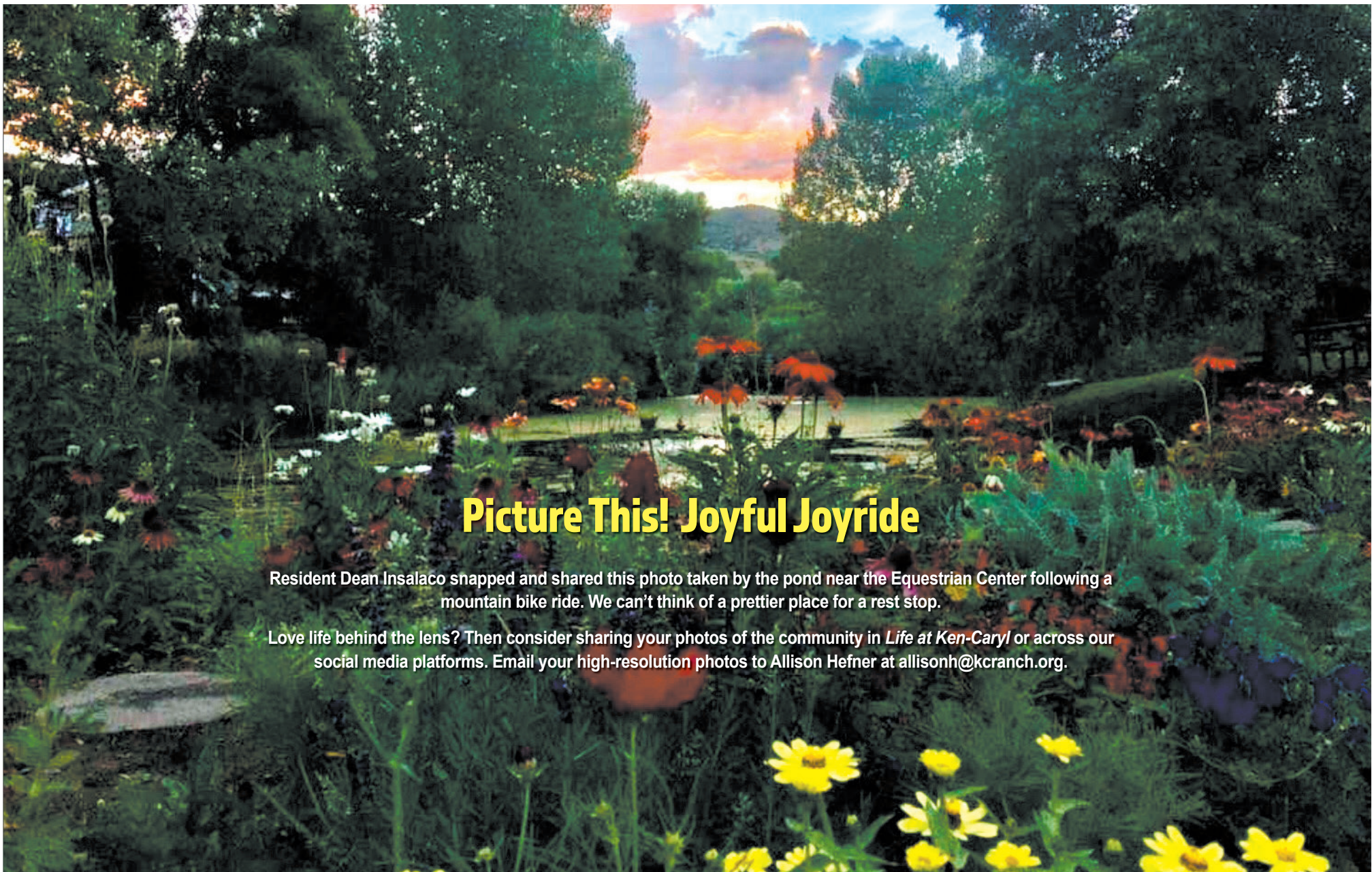




Life at Ken-Caryl

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Picture This! Joyful Joyride

Resident Dean Insalaco snapped and shared this photo taken by the pond near the Equestrian Center following a mountain bike ride. We can't think of a prettier place for a rest stop.

Love life behind the lens? Then consider sharing your photos of the community in *Life at Ken-Caryl* or across our social media platforms. Email your high-resolution photos to Allison Hefner at allisonh@kcranch.org.

OUR COMMUNITY	OUR COMMUNITY	RANGER FIELD NOTES	COVENANT CLIPS	MANAGER'S COLUMN
<p>Ken-Caryl Mom Finds Joy and Love to be Positive Medicine in her Battle Against Ovarian Cancer</p> <p>PAGE 8</p>	<p>Community Clean-Up and Recycling Event</p> <p>PAGE 5</p>	<p>Fall Weed Management</p> <p>PAGE 4</p>	<p>For Every Season...</p> <p>PAGE 3</p>	<p>It's Budget Time!</p> <p>PAGE 2</p>

Featured Creatures: Helping Pets Find Their Furr-ever Homes



PAGE 8

KCR Rangers and CPW Stepping Up Efforts to Keep Residents and Bears Safe

PAGE 5

Splash Pad Extends Hours Through Sept. 18

Splish, splash! School may be in session, but don't pack up your swimsuits just yet! The Splash Pad at the Community Center will remain open from 9 a.m. – 5 p.m. daily, now through Sept. 18, weather permitting!

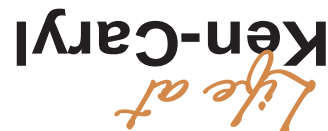
A big thank you to the Ken-Caryl community as we all navigated 'new waters' this past summer with required pool reservations and occupancy restrictions due to health guidelines and social distancing practices as a result of COVID-19.

We greatly appreciate your help, understanding and support through this process and look forward to a healthy and happy summer pool season in 2021!



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It's Budget Time!

By Master Association Executive Director Victoria DeSair

Budget planning season is in full swing! On Sept. 1, the Master Association and Metropolitan District Boards held a Joint Study Session and Budget Town Hall. A handful of residents attended in person, and a few other residents also took the time to email their feedback about budget planning going into 2021. Thank you to everyone who reached out! While this meeting was the first opportunity to provide feedback on the 2021 budgets for both Boards, there's still time to voice your opinion either via email or at a future meeting.

While District Manager Traci Wieland will address the Metropolitan District's budget in a future issue, I will concentrate on the budget process for the Master Association. The first draft of the Master Association's 2021 budget will be online no later than Sept. 15. This version will be a very preliminary draft. As part of the draft budget, I will include a running list of potential one-time projects for 2021. At the Sept. 15 Master Association Board meeting, the Board will review the list of projects and give me direction on which projects they would like to fund in 2021.

An updated draft budget will be posted online by Oct. 20, which is the Master Association Board's regularly scheduled business meeting. The budget is proposed to be adopted in October, but it can be pushed to November if the Board feels more discussion or changes are needed.

To view the draft budget and the full board meeting packet, go to www.ken-carylran.ch.org and click on Master Association Board under Administration. If you have any questions or comments, please reach out to me at victoriad@kcranch.org or 303-979-1876, ext. 122.



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September

All meetings and activities are at the Ranch House unless otherwise stated.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
13	14	15 6 p.m. MA Board Meeting	16 Covenant Committee 4:30 p.m.	17	18	19 Barn Brew Ha CANCELLED
20	21	22 6 p.m. MD Board Meeting	23 7 p.m. Open Space Committee Online	24 7:30 a.m. Architectural Committee	25	26 8:30 a.m. Community Recycling and Clean-up Event
27	28	29	30			

October

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8 7:30 a.m. Architectural Committee	9	10
11	12	13	14	15	16	17
18	19	20 6 p.m. MA Board Meeting	21 4:30 p.m. Covenant Committee	22 7:30 a.m. Architectural Committee	23	24
25	26	27 6 p.m. MD Board Meeting	28 7 p.m. Open Space Committee Online	29	30	31 Happy Halloween!

*Information regarding audio and video conferencing options for public meetings will be communicated as it becomes available.

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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. 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 the committees, directors, management, or the community as a whole.

DEADLINE: All articles, advertisements and letters to the editor must be received by 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date. The deadline date is sometimes early due to holiday schedules. Deadline dates are published at www.ken-carylranh.org under Community & News, then Newspaper: Life at Ken-Caryl.

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

www.ken-carylranh.org
www.facebook.com/ken-carylranh



For Every Season...

By Brian Yowell, Community Administrator

This summer has been a busy one! With most of us spending more time at home thinking of clever ways to stay entertained, productive, and engaged - binging Netflix only goes so far - we have gotten a lot done! Fences being built, houses being painted, driveways being replaced, landscaping being spruced up, retaining walls being built, decks being improved and updated and even a few swimming pools going in - lucky ducks!

Now as good ol' Mother Nature begins her journey into that more frigid time of year, it's about time to start shifting our thoughts and our plans for our homes. Only a couple months remain to get everything buttoned up on your summer exterior projects. Now is a great time to clean and repair gutters for the coming weather, make sure your roof is in tip-top shape and get your landscape projects wrapped up so they don't turn into unwanted ice rinks, mud bogs, or glacier fields.

Before you know it, we will be shoveling snow and planning our holiday traditions. So, while visions of sugar plums dance in your head, start dreaming of what amazing improvements you would like to work on come spring. Remember, your approval on exterior improvements is good for one year, so there is no time like the present to get a jump on next year's plans and be on the nice list - not the naughty list. Nobody likes that list.

Thank you, Ken-Caryl!
At your service,
Brian Yowell

MD Board Summary

The Metropolitan District Board met for a regular Board meeting on Tuesday, Aug. 25. The following is a summary of that meeting:

- The Board heard a presentation from the District's auditor regarding the 2019 Audit. The Board later approved the 2019 Audit.
- The Board opened and closed a public hearing on the Proposed 2019 Supplemental Budget. The Board later approved a resolution adopting the 2019 Supplemental Budget.
- The Board received an update regarding the District's COVID-19 pandemic response and recovery. Staff informed the Board regarding a positive COVID case with a participant, monthly cash flow projections, and use of capital funds. The Board approved the use of Conservation Trust Funds for automatic doors to be installed at the tennis building.
- The Board approved the Third Amended and Restated Garden Club Use Agreement which extends the agreement until 2025.
- The Board heard a presentation on a recommended cost recovery philosophy for recreation, park and facility programs and fees. The philosophy will be used to help guide the development of fees schedule for 2021.
- The Board heard public comment from a resident regarding the Lilac Ash Borer and its impact on Ash trees on Ken-Caryl Ranch, as well as a resident who thanked the Board for its collaboration. The Board's next regular meeting will be held on Sept. 22.

- Rilla Reinsma discussed the importance of fencing and signage to preserve the South Hogback Open Space. She also wants to delay funding of a biological study for the South Docmann area. She also expressed support for a resident survey in 2021.
- Eric Mercer requested a regulation sand volleyball court in the community. He said about 40 residents have expressed interest in a volleyball court. Staff suggested asking for resident feedback via the next resident survey to gauge interest in courts.
- Jerry Sullivan requested a committee and funding for community perimeter fences. He also wants emphasis on medians. He is also concerned about streetlights and funding for electricity. He also doesn't like the fence color around the Ranch House. Scotty Martin mentioned the idea of doing an assessment on some of these topics.
- Kayla Kirkpatrick asked about previous task forces and committees.
- Staff provided an overview of the Community Collaboration Group, which is made up of two members of the Master Association Board, two members of the Metropolitan District Board, the Master Association Executive Director and the Metropolitan District Manager.
- Staff presented the idea of funding collaboration for Forestry/Parks Maintenance and provided a status on the state of urban forestry in Ken-Caryl Ranch. The Boards expressed support for funding collaboration and will discuss further at their respective Board meetings.
- Staff provided an update on insurance for the two entities. Staff is in the process of performing a full audit of insurance. The Boards will look at either a Cooperative Agreement or a 3rd Amendment to the Reorganization Agreement to clearly outline the insurance arrangement between the two entities.
- Jerry Sullivan expressed concern about a homeless person sleeping in Settlement Park. Staff is aware and has spoken to the individual. He also expressed concern about crossings in the Plains.
- Jim Fodor expressed concern about tree replacement and wants more funding for trees. He thinks too much money is spent in open space and is concerned about liability in the open space and weed control.

Town Hall / MA & MD Joint Study Session Meeting Summary

On Tuesday, Sept. 1, the MA and MD Boards convened for their Budget Town Hall and Joint Study Session. Below is a summary of this meeting:

- Historical Society Chair Jim Antes gave an overview of activities of the Historical Society and requested a water supply line at the Bradford Perley House. Staff provided Jim an update on the cost of extending a water line to the Bradford Perley House. The cost would be approximately \$2,500 and could be accomplished this fall.



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Fall Weed Management

By Gary Norton, Park Ranger

As the weather begins to turn cooler, the rangers are planning their fall weed management activities. The two most important seasons are in the spring, when plants begin their growth cycles and, in the fall, when they are shutting down and storing reserves for the winter. Weeds, like knapweed and musk thistle, are very susceptible to spring applications due to the uptake of chemical during their early growth stages. Fall weed spraying can be very effective since plants can transport herbicides to their roots along with water. Species targeted in the fall are deeply rooted perennials like Canada thistle, which require several management strategies to achieve control. The rangers have been busy this summer preparing spray areas for fall management.

Mowing is part of an integrated management approach to weed management. Noxious weeds have been known to develop a resistance to herbicides, so using different methods like prescribed burning, mowing and seasonal variations can give us a better chance of controlling

noxious weeds. During the summer months, the rangers mow infested areas of noxious weeds to limit seed production and to stimulate the weeds like Canada thistle to "flush out." This method encourages the plants to use more energy in creating more green foliage and provides a greater surface area for herbicide application. The mowed areas are less likely to survive the winter due to less stored energy and the herbicide applied to the plant surface is quickly transported to the roots where it can do more damage to the plant. Hardy perennial weeds easily survive "top kill" application due to their significant stores of energy below ground.

The ranger staff has been prioritizing fall spraying objectives throughout the summer based on the following: areas that were mowed, resident input and critical habitat areas. A target weed species list is generated by the state, which lists the most noxious weeds and under state mandate and requires property owners to control these weeds. The amount of control is dependent on each species with the goal of a reduction in numbers over time.

The ranger staff encourages residents near open space to monitor and manage weeds on their own properties and in the open space by their homes. Residents are

allowed to mow a ten-foot buffer in open space, which can help in weed control. A resident can also use a broadleaf specific herbicide like Weed Be Gone, but residents should never use herbicides like Roundup because it kills all plants in the management area. Before treating weeds in open space,

the ranger staff asks that you contact our office and schedule a field visit so that we can evaluate the weed problem and make recommendations.

If you have any questions on fall weed management, please contact the rangers at (303)979-1876 ext.170.

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KCR Rangers and CPW Stepping Up Efforts to Keep Residents and Bears Safe

The KCRMA Rangers, in conjunction with Colorado Parks and Wildlife (CPW), will be ramping up efforts help educate homeowners to the dangers of potential bear conflicts due to residents not abiding by recommendations, rules and regulations to help keep the community and area wildlife safe.

Reports of bears entering open garages and rummaging through trash put out the evening prior to scheduled pick-ups has been encouraging bears to search for food within our neighborhoods. Bears are getting into freezers and destroying trash receptacles in search of food sources. This increases the likelihood of bear attacks, damage to property and harm to wildlife.

As a result, CPW and our own ranger staff will now conduct drive-throughs around the neighborhoods on several evenings and make note of any trash or recycling bins put out the night before and/or not secured properly, in addition to noting any open garage doors. CPW will contact that homeowner directly to address this issue.

KCRMA Rangers will also be conducting separate drive-throughs and will report any of the aforementioned issues directly to CPW for immediate follow-up. They will also be placing 'bear door hangers' at surrounding houses as reports come in regarding a bear directly locating a food source, trash cans and open garages at a property.

According to District Wildlife Manager Jerrie McKee, CPW will also be placing educational materials on the Nextdoor app and will consider listing neighborhoods or streets where issues have occurred to drive home the importance of taking the steps necessary to keep residents and bears safe.

As an added safety measure, KCRMA Ranger staff will also place 'Bear Aware' information in the open space kiosks.



Bear Necessities to Avoid Conflicts

Bears are now in hyperphagia, the period when bruins are preparing for hibernation and will spend up to 20 hours a day on the hunt for 20,000 or more daily calories. If attractions are not removed, bears will continue to linger in your neighborhood. Removing these attractants, and hazing bears when you see them, can help encourage bears to move out of your neighborhood on their own, reduce conflicts and keep you and the bears safe.

Here are helpful tips to prevent conflicts:

- Trash must be secured and locked up at all times. Only put trash curbside on the mornings of collection.
- All birdfeeders (seed, suet and hummingbird) must be removed until Thanksgiving.
- Close all garage doors, especially at night.
- Remove food, and any other scented items, from vehicles and lock the doors at night.
- Feed pets inside.
- Fruit trees attract bears; clean yards daily of fallen fruit and pick ripened fruit immediately.
- If you see a bear in your yard, haze it. Activate the car alarm, honk your horn, yell from a window, use an airhorn, etc.

Teach your children to be **SMART** if they have a close encounter with a bear:

S - Stop. Do not run!

M - Make yourself look big

A - Announce your presence in an authoritative voice "Leave me Alone!"

R - Retreat by backing away slowly

T - Tell an adult about the encounter

Encourage your neighbors to do the same!

Thank you for your assistance in keeping Colorado's bears wild and alive!

Learn more about living in bear country: <https://cpw.state.co.us/learn/Pages/LivingwithWildlifeWildBears.aspx> or contact the CPW office at 303-291-7227.



Community Clean-Up and Recycling Event

Mark your calendars for our Recycling and Community Clean-Up event on Saturday, Sept. 26 from 8:30 a.m. - 2 p.m. in the Ranch House parking lot.

This event is for Ken-Caryl residents only and is free with the exception of the recycling of large items, including TVs, monitors and floor printers.

Eco-friendly, premium latex paint company, GreenSheen, will be able to pick up oil-based products at this year's event at no extra charge.



For a comprehensive list of acceptable items, please visit our website at www.ken-carylranh.org.

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CrossFit Ken-Caryl Adds New Outdoor Workout Space

CrossFit Ken-Caryl moved its location to the corner of Ken-Caryl and Simms approximately one year ago, and business is thriving despite COVID-19, which is in part due to the construction of the gym's new, open air addition. According to owner and Ken-Caryl resident Chad Becker, the open air workout area provides a comfortable, safe and private area for clients to work out. He adds that the gym's new centralized location provides convenience for members, lots of parking and a bright, open space with lots of windows and a separate area of kids.

"With the move, we doubled the useable indoor square footage and obtained an additional 1,000 square feet of outdoor space," said Chad. "When COVID-19 and the statewide executive mask order hit, we felt that giving our members an option to work out outside in the open air would be a great decision. We quickly built out the outdoor space to include a privacy fence, outdoor flooring, awning shade, two lifting stations and five pull-up stations. This gives our members a good opportunity to get out in our great Colorado weather and have a comfortable workout."

According to new member Melina Felix, the new outdoor addition to the gym was a 'game changer' for her when joining CrossFit Ken Caryl.

"I left a gym that had zero outdoor space, so you couldn't work out without wearing a mask, something I find impossible," said Melina. "At CrossFit Ken Caryl, not only can I actually breathe during my workouts, but I also get my daily dose of vitamin C - a COVID deterrent - from the sunshine."

The gym has become a beloved member of the community, with patrons singing its praises, especially in how it adapted to still provide services to members during the height of the health pandemic.



"The gym's owners, Chad and Jamie Becker, have gone above and beyond during the pandemic," said member Emily Goff. "They provided daily Zoom workouts during the lockdown - workouts you could do with common items found at home and also allowed members to 'check out' some of the equipment to use at home. When the gym was allowed to re-open, they followed all state protocols."

According to Goff, during the pandemic, the Beckers immediately went to work on the outdoor space, which provided a breezy and shaded area for about four to five members to safely work out without masks and still socially distance. Goff adds that the space also features an installed rig with several weight racks, pull up bars and mats out back where another two or three members can exercise without masks.

In addition to providing a safe outdoor space for members to work out, the Beckers have also taken great care in ensuring the safety of patrons inside the gym as well.

"The size of the [gym] space has become very important during the pandemic," adds Goff. "The floor is taped off into giant squares and you stay in your square to work out and to maintain physical distancing. Everyone in the gym wears a mask and we wash hands upon entering and leaving the gym through different doors. They also sanitize the equipment we use when we are done. All of this is very much appreciated to keep everyone safe and healthy."

For more information, visit <https://www.crossfitkencaryl.com/>.

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5 CATAMOUNT LANE - \$1,125,000

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11709 ELKHEAD RANGE ROAD - \$405,000

Updated and Remodeled Contemporary 2-Story End Unit Townhome! 4 Bedrooms! 4 Baths! New Windows! New Carpet! New interior Paint! New lighting! New Designer Master Shower w/ Seamless Glass Shower Door and Custom Tile! His and Hers Separate Closets! Updated Kitchen! Finished Basement with Rec. Room, Bed and 3/4 Bath! Central Air! Brick Fireplace in Living Room! Enclosed Brick Patio with Deck! 2 Car Attached Garage!



LEGACY

8 WHITE BIRCH - \$939,900

Remodeled custom two-story home with 4 bedrooms and 5 baths, 4,800 SF! Nestled on a 1/3-acre lot with a forested back yard & large deck perfectly suited for relaxation & entertainment! Family friendly cul-de-sac!



LEGACY

9 WHITE BIRCH - \$1,007,000

Rare Custom Contemporary with Full Finished Walkout! Remodeled Throughout! Mountain View Lot! Cul-de-sac! 5006 SF! 5 Bedrooms! 5 Baths! 3 Mendota Gas Fireplaces! Curved Staircase w/Wrought Iron Rails!

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Ken-Caryl Mom Finds Joy and Love to be Positive Medicine in her Battle Against Ovarian Cancer

When Ken-Caryl resident, Karen Kennedy, first heard she had ovarian cancer, her immediate reaction was shock and denial. She remembers grabbing a pillow and screaming into it as her daughters shared what the surgeons discovered during surgery for what Karen had thought was uterine fibroids.

Karen had recently returned from a trip to Africa during which several of her fellow travelers experienced intestinal disorders. When she experienced diarrhea, she went to urgent care and started on antibiotics. A few weeks later, she had pain in her right side and went to see her primary care physician who sent her for a CT scan, followed by a pelvic ultrasound. Karen, a nurse, self-diagnosed herself throughout the journey – first thinking she had a GI infection, then appendicitis and finally fibroids. Ovarian cancer never even crossed her mind until her daughters uttered the words.

Karen's daughters and friends rallied by her side throughout her treatment, which consisted of a full hysterectomy and six rounds of chemotherapy. Whenever she visited the hospital or infusion center, she went with a group. Her daughters and friends would string lights around the room, play music and create a festive environment for Karen and whomever happened to be receiving treatment at the same time. On her final day of chemotherapy, they hired an entertainer, The Singing Bee, who brought smiles to the faces of everyone in the infusion center. To celebrate the end of Karen's treatment, her daughters hosted a party and surprised her by inviting loved ones from across the country, creating shirts and pins to honor Karen's battle and putting out a donation box to "send Karen to the beach."

Their support and the moments of joy they created helped Karen keep a positive outlook. Karen learned a lot about the importance of love and joy throughout her battle with ovarian cancer. "It's so important to allow your loved ones to be part of your story and support you," says Karen.

She also feels it's important to create connections with other women who have had a similar experience. She joined Nicki's Circle; an ovarian cancer support group sponsored by the Colorado Ovarian Cancer Alliance. At first, she was concerned that hearing the problems and concerns of women battling the disease would be depressing, but found that the group quickly bonded. She explains, "These women have become my sisterhood. They get it. Our families sympathize, but these ladies know what it's like to battle the disease and the treatment." Karen also feels rewarded by knowing that she's helped inspire other women who are newly diagnosed.



Karen pictured with her daughters.



Karen's support system of friends who accompanied her to her chemo treatments.

September is National Ovarian Cancer Awareness Month and Karen encourages women to become familiar with the most common symptoms of ovarian cancer – bloating that is persistent, eating less and feeling fuller, abdominal pain and trouble with urination and bowel habits. Looking back, Karen recalls feeling bloated and experiencing urinary urgency even before she left for her trip to Africa. However, since she was fit and healthy and the symptoms were subtle, it didn't occur to her that they might be signs of something serious, which is why she believes symptom education is so important. A woman who experiences any of the above symptoms that persist for more than two weeks should consult her physician. There is no screening test for ovarian cancer, which is the deadliest gynecologic cancer, so symptom recognition is critical for early diagnosis.

Founded in 2005, the mission of the nonprofit Colorado Ovarian Cancer Alliance is to provide support to those affected by ovarian cancer, and to promote awareness and early detection of ovarian cancer through advocacy and education. Programs include COCACares Financial Assistance, Nicki's Circle Support Groups, the Ovarian Cancer Resource Guide, Comfort Kits for the newly diagnosed, Carol's Wish Financial Assistance Program, an annual Raise Awareness campaign, and Survivors Teaching Students: Saving Women's Lives, a national program of the Ovarian Cancer Research Alliance (OCRA).

Did you know that September is National Ovarian Cancer Awareness Month?

All women are at risk for developing ovarian cancer, which is one of the deadliest forms of gynecologic cancer. In the United States alone, the condition is diagnosed annually in nearly 21,000 females and responsible for causing approximately 14,000 deaths.

In recognition of these facts, former President Barack Obama declared the month of September as National Ovarian Cancer Awareness Month. The goal is to raise public awareness about the condition's early warning signs and ultimately save lives.



Featured Creatures: Helping Pets Find Their Furr-ever Homes

Did you know that studies have shown that having a pet can elongate your life and improve your overall health and happiness? Pets can also help alleviate depression, stress, anxiety and many other ailments.

So, make room in your heart and your home for one of Foothills Animal Shelter's Featured Creatures:



Alfonso (#223386): Alfonso is a 5-year-old, male terrier mix. Handsome beyond words, with a charcoal- 'n'-white coat and a smile to melt your heart, this special little guy is very social and loves to cuddle, but insistent on uninterrupted solo napping when recharging his canine batteries. During his shelter stay, Alfonso has enjoyed interacting with like-sized dogs in play groups. He is best suited for a forever home without the distraction of small children. Alfonso is currently being held offsite, and a meeting can be arranged by contacting the shelter.



Layla (#222298): Layla is a 10-year-old, female cat. This brindled beauty came to the shelter because she couldn't accompany her family on a move and is very eager to share her highly affectionate demeanor, which has earned her the title of "love bug", with a new forever someone that will shower her with petting and treats. Layla is uncomfortable with visitors and other cats, and would be best suited for a quiet environment where she can learn the lay of the land and adjust on her own terms.

Adoption fees include pet spay or neuter, vaccinations, microchip and a health check. Visit www.FoothillsAnimalShelter.org to find out more about Alfonso, Layla and other deserving pets in need of good homes.

Now Accepting Pre-Registration for Fall 2020!



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2020 YOUR VOTE COUNTS



Did you move this year? Have you checked to see if you are registered to vote at your new address?

your registration doesn't usually follow your change of address form

Go to: www.vote.org/register-to-vote

Even if you think you are already registered, fill out the form.

The website will let you know if you are or not.

	CHECK YOUR REGISTRATION -- Not sure if you're registered to vote? We'll help you check and register if you can.
	REGISTER TO VOTE -- It takes less than 2 minutes to register.
	VOTE BY MAIL -- Can't or don't want to vote in person on Election Day? Request an absentee ballot.
	GET ELECTION REMINDERS -- We'll remind you when and what you need to vote, so that you never miss an election again.
	PLEDGE TO REGISTER -- Too young to vote? Pledge to register and we'll text you a reminder on your 18th birthday.
	POLLING PLACE LOCATOR -- Need to find your polling place? View the list of state polling place websites.
	THE 2020 CENSUS -- Your vote counts, and so do you. Fill out your 2020 census form today.

Prepared by Carol Grape, KCR Resident

On the main page you can also find links to the following



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Picture This! "Spotted"!



Our famous fawns and their mom-ager were once again 'spotted' grazing in the Valley.



This buck was anything but bashful when resident Michael "Mikey" Hefner, 10, snapped this photo in his front yard, from a safe distance. Apparently, the young buck has been a natural when it comes to pruning his mom's lilac bushes!

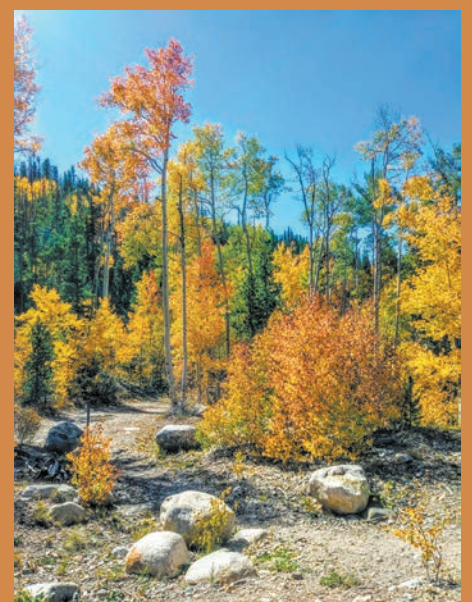
All residents are reminded to maintain a safe distance when photographing area wildlife.

Correction

Photos from the fall photo contest were incorrectly attributed to the wrong individuals. The following are the correct photos and their contributors:



Laurie Jaeger



Cindy Weeks

The Power of a Plan: Wills, Wealth & Wellness Webinars



GOLDEN TICKET

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- WHY** naming guardians in your will is NOT enough.
- What happens** to your family and other loved ones when there is no planning or when planning has missing pieces.
- Exactly how** to avoid probate and save your family thousands of dollars.

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Upcoming Webinars:

Sept. 23rd - 12-12:15 p.m. Naming Guardians for Kids 15-minute Lunch & Learn	Sept. 24th - 12-12:15 p.m. Estate Planning Basics 15-minute Lunch & Learn
--	---

Three Easy Ways to RSVP:

- 1) www.coloradowebinar.com
- 2) email Sarah@LifeLegacyFirm.com
- 3) call 720.899.3541

RECREATION PROGRAMS & ACTIVITIES

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

Due to the rapidly changing nature of programming during the pandemic, please visit www.ken-carylranh.org for up-to-date Recreation Program information.



Special Events

Brenna LeBlanc
Aquatics Coordinator
brenna@kcranch.org
303-979-1876, ext. 131



Tennis & Pickleball

Robert Campbell
Tennis Program Supervisor
robert@kcranch.org
303-979-2233, ext. 102



Aquatics

Brenna LeBlanc
Aquatics Coordinator
brenna@kcranch.org
303-979-1876, ext. 131



Youth Programs

Lizz Brock
Recreation Supervisor-Youth Programs
lizzb@kcranch.org
303-979-1876, ext. 132

Save the Date! Ken-Caryl Recycling and Cleanup Event, Sept. 26

Mark your calendars! The Ken-Caryl Recycling and Cleanup Event, originally scheduled in May, is re-scheduled for Saturday, Sept. 26 from 8:30 a.m. – 2 p.m. Our annual event returns this fall with electronics recycling, paper shredding, trash disposal and much more! This event is for Ken-Caryl residents only and is free with the exception of the recycling of large items, including TVs, monitors and floor printers. Eco-friendly, premium latex paint company, GreenSheen, will be on-hand to pick up oil-based products. For a comprehensive list of acceptable items, please visit our website at www.ken-carylranh.org.

Permanent Court Time

We are now taking deposits for Permanent Court Time (PCT)! Reserve the same indoor court for the same time every week with a discounted rate! Payment due in full at the time of the reservation. Email robert@kcranch.org to hold your spot or to enquire about available spots.

Splash Pad Hours Extended

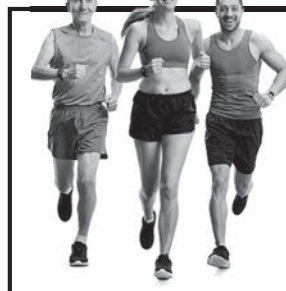
Splash, splash! The Splash Pad at the Community Center will extend its hours! Kiddos can enjoy splashing from 9 a.m. - 5 p.m. through Sept. 18, weather permitting. Reservations are not required to access the Splash Pad. Exercising safe social distancing protocols is encouraged.

Babysitting Clinics

This fall, get the babysitting basics with our comprehensive course designed for the 11-13-year-olds, to provide the knowledge necessary for the first-time babysitting. Skills covered include: Pediatric CPR/First Aid 2-year certification, personal safety, growth and development, discipline, injury and illness prevention and basic childcare such as diapering, feeding and bathing. This course takes place on Oct. 3 from 9 a.m. – 3 p.m. Register at www.ken-carylranh.org.

Cardio Tennis

Cardio Tennis is back on Friday and Saturday mornings at the Community Center! Pre-registration required. You can sign up 48 hours in advance at www.ken-carylranh.org.



KC Fitness

Janet Robbins
Fitness Coordinator
janetr@kcranch.org
303-979-2233, ext. 185

Home Alone Course

Is your child ready to be home alone? Then, channel their inner Kevin McAllister – without all the mischief – and sign your child up for our Home Alone course, designed for the 10-13-year-olds who will be left home alone for short periods of time. Outlined in course: safe decision making, constructive time management and personal safety. The basics of first aid treatment and prevention for burns, cuts, fractures/sprains and choking will be covered. The next class will take place on Nov. 21 from 9 a.m. – 1 p.m. online. Register at www.ken-carylranh.org.



Sports & Athletics

Amy Lear
Recreation Director
Amyl@kcranch.org
303-979-1876, ext. 119

Tennis Court Reservations

Outdoor tennis court reservations are now being taken online three days in advance. Reservations are limited to two hours, per court, per day, and can be completed at www.ken-carylranh.org. Type "tennis court reservations" in the search box.



Adult Programs

Brenna LeBlanc
Aquatics Coordinator
brenna@kcranch.org
303-979-1876, ext. 131

Knitting Class Returns to the Ranch House!

Mark your calendars! Knitting Class returns to the Ranch House on Sept. 16 from 9:15 a.m. - 12:15 p.m. For more information, and to register, please visit our website at www.ken-carylranh.org.

Fitness Classes and Personal Training

Small group fitness sessions are now available and the gym is open! New hours are Mondays – Fridays, 6 a.m. – 12 p.m. and 5:15 – 7:30 p.m., (60-minute pre-registered time slots). Pre-registration is required. Membership includes pre-registration at no additional cost. Visit www.ken-carylranh.org for schedules and to pre-register.

Barre Above

Barre Above is back! This is a fee-based class. Register online for Course #49616 at www.ken-carylranh.org for this six-week class that fuses the best of Pilates, yoga, aerobics and strength training. Classes include modifications for any fitness level, so you can feel successful achieving an amazing workout that will lengthen, strengthen and tone your body. This class will be held outdoors – weather permitting. Class size is limited to eight, so make sure you secure your spot!

Ken-Caryl Ranch B&A Care Program

The KCRMD Before and After Care Programs serve Shaffer Elementary and Bradford Schools. We strive to promote healthy development through experiential, explorative and fun opportunities! This program follows the Jeffco Public Schools calendar. Due to the 2020-21 school-year scheduling uncertainties in relation to COVID-19, we will provide any updates on our B&A programs as they become available. To register, please visit our website at www.ken-carylranh.org or contact Lizz Brock at LizzB@kcranch.org.

SkyHawks Enrolling for Fall 2020

There's something new kickin' off each week with SkyHawks this fall! Your kiddos can enjoy a combination of physical education, sports and playground games. Examples may include speed, agility, baseball, basketball, flag football, soccer, track and field, volleyball, dodgeball, kickball, ultimate and much more. For more information and to register, visit www.skyhawks.com/colorado.

SuperTots Offers Fall Programs

Got a 'budding' young athlete at home? SuperTots is now accepting registrations for their SoccerTots and 1stDownTots programs! Class sizes will be limited and safety protocols in place to protect all participating tots! For more information and to register, please visit www.supertots.com/colorado.

Sign Up for the e-News The Ken-Caryl Ranch e-News is a weekly newsletter distributed every Monday via email to all residents who subscribe. It is a great information source and supplement to the newspaper and other forms of communication on Ken-Caryl Ranch. To sign up for the e-News, go to www.ken-carylranh.org and fill out the e-News sign-up form on the home page or send an email to allisonh@kcranch.org.

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10505 W. Noddle Mtn. - QUAIL RIDGE \$579,000
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6 Barrington - BARRINGTON RIDGE
SOLD! \$1,525,000



10555 E. Spanish Peak - THE SETTLEMENT
SOLD!



3 Blue Sage - STRATFORD FARMS
SOLD! \$750,000



3 Silvermound - STRATFORD FARMS
LISTED BY BRE, SOLD!! \$710,000



11384 W. San Juan Range Rd. - VILLAGE
LISTED BY BRE, SOLD! \$479,000



26 Summit Ash - LEGACY
LISTED & SOLD BY BRE! \$933,000



23 North Ranch Rd. - NORTH RANCH
SOLD! \$850,000



24 Long Spur - DEER CREEK
SOLD BY BRE! \$625,000



40 Amaranth - EAGLES POINTE
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The Art of Beauty: Artistry Skin and Laser Helps Banish Brown Spots and Sun-Damaged Skin

Colorado living has its perks; however, sun-damaged skin is not one of them. According to Laura Carlsen, owner of Artistry Skin and Laser, for every 1,000 feet above sea level, our sun exposure increases 6-10 percent, meaning that those of us living in and around Denver have a 30 percent increase in sun exposure. This exposure level increases to 45 percent when above 9,000 feet. While this may be good for your vitamin D intake, it can wreak havoc on your skin.

According to Carlsen, who has nearly 30 years working in skin and health care, UVB (the wavelength that creates tan skin) penetrates the top layers of skin causing DNA damage, which can lead to skin cancers. UVA (the longer wavelength) damages collagen and elastin causing wrinkles and skin laxity.

"Sun damage can manifest as dryness, thinning of skin and hyperpigmentation," says Carlsen. "We call it Colorado on Your Skin. The skin can appear coarser, mottled and have a mix of brown spots and redness."

And, while dark spots look dashing on dalmatians, their appearance on skin is enough to make even Cruella de Vil take notice! So, if you're not down with brown spots and sun-damaged skin, Carlsen and her team at Artistry Skin and Laser offer numerous treatments to help banish those brown spots and artfully treat sun-damaged skin.

"The best way to combat sun damage is not get sun damage" says Carlsen. "However, since it is not possible to avoid all sun exposure, damage and aging occur. Treatments such as IPL (intense pulsed light laser treatment), microneedling and chemical peels, along with products like Skin Medica's TNS Advanced+ Serum and Total Defense Sunblock, can help reverse skin damage and restore a more youthful glow."

IPL works by converting light into heat energy which then breaks up larger pigment molecules into smaller pieces, which the skin can then shed. Microneedling works by creating micro-injuries in the skin leading to collagen production. Chemical peels help break the bonds between old skin cells allowing them to be shed so newer cells emerge.

To help make the most out of treatments, or those looking for an alternative to microneedling or laser treatments, Carlsen also recommends Lumivive, a Skin Medica product that is a next generation antioxidant. It replaces vitamin C as a superior product that protects not only from sun damage, but from pollution—as exacerbated by the wildfires—and blue rays from our laptops and cell phones. According to Carlsen, when used under sunblock, Lumivive can help protect your skin from harsh elements, helping to keep the skin supple.

Bottom line? From bold treatments to topicals, Artistry Skin and Laser can customize a skin treatment plan for clients of all skin types to combat sun-damaged skin, without the cost or risks that can be associated with surgical procedures.

"Skin treatments can dramatically improve the health and look of your skin, but how we care for our skin on a daily basis is most important," explains Carlsen. "I get sad when I have women tell me they don't do skin care because they are just going to do a facelift. What they don't realize is that pulling the skin tight does not replace the volume and suppleness of healthy skin. A great sunblock, antioxidants, hydrators and retinols are

PROUDLY SUPPORTING THE KEN-CARYL COMMUNITY

- Trail Club · Open Space Committee · Gone for Good Event
- Ken-Caryl Toy Drive · Community Garage Sale · Community Recycling Event



3 PERIWINKLE - SHAFFER HILL

4 Bedrooms 4 Bathrooms 2,415 Total Sq Ft 2 Car Attached Garage

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- 14 Amberwood Lane
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- 21 Mountain High Ct
- 8 Paonia
- 42 Pin Oak Drive
- 3 Prairie Clover
- 7 Prairie Clover
- 19 Prairie Clover
- 20 Prairie Clover
- 11063 W Twilight Peak
- 170 Willowleaf Drive

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again this year.

Saturday, Sept. 26.

8:30am - 2pm

RANCH HOUSE PARKING LOT



PROUD SPONSOR



In response to COVID 19 there have been many changes in the way the business of real estate is conducted. The goal is to keep our clients and ourselves safe and healthy, while keeping those who need to, moving. We have introduced new virtual ways of both listing and buying homes, closing transactions, and all contact throughout the process is in line with social distancing. If you have any questions about the market, or the current buying/selling process, it would be my pleasure to inform, advise and support you during this time. My best to you and your family!



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wonderful to maintain or restore a youthful look without undergoing surgery."

Carlsen combines her passion for cosmetology with a background in marketing and health care. She holds a certificate in cosmetology and a degree in nursing, and earned her degree as a nurse practitioner this year. She is a proponent of continuing education to keep Artistry Skin and Laser on the cutting edge of cosmetology services and is currently working on obtaining her prescriptive authority.

When it comes to skin care, she prefers a more conservative and natural approach and combines her knowledge of health and beauty to help clients achieve a more youthful and radiant look. She is excited to offer services to Ken-Caryl residents and has enjoyed being a part of the community for the last two years.

"June 2 marked our two-year anniversary as a Ken-Caryl business," said Carlsen.

"We love being part of the Ken-Caryl community because it is such a beautiful area and the clients are so warm and friendly. They seem to love our little office



Laura Carlsen, owner of Artistry Skin and Laser, skillfully treats a patient at the medical spa's Ken-Caryl location.

and are very open to the education and services we provide."

Artistry Skin and Laser is currently accepting appointments. In addition to their skin care services, Carlsen, along with her friendly and professional staff, also offer CoolSculpting, a fat-freezing, non-surgical procedure scientifically proven to reduce pockets of fat in trouble spots such as the abdomen, flanks and under the chin.

For more information on Artistry Skin and Laser's treatments and services, or to schedule your appointment, visit their website at <https://artistryskinandlaser.com/>.



A facial treatment room at Artistry Skin and Laser.

Call for Entry

Ken-Caryl Art Guild Virtual Exhibition



Submissions open now!
Sept 2 - Oct 4

www.kencarylartguild.org

Instructions on the KCAG website for submitting artwork to the KCAG 2nd Annual Juried Fall Art Show

VIRTUAL GALLERY VIEWABLE
AT WWW.KENCARYLARTGUILD.ORG
FROM OCT 30 - NOV 30

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LETTERS TO THE EDITOR ARE WELCOME AND ENCOURAGED from any Ken-Caryl resident in good standing or from any elected official or political candidate. Letters should be concise — no letters over 350 words—and must be received by 5 p.m. on the published deadline date, which is typically the Monday of the week prior to the edition date, but the day can vary due to holidays. Deadline dates can be found at www.ken-carylranh.org.

At present, the method for submitting letters to the editor is by email to Allison Hefner at Allisonh@kcranch.org. A response will be sent via email when a letter or article is received. If you do not receive a response, call 303-979-1876, ext. 108, to confirm receipt.

We do not print anonymous letters. Letters must include name, address and phone number (daytime), but only the author's name and "Ken-Caryl Resident" or applicable government office will be printed in the paper. Residents may submit up to eight letters to the editor per calendar year. More than one letter per resident may be published in a single issue of the paper provided that the letters are not about the same subject. Letters will be printed on a space available basis and may be edited. Editor retains right to appropriateness and content. Letters will be published with plain text; use of all caps, italics, bold or excessive exclamation points will not be allowed.

Published letters to the editor do not necessarily reflect the views or opinions of the Master Association, its directors, officers, employees, agents, staff, *Life at Ken-Caryl* or its editor. Neither the editor nor the Master Association accepts any responsibility for the content of these letters. Writers accept full responsibility for their written word.

**Email to allisonh@kcranch.org.
Deadline for Sept. 30 issue: Sept. 21 at 5 p.m.**

Dear Editor:

My father was protected to death. He was an amazing man and father to thirteen successful children. At 96, sometimes he was mentally there and sometimes not, but he lived to be visited by his children, grandchildren and great grandchildren in the nursing home where he lived. Then came the COVID. He was put in isolation with no end in sight. No visitors were allowed and he cried from the loneliness when he talked on the telephone. In early May, it became too much and he decided to die and he did on May 20. I am 73, and like my father, I love my extended family, especially the young people. Like my father, I am willing to face death if that's what it takes to give my grandchildren an abundant life. I am not alone. From my conversations, I believe that a plebiscite among the elderly would find a majority feel as I do. We need to open the schools and the economy tomorrow. Certainly, we should be careful, especially those in at risk groups, but the damage of the current shutdowns far outweighs the benefits.

David Wray, Resident

Dear Editor:

Thanks to the KCRMA Board for creating the Brannon Gearhart Park (BGP) Task Force. After nearly nine months of work, the Task Force presented the Board with its short- and long-term recommendations for upgrading the playground areas, improving the pond, and providing a plan to address the ultimate demise of the ash trees in the BGP due to the Emerald Ash Borer. The report also presents the views of three key stakeholders: Firewise, Equestrian, and Bradford Schools. A special thanks to Sean Warren who provided a great deal of data (and responded to hundreds of questions) during the development of the report.

For those interested, the full report can be found on the KCRMA website.

*John Rodell, Resident, Chairman,
BGP Task Force*

Dear Editor:

From 1964 to 1973 myself, and 2.2 million young men were drafted for the war in Vietnam. When we reported to our induction station, we were required to raise our right hand and say, "I swear to defend and uphold the Constitution of the United States of America, so help me God." I plan to exercise my constitutional rights until I draw my last breath.

If you reside in the KC Valley, Willow Springs, Conifer or Evergreen, you are in Colorado House of Representative District 25. Mr. Donald Rosier is a candidate for the seat this November. Don is a civil engineer; he was a Jefferson County Commissioner for eight years. You can contact Don at www.DonaldRosier.com or call his cell phone 303-453-9539.

Colorado has had honest government for many years. One of many reasons, we have had divided government. When the majority of Colorado House of Representatives the Senate and the Governor are all the same party, there is little debate or compromise on the bills, rules and regulations. There are fewer checks and balances when one party is in charge, which can result in political corruption. Mr. Don Rosier is a member of the minority party, a vote for Don could change the Colorado House of Representatives to a new majority. Please vote for Don Rosier November 3, 2020.

Jeff Esbenschade, Resident

Dear Editor:

I just wanted to thank Daniel Hatlestad for his article — Wildfires Increasing Across Colorado — in the September 2nd issue of *Life at Ken-Caryl*. It was one of the most comprehensive explanations of why it is we are having such an increase in devastating wildfires. I also appreciate knowing that Ken-Caryl Ranch has a Firewise Committee that stays on top of the latest information and seeks to inform the rest of us so that we can remain safe.

Helen Peoples, Resident

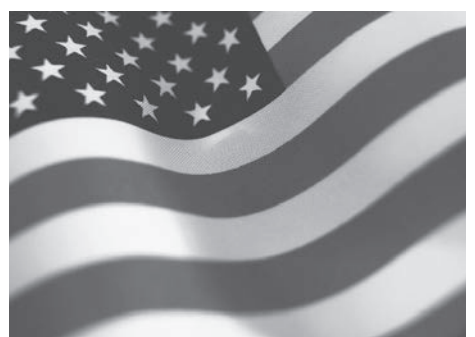
Dear Editor:

I have noticed an uptick in a very dangerous situation along the Valley Parkway. It involves joggers running against opposing traffic (cars, bicyclists and trucks of all sizes) along the Parkway in the roadway, both in areas where there is one lane in each direction and where there are two lanes in each direction. The joggers don't bother to keep close to the curb but they should not be in vehicular lanes in the first place.

I've been in the situation multiple times when a bicyclist or a group of bicyclists are forced to move in the areas where cars are travelling just to get around the jogger. It is worse when cars or large trucks are coming towards me in these areas. I have no idea why these joggers feel they have to run in the street rather than on the paths along the entire length of the road.

A death wish, maybe? They not only are endangering themselves but they endanger the cyclists and motorists as well.

Paul Gesso, Resident



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