

ROOTS AND WINGS

LADERA RANCH'S OFFICIAL COMMUNITY MAGAZINE

SUMMER 2020



Shine

ON LADERA RANCH P. 4



BUILT ON
community
Celebrating Resilience
and Hometown Heroes
P. 5

BEHIND THE SCENES

- LARMAC your HOA at Work
- The Business of Running Ladera
- Breaking Down your Assessment Fee

P. 6 & 10

CAROLINE PLATT
Ladera Ranch
Elementary School Teacher

FROM YOUR BOARD PRESIDENTS

Although we started 2020 with optimism and excitement, our 20th anniversary year has not been what any of us had hoped for.

On the other hand, we have all experienced the wonderful acts of kindness, generosity and leadership by neighbors who took action beyond their own situations or circumstances.

Teens redirected birthday gifts to purchase food to donate to local food banks and business owners transformed their restaurants to provide essential items to residents. Teachers quickly transitioned to online learning and our brave healthcare workers serve on the frontlines of a worldwide health crisis – the fact is that there is much to be grateful for – our neighbors and our community are among them. These and many more were defining moments that continue to shape Ladera Ranch twenty years later.

Ladera Ranch is a community with a legacy of generosity, neighborly compassion and a tenacious commitment to progress – and that legacy continues today.

So much has changed in just a few months. LARMAC and LARCS have adapted to comply with orders from the State and the Orange County Health Agency. Although these orders and the subsequent facility closures and disruption to programming and events have been disappointing, we understand that the health and safety of our residents must come first.

In the meantime, LARMAC has continued its work in maintaining the community and has made progress on projects such as the pool renovation project, the refurbishment of playgrounds, asphalt repair, bench replacement and others (see page 6). Although adhering to social distancing requirements makes work challenging at times, O'Connell and LARMAC staff have been busy at work keeping Ladera's landscape and facilities in perfect working order. Once the orders from the state are lifted and we're able to open up facilities, we'll be ready to do so quickly.

LARCS has adjusted events, activities and programming online. Although the July 4th Celebration will look different this year, we look forward to a festive experience, Celebrating American Independence, that all families may enjoy. Please visit LaderaLife.com for details.

As of June 1, new rates for the master association took effect. These new rates are a direct result of the costs that largely come from increases in water, labor, and other rates that have been adjusting over the past 12 months. Please see page 11 for a detailed overview of your monthly LARMAC assessment. With all things considered, your LARMAC membership remains an excellent value.

We wish you and your family a happy summer filled with laughter and adventure. We hope that we will soon be able to report good news about reopening our facilities and getting back to our normal routines and activities.

In the meantime, stay safe.



Joe Ribotto
Joe Ribotto
President, Ladera Ranch
Maintenance Corporation (LARMAC)



A. Rutledge
Armando Rutledge
President, Ladera Ranch
Community Services (LARCS)

LADERA RANCH ROOTSANDWINGS

LADERA RANCH COMMUNITY SERVICES (LARCS)
Oak Knoll Village Clubhouse
28192 O'Neill Drive
Ladera Ranch, CA 92694
949.388.8300 | contact.larcs@laderalife.com
Hours: Monday-Friday: 9:00 a.m. to 5:00 p.m.

Events • Programs • LaderaLife.com • Community Partnerships
Groups & Clubs • Roots and Wings Magazine • Ladera Happenings

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Non-Voting Member Dalia Viera

LADERA RANCH MAINTENANCE CORPORATION (LARMAC)
Avalon Village Clubhouse
1 Daisy Street
Ladera Ranch, CA 92694
949.218.0900 | contact.larmac@laderalife.com
Hours: Monday-Friday: 9:00 a.m. to 6:00 p.m.
Saturday: 9:00 a.m. to 5:00 p.m.

Membership Cards • LaderaLife Registration
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G4S Security (24/7) 949.351.9253
Cox Sports Park and Field Conditions 949.582.2414
FirstService Residential CA 949.448.6000



Community Leaders (L-R): Top Row: Armando Rutledge (LARCS President), Avonnette Bruce (Teacher, Oso Grande Elementary School), Suhina Sharma (Teen Leadership Council), Middle Row: Joe Ribotto (LARMAC President), Joe Brenneman (Chair, Ladera Ranch Civic Council), Nicole Stanfield (Community Partner, Santa Margarita Water District); Bottom Row: Todd Stearns (Ladera Rancho Chamber of Commerce), Joya Balfour-Celik (Neighborhood Representative), Cassandra Arslan (Owner, zpizza Ladera Ranch)

As a service to Ladera Ranch residents ("Participants"), LARCS makes available various service providers such as instructional and recreation class instructors, sports leagues, social events and others that may be added from time to time (collectively, the "Providers"), which agree to provide classes and other activities to Participants. However, neither LARCS, LARMAC, FirstService Residential CA, DMB Ladera, nor any of their directors or officers (collectively, the "Ladera Parties") recommend or endorse any of the Providers or any classes, activities, information, advice or services provided by such Providers (collectively, the "Products"). The Ladera Parties are not responsible for the accuracy, reliability or quality of any Product provided to Participants by or on behalf of any Provider. Any reliance upon any Products of a Provider shall be at the Participant's sole risk.

The Ladera Parties expressly disclaim any and all warranties, expressed or implied, including, without limitation, warranties of merchantability and fitness for a particular purpose, with respect to any Product any Participant obtains from a Provider. In no event shall the Ladera Parties be liable for any direct, indirect, incidental, punitive or consequential damages of any kind whatsoever with respect to any Product or information provided by, on or behalf of, a Provider. Since individual needs vary from Participant to Participant, the Ladera Parties suggest that each Participant conduct the necessary due diligence to ensure that any Product and/or Provider selected for use by a Participant is appropriate for such Participant's circumstances. LARCS reserves the right, as its sole discretion and without any obligation, at any time to withdraw any benefit of discount and to cancel any provider.

Your attendance at LARCS and/or LARCS Partnership events constitutes your permission to LARCS and/or parties designated by LARCS to photograph you and your family members, including minor children, and to use such photographs in all forms of media and any and all promotional purposes including advertising, publicity, display, audiovisual, exhibition, commercial and editorial use. The term "photograph" as used herein, encompasses still photographs, audio recording and motion picture footage. LARCS reserves the right to reproduce and/or authorize reproduction and use of such photographs for use in all promotional markets. LARCS and any of its associates, affiliates, designated directors, officers, agents, and employees are not liable for any claims of civil violation of privacy as result of photographs taken at LARCS events.

A Year that Reshaped How We Connect and Communicate

Despite the challenges and complexities that the COVID-19 health crisis has imposed, there's no doubt that life has taken us back to a simpler time at home. Simpler doesn't mean easier. In less than a few weeks, our daily schedules and to-do lists were scaled way back. We found ourselves playing home room parent, IT support for home technology, and on the constant prowl for activities to keep young minds engaged.

We also played more board games; found ourselves hiking and biking, preparing more meals at home, and connecting with friends and family in new ways.

And then, overnight, Zoom, Google Hangouts, Facetime and House Party (app) became familiar. From distant learning, connecting with family, business calls, and virtual happy hour get-togethers, video conferencing was the new norm.

Families also rediscovered local Ladera – from hiking the trails to visiting the Farmers Market and reacquainting with neighbors and businesses.

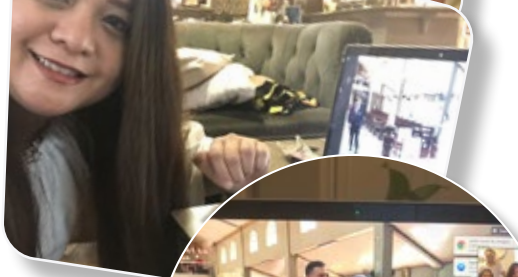


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Shine

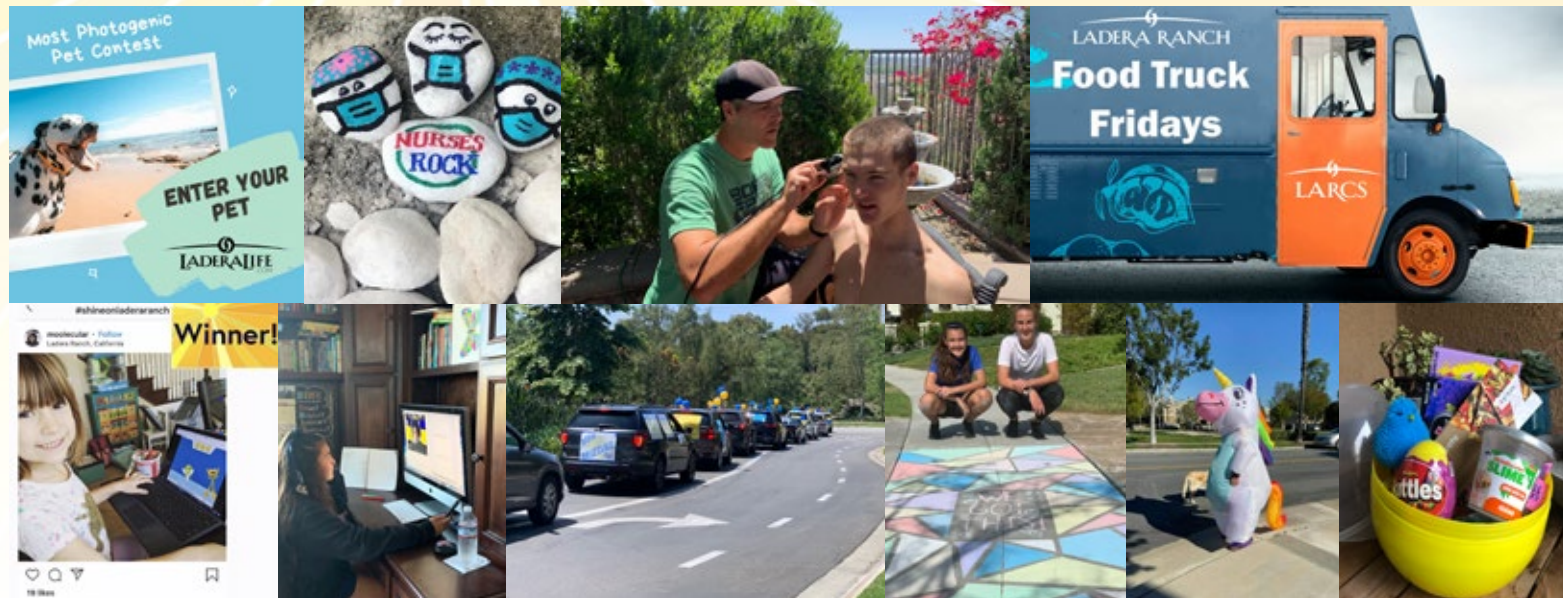
#ShineOnLaderaRanch

on Ladera Ranch

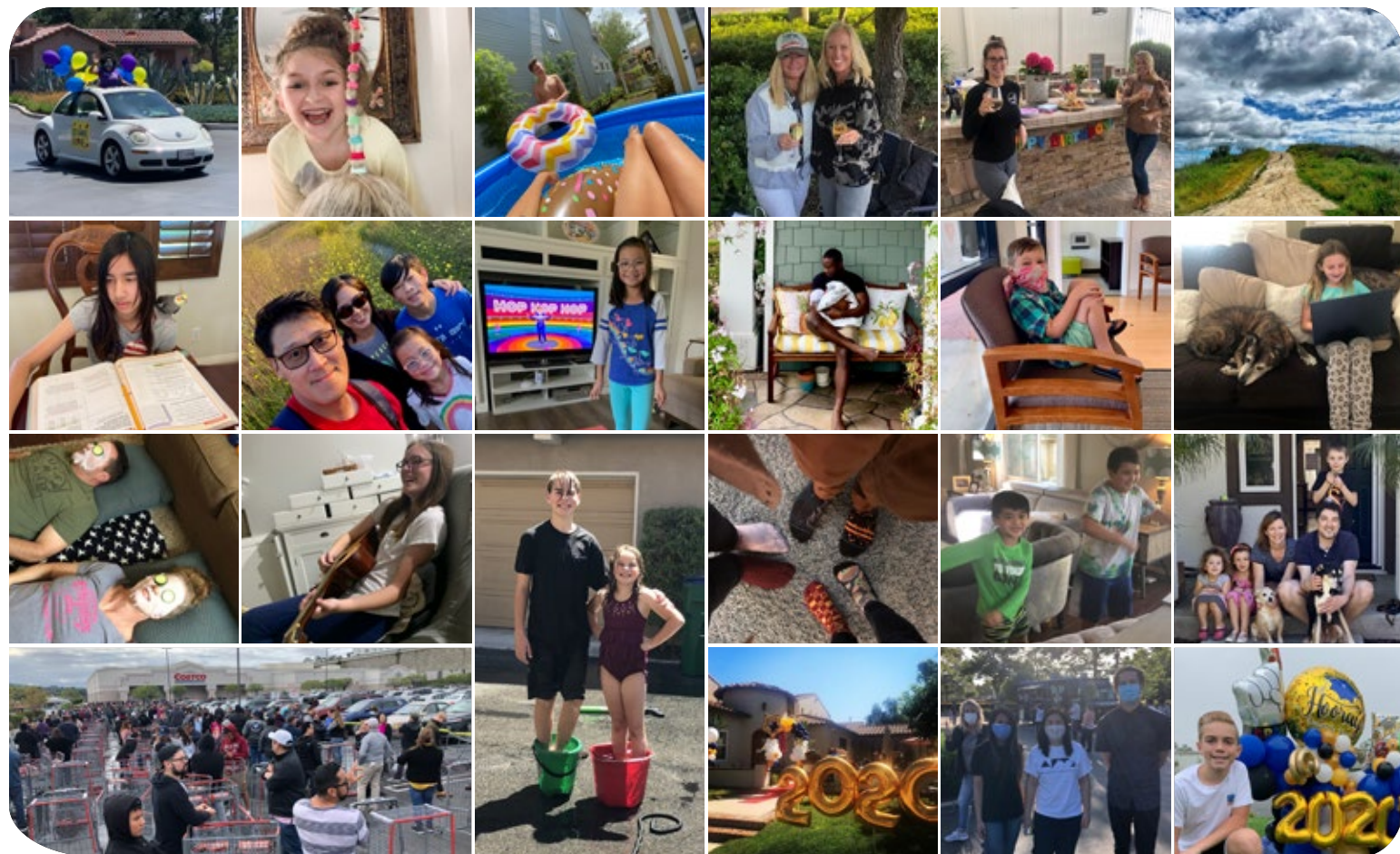
@LaderaLife   @LaderaRanch

In an effort to bring a little sun and fun into the days of our residents, Shine On Ladera Ranch was introduced on Instagram and Facebook. The campaign included contests, challenges, inspirational quotes and snapshots of Ladera life.

Ladera Ranch Community Services (LARCS) plans to continue to spotlight the wonderful faces, places and people who make up our life in Ladera.



SHARING FUN AND POSITIVITY DURING AN UNUSUAL TIME IN HISTORY



Teaching From a Distance

While Instilling Lifelong Skills and Having Fun!

CAROLINE PLATT
Teacher, 5th Grade
Ladera Ranch Elementary School

One thing in life is constant: change! And it's no different when it comes to education. Caroline Platt knows this firsthand. She is a fifth grade teacher at Ladera Ranch Elementary and has been an educator in the Capistrano Unified School District for 25 years. Prior to that, Platt was a student in the same district. Platt considers herself blessed to live and teach in Ladera Ranch.

Platt says, "In the midst of this current health crisis, our goal remains the same – instilling a love for learning and to prepare our children for their future through providing a world-class education. As education has continued to evolve, distance learning presents a new adventure that presents our children the opportunity to adapt and learn in new ways.

"They're learning resilience and adaptability – two skills that will serve them well in life. They also build their confidence as they live through this experience and learn that they can prevail through tough times" Platt notes.

Both teachers and students are learning how to interact over virtual platforms like Google Classroom, Hangouts, Jamboard, Flipgrid video platforms and Kahoot. After starting with the flag salute led by a different person each day, students:

- Communicate with Platt daily using Google Hangouts
- Learn about language, history, math and science
- Discuss comprehension questions in Hangouts
- Take music lessons twice a week
- Complete daily exercise with GoNoodle®
- Practice daily geography and learn about one of our 50 states

Continued: see Teachers on page 13

LOCAL BUSINESSES:

Many of our Ladera Ranch businesses have graciously met the needs of the community as they themselves have struggled. Here are a few of those local business leaders who epitomize what it means to be neighborly, selfless and who define the meaning of 'community.' Please continue to support all our wonderful businesses.

- **Selma's Chicago Pizzeria & Tap Room** shifted gears immediately reaching out to the community to ask what was needed. They placed orders through their distributor for essentials like toilet paper, tissues, eggs, face masks and chicken.
- **Lola's** offered fresh bread, milk, family meals and hand sanitizer.
- **Xclusive Taqueria** hit the streets of Ladera with their food truck serving delicious meals at a safe distance.
- **zpizza** offered food delivery to local hospitals and created a donation table for residents who needed supplies.
- **Shark Wheel** added the production of 100 face shields per day to their operation. The face shields were given to healthcare workers free of charge thanks to a GoFundMe fundraiser. Mission Hospital –Mission Viejo was the first to receive the face shields.



Going Behind The Scenes On Projects: Pools, Playgrounds and More

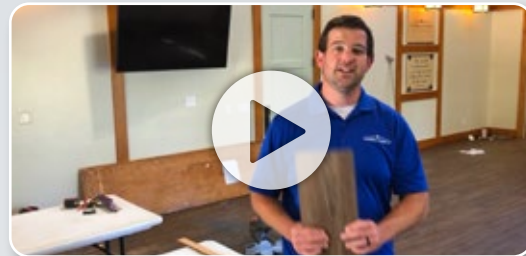
Water Park Maintenance



bit.ly/WaterParkMaintenance

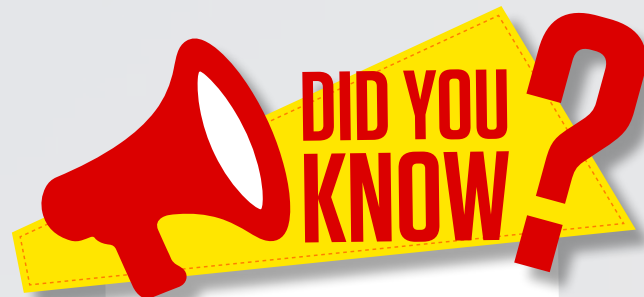
Each year LARMAC maintains Ladera's Terramor Aquatic Park which involves sandblasting, removal of corrosion and debris, priming and painting.

Clubhouse Maintenance



bit.ly/ClubhouseMaintenance

Over the past few months LARMAC staff has been busy replacing the wood flooring at each of the clubhouses at Oak Knoll, Covenant Hills, Flintridge and Avendale. Each of the great rooms are receiving new floors and a fresh coat of paint on the interior walls. The next phase will be to replace the carpet in smaller meeting areas.



During the closure of facilities due to COVID-19 LARMAC is required to operate and maintain pools to prevent damage to equipment and pool surfaces. Once the state lifts its orders, LARMAC pools will be ready to open without delay.

As the Ladera Ranch community reaches its twenties in 2020, so do the facilities, structures and buildings. This year LARMAC scheduled the continuation of several major projects including the playground renovation project, the resurfacing of the pools and the replacement of pool equipment. The flooring at each of the four clubhouses was replaced.

These and other similar projects are referred to as 'reserve projects' because each month LARMAC reserves, or puts aside funds, to complete them. The repair or replacement is based on an asset's 'remaining useful life.'

Pool Refurbishment

This multi-year project saw the completion of the Recreation Pool and Lap Pool at Oak Knoll Village Clubhouse, earlier this year. A pebble aggregate material was used to resurface the pools. New handrails, depth and lane markers, waterline tile were replaced, and LED lights installed. Currently Avendale Village Clubhouse pool and wader are being resurfaced and should be completed by late June.

Replacement of Original Pool Equipment

At Covenant Hills, Oak Knoll and Avendale Village Clubhouses, the heaters, pumps and valves are being replaced, much of it being original equipment.

Larger heating units were replaced with additional smaller units that are more efficient to allow for improved continuity. Should a unit fail, the other units are able to continue working to keep the pool heated. The new equipment provides LARMAC the opportunity to keep a reasonable number of additional parts on-hand in order to repair equipment to keep pools operating and open as much as possible.



bit.ly/AvendaleClubhousePoolUpdate



Center Median Project

The center median refurbishment project was initiated in the oldest part of the community – Oak Knoll Village. The focus of the project was to remove diseased trees in conjunction with upgrading sprinkler systems. The project encompassed center medians on Benjamin, Sienna Parkway and O'Neill Drive.

The project continued south down Sienna Parkway and O'Neill Parkway, the "backbones" of the community. These main thoroughfares connect residents to neighborhoods, parks and schools – not only for vehicular traffic but for bike riders and pedestrian use, along sidewalks and adjacent trails.

During the project, diseased London Plane trees were removed. This tree species routinely suffers from anthracnose and powdery mildew fungus diseases and has been very susceptible to a species of beetle, commonly known as the polyphagous shot hole borer, which carries a deadly fusarium disease. This past year Mosaic Consulting in partnership with LARMAC completed a major section along Sienna Parkway and O'Neill Parkway.

The scope of this project included an upgrade to irrigation technology and the removal of overgrown plants to improve visibility at intersections and roundabouts.



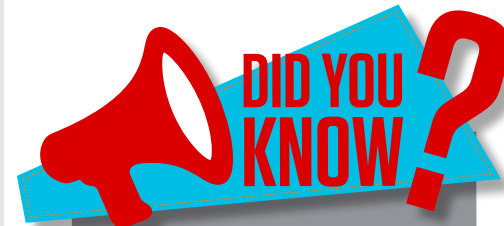
bit.ly/CenterMedian



PLAYGROUND REPLACEMENT PROJECT

This month LARMAC staff are in the process of reviewing the next phase of playgrounds which includes five locations at parks. Prior to replacing equipment or an amenity, LARMAC's operations staff visits sites to assess the condition of the equipment and confirm the need to replace them. Staff will present a report and make recommendations to the LARMAC Board and then proceed at their direction.

Stay tuned and visit the Projects and Improvements section of LaderaLife.com for more updates.



You may access the weather data from both weather stations:



Covenant Hills



Oak Knoll

Or download the Davis WeatherLink App at Apple or Google Play Store

New Weather Stations Installed in Ladera Ranch

LARMAC installed two new weather stations at Mission Hills Park in Covenant Hills and at the Oak Knoll Garden.

Connected by a Wi-Fi internet connection, these weather stations provide the irrigation system with accurate, locally-based weather data, rather than solely relying on weather stations that are located near Ladera Ranch.

Weather can vary significantly in surrounding areas, so having locally-based weather stations will make Ladera Ranch's system more accurate when determining irrigation needs. Placing the weather stations in the northern and southern sections of the community will provide for a balance of data since we experience varying weather patterns, even within Ladera.



Congratulations CLASS of 2020

Graduation is the culmination of four years of hard work and sacrifice. Your transformation has been remarkable. Shaped by friendships and hundreds of wonderful experiences that come flashing back in a moment, you find yourself with mixed emotions as you arrive at this milestone in life. It's a time to celebrate and look back with gratitude for this experience called high school.

Roots and Wings.

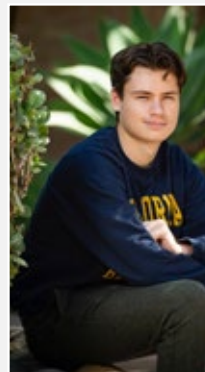
Your parents' hope was for you to grow roots and wings. Roots deeply established that would ground you. And, wings that would take you to new heights, guided by your dreams.

Your community stands together to cheer you on and to say, Congratulations Class of 2020!



Congratulations Teen Leadership Council Graduates

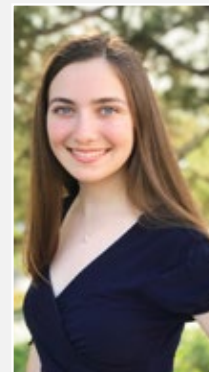
TLC celebrates three high school graduates who have actively served on the Teen Leadership Council where they have learned to lead and inspire leadership in others. Well done!



JADEN BRIAN

San Juan Hills High School

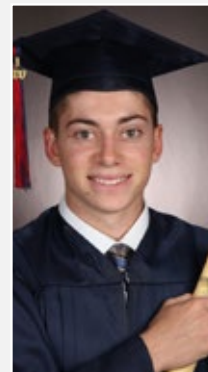
Will attend University of California, Berkeley



AMANDA PICARIELLO

San Juan Hills High School

Will attend University of Michigan



JUSTIN ROGERS

Tesoro High School

Will attend Marion Military Academy, then transfer to West Point

LADERA GIRL SCOUTS DELIVER SELF-CARE KITS FOR HEALTHCARE WORKERS

Ladera Ranch Girl Scout Troop 3743 assembled self-care kits to provide healthcare professionals as a token of appreciation for their heroic work on the frontline of this health crisis. The girls worked on a seamless, end-to-end contactless delivery system with Lyft to get the kits to local hospitals while safeguarding the health and wellbeing of all Girl Scout members and delivery drivers. Lyft facilitated these acts of kindness – at no cost to the troop.

Over 120 care kits that included donated items such as essential oils, homemade sleep masks, stress balls, candles, face masks, bath bombs, energy drinks, protein bars, meditation coloring books, chocolate, lifesavers and of course, Girl Scout cookies. The troop met via Zoom and each assembled the care kits in their individual homes.

"We were inspired by the generosity and creativity of Girl Scout Troop 3743 to provide care kits to those in need during this time," said Hao Meng, Lyft General Manager, Southern California.



TAKING ACTION TO DO MORE, SPEND LESS AND DELIVER QUALITY

The LARMAC Board or Directors and staff have been work diligently to make informed decisions that will benefit the community. Although costs for water (infrastructure projects by the water district), landscaping (minimum wage increases), pool maintenance and other services have risen significantly over the past 18 months, LARMAC has made smart moves to control and offset costs. These changes include:

Solar Array Project at Cox Sports Park

The solar array system, activated in December 2019, continues to provide great benefits to Ladera Ranch residents. The structure that supports the 300+ solar panels shades the entire sideline on the east side of the field, offering spectators a much more comfortable experience at Ladera's most heavily used sports field. In addition to the enhanced user experience, LARMAC reduced its energy consumption at Cox Sports Park by 42%, comparing 2018 to 2019.



Cross Training

Since 2018 the LARMAC maintenance and custodial staff have been doing more to maintain the pools. The custodial staff perform light cleaning and skimming of pools and waders in-between visits by the pool vendor to keep the pools looking the best they can. Staff has also has taken on work like indoor plant maintenance that was previously outsourced, saving over \$6,500 per year.



Bringing Work In-House

Over the past few years, LARMAC has made great efforts to find creative ways to reduce operating costs. Examples include:

- Bringing facility floor mat and janitorial towel cleaning services in-house
- Restructured process for ordering cleaning supplies
- Consolidation and removal of irrigation meters
- Replacement of pool pay phones with emergency phones at pool facilities

Added together, these changes save the association approximately \$3,700 per month and has provided a current cumulative overall savings of over \$157,500.



Innovative Solutions

LARMAC has researched and tested the use of high-density polyethylene (HDPE) when replacing benches and trash receptacles that are located at the tennis courts, parks and throughout the community. These highly durable recycled materials reduce the need to repaint and repair, and the related costs which will save money in the long-term. LARMAC has been looking into using this material for shade structures and hand railings to save costs associated with repairing dry rot and repainting.

Because LARMAC has trained staff to take on additional work/projects, our amenities are looking good, and operational costs and assessment rate adjustments have been kept as low as possible. LARMAC is committed to make smart decisions that benefit the community and residents.

Joe Ribotto
President,
LARMAC Board
of Directors

THE BUSINESS OF RUNNING LADERA RANCH

Membership, Responsibility, New Rates and Budgets



Internet Service Included with Your Membership

LARMAC has negotiated a discounted rate for Cox High Speed Internet service (300 Mbps download / 30 Mbps upload). Rather than paying approximately \$90 for Internet service, you pay only \$26.24 per month which is a part of LARMAC assessment fee. You only pay for the purchase or rental of the modem. Cox will soon update the Internet connection speed to 500 Mbps / 10 Mbps).



HIKING AND BIKING TRAILS

Ladera Ranch has two different types of trails: Natural Trails, such as the Ridge Trail around the perimeter of the community, and Manufactured Trails such as the Yukon Riley trail (aka SCE easement trail). LARMAC maintains the natural trails annually which includes clearing brush, removing tumble weeds and grading the trail to smooth it out. The manufactured trails are composed of stabilizers and decomposed granite which help bind everything together and ultimately strengthen the trail.

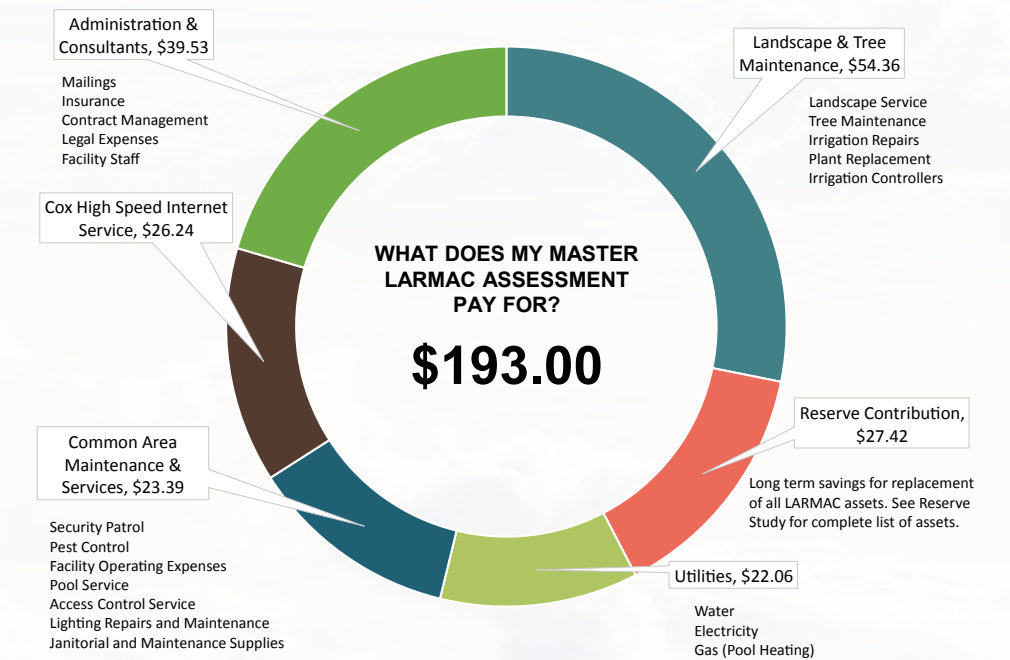
What Does Your LARMAC Assessment Fee Go Toward?

You may wonder what your monthly master assessment dues go to each month. Much of LARMAC homeowner association fees go toward maintaining and repairing amenities and facilities, landscaping, ensuring aesthetic standards, supplies and staffing. Approximately 15% of your LARMAC dues go to Cox High Speed Internet service which is highly discounted at \$26.24 for 300 Mbps download speed service (valued at approximately \$90), an excellent value.

New Assessment Rates

On June 1, LARMAC began a new fiscal year. LARMAC published the new 2020-2021 budgets that incorporate forecasted revenue and expenses, which determine the assessment rates for the year. The new rates that took effect June 1 are:

Master	\$193.00 (from \$ 181.00)
Slope 1 SBA	\$ 33.50 (no change)
Front Yard and Driveway SBA	\$119.00 (from \$ 114.00)
Slope 2 SBA.....	\$33.50 (no change)
Covenant Hills SBA.....	\$269.00 (from \$ 250.00)
Christopher Homes SBA.....	\$76.00 (from \$ 73.00)



Fiscal year: June 1, 2020 – May 31, 2021
SBA: Special Benefit Area

The rate adjustments were based on costs that have been steadily increasing over the past year including pool maintenance, minimum wage and water rates. Visit LaderaLife.com (Budget and Financing) for details.

If you are currently setup on auto pay through your bank, please make sure to make the necessary updates to ensure the proper amount is debited from your account each month. If you are set up on auto pay through the FirstService Residential portal, your payment will update automatically.

Ladera Ranch is located in unincorporated Orange County and therefore the maintenance of the community falls to LARMAC. As the master homeowner association, LARMAC takes its responsibility seriously. A well-maintained community protects property values, promotes safety and allows all residents to get the most enjoyment from their home. This responsibility extends to ensuring all homeowners maintain the exterior of their home including the landscaping to the standards outlined in the CC&Rs.

When you purchase a home within Ladera Ranch, you become a member of LARMAC. Your membership gives you a variety of benefits including access to unique facilities and amenities. LARMAC looks forward to reopening the facilities as soon as soon as it gets approval from the State of California.

When you think about it, it's quite an undertaking to maintain our beautiful community at the standards that are required, and that we're accustomed to. Enjoy these fun facts about LARMAC and what it takes to operate Ladera Ranch.



LADERA AMENITIES/FACILITIES

- Over 500 trash receptacles throughout Ladera (clubhouses, pools, parks and trails)
- 300 pocket parks and 20 acres of neighborhood parks
- 13 swimming pools
- 75+ dog waste stations
- 17+ miles of walking, hiking, biking and running trails
- 70+ acres of parks and sports fields
- 23 miles of private streets equaling 3 million sq. ft. of asphalt

LANDSCAPE FACTS

- Over 49,000 trees in Ladera Ranch (excludes those on homeowners' private yards)
- More trees than in the City of Mission Viejo
- Twice as many trees as Central Park in NYC which has a similar size footprint of landscaping
- 76 different species of trees
- LARMAC maintains 800 acres of landscape
- LARMAC is responsible for maintaining 78 acres of fuel modification zones per OCFA requirements
- 280 irrigation controllers
- 170,000+ sprinkler heads
- 2 million gallons of daily water use (average per day)
- 1,600 miles of irrigation wire (if stretched out, would extend to New Orleans)



SIENNA BOTANICA

The Sienna Botanica is the urban runoff filtration system that runs 2.4 miles along Sienna Parkway. It carries water runoff from much of the community down to Horno Basin, which eventually drains out into the ocean. LARMAC maintains the Sienna Botanica to ensure the system is performing as designed. Maintenance includes the removal of the cat tail plants and silt, and re-grading the swale to ensure that water is able to flow properly downstream.



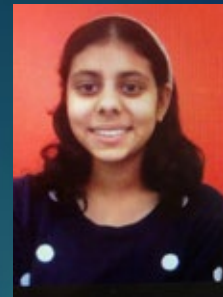
Teens in LADERA RANCH

Teen Heroes

Ladera Teens Stepping up to Help their Community during Time of Crisis.

The rapidly evolving coronavirus (COVID-19) pandemic thrust our community into unknown territory and has caused many to face a new level of uncertainty and change in our daily lives.

Here are a few teenagers who have dedicated their time in quarantine to make a positive impact in their community and help those in need.



By Suhina Sharma

Staying Mentally Healthy During COVID-19

Being a teenager is difficult as it is – and the COVID-19 pandemic has made it more challenging for teenagers who have felt isolated, depressed or anxious. Remember – you are not alone! Many teens have been struggling too – whether it's from the stress of distance learning or not being able to socialize.

Fortunately, the James Henry Ransom Foundation and the Yellow4James club (San Juan Hills High School) are available to help and provide guidance on how teenagers can navigate this crisis while maintaining positive mental health.

A Yellow4James club leader said, "During the quarantine time, it is tempting to be lazy and unproductive. And yet, being proactive is crucial to a healthy mind and life." With the lack of social interaction it is easier for individuals to get lost in their own thoughts. To counteract this, teens should stay physically healthy by remaining active and getting plenty of sleep.

James Henry Ransom Foundation notes that it's important for teens to maintain a healthy balance of productivity and their own personal time. Being anxious during uncertain times like these is normal, but should be kept in check.

Some stress relievers that the Foundation suggests are physical exercise, art, baking, and meditation. Stress can be caused by a lack of social interaction. Some options to stay in touch with your friends and family are Facetime, Game Pigeon, Houseparty, and Netflix watch parties.

How teens can cope with stress:

- Get outside for walks, hikes or runs; it helps to get in the sun, breathe deeply, exert yourself and stretch your muscles
- Clean your room or space which helps you focus on things you can control
- Work on self-improvement gets your mind focused on positive things
- Take breaks to do things you enjoy in-between your school work topics
- Need a break from school work? Take one! You need balance and to know your limits.

Staying positive when your time with friends is limited (by James Henry Ransom Foundation):

- Remember that we are all in this together
- Decorate your room
- Take your dog on more walks or play with pets
- Strengthen connections with family
- Walks, hikes, runs, meditations
- Acknowledge that everyone is going through difficult times right now
- Learn a new hobby
- Keep your mind active by keeping your body active
- Just Dance, YouTube workouts

Overall, stay positive! A positive outlook will get you through difficult times. All in all, staying active and productive is the key to a healthy mind during quarantine. If you feel like you need help, reach out to others. Teens – you can do this!

Teachers continued from page 5

Avonnette Bruce

Kindergarten Teacher
Oso Grande Elementary

Avonnette Bruce has taught in Ladera for 15 years at Oso Grande where she was part of the planning team that opened the school in 2005. She too is a Ladera resident. Bruce notes, "This (distance learning) has been a big change for everyone involved – students, teachers and parents. "It has made me become more creative than ever. I've become an IT person through learning new programs, apps and fixing computer problems. I have had to come up with lessons that entertain, motivate while creating a safe learning environment where my students will do their best and be successful through a computer screen" says Bruce.

As their teacher, Bruce wants her students to remain happy, healthy and safe while they maintain their grade level standards. "I know it is a struggle for parents to do my job but they are rising to the occasion, to ensure that their children stay on track for success next year. Everything doesn't need to be perfect during distance learning but we all are making it work. I miss seeing my students each day and the stories that they share with me" Bruce said with a smile.



Keri Ray

Spanish Teacher and Yearbook Advisor
Ladera Ranch Middle School

Keri Ray has been a teacher for almost 24 years; 16 of them at LRMS. She has lived in Ladera for the past six years. While Distance Learning is not an ideal situation, Ray and her students are making the best of it. She hears her students (especially the shy ones) speak more often through various websites where students record themselves with and without video. Ray builds flexibility into her program which families appreciate, because she knows not all students have access at the same time so they can't always interact in real time.

Ray holds Google Hangouts sessions for students who come with questions or to simply pop in to say "hola" and catch up with other students. "It's been nice to see what students do in their free time and for them get a glimpse into my life as well. I learn how they're doing and understand what support they need" she said. As an optimist who looks for the good in every situation, Ray says that distance learning has enabled her and her students to learn differently, work together in new ways, and find creative solutions to problems. At home she loves watching her older daughter help her younger daughter to learn a concept when she has a question.

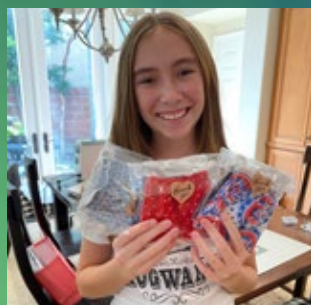


Dena Stetter Farnham

Teacher, 1st and 2nd Grade
Chaparral Elementary School

Dena Stetter Farnham has lived and worked in Ladera Ranch for 18 years and currently teaches a 1st and 2nd grade combo class. Farnham and her students do their best holding daily Zoom meetings, but it's not the same as being in our classrooms. She counts herself as fortunate because she has 30 motivated learners.

To maintain a connection with her students, Farnham holds daily video meetings to teach reading, writing and math. Currently she is reading a novel to her 1st and 2nd graders. She has baked brownies for each of them, created a class Facebook page, and visited some of their houses when their parents have reached out saying their child is struggling emotionally. Farnham has sent each of her students a "Mini Mrs. Farnham" in the mail. They take Mini Mrs. Farnham on special adventures and post pictures on the class Facebook page. "Our success as a class over the past months can be credited to our parents who have done an amazing job supporting their kids during this challenging time" said Farnham.

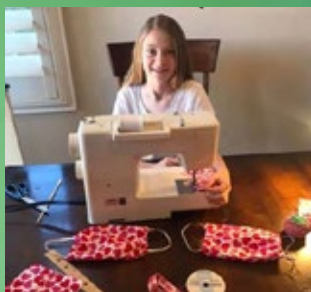


Sophie Picariello

Sophie learned to sew and started a doggie bandana business ('Sophie's Styles' on Facebook). She had fabric on hand when COVID-19 struck and when she learned there was a need for face masks among medical staff, Sophie knew she wanted to help by making fabric face masks.

Even as an 11 year old, this was a way Sophie could help. With the help of

her sister Amanda, they made fabric masks to donate to hospitals, fire stations, and some elderly friends.



Ava Crozier

Ava also dedicated her time to making face masks. She stated after my mom told her how many hospitals were short on protective equipment. Ava and her mom found a pattern to make fabric masks that prolong the usability of N95 masks. She has supplied masks to nurses and doctors in emergency rooms, intensive care units, labor and

delivery, elderly homes, and surgical centers as well as to friends and neighbors.



Amrita Kaur

Amrita volunteered as a Blood Donor Ambassador for the American Red Cross at local blood donation centers. She welcomed donors, guiding them through the donation process, and answering their pre-donation questions. In the midst of the pandemic with the need for blood, Amrita serves as

a designated essential critical infrastructure worker in the blood services sector.

These remarkable teens are truly making a positive difference and are making it easier to navigate through these difficult times. The most important thing to remember is that we are all in this together, and if we work together, we can weather this storm.



Safe and Reliable Drinking Water

The drinking water delivered by the Santa Margarita Water District remains safe and reliable; it's their job to make sure of it. COVID-19 does not impact the quality of your tap water. COVID-19 is transmitted person to person, not through water, according to the Centers for Disease Control and Prevention. Nevertheless, the District has a dedicated laboratory and team that continuously monitors and tests the drinking water. The team pulls water samples from 100 sites throughout the service area and runs over 20,000 water quality tests each year.

Additionally, the supplier, Metropolitan Water District of Southern California, adheres to California's comprehensive and safe drinking water standards that require a multistep treatment process that includes filtration and disinfection. This process removes and kills viruses, including COVID-19, as well as bacteria and other pathogens.

Santa Margarita Water is committed to keeping you up to date on our operations during this global pandemic. Additional information about the District's operations, community support, and programs and services, is available at smwd.com/COVID19 and on our social media channels - Facebook, Instagram, and Twitter.



Easy Ways To Maximize Your Home Internet Experience

We're all trying to adapt to the new normal as we work **COX**

and learn from home, and practice social distancing, which means we're using internet-connected devices even more from home to download files, host work meetings and virtual family gatherings, or stream video.

So, how can you preserve bandwidth in your home and make sure your internet is as fast and reliable as possible? Here are some easy tips that will help you maximize your home internet experience:

- Use voice instead of video. Not every conference call needs to be a video call. If there isn't a visual component to your call, stick with a telephone conference call to preserve your bandwidth.
- Time your upgrades right. Are you a big gamer? Download your upgrades in the evening. Gaming devices eat up a lot of bandwidth, slowing speed to other devices.
- Don't default to streaming. Check your cable guide to see if what you want to watch is available on a cable channel, so you don't consume your bandwidth.
- Location is key. Your internet may be slowed down if your WiFi router is near a microwave, fish tank, or mirror. Also make sure to elevate your WiFi modem on a shelf or tall piece of furniture since wifi signals travel outward and downward.
- Adjust security camera settings. Consider lowering the resolution on your doorbell camera and other security cameras while you're at home.
- Turn off devices not in use. Don't forget to turn off devices not in use such as the kids' iPads when they've reached their screen time limit.
- Secure your WiFi. Make sure your home internet is password protected so that no one else but your family is using it.



Mask up. Head Out. Support Local Business



By C. Todd Stearns, President Ladera Rancho Chamber of Commerce

The COVID-19 crisis has had a devastating impact on our local businesses. Forced closures make it near impossible to generate revenue and pay bills for our business owners. Our restaurant businesses have adapted as best they can by focusing on takeout, cook at home, alcohol sales, family meals, specials and other creative alternatives to in-store dining. All other businesses need to reopen as soon as possible.

There is some good news! Joe's and Mama's both still plan to open their concepts in Mercantile West. and Stater Bros. is now open! It's been a long time since we've had a grocer in that location and we are excited to see how the additional traffic will help the other businesses in the center.

The Sunday morning Farmers' Market has a new location: Ladera Ranch Middle School. Here are the details:

Date: Every Sunday
Time: 9:00 a.m. – 1:00 p.m.
Location: Ladera Ranch Middle School Parking Lot
29551 Sienna Pkwy.

The new format for the Farmers' Market is:

- Heavily focused on food from local sources
- Features hard-to-find and unique items
- Social distancing and wearing of face masks is enforced for your safety
- New vendors will continue to be added

The one thing that remains constant is that the market is still all about 'community.' That's really what keeps people coming back each week. Come shop with us! You'll have fun!

Please continue to shop locally – our business community needs the help more than ever. These are the generous businesses that have supported school, sports and other fundraisers. As things open back up, please try to focus your spending in Ladera Ranch and Rancho Mission Viejo. The survival of our local businesses will almost completely depend on your support.

For more information, visit laderaranchochamber.org.



Amplify Ladera's Voice to Ensure Our Quality of Life



By Joe Brenneman, Chair Ladera Ranch Civic Council

It's encouraging to see so many of us coming together to support each other during these times. Neighbors have looked out for each other and have stepped into the gap when needed. In addition, so many businesses, organizations, governing boards and representatives have been there for Ladera throughout these past few months.

As an unincorporated community, it can be unclear at times where to find the proper guidance and assistance that will support us. That's where the Civic Council steps in. We are the cumulative voice of Ladera. In order to be your voice, we need to know what you think and feel about the issues we face related to our health, safety, education, economic development and governance. We are committed to staying connected with all governing bodies that affect life in Ladera so that we can be part of the decision process on any matters that pertain to us.

Stay connected with us so we know what you think. Join the conversation with us through social media, [Facebook.com/LaderaRanchCivicCouncil](https://www.facebook.com/LaderaRanchCivicCouncil) or message us directly via email at: council@lrciviccouncil.org. Better yet, join us in the fight to ensure a brighter future for Ladera. Join us as we work to maintain the quality of life that led us to choose this beautiful community as our home.

We welcome you to join one of our exciting committees. Or perhaps you are ready to run for an open seat on our Council. Great timing! Four open seats will be filled in our August election. Candidate statements are due in July – please see our website for more information. It just may be that you yourself are the leader you have been waiting for.

We can't wait to see you and your neighbors at a future public meeting. Let your voice be heard. Create the future you want. Be a force for positive change.

As we move on toward life after restrictions and setbacks, what do you feel is most important for us to focus on in Ladera? I would like to hear from you. Please let me know your thoughts by sending me an email at jbrenneman@lrciviccouncil.org.



Ladera Ranch Civic Council at the Ribbon Cutting for AFA Urgent Care in Ladera



Ladera Ranch Community Services

Oak Knoll Village Clubhouse
28192 O'Neill Drive
Ladera Ranch, CA 92694

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"Seasons fo Love" performed by the Tesoro High School Virtual Choir
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For Events and Programs
visit LaderaLife.com/events

- New Virtual Programming
- Most Patriotic Home Decorating Contest
- Family Campout Home-Style
- Food Truck Fridays

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LADERA RANCH CIVIC COUNCIL • LADERA RANCH RELAY FOR LIFE • LADERA RANCHO CHAMBER OF COMMERCE • 1ST LAR MARINE BATTALION