halloween Haunted Trail, Bradford Park**

NOVEMBER

Tuesday 6 6 p.m. **MA/MD Joint Study Session**
Tuesday 20 6:30 p.m. **MA Board Meeting**
Tuesday 27 6 p.m. **MD Board Meeting**

COMMITTEE/TASK FORCE MEETINGS

Architectural — the second and fourth Thursday at 7:30 a.m.
(No meeting Nov. 22)

Covenant — third Wednesday at 4 p.m.

Historical Society — Wednesday, January 16, 2-4 p.m.

MA Finance — Monday, November 19, 5:30 p.m.

Open Space — fourth Thursday, 7 p.m.

All days and times are subject to change. Please visit www.ken-carylranh.org for updated information.

For more information about a particular meeting or a specific committee, please call 303-979-1876 or visit www.ken-carylranh.org.

Sign Up For The e-News

Don't forget to sign up for the *Ken-Caryl Ranch e-News*. This weekly newsletter is distributed every Monday via email to all residents who subscribe. It has short articles and reminders about important news and happenings on the Ranch. To sign up for the e-News, go to www.ken-carylranh.org and click on Email Subscriptions under Community & News or send an email to victoriad@kcranch.org.

Important Reminders From Waste Connections

Auto Dial Service: Waste Connections, the trash and recycling services provider for Ken-Caryl Ranch offers an auto dial service to notify customers of any changes in trash pickup days. If you are interested in being notified through this service, you can sign up online by visiting www.wcdenver.com. Once you are at www.wcdenver.com, please click on contact tab. Complete the required information, click on Residential Trash Service, then in the comment section at the bottom

of the page explain that you are a Ken-Caryl resident seeking to sign up for the Call Fire service.

Delayed Trash Days: Waste Connections observes the following holidays: New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving Day and Christmas Day, unless they fall on a weekend day. If your normal pick-up day falls on a holiday or within the same week as a holiday, your collection schedule will run one day late.

Recycling Notes: Please remember to have your trash and recycling curbside by 7 a.m. on your collection day. Trash and recycling should be placed four feet apart from each other at the curb. Waste Connections will pick up individual bags or service totes/cans which homeowners have individually purchased. Recycling containers need to be clearly marked as recycling. Waste Connections has provided recycling stickers which can be placed on any purchased container. If you need a sticker please visit the Ranch House or Community Center. Single Stream Recycling means that glass, plastic, tin, and aluminum and paper products may all be placed in the same container.

Customer Service Contact Information: Contact Waste Connections at 303-288-2100 or www.wasteconnectionsofcolorado.com for a complete list of what can and cannot be recycled, if a special items pickup is needed or for answers to any other questions.

Service Problems: If you are experiencing service problems or have a missed pickup, please call VP of Operations Bill Maupin directly at 303-520-2698.

Check Out Valuable Information On Our Website • www.ken-carylranh.org
Like us on at www.facebook.com/ken-carylranh

Ken-Caryl Ranch Master Association

Board of Directors:
Paul Camp, Chris Figge, Dennie McGarry, Dan Mullins and Valerie Walling.

MA Executive Director Chris Pacetti
chrisp@kcranch.org 303-979-1876, ext. 116
Ranch Ranger (mobile phone) 303-901-6890

Ken-Caryl Ranch Metropolitan District

Board of Directors:
Jeffrey Esbenshade, Robert Generoli, Lauri Lehan-Milano, Ryan Rhinehart and Dennis Sykes.

District Manager Darrell Windes
darrellw@kcranch.org 303-979-1876, ext. 114

Parks, Open Space, Sprinklers
(weekdays) 303-979-1876
(after hours, weekends) 303-979-1876, ext. 320
Recreation Activities, Ranch House 303-979-4070
Community Center 303-979-2233
Environmental Education 303-973-0280

To reach members of the MA or MD Board of Directors, please call 303-979-1876 for contact information.

Covenant Clips

Contractor Reference Database

by KCRMA Community Standards Administrator Julie Kearful

A new online database of contractor references is now available on our website at www.ken-carylranh.org. We are hopeful that this information will be helpful to all who are making improvements to their properties and may not have had experience with a specific contractor.

For starters we currently have more than 60 contractors listed. This is an opportunity for residents to provide a review of local contractors, doing both interior and exterior projects, and make it available for others to review. If you would like to submit a contractor reference and be included in our online database, you can complete the online form at www.ken-carylranh.org/residents/contractor-reference-book/. **Your name and other contact information will not be**

published online. We are pleased to offer this new service.

Prior to this new database, residents could submit a contractor reference application to the Ranch House to be included in the large notebooks kept in the Community Standards Office. These books continue to be located at the Ranch House, can be viewed during regular business hours and the forms can still be found on our website if you prefer to fill out a paper form.

Please keep in mind that rules and regulations are dynamic in nature...new issues surface, new regulations are added, inappropriate ones are deleted and others simply are amended or updated. Ken-Caryl Ranch documents are available at the Ranch House and on our website at www.ken-carylranh.org so try to make certain you, too, are up-to-date. Also, don't hesitate to call me at 303-979-1876, ext. 119 or email juliek@kcranch.org should you have any covenant or architectural questions or comments. Help will be gladly offered.

Ranger Field Notes

Calling Rangers With Wildlife Concerns

by KCRMA Open Space Ranger Matt Owen

The Rangers would like to thank all residents who have called to report wildlife sightings, concerns and injuries in Open Space. Without your help the Ranger staff would not be as effective responding to injured wildlife in a timely manner.

So far in 2012, Rangers received 165 calls related to a variety of wildlife, but mainly bear, coyotes and deer. Many times animals are found injured or dead by a resident on their property or along the road and call the Rangers. Rangers will remove any injured or dead raptors and euthanize/relocate any dead deer or elk on private property, Open Space or within the public road right-of-way. The chart below also includes Jefferson County Animal Control and Colorado Parks and Wildlife's duties regarding sick/injured or dead mammals.



	OPEN SPACE	PRIVATE PROPERTY (Homes)	ROAD RIGHT-OF-WAY
KCRMA PARK RANGERS	• Euthanize sick or injured deer and elk • Relocate dead deer and elk	• Euthanize sick or injured deer and elk • Relocate dead deer and elk	• Euthanize sick or injured deer and elk • Relocate dead deer and elk
JEFFERSON COUNTY ANIMAL CONTROL	• Collect/euthanize diseased/small mammals • Remove dead mammals > 100 lbs	• Collect/euthanize diseased/small mammals • Remove dead mammals > 100 lbs	• Collect/euthanize diseased/small game mammals • Remove dead mammals > 100 lbs
COLORADO PARKS AND WILDLIFE	• Euthanize sick/injured animals and remove that mammal	• Euthanize sick/injured animals and remove that mammal	• Euthanize sick/injured animals and remove that mammal

When a wildlife injury call is received, the Rangers may investigate or determine over the phone if the animal should be taken to a licensed rehabilitator or will need to be euthanized. The Rangers use the same policy as Colorado Parks and Wildlife. If a deer or elk is injured but can still feed and walk on its own, then we let nature take its course. However, if the deer or elk is injured to the point it cannot feed or walk on its own, then Rangers will respond to euthanize the animal. If you have any questions or would like more information call KCRMA Park Rangers at 303-904-0249.

Report Bears To The Rangers



Bradford Place resident David Thomas photographed this bear in his backyard. Bears are very active right now and are looking for food to prepare for the winter. The Ken-Caryl Ranch Rangers are tracking bear activity. If you see a bear, please call the Rangers at 303-904-0249 to report it. For after-hours help with problem wildlife, contact Parks and Wildlife at 303-291-7227. For tips on bear deterrents, bear-proofing and other helpful bear safety information, see the Colorado Parks and Wildlife's website at <http://wildlife.state.co.us>.



Board Meeting Summaries

Joint Study Session

On Oct. 9, the Ken-Caryl Ranch Master Association and Metropolitan District Boards held a Joint Study Session at the Ranch House and discussed the following items:

- Two residents thanked the Boards for all they do, expressed appreciation for the KC2020 efforts/survey and encouraged them to work collaboratively to plan for the future.
- Staff updated the Boards on the 2013 Budget process: MA staff will present a draft at the October business meeting and MD will have a draft budget ready on Oct. 15 as required by State Law.
- The Boards were updated on the KC2020 process. The survey is in the mail and responses are due by Oct. 29. Results are anticipated to be ready to share with the community in late November/early December.
- Staff presented options to reduce turf as part of the 2013 irrigation project. The Boards agreed to direct staff to retain the cur-

rent amount of turf along the Valley Parkway.

- The Boards discussed the concept of a joint Community Planning Committee. A draft job description will be presented to the Boards at their October business meetings for potential creation of this committee.
- The Boards discussed funding options to purchase new pool furniture and umbrellas for the Ranch House. It was agreed that the best option would be to split the anticipated cost of \$20,000 evenly between the two organizations.

MA Board Meeting

The following is a summary of items from the Oct. 16 business meeting of the Ken-Caryl Ranch Master Association Board:

The Association's Insurance Broker attended the meeting to present policy renewal information and answer Board questions.

The 2013 Draft Budget was discussed extensively and staff was given further direction. The Draft Budget is now available for resident review; please see the Manager's Column on

Public Meeting For Chatfield Roadway Improvement Project

The Jefferson County Division of Transportation and Engineering is planning a Chatfield Ave. roadway improvement project from Ken Caryl Ave. to S. Garrison St. and will be holding a Public Open House Meeting on Wednesday, Oct. 24 from 4:30 to 7:30 p.m. at Falcon Bluffs Middle School, 8449 S. Garrison St. in Littleton.

The key elements of the project are:

- Adding four-foot wide, on-street bike lanes between Ken Caryl Ave. and Kipling Parkway by narrowing the existing medians.
- Adding a free-flowing, eastbound, right-turn lane and second eastbound through lane at the Chatfield/Kipling intersection.
- Addressing and fixing the existing drainage concern at the northwest corner of the Chatfield/Kipling intersection and at the southwest corner of Chatfield/Shaffer Parkway.
- Reworking the Chatfield/Cochetopa Pass/Shaffer Place intersection to modify the

existing dips on the east and west legs to provide a smoother ride.

- Improving the safety of the existing pedestrian median crossing to the trail path between Ken Caryl Ave. and Cochetopa Pass.
- Eliminating the parking lanes along Chatfield Ave. between Iris Way and Garrison St. and adding four-foot wide, on-street bike lanes.
- Adding a left turn lane from eastbound Chatfield Ave. into Chatfield Commons.
- Improving pedestrian connectivity by constructing sidewalks in areas with no existing sidewalk.
- Improving safety, drainage and erosion concerns in the existing depressed medians by removing most of the trees, replacing the drop structures, and adding minimalist landscaping.

For questions about the project, contact Brian Poling of Merrick & Company at 303-751-0741 or visit jeffco.us/highways.

Development Update

Car Dealership Proposed For Jefferson Corporate Center

A Planning Commission Hearing for the rezoning of the Jefferson Corporate Center South for a proposed car dealership is scheduled for Wednesday, Oct. 24 at 6:15 p.m. at

the Jefferson County Courts and Administration Building, 100 Jefferson County Parkway, Hearing Room 1, First Floor, in Golden. The proposed car dealership would be located south of C-470 and west of Kipling.

The Board of County Commissioners Hearing for the same rezoning issue is scheduled for Tuesday, Nov. 13 at 8 a.m., also at the Jefferson County Courts and Administration Building. Both meetings are open to the public. For more information, visit planning.jeffco.us.

page 2 for additional information.

The Board authorized staff to pursue bids to purchase \$10,000 worth of furniture for the Ranch House pool in cooperation with the Metropolitan District, which will allocate an additional \$10,000 for this purpose.

West Metro Fire Protection District is seeking input from the Master Association regarding whether or not we would like to continue with our controlled burn program in cooperation with the District. Following discussion, the Board directed staff to respond in the affirmative.

With the completion of the North Massey drainage project this summer, staff sought direction from the Board in identifying our next project. After reviewing recommendations from staff and our contract drainage engineer, the Board identified a site east of the Community Center. Staff will work with the engineer to develop a preliminary pro-

posal to be presented to the Board.

Committees: Board member committee liaisons reported on the activities that their committees have been engaged in the past month.

Motion: A motion to adopt the job description for the Community Planning Committee was tabled.

Motion: A motion authorizing staff to go forward with a new community directory was tabled. However, staff was directed to continue efforts to contract with enough advertisers to support the directory.

Motion: A motion authorizing staff to enter into a contract for concrete replacement was approved. The Reserve Plan identifies \$47,750 for this purpose.

Motion: A motion ratifying the Board decision to authorize staff to contract with ECC for two-track trail grading work costing \$6,450 was approved.

Red Rocks Country Club presents
the 21st Annual
Holiday Boutique

Friday, Nov. 9th—9am to 6pm
Saturday, Nov. 10th—9am to 3pm

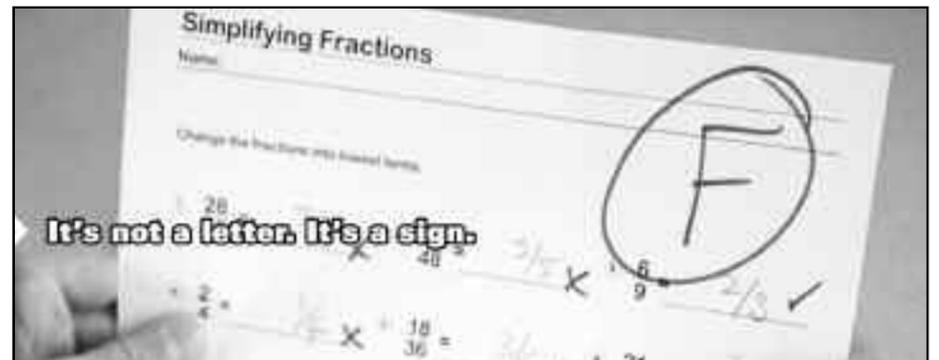
Breakfast and Lunch
available daily!

Holiday Decorations, Ornaments, Wreaths, Clothing, Jewelry, Florals, Glass, Unique Gift Items, Gourmet Food Items, and much more!

Directions:
From C-470, take Quincy exit—Go to Bellevue & turn West:
16235 W. Bellevue Ave. Morrison, CO 80465

For More Information, Please Call: 303-697-4438

\$3.00 Entry Fee benefits Ralston House for abused and neglected children in Jefferson County.
Donations are gratefully accepted!



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Life at Ken-Caryl
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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, and to be respondent to the needs of the community. We welcome suggestions and ideas for making this newspaper a good community servant. *Permission to reprint articles is granted, provided that proper credit is given to Life at Ken-Caryl, and the Editor is notified.* The editorial direction of this publication comes ultimately from the Ken-Caryl Ranch Master Association Board of Directors.

NOTICE

The views of the authors of the various articles and letters in this newspaper do not necessarily reflect the views of committees, directors or management, and by no means do they reflect the views of the community as a whole.

Community Relations Director: Victoria DeSair, 303-979-1876, ext. 122
victoriad@kcranch.org

Email or send articles, photographs, letters to the editor and advertisements to:
Life at Ken-Caryl
c/o Ken-Caryl Ranch Master Association
7676 South Continental Divide Road
Littleton, Colorado 80127
Fax: 303-972-1272

For information on display advertisements, please call Victoria DeSair at 303-979-1876, ext. 122.

For information on classified advertisements, please call Mary Lou Greeley at 303-979-1876.

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Becky Berzins,
Sandra Rozeboom
& Rachel Schroeder

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And Happy
Halloween!

the **Roze** team

303-979-8888
srozeboom@thedenver-100.com



Cash For Candy Local Dentist Finds A Sweet Way To Make Everyone Smile

One area dentist is re-defining the phrase "put your money where your mouth is." This Halloween, trick-or-treaters can bring their excess candy to Oldroyd Family Dentistry in Littleton and receive \$1 per pound of candy. Dr. Todd Oldroyd is leading this anti-decay movement by giving away dollars and supporting our troops.



write a quick letter to those serving our country overseas, receive a new light up toothbrush (first 300 kids), and get a coupon for a free Chick-Fil-A sandwich. The candy must be unopened. Please no bites. It will then be shipped in care packages to troops overseas through the non-profit organization Operation Gratitude.

"Every year, I see how much candy my kids bring home and wish it would just disappear," Dr. Oldroyd said. "This way, the kids get some cash and get to feel good about supporting our troops."

Candy will be collected at Oldroyd Family Dentistry on Thursday, Nov. 1 from 3 to 6 p.m. It will be a fun event where families not only weigh-in their excess candy, but can

Dr. Oldroyd is the owner of Oldroyd Family Dentistry, which specializes in general family dental care as well as cosmetic procedures. For more information, call 303-795-6444, visit www.oldroyddmd.com or stop by Oldroyd Family Dentistry in the Littleton Medical Arts Building at 8340 S. Sangre de Cristo Road, Ste. 102. You may even RSVP to this event through the Oldroyd Family Dentistry Facebook page.

NOTICE TO DISCONTINUE RECEIPT OF DUES COUPON BOOKS

Please do not send a KCRMA dues coupon book for the property listed below until further notice. I have made arrangements to pay my dues using an alternative method (e.g., annual payment in full, e-checks, credit cards or bill pay) and will not be using the coupons. I understand that I will need to contact Ken-Caryl Ranch in writing to receive a dues coupon book in the future.
Note: If you own more than one property, a separate form is required for each.

Property Address: _____

Owner's Name (Printed): _____

Owner's Signature: _____

Date: _____

Phone: _____ Email: _____

LORNA IDOL

District 25

Colorado House of Representatives



Vote Lorna Idol

ENDORSEMENTS:
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Jefferson County Education Association
AFT Colorado, American Federation of Teachers
Colorado AFL-CIO
Sheet Metal Workers' International Association
Progressive Majority
United Transportation Union, Colorado Legislative Board
American Federation of State, County and Municipal Employees, AFL-CIO
Colorado Ceasefire
Planned Parenthood of the Rocky Mountains
Planned Parenthood Votes Colorado
GBLT Caucus, Jefferson County Democrats

Environment: Responsible Preservation of Colorado's Natural Resources and Land Uses

Economy: Support of Job Expansion for Coloradans

Education: Promotion of Life-Long Learning: Prenatal to Adulthood

Healthy Living: Commitment to Wellness and Health

Web Site: www.lornaidolcampaign.com

Paid for by Lorna Idol Campaign Volunteers

Library News

Jeffco Library Fall Whale Of A Used Book Sale

Submitted by
Jefferson County Public Libraries

The Jefferson County Library Foundation and Friends are hosting their annual Fall Whale of a Used Book Sale Oct. 26-28 at the Jefferson County Fairgrounds, 15200 W. 6th Ave., Golden. Hours are 9 a.m. to 5 p.m. Friday and Saturday, Oct. 26-27, and 11 a.m. to 3 p.m. Sunday, Oct. 28. Admission to the sale is free.

Booklovers can dive into a sea of 100,000 gently-used books, DVDs, audiobooks and videos with prices from 50 cents to \$2.50. You'll be able to find your favorite authors and discover new ones. Teachers, home-school educators and parents find a plethora of books for their class or home library.

Saturday, Oct. 27 is Family Fun Day from 11 a.m. to 3 p.m. There will be free face painting; a fall craft activity for kids of all ages; and West Metro Fire will have a fire engine and emergency vehicle to explore from 1 to 2 p.m. It's also a great day to come for leisurely shopping without the big crowds that attend Friday and Sunday morning. Jefferson County Public Library will also have a booth all weekend to sign people up for library cards.

Sunday is Bag Day where \$5 buys as

many items as will fit in a bag. Be a good neighbor to Mother Earth and bring your own grocery size bag to promote our "Going Green" effort.

Bert's Curiosity Corner has a collection of rare and vintage books and magazines, all of which are individually priced. The Corner has a large selection of books on Colorado, western history and classics.

The Friends of the Jefferson County Public Library Preview Sale takes place from 6 to 8:30 p.m. Thursday, Oct. 25 and is open to Friends members only. Download the application at jeffcolibraryfoundation.org or join the night of the sale.

This sale is expected to generate more than \$60,000 in support of literacy programs for children and teens at JCPL and at-risk children attending Headstart programs.

The Foundation and Friends are always in need of book donations, DVDs and CDs. Large donations are accepted at the Foundation office at 10790 W. 50th Ave. (call for appointment and directions, 303-403-5075) or at the Lakewood Library, 10200 W. 20th Ave. (east side as you exit). All Jefferson County Public Library locations accept donations but have limitations on the number they can receive at one time.

To volunteer for the sale or for additional information, call 303-403-5075 or email friends@jeffcolibrary.org.

Opting Out Of Dues Coupon Books

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Committee Applications Due Nov. 2

The Master Association Board has created committees to help the Board and staff to manage the affairs of the MA. Applications are currently being accepted for committee appointments. All committee members are

subject to re-appointment and must reapply on an annual basis. All current and prospective committee members must apply for committee membership using the form below. If you wish to apply for membership to multi-

ple committees, please submit a separate form for each committee. The deadline for application is **5 p.m., Friday, Nov. 2.**

The creation and job description of each committee is approved by Board resolution, with the exception of the Architectural Committee, which is a standing committee established through the Declarations and Coven-

ants. Some committees are limited in number of members; others are open to many volunteer members. Each committee has a Board member representative who attends the meetings and reports committee news to the Board and a staff member liaison who ensures that meeting minutes are produced and available for Board review.

There's Something For Everyone With Our New Recreation Programs

by KCRMD Recreation Director Jason Fries

We are working hard at Ken-Caryl Ranch to bring you great recreation program offerings. There are some tried-and-true favorites back this year, as well as some new classes sure to please everyone.

The Halloween Haunted Trail is back for 2012! Bring the family and share the excitement of a night of thrills and chills, as you are guided along the trail at Bradford Park. Don't forget to stay afterward as we will once again be roasting marshmallows while sipping hot chocolate and apple cider and talking about our favorite creatures we met on the trail. This year's "un-scary" trail will be offered from 5:30 to 8 p.m. on Saturday, Oct. 27. I hope to see you there! Don't forget to register for the Haunted Trail on our website or by calling 303-979-4070.

Ranch adults, be sure to join us for an evening of painting and wine tasting at the

Ranch House for a new class that will allow you to relax with a glass of wine and create an original masterpiece. The class will take place Nov. 2, and advance registration is required.

Along with the Haunted Trail and our Wine and Painting Class, make sure you check out all of our new youth offerings on the Ranch: Kids in the Kitchen, Drama Kings and Queens, Imagination Station, Art Exploration I & II, Future Stars Indoor Soccer, and Future Stars Hockey and Football. Don't forget about our senior mall and lunch trips as well!

All of these great programs can be found in the middle section of *Life at Ken-Caryl*, on our website and through subscribing to the e-News. We look forward to seeing your family participate in all of our new programs.

Master Association committees are:

Committee	Number of Members	Purpose
Architectural	3 or 5	To review and approve all plans and specifications from an aesthetic standpoint. Establishes guidelines and Ranch standards.
Community Planning Committee	3-7	Responsible for finalizing the Community Master Plan for approval by the MA and MD Boards, documenting its implementation, making recommendations for future changes, and ensuring regular updates at least annually.
Covenants	An odd number up to 7	To uphold the governing documents and to enforce the rules implemented by the Architectural Committee in a fair and timely manner.
Election	3-7	To administer the annual election of Board members.
Finance	3-7	Work with the Treasurer and staff to provide fiscal recommendations to the Board.
Historical Society	Unlimited	Promote awareness of and appreciation for the historical aspects of the Ranch. Protect and preserve historic sites as well as make them more accessible and usable to Ranch residents.
Open Space	11	Advise staff and Boards regarding Open Space management and maintenance practices.

It's The Last Weekend Of The Corn Maze

The final weekend of the Chatfield Botanic Gardens Corn Maze is Oct. 26-28. The event is 4 to 9 p.m. on Friday, noon to 9 p.m. on Saturday and noon to 6 p.m. on Sunday. Wind your way through acres of corn, view the design from two 15-foot-tall illuminated bridges that overlook the giant Corn Maze, and watch the delight as younger children find their way through a special free McDonald's Mini-Maze designed just for them.

Hayrides and pony rides will be available for an additional cost. An array of food vendors will offer some of your favorite fall foods, including freshly squeezed lemonade, funnel cakes, hot dogs and kettle corn. Appropriate for all ages. The cost is \$10 for adults; \$8 for students, seniors (65+) and Botanic Gardens members; \$6 for children ages 3-12; \$4 for member children; and free for children 2 and under.

New this year is the Haunted Maze from dark until 11 p.m. You'll be able to venture through the two-acre haunted maze at Chatfield. This heart-pounding trek will feature terrifying live actors, amazing special effects and incredible monsters; an experience sure to send chills down your spine! This attraction is for teenagers and adults only. There will be no costumes allowed in the Haunted Maze. The cost of the Haunted Maze is \$15.

For more information, visit www.botanicgardens.org/corn-maze.

Visit www.ken-carylranh.org for updated information.

Ken-Caryl Ranch Master Association Committee Member Application

KCRMA committees have been established to advise and make recommendations to the Board of Directors, review and enforce community standards, and to perform the duties and functions as identified for each committee. All current and prospective committee members must apply for committee membership using this form. *All committee members are subject to re-application on an annual basis.*

There are several ways to submit this application:

1. Cut out this form or download the form at ken-carylranh.org under the Administration link. Return the completed form to the Ranch House, Attn. Victoria DeSair, 7676 S. Continental Divide Rd., Littleton, CO 80127 or fax to 303-972-1272.
2. E-mail all of the information to: victoriad@kcranch.org.

The deadline for application is **5 p.m., Friday, November 2, 2012.** If you wish to apply for membership to multiple committees, please submit a separate form for each committee.

Name: _____

Resident of (KCR Neighborhood) _____ Since (Year): _____

Address: _____ Home Phone: _____

Email address: _____

Occupation/Employer: _____ Work Phone: _____

On which committee do you wish to serve? (Circle One)

Architectural Community Planning Covenants Election Finance Open Space

Have you previously served on this committee? Yes / No

Have you previously served on other committees? Yes / No If yes, which committees? _____

Why do you want to serve on this committee? _____

How can you contribute to this committee? How can you help this committee achieve its goals? _____

What are your qualifications for serving on this committee? _____

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Art Notes

Art Guild Presents Framers Brian Hart And Bob Platz

Submitted by Gail Firmin, Publicity Director, Ken-Caryl Art Guild



Brian Hart always had framed art on the walls even if he had no furniture during his college days. After working in a frame shop, he decided it was time to open his own store. Frame de Art has just celebrated its 20-year anniversary, and with more than 400 party attendees, it's apparent that this business has developed a dedicated customer base.

Bob Platz, master framer, and Brian brought frame and mat samples, coupons and examples of custom framing to the Ken-Caryl Art Guild's October meeting, held at Rox Bar and Grill in Littleton. They work with both local and out-of-state molding manufacturers to offer a wide variety of looks and prices for custom framing artwork, sports

memorabilia, keepsakes and more. Bob recently encased a valuable guitar signed by numerous famous musicians and is currently working on a project 11-feet long by four-feet wide. He works with the customer to find just the right frame to accent the artwork, not distract from it. State-of-the-art software allows a customer to import a photo of their piece to be framed and visualize it with different mats and frames. Frame de Art also has employed an automated mat cutter since 1996 they call "The Wizard," which reduces mat cutting expenses and increases efficiency.

The business, located in Englewood, also offers other services such as frame and art restoration and engraving. They have worked with many charity events such as the Mask Project for the Denver Hospice and the Susan G. Komen Race for the Cure. Stop by the store at 3065 S. Broadway. There's a small gallery showing Bob's enamel work, or visit their Facebook page or website: www.frame deartonline.com to see examples of custom framing. And once your piece has been framed and hung, Bob and Brian say they love to receive an email with a photo of its final resting place. They take a personal interest in their customers.

The Ken-Caryl Art Guild meets the second

Thursday of the month. The public is always invited to join us for art-related programs.

See the website www.ken-carylartguild.org or our Facebook page for more details.



Bob Platz, right, master framer, and Frame de Art owner Brian Hart brought frame and mat samples, coupons and examples of custom framing to the Ken-Caryl Art Guild's October meeting.

Did You Know?

by Dolores A. Ebner, Ken-Caryl Ranch Historical Society

In 1945, Joseph Minnisale purchased Ken-Caryl Ranch for \$250,000 from William Allen. Mr. Minnisale was a successful realtor from Philadelphia who was born in Catania on the Island of Sicily and he came to the United States when he was just 10 years old. His wife owned a wedding gown business and a chain of hair styling businesses in Philadelphia.

His wife Maria opened a wedding shop in Denver called "Chez Marie." His daughter Norma attended the University of Colorado. Mr. Minnisale also owned a mansion on Denver's Circle Drive, which was formerly owned by Vernon Reed. Mr. Minnisale was an absentee owner at Ken-Caryl Ranch.

He called upon Paul Pattridge to manage the ranch as he did not know anything about ranching! Mr. Pattridge went on to contact the Maple Crest turkey farms and started raising turkeys for profit — about 25,000 of them. For three years this was a successful enterprise. After four years of ownership, Mr. Minnisale sold the ranch to Arthur Thomas "Cap" McDannald, an oil man from Texas in 1949.

Some of the descendants of the turkeys can still be seen today on Ken-Caryl Ranch.

Ken-Caryl Parent Network

Clothing Swap, Bunco, Book Clubs and More

KCPN's first Clothing Swap for the Network's ladies turned out to be such a fun evening of "shopping" and socializing that another swap is planned for spring/summer. Start cleaning out your wardrobe now! The newest Bunco group is in full swing and is

accepting alternates — a little luck with the dice is the only requirement to play. Several book clubs will be on hiatus over the holidays but will start up after the New Year with selections ranging from racy to thought-provoking. Not yet a KCPN member? Learn how to join in the fun by emailing membership@ken-carylparents.com. We look forward to seeing you at an event soon!



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A sliver of KCRMA Open Space borders the back yard. Three car garage and professionally landscaped low-maintenance yard. This classic Valley home deserves a look!



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(Source: Denver Metrolist, JFS Residential Area, YTD Sept. '12 vs. Sept. '11)

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From The Sheriff's Desk

Talk To Your Kids About Safety

A note to parents and guardians: Child safety teachings have evolved in recent years. The old "stranger danger" concept is outdated. Today, programs acknowledge that strangers aren't the only people who can harm a child.

The following tips are adapted from the For Safety's Sake program, a child safety curriculum designed to enhance kids' personal safety and problem-solving skills, encourage responsible telling and empower them to prevent victimization. Take some time to talk through these tips with your children... For Safety's Sake!

1. Check first before you go anywhere with anyone (for any reason at any time)! Check with the adult who is in charge of you at the time. If you cannot check, then the answer is NO! You cannot go!

2. Adults can get help from other adults. You do not need to help an adult find a lost puppy, unload a truck, etc. If you want to help, check first!

3. Know your full name, address (including state) and telephone number with the area code. Know your parents' or guardians' names, too.

4. If you are separated or lost from your parent or buddy, freeze and yell your parent's or buddy's first and last name. You may ask a clerk or a parent with children to go get help for you, but stay where you are.

5. If anyone tries to move or hurt you, make sure you scream, kick, fight and yell, "You're not my dad (or mom)!"

6. Use the buddy system; go places in groups of friends.

7. You are in charge of your body. No one has the right to touch you or talk about your body in a way that is wrong or makes you feel uncomfortable. Use the "Power NO," get away from the situation and tell a trusted adult. The

"Power NO" is a forceful statement that you are encouraged to make when something is happening that you don't like or that is harmful to your body.

8. If you find a gun, do not touch it. Get away from it and tell someone. If a friend wants you to touch or hold it, use the Power NO!

9. Use the Power NO (and other refusal skills) for bullies, dares and drugs, too.

10. When you are home alone, keep the door locked and closed for everyone. Let the phone ring, use caller ID or the answering machine, or work out a system with your parents so that no one realizes you are home alone.

11. On the Internet, keep personal information to yourself! Ask your parents which sites you can visit.

12. Control your anger, don't be a bully and use nonviolent actions and words.

13. Tell an adult if you think that something is wrong or someone could get hurt. It is not snitching — it is responsible reporting!



Sheriff Ted Mink

Coats For Colorado Drop-Off At Homewood Suites Littleton

Join 7News and Dependable Cleaners in a long-standing tradition of keeping Colorado warm by donating to Coats for Colorado. Bring your gently used or new coats to the Homewood Suites SW Denver/Littleton, located at the SE corner of Ken Caryl Ave. and C470 at 7630 Shaffer Parkway now through Nov. 30. There is a drop-off box located in the lobby, which is open 24 hours a day, seven days a week. Coats will be distributed to charitable organizations, homeless shelters and thousands of Coloradans in need.

"The Homewood Suites Littleton is delighted to be a drop-off center for this charitable effort," said Jeanette Ridl, general manager of the hotel. "We are so proud of our Littleton/Ken-Caryl community and know that we can count on a tremendous amount of support from our neighbors."

For more information, contact the hotel at 720-981-4763.

To stay up-to-date on the latest news, make sure to like us on Facebook at www.facebook.com/ken-caryl.org.



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Brian Lee
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25 Foothill Ash
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34 Red Fox Lane
\$625,000



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SOLD
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Community Corner

THANK YOU to our HOA elected officials, the MA and MD, for having the foresight and wanting to better our community with the input of the residents.

Don't miss your opportunity to voice your opinion and shape our community for the future! The 2020 Survey is due by October 29th.

Trick or Treat Street in Historic Downtown Littleton
Saturday, October 27th, 10:00 am to 4:00 pm

Bring the kids, bring the grandparents and enjoy a great day as downtown Littleton Merchants open their doors to all who dress the part. Enjoy treats at all shops displaying the Trick or Treat Street poster in their window.

Stop by our office and pick up some "treats" with your family from your CHR / KC Agents.



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Minding Our Business

Mojo Fitness Former Club Form Fitness Trainer Opens Fitness Facility In Ken-Caryl Business Park

by Community Relations Director
Victoria DeSair

Are you looking to get in shape or lose a few pounds? Mojo Fitness, a new fitness facility in the Ken-Caryl Business Center, may be the place for you.

Mojo Fitness was just opened Oct. 1 by Trish Byerley and her team of trainers who have worked in the community for several years. Trish has loved working in the Ken-Caryl area for the last 10 years and decided it was time to do it right and open her own gym with the help of the trainers and clients. She is an avid triathlete, competing with Team USA this month in New Zealand. So it has been a busy month for her, but she has enjoyed the opportunity to open a studio

gym for the community, especially as the weather starts to take a turn.

"I want the gym to be a convenient second home for our clients," Trish said. "Mojo Fitness caters to individuals and creates a non-intimidating community feel. People want a place that's convenient and high-quality, not where they are just a number. Mojo Fitness can provide a great opportunity for all the businesses in the area and those with busy lifestyles. This is a way to be able to manage crazy schedules and a healthy lifestyle for themselves and their family."

Mojo offers a variety of equipment to maximize the diversity of everyone's workout. They have Tour de France bikes, spin bikes, Precor AMT and Life Fitness elliptical trainers, incline trainers and regular treadmills, weights and several other machines. Mojo offers personal training, memberships, spinning classes, small group training (including kids' groups), massage services, chiropractic care and rehabilitation therapy services. Mojo Fitness offers many desired amenities with TVs, showers and a kitchen.

"I love helping people push toward their goals and seeing change," said Trish when she was asked what her favorite thing is about her job. She said she loves seeing transformation and growth within people and helping a person with whatever they need. "I enjoy seeing friendships created within the gym and members feeling they are appreciated and given the tools to have great workouts. We try to have fun and work hard!"

Mojo has eight contractors working at the facility. Each one has their specialty, but all work hard at staying up-to-date on new techniques and concepts to continue moving themselves and clients forward in fitness.

Mojo is having a grand opening event on Wednesday, Nov. 14 from 6 to 8:30 p.m. There will be giveaways, membership specials and guest speakers.

The gym is located at 8392 S. Continental



Trish Byerley demonstrates the new Tour de France bikes at Mojo Fitness.

Divide Road in Littleton, right next to the DMV and Ken-Caryl Dental Center off Chatfield. It is open from 5 a.m. to 10 p.m. seven days a week. Members are given a key card so they can quickly and easily access the building and not have to check in. For membership specials and more information about the gym, visit www.mojofitnesslittleton.com or call 303-579-9488.



Trish Byerley is the owner and one of the trainers at the new Mojo Fitness in the Ken-Caryl Business Center.

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Ken-Caryl Ranch Metropolitan District RECREATION ACTIVITIES

For Your Information

How To Register For Classes & Events

- **Online:** Go to ken-carylranh.org and click on Registration under Programs & Activities.
- **Phone-In:** Ranch House 303-979-4070, Community Center 303-979-2233
- **Mail-In:** Download a registration form at ken-carylranh.org by clicking on Registration under Programs & Activities. Mail the form along with your payment to: KCRMD,

7676 S. Continental Divide Rd., Littleton, CO 80127.

- **Fax-In:** Ranch House 303-979-5347, Community Center 303-979-6501
- **Walk-In:** Ranch House or the Community Center during normal business hours.
- **VISA, MasterCard, American Express and Discover** accepted. Check and cash accepted for walk-in and mail-in.

Recreation Office Hours

Ranch House Recreation Office
(303-979-4070)
Monday - Friday • 8 a.m. - 6 p.m.
Saturday • Closed
Sunday • Closed

Community Center
(303-979-2233)
Monday - Thursday • 5:30 a.m. - 10 p.m.
Friday • 5:30 a.m. - 7 p.m.
Saturday • 8 a.m. - 7 p.m.
Sunday • 8 a.m. - 8 p.m.

Attention Patrons

Finger scanner or ID cards are required for admittance to use the Community Center and Ranch House fitness areas or you will be required to pay the drop-in rate. No exceptions.

Red Hat Divas

The monthly meeting tea schedule is as follows:

Nov. 27 — Red Hat meeting
10:30 a.m. - 12:30 p.m.
(Ranch House Adult Lounge)

Dec. 18 — Red Hat meeting
10:30 a.m. - 12:30 p.m.
(Ranch House Adult Lounge)

Jan. 22 — Red Hat meeting
10:30 a.m. - 12:30 p.m.
(Ranch House Adult Lounge)

If you are interested in signing up for future events or would like more information, please contact Pola at 303-779-4434.

Nursery Hours

Community Center
Monday through Friday
9 a.m. - 3 p.m.

Hours may vary according to reservations.

Fall Family Flu Shot Clinic

The Colorado Flu Shot Company will be providing family flu immunization clinics. The flu vaccinations are now recommended by the Centers for Disease Control and the American Academy of Pediatrics for anyone 6 months of age and older who would like to increase their chances of a flu-free fall and winter season. The CDC in 2006 has changed the age range of high-risk children to include all children 5 years and under, and their care givers. This is because younger children are most at risk for secondary infections (pneumonia, bronchitis, ear infections, etc.), and complications from the virus result in more childhood hospitalizations than any other vaccine-preventable disease. Others at higher risk include: anyone with asthma, heart disease, kidney disease, nursing or pregnant mothers and cancer patients. School-age children/students are also the most common source of spreading the virus.

COST:

Intra nasal flu vaccine	\$30
	(for ages 2 to 49 years without chronic diseases)
Flu shot	\$25
	(for ages 6 months to adult)
Pneumonia	\$75
Tetanus/Pertussis	\$55

Travel vaccinations by appointment.
Dates: Sunday, Oct. 28, Nov. 4, 11, 18, 25
Time: 1 - 4 p.m.

Location: Community Center

Cash or checks payable to the Colorado Flu Shot Company accepted; receipts available. Parental consent is required for children under 18 years of age, and consent forms are available by fax. Vaccinations will be provided by a Pediatric RN. The Colorado Flu Shot Company also carries Pneumonia, Tetanus/Pertussis, travel vaccinations, along with Hepatitis A & B, and the new vaccines against Shingles, Meningitis and HPV (Cervical Cancer). An appointment is not needed for a flu shot. If you would like to get one of the additional vaccines, please call the Colorado Flu Shot Company at 303-932-8989 or fax 303-932-0004. www.coloradoflushot.com.

Ken-Caryl Ranch REFUND POLICY

Requests for refunds must be made **48 hours** before the first session of the scheduled program at the Ranch House, Community Center. This includes any Ranger programs. Requests need to be made during normal business hours. Each refund will be assessed a \$10 service charge, unless the class is cancelled by the Ken-Caryl Ranch Metropolitan District.

Tennis

2012 TENNIS LESSON FEES

1 Hour Lesson	Resident	Non-Resident
Group: 6	\$13/pers.	\$16/pers.
Group: 5	\$15.50/pers.	\$18.50/pers.
Group: 4	\$19.50/pers.	\$22.50/pers.
Group: 3	\$26/pers.	\$29/pers.
Semi Private	\$31/pers.	\$34/pers.
Private	\$56	\$60
90 Minute	Resident	Non-Resident
Group: 6	\$19.50	\$22.50
Group: 5	\$23.25	\$26.25
Group: 4	\$29.25	\$32.25

2012-2013 Permanent Court Time

Began Sept. 4 through May 4, 2013
Payment due Sept. 1; Late Fee: \$25
Fees: Res: \$22, Non-Res: \$26

Indoor Tennis Fees

COMMUNITY CENTER
(Four Courts at the Community Center)

Reservations: Up to seven days in advance by calling 303-979-2233.

Cancellation Policy: Anyone cancelling an indoor court less than 24 hours in advance will be charged full fees unless the court can be resold.

Fees: Residents and Current League Participants: \$24/hour
Non-Residents: \$32/hour
Non-Jeffco: \$38/hour
Junior walk-on rate (same day reservation): \$10/hour

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Tennis Information

JUNIOR TENNIS LESSONS

Oct. 22 - Dec. 22 (No class Nov 18-24)

Location: Community Center

Course	Age	Level	Day	Time	Pro	Fee
25895	3-4	QS	T	3:05-3:35 p.m.	Christina	\$78/\$86
25896	4-6	QS	M	4:4:30 p.m.	Christina	\$78/\$86
25897	4-6	QS	W	4:15-4:45 p.m.	John/ Christina	\$78/\$86
25898	4-6	QS2	M	4:30-5 p.m.	Christina	\$78/\$86
25899	4-6	QS2	T	4:30-5 p.m.	Christina	\$78/\$86
25900	4-6	QS2	W	4:45-5:15 p.m.	John/ Christina	\$78/\$86
25901	7-8	Int.	T	4-4:45 p.m.	Mark/ Christina	\$78/\$94
25902	7-8	QS	W	5:15-6 p.m.	John	\$78/\$94
25903	7-8	QS	Th	4-4:45 p.m.	Mark	\$78/\$94
25904	7-8	QS2	M	5-5:45 p.m.	Christina	\$78/\$94
25905	7-8	QS2	W	5:15-6 p.m.	Christina	\$78/\$94
25906	9-10	Comp 1	M	5-6 p.m.	Leslie	\$104/\$128
25907	9-10	Comp 1	W	4:15-5:15 p.m.	Mark	\$104/\$128
25908	9-10	Comp 2	W	5:15-6:15 p.m.	Mark	\$104/\$128
25909	9-10	Int. (Lmt 4)	M	5:45-6:30 p.m.	Christina	\$112/\$128
25910	9-10	Int.	Th	4:45-5:45 p.m.	Mark	\$104/\$128
25911	9-10	Int.	F	5-6 p.m.	Christina	\$104/\$128
25912	9-10	QS	F	6-6:45 p.m.	Christina	\$78/\$94
25913	9-10	QS2	F	4-5 p.m.	Christina	\$104/\$128
25914	11-12	Comp 1	Th	5-6 p.m.	Christina	\$104/\$128
25915	11-12	Beg/Int	T	4:45-5:45 p.m.	Mark	\$104/\$128
25916	11-12	Comp 2	T	5:45-6:45 p.m.	Mark	\$104/\$128
25617	11-12	Comp 2	Th	6-7 p.m.	Christina	\$104/\$128
25918	11-12	Comp 3	T	4-5 p.m.	John	\$104/\$128
25919	11+	Comp 2	Th	4-5 p.m.	John	\$104/\$128
25920	13+	Comp 1	T	4:45-5:45 p.m.	John	\$104/\$128
25921	13+	Comp 2	W	6:45-8 p.m.	Mark	\$130/\$154
25922	13+	Comp 2	Th	7-8 p.m.	Christina	\$104/\$128
25923	13+	Comp 3	M	5-6 p.m.	John	\$104/\$128
25924	13+	Comp 3	T	5-6 p.m.	Christina	\$104/\$128
25925	13+	Comp 4	T	5-6 p.m.	John	\$104/\$128
25926	13+	Comp 4	Th	5:45-7 p.m.	Mark	\$130/\$154
25927	10-16	Rock Stars Comp 3 & Above	S	1-2:30 p.m.	Andy/TBD	\$156/\$180
25928	13+	Comp 5	T	6:45-8 p.m.	Mark	\$130/\$154
25929	11-14	Comp 1	Th	5-6 p.m.	John	\$104/\$128
25930	HS Coed Coed JV		M	3-4 p.m.	Christina	\$104/\$128
25931	HS Coed Varsity/Comp 6+		M	6:30-8 p.m.	Christina/ Andy	\$156/\$180
25932	HS Coed Varsity/Comp 6+		W	3-4:15 p.m.	J/L/M/C	\$130/\$154
25933	Prime Time Varsity/Comp 6+		S	2:30-4 p.m.	Andy/TBD	\$156/\$180

If class is full, please put your name on the waitlist as we will add classes as needed.
Next session of lessons: Jan. 9 - Feb. 23 • Lottery Deadline: Dec. 16

LADDERS: Men's/Women's/Women's Doubles/Juniors

Joining the ladder:

Send your name, email address, phone number and rating to Judy@kcranch.org. A person joining the ladder has one initial chance to challenge anyone in any position on the ladder. If they win, they will be placed above the opponent they just beat. If they lose that challenge match, they will then be placed on the bottom of the ladder and have to challenge to move up.

ADULT TENNIS LESSONS AND LEAGUES

Oct. 22 - Dec. 22 • 8 weeks of lessons (No lessons Nov. 18-24)

Registration began Oct. 10

You must register at your current NTRP level.

Adult Lessons

Course #	Level	Day	Time	Pro	Fee
25872	Beg.-1.5	W	10-11 a.m.	Christina	\$91/\$115 (Save \$13)
25873	2.0	T	6-7 p.m.	Christina	\$104/\$128
25874	2.5	W	6-7 p.m.	Christina	\$104/\$128
25875	2.5	M	1:30-2:45 p.m.	Christina	\$130/\$154
25876	2.5	T	10-11:15 a.m.	Mark	\$130/\$154
25877	3.0	T	11:15-12:30 p.m.	Mark	\$130/\$154
25878	3.0	W	11 a.m.-12:15 p.m.	Christina	\$130/\$154
25880	3.0-3.5	T	12:30-2 p.m.	Leslie	\$156/\$180
Doubles Drill/Match Play (Limit 4) Sign up with a Partner					
25881	3.0-3.5	Th	10:30-11:30 a.m.	Mark	\$156/\$180
25882	Ball Machine*	W	10-11 a.m.	Mark	\$124/\$148
<i>(3.0+ Limit 5)</i>					
25883	Ball Machine*	Th	7-8 p.m.	Mark	\$124/\$148
<i>(3.0+ Limit 5)</i>					

*In this class, players will hit a large volume of balls while learning new and creative ways to get the most out of a one-hour ball machine rental. Our professional staff will help you set the right prescription (i.e. ball machine settings) to get the most out of your personal practice sessions. Having a teaching professional right next to you as you are hitting offers a whole new way of learning strokes and making corrections.

Adult Leagues

Course #	Level	Day	Time	Fee	# of weeks
25892	Ladies 3.0-3.5	Th	6-8 p.m.	\$112/\$136	8
25893	Ladies 3.5-4.0	T	6-8 p.m.	\$112/\$136	8
25894	Men 3.0-3.5	W	6-8 p.m.	\$112/\$136	8

Stroke Of The Week

Fridays 10-11 a.m. with Christina

Fees: Res: \$10, Non-Res: \$13

Course #	Date	Stroke
25884	Oct. 26	Forehands
25885	Nov. 2	Serves
25886	Nov. 9	Overheads/Lobs
25887	Nov. 16	Volleys
25888	Nov. 30	Backhands
25889	Dec. 7	Forehands
25890	Dec. 14	Serves

Doubles Match Coaching Clinics

Receive tactical match coaching during doubles match play. Players should sign up as a group of four in set doubles teams. Players will be coached throughout the match on shot selection positioning and tactical adjustments. Contact Mark Chomko at markchomko@yahoo.com to reserve a date and time.

Coaching clinics will take place on Wednesday mornings. (Some weekend times also available).

Fall Special: Play With The Pro

Individualized instruction and on-court doubles strategy by four-time state doubles champion Christina Macey.

Fees: Res: \$60, Non-Res: \$66

for two-hour session for three people
Contact Christina at christinamacey@comcast.net to arrange.

Cardio Tennis For Adults

Fee: Res: \$10, Non-Res: \$13

Please Observe Levels:

Tuesdays	9-10 a.m.	3.5+	Mark
Wednesdays	9-10 a.m.	3.5-	Christina
Wednesdays	7-8 p.m.	3.5-	Christina
Fridays	8-9 a.m.	3.5+	John/ Christina
Fridays	9-10 a.m.	3.5-	Christina
Saturdays	12-1 p.m.	All Levels	TBD

Pre-registration required.

Call 303-979-2233 after 5 p.m.
the night prior.

Cancellations made less than two hours
in advance will be charged.



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Special Programs & Events

Halloween Haunted Trail

Hike along a nature trail where you will meet some un-scary critters we often associate with Halloween. Find out some of the myths and truths about these night creatures. End at the Bradford amphitheater for hot chocolate and marshmallow roasting by the bonfire. For families with children ages 3-10. Trail starts at the Bradford Park parking lot. Tours will start every 10 minutes so you can arrive anytime between 5:30 and 7:30 p.m.

Date: Saturday, Oct. 27

Time: 5:30 - 8 p.m.

Fees:

Adult: Res: \$5, Non-Res: \$8
Youth (3-18): Res: \$4, Non-Res: \$5
Family (up to 4 people):
Res: \$12, Non-Res: \$18

Course #25716

Pre-registration is required. To register, call 303-979-4070, 303-979-2233 or online at www.ken-carylranh.org.

Fall Into Healthy Habits Workshop

Four years ago, Colorado ranked 3rd least in childhood obesity ratings. We now rank 23rd. (2009 Colorado Health Report Card, The Colorado Health Foundation, 2010)

Let's combat this together by investing in your lifestyle and your child's lifestyle.

Learn healthy recipes and nutrition tips, such as how to get kids to actually like vegetables! Learn easy, active lifestyle choices your family can make now to instill an active lifestyle in your children for years to come. We'll play group games, eat great food and dedicate our day to falling into healthy habits! *This workshop is free, but registration is requested so we can plan accordingly for food.*

Ages: All ages welcome; parents are required to accompany children.

Date: Saturday, Nov. 10

Time: 1 - 3 p.m.

Location: Ranch House Recreation Office

Fee: FREE - Registration Required

Min: 5, **Max:** 25

Course #25948

Story Time With Columbine Library Is Back For Fall

We have partnered again with Jefferson County Libraries to offer an exciting hour of family fun while sharing our love of children's literature. Join us for stories, finger plays and an introduction to letter sounds. No registration required.

Ages: All Ages

Dates: Every Friday (except Nov. 23)

Time: 10:15 a.m.

Location: Ranch House Dance Room

Fees: FREE!

Babysitting Clinic

Certification for boys and girls 11 years of age and older. Bring a sack lunch and drink. You must stay for the entire time to become certified. Classes are held at the Ranch House AV room. Payment is due at the time of registration.

Time: 9 a.m. - 3 p.m.

Cost: Res: \$50, Non-Res: \$65

Date: Dec. 1

Course #24381

Monthly Mall Trips For Seniors

Need to get your errands done? Love to shop and want to make some shopping buddies? Join us as we head to area malls to shop till we drop.

Fee includes transportation only. Cost of lunch is on your own.

Ages: 55+

Departs: Ranch House

Min: 5, **Max:** 12

Time: 9:30 a.m. - 2:30 p.m.

Cost: Res: \$5, Non-Res: \$8

IKEA - Centennial

Day: Wednesday, Nov. 14 **Course #25952**

Cherry Creek Mall

Day: Wednesday, Dec. 12 **Course #25953**

Senior Lunch Outside The Ranch

Join us as we head to different locations away from the Ranch for lunch.

Fee includes transportation only. Cost of lunch is on your own.

Ages: 55+

Departs: Ranch House

Min: 5, **Max:** 12

Time: 10:30 a.m. - 2:30 p.m.

Cost: Res: \$5, Non-Res: \$8

Willow Creek - Evergreen

Day: Tuesday, Nov. 20 **Course #25955**

Briarwood - Golden

Day: Tuesday, Dec. 18 **Course #25956**

Halloween Doggie Costume Contest!

October 27 • 11 a.m. - 3 p.m.



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11 a.m. - 3 p.m.
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Have An Idea For A New Workshop?

Do you have a skill, passion, hobby or unique ability that you would love to share? Ken-Caryl Ranch is looking for new and fun workshops to offer the community. Please contact Jason Fries at jasonf@kcranch.org or 303-979-4070 to discuss what you might be able to bring to the community!

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Youth Programs

Before And After School Program

The KCRMD Before & After School Program provides a caring, safe and fun learning environment. We serve students who attend Shaffer and Bradford Elementary. Students explore a wide variety of activities that develop learning, encourage imagination and promote positive social skills and physical activity. Join us for exciting games, cooking, projects, sports, reading, homework help and more!

Hours: 6:45 a.m. until school starts and after school until 6 p.m.

Ages: K-6th grade

Locations: Ken-Caryl Ranch House and Community Center (Transportation is provided to and from Shaffer and Bradford Elementary each day.)

We offer year-round care and provide full-day care on most early release days, school holidays and vacations. Register and pay for only the days you need each month! For more information, please contact Melissa at 303-979-4070 or melissab@kcranch.org.

Drama Kings & Queens

Join us on stage! We'll play improv and theater games and work each week on our very own play. The session will end with a performance for friends and family. Whether you want to act, create sets or design costumes, we'll have a role for everyone!

Ages: 8 - 10 years

Dates: Saturdays, Oct. 27 - Dec. 8
(No Class Nov. 24)

Time: 11 a.m. - noon

Location: Ranch House Youth Room

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10

Course #25949

The Gingerbread Man

The Children's Museum of Denver is proud to bring their educational outreach programs here to Ken-Caryl Ranch! This assembly-style performance is interactive theater at its best! Children will help bring nursery rhymes and fairy tales to life as they act out the adventures of this mischievous little cookie.

Ages: 4 - 6 years

Date: Tuesday, Nov. 27

Time: 10:30 - 11:15 a.m.

Location: Ranch House Dance Room

Course # 25868

Fee: Res: \$5/child; Non-Res: \$7/child
(accompanying adults are admitted free of charge)

Max: 50

(This event will sell out fast. Register now to reserve a seat for your child!)

Preschool Mini-Camps Fall/Winter 2012

Is your young one a lover of all things fun? Register them for a two-day mini-camp full of exploration, discovery and learning. All of our preschool programs focus on peer socialization, self-regulation and respect for others. We will spend our days making new friends, learning new things, creating works of art and experiencing independence in a fun, safe and nurturing environment. Each day will follow a typical preschool schedule complete with singing, games, crafts, stories, science and cooking. Small, healthy snacks will be provided in the morning and afternoon. All children must be toilet-trained and should come to camp with a change of clothes and appropriate outdoor gear to fit weather conditions.

Little Learners

Ages: 2 1/2 - 4 years

Location: Community Center Youth Room

Times: 9 a.m. - 12 p.m.

Dates: Nov. 19 - 20 Course #25684

Dec. 27 - 28 Course #25686

Jan. 3 - 4 Course #25688

Jan. 7 - 8 Course #25690

Fees: \$30/resident, \$34/non-resident
(for each 2-day session)

Max: 7 students

Explorers

Ages: 4 - 5 years

Location: Community Center Youth Room

Times: 9 a.m. - 3 p.m.

(PLEASE PACK A LUNCH)

Dates: Nov. 19 - 20 Course #25685

Dec. 27 - 28 Course #25687

Jan. 3 - 4 Course #25689

Jan. 7 - 8 Course #25691

Fees: \$60/resident, \$68/non-resident
(for each 2-day session)

Max: 8 students

Kids In The Kitchen

Join us for a fun-filled hour of cooking, baking and exploring new foods! Kids learn healthy eating tips, try new foods and take a recipe book home at the end of the session. Each week brings a fun new recipe and exciting ideas to get the whole family eating healthy at home!

Ages: 5 - 10 years

Session 1:

Dates: Tuesdays, Oct. 23 - Nov. 27

Time: 5:45 - 6:45 p.m.

Location: Ranch House Snack Kitchen

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10 Course #25944

Session 2:

Dates: Saturdays, Oct. 27 - Dec. 8

(No Class Nov. 24)

Time: 9:30 - 10:30 a.m.

Location: Community Center Youth Room

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10 Course #25945

Preschool

New Preschool Offerings For 2013!!!

Beginning in January 2013, we will have additional openings in both Little Learners and Explorers Preschool programs, along with before and after-care for the preschool age group. Currently enrolled and waitlisted families will have the opportunity to add to or modify their existing schedules through Friday, Oct. 26. Registration will open to the public on Monday, Oct. 29.

For more information on our preschool programs please contact Sarah Gagne at 303-979-2233, ext. 206 or at sarahg@kcranch.org.

Little Learners Preschool

Little Learners develop social skills through creative expression, dramatic play, sensory activities, art, stories and much more. Our play-based program gives children the opportunity to grow physically, cognitively, socially and emotionally as they explore their surroundings.

Ages: 2-1/2 - 4 years (must be toilet trained)

Times: 9 a.m. - 12 p.m. OR 12:15-3:15 p.m.

Monthly Tuition*:

2-Day (Th/F): Res. \$132, Non-Res. \$156

3-Day (MTW): Res. \$198, Non-Res. \$234

5-Day: Res. \$330, Non-Res. \$390

Explorers Preschool

Explorers will spend their days engaged in both work and play, further developing basic social and academic skill sets. With a larger focus on early literacy, math and science concepts, we will help prepare your Explorer for their exciting journey into kindergarten.

Ages: 4 - 5 years

Times: 9 a.m. - 3 p.m.

Monthly Tuition*:

2-Day (Th/F): Res. \$264, Non-Res. \$312

3-Day (MTW): Res. \$396, Non-Res. \$468

5-Day: Res. \$660, Non-Res. \$780

* The Little Learners and Explorers Preschool programs follow the Jefferson County School District calendar for all holidays, school breaks and early release days, beginning Wednesday, Jan. 9, 2013 and ending Wednesday, May 29, 2013.

Preschool Before & After-Care And Full-Time Child Care

Before and after-school care is now available for children ages 2 1/2 to 5 years, along with full day care on holidays and school breaks!!!

DAILY RATES FOR PRESCHOOL BEFORE & AFTER CARE:

Before-Care ONLY (7 - 9 a.m.):

Res. \$8.50, Non-Res. \$10.50

After-Care ONLY (3 - 6 p.m.):

Res. \$12.75, Non-Res. \$14.75

Before & After Care (7 - 9 a.m. and 3 - 6 p.m.): Res. \$18.50, Non-Res. \$20.50

Full Days (holidays & school breaks, 7 a.m. - 6 p.m.): Res. \$43, Non-Res. \$48

* Drop-In Rates are \$2 higher than those listed above.

Full-Time Child Care

This option is great for those families needing both before and after-school care on a regular basis. Our curriculum will follow a typical preschool schedule between 9 a.m. and 3 p.m. and will include both social and academic skill-building. The classroom will be open from 7 a.m. - 6 p.m. five days per week and will be closed for minimal holiday breaks. You can choose a schedule that best fits your family's needs, from two days (Th/F), three days (MTW) or five days per week options. The daily rate for all schedules is \$43 per day/resident and \$48 per day/non-resident. You will be charged monthly based on the number of days that school is in session on your registered days.

Imagination Station

Come make believe with us! This theater-oriented class encourages the use of imagination and pretend play. We will play theater games, sing songs, dress up in costumes and perform short skits.

Ages: 5 - 7 years

Dates: Saturdays, Oct. 27 - Dec. 8
(No Class Nov. 24)

Times: 10 - 10:45 a.m.

Location: Ranch House Youth Room

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10

Course #25950



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Art & Dance Classes

Denver Region Dance Academy

At Denver Region Dance Academy our emphasis is on confidence. We provide four building blocks for a confident dancer: dance skills, musicality, appropriate peer/teacher relations and a studio environment for performances. Each class is designed to incorporate these four aspects for building confidence in your child. Denver Regional Dance Academy is a non-competitive studio believing that performances in front of friendly supportive audiences build self-esteem.

CLASS DESCRIPTIONS

Ballet & Tap I, Beginning: This class is for 3- to 5-year-old beginning ballerinas. Does your little girl tip-toe across the floor, love princess everything and always want to wear pink and purple? Then this class is for her! Dancers learn classical ballet skills while dancing to their favorite princess music. Together with the tap skills they learn, dancers will put the moves into routines to perform them for family and friends.

Ballet & Tap II, Intermediate: This class is for 5- to 7-year-old girls who may or may not have been in ballet/tap before. We keep classes small in size to make very individualized instruction so all skill levels are addressed. If your ballerina still loves to dance and perform to her favorite music, let her continue her dance education in this positive, non-competitive environment.

Hip Hop: Come join this fun high-energy beginning dance class. Learn dance moves and routines to Taylor Swift, Stereo Hearts and TV shows like "Shake It Up," "Glee" and more. Perform for your family and friends and make it a dance party every week!

DANCE CLASSES

Oct. 23 - Dec. 13 (No Class Nov. 20)

Location: Ranch House and Community Center

Fees: Res: \$73.50, Non-Res: \$91 (7-week session)

Course #	Day	Ages	Class Description	Time	Location
25703	Tuesday	3-5	Beg/Inter Ballet & Tap	5-5:45 p.m.	RH
25704	Tuesday	5-7	Inter/Ballet & Tap	5:45-6:30 p.m.	RH
25705	Tuesday	5-10	Hip Hop	7-7:45 p.m.	CC
25706	Thursday	3-5	Beg/Inter Ballet & Tap	9:15-10:00am	RH
25707	Thursday	3-5	Beg/Inter Ballet & Tap	10:30-11:15am	CC

Drop-ins for new students available. Class fee will be prorated.

Questions? Call Mikki Wright at 303-733-7982.

To register, call the Ranch House at 303-979-4070 or online at www.kencarylranh.org.

Art Exploration I

Making messes into masterpieces! We will explore different mediums from paint to clay to recycled materials and learn about colors, shapes and develop our own artistic styles. Participants will take finished projects home each week.

Ages: 5 - 7 years

Dates: Saturdays, Oct. 27 - Dec. 8

(No Class Nov. 24)

Time: 11 a.m. - 12 p.m.

Location: Community Center

Youth Room

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10

Course #25946

Art Exploration II

Designed for our older artists, Art Exploration II teaches substantive art techniques with a variety of more in-depth mediums. Participants will learn painting, drawing and sculpting techniques while experiencing charcoal, water colors, oil paints, and clay. Completed projects will be sent home.

Ages: 8 - 10 years

Dates: Thursdays, Oct. 25 - Dec. 6

(No Class Nov. 22)

Time: 6:15 - 7:15 p.m.

Location: Community Center Youth Room

Fee: Res: \$45, Non-Res: \$55

Min: 5, **Max:** 10

Course #25947

Watercolor Classes

Ages: For All Levels 18 Years Old And Over

Location: Ranch House

Day: Wednesdays

Dates: Oct. 24 - Dec. 4 (No class Nov. 28)

Six Week Session

Time: 9 a.m. - 12 p.m.

Fees: Res: \$80, Non-Res: \$85

Course #25859

Each student will provide their own supplies. A supply list will be provided at registration.

Instructor is award-winning artist Chuck Danford, signature member of the Colorado Watercolor Society and professional painter of landscapes and wildlife. See Chuck's work at www.charlesdanford.com.

To register or for more information, call 303-979-4070 or visit www.ken-carylranh.org.

Sports And Athletics

Future Stars - Indoor Soccer

The basic fundamentals of soccer are introduced as players learn to control the soccer ball. This class is designed for someone who has little or no knowledge of soccer. Participants should dress in comfortable clothes and gym shoes. We will be running around, so please bring a water bottle to each class. Shin guards are recommended, however not required for this program.

Ages: 3 - 7

Day: Saturdays

Dates: Oct. 27 - Dec. 8 (No class Nov. 24)

Time: 10 - 10:45 a.m.

Fees: Res: \$35, Non-Res: \$40 (Six sessions)

Min: 6, **Max:** 16

Location: Community Center -

Racquetball Court

Course #25869

Future Stars - Indoor Floor Hockey & Football

This six-week class is aimed at developing physical skills and hand/eye coordination through floor hockey and football. We will work on the fundamentals of each sport along with teamwork and sportsmanship. Get those future stars off to a great start. This class is a super place for young players with tons of energy and the desire to have fun!

Ages: 3 - 7

Day: Saturdays

Dates: Oct. 27 - Dec. 8 (No class Nov. 24)

Time: 11 - 11:45 a.m.

Fees: Res: \$35, Non-Res: \$40 (Six sessions)

Min: 6, **Max:** 16

Location: Community Center -

Racquetball Court

Course #25870

Wallyball Or Basketball Court Reservations

\$15 per hour (any number of players)

Taekwon-do

About The Instructor

Julie Jablonski is a fourth-degree black belt with more than 25 years of experience. She is certified by the United States Taekwon-do Federation (USTF) and the International Taekwon-do Federation (ITF), under General Choi Hong Hi.

Physical Benefits

Taekwon-do provides a comprehensive foundation for a child's physical development. It imparts balance, flexibility, center of mass awareness, coordination, muscular strength, speed and poise.

Behavioral Benefits

The five tenets of Taekwon-do, courtesy, integrity, perseverance, self-control, and indomitable spirit, guide the children's behavior in class and teach life skills for tackling obstacles and challenges.

Taekwon-do Classes

Ages: 7 and up

Time: 5:15 - 6:45 p.m.

Location: Community Center

Day: Monday and Wednesdays

Dates: Nov. 5 - Nov. 28 (No class on Nov. 21)

Course #25523

Dec. 3 - Dec. 26 (No class on Dec. 24)

Course # 25528

Fee: Res: \$112, Non-Res: \$134.40

KEN-CARYL RANCH REPLACEMENT WINDOWS



BEFORE



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Fitness & Wellness



Young Yogis

Introduce your child to the world of yoga in a safe and social environment. The benefits are endless, including: increased strength, flexibility and balance; stress management techniques and positive self-esteem building; and joy, wonder and respect for our peaceful earth. The instructor will guide the children through simple poses, breathing techniques, creative movement, song and dance, and short stories. Mats and materials will be provided for class use.

Ages: 3 - 5 years

Location: Community Center Yoga Room

Dates & Time: Thursdays, 10:30 - 11:30 a.m.

Session 2: Oct. 18, 25 & Nov. 1, 8, 15

Course #25683

Fees: Res: \$60; Non-Res: \$72

(for each 5-week session)

Min: 4, **Max:** 8

Ages: 5 - 12 years

Location: Community Center Yoga Room

Dates & Time: Thursdays, 4:15 - 5:15 p.m.

Session 2: Oct. 18, 25 & Nov. 1, 8, 15

Course #25681

Fees: Res: \$50; Non-Res: \$60

(for each 5-week session)

Min: 5, **Max:** 10

For more information about our Youth Yoga programs, please contact Sarah Gagne at 303-979-2233, ext. 206 or at sarahg@kc ranch.org. To register please call the Ranch House at 303-979-4070 or visit our website at www.ken-carylranh.org.

Buddy System Personal Training

Tired of working out alone? Our new Buddy System is a program that offers additional motivation for you and a friend or spouse with similar goals. Our trainers will make a personal commitment to both of you by providing professional skills and knowledge. They will help you set and obtain your goals in a motivational, inspirational and non-judgmental atmosphere. Personal training sessions last one hour and can be purchased in 1, 2 or 3 one-hour sessions.

Trainers will meet with their clients and go over previous fitness experiences and your medical history. A fitness evaluation will be performed, along with establishing client goals at the initial meeting.

Fees are as follows:

Residents/Non-residents/Non-Jeffco
1 - 1-hour session \$60/\$70/\$80
3 - 1-hour sessions \$150/\$160/\$170

Adult Introduction To The Weight Room

Have you been wondering what our machines do? If you would like to learn more about our strength equipment, contact the Front Desk at 303-979-2233. We will have you meet one of our personal trainers for an introduction to the strength equipment.

Fees: Res: \$25, Non-Res: \$30

Puppy Preschool & Basic Obedience Classes

New session begins Nov. 13

Are you ready to enjoy a walk without your dog pulling? Would you like to teach your dog to greet people and dogs politely? You can learn how to teach your dog basic cues with games that make learning fun. Are you ready to strengthen the bond between you and your dog? If you are, join positive dog trainers Laurel Landsman and Dawn Winans and find out how much fun training your dog can be.

Laurel and Dawn's dog training business is called Canine Frontier Training and Performance, LLC. Please visit their website at www.caninefrontiertraining.com and, if you are on Facebook, check out and "Like" their page at www.facebook.com/caninefrontier.

Learn how to teach attention and focus between you and your dog and all the basics including:

Puppy Preschool Classes

Puppies under six months old. Must have had two rounds of vaccinations. Basic commands, socialization, general puppy behavior tips and tricks.

Fitness Schedule - September 4 through December 22

Classes in CAPS suitable for beginners. • Res: \$6, Non-Res: \$8 or Facilities Pass. • Kick Boxing requires additional fee.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7 a.m.	Interval Challenge Carla		Muscle Plus Kerry		Cardio Sport Nikki		
7:15-8:10 a.m.	MAT PILATES Carla		TONE IT UP Carla		TONE IT UP! Kerry		
7:45-9 a.m.		Power Pump Theresa		Power Pump Theresa			
8-9 a.m.	Step & Sculpt Theresa		Custom Cardio Theresa	HATHA YOGA Karin 8-9:15 a.m.	Custom Cardio Theresa		
8:30-9:30 a.m.						Step & Sculpt Instructors Vary	
9-10 a.m.							Step & Pump Chelsea
9:15-10:15 a.m.	Muscle Plus Janet 9:15-10:30 ZUMBA at RH Caeleigh	MAT PILATES Lisa HATHA YOGA Petra	Power Pump Janet	Interval Challenge Janet PILATES FUSION Lauren Yoga Room	Muscle Plus Lisa		
9:30-10:45 a.m.	Hatha Yoga Leslie		Power Yoga Petra		Power Yoga Petra	ZUMBA Renate 9:40-10:40 a.m.	
10:35-11:35 a.m.			ZUMBA Janet				
11-11:45 a.m.	Kick Boxing** Andrea		Kick Boxing** Andrea				
4:30-5:30 p.m.		Afterwork Fitness Challenge Kerry		Afterwork Fitness Challenge Kerry			
Evening Classes	MUSCLE SCULPT Kim 6:15-7:15 p.m. MAT PILATES Lori 6:30-7:30 p.m.	ZUMBA Renate 6:15-7:15 p.m.	MUSCLE SCULPT Kim 6:15-7:15 p.m.	MAT PILATES Lori 6:30-7:30 p.m. ZUMBA AT RH 6:30-7:30 p.m. Varies			

Junior Weight Room Certification

The certification course is being held on the second Monday of every month from 3:30 - 5 p.m. at the Community Center. Youth between 12-18 years of age must be certified by our personal trainers in order to use the exercise/weight equipment at the center. Call the Community Center at 303-979-2233 to register for this course, no walk-ins will be accepted. There is a class minimum of two participants, and a maximum of eight. If the minimum is not met, class will be postponed until the next session.

Fees: Res: \$20, Non-Res: \$23

Time: 3:30 - 5 p.m.

Dates: Nov. 12 Course #24391
Dec. 10 Course #24392

Rates For Personal Training

This program is designed to help achieve your fitness and wellness goals. All of our trainers are nationally certified, CPR certified and have a variety of educational backgrounds in the fitness industry. Whatever your goals may be, our trainers will design a program specifically for you to help meet these goals. The benefits are endless: lose weight, gain muscle definition, improve cardiovascular stamina, increase flexibility, reduce stress and increase energy.

Rates: Resident/Non-resident
1 - 1-Hour Session \$50/\$60
1-Hour Session - Semi-Private \$60/\$70

For more information, please contact Judy Anderson at judya@kcranch.org.

Days and Time: Tuesdays at 6:30 p.m. beginning Nov. 13

Fees: Res: \$130, Non-Res: \$155

Basic Dog Obedience Classes

For dogs over six months old. Basic commands plus home manners, focus work, tricks.

Days and Time: Tuesdays at 7:30 p.m. beginning Nov. 13

Fees: Res: \$110, Non-Res: \$130

Puppy Preschool and Basic Dog Obedience Classes are held at the Dakota Lodge on the grounds of the Ken-Caryl Equestrian Center. There is easy access off C470. Classes are for six weeks, and then we start a new series. Aggressive dog? We can direct you to behaviorists. Dog trainers Laurel Landsman and Dawn Winans will show you how much fun training your dog can be.

Questions or to register, please contact Laurel Landsman at 720-233-3461 or caninefrontier@gmail.com. Please visit Canine Frontier's website at: http://caninefrontiertraining.com or Facebook page www.facebook.com/caninefrontier for more information.

ZUMBA

"Exercise in Disguise"

Please see our fitness schedule for days and times.

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements which create a dynamic, exciting and effective fitness system! Zumba creates a party-like atmosphere that is fun and non-intimidating. It is for all fitness levels and designed for everyone.

Fees: Drop In: Res: \$6, Non-Res: \$8 or use your facility use pass.

Pilates - Its Benefits

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain.

Visit

www.ken-carylranh.org

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Coming Soon . . .

Cherry Creek North

This ideally located, 4 bd/4 ba townhome is loaded with sophistication from the fully updated kitchen and baths to the entertainer's outdoor spaces. Features include dark hardwoods

throughout, soft contemporary fixtures, and outdoor fireplace.

Ready to live one block from Cherry Creek's finest shops and restaurants? You must be ready for the urban lifestyle!



SOLD . . .

Wash Park

This gorgeous home welcomes new owners this month! Location is perfect . . . steps away from Wash Park and the shops and restaurants on Gaylord. This one is already under contract, but the builder has another home ready to start. Will it be yours!

Are you ready for a bungalow in the city? You must be ready for the Wash Park lifestyle!



Coming Soon . . .

Prime Wash Park Corner Lot

New construction! Completion Spring 2013.

Thinking of an urban move in the future?

Plan ahead, reserve this home now, and choose all your interior finishes.

Approx. 3000 sq. ft., main floor office, great room, custom kitchen.

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Holidays At The Bradford House

Get ready for the holidays in the 1860s. Bake holiday cookies, make a candle, ornaments for the tree and more. This is a family occasion.

Ages: 3 to Adult

Date: Saturday, Dec. 8

Time: 10 - 11:30 a.m.

Location: Dakota Lodge

Fees:

Adult: Res: \$5, Non-Res: \$8

Youth (3-18): Res: \$4, Non-Res: \$5

Family (up to 4 people):

Res: \$15, Non-Res: \$20

Course #25718

Pre-registration is required. To register, call 303-979-4070, 303-979-2233 or online at www.ken-carylranh.org.

Junior Naturalist After School

These after-school programs are very hands-on, allowing participants to use all five senses to explore the wonders of nature. A different theme will be explored each month and may include hikes, experiments and other fun activities.

Ages: 5 - 9 year olds

Group Size: Min. 4, Max. 20

Location: Dakota Lodge

(Transportation provided from Bradford Primary to Dakota Lodge. Students will meet teacher in the school gym and ride on Ken-Caryl buses to the Dakota Lodge. Pick-up is at Dakota Lodge.)

November/December: Winter Happenings & Furry Friends

Ever wonder what animals do in the winter time? Find out which ones hibernate, which ones migrate and which ones hang around. What happens to all those insects and flowers anyway? Why do some animals have fur and others have feathers, scales or slime? What do we call animals with fur? Come and get some animal facts and explore the world of animals with fur.

Day: Thursdays

Time: 3:45 - 5:45 p.m.

Dates: Nov. 1, 8, 15, 29; Dec. 6, 13, 20

Fees: 7 week class:

Res: \$78.75, Non-Res: \$96.25

Course #25725

KC Kids Nature Camp: Ages 4-5 Years

Each month explore a new topic in natural history and science. We'll touch specimens, hike in the outdoors, participate in hand-on science experiments and use imagination and creativity. Light snacks will be included that are often integrated into the topic of the class.

Ages: 4 - 5 year olds

Group Size: Min. 5, Max. 15 (2 teachers)

Location: Dakota Lodge

November/December: Winter Happenings & Furry Friends

Ever wonder what animals do in the winter time? Find out which ones hibernate, which ones migrate and which ones hang around. What happens to all those insects and flowers anyway? Why do some animals have fur and others have feathers, scales or slime? What do we call animals with fur? Come and get some animal facts and explore the world of animals with fur. (No class Nov. 19-22)

Tuesday Session Dates:

Nov. 6, 13, 27, Dec. 4, 11, 18

Time: 9:15 - 11:45 a.m. Course #25736

Thursday Session Dates:

Nov. 1, 8, 15, Dec. 6, 13, 20

Time: 9:15 - 11:45 a.m. Course #25737

Fees: 1-Day (Tuesday or Thursday)

Res: \$75, Non-Res: \$90

2-Day (Tuesday and Thursday)

Res: \$150, Non-Res: \$180

Monday Session Dates:

Nov. 5, 12, 26; Dec. 3, 10, 17

Time: 1 - 3 p.m. Course #25738

Wednesday Session Dates:

Nov. 7, 14, 28; Dec. 5, 12, 19

Time: 1 - 3 p.m. Course #25739

Fees: 1-Day (Monday or Wednesday)

Res: \$67.50, Non-Res: \$82.50

2-Day (Monday and Wednesday)

Res: \$135, Non-Res: \$165

Tot Discovery Time: Ages 2-1/2 to 3 Years Old

Each month we will explore a new topic in natural history and science. We'll touch specimens, hike in the outdoors, participate in fun and engaging activities, and use imagination and creativity in craft projects.

Ages: 2-1/2 - 3 year olds

(Must be toilet trained)

Group Size: Min. 4, Max. 15 (2 teachers)

Location: Dakota Lodge

November/December: Winter Happenings & Furry Friends

Ever wonder what animals do in the winter time? Find out which ones hibernate, which ones migrate and which ones hang around. What happens to all those insects and flowers anyway? Why do some animals have fur and others have feathers, scales or slime? What do we call animals with fur? Come and get some animal facts and explore the world of animals with fur. (No class the week of Nov. 26-30)

Monday Session Dates:

Oct. 29; Nov. 5, 12, 26; Dec. 3, 10, 17

Time: 9:30 a.m. - 12 p.m. Course #25760

Wednesday Session Dates:

Oct. 31, Nov. 7, 14, 28 Dec. 5, 12, 19

Time: 9:30 a.m. - 12 p.m. Course #25761

Fee: 1-Day (Monday or Wednesday)

Res: \$75, Non-Res: \$90

2-Day (Monday and Wednesday)

Res: \$150, Non-Res: \$180



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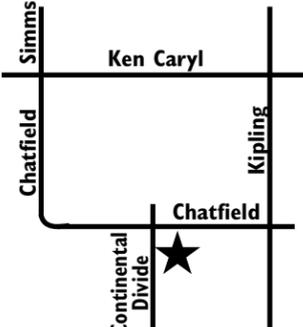
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NORTH RANCH



5 Porcupine Lane • \$709,000

Rare stately custom brick Ranch! Remodeled! Oversized 3 car side-load! Newer tile roof! Sits on .40 acre view lot! 5400+SF! Newer flagstone patio! 6 bedrooms! 5 baths! 2 fireplaces! Newer vaulted designer kitchen w/island! Master suite with private enclosed patio! Bay window with built-in seat! Sitting area & newer remodeled 5-piece master bath w/jetted tub! Newer vaulted sunroom! Family room with Cherry hardwood floors! Wet bar! Fireplace! Main floor study w/French doors! Rare upper 37x16 Bonus Room w/newer windows! Built-in wall storage! Full bath! Great for home office or retreat room! Newer professionally finished basement w/2 bedrooms! 3/4 bath! Large recreational room! Separate kitchenette! Lots of storage! Hot water heat! Newer boiler! Central air! Security system! One of a kind and won't Last! **View on Tour at: DDHarderProperties.Com**

CARRIAGE HILL



18 Mountain Laurel • \$719,900

5300+SF! Redstone stucco 2 story, backs to open space, 5 bedrooms, 5 baths, main floor study, loft with built-in wall bookcase! Oversized 3 car garage, professionally finished garden level basement w/bedroom, bath, recreational room with surround sound and wetbar. Master suite w/deck, fireplace and jetted tub! New lighting! New refinished hardwood floors! Private setting! Mature landscaping! Custom mountainous water feature! Flagstone patio and walkways! Garden! 3 decks! A/C! Security!
All new slab granite countertops just installed!
View this home at: www.DDHarderProperties.Com

NORTH RANCH



37 Lark Bunting Lane • \$739,900

5200+ SF! Updated & remodeled custom 2-story! Exclusive North Ranch! Dramatic & open floor plan! 1/3 acre! Private park-like setting! 4 decks! Courtyard! Covered patio! Fenced yard & sprinkler system! Mountain views! Oversized 3 1/2 car garage! 5 bedrooms! 5 baths! Main floor study! Newer lighting, interior paint & custom plantation shutters! Newer cut Berber carpet! Granite slab countertops & hardwood floors! Master suite with separate sitting area with fireplace! Private deck! Vaulted 5 piece bath w/jetted tub! Newer tile floor! Central air! Security system! Intercom, newer appls! Washer & dryer included! Professionally finished basement with bedroom! 3/4 bath! Large rec. room w/gas log fireplace, slate wet bar w/mini frig, Oak pool table & all equipment included! Separate theater room with slate gas log fireplace! TV, projector, movie chairs and Surround Sound all included! Separate workshop! Lots of storage! New concrete tile roof! There's more! Call for a viewing!

RETREAT



5 Carissa • \$529,900

MANOR RIDGE



37 Tamarade

Testimonial . . .

"David and Diana Harder are a great team. Each have years of experience, integrity, professionalism, enthusiasm and proven record of success. Each is, individually, in the upper 1% of all real estate brokers as measured by actual sales production, together they make an incredible combination. I would recommend David and Diana to anyone who is seeking assistance in buying or selling a home."
— Former U.S. Senator William L. Armstrong

Both Of These Homes Went Under Contract In One Day!

BARRINGTON RIDGE



15 Mtn. Cedar Lane • \$1,375,000

Majestic lot and views! .81 Acre! Recently remodeled custom Redstone! 5 bedrooms! 7 baths! 4 fireplaces! 7700+ SF! Oversized heated 3 car garage! Finished garden level basement with media room/or 5th bedroom! 2 wetbars! New Cherry kitchen w/stainless steel Dacor appls! All new baths, furnaces, A/C units, roof, interior & exterior paint, carpet & lighting! Dual staircases! Master suite w/new bath, sitting room w/fireplace, deck and huge walk-in closet! New landscaping front and back! In-ground pool with cover! Fire pit! 2 tiered mountainous water feature! Too much to mention! **Under Contract in One Day!**

CIMARRON



11472 Main Range Trail • \$379,900

Newer designer kitchen! Hardwood floors! Updated throughout! Finished walkout with wetbar! Recreation room and bath! Backs to greenbelt! Newer deck! **Under Contract in One Day!**

NORTH RANCH



3 Partridge Lane • \$889,900

RETREAT



8 Boxwood

SUNSET RIDGE



11634 Elkhead Range Rd.

VILLAGE



11273 San Juan Range Rd.

ENCLAVE



4 White Pine Drive

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VILLAGE



10965 Half Moon Pass

HEIRLOOM



35 Pin Oak

BARRINGTON RIDGE



1 Barrington Drive

CARRIAGE HILL



6 Prairie Clover

BARRINGTON RIDGE



6 Barrington Drive

LEGACY



3 White Birch

BARRINGTON RIDGE



13 Mountain Willow

CIMARRON



11042 Trailrider Pass

NORTH RANCH



4 Finch

BRIDLE GATE



15 Bridle Gate Lane

MANOR RIDGE



30 Tamarade Drive

LEGACY



32 Desert Willow

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Our Rising Generation

Cub Scout Pack 742 Food Drive Begins

Submitted by Bob Carman, Cimarron
Cub Scout Pack 742 from Bradford Elementary School is conducting their annual Food Drive in Ken-Caryl Valley. All residents in the Valley should have received a flyer and donation bag hand delivered to their

door on the weekend of Oct. 19. The flyer details the items in demand for food donations, but in case you missed it, they are peanut butter, tuna, canned meats, tomato sauce, pasta, rice, beans, mac-n-cheese, cereal, oatmeal, baby food and formula.

Like last year, we are supporting both the Jeffco Action Center and the Channel 9 Food Drive. If you would generously donate a few of the needed items we will have the Cub

Scouts return to your front porch on Saturday, Oct. 27 to pick up the donations. Please try to place your items out by 9 a.m. so the Cubs can sweep the neighborhood as quickly as possible and make deliveries to the supported agencies.

If you would like to make other pick-up arrangements or if we miss your donations, please contact Bob Carman at 303-947-5949. On behalf of Cub Scout Pack 742 and the needy families we will all be supporting, thank you in advance for your generosity!

Ken-Caryl Little League Tournament Team Tryouts

Ken-Caryl Little League (KCLL) is hosting tryouts for their Tournament Teams for the spring/summer 2013 season. Ken-Caryl Tournament Teams are for players who want to participate in weekend tournaments across the Front Range. Teams play in six or more tournaments during the spring and summer season.

Tournament Teams operate independent of KCLL and are managed wholly by each team coach. KCLL will coordinate games, practices and tournament schedules to minimize conflicts with regular season play. For

more information and to register, visit kcllbaseball.com.

Division: 12 and Under (12U)
Location: Ken-Caryl Community Park
Field: West Field
Date: Sunday, Oct. 28
Time: 1 to 3 p.m.

Division: 8 and Under (8U)
Location: Ken-Caryl Community Park
Field: West Field
Date: Sunday, Oct. 28
Time: 3 to 5 p.m.

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School News

Monster Mash Family Halloween Dance Party At Collegiate Academy

Calling all witches, warlocks and creepy creatures! Join Collegiate Academy of Colorado (CAC) for our annual Monster Mash Family Halloween Dance and Party, Friday, Oct. 26, from 6 to 9 p.m. at CAC located at 8420 Sangre De Cristo Road.

Put on your costume and come on down to dance to your favorite music, take a walk down Trick or Treat Street, stop for a snack at our Spooky Snack Bar and visit the Haunted House, if you dare! This event will be fun for the whole family! Tickets are available at the door for \$3.50 per kid and parents are free. Haunted House tickets are \$1 and snack prices range from \$1 to \$3. Trick or Treat Street and activities are included in admission. Kindergarten through third-grade children must be accompanied by an adult.

Chatfield Senior High School Trick Or Treat Street

The annual Chatfield Senior High School Trick or Treat Street will be Monday, Oct. 29 from 5 to 7:30 p.m. This popular event is free and open to the public. For the event, Chatfield student organizations decorate classrooms with different themes, and many of the classrooms have games and activities for the kids. Bring your kids in costume, and don't forget a bag for candy.

Jeffco Public Schools Host Interest Nights

Several Jeffco public schools are hosting information meetings for prospective students and their families. Meetings are held to help families learn about school programs, meet staff and tour facilities. For a full schedule of meetings, visit the district's website at: http://www.jeffcopublicschools.org/enrollment/interest_nights.html.

- Chatfield High School**
7227 South Simms St., Littleton
Thursday, Jan. 17, 2013, 6:30 p.m.
- Columbine High School**
6201 S. Pierce St., Littleton
International Baccalaureate —
Tuesday, Oct. 30, 7 p.m.
8th-Grade Parent Night —
Thursday, Jan. 17, 2013, 7 p.m.
Advanced Placement —
Thursday, Jan. 24, 2013, 7 p.m.
- Dakota Ridge High School**
13399 W. Coal Mine Ave., Littleton
International Baccalaureate Program —
Wednesday, Nov. 14 or
Wednesday, Nov. 28, 7 p.m.
Grades 9-12 —
Thursday, Jan. 10, 2013, 5 p.m.
- D'Evelyn Junior/Senior**
10359 West Nassau Ave., Denver
Wednesday, Nov. 14, 7 p.m.
Thursday, Jan. 24, 2013, 7 p.m.
- Jeffco's Virtual Academy**
Online School
1829 Denver West Dr., Bldg. 27, Golden
Wednesday, Nov. 7, 6 p.m.

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ABCs Of Online Education

Submitted by The League of Women Voters of Jefferson County

Online education — does it work? For whom? Would your child succeed at a virtual school? Who pays for it? Is it public? Is it run by private corporations? How does it affect Jefferson County Public Schools' bottom line?

The nonpartisan Jefferson County League of Women Voters will tackle these questions and more at its meeting in the Chatfield area on Tuesday, Nov. 13 at 9:15 a.m. at St. Philip Lutheran Church, 7531 S. Kendall Blvd. in Littleton. Call Jo at 303-978-0352 for more information about this meeting. All meetings are open to the public, regardless of party affiliation.

The League of Women Voters is a nonpartisan political organization encouraging informed and active participation in government, working to increase understanding of major public policy issues, and influencing public policy through education and advocacy. For more information about the Jeffco LWV, visit www.lwvjeffco.org.



Our Rising Generation

Samantha Achterberg Earns Gold At Junior World Championships In Modern Pentathlon

Submitted by Elaine Achterberg, Stallion Pointe

Samantha Achterberg of Stallion Pointe and a 2010 Chatfield High School graduate proudly represented the USA on the podium

with teammates Margaux and Isabella Isaksen at the Junior World Championships held in Drzonkow, Poland, Sept. 3-9. The Junior World Championships are for pentathletes 21 years old or younger and include some wo-

men who competed at this year's Summer Olympics.

The pentathlon competition started Monday, Sept. 3 with the Women's Relay event. The USA women began with a fourth-place effort in fencing; holding fourth place after swimming; then advancing to third place after horse jumping with the help of Samantha's clean and clear ride. Going into the final event, the combined run/shoot, the USA team was 45 seconds behind the lead teams from Ukraine and Russia. Samantha started the team with an excellent shoot, surpassing the Ukraine and Russian athletes on her run, and her teammates, Margaux and Isabella, maintained the lead with great shooting and running as well, finishing strongly in first place.

All three USA women then competed

Wednesday, Sept. 5 in the individual semi-final competition, finishing in the top 10 in their respective groups. Only the top 36 women qualify for finals. Given one day to rest, the women's final competition was held Friday, Sept. 7. The individual placement of Margaux first, Isabella seventh and Samantha 18th gave the USA a high combined team score for a first place team gold, 500 points ahead of the strong Russian team. The gold medals awarded to the USA women in the relay and team competitions were a first for the USA since the inception of the Women's Modern Pentathlon.

Margaux and Isabella are sisters from Fayetteville, Ark., and are training partners with Samantha at the Olympic Training Center in Colorado Springs.



From left to right, Samantha Achterberg of Stallion Pointe, Margaux Isaksen and Isabella Isaksen represent the USA on the podium at the Junior World Championships for Modern Pentathlon.



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Preventing Injuries Across The Lifespan

Submitted by Jefferson County Public Health

Injuries and violence affect everyone, regardless of age, race, economic status or geographic location. In fact, injuries are the number one killer for Americans, Coloradans and those living in Jefferson County between the ages of 1-44. According to the Centers for Disease Control and Prevention (CDC), people in that age group are more likely to die from an injury, such as a motor vehicle crash, fall or other injury, than from any other cause, including cancer, HIV or the flu.

Jefferson County Public Health (JCPH) has a new Injury Prevention Program focusing on preventing unintentional injuries in the county, such as those associated with motor vehicle crashes, falls and other unintentional injuries. JCPH is partnering with hospitals, childcare providers, high schools and senior groups to increase awareness and education and ultimately decrease injuries among infants, teenagers and older adults in the county. Epidemiologic data and best practices are used to guide development of community interventions. The program is currently focusing on safer sleep for infants, safer driving for teenagers and fall prevention for older adults.

"Injuries are a significant and largely preventable problem," said Injury Prevention Program Supervisor Susan Moyer. "Many of the injuries that keep Jefferson County adults and children from enjoying fulfilling, productive lives, such as those caused by motor vehicle crashes, falls and infant sleep conditions, can be prevented using known prevention measures. We are excited about partner-

ing with others in the county to reduce injuries."

Safe Sleep For Baby

Parents, grandparents, childcare providers and others who may be responsible for putting an infant down to rest or sleep are reminded of the importance of providing a safe sleep environment. Studies show that infants who are placed on their backs when going to sleep or napping have a 50 percent reduced risk for Sudden Infant Death Syndrome. It is also important to be aware of a baby's sleep area, clothing and location of sleep. All of these factors play a part in preventing serious, life threatening injuries and even death.

Safe Driving For Adolescents

Motor vehicle crashes are the leading cause of death for U.S. teens, accounting for more than one in three deaths in this age group. Data from the CDC's National Center for Injury Prevention and Control, shows that teens ages 15-19 are 5.4 times more likely to die and 3.2 times more likely to be hospitalized for injuries sustained in a motor vehicle crash. In Jefferson County alone, there were 123 teen injury cases involving motor vehicles last year.

Following the Colorado Graduated Driver Licensing laws can help teens prevent motor vehicle crashes. Since these laws have been established in 1999, the number of teens killed in motor vehicle crashes in the state of Colorado has decreased more than 50 percent.

Fall Prevention For Older Adults

Falls are the leading cause of injury and

death for people ages 65-74 nationwide. The CDC reports that one out of every three people ages 65 and older falls each year. Every year in Colorado, the Colorado Department of Public Health and Environment reports an average of 400 Coloradans ages 65 and older die from a fall-related injury, and more than 10,000 are hospitalized for nonfatal injuries. Fall-related injuries also contribute significantly to health care costs.

Improving balance, evaluating medications that may cause dizziness and getting a yearly eye exam are ways to help prevent injuries from falls. Eliminating hazards at home that may cause falls, such as throw-

rugs or extension cords, are another way to stay safe. Colorado's Fall Prevention Network is a free referral source that offers a network of service providers committed to reducing falls by improving access to fall prevention services and increasing public awareness.

The JCPH Injury Prevention Program encourages everyone to learn more about preventing injuries across the lifespan. While the program is currently focusing on infant sleep, teen driving and older adult fall prevention, simple precautions can help us all stay safer while doing many activities such as bicycling and skating, swimming and crossing the street. For more information about preventing injuries across the lifespan, please visit jeffco.us/health or contact Susan Moyer at 303-239-7045.

Foothills Animal Shelter Featured Pets

Copper (#74042) is a 3-year-old male, neutered Pekingese mix.



He is a cheerful little guy who would be happiest in a home where he is the center of attention. If you are looking for a companion to spend time with

and take on daily walks, then look no further! Copper's adoption fee is \$110 and includes his neuter, vaccinations, microchip and a health check. Go to www.FoothillsAnimalShelter.org to take a look at Copper and many other great pets like him!

Ginger (#107344) is a 4-year-old female, spayed, domestic, short-hair mix. This beautiful cat came to the Shelter as a stray and is now looking for her perfect forever home.



Ginger is sweet and loves to be scratched behind the ears. Pick Your Purrfect Price! For a limited time, you can choose Ginger's adoption fee, which includes her

spay, vaccinations, microchip and a health check. Visit www.FoothillsAnimalShelter.org to take a look at Ginger and more adoptable pets like her!

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Letters To The Editor

Dear Editor:

VETERANS MONUMENT: In the Sept. 26 issue of L@KC, the MA and MD Presidents' Walling and Generoli wrote a rebuttal to the paid advertisement I placed in the paper titled: "Shameful Disregard for Ken-Caryl's Veterans." I paid for the ad to inform residents about excessive bureaucratic barriers that both Boards placed in front of the Veterans Monument Committee's recommendations.

The Board Presidents', without a vote, took the liberty of refuting my article on the front page of L@KC. As Board Presidents they apparently exempt themselves from the blanket requirement that all "free" newspaper opinion is confined to the editorial section. Anyway, every word in my article remains true and accurate.

For example, the MA passed two motions at their April meeting. The first was to kill the preschool initiative (3-2 vote against land use) and force 52 young families to make other more expensive arrangements for their children. This MA vote wasted, at least, \$30,000 in MD contractor and staff time. NOTE: all preschool expenses are paid solely by parents not taxpayers.

The second motion placed a moratorium on MA land use until the multi-year KC2020 study is complete. This motion was held immediately after the MA discussed the proposed location for the Veterans Monument.

Again the vote was 3-2 against the use of any Ranch House property for any purpose including a Veterans Monument. That motion effectively killed the recommendations by the Veterans Committee to use the Ranch House "High Ground" for a monument. Ms. Walling stated: "the MA never voted on the monument."

In another misstatement of fact, Mr. Generoli stated that the first formal presentation to the MD of the "High Ground" location was Aug. 30. Each MD Board meeting is taped. Those tapes will reveal that the High Ground site was formally presented repeatedly months before Aug. 30.

Bottom line: Both Boards say they enthusiastically support a Veterans Monument; just not NOW and just not THERE (High Ground). After eight months of work by the Veterans, WE HAVE NO PLACE! That remains shameful while America's Veterans are sacrificing and dying today under our flag.

Dennis Sykes, Heirloom

Dear Editor:

I am responding to MD President Bob Generoli's editorial because my husband also serves on the MD Board and has worked for eight months on the Veterans Monument Committee project. My husband, a Marine combat Veteran of Vietnam, recently placed a [paid] article in L@KC titled: "Shameful

Disregard for Ken-Caryl Veterans." Also, my 88-year-old father is one of the few remaining survivors of the USS WASP, which was sunk by the Japanese at Guadalcanal in WWII.

Bob's editorial makes a case for supporting a KCR Monument. Moreover he wants a designed "jewel" for KCR like the one my husband recommended at Highlands Ranch. Bob says all the MD Board members support the Monument, attempting to convince the reader that there really isn't shameful disregard for a Veterans Monument. Bob's new position of support is startling in light of what I'm told transpired at recent MD Board meetings.

First, the eight-month effort by the Veterans Committee has been exclusively devoted to finding the best location for a monument. The Veterans agreed the site comes first, design follows later based on topography and funding. At all the MD Board meetings, the Veterans' reports were exclusively about the monument's proposed location. And it was at the tape recorded (by law) Aug. 30 Board meeting where Bob said of the Veterans recommended "High Ground" site: "I have a major problem with this location."

In emails to MD and MA Boards, Bob also objected to the "High Ground" site for all sorts of reasons, e.g. safety, noise, heavy use, etc. Explanations and justifications were provided to him regarding each of his objections. But now Bob comes up with still another objection: design concerns; a subject that has NEVER been presented by the Veterans Committee.

It appears Bob has acquiesced to those few residents who don't want anything new on Ranch House land, which is owned by everyone and zoned for recreation. It appears Bob has greater insight than combat Veterans and Infantry Officers who have over 100 years of military experience though he has none. Indeed, shameful disregard for all Veterans continues.

Roberta Truax, Heirloom

Dear Editor:

The 2013 budget process is in full swing and things are not looking too good. The MD has decided to keep service levels the same as 2012. How do you do that when your revenue will be \$200,000 less (decreased tax revenue) than this year? Well, you "borrow" \$90,000 from the preschool fund and you do away with all reserve contributions. The MD is betting that property values will increase in coming years in order to get revenues back to 2010 levels, but they figure that will take three years.

So enjoy your trails, pools, community center and tennis courts while you can because I don't think the MD can maintain the "same level of service" in years to come without totally depleting reserves and special projects funds. At what point are we going to realize that sacrifices need to be made?

The MA is going to raise your dues (I think) by \$4 a month as I predicted. This will raise income by \$200,000 annually. At the last MA Board meeting, a list of requests for increases in funding were submitted. Here's the bottom line. All requests were either denied completely or reduced except for one. It is called "New Open Space Related Initiatives" and they asked for and got an extra \$46,000. They already get \$475,000. That is a 10 percent increase in funding. There is an elite group of 80 families on the Ranch that make up the Trails Club. They have an agreement with 80 families in Willow Springs whereby they are allowed to use each others' trails. No one else in our community is given this privilege. (The "other" 4,020 families).

In my opinion, the Trails Club, indirectly through the Open Space committee, is a driving force in the decisions made by both Boards. There are a total of 10 MD and MA Board members. Six, a majority, are members of the Trails Club and all acknowledge that they actively use the trails system. Hence, Open Space gets the money and everything else gets cut. So you tell me who is running this place.

Clarke Omdahl, Village

LETTERS TO THE EDITOR ARE WELCOME AND ENCOURAGED by any Ken-Caryl resident in good standing or by any elected official. Letters should be concise — no letters over 350 words — and must be received by 5 p.m. on the deadline date, the Monday of the week prior to the edition date. Letters must include name, address and phone number (daytime). Residents may submit up to eight letters to the editor per calendar year. Letters will be printed, space available, and may be edited. Editor retains right to appropriateness and content. 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.

Deadline 5 p.m. on Monday, Oct. 29, for the Nov. 7, 2012 issue of *Life at Ken-Caryl*.
Email to victoriad@kcranch.org

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Stephen Barton	720-253-6110	L, P, S	Sloan Lyons	720-569-4883	B, P
Sarah Bielefeld	303-506-8630	B, P	Ashley McFerrin	303-979-6559	B
Ryan Blarr	720-234-5427	B, L, P, S	Jessica McFerrin	303-979-6559	B, P
Jack Bohan	303-564-1119	L, P, S	Robby Nelson	303-904-8886	B, L, P, S
Hannah Calahan	303-667-3985	B, P	Alexandra Newsom	303-325-5232	B, L, P, S
Ryan Cameron	303-570-4300	L, P, S	Tucker Payne	720-936-3049	L
Wil Crane	303-979-8707	B, L, P	Dillon Reisinger	303-973-2469	L
Sabrina de la Garza	720-202-4863	B, P	Seth Reisinger	303-973-2469	P
Carly George	303-250-8502	B, P	Lauren Rodriguez	303-877-2131	B, P
Wil George	720-382-6910	B, L, P, S	Elise Semenov	303-601-1006	B, P
Sam Gerbus	303-904-4050	B, L, P	Hannah Topka	303-829-1841	B, P
Kenzie Halloran	303-932-9251	B, L, P, S	Jake Trovinger	303-932-7352	P
Jake Kane	720-205-7226	P	Kyra Turner	303-495-8670	B, P, S
Conner Kingsley	303-881-7031	L, P	Jaxon Zeller-Thorson	970-685-2988	L

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