

Bar-K News

Vol.10 Issue #1

Bar-K Association Newsletter

November 2006

HEALTHFUL HOLIDAY EATING 101

By Dina Griffin

Do you have parties and family gatherings to attend this holiday season, but wonder how you'll manage without gaining weight? Did you know you can celebrate the holidays in a healthful way? It's true! Here are some easy tips to help you get through with less stress and more confidence.

- **Eat breakfast.** If you starve yourself in the morning because you want to enjoy a variety of foods at the party, you will likely splurge and overeat later. Eat a balanced breakfast to help control your appetite.
- **Hydrate.** Alcoholic beverages and caffeine dehydrate our bodies. Don't forget to drink 6 to 8 glasses of water each day. You can also switch between your party beverage and water to make sure you get enough.
- **Snack smart.** If you have a snack attack, choose fruits, vegetables, or a small handful of nuts instead of cheese, chips, or other fried food items.
- **Watch your portions.** Take smaller portions of foods. This will help you avoid overeating, but still lets you try the different foods available.
- **Veggies are vital.** To be sure you get your daily allowance of veggies, choose salads and veggie dishes and start your meal by eating these first. Veggies provide extra benefits by being low calorie and good sources of fiber.
- **Choose foods wisely.** For your main meal, choose lower fat foods such as salads, whole grains, and skinless meats. Limit your selection of dishes with creamy or cheesy sauces.
- **No need to rush.** It takes 15 minutes for our brains to tell us our stomach is full. Eat slowly, take sips of water in between bites, breathe, and chat with your friends to give your brain time to monitor your fullness. This will also allow you to enjoy your meal in a relaxing manner.
- **Got sweet tooth?** Don't deny it, but try sharing a dessert or taking only a small piece.
- **Keep moving.** Before and after eating your main meal, step outside for a walk with your friends and family or to play a game. Exercise helps us burn calories and being outside gives us time away from the food table.
- **Be food safe.** Put hot and cold foods away after they have been sitting out for 2 hours. You put yourself and your guests at risk of getting a food borne illness when foods start to reach the danger zone temperatures between 40°F and 140°F.

BAR- K HOLIDAY PARTY

Sunday, December 10th, 3- 7 pm

Santa Claus will be there to celebrate with the kids.

Door Prize Drawing at 6 p.m. All Bar-K Residents are welcome.

At Jack and Claudia's house, 119 Jed Smith Road.



NEWSLETTER MISSION STATEMENT

This newsletter is produced entirely by volunteers—with the support of the Bar-K Association. Our goal is to promote membership in the Bar-K Association and to give residents and property owners in the Bar-K information regarding issues pertinent to our area.

Articles of an editorial nature published in the Bar-K News are the opinion of the author and do not necessarily reflect the opinions of the Bar-K News staff or the Bar-K Association.

Please feel free to contribute original ideas, concepts, advertisements and stories for future issues. The next issue will be published in mid March 2007. Submission deadline February 16, 2007.

If you would like to help with production or distribution of the newsletter, please contact any of the following volunteers:

Newsletter Staff

*Andee Graves 303-459-0317
AFG2Hands@nedernet.net*

*Gayle Wilson Rose 303-459-0343
gayleandtim@hotmail.com*

*Karen DeVincenzo 303-459-3359
karen@bar-k-ranch.com*

Bar-K Association
1180 Rock Lake Road
Ward, Colorado 80481

Bar-K Board Members

Pat Griffin, President
303-459-3506

Tim Crean, Vice President
303-544-6023

Cary Bush, Treasurer
303-459-0524

Dee Huntley, Secretary
303-449-3411

Margie Airola, Member at Large
303-459-3328

GREETINGS FROM THE PRESIDENT

Happy Fall to all the residents of the Bar-K. At the recent Bar-K Association board meeting on October 25th, the board elected officers for the next year. I am excited to say that I have accepted the position of President of the Association. I appreciate this opportunity to serve as an active member of the Bar-K community. Tim Crean has taken the role of Vice President, Cary Bush is continuing in her role as Treasurer, Dee Huntley will be Secretary, and Margie Airola will be Member At Large. I was encouraged by the participation of community members in this latest board meeting, and many good ideas were discussed. The board posts the minutes from our meetings on the Bar-k website at www.bar-k-ranch.com. I encourage all of you to take some time to review what we are working on and attend meetings to offer your suggestions.

As we noted in our minutes, the Association membership is currently low. This is probably due to a number of factors, including residents just not having the time to send in their dues. I would ask all of you to send in your dues if you are a member, and consider joining the Association if you are not a member. Dues are currently \$120 per year, and can be sent to Bar-K Association, 1180 Rock Lake Road, Ward, CO 80481. This is an investment in your neighborhood and community, and it goes an extremely long way when coupled with all the volunteer hours that community members put in.

I'd like to touch on a few of the projects from the last year that required both Association dollars and an investment of time from volunteers. We continued our efforts in April and May to finish the restoration of Rock Lake. We have had some success with the overall restoration effort, but we are going to need help from Mother Nature to make the effort complete. Snows this winter and rain in the spring will be needed to bring all three lakes up to a reasonable level and increase the native vegetation around Rock Lake. If October is any indication of the snows for this winter, we should be in good shape.

Cary Bush, our Treasurer, headed up the slash chipping project to reduce the fire hazard in Bar-K. Many thanks to her and everyone who participated in this effort. As we all know, fire mitigation is important and ongoing. Please take the time now to review the state of your land while the fire hazard is low. I also encourage everyone to consider joining the Left Hand Volunteer Fire Department, as they are always looking for new members, both men and women.

We had a great turnout and a lot of fun and good food at the picnic this September, and followed that up with a Bar-K "drive-in" movie night a few weeks later. We look forward to more movie nights next summer. We also had good turnout for the two "adopt a road" clean up efforts last year. Thanks to Sally Hempy for her work to organize these. Remember there are many opportunities to give back to this community and we need volunteers with all kinds of experience throughout the year. Please consider volunteering!

I wish everyone a peaceful holiday season, and a Prosperous New Year. I hope to see ALL residents of the Bar-K at the holiday party December 10th. Lastly, take some time outdoors to embrace our windy season. The wind is an amazing force of nature that with a pair of long johns, a winter jacket and a hat can be enjoyed as much as the warm summer sun.

Patrick Griffin
President, Bar-K Association

A JAMESTOWN GEM

By Gayle Wilson Rose

Where will your children go to school? Boulder Valley School District open enrollment for the 2007-08 school year is upon us, starting November 27 through January 19th. Did you know there's an elementary school gem just a few miles down the mountain?

When my family moved to Bar-K Ranch a year ago, we looked extensively at school options for our kindergartener. I must admit that initially, I was skeptical of Jamestown Elementary (JES). After all, my husband's and my high school graduating classes were close to 500 pupils. A one-room school house for our son? However, within ten minutes of our first visit to JES, I knew it was the perfect place. If you don't know JES, it's one of the few remaining "one-room" schoolhouses in the country and it serves kids in grades K through fifth. Currently, there are 15 pupils, a full-time teacher and two part-time para-educators at JES. Here are a few reasons to consider JES during open enrollment time:

The teachers: The JES teacher, Ines, and para-educators Beth and Karen are wonderful. (You can read about their backgrounds on the JES website.) In addition to this team, twice weekly there's a visiting music teacher, ditto for a P.E. teacher and once weekly, art guru Beth Brotherton instructs the kids. A large library and gymnasium support the kid's education as well.

School credentials: Due to the small size of JES, CSAP (Colorado Student Assessment Program) scores are not published for Jamestown. (This maintains student confidentiality and avoids identifying individual students.) However, in the 2004-2005 school year, the school saw excellent academic growth from all of the students. The JES parent snapshot survey found that 100% of the families believe the school succeeds in maximizing student achievement.

Excellent teacher to student ratio: Many families spend thousands every year to get a small class size in a private school setting. You can find it at JES. Many public schools have up to 25 pupils in one class.

Camp Jimtown: Camp Jimtown is a licensed after school on-site program that's affordable and flexible. It's not just 'babysitting' either; they get the kids actively involved in community programs, drama presentations, sport activities, and more.

Those who've lived in the Bar-K a long time may have heard rumors of the school's closure. The school's been in existence for over 50 years now, and that's a long reliable history. If families don't choose JES because of fear of a closure, it could be a terrible self-fulfilling prophecy.

I encourage everyone to support the school by participating in fundraiser activities. But most importantly, I encourage you to consider JES during open enrollment time. (The official home school for Bar-K is Nederland, a nearly two hour daily commute by bus.) If all the great things I've shared with you about JES weren't enough to convince you, think of it this way: What would the impact on Jamestown and our home and property values be if the nearest schools were in Nederland and Boulder? Jamestown Elementary School is a gem. Let's all support it.

To learn more about JES, visit <http://schools.bvsd.org/jamestown/index.html> or call the school directly at (303) 449-7051 to arrange a personal visit.



This Issue's Sponsor:

Two Hands Massage Therapy

Helping you re-discover your innate health

New Clients scheduling before February 20, 2007
receive 10% off their first appointment.

Andee Graves, N.C.M.T.

Phone: (303) 550-3216 / Email: AFG2Hands@nedernet.net

BAR-K CLIMATE, PART 1: WHAT IS NORMAL?

By Klaus Wolter

It has been a few years since my last climate round-up. As some of you know, we have been in off-and-on drought conditions since late 1999. While the true peak of the drought was in 2002, we came pretty close to repeating this sorry feat earlier this year. But then the monsoon came in early and strong, and this October was the wettest on my record, so we appear to be back on track towards wetter conditions. Thank El Niño for that! If you want to read more on the state of El Niño and my monthly updated seasonal outlooks for the region, I recommend looking up my web page: <http://www.cdc.noaa.gov/people/klaus.wolter/SWcasts/>

Spring and Summer have been getting warmer, at least partially due to the drought, but I thought it would be useful to compile my long-term average numbers. I started recording temperatures, rain and snow fall when we moved to the Bar-K on June 1, 1990. The table below shows my 16-year average values and monthly extremes for temperature, precipitation, and snow.

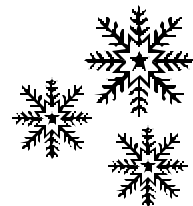
In case you have not noticed, this place is cold! The long-term average temperature of 39.8F explains why our well water is so chilly, and why (deep) cellars can back up our refrigerators when the power goes out. However, the combination of lots of sunshine and thin air make it feel much less cold than similar temperatures at sea level. The recent upward trend in temperatures is most pronounced at the high end – what I would consider WARM days with at least 77F (25C) used to be a rare treat in the early 90s (only 13 such days in 1992), and are now much more common, including 63 such days in 2002. On the other hand, the number of COLD days with temperatures at most 23F (-5C) has remained relatively constant, around 22 per winter.

Regarding moisture, we have truly seen the best and worst of times, with close to 9” in May ‘95, April ‘99, and March ‘03, anchoring running 12-month totals above 30” (February ‘95 through January ‘96 was the highest, with 37.3”), while the period September ‘01 through August ‘02 was probably one of the driest in the last century, with 15.5”. This range in annual moisture values is replicated in seasonal snow totals, with 273” in the 1997-8 season, compared to only 114” last winter, again probably close to the century range of possible values.

Average monthly high (MAX) and low (MIN), as well as mean temperature (TT), followed by the highest and lowest monthly mean temperatures since June 1990; H2O refers to monthly precipitation totals, including the monthly “records”; SN refers to monthly snow fall on a regularly cleared snow board (these numbers are typically higher than what remains on the ground). Units are in Fahrenheit for temperatures, and inches for rain and snow. The highest and lowest annual values refer to sliding 12-month average temperatures and precipitation totals. In the last 16 years, April has been comparatively wet, while May has been relatively dry, so that the annual averages are probably pretty close to much longer (moisture) normals. The 1980s had a couple of exceptionally cold months such as December 1983 and February 1989, but the recent normals are probably within 1F of longer-term averages.

	<Max>	<Min>	<TT>	High <TT>	Low <TT>	<H2O>	High H2O	Low H2O	<SN>	High SNOW	Low SNOW
Jan	31.7F	14.2F	23.0F	28.3F	19.1F	1.12"	3.22"	0.29"	18.2"	56.0"	2.3"
Feb	34.0	13.3	23.7	28.3	18.7	1.00	2.05	0.20	16.4	38.9	3.5
Mar	40.5	18.1	29.3	34.6	23.8	2.84	9.09	0.75	38.9	93.5	10.5
Apr	47.7	23.9	35.8	41.6	30.7	3.96	8.97	0.79	41.9	87.6	2.6
May	59.4	33.1	46.3	49.7	39.1	2.95	8.78	1.45	11.3	41.1	0.2
Jun	69.2	41.0	55.1	60.4	51.1	2.48	5.31	0.15	0.9	7.2	0.0
Jul	76.2	48.0	62.1	67.5	57.7	2.69	6.65	0.78	0.0	0.0*	0.0
Aug	72.5	46.8	59.6	64.3	55.3	2.83	4.82	0.70	0.0	0.0*	0.0
Sep	63.8	39.2	51.5	57.0	45.6	2.05	4.24	0.07	6.1	28.0	0.0
Oct	51.4	29.3	40.3	45.1	34.6	1.42	3.54	0.26	13.5	62.9	0.8
Nov	37.6	19.0	28.3	37.3	20.3	1.48	2.84	0.66	22.0	43.9	9.0
Dec	31.2	13.6	22.4	27.7	16.5	0.76	1.33	0.09	13.0	20.7	2.3
Ann	51.3	28.3	39.8	42.2	37.9	25.57	37.30	15.49	182.2	273.2	114.1

*: Early July 1993 and late August 2004 may have had some flurries in the air, but nothing measurable.



Keep up with the news and connect with your neighbors
on the Bar-K Ranch website at:
www.bar-k-ranch.com

CHIPPING AWAY AT SLASH

By Cary Bush

In March 2006 Boulder County sent out Requests for Proposals for communities to be involved in their reimbursement program for fire mitigation and slash disposal. I filled out the proposal, submitted it to the County, and after being informed that we would be “eligible” if our program actually went through as planned, I began organizing.

First I used the Bar-K QT, word of mouth and signs to get the word out to the Bar-K community and find out how many people were interested – and to what extent. I also approached the U.S. Forest Service about allowing us to chip the dead trees that had been laying next to the road for many months. After getting some initial input from about 15 people, I started researching chipping contractors, called a bunch of them, and generally got a huge education on forestry, and chipping specifically. I made appointments with three different contractors, who came to the Bar-K with their foresters and went to every property (as had been identified at that point in time) with me as their guide to the neighborhood. The contractors later submitted bids to do the work based on what they had seen, with the caveat that more people might become involved as I had more time to discuss it with people. At the next Bar-K Board meeting we discussed the bids, which were all within a hundred dollars of each other, and based our final decision on “somebody knew somebody”. Ecoscape was chosen as the chipping contractor. The Bar-K Association budgeted its portion to be \$1,000.

We scheduled the chipping project to be before the Annual Trash Day in order to avoid the temptation for people to dump their slash instead of taking a more responsible and efficient method of slash removal. The chipping project was scheduled to begin on Friday, June 9. As it turned out, Ecoscape was unable to begin until the next day, but the 30 cubic yard dumpster was already installed in its secret location (to avoid illegal dumping!) and we were ready to go. In between the time Ecoscape prepared their bid and the date they began work, we had another ten interested homeowners. Many of you will recall the massive piles of slash along the roads of Bar-K in late May and early June. It was a sight to see, near and dear to the hearts of our neighborhood firefighters.

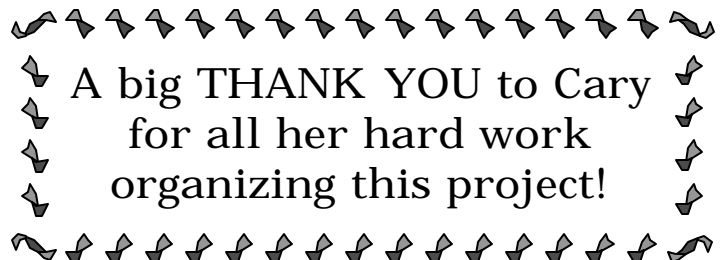
The chipping project took 6 days and included 27 homeowners, Bar-K Association and U.S. Forest Service properties. The full-to-the-brim rolloff contained 4.65 tons of chips. Additional amounts of chips (approximately 20 cubic yards) were left on the proper-

ties of homeowners who requested it. So 50 cubic yards of chips (approximately 300 cubic yards of slash, based on the approximate 1:6 ratio given to me by the chipping contractor) were hauled away that week. To put that into perspective, over the last number of years the Bar-K has provided two 30 cubic yard roll-offs for slash during the Annual Trash Day at the cost of about \$373.50 per roll-off. If we had provided 10 roll-offs for slash at the rate of two per year, it would have cost \$3,735.00 and taken 5 years!

In the end, each homeowner paid their own “by the hour” cost of the chipping done on their property. The Bar-K paid for the Western Disposal roll-off and all the time for moving and dumping chips, and the one-way travel costs for the chipping company. The Bar-K’s portion was almost \$2,000 because of the rousing response we ended up with and the four extra days it took to chip all our slash. Many thanks to the many people who gave the Bar-K extra money (either by paying in addition to their portion - or not asking for a refund of prepaid funds) to help pay for the project. You know who you are! Thanks again!

I would also like to send out particular thanks to Lyric Nicholson, Randy Nicholson, Wendy Ingham, Tim Crean and Jake DeRolf who spent their evenings raking the chips farther into the roll-off to make the next days dumping easier. Also to Fritz Koch, Tim Crean and Tom Petruzzi who spent an afternoon helping me pick up slash from various places around the Bar-K to fill up the bits of space in the roll-off before Western came to pick it up.

The final portion of this project was filing all the paperwork to receive the reimbursement funds from the County. I spoke with Hilary Collins from Boulder County on September 28, and she said that our application was in the works and would hopefully be disbursed “soon”. Since we began this process in June, it seems like forever. When the funds are received from the county, those Bar-K Association members who participated will receive a refund of the percentage that the County gives us (which I believe will be 40%). Thank you all for your patience!



RANCH RECIPES

All Seasons Soup

From Gayle Wilson Rose

A yummy, super-healthy soup that's easy to make.

2 Tbs butter (or Earth Balance)	1/3 tsp garam masala spice mixture (or more, to taste)
1 medium onion, sliced	5 c veggie broth
1 lg. butternut squash, peeled, seeded, and thinly sliced	1/2 tsp salt
1 medium potato, peeled and cut into 1" cubes	1/3 c whole milk (or rice milk)
2 ripe pears, peeled and chopped	Plain yogurt (optional garnish)
2 bay leaves	Fresh herbs (optional garnish)

In a large saucepan, heat butter over medium heat. Add onion and bay leaves and cook, stirring often, until softened, about 5 minutes. Increase heat to medium-high, add squash, pears and garam masala. Cook, stirring occasionally, 5 minutes more or until the squash and pears begin to brown.

Add broth, potato and salt. Bring to a boil, reduce heat and simmer until squash is very soft, about 20-25 minutes. Remove bay leaves. Puree soup in batches in food processor or blender. Return to saucepan, stir in milk and bring to a simmer. Put into bowls, garnish and serve. Makes 6 1/2 cup servings.

Surprising Pumpkin Pie

From Dina Griffin

Touting Tofu! There are a variety of pumpkin pie recipes available, but here's a healthier twist on the traditional recipe. Fool your friends with this alternative pie that is cholesterol-free, dairy-free, lower in sugar and fat, and provides a good source of quality protein. Surprise everyone with this tasty dessert!

1 package (12 oz.) firm silken tofu	1/2 tsp ground ginger
1 can (15 oz.) solid pumpkin	1/4 tsp ground cloves
1/2 cup brown sugar	1/4 tsp ground nutmeg
1/4 cup sugar	1 9-inch unbaked pie shell
1 tsp cinnamon	Optional: add toasted pecans to the top of the baked pie

Preheat oven to 425°F. Drain tofu and puree in a blender or food processor until smooth.

Whisk together the pumpkin and sugars in a large mixing bowl. Whisk in the spices and pureed tofu.

Pour the mixture into the pie shell and bake at 425°F for 15 minutes. Lower the oven heat to 350°F and bake an additional 50 to 60 minutes, or until filling is set and pie crust is cooked throughout. Chill before serving.

Yield: 8 slices. Per slice: 254 calories, 6.5 g fat (1.6 g sat fat), 0 mg cholesterol, 296 mg sodium, 48 g carbohydrate, 5.9 g protein (3.7 g soy protein), .7 g dietary fiber.

Why become a Bar-K Association Member? Reason #1

Membership dues maintain the beautiful open spaces and land of Bar-K, which increases everyone's property values.

Consider joining today!

New Bar-K Neighbors & Babies



Don and Susan Kolinski moved to Bar-K in September from another little mountain community above Gross Reservoir. Susan is a Boulder native, while Don moved to Colorado from Madison, Wisconsin about ten years ago (and is now a native by marriage). They are both looking forward to meeting everyone in Bar-K and settling down to a beautiful, snowy Winter! The Kolinski family also includes two dogs: Daisy (a chocolate lab/Weimeraner mix) and Ellie (a chow/collie mix), both mountain lovers, too!



Solveig and Phil Ingersoll moved from Maryland last summer and now live at 613 Ranch Road, 303-459-1125. Solveig is an audiologist who just sold her four-office practice in Maryland. Solveig also was a church organist and alto. Phil is a former Army engineer who was Director of Engineering at the Army's Tank and Automotive Research Center in Michigan. Phil also ran the advertising functions of Solveig's audiology practice, including putting on a weekly talk radio show and developing the firm's web pages. Their son Evan lives in Boston and owns a computer-graphics firm specializing in advertising for biological science companies. Their hobbies include music and photography.

Andee and Lincoln Graves are happy to announce the arrival of their second son, Ian Nicholas Graves. He was born April 21st at their home on Jed Smith Road. He weighed 7 pounds 14 ounces and was 21 inches long. They welcomed him with the help of their midwives Amy Colo, Karin Hoskin and Nicole Calagias. Big brother Jamie is having a great time teaching Ian to laugh.



Gavin Matthew Johnson born to proud parents Bridget and Matt Johnson (aka The Green People in the Bar-K / Green Girl Recycling). He arrived 4:27 p.m. on July 19th at Boulder Community Hospital. He weighed in at 7 pounds 13 ounces and was 20 inches long. He has blue eyes, is extremely alert and loves to watch their dog Niobe and cat Lunar. His favorite pastimes are singing to his toys, getting massaged and lying on his tummy. They call Gavin "our Little G" but Bridget's dad likes to call him 'Super G'. They couldn't be happier!



On September 6, 2006 at 7:17 a.m., Jacy Stampes completed her "Big Sister In Training" program, and became a certified big sister! She'd like to thank her parents, Tessa and Jeff, for all their support (and for having a baby), and would like to thank her baby brother, Jaco David Brandt Stampes, for being born. The family is doing well, with Jacy splitting time between kindergarten and helping take care of Jaco, and Jaco splitting time between nursing and drooling. The family would like to thank the whole community for all the support, well-wishes, and yummy meals!



TRASH DAY CLEANS UP

The Annual Trash Day, sponsored, in part by Boulder County, was held at Rock Lake again this year on Saturday, June 17, 2006. Bar-K Board members were available to help people unload their vehicles and also to police the roll-offs for illegal dumping of hazardous waste, tires, refrigerants, etc. Thanks to Bridget and Matt Johnson of Green Girl Recycling who once again volunteered their time and trucks to collect our neighborhood recyclables. Here are the statistics from the event:

Garbage: 4 - 30 cubic yard rolloffs each contained between 2.71 - 2.98 tons of garbage

Swap Meet: Approximately 4 pickup loads of items were unloaded by people, and taken home by other people!!

Recycling:
400 lbs of traditional recycling (cans, bottles, paper)
610 lbs of scrap metal
245 lbs of newspaper
150 lbs of #7 plastics
215 lbs of cardboard

Other Fun Facts (consumption by participants)
4 qts of coffee
2 qts of orange tea
2 qts of orange juice
2 dozen bagels w/ cream cheese
7 hours of fun in the sun and chatting with neighbors some-times seen only once a year

Events Calendar

NOVEMBER 29, 2006 - BAR-K ASSOCIATION BOARD MEETING at Pat Griffin's house (929 Rock Lake Road) 7 p.m.

DECEMBER 1, 2006 - JES FUNDRAISER Chili Cook-Out, Silent Auction and live music. 6-9 p.m. at the Town Hall.

DECEMBER 10, 2006 - BAR-K HOLIDAY PARTY at Jack & Claudia's House, 3-7 p.m. Bring a dish to share. All Bar-K residents are welcome.



DECEMBER 14, 2006 - BAR-K COMMUNITY RELATIONS COMMITTEE MEETING at Dee Huntley's House, 7 p.m. All Bar-K residents are welcome.

FEBRUARY 16, 2007 - SUBMISSION DEADLINE for articles, advertisements for the March Bar-K News. If you have something ready before then, send it to Andee Graves.

Local Services

Acupuncture

Acupuncturist with over 18 years experience. Medicine Animal readings. Offices in Bar-K and Louisville. Jan Preston Dunn 303-554-9116

Babysitters

Kristin Buell 303-459-3293
Linda Huntley 303-449-3411

Car Care

Wolf's Foreign Car Care, Inc. 1855 Folsom Street, Boulder 303-443-6095 or email Sal@wolfscarcare.com

Computers

Maxtek Computer Systems Computer Repairs, Home Networks - Wireless, System Upgrades, Digital Photography. Sal DeVincenzo 303-907-0499

Horseback Riding

Trail Rides, Camps and other Horse Activities Call Margie Airola or Pam Bunge 303-459-3544 x17

Housecleaning

Kristin Buell 303-459-3293

Lapidary

Lapidary work and Custom Jewelry Ed Oustayan 303-494-7541

Massage

Two Hands Massage Therapy Andee Graves, NCMT 303-550-3216

Mortgage Broker

Dee Huntley Creative Mortgage Works 2510 47th Street, Boulder 303-444-3270 (office) 720-838-4439 (cell)

Pet Care & Dog Walking Services

Kristin Buell 303-459-3293
Linda Huntley 303-449-3411

Recycling

The Green Girl Recycling A one-stop, front door, pick-up recycling program. For details call Bridget Johnson 303-459-3456 or 303-442-7535



If you're a member of the Bar-K Association and would like to be listed in the Local Services section, please email your request to Andee at AFG2Hands@nedernet.net or call 303-459-0317.