

ROOTS AND WINGS

LADERA RANCH'S OFFICIAL COMMUNITY MAGAZINE

FALL 2020



GETTING OUTDOORS:
HITTING THE TRAILS p.8

ALPHABET SOUP LARMAC vs. LARCS
p.12

SETTING UP YOUR HOME WIFI p.18

Isabel Catalano (Mountain Biker), Cory Reinmiller (Snake Chaser) and Kim Pho (Wander Women)

FROM YOUR BOARD PRESIDENTS

Welcome to fall. Normally the season means 'back to school and back to business.' However, as we head into a new season, things continue to be anything but, routine. Unless that routine is 'change.'

Change often takes us out of our comfort zone and requires us to switch off 'auto pilot' and to engage differently. Disruption creates opportunity for new things – personal growth, discovery, leadership and progress. We have heard stories of parents who have created apps and tools to support new learning environments, teens creating new leadership roles, and families who are engaging in new ways. Neighbors are also getting involved in the community through volunteerism and active participation. You'll read of some of them in this issue of Roots and Wings.

LARMAC currently has numerous neighborhoods without an assigned Neighborhood Representative, making this an ideal time to volunteer in your community. To see if your neighborhood has an opening and to learn about the role, visit the Neighborhood Representative page on LaderaLife.com, where you may apply for any open position. There are also opportunities to get involved in a variety of LARCS and LARMAC committees, the Chamber of Commerce, Ladera Ranch Civic Council and dozens of other wonderful organizations.

Ladera Ranch Community Services (LARCS) hopes you have enjoyed Food Truck Fridays, Drive-In Movie series and virtual events this summer. See page 4 for upcoming events including **Go Green Ladera** and an all new event, **Trail of Treats** that is sure to please all ages.

This issue of Roots and Wings magazine includes communication to assist you with getting information and customer service that's beneficial to you. See the new section on LaderaLife.com for exterior home improvement projects that require prior review and approval by LARMAC. Staff is available to answer your questions and help guide you through the process.

Enjoy the change of the season, cooler weather and the upcoming events by LARCS. We hope that this issue helps inspire you for the school year ahead, and to be thankful for our friends, neighbors, and community.

We wish you a happy and healthy fall season, and we look forward to seeing you at our fall events.



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



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

LADERA RANCH ROOTS AND WINGS

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.
Office is currently closed for walk-in traffic.

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

LARCS BOARD OF DIRECTORS

President Armando Rutledge
Vice President Greg Sink
CFO Barton Warner
Secretary Jay Rogers
Director at Large Rob Campbell
Non-Voting Member Dalia Viera
Non-Voting Member Joya Balfour-Celik

LADERA RANCH MAINTENANCE CORPORATION (LARMAC)

Avendale Village Clubhouse
1 Daisy Street
Ladera Ranch, CA 92694
949.218.0900 | contact.larmac@laderalife.com
Hours: Monday-Saturday: 9:00 a.m. to 5:00 p.m.
Office is currently closed for walk-in traffic.

Membership Cards • LaderaLife Registration
Architectural Plan Submittal • Enforcement Review
Common Area Maintenance • Facility Reservations

LARMAC BOARD OF DIRECTORS

President Joe Ribotto
Vice President Jacob Whitehead
Treasurer Samantha Talley
Secretary Chase Fitzpatrick
Assistant Secretary Cary Sullivan

G4S Security (24/7) 949.351.9253
Cox Sports Park and Field Conditions 949.582.2414
FirstService Residential CA 949.448.6000



Ladera residents Kim Pho (Founder, Wander Women, hiking club) and Cory Reinmiller (Snake Chaser) explore the trails and share their trail adventures.

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.

SMALL BUSINESS

Ladera Businesses Adapt and Persist

Our local businesses are true American heroes. They have put it all on the line to pursue the American Dream. They provide jobs and keep our economy going. And despite their struggles over the past five months, they put on a smile and get after it each day.



Anthony Guiso, Owner,
The Ranch Hand

Anthony Guiso and Scott Hedrick are two Ladera Ranch business owners who have adapted and persisted through COVID and continue to deliver exceptional service and care.

Anthony Guiso, owner The Ranch Hand (facebook.com/TheRanchHandOC), a home improvement company that specializes in designing and building custom spaces for residential clients. Anthony had just introduced a Coat Closet Conversion (aka Mud Room) which he had gotten a lot of interest from clients and members of members of the Official Ladera Ranch Moms Facebook page. Then COVID-19 hit.

Although Anthony initially experienced a drop in business when COVID-19 hit, he quickly pivoted and offered home maintenance services that focused on the outside of the home – exterior house painting, gutter cleaning, power washing, screen repair and a Curb Appeal front of the house refresh). The Ranch Hand has grown over the past five months and Ladera residents have referred neighbors.

Over the past few months, as clients have become more comfortable with the state of the health crisis they have gotten The Ranch Hand back to work inside the home – accent walls, coat closet conversions, children's room remodels and other custom space enhancements.

Scott Hedrick, owner, Barrels and Birdies (barrelsandbirdie.com), a surf and golf apparel store in the Mercantile West shopping center has adapted too. Scott and his staff offer personal shopping service using Facetime to help customers select outfits, the right lid (hat) and shirt-shorts combo. "We offer free delivery to our customers or they can pick up their orders at the front of our store. When the shopping malls closed it gave us an opportunity to really grow the store and reach out to people. We connect and communicate with our customers with Facebook messenger and IG" says Scott. "I've learned patience and persistence through this time; and how to collaborate with other businesses and the community. We really have the best neighbors and businesses in Ladera." Barrels and Birdies teams up with other local businesses like Row House and zpizza Ladera Ranch to help promote each other.

Scott has created a back-to-school offer that includes a free backpack (Vans) when customers spend \$150. Men's and women's Vuori, Travis Mathew, and Salty Crew for men and boys have been a big hit! Big Sake is coming in September.

We hope that you will continue to shop locally and support our Ladera Ranch businesses.



Scott Hedrick, Owner,
Barrels and Birdies

TABLE OF CONTENTS

- 02 Message from your Board Presidents
- 03 Mindset for Growth
- 04 Events
- 06 Recreation Programs
- 08 Getting Outdoors: Hitting the Trails with Ladera's Trail Warriors
- 12 Alphabet Soup: LARMAC versus LARCS
- 13 Funding Sources: LARMAC and LARCS
- 13 LARMAC Board Election
- 14 Accessing Customer Service During COVID
- 15 Summertime Recap
- 16 LARCS Teen Scholarship Recipients
- 16 Community Clubs: A Fun Way to Connect
- 17 Teens in Ladera
- 18 Setting Up Your Home Wi-Fi Network
- 19 Chamber of Commerce and Civic Council

GETTING COMFORTABLE BEING UNCOMFORTABLE

2020 has taken this Ladera resident on an adventurous detour

At the start of every year, Steph Ramsey selects a word that will define her mindset for the year ahead. For 2020, the word was 'explore'.

Steph eagerly anticipated a trip to Maui and her first overseas trip to China. She had signed up for a Six-Pack of Peaks Challenge, where she and a group of Ladera women would hike six Southern California mountains. Little did she know that a worldwide pandemic would drastically change her plans.

While in Maui in early March, the impact of COVID-19 was starting to affect our way of life. Schools closed, her three kids began online learning, and she was furloughed from her job in education technology. Life was about to get uncomfortable and it was easy to let fear set in. Change can be difficult under the best of circumstances and 2020 has been far from optimal.



Continued on page 11



THURSDAY, **SEPTEMBER 24**
TEENS: PAINTING IN THE PARK

5:00-7:30 P.M. | \$35 PER PERSON | OAK KNOLL CLUBHOUSE

Get outdoors and create a painted masterpiece where the instructor will guide them, step-by-step. Sponsored by the Teen Leadership Council.



FRIDAY, **SEPTEMBER 25**
VIRTUAL WINE TASTING

6:30 P.M. | \$35 PER PERSON (21+)

Participate in a live instructed wine tasting with fellow wine lovers featuring Caliza Winery from Paso Robles. Hosted by LARCS.

Tasting pack include:

- Two ounce tastings of each wine. A total of two glasses of wine - taste and revisit each wine to a greater extent than you would be able to in a tasting room
- Entry into the virtual tasting party hosted by Andy Neja, Caliza Winery Associate Winemaker and Ladera homeowner

Register by Thursday, September 17



FRIDAY, **OCTOBER 2**
POUR, SIP N' PAINT

6:30 P.M. | \$25 PER PERSON | \$30 AFTER SEPTEMBER 30 (21+)

Paint a blissful beach scene on a canvas wine tote bag and take this wherever you go. Supplies include a canvas wine tote, paint, brushes and live step-by-step instruction from Pinot's Palette. No experience required.

Register by Thursday, September 24



SATURDAY, **OCTOBER 24**
TRAIL OF TREATS

3:00 - 8:00 P.M. | COX SPORTS PARK

\$5 PER CAR BY OCTOBER 16 | \$10 AFTER (6 PEOPLE MAXIMUM)
REGISTRATION BEGINS OCTOBER 1

Boo-ckle up for an eerie-sistible fun and safe trick or treating experience for all ages. Decorate your car for a chance to win prizes. Guests will be required to wear face coverings. Bring your own trick or treat bags. No bags will be supplied. One ticket allowed per Ladera Ranch address.



BEGINNING **OCTOBER 24**
JAMES RANSOM MEMORIAL 5K

Join us for the 4th Annual James Henry Ransom Foundation run/walk to benefit teen mental health services in South Orange County. This year's run will be virtual with a few different options for distances and times. All proceeds benefiting the James Henry Ransom Foundation.

For more information about the foundation and to register, please visit www.jameshenyransomfoundation.org/5k/

FALL EVENTS —2020—

Events are subject to change or cancellation due to state and local COVID guidelines.

Visit LaderaLife.com for up-to-date event information.

OCTOBER 26-30
SPOOKTAGULAR SCARECROW DECORATING CONTEST

Get together with your family or neighbors to design and create a one-of-a-kind scarecrow to place in your front lawn. Resident judging will take place Monday, October 26 through 12:00 p.m., Friday, October 30. Enter as an individual, family or neighborhood. Prizes to be awarded to the 1st, 2nd and 3rd place in each category.

Register by Thursday, October 22



VIRTUAL HOMEMADE CRAFT FAIR

We are looking to feature the work of our Ladera Ranch homemade artisans and craftspeople virtually. Our virtual community craft fair is an online event where you will be able to showcase your products in a video segment and provide links to your website, social media, and/or virtual store.

Contact events@laderalife.com for more information and to apply.



SATURDAY, **NOVEMBER 7**
GO GREEN LADERA



10:00 A.M. - 3:00 P.M. | LADERA ELEMENTARY & MIDDLE SCHOOL

A variety of collection services will be offered. Goodwill of Orange County will be accepting e-waste, gently used clothes, toys and small household items. Waste Management (WM) will be accepting CFL light bulbs and batteries. WM is unable to collect lithium batteries (Ion and lead acid), alkaline, carbon-zinc, NiCad, and NIMH batteries greater than 9-volt.

To learn more, visit LaderaLife.com.



SHREDDING EVENT

10:00 A.M. - 3:00 P.M. (OR UNTIL THE TRUCK IS FULL)
AVENDALE CLUBHOUSE

Combat identity theft and shred your confidential documents, sponsored by Ladera Ranch Community Services. This event is for residents only and there is a limit of five (5) banker boxes per car. Truck is scheduled to be onsite until 3:00 p.m. or until it is full.



WEDNESDAY, **NOVEMBER 11**
VETERANS DAY CEREMONY

10:00 A.M. - 1:00 P.M. | TOWN GREEN

An event to honor and bring awareness to local veterans and families by publicly thanking them for their service. Organized by Lion's Heart Group 2025.



Classes are open to all Ladera Ranch residents. Classes are subject to change or cancellation due to state and local COVID guidelines. Visit LaderaLife.com for up-to-date program info.

EARLY CHILDHOOD

MUSIC TOGETHER

Register at svmusictogether.net Ages 0 - 4
Music Together is a gold standard in early childhood music and movement. Families participate together in songs, rhythmic rhymes, movement and instrumental play. We create fun, informal and musically rich setting that supports many learning styles of children and adults. Fee includes (10) 45-minute classes and material included. Classes to be held in the grass area at the Covenant Hills Clubhouse.

Mon / Sep 21 - Nov 23 / 10:30 - 11:05 a.m. / \$193 / Covenant Hills
Th / Sep 24 - Nov 19 / 8:30 - 9:05 a.m. / \$178 / Covenant Hills
Th / Sep 24 - Nov 19 / 9:15 - 9:50 a.m. / \$178 / Covenant Hills
Th / Sep 24 - Nov 19 / 10:00 - 10:35 a.m. / \$178 / Covenant Hills

ENRICHMENT

CPR/AED/FIRST AID CERTIFICATION

Register at babylovenep.com Ages 7+
Class covers CPR, choking relief and use of an Automated External Defibrillator for adults, children and infants. Students will use videos, CPR Manikins & AEDs for practice. Students receive a Heartsaver CPR/AED certification card, valid for two years. There will be an optional First Aid segment at the end of the class.

Sat / Sep 5 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter
Sat / Oct 3 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter
Sat / Nov 7 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter

FAMILY CPR & CHOKING RELIEF

Register at babylovenep.com Ages 7+
This class covers CPR and Choking Relief skills for Adults, Children and Infants. Students will get to use CPR manikins for hands on practice. This class is great for parents, grandparents, sitters, nannies and siblings. This class does not provide certification cards and is for self-education purposes. Duration: 1 Hour

Sat / Sep 5 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter
Sat / Oct 3 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter
Sat / Nov 7 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter

MUSIC LESSONS

GUITAR LESSONS

Register at rongorman.com Ages 10+
Enjoy learning the guitar in the comfort of your own home on Zoom. Students will learn to play easy melodies, fun chords and many popular songs. This class is for beginners and returning students. Students must provide their own guitar and tuner.

Tu / Sep 15 - Oct 6 / 4:30 - 5:30 p.m. / \$120 / Virtual Class

YMCA ADULT FITNESS CLASSES

The Mission Viejo Family YMCA is proud to provide the following classes. First time participants need to arrive 15 minutes prior to class to register.
* Classes will be free of cost to current Ladera Ranch residents with an active Mission Viejo Family YMCA membership. Payments via debit/credit cards only.

Y AQUA FIT

Register at ymcaoc.org/mission-viejo-family-ymca Ages 14+
A moderately paced, no-impact workout that utilizes the natural resistance and buoyancy of water against your body and resistance equipment to increase intensity and provide a wide variety of full-body conditioning. (Additional \$20 for dumbbells)

Wed / Oct 14 - Dec 16 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-In / Flintridge Pool
Fri / Oct 16 - Dec 18 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-In / Flintridge Pool

Y BOOT CAMP

Register at ymcaoc.org/mission-viejo-family-ymca Ages 14+
This is an intense outdoor class that will challenge you to a new fitness level. Class formats includes the use of body weight and different resistance equipment in order to simulate a military-quality experience. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

Mon / Oct 19 - Dec 21 / 5:30 - 6:20 p.m. / \$120* or \$15 Drop-In / Oak Knoll

SPORTS AND FITNESS

BODY SCULPT

Register at Bridget@BFitness.info Ages 18+
If you struggle with at-home workouts and nutrition, Body Sculpt is for you! Exercises include resistance bands, weights and more with low impact movements for all fitness levels. Bring mat and water. One-time registration fee of \$50. *Saturday class starts at 9:00 a.m. Drop-ins are \$15.

M,W,F & Sa / Begins Sep 14 / 9:15 - 10:15 a.m. / \$75 month / Oak Knoll

LADERA RANCH TENNIS-JUNIORS PROGRAM

Register at laderaranchtennis.com Ages 5+
Ladera Ranch Tennis is the official year-round tennis program of Ladera Ranch. Ladera Ranch Tennis, partnering with Love Tennis offers a top quality tennis program under the supervision of Billy Casas, Director of Tennis and Coach Brian Pham. Ladera Ranch Tennis offers private and semi-private lessons as well as group classes and camps. All tennis programming is available for beginner to advanced players. Private lessons, classes and social events are also available for adult players. For pricing please email LoveTennisInquiries@gmail.com

Mon - Th / Aug 24 - Oct 29 / Times TBD / Covenant Hills Tennis Courts



SKYHAWKS BASEBALL TOTS

Register at skyhawks.com Ages 3.5 - 6
Baseball Tots uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

Fri / Oct 16 - Nov 20 / 3:30 - 4:10 p.m. / \$75 / Oak Knoll / Ages 3.5 - 4.5
Fri / Oct 16 - Nov 20 / 4:20 - 5:00 p.m. / \$75 / Oak Knoll / Ages 4.5 - 6

SKYHAWKS MINI HAWK MULTI SPORT

Register at skyhawks.com Ages 2 - 5
Introduce your little superstar to sports in our most popular program! This baseball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

Mon / Oct 5 - Nov 23 / 9:30 - 10:10 a.m. / \$99 / Oak Knoll / Ages 2 - 3.5
Mon / Oct 5 - Nov 23 / 10:20 - 11:00 a.m. / \$99 / Oak Knoll / Ages 3.5 - 5

STROLLER STRIDES

Register at laderaranch.fit4mom.com Ages 18+
Stroller Strides is a fitness program that moms can do with their babies. These classes are no walk in the park, but a full cardio and resistance workout. Classes are taught by certified fitness instructors and accommodate all fitness levels. Unlimited classes per month. First class is FREE! One-time Registration Fee of \$95. Stroller Strides meets year-round.

Mon - Fri / 9:00 - 10:00 a.m. / \$75 month / Cox Sports Park

TEEN STRENGTH & CONDITIONING

Register at Bridget@BFitness.info Ages 13 - 18
Teen sports have come to a halt and athletes everywhere are struggling to deal with the disappointment. We aim to maintain sport performance with the use of dumbbells, resistance bands, stability balls and more in circuit style to improve physical conditioning and build confidence in a fun and energetic environment. One-time registration fee of \$50. *Saturday class starts at 10:15 am. Drop-ins are \$15.

M,W,F & Sa / Begins Sep 14 / 3:30 - 4:30 p.m. / \$75 month / Oak Knoll

YOGA

TODDLER STORY TIME YOGA

Register at pearlsforlife.org Ages 1 - 5
Combines quiet, educational experiences with age appropriate yoga exercises for toddlers. A fun way for your child to learn the basics of yoga while moving, playing and making friends. Creative yoga moves, music, and movement are used to tell a story to introduce the beauty of yoga to toddlers. Classes to be held outside.

Tu / Sep 15 - Nov 17 / 2:30 - 3:15 p.m. / \$225 / Oak Knoll

KIDS YOGA

Register at pearlsforlife.org Ages 6 - 11
These classes are offered for the school age child who is discovering life and connection with their bodies. Kids Yoga helps build self-esteem and health. This class is a fun way for kids to learn the basics of the practice and grow and develop their skills. Classes to be held outside.

Tu / Sep 15 - Nov 17 / 3:30 - 4:15 p.m. / \$225 / Oak Knoll

TEEN YOGA AND MINDFULNESS

Register at pearlsforlife.org Ages 12 - 18
These classes are offered for the teenager who is discovering life and connection with their body. As they take time to stop, be still, breathe, and relax their minds; this experience gives them an opportunity to develop their own skills of mindfulness. Our Teen Yoga class builds self-esteem and health. Classes to be held outside.

Tu / Sep 15 - Nov 17 / 4:30 - 5:15 p.m. / \$225 / Oak Knoll

AQUATICS

EVOLUTION SWIM ACADEMY

Register at evolutionswim.com Ages 6 months+
Evolution Swim Academy is the premier learn-to-swim program in Orange County and the official swim lesson programmer in Ladera Ranch. For more program information, schedule and pricing information, please visit our website.

Swim Lessons / Ongoing / Ages 2+ / Oak Knoll Pool
Parent & Me Lessons / Ongoing / 6 - 26 months / Oak Knoll Pool

GATORS SWIM CLUB

Register at evolutionswim.com Ages 5 +
The Gators Swim Club is a competitive swim club, offering year-round and seasonal swim team options. For more program information, schedule and pricing information, please visit our website. Seasonal program below.

GSC Fall Swim Team August 17 – October 29
11-week, seasonal swim program. This program meets Monday–Thursday and swimmers can attend up to 4 days per week. Prerequisite: Swimmer must have a working knowledge of freestyle backstroke. Great for: Swim team experience, future competitive swimmers, summer programming and fitness. Location: Avendale Pool

INTRO TO GATORS (NOVICE SWIM TEAM)

Register at evolutionswim.com Ages 5+
Year-round, non-competitive swim team program. Prerequisite: Swimmer must have a working knowledge of the freestyle, backstroke and breaststroke. Great for year-round fitness, summer prep, future competitive swimmers. Please visit website for dates, times and pricing.

LADERA JUNIOR WATER POLO

Register at setwaterpolo.com Ages 6 - 14
SET JR. Water Polo is where you learn to play water polo. Swim with the ball, pass, shoot, egg beater, and rules of the game. The goal is to help the athletes discover the sport and learn the fundamental skills. Athletes must be water safe and can enter and exit the water without help.

Tu & Th / Sep 8 - Oct 1 / 4:00 - 5:00 p.m. or 5:00 - 6:00 p.m. / \$125 / Oak Knoll
Tu & Th / Oct 6 - 29 / 4:00 - 5:00 p.m. or 5:00 - 6:00 p.m. / \$125 / Oak Knoll
Tu & Th / Nov 3 - 26 / 4:00 - 5:00 p.m. or 5:00 - 6:00 p.m. / \$125 / Oak Knoll



GETTING OUTDOORS



Hitting the Trails with Ladera's Trail Warriors

One of the benefits of being home with limited entertainment options is that many have rediscovered the beauty and outdoor scenery that surrounds Ladera Ranch. In order to keep from going COVID crazy people have flocked to the trails to enjoy the fresh air, exercise and to explore. Turning off our screens and getting outdoors can have a remarkable impact on our mental health and has a wonderful way of melting away stress, refreshing our souls and clearing our minds.

Goal setting is another way to stay mentally strong. "When there is so much that is out of our control in the world today, it's important to focus on what we can control" says Linda Bensadoun. She joined a Ladera hiking group, The Wander Women, who set out to climb some of the region's most challenging mountain trails for the group's "Six-Pack of Peaks Challenge." The group of women have built a wonderful bond among themselves and feel wonderfully empowered through the process of pushing themselves beyond their

own comfort zones – and have achieved their goals.

We reached out to three of Ladera's trail warriors to see what we could learn about trail adventure, safety and what drives them. Meet Isabel Catalano a young but seasoned mountain biker, Kim Pho, the founder of the Wander Women group and the Six-Pack of Peaks Challenge, and Cory Reinmiller, Ladera's go-to snake expert and enthusiast who enjoys sharing passion and knowledge for snakes.

ISABEL CATALANO Mountain Biker

R&W: How did you get started mountain biking?

Isabel: My dad got me started. I got my first bike at the age of three and my first mountain bike in fifth grade. We started off with simple stuff to get comfortable riding on mountain bikes before going on trails. I remember in

sixth grade riding the trails behind Covenant Hills with my family. I would ride up and down O'Neill hill to build strength and get better at climbing. After this my dad continued to introduce me to new trails and mountain biking strategies.

R&W: What do you enjoy most about riding mountain bikes?

Isabel: It's never boring. There are mountain bike trails everywhere, and there is always a new trail to find. Some trails in Ladera lead to amazing views you wouldn't be able to see otherwise. I love the view from the trail behind Covenant Hills — you can see the ocean.

R&W: What advice do you have for teens getting started?

Isabel: First, it's not too late to start mountain biking. Make sure you feel comfortable

on a bike before you start riding the trails. Practice riding on sidewalks, around your neighborhood, or on simple, wide trails such as Sienna Botanica. If you have trouble at first, don't give up. Mountain biking is hard and you may get frustrated. Keep at it you'll get the hang of it. Make sure you know where you're going before you choose a trail to ride on, and ask someone who has been on it before what to expect. Don't try to ride for a long time when you first start; start easy and work your way up when you feel ready to try something more difficult.



R&W: What tips can you share about bike safety?

Isabel: Always wear your helmet when you're riding. It's the law for minors, but it's your only protection for your head if you were to crash. When you're riding it can get really hot, so make sure you always bring water with you. Make sure you have a phone with you so you can call for help if you need to. Don't ride on trails that aren't designated as trails; stay on trails that are used most often. Finally, if you're riding with someone who is more experienced, don't do things you don't feel comfortable with. They may be able to do more difficult things, but you could get hurt because you have less experience.

R&W: Share a little about trail etiquette?

Isabel: If you're riding around other people and need to pass them, it is very important to call out to let them know which side you are passing them on. If you are near people with a stroller or little kids, slow down and be ready to stop if you are passing them.

KIM PHO HEWLETT SIX-PACK OF PEAKS CHALLENGE

R&W: How did the Six-Pack of Peaks Challenge get started?

Kim: The Six-Pack of Peaks Challenge was originally created by Jeff Hester from SoCal hikers. They are the six highest peaks in Southern California. The original six peaks are Mount Wilson, Cucamonga Peak, Mount Baldy,



Kim's Wander Women hiking group conquer one of the mountain tops of the 'Six-Pack of Peaks Challenge'

San Bernardino Peak, and San Geronio, 82 miles total with over 27,000 ft. in vertical gain. I completed the challenge last year climbing 10 peaks. Having gained the strength and confidence through completing these peaks, and seeing how it changed my life I wanted to share the adventure and challenge with The Wander Women this year.

I began to recruit members who were interested and started training them. My role is to help them get stronger by leading training hikes and workouts a few times a week. My role is to be there for them physically and mentally. Because of my background in Sports Medicine I'm able to advise them with their training routine and how to balance everything from pre to post workout, and self-care.

R&W: How did you get starting hiking?

Kim: With eight brothers I've always been active. I started hiking in college but for the longest time I spent time at the beach surfing and playing beach volleyball competitively. Two and a half years ago I decided to get



back into hiking, and since signing up for the challenge I've immersed myself into it – loving the mountains more each time. When I walk among the trees I let go of all my restless energy and anxiety. There is something spiritual about walking in the forest and connecting nature through your senses. Nature is nurturing, and it is the one place that I can just let go and heal.



R&W: Describe the transformation of the Wander Women group?

Kim: Many of the ladies started out without much experience on the trail. After hiking for a few months consistently I saw a huge transformation in them. They are getting fit, and stronger – physically and mentally. They have gained confidence, are getting bolder, and are able to take on the challenges that they never would have thought to do.

R&W: What are the benefits of hiking?

Kim: With so much in our world being out of control I encourage people to get outside and get exercise whether it's biking, hiking, climbing. Whatever it is, just get outside and breathe. Mental health is so important

at times like this. As for hiking, a long walk on the trail will help you lower blood pressure, decrease anxiety and depression. Even a small amount of time in nature can have an impact on our health. An hour of hiking on the trail will help you unplug from the news and social media. It will bring you to the present moment, de-stress and relax you.

R&W: What tips can you share about getting started?

Kim: You don't need much to get out on the trail and hike. For beginners, you just need a good pair of sneakers, water and some snacks to get started. Make sure you have a map or some sort of mapping app, like All Trails. This helps with directions, track your mileage, and elevation gain. At the end of the week it's always cool to see how many miles you have hiked.

CORY REINMILLER

Snake Chaser

R&W: How did you become interested in snakes?

Cory: I've been interested in nature and wild animals for as long as I can remember. I'm an avid hiker and scuba diver. As a kid, I watched all the animal shows on National Geographic, Animal Planet and the Discovery Channel. Guys like Steve Irwin and Jeff Corwin were my celebrities. I admired their focus on conservation as much as the animals they observed.

What interested me about snakes is how misunderstood they are and how difficult they are to find. Some people go their whole lives without ever experiencing the sound of a rattlesnake in-person. I'm fortunate to live close to hiking trails and to have the opportunity to experience these animals on a regular basis.



Rattlesnakes are "venomous" rather than "poisonous." Venomous refers to something that bites or stings you for example and injects venom into you. Poisonous though usually refers to something toxic you either ingest or absorb.

Rattlesnakes should never be approached, handled or killed. Doing so puts people in striking distance and could potentially result in serious injury. People have been killed by dead or decapitated rattlesnakes.

R&W: What should someone do if they encounter a snake while out on the trails?

Cory: If you're unable to tell the difference between rattlesnakes and harmless snakes, I recommend to just leave them alone. Snakes will either lie still when you approach, relying on their camouflage in hopes you don't recognize them, or they'll try and get away. Leaving them alone will prevent a negative encounter or injury.

R&W: Who can someone call if they discover a snake in their back yard?

Cory: When I'm available, I will gladly remove a snake from your property. I'm blessed to be able to help my community and at the same time teach my kids about the importance of protecting the environment and helping our fellow neighbors. This also gives me the opportunity to talk to others about the importance of snakes, the difference in the local species, why they are coming onto their property and steps they can take to prevent them from returning.

R&W: What myth, misunderstanding or misperceptions do people have about snakes?

Cory: Snakes are misunderstood animals and want nothing to do with us. They would rather



just be left alone and avoid human contact all together. To snakes, we are the big, scary predator they need to watch out for.

The myth I hear most is that "baby rattlesnakes are more dangerous than adult rattlesnakes because they can't control their venom." An adult rattlesnake is extremely more dangerous than a baby rattlesnake.

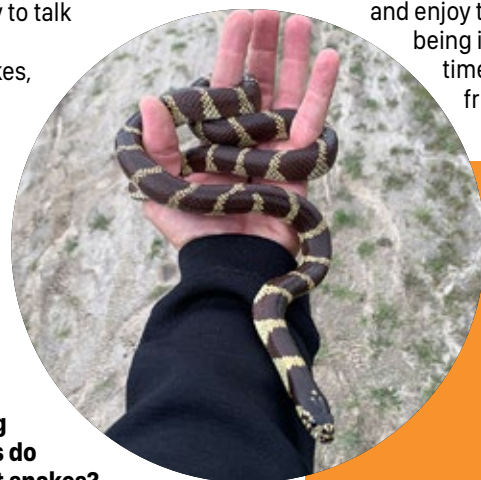
R&W: What tips can you share about being safe on the trails?

Cory: Be aware of your surroundings while out on the trail. Pay attention – often times snakes can be found lying on the trail. Recently, while taking photos of a rattlesnake someone was walking toward me. With earbuds in, reading a book while walking, he had no idea he was about to walk right into my rattlesnake photo session. Hiking in this manner could result in someone not seeing a rattlesnake and they could accidentally step on it.

Also look for other potential hazards like approaching mountain bikers. Have enough water with you, bring a fully charged cell phone, and make sure you don't over exert yourself.

Cory notes that every animal plays an important role in a healthy ecosystem and should be allowed to live out that role. He says, "Yes, animals like rattlesnakes are extremely dangerous. Just like sharks though, rattlesnakes are also important predators in a healthy ecosystem. Admire rattlesnakes from a safe distance and appreciate how truly awesome they really are."

We hope that you'll get outdoors, hit the trails, and enjoy the benefits that come from being in nature. Maybe its a perfect time to set new goals, enlist some friends to join you – and go for it!



Follow Cory and his kid's animal encounters on YouTube: bit.ly/RattlesnakeChaserVideos

YouTube: Lizards and Creatures bit.ly/LizardsAndCreatures

Instagram [rattlesnake_chaser](https://www.instagram.com/rattlesnake_chaser)

Facebook: [@rattlesnakechaser](https://www.facebook.com/rattlesnakechaser)

Website: [rattlesnakechaser.com](https://www.rattlesnakechaser.com)

Continued from page 3 (Getting Comfortable Being Uncomfortable)

Part of making sure that her (older) kids felt safe meant being open about what was happening and talking about how they were feeling. She did her best to remind her kids that although we can't always control a situation, they could control how they reacted to them. Steph had to refocus and concentrate on what she could control.



The unexpected included a front yard high school graduation for her middle son, her eldest decided to stay at Saddleback and postpone a transfer to Cal State Fullerton in the fall, and her daughter had to wait to get her driver's license and first job. The unexpected also included more than the usual game nights together, a "fancy dinner" where the family dressed up and cried laughing on countless occasions.

Shortly after being notified that she was being furloughed, Steph picked up some contracting work for a marketing firm, which turned out to be a permanent and unexpected career change. In keeping with her 'explore' theme, she decided to keep hiking, which has proven to be transformational – benefiting her both physically

and mentally. Steph discovered that she enjoys being outdoors and nature therapy has become part of her self-care routine. Climbing mountains has taught her that sometimes life is hard, and that is okay, because when you get to the summit and see the view, it is always worth it.

To help combat her feelings of isolation Steph has volunteered at Ladera Ranch Farmers Market, the James Henry Ransom Foundation and the Ladera Ranch Civic Council which has helped her to stay connected to friends and neighbors. She finds herself picking up the phone and calling more often. It's made her more mindful of others, recognizing that we're human and that we need to show compassion.

Although Steph's corporate frequent flyer mile program is gathering dust, her explorations have been redirected to our local trails.

2020 has been a wild ride, but Steph continues to choose to embrace change, refuse to let the chaos of 2020 define her, and to maintain a growth mindset. Steph says, "No matter the outcome, I'm going to enjoy the journey."



Snake Chaser Videos



Use the photo app on your smart phone to view these videos from Cory Reinmiller.

Rattlesnake: Up Close and Personal



Rattlesnake Strike (Watch for it!)



Kids and Kingsnakes



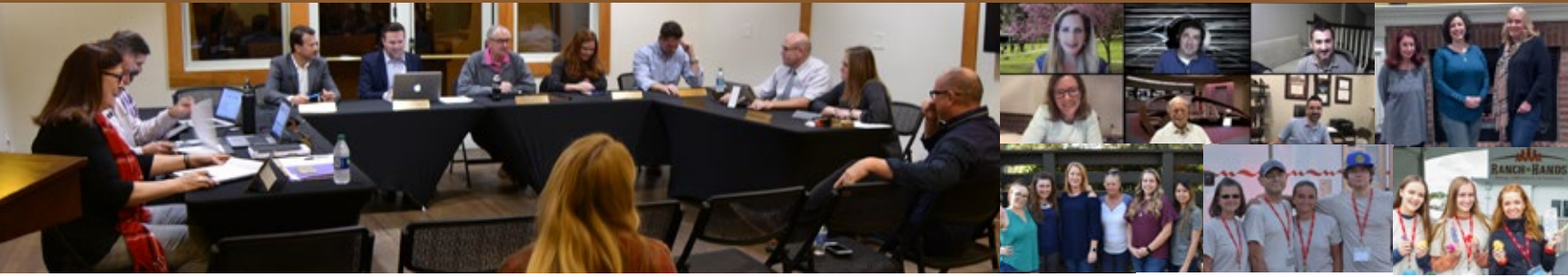
Close Quarters with a Gopher Snake



Watch your Step on the Trails



ALPHABET SOUP: The Roles of LARMAC and LARCS



For twenty years one of the most common questions we receive is "What is the difference between LARMAC and LARCS?" Although worded slightly different each time, at the core is a need to understand the roles of Ladera's official organizations.

When master plan communities are developed in California, the developer establishes the legal entity that includes a Board of Directors which has the sole responsibility to maintain the standards that the builder established for the community. For Ladera, the entity is the Ladera Ranch Maintenance Corporation, commonly referred to as LARMAC, the master homeowners association.

Some of the uncertainty of how Ladera Ranch operates comes from the fact that it's located in unincorporated Orange County. Unlike a city, it's largely governed by the master

homeowner association LARMAC that is responsible for maintaining the community assets – parks, common areas, facilities, and amenities and some unique areas and streets as well as ensuring that the legal guidelines implemented by the developer, are followed. The County governs the major streets, lighting, traffic lights and public services.

LARMAC was formed to manage, maintain and govern the community. The governing documents (e.g. Covenants, Conditions and Restrictions (CC&Rs) and Bylaws) detail the process for managing, maintaining and governing the community. When living in a home or condominium that is restricted by CC&Rs, an owner agrees to abide by certain regulations in order to be part of a shared community.

The importance of LARMAC's narrowly focused role on maintaining, managing and governing

the community, ultimately protects property values and enhances homeowner's enjoyment of their home and community.

At the time LARMAC was formed by the developer the Rancho Mission Viejo Company they also established a separate legal entity that is known in the community development industry as a Community Services Organization (CSO) which is funded by home sales. Ladera's CSO is Ladera Ranch Community Services, or LARCS which is known as the lifestyle arm of the community. The mission of LARCS is to encourage neighbor interaction through technology, events, programs, activities and volunteerism.

LARCS funds and plans community events and activities, publishes Roots and Wings magazine, Ladera Happenings e-newsletter, maintains LaderaLife.com and operates the volunteer organization Ranch Hands.



Accessing Member Service During COVID-19

As concerns over the health crisis continues LARMAC Member Services office remains closed for walk-in visits. Members must schedule appointments for services that can't be completed online or remotely.



1 Daisy Street

Phone: (949) 218-0900

Email: contact.larmac@laderalife.com

Hours: Monday–Saturday: 9:00 a.m. to 5:00 p.m.



28192 O'Neill Drive

Phone: (949) 388-8300

Email: contact.larcs@laderalife.com

Hours: Monday–Friday: 9:00 a.m. to 5:00 p.m.

LARMAC Ladera's master homeowner association					
PURPOSE	ROLE	FUNDING	BOARD	STAFF	REPRESENTATIVE
Enhance property values	Maintain clubhouses, amenities, common areas, parks, pools, skate park and water park water basins Enforce the governing documents and impose architectural control in the community	Homeowner assessments (monthly)	5-member volunteer board (All voting members) Board members serve a 3-year term	General Manager Assistant General Manager Member Services Maintenance Custodial Reserve Projects Compliance & Enforcement Aesthetic Review	Neighborhood Representative Participates in Board elections Attend NR meetings Publicize social events Liaison with LARMAC Board Inform members of actions

LARCS Ladera's community services division; a non-profit public benefit corporation					
PURPOSE	ROLE	FUNDING	BOARD	STAFF	REPRESENTATIVE
Foster a unique sense of community	Events, communications, website, volunteer, activities, recreation, programs, clubs/groups and community partnership program	Home sales (one-time) New home sales: 1/8% of the purchase price of a home Resales: 1/4% of the purchase price	7-member volunteer board (5 voting members; 2 non-voting) Board members serve a 2-year term	Community Director Events Manager Communications Manager Outreach Coordinator Event Coordinator Operations Coordinator	Neighborhood Activity Coordinator Organizes block parties Publicizes LARCS events and programs Participation in 4th of July Parade and Holiday Decorating Contest



How LARMAC and LARCS are funded



Source: monthly homeowner (HOA) assessment

Ladera's governing documents outline LARMAC's responsibilities to collect an assessment fee from homeowners. Monthly assessments cover operational costs to manage, maintain and govern the community. A portion of monthly assessments is placed in reserve accounts designed to act as a long-term savings accounts for the repair and replacement of existing assets. Examples of these projects are the playground replacements and the resurfacing of the pools.

- Master Association Assessment: This assessment is charged to all homeowners (also known as members) each month.
- Certain homes, which receive additional benefits (e.g. slope maintenance, front yard landscape and private streets) above and beyond what is provided in the master assessment are charged an additional monthly assessment.

There are 19 neighborhood corporations (identified as condominiums and commonly referred to as sub-associations) that are managed separately from LARMAC. These neighborhood corporations, which includes private property that is not managed by LARMAC, have a separate Board of Directors, budget and maintenance responsibilities. These sub-associations charge a separate assessment to cover the associated costs to manage, maintain and govern these sub-associations. These homeowners, similar to those who pay a Special Benefit Area assessment, pay two assessments – one to the sub-association and one to LARMAC, the master association.



Source: home sales; one-time

Whenever a home is sold within Ladera Ranch, a small percentage of the home sale goes to Ladera Ranch Community Services (LARCS) to operate the community website, organize events, offer recreation programs, facilitate community clubs, oversee the Teen Leadership Council, and manage the LARCS volunteer organization, Ranch Hands.

The fee which is paid through the escrow process is a Community Enhancement Fee (CEF) and is 0.125% (1/8%) for new home sales, and 0.25% (1/4%) on resales. These fees fund the programming that enhances the lifestyle that Ladera is known for. LARCS' mission is to connect residents which it does through the Neighborhood Activity Coordinator program that promotes social interaction and activities like block parties. LARCS also offers a teen scholarship program that supports exceptional local students who will grow up to be our future leaders.



LARMAC Board of Directors Election

LARMAC holds an annual election to fill open seats as they come up on the rotation schedule that is outlined in the community By Laws. LARMAC Board members are elected by the membership (homeowners) through the Neighborhood Representative Delegate system.

- Individual members submit their votes electronically
- Neighborhood Representatives certify the membership votes for their neighborhood
- Apartment owners serve as the Neighborhood Rep for their communities and can cast one vote for every three apartments (e.g. An apartment complex with 300 units can cast 100 votes)

Schedule for 2020 LARMAC Election

- 9/3 Close of candidate nominations (LaderaLife.com)
- 9/21 Ballots and e-voting instructions to be mailed out (U.S. mail)
- 9/23 Meet the Candidates Night
- 10/30 Close of balloting at 5:00 p.m.
- 11/4 LARMAC Annual Meeting of the Neighborhood Representatives

Save THE DATE

MEET THE CANDIDATES NIGHT
Virtual Event
September 23
Check for details on LaderaLife.com



LARCS SCHOLARSHIPS

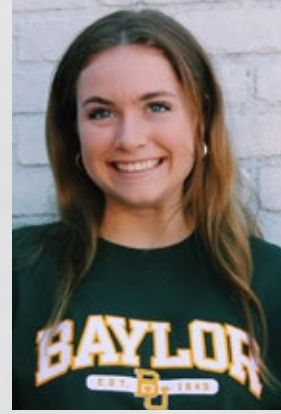


Congratulations to the 2020 LARCS Teen Scholarship and Saddleback College Scholarship Award recipients. These programs recognize the efforts of outstanding local students who will grow up to be our future leaders.

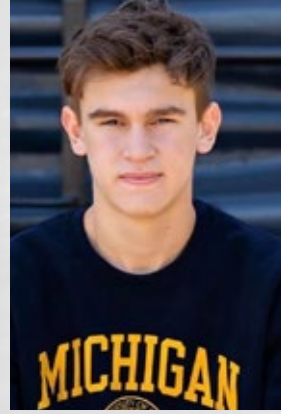
Teen Scholarship Recipients



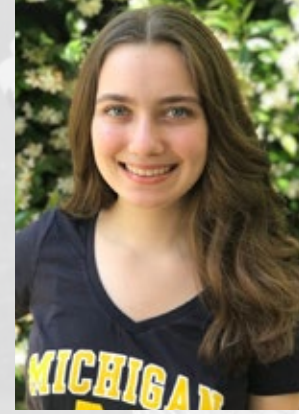
JADEN BRYAN
University of California, Berkeley



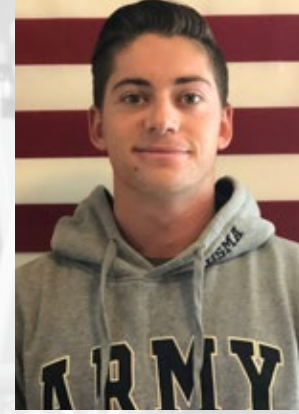
HALEY HYEPOCK
Baylor University



DOMINIC MORENO
University of Michigan



AMANDA PICARIELLO
University of Michigan



JUSTIN ROGERS
United States Military Academy West Point



Scholarship Recipient



MICHELLE PELLIZZERI
(Interior Design)

COMMUNITY CLUBS: A Fun Way to Connect

As the lifestyle division for our community, the mission of Ladera Ranch Community Services (LARCS) is to encourage neighbor interaction through technology, events, programs, activities and volunteerism. One of the ways LARCS does this is through facilitating the creation of resident-led clubs to help like-minded residents connect and bond over common interests.

If you have an idea for a new club and would like to start one, contact Tamara Bush, LARCS Special Programs Coordinator who will guide you through the process of forming an official LARCS club.



Benefits being an approved LARCS Club:

- Web page on LaderaLife.com
- Promotion on LaderaLife.com, in Ladera Happenings, Roots and Wings magazine and social media
- Up to four (4) hours per month of complimentary reservations at a clubhouse or picnic shelter

(Note: Clubhouses are currently closed and will reopen when state and local guidelines allow)

Requirements: In order to be an official club:

- Focus on a common interest and open to all Ladera Ranch residents
- Must have a minimum of seven (7) residents as members
- Members must be 18 years old or accompanied by a parent

Contact: Tamara Bush, LARCS Special Programs Coordinator at tamara.bush@fsresidential.com or (949) 388-1905

Teens in LADERA RANCH

LOOKING ON THE BRIGHT SIDE DURING QUARANTINE

By Emma Megerian and Ava DeVoe



Over the past several months, the world has gone through drastic changes which have affected everyone. We have altered our routines, activities and schedules due to the global pandemic. This disruption and increased time at home has come with opportunities to focus on goals. Ladera teens have adapted to this new way of life in many different ways. No matter how much or how little the quarantine has affected people, everyone has struggled with not being able to participate in their usual activities or see their friends as usual. We spoke with some teens to find out how they are coping with and dealing with change.

For incoming senior at San Juan Hills High School, **Avery Connot**, this time in isolation has had its pros and cons. While it hasn't been easy to adjust to a new routine, Avery has used this opportunity to do things she enjoys, such as watching movies, reading, and embroidering. "I've been doing a lot of things for myself that I've always wanted to do but didn't have the opportunity or just didn't feel like doing during my normal schedule," she explained.

Avery has spent time on self-reflection. "It's good to step back and assess your mental state," she said. This is extremely relevant to teens. With school, sports and extracurriculars, it's easy to neglect our mental health. Although it's not fun being stuck at home, it has offered a chance to reflect and regain your footing.

Avery said, "There's been time to reflect on



Avery Connot

myself and who I want to be. Before COVID, everything was 'go, go, go,' and it was easy to identify as a 'group' rather than an individual. I didn't really have time to sit back and think, reflect and consider how I wanted to improve myself. Now that I've had time to do that, I've grown a great deal as a person and have made progress toward becoming the best version of myself."

Sixth-grader **Cameron DeVoe** has had a surplus of change. Starting a new school in the midst of a pandemic hasn't been one of her main concerns. "I'm just wondering about normal school activities. Like, will I be able to find my classrooms? It's been a challenge to adapt to her schedule. "It's been kinda weird having my last days in school being on Zoom and Google Hangouts. The transition to an online (school) environment can be difficult, and is an unfamiliar change to teens. Looking forward, Cameron is looking forward to school, whatever it may entail.



Cameron DeVoe

Cameron is open to taking on new goals as they come and is excited to see how the new school year will play out. As for taking lead in the community, she's excited to be nearing the age where she can start volunteering and attending teen programs. Things are changing exponentially for Cameron, with new responsibilities, but for now she's lucky to be able to spend more time with her family and prepare herself for whatever this school year will have in store.

For **Ellen**, the quarantine has brought out Ellen's artistic side. She has completed creative projects that have been put aside because of the regular school schedule. Throughout quarantine, Ellen feels as though she's become a kinder and more sincere person. She described becoming more grateful for what she has. Additionally, Ellen has taken a break from most of her usual activities to take up crocheting in hopes of using these new skills to make blankets for the homeless community during these difficult times.

Despite the quarantine lows and the anxiety that surrounds the new school year, Ellen says she has undergone a personal transformation as a person and hopes she doesn't forget who she has become over the past months. Once life returns to normal, she wants to make sure she remains thankful for what she has and mindful and willing to help others whenever she can.



Ellen

The COVID-19 pandemic and the effects of the subsequent stay-at-home guidelines have impacted youth of various ages and circumstances in different ways. This time has brought stress and anxiety around the new school year and the challenges we will face.

Ellen has a positive, growth mindset. She says, "It's going to be difficult, but not impossible." This is a mindset we can all adopt during these trying times. Despite the stressors that may face, there are opportunities for growth – from developing new hobbies to spending time with family members.

During this troublesome period in our lives, these teens have been able to take advantage of the good and overcome the bad – one zoom meeting at a time.

For mental health resources for children and teens from CHOC Children's visit bit.ly/TeenMentalHealthResources

Other resources:

- COVID-19: A Resource for Parents. choc.org/coronavirus/
- Mindfulness and Guided Imagery Exercises: bit.ly/MindfulnessVideos

Teens – connect with TLC on Instagram!



Recommended Modems and Routers for Cox/Ladera Internet Services



By **Robert Lozano**,
LARCS Chair Technology
Advisory Committee
and Founder, Ladera Ranch
Free Tech Support on Facebook

*H*ello Ranchers! This article was created to help Ladera residents select the right equipment for their Cox Internet service. The recommended modems and routers listed in this article are Cox Certified (bit.ly/CertifiedModemsCox) and/or have been tested by residents who are members of the Ladera Ranch Tech Support Facebook group and by residents who have shared success stories of equipment as it pertains to performance, stability and overall WiFi experience.

Let's Begin with Modems.

A cable modem is the most common method of Internet connectivity for residential homes. The main function of a cable modem is to provide the communication mechanism between your Internet service provider's network (Cox) and the network wiring in your home.

What to look for in a modem: The main features to look for to ensure you get the full speed you signed up for, the reliability that comes from a reputable manufacturer, and future-proofing your investment for faster speeds in the years to come are:

- **ISP Compatibility:** Check to make sure your modem is on the Cox Certified List (bit.ly/CoxCertifiedList)
- **DOCSIS 3.1:** Data Over Cable Service Interface Specification (DOCSIS) is the technology that allows data transport over a coaxial cable. Your modem must be 3.1 (NOT 3.0). Without a 3.1 modem you'll have a hard time reaching over 180 Mbps and you'll never get to Gigabit (Gigablast) speeds
- **32x8 Channel Bonding:** If you require DOCSIS 3.0 for backward compatibility, go for more channels. The more channels you have, the more speed Cox can push to/from your home. A 32x8 channel modem means it has 32 channels for downloading and 8 channels for uploading. With each home having many devices connected to the Internet – for work, streaming, gaming, security cameras, smart doorbells, Alexas, and refrigerators, it's important to performance.
- **Gigablast Compatibility:** Cox® Gigablast is Cox's fastest available connection. It is capable of achieving gigabit speeds. One gigabit is 1,000 megabits. The speed is referred to in Gbps (gigabits per second) compared to Mbps (megabits per second) and refers to the speed that data is transmitted per second. Try the Cox Speed Test (bit.ly/CheckYourSpeed) to see what speeds you're getting.

Recommended Modems

- Motorola MB8600**
- Cox Certified DOCSIS 3.1
 - 32 x 8 Channels
 - Works with Gigablast and future speeds



- Nighthawk CM1200**
- Cox Certified DOCSIS 3.1
 - 32 x 8 Channels
 - Works with Gigablast and future speeds

ARRIS SURFboard SB8200

- Cox Certified DOCSIS 3.1
- 32 x 8 Channels
- Works with Gigablast and future speeds



Next, Let's Talk About Routers.

The main purpose of a router is to connect multiple networks together and to "route" your network traffic appropriately depending on where it is destined (e.g. within your own home network or out to the Internet like Google, Facebook or a VPN connection at work). Routers also broadcast your Internet connect locally and securely (WiFi) to all your wireless devices.

What to look for in a router:

- **Mesh Wi-Fi Technology:** Whole house Mesh WiFi extends far beyond what a single traditional router can do. It expands your network and shares it across multiple devices (aka pods or satellites) making it seem as if you have 2–4 routers in your home. Think of it as a router that is chopped up into smaller pieces that can be distributed across your house in an effort to blanket your entire home as a single seamless WiFi network. With a good mesh WiFi router you can get rid of dead spots.
- **Smart Phone App Management:** Smartphone apps for your router will allow for easy installation, extended visibility and built in testing and security features that make it fun for managing your network at home.
- **Minimum Wi-Fi Standard of 5 or 6:** The Wi-Fi 5 Standard (aka 802.11ac) is still okay in my book, but Wi-Fi 6 (aka 802.11ax) is the latest and greatest. Both 5 and 6 standards offer exceptional performance, capacity for multiple devices, fast transfer speeds to/from devices, but 6 is better overall. If you're a gamer, go for the Wi-Fi 6 standard. The rest of ya's can use a 5 and maybe save a little money.
- **Gigabit Capable:** Routers must be capable of achieving Gigabit wire speeds.

Recommended Routers

- eero & eero Pro (v2) Mesh Wifi**
- Mesh Wi-Fi (3 pack) & Gigabit Capable
 - Smartphone App
 - Wi-Fi 5 Standard (aka 802.11ac)



- Google eero & eero Pro (v2) Mesh Wifi for image
- Google Nest WiFi Router**
- Mesh Wi-Fi (2-3 pack) & Gigabit Capable, No Eth ports
 - Smartphone App
 - Wi-Fi 5 Standard (aka 802.11ac)



- NETGEAR Orbi Pro (SRK60) NetgearOrbiPro**
- Mesh Wi-Fi (2-6 pack) & Gigabit Capable
 - Smartphone App
 - Wi-Fi 5 Standard (aka 802.11ac)



Stay tuned for more modem and router testing. If you need any further assistance, visit Ladera Ranch Free Tech Support: [facebook.com/groups/laderatech/](https://www.facebook.com/groups/laderatech/)



Learn more about your
Cox internet service.
Visit bit.ly/CoxService



Advocating for Business. Building Community



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

When I wrote our column for the Summer Issue of Roots & Wings, the situation around COVID-19 was rapidly evolving and most of the news was not good. We hoped the curve would flatten and business would return to normal. Infections increased. Closures returned. And here we are.

But our Chamber has been doing all we can to keep our businesses going. We have focused on making sure businesses take advantage of available funding and adapting to the current situation as best possible. We have encouraged residents to support local restaurants by dining with or ordering take-out on Tuesdays!

Money

The Cares Act made available money for businesses through Economic Injury Disaster Loans and the Payroll Protection Program with up to \$20K being forgiven. We fought to ensure our businesses had equal opportunity to money from Orange County's Grant Relief Program and are happy to announce that 47 local businesses each received \$10K, bringing close to a half million dollars to our local businesses.

The Great Outdoors

We encouraged restaurants and property managers to work together to expand outdoor seating areas to accommodate more visitors – even onto sidewalks and into parking lots. We would like to see some permanent investment by adding more shared outdoor seating and eating spaces – like the retreat between Starbucks and Taco Mesa in Bridgepark Plaza.

Our local gyms have enhanced cleaning procedures and F45 and the Row House have even moved all classes outside.

Ladera residents have discovered how fun outdoor markets are! We have had a great time bringing you the Farmers' Market every Sunday from 9am – 1pm at Ladera Ranch Elementary and we intend it to be a permanent event. We add new vendors each week and plan to bring back live music when the restrictions lift. Until then, we will have over 40 vendors bringing you good things to stock your fridge with and food trucks with hot food and cool treats. We hope you like our eclectic vibe – which is all about 'community'.

Our Chamber has made progress this year and we'll continue to fight for the businesses and our residents. As the only independent Chamber in Orange County operating without city support, we rely solely on memberships, events and donations. Follow us on Facebook and Instagram for all the latest business updates or visit us online at laderaranchochamber.org.



Biggest Challenge Facing Ladera Today



By Joe Brenneman, Chair
Ladera Ranch Civic Council

"The opposite of love is apathy."

If you are wondering what this could possibly have to do with the Civic Council, please hear me out...I want to discuss what I believe is one of the biggest challenges (and opportunities!) facing Ladera today. And this quote

unlocks the problem and solution. So, let's dig into it.

Love is an action. It requires commitment, energy and focus. Hate is more closely related to love than people typically realize. In this state, the person is frustrated because there are unmet expectations, desires, hopes or aspirations. Apathy, on the other hand, occurs when the person isn't enrolled in possibilities. They aren't engaged or involved. There is no action, energy or focus on their part. It's the absence of love.

So many of us say we love Ladera but there isn't any real action associated with it. There's no energy, commitment of focus behind it. There are also many who are disappointed or concerned about many things they see around our neighborhood - unmet expectations if you will. I welcome conversations with people who find themselves in any of these categories as we can discuss ways to take action.

But apathy. That's a tough one. It's very difficult to move an apathetic person toward a positive result. Ever try to move someone who is literally playing like they are dead weight? It is much easier to move someone who is giving full resistance. Because they are moving! But dead weight. That's hard to move.

If we are going to maintain the quality of life in Ladera that we want and expect, we need more to join in on the action. Love what you see? Help us keep it that way! Recognize areas that aren't working? Join us in the fight to make it better! Most importantly, let's all resist apathy! It will never serve us well. And it is the opposite of loving Ladera.

So, here's a call to action! Let's tackle the biggest challenge that Ladera is facing today – apathy! Will you join us as we lead the charge to break the chains of apathy and increase engagement and volunteerism in Ladera? We want your voice to be heard! And we need your support! One call or email could get you started and change the future of Ladera. Will you do it?

Please reach out to me and share your thoughts at jbrenneman@lrciviccouncil.org or (714) 932-7492.



Ladera Ranch Community Services

Oak Knoll Village Clubhouse
28192 O'Neill Drive
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