

LADERA RANCH

ROOTS AND WINGS

LADERA RANCH'S OFFICIAL COMMUNITY MAGAZINE

SPRING 2021

Eggs-travagant

Drive-Thru Event p. 4

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EVENTS

Mental Health 2021
p. 6

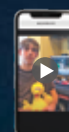
The Power of Sleep
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2021 SCHOLARSHIP
OPPORTUNITIES see back cover

Stephanie Stein, LARCS Event Planning Committee member with
Lucy Rodgers, Sophie Bush, Jude Rodgers and Tamara Bush

LADERA'S
*Amazing
Teens*

p. 8



Ladera Teen, Dylan Nelson, talks about how
he started his online business.

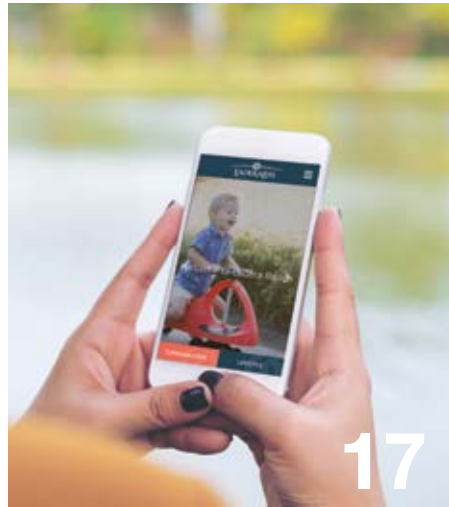
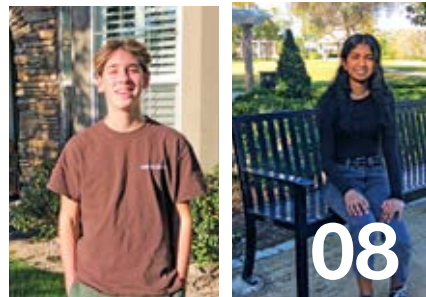


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LADERA RANCH ROOTSANDWINGS

Roots and Wings Magazine is a Ladera Ranch Community Services publication

LADERA RANCH COMMUNITY SERVICES (LARCS)

Oak Knoll Village Clubhouse
28192 O'Neill Drive
949.388.8300 | contact.larcs@laderalife.com
Monday-Friday: 9:00 a.m. to 5:00 p.m.
Available by appointment.

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
949.218.0900 | contact.larmac@laderalife.com
Monday-Saturday: 9:00 a.m. to 5:00 p.m.
Office is currently closed for walk-in traffic.
Available by appointment.

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

LARMAC BOARD OF DIRECTORS

President Chase Fitzpatrick
Vice President Cary Sullivan
Treasurer Samantha Talley
Secretary Matt Plaxton
Assistant Secretary Frank de Lima

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



Ladera Teen, Adrienne and her band Color of Sound perform a song to kick off the spring issue. bit.ly/Welcome2Spring



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.

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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.



FROM YOUR BOARD PRESIDENTS

With 2021 and the spring season here, we look forward to the year ahead, and we celebrate the opportunity to shape our community and future.

In this issue of Roots and Wings, we spotlight some of our young people who are doing amazing things with their time and talents. We have included ideas on how you and your family members can promote mental health and wellness, options for fun classes and camps, and ways you can get outdoors and take a break from your screen.

We welcome our newest LARMAC Board members, Frank de Lima and Matt Plaxton who have hit the ground running on their 3-year terms.

LARMAC renovation projects, like the outdoor recreation area at Oak Knoll Village Clubhouse and the repainting of the planets at Solar Park were completed and have received positive feedback from residents. We are excited to announce plans to install a 9-hole disc golf course next month. It will be a fun way to enjoy the outdoors and stay fit.

LARCS has organized fun events starting with bunny photos on March 13. Don't miss the Eggs-travagant Drive-Thru event on March 27 that kids of all ages will enjoy while collecting some goodies. Mark your calendars for this year's **Go Green Ladera** on April 17, where you can recycle electronics, batteries and and have old documents securely shredded. Then make plans to treat the special mom or grandmother in your life to an outdoor painting experience at **Mother's Day Masterpieces** May 8.

If you have a teen who is planning on attending college/university or trade school, be sure to consider the LARCS Teen Scholarship (page 22).

As we move forward with planning future events, recreation classes and maintaining our community at high standards, we appreciate the time you have taken to complete surveys, share feedback at board meetings and volunteer in the community.

We want to leave you with the thought that you play an integral part of the make-up of our community. Ladera Ranch is unique because of you and your family. We encourage you to continue to lean-in, participate, support, and enjoy what our community has to offer.



Chase Fitzpatrick

Chase Fitzpatrick
President, Ladera Ranch
Maintenance Corporation (LARMAC)



A. Rutledge

Armando Rutledge
President, Ladera Ranch
Community Services (LARCS)

LARCS
Annual Board of Directors Selection Meeting
Wednesday, June 2 at 7:00 p.m.

If you are interested in serving on the Ladera Ranch Community Services Board of Directors, complete the candidate form on [LaderaLife.com](https://laderalife.com) by 5:00 p.m. April 1.

SPRING EVENTS



SATURDAY, MARCH 13 BUNNY PHOTOS

10:00 A.M. - 2:00 P.M. | OAK KNOLL VILLAGE CLUBHOUSE

Registration is required and begins February 19
Peter and Mrs. Rabbit are excited to return to Ladera Ranch this spring and take a photo with your family. A professional photographer will be on-site to capture this special moment. Social distancing guidelines will be followed.



SATURDAY, MARCH 27 EGGS-TRAVAGANT DRIVE-THRU

1:00 - 5:00 P.M. | COX SPORTS PARK

\$5 per car (6 people maximum)
Registration begins March 1
Hop in your car and head on over to our egg-cellent spring drive-thru experience. Bring a basket to collect eggs and goodies along the bunny trail. Don't forget to decorate your car for a chance to win prizes. One reservation per LaderaLife username and Ladera Ranch address.



CARE PACKAGE COLLECTION DRIVE

AVENDALE VILLAGE CLUBHOUSE
MONDAY - SATURDAY | 9:00 A.M. - 5:00 P.M.

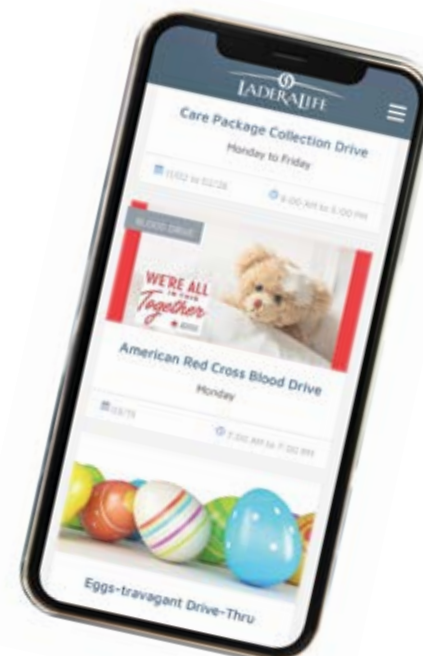
Support our troops overseas by donating items for hygiene, card games and food. Items will benefit the 1ST LAR Marines based out of Camp Pendleton.



Visit [LaderaLife.com](https://www.laderalife.com)
for up-to-date event
information. Scan with
your smart phone.



LADERA RANCH



SATURDAY, APRIL 17 GO GREEN LADERA

10:00 A.M. - 3:00 P.M. | OAK KNOLL VILLAGE CLUBHOUSE

Drive-through and drop-off electronics recycling, CFL light bulbs, batteries, and confidential documents for shredding (maximum 5 banker boxes per car).

SUNDAY, APRIL 18-25 GOODWILL DONATION SITE

8:00 A.M. - 5:00 P.M. | TERRAMOR AQUATIC PARK

In partnership with Goodwill, LARCS will be hosting a temporary donation site which will accept household items and clothing. Please note furniture and bulk items will not be accepted at this location.



SATURDAY, MAY 8 MOTHER'S DAY MASTERPIECES

SESSION 1: 9:30 A.M. - 12:00 P.M. | COVENANT HILLS VILLAGE CLUBHOUSE
SESSION 2: 1:00 - 3:30 P.M. | FEE: \$20 PER PERSON, AGES 7+

Registration ends April 28

Celebrate mom, grandma, or someone special for Mother's Day. Enjoy the outdoors while creating a painted masterpiece with step-by-step instruction by Pinot's Palette. Social distancing guidelines will be followed.



SATURDAY, MAY 22 COMPOSTING WORKSHOP

10:00 A.M. | OAK KNOLL VILLAGE CLUBHOUSE

Registration required

Composting is nature's way of recycling food and yard waste into a valuable and organic fertilizer for your garden. Nearly 20% of our waste that ends up in landfills could be composted. Adding compost to your soil reduces watering needs, adds nutrients to the soil, eliminates the need for chemical fertilizers, and keeps these harsh substances out of our storm drains and waterways. Best of all it's free - made from your trash!



Promote Mental Health with Good Mood Hygiene

For kids, adolescents, and adults
By CHOC

It is important for us all to learn how to keep our minds and bodies healthy. Learning healthy living skills can help manage all the stresses in life. Below, CHOC shares strategies to help prevent problems with depression, anxiety, and other difficult mental health symptoms. For those who have mental health symptoms already, these strategies can help manage these and lessen some of the challenges they may face.

Sleep

Lack of sleep can lead to some of the same symptoms as mental health problems, such as issues with concentration, being tired (fatigued), or low mood. For children who have a mental health diagnosis, too little sleep can make it worse.

People are often surprised how much sleep children need at different ages. As you can see, most children don't get as much sleep as they need.

Infant	14 – 15 hours
Toddler	12 – 14 hours
Preschool	11 – 13 hours
School age	10 – 11 hours
Adolescents	9.5 hours

If sleep is a problem, there are some behavior changes that can help to make sleep easier, called "Sleep Hygiene." These can be useful to try as a first step.



Diet/Nutrition

Children's and adolescent's bodies continue to grow. Their bodies need a variety of different foods, including vegetables, fruits, protein (which can be meat or plant-based) and carbohydrates. When people are feeling depressed or anxious, they often crave foods that are high in carbohydrates, sugars and/or fat (donuts, chips, cookies, etc.).

In the end, however, these foods end up leaving kids feeling more depressed and anxious as their bodies process those foods. Having a more balanced diet (any food is okay, but in moderation) will help children feel more comfortable and energetic.

Social Media

Adolescents may seem attached to their phone and social media (Snapchat, Facebook, Instagram, Tik Tok). Social media can help teens connect with others and develop communities, but it can also have a downside. In fact, 43% of adolescent girls say they couldn't go a whole day without their phones. Unfortunately, there is some evidence that too much social media use can lead to increases in feeling down and/or anxious. Teens can sometimes walk away feeling much worse about themselves.

It is important for parents to monitor children's and teen's use of social media and talk to them about how they feel after using it. Don't be worried to limit their usage if you see it causing problems.

Smoking/Alcohol Use/Drug Use

Sometimes teens (and even tweens) can believe that smoking, drinking and/or drug use makes them feel better and helps them cope. Most research suggests that all of these can cause more problems than they solve, especially for children with mental health diagnoses. Be aware of whether your children are using these behaviors to cope and try to stop these behaviors as soon as possible and help them to learn healthier coping strategies.



Teen Mental Health

Broadening the Definition of Health

Written by Emma Megehan

Health is at the forefront of discussion – from physical to mental health. During these times of social distancing, it's important to be mindful of our mental state, as well as those around us. Although staying positive can be difficult with so much that is out of our control over, we can feel empowered by shifting our focus on the things that are within our control that allow us to stay in a healthy mindset.

Recently, I had the opportunity to speak with Dr. Sharonne Herbert, Director of Mental Health Emergency Services (MHES) at Children's Hospital of Orange County (CHOC) to discuss ways that young people can deal with mental health challenges we may be facing during the unprecedented circumstances in which we find ourselves.

The first step to taking charge of your psychological wellbeing is recognizing what you are struggling with. Some common things you may be experiencing include feelings of hopelessness, sadness, anxiousness, lack of motivation, loss of interest in things you used to enjoy, and changes in eating habits. These issues may be temporary and will go away after a while. Or, they might persist and require help from a professional. It is important to know at what point you should take further action.

Dr. Herbert advises, "We recommend that teens come in when it seems like their depression, anxiety, hopelessness, or their lack of motivation is impacting their day-to-day [life]. There are times when we aren't feeling our best – and we overcome them. So, when something persists over an extended period of time and there's significant impact on our lives, that is when we should say, 'Perhaps I need some professional assistance.'"



Dr. Sharonne Herbert

So, when something persists over an extended period of time and there's significant impact on our lives, that is when we should say, 'Perhaps I need some professional assistance.'"

Let's look at the things *you* can do on your own to make the most of coping skills.

Pay Attention to the Little Things

When we experience periods of depression, we often overlook the little things such as eating and hygiene simply because we lack the motivation to do them. Such tasks seem arbitrary and useless when we feel persistently miserable. This neglect leads us to sitting around all day enveloped in our own hopelessness. However, taking control and forcing yourself to do the little things, one at a time, it paves the road to having a healthy and productive routine.

Write a list of little things you want to accomplish for each day. By giving us safety and stability, a set routine promotes positive mental and physical health. "It's so good to have predictability," Dr. Herbert explains. "If we're taking care of ourselves by focusing on having a schedule, we maintain structure and predictability. And that will lead to better self-care practices." That routine should also include a healthy sleep schedule. The amount of sleep we receive has a massive impact on our mood and how well we function. The American Academy of Sleep Medicine recommends that teens should get between eight to ten hours of sleep per night; a standard which most high school students statistically do not meet. Furthermore, proper sleep hygiene means going to bed and waking up at reasonable, consistent times.

Create your daily schedule with realistic expectations for yourself. Start small with the basics – showering, getting dressed, and grooming yourself. Then, stick to your schedule. As you take the smallest of steps in the right direction – you're making progress.

The best way to get back into the habit of simple hygiene practices is to treat them as responsibilities. View taking care of yourself the same way you view something like school: as an obligation. In a way, you do have a responsibility to take care of yourself. After a while, the natural motivation to do the things that make you feel good will extend past the basics of washing your face and eating breakfast. Setting a positive, productive foundation for your day makes all the difference.

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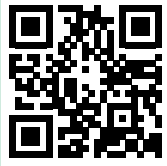


Mental Health Toolkit



bit.ly/CHOCMentalHealthToolkit

Anxiety: Tips for kids and teens



bit.ly/Anxiety411

Depression: What you should know (you're not alone)



bit.ly/411OnDepression

Suicide Prevention: Insights, how we get help and help others



bit.ly/SuicidePrevention411

"If we're taking care of ourselves by focusing on having a schedule, we maintain structure and predictability. And that will lead to better self-care practices."- Dr. Sharonne Herbert

LADERA'S Amazing Teens



Ladera Ranch has talented and industrious teens. As circumstances that are out of their control have caused colossal disruption, these passionate teens have used their time to refocus. And whether they have started a small business, collaborated to start

an organization, or found new ways to perform their music, these teens have applied creativity to serving others. We hope you will be inspired by these amazing teens to find new ways to grow, learn something new and connect with your community.



Adrienne Dunworth

Adrienne is a junior at the Orange County School of the Arts in the Integrated Arts Conservatory. Since May 2020, her band **Color of Sound** has played over 30 three-hour live performances in support of local small businesses as they have struggled to survive the devastating effect of the Coronavirus shutdown. Adrienne's band is composed of seven high school musicians from the Orange County School of the Arts, San Juan Hills High School and Mission Viejo High School. The band performs weekly at the Kaleidoscope Mall. The band's mission is to share their music, put a smile on peoples' faces as well as to help small businesses.



bit.ly/ColorOfSoundOC



Dylan Nelson

Dylan is founder of **Cooks by Dyl**. He buys, sells and trades 'hyped' goods such as apparel, shoes and accessories. "Cook" means to buy or acquire a highly hyped or coveted item. He has sought out different ways to acquire products that other people wanted but couldn't figure out how to. He does this using his computer programming skills, knowing how to navigate websites, and finessing early buys. The first step was to save up capital to get started. Then, planning his 'buys' is crucial—it's all about timing. Dylan, a self-taught business owner, has helped friends get started and says he will teach anyone interested in the steps of learning how to buy and sell. "It takes persistence but eventually anyone can become successful in the resale business." Check out Dylan on Instagram [@CooksbyDyl](https://www.instagram.com/CooksbyDyl).



bit.ly/CooksByDyl



Dylan talks about his business...



Niko Trimino

Taking full advantage of 2020, Niko studied for his realtor license so that he could take the realtor exam as soon as he turned 18. This past summer he started **Heart Strong**, a bible study group that meets locally at the beach once a week to encourage other teens. As his passion to connect with others helped teens cope during COVID, he also inspired adults around him. Niko continues to bring hope to those around him, which is really needed right now. He is also a dedicated student and team captain of his varsity basketball team. Niko is a true leader!



Elle Billington

Elle who turns 16 this month on Valentine's Day, plays soccer at San Juan Hills High School and plays for SC Blues Club Soccer. When she's not on the field with her teammates or doing homework, this industrious teen makes custom chalk board signs for OC restaurants, signs for special occasions, birth announcements, teachers' classrooms, and holiday parties to name a few. She also makes custom greeting cards for any occasion.

Check out her work on Instagram **A Letter at a Time** [@aletteratatime](https://www.instagram.com/aletteratatime) and consider hiring Elle to bring a little extra charm to your local business or send a special message with a custom card or design.



bit.ly/ALetterAtATime



Johnny Deveck

Ever since he was a young child, Johnny loved making small home movies and taking photographs. That passion continues today and, as a 15-year-old honor student, he is dedicated to photography and video production. He recently started a small photography business – **JLD Photography**. Johnny is a member of the National Honor Society and California Scholarship Federation and he volunteers with the James Henry Ransom Foundation.



bit.ly/JLDPhotography

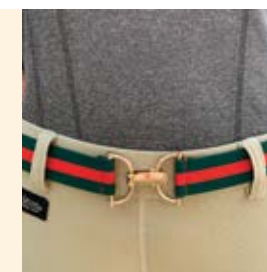


Sophia Staff

Sophia is an avid equestrian and started her own small business **Le Cheval** selling equine apparel and accessories. She makes gourmet horse treats and stylish belts for riding. She sells all her products on Etsy and Instagram and has become quite the entrepreneur! Her family is proud of her and they love watching her creations come to life. Check out her Instagram [@horsegirl200](https://www.instagram.com/horsegirl200).



Etsy: bit.ly/ShopLeCheval

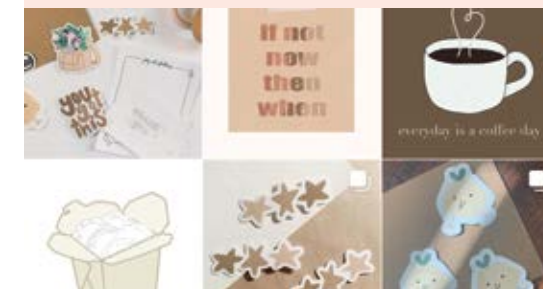


Riya Rajesh

Riya is a freshman at San Juan Hills High School. She loves all things science as well as music, art, and stickers. She has studied violin for eight years at the Opus 119 School of Music, receiving a Certificate of Merit. She offers violin lessons for beginners in-person and virtually.

During the 2020 lockdown, Riya started journaling to keep herself occupied which in turn progressed from a hobby to a business – **Joy of Stickers**. The custom-made sticker addition came from combining Riya's creativity with her new-found availability. A great deal of love, care and attention-to-detail go into each card and sticker she creates. Riya donates 20% of her proceeds to CHOC Children's Hospital and Best Friends Animal Foundation.

For **violin lessons** visit [bit.ly ViolinLessonsByRiya](https://www.bit.ly/ViolinLessonsByRiya)
For **Handmade cards and stickers** visit Instagram [@joyofstickers](https://www.instagram.com/joyofstickers)



Connect with Teen Leadership Council (TLC)



@LaderaRanchTLC

CONTINUED ON PAGE 16

Springtime GARDENS & GROWTH

One of the most fun things you can do with your family and friends is to start a garden. There is something about planting something in the ground, caring for it, and experiencing growth. In a world that moves incredibly fast, it slows things down in a positive and surprisingly fun way. "Springtime is the perfect time to get started," says Peggy, a nutrition consultant who has three tower gardens that grow fruits and vegetables vertically to make use of limited space. "It's wonderful to see children growing their own organic produce, and then, harvesting healthy leafy greens and colorful veggies to make a salad for a family meal." Stephen Ritz a teacher in the south Bronx teaches his students uniquely through growing plants and ultimately how he transforms the lives of his students – and their community.

Video: Stephen Ritz, Teacher and Founder
Green Bronx Machine



It's wonderful to see children growing their own organic produce, and then, harvesting healthy leafy greens and colorful veggies to make a salad for a family meal.
- Stephen Ritz



DID YOU KNOW?

There are two community gardens in Ladera - Oak Knoll and Terramor, with 86 garden plots and over 20 raised beds that residents are able to rent to grow their own organic fruits, veggies and flowers.



Disc Golf Course to Open in Ladera

Next month Ladera Ranch residents will have a new outdoor amenity to enjoy – a nine-hole disc golf course. As residents seek new ways to enjoy the outdoors, this addition by LARMAC is a welcome attraction that appeals to all age groups including children, teens, adults and active seniors.

The course is located in the open space between Cambridge and Sienna. The casual play course was designed by Jeff Spohr, a former pro disc golfer who designs courses, manages professional disc golf tournaments, and advises municipalities on disc golf course design.

LARMAC Board President, Chase Fitzpatrick, notes that the course was designed with alternate positions for each hole to keep the course fresh by alternating the locations of the baskets – similar to moving positions of holes on the greens in golf (e.g. from the front to the back of a green).

LARMAC's Operations Team, which includes a maintenance crew, installed the disc catchers (holes) in order to minimize costs. The investment in the equipment and consultation was just over \$5,500 and was paid from operating funds.

Hole Distances

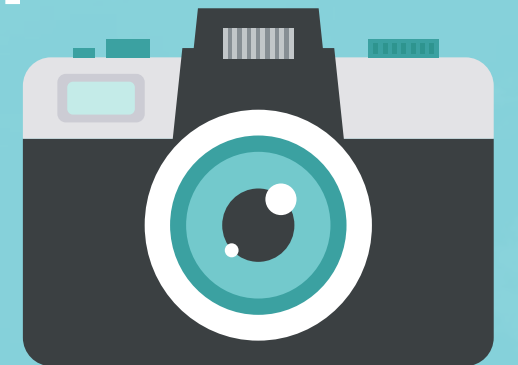
1- 186 ft	4- 207 ft	7- 174 ft
2- 198 ft	5- 159 ft	8- 270 ft
3- 210 ft	6- 150 ft	9- 231 ft



SUMMER PHOTO CONTEST

ROOTS AND WINGS SUMMER 2021 ISSUE

They say a picture is worth more than words and what better way to convey your pride for your community than with compelling images. Ladera Ranch Community Services is inviting you to participate in LARCS' Summer Photo Contest, celebrating the beauty and unique character of the Ladera Ranch people, parks, facilities, programs, and events.



Who can enter: Any resident over 18 years of age

Deadline: March 26 by 5:00 p.m.

Legal: You must own all legal rights to submitted photos

The top three photographs will receive gift certificates:

First Place: \$100 and Roots and Wings Cover Shot

Second Place: \$50 Best of Category "Parks"

Third Place: \$50 Best of Category "Recreation"

Top three photos will be featured in the Summer 2021 Roots and Wings quarterly magazine, Ladera Happenings weekly newsletter and on LaderaLife.com.

LaderaLife.com/LarcsSummerPhotoContest



AT A GLANCE

Looking for something fun to do this summer? Get an early jump on your summer plans and check out the following camps that will be offered. Ladera Ranch Community Services continues to follow evolving state and local guidelines under the statewide emergency order.

For up-to-date information, visit LaderaLife.com.

Summer Camps

Basics of Skateboarding

Ages 3 - 12

This hands-on camp is designed to bring kids together, develop and enhance their skills while creating new friendships. Skateboards, helmets, and pads required.



Ladera Junior Water Polo

Ages 8 - 14

Learn to play water polo. Swim with the ball, pass, shoot, eggbeater, and rules of the game. The goal is to help the athletes discover the sport and learn fundamental skills.

Ladera Ranch Tennis

Ages 6 - 12

School's out! Junior tennis players will be introduced weekly to the game of tennis all while playing fun games. Each day campers will learn a basic tennis fundamental in a fun atmosphere.

Skyhawks: Beginning Golf Camp

Ages 5 - 8

Campers will learn the fundamentals of swinging, putting, and body positioning by using the SNAG (Starting New At Golf system). SNAG is specifically designed for the entry-level player; it simplifies instruction so that young players can make an easy and effective transition onto the golf course. Equipment provided.



Skyhawks: Mini Hawk Camp

Ages 4 - 6

This multi-sport program was developed to give children a positive first step into athletics. Baseball, football and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Skyhawks: Basketball Camp

Ages 7 - 12

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our curriculum, staff focus on the whole player, teaching respect, teamwork, and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

Skyhawks: Soccer Camp

Ages 7 - 12

Developed over 40 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressive curriculum, young athlete will gain the technical skills and sport knowledge required for that next step into soccer.



RECREATION PROGRAMS

Classes are open to all Ladera Ranch residents. Residents are able to register a non-resident friend or family member but must accompany the non-resident to class. Classes are subject to change or cancellation due to state and local COVID-19 guidelines.

EARLY CHILDHOOD

MUSIC TOGETHER

Register at svmusictogether.net

Ages 0 - 7

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.

Mon / Mar 8 - May 10 / 10:30 - 11:15 a.m. / \$212 / Covenant Hills / Ages 0 - 4

Mon / Mar 8 - May 10 / 4:15 - 5:00 p.m. / \$212 / Covenant Hills / Ages 0 - 4

Mon / Mar 8 - May 10 / 5:15 - 6:00 p.m. / \$212 / Covenant Hills / Ages 5 - 7

Th / Mar 11 - May 13 / 9:15 - 10:00 a.m. / \$212 / Covenant Hills / Ages 0 - 4

Th / Mar 11 - May 13 / 10:15 - 11:00 a.m. / \$212 / Covenant Hills / Ages 0 - 4

ENRICHMENT



CPR/AED/FIRST AID CERTIFICATION

Register at babylovencp.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 and AEDs for practice. Receive a Heartsaver CPR/AED certification card, valid for two years. An optional First Aid segment is offered at the end of the class.

Sat / Feb 27 / 12:00 - 2:00 p.m. / \$85 / Founders Park Picnic Shelter

Sat / Mar 27 / 12:00 - 2:00 p.m. / \$85 / Founders Park Picnic Shelter

Sat / Apr 24 / 12:00 - 2:00 p.m. / \$85 / Founders Park Picnic Shelter

FAMILY CPR & CHOKING RELIEF

Register at babylovencp.com

Ages 7+

This class covers CPR and choking relief skills for adults, children, and infants. Students will 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.

Sat / Feb 27 / 12:00 - 1:00 p.m. / \$50 / Founders Park Picnic Shelter

Sat / Mar 27 / 12:00 - 1:00 p.m. / \$50 / Founders Park Picnic Shelter

Sat / Apr 24 / 12:00 - 1:00 p.m. / \$50 / Founders Park Picnic Shelter

MUSIC LESSONS



BEGINNING GUITAR AND UKULELE

Register at rongorman.com

Ages 10+

Learn to play great songs on your choice of instrument in this new and exciting class. Students will learn how to read and play an easy musical notation called tablature. Bring your own instrument of choice to class.

Tu / Apr 20 - May 18 / 4:30 - 5:30 p.m. / \$120 / Flintridge

YMCA ADULT FITNESS CLASSES

The Mission Viejo Family YMCA is proud to provide the following classes. First time participants should 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)

Tues / Mar 25 - May 25 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-in / Flintridge

Fri / Mar 26 - May 28 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-in / Flintridge

YMCA ADULT FITNESS CLASSES



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 to simulate a military-quality experience. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

Mon / Mar 22 – May 24 / 5:30 – 6:20 p.m. / \$120* or \$15 Drop-In / 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 are outside. No class 2/16.

Wed / Apr 14 – Jun 2 / 8:30 – 9:15 a.m. / \$185 / Oak Knoll



TEEN YOGA AND MINDFULNESS
Register at pearlsforlife.org Ages 12 - 17
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 are outside. No class 2/16.

Tu / Apr 13 – Jun 1 / 4:00 – 4:45 p.m. / \$185 / Oak Knoll

SPORTS AND FITNESS

BASICS OF SKATEBOARDING
Register at basicsofskateboarding.com Ages 3 – 12
This hands-on camp is designed to bring kids together, develop and enhance their skills while creating new friendships. An additional \$10 insurance fee is required.

Tu & Th / Mar 16 – 25 / 3:00 – 5:00 p.m. / \$125 / Skate Park
Tu & Th / Apr 20 – 29 / 3:00 – 5:00 p.m. / \$125 / Skate Park
Tu & Th / May 18 – 27 / 3:00 – 5:00 p.m. / \$125 / Skate Park



LADERA RANCH TENNIS – JUNIORS PROGRAM
Register at laderaranchtennis.com Ages 5+
Ladera Ranch Tennis, partnering with Love Tennis is the official year-round tennis program of Ladera Ranch with top-quality instructors. Private and semi-private lessons as well as group classes and camps are available for beginner to advanced players. Private lessons, classes and social events are available for adult players. For pricing please email LoveTennisInquiries@gmail.com.

Mon – Th / 3:00 – 7:00 p.m. / Covenant Hills



SKYHAWKS BASEBALLTOTS
Register at skyhawks.com Ages 3.5 – 6
BaseballTots 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 / Mar 12 – Apr 9 / 3:30 – 4:10 p.m. / \$65 / Oak Knoll / Ages 3.5 – 4.5
Fri / Mar 12 – Apr 9 / 4:20 – 5:00 p.m. / \$65 / Oak Knoll / Ages 4.5 – 6
Fri / Apr 30 – May 28 / 3:30 – 4:10 p.m. / \$65 / Oak Knoll / Ages 3.5 – 4.5
Fri / Apr 30 – May 28 / 4:20 – 5:00 p.m. / \$65 / Oak Knoll / Ages 4.5 – 6

SKYHAWKS MULTI-SPORTTOTS
Register at skyhawks.com Ages 2 – 5
Introduce your little superstar to sports in this 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 / Mar 8 – Apr 12 / 10:00 – 10:40 a.m. / \$75 / Oak Knoll / Ages 2 – 3.5
Mon / Mar 8 – Apr 12 / 10:50 – 11:30 a.m. / \$75 / Oak Knoll / Ages 3.5 – 5
Mon / Apr 26 – Jun 7 / 10:00 – 10:40 a.m. / \$75 / Oak Knoll / Ages 2 – 3.5
Mon / Apr 26 – Jun 7 / 10:50 – 11:30 a.m. / \$75 / Oak Knoll / Ages 3.5 – 5

SKYHAWKS SOCCERTOTS
Register at skyhawks.com Ages 2 - 5
SoccerTots soccer-themed motor skill classes are easy to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus – and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development and promote fun! Parent participation required for ages 2 to 3.5 years.

Sat / Mar 13 – Apr 10 / 1:00 – 1:40 p.m. / \$65 / Oak Knoll / Ages 2 – 3.5
Sat / Mar 13 – Apr 10 / 1:50 – 2:30 p.m. / \$65 / Oak Knoll / Ages 3.5 – 5
Sat / May 1 - 29 / 1:00 – 1:40 p.m. / \$65 / Oak Knoll / Ages 2 – 3.5
Sat / Mar 1 - 29 / 1:50 – 2:30 p.m. / \$65 / Oak Knoll / Ages 3.5 – 5



STROLLER STRIDES
Register at laderaranch.fit4mom.com Ages 18+
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 taught by certified fitness instructors and accommodate all fitness levels. Unlimited classes per month. First class is FREE! One-time registration fee of \$95.

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

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.

Swim Lessons / Begin Mar 29 / Oak Knoll / Ages 2+
Parent & Me Lessons / Begin Jun 1 / Oak Knoll / 6 – 36 months

Spring Break Accelerator Program
Jump start your spring with a 4-day, 15-minute per day spring break swim lesson program. / Mon – Th / Apr 5 – 8 / \$120 / Oak Knoll / Ages 2+

Summer 2-Week Accelerator Program
Jump start your summer with a 2-week, 8-day, 15-minute per day swim lesson program. / Mon – Th / \$256 / Oak Knoll / Ages 2+

GATORS SWIM CLUB
Register at gatorsswimclub.com Ages 5+
The Gators Swim Club is a competitive swim club, offering year-round and seasonal swim team options.

Gator Swim Club Spring Swim Team
Mar 16 – May 21 Ages 5+
This 10-week program meets Monday to Thursday and swimmers may select 2 days per week. Working knowledge of the freestyle, backstroke, and breaststroke is required. This class is great for summer swim team prep, fitness, future competitive swimmers, and Junior Lifeguard preparation.

GSC Summer Swim Team
May 26 – Jul 29 Ages 5+
This 10-week program meets Monday to Thursday and swimmers may attend up to 4 days per week. Working knowledge of the freestyle and backstroke is required. This class is great for swim team experience, future competitive swimmers, summer programming and overall fitness.

INTRO TO GATORS (NOVICE SWIM TEAM)
Register at evolutionswim.com Ages 5+
Year-round, non-competitive swim team program. Working knowledge of the freestyle, backstroke, and breaststroke is required. This class is great for year-round fitness, summer prep and 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. Learn the rules of the game, swim with the ball, pass, shoot, and eggbeater. 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 / Mar 2 - 25 / 4:00 – 5:00 p.m. / \$139 / Township Plunge
Tu & Th / Mar 2 - 25 / 5:00 – 6:00 p.m. / \$139 / Township Plunge
Tu & Th / Mar 30 – Apr 29 / 4:00 – 5:00 p.m. / \$139 / Township Plunge
Tu & Th / Mar 30 – Apr 29 / 5:00 – 6:00 p.m. / \$139 / Township Plunge
Tu & Th / May 4 - 27 / 4:00 – 5:00 p.m. / \$139 / Township Plunge
Tu & Th / May 4 - 27 / 5:00 – 6:00 p.m. / \$139 / Township Plunge



Scan with your smart phone.



Pictured left Trinity and right Kaitlyn Ghebrial

Kaitlyn Faith Ghebrial

The generosity and interest in others bring a smile to everyone who meets Kaitlyn. She learned how to make handmade hair bows and donated 50 for a church fundraiser. After months of virtual learning, she wanted to use her talent to start her own business. She now makes and sells hair bows and is collaborating with her sister, Trinity to make crafty projects using their family Cricut machine. She and her sister make custom designed t-shirts, sweatshirts, decals, etc. She sells her bows for \$3 each or 2 for \$5.



Trinity Ashley Ghebrial

During the COVID pandemic, in between team dance classes, rehearsals, and her studies, this 13-year-old put her artistic talents to use in her free time.

She made various petite polymer clay creations and succulent arrangements. She learned how to Macrame, how to use a Cricut machine to customize gifts like sweatshirts, t-shirts, decals for cups, binders, etc. She enjoyed baking and mastered fancy desserts like flourless cakes, macarons, smoothie bowls and whipped coffee.

Trinity started her own business selling hand-made polymer clay earrings and offers miniature clay sculptures and custom designed. When Trinity sets her mind to learning something new, she doesn't stop until she perfects it!



Chic Sisters' Boutique
Visit bit.ly/ChicSistersBoutique



Grace Jackson

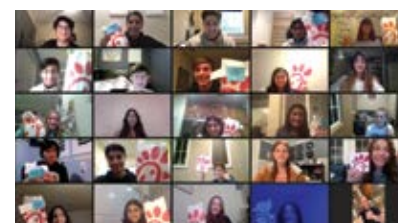
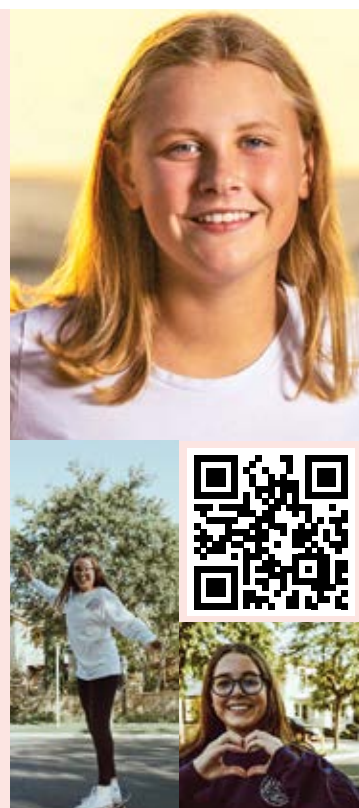
Grace Jackson co-founded **CASA Teens Club** at Santa Margarita Catholic High School last year and leads the **Kids 4 CASA** efforts for her Class of 2023 National Charity League chapter. CASA is the Court Appointed Special Advocates of Orange County and provides a powerful voice for youth in the child welfare system through one-on-one relationships with trained and supervised court appointed volunteer advocates. Grace introduced the CASA of Orange County partnership opportunity they have with Goodwill of Orange County where teens donate items and in-turn, earn vouchers that are given to CASA youth to purchase items of their own at Goodwill stores. Ladera teens and youth may join Kids for CASA at casaoc.org/kidsforcasa.



Caroline Gunderson

Founder, Polar T-shirts

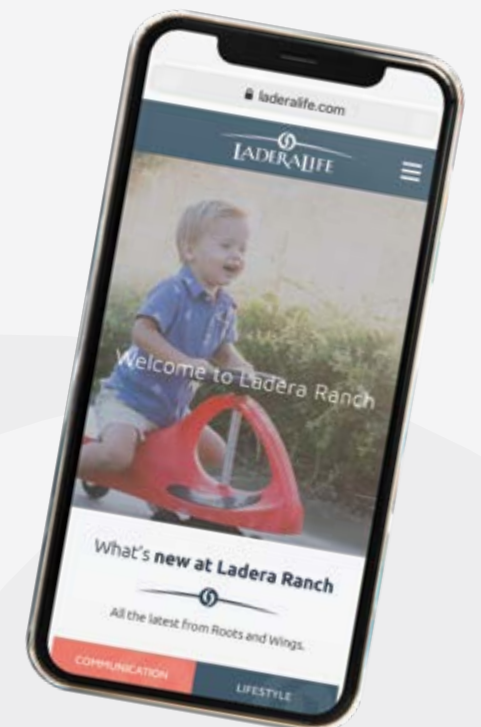
Sixteen-year-old Ladera native, Caroline Gunderson, founded **Polar Co.** while sitting at her desk in June 2020. She considered the extreme divide swirling around this past summer's during the presidential election and surrounding COVID when designing her companys brand which combines the euphoria of the sea and the thrill of the mountains in one design. Although they seem far apart, they are closer than you think. Although we differ in our experiences, beliefs and opinions, similar to the sea and mountains, which seem like polar opposites, they aren't that far apart – neither are we. We share common values and dreams. Check out Caroline's designs at ppolarco.com.



Here the Ladera Ranch Teen Leadership Council hold their monthly meeting, powered by Chick-fil-A Laguna Niguel.

Stay Connected with LaderaLife

LaderaLife.com connects you to your community and some great resources. Use the photo App on your smart device to scan the codes to get to each one. You must be signed into your LaderaLife account to view information.



Ladera Happenings

Residents with a LaderaLife.com account receive Ladera Happenings, Ladera's official eNewsletter. It's an easy and convenient resource to stay informed about community events, activities and news.



Announcements

Access the latest official announcements from Ladera Ranch Maintenance Corporation and Ladera Ranch Community Services in the communications section of LaderaLife.

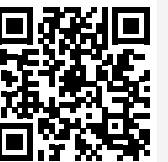


LaderaLife.com/
Communications



Tennis Court/Lap Swim

Did you have a Zoom call get cancelled or have a block of time open up in your schedule? Check the daily tennis court schedule to find an open court, or an open lap lane at Avendale or Oak Knoll pools to make a same-day reservation.



LaderaLife.com/
Reservations



Classified Ads

Springtime or anytime is the perfect time to declutter and recycle. Post unused household items, sports equipment, bikes or electronics and turn them into cash. When you list your items on LaderaLife you have peace-of-mind knowing your ad is displayed only to neighbors.

Scan the code to find a great deal or post an item for sale today!



LaderaLife.com/
ClassifiedAds



How to Catch Sneaky Leaks

Take a look at your recent water bill. If it's more than 15 CCF a month for a family of four, you may have a water leak!

A water leak can waste 20 gallons of water a day. That's water down the drain that no one used. Reel in that waste during Fix a Leak Week (March 15-21), the Environmental Protection Agency's annual reminder to check your home for water leaks.

Many common household leaks are relatively easy to fix. Worn toilet flappers, dripping faucets and leaking showerheads are straightforward to find and fixing them can save money and water.

If you don't hear the obvious drip-drip-drip from a leaky faucet or the toilet tank filling when not in use, take some time to look for sneaky leaks. Learn the three easy steps for finding water leaks using your water meter by watching the video below.



bit.ly/
DetectAWaterLeak

You can also find toilet leaks by placing a drop of food coloring in the toilet tank. Wait 30 minutes. If the color shows up in the bowl, you most likely need a new toilet flapper or flush valve seal.

Check out the DIY Leak Check app and more tips on finding and fixing leaks at smwd.com/leaks.

CHECK YOUR TOILETS

1.



TEST IT
 Drop a blue dye strip in the toilet tank.
2.



CHECK IT
 Wait 30 minutes without flushing. If colored water appears in the bowl, you have a leak.
3.



FIX IT
 Check if the flapper or fill valve needs to be replaced. These are simple DIY fixes!





Why People Are Investing in Smart Homes

From smart heating to smart security, we're upgrading our homes with technology that provides safety, convenience, and peace of mind. Home improvement projects are booming as Americans seek to make their homes more comfortable, safer, and more connected for online activities, including work, shopping, exercise, and self-care.

For many, that has meant investing in smart home technology to streamline everyday household tasks and secure the home itself. Connected home devices for entertainment, security and convenience will become more widespread.

An internet-connected camera mounted at a front door can be used to monitor deliveries. Cox's Homelife security cameras can continuously record based on motion detection, streaming the live video feed to a smartphone or tablet app so that users can easily see when someone has arrived.

Cox also offers smart locks that work with a smartphone app and enables remote unlocking of the front door, allowing groceries and online shopping to be easily and safely dropped off.

Cox's voice remote can be activated with a single button press, then commanded to change channels, adjust volume and scan for programs. Smart lights and smart thermostats work with voice control, allowing users to simply ask for their desired temperature or brightness.

During lockdown, three in four adults in the U.S. reported a substantial increase in how often they asked their smart speakers for news and music instead of manually searching these out themselves. And when it comes to creating an instant ambiance for movie nights or a home Pilates session, it's hard to beat simply asking the house to dim or brighten, warm or cool.

Users can also program smart lights with other smart home devices to automate daily routines and save some time. For example, Cox Smart LED Bulbs can be set to automatically brighten in the morning as the Homelife thermostat kicks in.

A smarter home can also help provide enhanced peace of mind — and security. Systems like Cox Homelife offer security monitoring as well as a touchscreen that controls the home's smart lighting, locks, and other features, offering the ease of use.

Smart home technology can help make home a space that's productive, creative, social, and safe — and worth investing in.



RESIDENTS SUPPORT Ladera Businesses



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

Thank you to our generous residents who have supported our local businesses. We are optimistic as we look ahead to 2021. We expect that the vaccination will help people feel safe and that things will start to reopen. We encourage you to dine out, shop and live — locally. Ladera will see openings in several shopping areas this year. **Joe's Restaurant** will be open and eventually, **Mama's Comfort Food & Cocktails**. Mercantile West will welcome **Amy Sims Realty** and Brittany De Anda who will open the new **Med Lounge**.

Shredz Gym expanded in January, opening **Movement** just next door to Shredz in the Terrace Shops. **EOS Fitness** is building out their space in Mercantile East and we expect an opening sometime just after mid-year.

We are hoping that **Westar** will find tenants for the former Beachfire location which has been closed for nine years and for the former Sprint and Chase Bank spaces since those spots have so much potential with the right concept.

Soon we will celebrate the first anniversary of the **Ladera Ranch Farmers Market!** Thank you to all of our regular patrons who come every Sunday morning to pick up food for the week, coffee, a hot meal from one of our many food trucks. We are thrilled to bring you that event every week and plan to continue. The Farmers Market has become one of the premier farmers' markets in Orange County and we all have such great fun there. Thank you to everyone who cooperates in wearing masks. Our goal was to make that space safe for all residents to gather and visit.

Did you know that Ladera Ranch is not a city? We just celebrated our 20th anniversary and together with the Civic Council we are going to work this year in exploring options to take more control over our governance. There is a lot of work ahead, but who knows?! Maybe you will be Ladera Ranch's first Mayor!

Our Chamber of Commerce helped local businesses secure more than \$500,000 in grants last year and that lifeline helped keep many of them open. Please join or donate to the Ladera Rancho Chamber of Commerce if you are not a member so that we can continue to do all of the good work that we do.



Looking ahead to better days Civic Council prepares for 2021



By Joe Brenneman, Chair
Ladera Ranch Civic Council

The Civic Council is looking ahead to better days in Ladera and preparing plans to focus and lead in key areas of concern in the coming year. A recent study by the Council provided direction and feedback on issues that are top of mind with residents.

Economic development heads the list of concerns as residents are frustrated with the lack of options in our shopping centers and the number of store vacancies throughout Ladera. Residents made clear that they would love to see more restaurant choices to choose from in our neighborhood.

Moving down the list of topics related to Civic Council jurisdiction, residents provided feedback about the need to focus on traffic and public safety. Residents expressed their concerns about increased traffic, speeding, vandalism, theft, and motorized bikes on sidewalks among other issues.

These are a just a few of the priorities the Council will be working on as we move into the new year and beyond. And there will be new members of the Council tackling these issues.


After our recent annual election, four Council seats were filled. Three of the seats were filled by new members of the Council including Ed Gow, J Ocana, Matthew Bottomly and Adam Henningsen.

The Council is actively pursuing solutions that work for Ladera Ranch. This work gets done primarily through our committees. And we could use your support. Even a couple hours a week or month would go a long way to paving the way to better days for Ladera.

For more information about our committees, or anything related to the Council, please reach out to me at jbrenneman@lrciviccouncil.org.

What are your thoughts? I welcome your feedback. We are in this together!

Connect with Teen
 Leadership Council
 (TLC)



@LaderaRanchTLC

2021 SCHOLARSHIP OPPORTUNITIES

Ladera Ranch Community Services offers scholarship opportunities for Ladera Ranch teens who will be attending a college, university, trade school or junior college (excluding Saddleback College) in the fall of 2021.
Deadline to apply is 5:00 p.m. May 31



Community Partners Supporting the Ladera Ranch Community

EMERALD



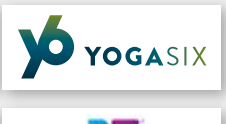
GOLD



SILVER



BRONZE



NON-PROFIT & CHARITY PARTNERS

FRIENDS OF THE LADERA RANCH LIBRARY • GOODWILL INDUSTRIES OF ORANGE COUNTY • JAMES HENRY RANSOM FOUNDATION
 LADERA RANCH CIVIC COUNCIL • LADERA RANCH RELAY FOR LIFE • LADERA RANCHO CHAMBER OF COMMERCE • 1ST LAR MARINE BATTALION



Paving the Way for Change

Coping with mental health is a long, often daunting roller coaster. You may sometimes find yourself feeling as though you're the only one riding it. In truth, each and every one of us is fighting our own internal battles. Opening up about those can be scary. However, there has never been a better time in history to do so.

Unlike in times past, there is extensive, ever-expanding knowledge about mental health and how to treat mental illness. Both serious and casual discussions surrounding the topic are more prevalent than ever. The normalization and destigmatization of such conversations are largely due to our generation's courage to be vocal about our emotional adversities. "I know a lot of teenagers who will talk about their struggles and going to therapy without any prompting," says Dr. Herbert. "It is absolutely impressive, and you all are paving the way for change. You are role models for all of us. And we're watching you. The discussions, the conversations, the strength, and the bravery are all amazing to see as you continue to move forward."

The Power of Sleep

Self-care has never been so important than during times like these when physical and mental health essential. "Quality sleep is crucial to maintaining a strong immune system and mental health" says Dr. Dana Rockey of South County Sleep Solutions.

Tips on boosting your mental health, energy, and immune system:

- Give your mind time to wind down by turning off mobile devices an hour before bedtime and keeping electronics out of the bedroom. Deep sleep reinvigorates your body and mind for improved energy, clarity and focus.
- If you snore, take it seriously and be tested for sleep apnea, a breathing disorder that affects over 25 million Americans. It can be easily treated. Going untreated has serious health consequences.
- Be sure to eat more fruits and vegetables. In addition to good sleep, healthy nutrition is the fastest way to boost your immune system and fuel your body, mind and mood.

"It's up to individuals to maintain good physical and mental health in order to live a healthy, happy life. Here's to your health Ladera!"



Make Your Bed

by US Navy Admiral William H. McRaven
 US Navy Admiral, William H. McRaven, delivers a speech about the importance of doing the little things like making your bed, embracing the fears of life, and changing the world for generations to come.

youtu.be/GmFwRkl-TTc



New Outdoor Recreational Area Opens

The Oak Knoll Village Clubhouse was where it all began for the community of Ladera Ranch. This amenity was the first to be built when development of Ladera first broke ground in 1999. It initially served as the Welcome Center for the first "settlers" of Ladera Ranch.

After 20 years of use and enjoyment, some of the outdoor space has been updated to make it more functional. On the north side of the clubhouse, just off the Great Room, was an underused greenspace that was comprised of turf grass and foundation plantings along the edges. This space had become heavily shaded over time due to the growth of the surrounding trees which often times resulted in wet and muddy conditions.

During this project, approximately 2000 square feet of soft-scape (turf and shrubs) was removed and was replaced with hardscape surfaces for recreational use.

One half of the space has pavers with a casual seating area. The other half is comprised of a decomposed granite surface and corn-hole games. Additional access pathways have been designed to allow for better flow to and from the Great Room into this outdoor space for resident use. Overhead string lights will be incorporated to provide improved enjoyment during the evening hours.



Teen Mental Health

continued from page 7



Talk to Someone

Sometimes, simply having a conversation about your feelings with a person whom you trust can be incredibly helpful. The validation of hearing that someone else understands or feels the same way has the power to alleviate discouragement.

Many people may think that they don't have anybody to confide in. It's important to find someone – whether it's a friend, a parent, a teacher, a cousin, etc. No matter whom you're talking to, conversations about mental health are not easy to have. Dr. Herbert says, "Sometimes, the first conversation doesn't go as well as we want it to. There's no perfect way [to open up about your mental health]... and we should be okay with the fact that we're probably going to be uncomfortable because we've never done it before." In all areas of life, you have to do something multiple times before it is no longer intimidating. The more we do it, the less uncomfortable it will be. The same goes for talking about our emotional wellbeing. It may be an awkward process of just figuring things out as you go, and that's okay!

Create Conversations and Connections

Having an environment where discussions on mental health are normal is important, especially in groups of people. Casual mentions of mental health struggles are becoming more and more common. Even someone making a passing comment about being in therapy can encourage others around them to open up. If you have this sort of dynamic in your group of friends, take advantage of that.

When somebody brings up their mental health, tell them you appreciate them being vulnerable and able to share personal things, no matter how small. You could even be the one to integrate dialogue about emotional wellbeing into your group!

"You don't know how your vocalizations, what you say, are going to be meaningful to other people. It's an amazing door that gets opened," Dr. Herbert points out. Bringing up mental health in discussions can be done just like discussions about any other topic. A great way to get the ball rolling is to make references and connections between things in media (books, TV shows, music, etc.) to things happening around the world. "[Your generation] knows what's going on in the world way before anyone else does. With that being said, it's usually about people.

So how do we talk about mental health topics related to people we're aware of in our common culture?" Dr. Herbert suggests you can say to your friends, 'Hey, I recently watched (movie) and they talked a lot about (topic). I want to hear what you guys think.' From there will come the natural ebb and flow of discussion where everyone shares their thoughts on a topic, relating it to themselves and their own experiences. Cultivating an atmosphere where people can safely discuss their feelings without scrutiny is beneficial to everyone.



Stay Positive

Currently, the majority of those depressive feelings mentioned earlier come from the fact that COVID-19 prevents us from having in-person social interaction. Seeing your classmates on Zoom is incomparable to the interactive in-class dynamic. The world is shut down, so the options for things to do are extremely limited. All of these factors contribute to widespread problems of anxiety and depression.

If you're having a hard time staying positive, don't worry: you're not alone. It's obvious when you talk with people, especially your friends, about what you've been going through. "The first thing I'll say is to just share your feelings," Dr. Herbert emphasizes. "Sometimes, it's really hard to tell people, 'I'm struggling. I miss connections.' Talk about those thoughts whether they're scary, or not even. Maybe you're just frustrated or disappointed."

You're Not Alone

Dr. Herbert also highlights the significance of finding creative ways to see your friends. It can be hard because when you feel depressed and alone, you find it a lot easier to just not do anything at all. Ironically, refusing socialization (of any kind, regardless of whom it is with) only deepens your sadness. Dr. Herbert makes a point of this. "Instead of going in your room, just hang out in the family space. Even if you don't want to, just do it!" This also applies to making plans with your friends. While hanging out on FaceTime is not the same as doing so in person, engaging in any kind of social interaction prevents feeling isolated and dejected. Dr. Herbert uses this approach in her own personal life. "New Year's just passed, and I ended up just playing games... with my friends over Zoom. It was really enjoyable. Not the same, clearly, but it was the best thing I could come up with that was safe and allowed me to be with the people I'm normally with during the holidays."

There are also things that you can personally do on your own to stay in a good headspace. Taking on individual activities that make you feel proud is a fantastic way to keep yourself happy. When we work towards something, whether it be mastering a new skill or doing a project, we feel a sense of purpose. Seeking to achieve that goal can provide us with the motivation and determination that we were previously lacking. Dr. Herbert provided examples such as learning a new song on an instrument, drawing or painting, working on a puzzle, or practicing a sport. "Try to take something on where you can build in a sense of mastery and [especially] a sense of pride."



"Instead of going in your room, just hang out in the family space. Even if you don't want to, just do it!"

- Dr. Sharonne Herbert