

Rancho Cucamonga LIVING

With Great Risk
Comes Great Reward
**Dr. Vanessa
Peterson**

INSIDE

PAGE 9

With Great Risk Comes Great Reward
Dr. Vanessa Peterson (Family Feature) Smiles for the New Year.

PAGE 10

Forget New Year's Resolution! Create a Personal Mission Statement.

PAGE 12

Create an unforgettable wedding ceremony.

PAGE 14

Welcome Mario Fabian Empire Stryker's and Join the Transformational Body Challenge Mayweather Boxing + Fitness.

Photo by Laurie Vander Eyk



Hey Boss Lady!
LET'S GET BALANCED



Are you Feeling..

- FATIGUED?
- HOT FLASHES & NIGHT SWEATS?
- BRAIN FOG?
- ANXIETY & DEPRESSION?
- MOOD SWINGS?
- HAIR LOSS?
- LOW SEX DRIVE?
- WEIGHT GAIN? AND MORE..

All it takes is a simple blood test



GET YOUR SYMPTOM CHECKLIST HERE

DISCUSS YOUR RESULTS HERE



Expert Contributor



Nany Lamasat Bridal & Men's wear
CEO / Celebrity Fashion Designer
Nevine Saroufim
Business phone number: 909-730-8702
Email: nevine@nanlamasat.com
www.nanylamasat.com
-More Than Bridal-

Are you an expert?

Interested in advertising or becoming an expert for Rancho Cucamonga Living magazine

To learn more about becoming an expert contributor, contact BVM at tsmiley@bestversionmedia.com.

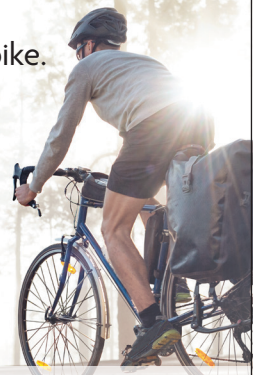
We provide all cycling needs, from service to sales for your bike.

incycle

Sunday 11:00 am to 5:00 pm
Monday 10:00 am to 5:00 pm
Tues-Sat 10:00 am to 6:00 pm

@incyclebicycles

9110 Foothill Blvd • Rancho Cucamonga, CA 91730
(909) 483-1991 • www.incycle.com



OUR TEAM



Tressa Smiley
Publisher



Dayna Mason
Content Coordinator



Nimal Perera
Photographer



Deborah Szewczuk
Graphic Designer



At Synergi Orthodontic Specialists, we provide a range of orthodontic treatments, including traditional braces and clear aligners, for both adults and children. Your smile is the doorway to health and happiness-start you and your child's journey today! All kids should be screened by an orthodontist by the age of 7.



Synergi
ORTHODONTIC SPECIALISTS

Call for your complimentary consultation today!

(909) 774-0107

Making orthodontics the **BEST** part of your day!

Rancho Cucamonga LIVING

Publication Team

Publisher: Tressa Smiley
Content Coordinator: Dayna Mason
Designer: Debroah Szewczuk
Contributing Photographer: Nimal Perera

Advertising

Contact: Tressa Smiley
Email: tsmiley@bestversionmedia.com

Feedback/Ideas/Submissions

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: tsmiley@bestversionmedia.com

Important Phone Numbers

Emergency and In-Process Calls
24 Hours 7 days a week..... 9-1-1
Police Department—Dispatch for Non-Emergency
Request for Services Open 24/7 909-941-1488
Rancho Cucamonga City Hall and
Council Chambers..... 909-477-2700
Rancho Cucamonga Library (Cultural Center..... 909-477-2720
Mental Health.....Crisis Prevention Lifeline 800-273-8255
Text Crisis Prevention Lifeline..... Text 838255
Domestic Violence Hotline..... 800-799-7233
Disaster Distress Helpline..... 800-985-5990

Content Submission Deadlines

Content Due:	Edition Date:
December 1	January
January 1	February
February 1	March
March 1	April
April 1	May
May 1	June
June 1	July
July 1	August
August 1	September
September 1	October
October 1	November
November 1	December

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted, inclusive of materials generated or composed through artificial intelligence (AI). All content submitted is done so at the sole discretion of the submitting party. © 2025 Best Version Media. All rights reserved.



PUBLISHER'S Letter



Dear Residents, Happy 2025!

Welcome to Rancho Cucamonga Living Magazine, designed to celebrate and connect our vibrant community. Our goal is to provide you with a platform that highlights local stories, events, and resources, fostering a stronger sense of community among residents.

As we step into 2025, there's a unique opportunity to focus on the values that will shape a stronger, more connected Rancho Cucamonga. By starting with a clear vision and actionable steps, we can make meaningful strides toward building a resilient and thriving community.

At the heart of every successful endeavor is collaboration. When we come together, we can achieve far more than we could alone. Whether it's fostering new partnerships, sharing knowledge, or building a supportive network, the power of collaboration is limitless. Let this moment be the beginning of new ideas, collaboration, and progress. Here's to the opportunities that lie ahead to the community we are building, the inspiration that fuels our dreams and to the lasting impact we will make, in 2025!

We are local. We are here to support each other. We are a beautiful thriving community.

New Year, New Way in 2025!
Let's connect.

Tressa Smiley ~ Publisher

Under no circumstances should you deny what you affirm- Have Faith in yourself and your Dreams. Prayer changes everything!

#communitysmiles #supportrccommunity #ranhocucamonga #magnanimous #dreamteam #bvm #fridayRC #family #newyear #newway

happy new year

TELL US
WHY YOU LOVE
THIS MAGAZINE!

SCAN ME!

www.bestversionmedia.com/feedback

BVM
BEST VERSION MEDIA

WITH GREAT RISK COMES GREAT REWARD

By Dayna Mason

Photos by Laurie Vander Eyk

Vanessa Peterson was born and raised in Rancho Cucamonga (she moved away to Texas and Oregon for approximately 10 years returning to Rancho Cucamonga in 2019) and continues to live here and be a part of the community with her partner Benet, and her two children, Luke and Zoey. She met Benet in Rancho Cucamonga a couple years ago and says, he is “the most exceptional human being I have ever met, and I am grateful every day that we are together.” They have a lot in common and share many hobbies together. Vanessa’s favorite part of their relationship is how much she is inspired by him, that he is so genuine, discerning, intelligent, disciplined, generous, and compassionate. He has also stepped in as a respectful and compassionate mentor/leader/role model/support system for Vanessa and her kids in a way she never could have imagined would be so beautiful.

Dr. Peterson has been in the field of orthodontics for 12 years and started her own practice in July 2020. Dr. Peterson says, “I was inspired at an early age by my mother, a dental hygienist, and my own orthodontist, the late Dr. Stephen Tracey. My mother cherished the relationships she had with her patients, and I was always so impressed that when we ran into them all over town, she knew their names and so many details about their lives! My orthodontist was an incredibly inspirational and energetic man who ran a thriving business with a vibrant team, and exuded a love for his craft, patients, and community. He became a mentor for me as I worked my way through college, dental school, and residency. I have modeled much of my life and business based on the examples these two people set for me.” Vanessa feels lucky that she found a career that completely aligns with the purpose and passion of her life and faith. Taking care of patients is very personal for her, and she hires people who have the same mentality. Her and her team “love on their patients,” and do their very best work to exceed expectations, making orthodontics the best part of their patients’ day.

The field of orthodontics is fascinating to Dr. Peterson. She is a lifelong learner and strives to be able to treat her patients holistically, efficiently, comfortably, and to the highest standard of care she can provide. She says, “I attended great educational programs. I earned all the top accolades and awards. But what



really matters is my results and how I treat people. And that's what I want people to experience at my office."

In addition to running a busy practice and raising young kids Vanessa is an exercise and health & wellness enthusiast. She is a regular at Crossfit Rancho Cucamonga, Orange Theory, and Xhale Yoga Studio. You can also find her on the biking and running trails in the area, especially Marshall Canyon and the Pacific Electric Trail. She is also involved at her church, Hillside Community Church. She loves eating at delicious restaurants with Kuwada and Biest being her favorites in Rancho. She loves reading, escape rooms, and game nights/puzzles and enjoys local sports games—Quakes, Reign, Strykers. She also takes weekend trips when she can get away. Her favorite place in the whole world is Bend, Oregon and she typically travels there once or twice a year. She loves it because there is an "endless amount of outdoor adventure activities and people are healthy, authentic, and so kind."

Her son, Luke is in 1st grade at Hermosa Elementary and Zoey is in TK at Highland Christian Avenue School. Vanessa says, "Luke is my sweet and friendly boy who loves art and Legos and Zoey is my girly girl who loves all things art, princesses, and accessories." Luke is currently in drum lessons at Rockstars of Tomorrow in Rancho (where Vanessa takes piano lessons). She says, they "love this place."

Vanessa says, "One of my favorite things about Rancho Cucamonga is how many great programs my kids have gotten to participate in! Through the years, we have been involved with Precision Gymnastics, Premier Swim Academy, Rancho Swim Lessons, Level up Arts, Level up Sports, Master Kang Taekwondo, Citrus Little League, I9 Sports, Gymboree, and Tutuschool. All these experiences have been fantastic, and I would highly recommend them! "

Vanessa believes that Rancho Cucamonga is a nice place to raise kids and feels lucky to have lived here most of her life. She has built a network of family and friends that really make it what it is. She loves her church, the kids' schools, and the family friendly activities in Rancho. The family also likes going to local sporting events: Quakes, Reign, Strykers. Being a business owner in Rancho Cucamonga and living in the community and having grown up in Rancho "is awesome, because every day feels like a block party." Says, Vanessa. "Wherever I go—my office, the kids' school, the gym, the grocery store, church—I see the same group of people! I really enjoy that aspect, it makes Rancho truly feel like a community."

Vanessa has a modified version of Theodore Roosevelt's famous arena speech hung in her room: "It is not the critic who counts; not the woman who points out how the strong woman stumbles, or where the doer of deeds could have done them better. The credit belongs to the woman who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs who comes short again and again, because there is no effort without error and shortcoming; but who ac-



tually strive to do the deeds; who knows great enthusiasm, the great devotions; who spends herself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if she fails, at least fails while daring greatly, so that her place shall never be with those cold and timid souls who neither know victory nor defeat."

Vanessa says, "My life has been a series of great effort, great devotions, great joy, and great failures. I take risks and I play hard. I have failed many times—I've been divorced, I've had business failures, and I've missed goals I set out to accomplish...and yet I find myself feeling like I am living in heaven on earth. I love my life and I am so grateful. Through repeated failures and recovery efforts, you eventually learn to accept that there is no great reward without risk and failures, and when you know your effort, integrity, faith, and compassion for your path is there—you just keep going!"

NOW OPEN!
YOU ONLY GET 1 BODY—
TAKE CARE OF IT!
FIRST CLASS ON US



FITNESS CENTER
8401 HAVEN AVENUE
RANCHO CUCAMONGA, CA 91730
OFFICE: (909) 850 - 4778
www.mayweather.fit



@mayweatherfitranhocucamonga

Life, Career, and Spiritual Coaching

EMBARK ON A JOURNEY OF TRANSFORMATIONAL GROWTH

By Tammy Brubaker



Sabera Arastu, the founder of *Transformational Growth, LLC*, brings a wealth of knowledge, experience, and a deep passion for personal development to her role as a life, career, and spiritual coach. For Sabera, coaching is more than just a profession—it is a calling. Through her work, she empowers individuals to discover their potential, navigate transitions, and achieve a life filled with purpose and joy.

Transformational Growth is rooted in Rancho Cucamonga, where Sabera provides both remote and in-person coaching sessions. Her office, affectionately called the “Safe Haven,” is a tranquil space where clients feel welcomed and at ease. Many of her clients enjoy coming to her office, savoring a cup of coffee, engaging in deep breathing exercises, and finding a moment of calm before their coaching sessions. It is in this peaceful environment that they are

able to explore their inner thoughts and embark on transformative journeys.

GUIDING THE COMMUNITY TO GROWTH AND BALANCE

Sabera’s coaching covers a wide range of areas, but she focuses primarily on helping individuals in the community who are transitioning into new careers, seeking better work-life balance, or pursuing inner fulfillment. With Rancho Cucamonga and Upland continuing to grow and evolve, Sabera is proud to serve individuals from both well-established and emerging businesses, providing the guidance they need to succeed and thrive.

Sabera’s extensive educational background is one of the pillars of her coaching practice. She is a Certified Life Coach through the International Coaching Federation and holds a spiritual coaching certification from Awakened Academy. In addition, she has earned an executive master’s in business administration and a doctorate in organizational leadership. This combination of certifications and advanced degrees has shaped her ability to guide her clients not only through personal and spiritual growth but also in achieving their professional goals.

A PASSION FOR EMPOWERING OTHERS

Prior to founding *Transformational Growth*, Sabera spent four decades work-

ing in mental health. Her commitment to human relationships has always been a driving force in her career, whether working with special needs adults and children through her former business in residential care or in her current coaching role. Sabera is also certified in applied behavior analysis, a skill that complements her work in helping individuals improve their behaviors and habits as they strive for success.

Sabera’s business philosophy is centered around the belief that every human being has immense potential. She often speaks about the power of cosmic energy and the importance of channeling that energy to create a fulfilling, joyful lifestyle. “Coaching with Transformational Growth will revive your inner spirit from turmoil to tranquility,” Sabera explains. Her biggest inspiration comes from witnessing her clients transform from states of worry, insecurity, and confusion to achieving peace of mind, clarity, and growth.

A LIFE OF PURPOSE AND JOY

On a personal level, Sabera is proud of her Southeast Asian heritage. She moved to the United States four decades ago with a bachelor’s degree and continued her education in Southern California, earning her post-graduate degrees. For 15 years, she worked as a school teacher before running her successful residential care business for over 30 years. This experi-



**TRANSFORMATIONAL
GROWTH, LLC**

Life Career and Spiritual Coaching

Reviving your Inner Spirit From Turmoil to Tranquility

- ✔ Life, Career and Spiritual Coaching
- ✔ Personal Growth and Development
- ✔ Professional Development
- ✔ Career Transitions or Advancement
- ✔ Work-Life Balance

SABERA ARASTU
Ed.D. CLC

909-263-7971
10722 Arrow Rte., Ste. 520
Rancho Cucamonga Ca 91730
transformationalgrowth3.com



ence laid the foundation for the wisdom and knowledge she brings to her coaching practice today.

Sabera has been married for 42 years to her husband who recently retired from a Japanese company. Together, they have two adult sons, both married, and two grandchildren who are the joy of her life. Having lived in the Inland Empire for all of her adult life, she adores the community that surrounds her.

In her free time, Sabera loves to travel the world, believing that travel enriches the mind and soul. She also volunteers at the Rancho Cucamonga Senior Center, serving meals as part of their dining program, an activity she finds deeply fulfilling.

Through Transformational Growth, Sabera Arastu is dedicated to helping her clients achieve the balance, growth, and peace they seek in all areas of life. If you would like to speak with Sabera, please call 909-263-7971.



Options For Youth's Dynamic Sports Program

Empowering Students Through Competition At Options For Youth (OFY), we believe that education extends beyond the classroom. Our vibrant sports program is designed to encourage students to develop teamwork, leadership, and personal discipline—all while having fun and staying active. Whether students are new to sports or seasoned athletes, we offer a variety of opportunities to engage in competitive play throughout the year.



Options For Youth
Public Charter Schools
An Exclusive WIOA Partner!

Our sports seasons are carefully sequenced to ensure students can participate in multiple activities and make the most of their high school experience. In the fall, we kick off with boys basketball and girls volleyball, two programs that energize students and bring communities together. Both sports emphasize agility, strategy, and collaboration—skills that translate to success both on and off the court.

As the winter season rolls around, we shift focus to the field with boys and girls soccer. These teams not only hone technical skills and fitness but also foster a sense of unity and perseverance. Students work together through the challenges of the game, learning valuable lessons in teamwork and resilience.

Spring ushers in another round of exciting activities. Girls softball takes center stage, allowing athletes to showcase their strength and coordination, while boys flag football gives students the chance to demonstrate their speed and strategic thinking in a non-contact setting. These sports provide a balance of physical exertion and mental engagement, encouraging students to stay active as the school year comes to a close.

In addition to our core sports, OFY also offers unique opportunities for students to explore other athletic interests. Throughout the year, we host one-day golf and bowling tournaments, giving students a chance to participate in sports that are often less accessible in traditional school settings. These tournaments are fun, low-pressure ways for students to experience new activities, build confidence, and connect with their peers.

For those interested in a different kind of competition, our E-Sports program offers several seasons of exciting gameplay. Students can compete in popular titles like *Rocket League*, *Brawlhalla*, and *Overwatch*. E-Sports has quickly gained popularity at OFY, as it provides a platform for students to develop strategic thinking, problem-solving, and teamwork—all in a virtual environment. These games allow students who may not be as inclined to participate in physical sports to still experience the benefits of competition and collaboration.



Whether on the court, field or in the virtual world, Options For Youth's sports program is committed to offering diverse and inclusive opportunities for all students. We believe that through sports, students can build character, develop lifelong skills, and forge meaningful connections with their peers. With multiple seasons and a variety of options, there's something for everyone at OFY, ensuring that every student can find their place and thrive in our supportive athletic community.



Fontana 1:

16981 Foothill Blvd. Unit A6
Fontana, CA 92335
(909) 357-3168

Fontana 2:

17216 Slover Ave. Ste L-102
Fontana, CA 92337
(909) 429-0482

Rancho Cucamonga:

9849 E. Foothill Blvd. Suite G
Rancho Cucamonga, CA 91730
(909) 466-9082

Upland:

1438 W. 7th St.
Upland, CA 91786
(909) 946-0500

January Events

EVERY 1ST SATURDAY OF THE MONTH

Tech Forum - Rancho Cucamonga
@FoundrSpace Coworking
Time: 8:30am - 11:30am
Gathering to learn about current and emerging technology. All are welcome regardless of technical knowledge. Coffee and light breakfast are provided.
Cost: FREE
<https://www.meetup.com/tech-forum-rancho-cucamonga/events/>

EVERY SUNDAY

Rancho Cucamonga Certified Farmer's Market
@8916 Foothill Blvd, Rancho Cucamonga, CA 91730
Time: 9 am to 1 pm
IG: enrichedfarmsavantiharvest
Cost: FREE
<https://www.enrichedfarms.com/our-markets>

EVERY WEDNESDAY

The Gathering Farmers and Artisan Market
@7355 Day Creek Blvd
Time: 10 am to 2 pm
Cost: FREE

WED JAN 1ST, THROUGH 31ST

New Years Transformation Challenge
Mayweather Boxing + Fitness
@ 8401 Haven Ave
Call for details: (909) 850-4778

SUN JAN 5TH, 13TH, 20TH, 26TH (HOME GAMES)

Empire Strykers (Pro Indoor Soccer)
@Toyota Arena 4000 E. Ontario Center Parkway
Schedule and cost details: <https://www.theempirestrykers.com/printableschedules>

TUE JAN 7TH

NIL: Navigating Name, Image and Likeness for Athletes with Jarred Scott
@Online
Time: 6pm
Cost: FREE
<https://www.eventbrite.com/e/nil-navigating-name-image-and-likeness-for-athletes-with-jarred-scott-tickets-1067177760409?aff=ebdssbdestsearch>

SATURDAY JANUARY 11TH

3rd Morning Miles for Mental Wellness
@Central Park- Baseline Road
Time: 8:00am
<https://www.eventbrite.com/e/3rd-morning-miles-for-mental-wellness-tickets-1059224692569?aff=ebdssbcitybrowse>

THURSDAY JAN 16TH

EMPOWERED MOM SUMMIT
@Online
Time: 9:00 am
<https://www.eventbrite.com/e/empowered-mom-summit-tickets-1081165337629?aff=ebdssbdestsearch>

JAN 18-19TH

3rd Annual Lunar Festival
@RC Sports Park
Time: 11am-8pm
Cost: FREE
Cal Festival, the City of Rancho Cucamonga, and Eastern Harmony Mental Health are excited to invite you to the **3rd Annual Rancho Cucamonga Lunar Festival**, celebrating the **Year of the Snake!**
<https://www.eventbrite.com/e/3rd-annual-2025-rancho-cucamonga-lunar-festival-jan-18-19-tickets-912889616417>

SAT JAN 27TH

Superbowl Appetizer Class
@Core Cooking Inc
Time: 4:30pm
Details: <https://www.eventbrite.com/d/ca--rancho-cucamonga/january/>

SOUP 'N FRESH

Opening soon in Chino Hills
@4645 Chino Hills Pkwy
Details: <https://www.facebook.com/soupnfresh/>

At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.



GENT'S BARBERSHOP
EST. 2013

4 Locations
Fontana · Rialto · Rancho Fontana and Rancho Cucamonga



Rancho Cucamonga Location:
11398 Kenyon Way, Ste I, Rancho Cucamonga, CA 91701
(909) 778-4368 • www.CutsByGents.com
@GentsBarbershops



Nimages Photography

NIMAL PERERA
951.232.0518
nimages.photo@gmail.com
@nimagesphoto
Nimages Photography

- Weddings / Engagements
- Graduation / School Portraits
- Family / Children
- Headshots / Portraits
- Real Estate Photography

A Fresh Start for Health and Fitness

By Tressa Smiley

New Year, New Goals - A Fresh Start for Health and Fitness

The start of a new year is the perfect opportunity to set fresh health and fitness goals. After the indulgence of the holiday season, many of us are eager to focus on our physical well-being and adopt healthier habits. Whether you're looking to lose weight, build strength, or simply improve your overall health, the key is to set realistic goals and create a plan that works for you. A new year offers a chance to renew your commitment to taking care of your body and mind.

This year, let's prioritize consistency over perfection. Health and fitness are not about drastic changes, but rather about making small, sustainable adjustments to our daily routines. Incorporating more movement into your day—whether it's a morning walk, stretching during lunch, or joining a fitness class—can have a huge impact on your well-being. Eating more whole foods, staying hydrated, and getting enough rest are just a few simple steps that can help you feel better and boost your energy levels.

As we embark on this new year, let's remember that health is a lifelong journey, not a destination. Progress may come in small steps, but every effort counts. By staying committed to our fitness goals and celebrating each milestone, we can make 2025 a year of health, vitality, and well-being. Here's to a happy, healthy, and fit new year!

PS - Check out Mayweather Boxing & Fitness in Rancho! Mayweather Gym provides an environment that pushes individuals to achieve their best, both physically and mentally.

Location: 8401 Haven Ave

Smiles for the New Year A Fresh Start

By Tressa Smiley

Smiles for the New Year- A Fresh Start Full of Promises and SMILES in 2025!

As the New Year dawns, it's a perfect time to reflect on the joys and challenges of the past year and embrace the opportunities ahead. The simple act of smiling has the power to uplift our spirits and connect us with others in meaningful ways. Whether it's a smile shared with family, friends, or a stranger, each smile carries a message of hope and positivity—a reminder that even in tough times, joy can be found.

This year, let's focus on bringing more smiles into our lives. Smiles are contagious, and when we choose to approach the New Year with a positive outlook, we create a ripple effect that can inspire those around us. Small acts of kindness, a friendly gesture, or simply sharing a moment of laughter can make a big difference in building a supportive and vibrant community.



As we look ahead to the new year, let's commit to spreading smiles, embracing new challenges, and welcoming each day with optimism. With every smile, we brighten not only our own lives but also the lives of those around us, making this year one filled with connection, joy, and endless possibilities.

Sending millions of SMILES your way in 2025!

Welcome To
Alta Loma Animal Hospital!




Hours:
 Mon. 8 AM-6 PM
 Tues. 8 AM-6 PM
 Weds. 8 AM-6 PM
 Thurs. 8 AM-6 PM
 Fri. AM-6 PM
 Sat. 8 AM-4 PM
 Sunday Closed

Your pet's health and happiness are our top priority. We provide exceptional veterinary care. Range of services, from routine check-ups and vaccinations to advanced diagnostic and surgical procedures.

Contact Us:
 Please call us at (909) 987-6224 to schedule an appointment. Walk-in appointments are also available.
 We look forward to meeting you and your pet!
 7289 Amethyst Ave, Alta Loma, CA 91701

@altalomaanimalhospital | altalomaanimalhospital
 yelp.to/HuEjFGE4h4
 www.altalomaanimalhospital.com

Best DJ for hire in the Galaxy,
 House, Dubstep, DnB, Arabic Trap

909-544-7026

DJ'ing for private, corporate, and club events, as well as creating recorded mixes, and audio reactive visuals.




SCAN ME

ARIES FIRE

Email: DJariesfire@gmail.com
 Instagram: @DJariesfire
 Soundcloud: DJARIESFIRE

DOOR SOLUTIONS YOUR LOCAL DOOR COMPANY

WROUGHT IRON DOORS Special
 \$2,995* 6'0" HEIGHT
 \$4,500* 6'8" HEIGHT

BUILT IN SCREEN
 Scan here to explore our E-Catalog

Visit our Showroom: 9605 Arrow Route Bldg 6, Suite J Rancho Cucamonga

PROFESSIONAL INSTALLATION INCLUDED
 COMPLETE SET WITH ALL PARTS! NO HIDDEN FEES!
FREE CONSULTATION (909) 643-1636

RETRACTABLE SCREEN DOORS AVAILABLE
 \$2,499* 6'8" HEIGHT
 \$3,299* 6'8" HEIGHT

SINGLE DOORS DOUBLE DOORS
 *Limited time offer. Call for details.

• WROUGHT IRON DOORS • FOLDING DOORS
 • WOOD DOORS • BARN DOORS • HDC DOORS Lic. #927744

WHAT'S YOUR MISSION



Forget New Year's resolutions! Create a Personal Mission Statement

By Dayna Mason

As we approach the new year, many of us are thinking about resolving to change something about our lives. Maybe we want to lose a few pounds or eat healthier. But what if instead of focusing on small goals, we looked at the bigger picture, and asked ourselves, "What do I actually want from my life?"

Most corporations have a mission statement, which helps them stay aligned with the goals and values they deem most important for the company.

A personal mission statement can help us stay aligned with who we are and the impact we want to make on the world. When we are trying to figure out our next best step, we can reread the words of our mission statement to help guide that decision.

BUILDING A PERSONAL MISSION STATEMENT

1. Begin crafting your mission statement by asking yourself these questions:

- What do I value? What's important to me?
- What do I want from my life?
- What are my talents?
- At the end of my life, what do I want to have accomplished?

2. Take an inventory of your strengths

List your strengths. Are you creative? Do you love to learn? Are you empathetic? Are you artistic? Are you good with people; good with animals? What activity makes you lose all sense of time?

3. Write

Next, based on your information gathering, start writing. Describe the qualities that define and differentiate you. Declare who you are and what you want to do with your life.

INFORMATION GATHERING EXAMPLE:

I value compassion and care deeply about others especially the disadvantaged. I am pulled in the direction of helping others discover themselves, so they can make their best life choices and define a practical life path. In the end, I want to know that my life mattered because I made a difference in the quality of other people's lives.

MISSION STATEMENT:

"To inspire positive change through teaching and coaching."

OTHER MISSION STATEMENT EXAMPLES:

Statement of Purpose/Personal Mission Statement

- "To be a teacher. And to be known for inspiring my students to be more than they thought they could be." - Oprah Winfrey
- To know and love myself, my neighbor, and my world and to encourage and inspire others to know and love themselves.
- To have faith in destiny and bravely take the path that unfolds before me.
- To create opportunities for today's youth.
- To use my skills as a journalist to inspire people, so that they are educated about the world around them and are energized to make change.
- To positively impact the life of every person I meet.
- To recognize Truth in myself, the world and others, and inspire and share Truth in God's way and timing.
- To create art that brings people joy.
- "To make people happy." – Walt Disney

We can learn a lesson from Apple's current mission statement: *"Apple designs Macs, the best personal computers in the world, along with OS X, iLife, iWork, and professional software. Apple leads the digital music revolution with its iPods and iTunes online store. Apple has reinvented the mobile phone with its revolutionary iPhone and App store, and is defining the future of mobile media and computing devices with iPad."*

Under Steve Jobs, Apple's mission statement was: *"To make a contribution to the world by making tools for the mind that advance humankind."*

Which mission statement inspires you and feels limitless? The current mission statement leaves no room for out-of-the-box thinking, innovation. This may be why Apple hasn't delivered anything truly new in a long time (Steve Jobs died in 2011.) The mission statement under Steve Jobs' direction speaks to what Apple became known for—doing the impossible.

When creating your mission statement, keep it simple (one or two sentences). Make sure that when you read it back to yourself, the possibilities feel limitless and you feel inspired to make a difference in your own unique way, aligned with what you value, and that it encourages you to leave a legacy you'll be proud of.



Now Open!
in Rancho Cucamonga!



SCAN ME

Welcome to PV'S Prime Grill and Tequilla, where we take pride in offering a Modern Rustic Mexican Cuisine using only the finest ingredients. Our commitment to quality is evident in our selection of steaks, all of which are the highest Prime 1 Grade. Indulge in a culinary journey that combines traditional Mexican flavors with a modern twist.

- Serving Lunch Monday to Friday 11:00am to 3:00pm
- Serving Dinner Monday to Sunday 3:00pm to close
- Serving Prime Brunch Buffet 10:00am to 3:00pm
- Wednesday Half Priced Margaritas ALL DAY.
- Social Hour - Monday to Friday 3:00 pm to 6:00 pm

909-500-2610
www.pvsprime.com

10742 Foothill Blvd
Rancho Cucamonga, CA 91730

@pvsprime

ENGAGED!

Creating an unforgettable wedding ceremony

By Dayna Mason

December is the most popular month for popping the question, “Will you marry me?” An answer of “yes” sets off a series of activities such as selecting a meaningful date for the wedding, choosing the perfect location for the ceremony, writing vows to each other, etc. There are options for customizing many aspects of your special day, but did you know you have the same opportunity to personalize not only the vows, but all the words spoken during your wedding ceremony?

Whether you have your wedding officiated by the clergy at your church, an officiant you’ve hired, or a friend of the family, you can take part in choosing the words spoken during your ceremony. These will be some of the most important words spoken during your life, because they express in front of closest friends and family what you believe about marriage and the promises you want to make to each other for a lifetime.

There are several elements to choose from when creating your ceremony, but there are only two elements that are legally required: the Declaration of Intent and the Pronouncement of Marriage. In other words, you could literally have a ceremony that read: “Chris, do you agree to marry Taylor? And Taylor, do you agree to marry Chris? I now pronounce you married.” All other elements are optional,

which gives you tremendous flexibility in designing a ceremony that is the most meaningful to the couple. Basic elements of a traditional wedding ceremony and their purposes (Excerpt from, “Do It Yourself Wedding Ceremony: Choosing the Perfect Words and Officiating Your Unforgettable Day” by Dayna Reid)

PROCESSION

(also known as the Wedding March)

This is the choreographed walk down the aisle of the wedding party to the altar. This symbolically represents two things: the couple’s transition from their individual lives to the union of marriage and the wedding attendants’ support of the union by taking part in the same walk.

APPROVAL BLESSING/WISHES

(also known as the Give Away)

This element gives others the opportunity to convey their approval or blessing on the ceremony that is about to take place. Traditionally the father or the parents of the Bride answer “I do” or “We do” to a question asked by the Officiant.

Welcome/Introduction

(also known as the Convocation)

This element calls together all in attendance to begin the ceremony. The words spoken at this time welcome and thank the guests as well as introduce the purpose of this gathering.

Opening Blessing/Wishes

(a prayer also known as the Invocation)

The words spoken at this time are intended to invoke a higher source (God, Goddess, Great Spirit, the Universe, etc.) to elevate the intent of the ceremony.

The Address

(also known as the Sermon)

This element shares the couple’s beliefs on the meaning of marriage and is designed to encourage reflection on the significance of this commitment. This may also include a historical reflection on the couple’s relationship up until this point, as well as the story of how the couple met.

Dedication Blessing/Wishes

(a prayer also known as the Consecration)

The words spoken at this time are meant to elevate the intent of the message communicated in the Address and remind everyone that the commitment about to be made is sacred. This element also provides a transition from the message about marriage just spoken to the actual promises that the couple is about to make to seal their commitment.

Declaration of Intent

(a legally required element of the ceremony)

This element is the “I Do” section of the ceremony. The words spoken at this time declare the couple’s intention to marry. The declaration is customarily made by

Be The Most Beautiful Bride To Walk Down The Aisle



(909) 730-8702 • nanylamasat@gmail.com • www.nanylamasat.com • [f](https://www.facebook.com/nanylamasatbridal) [i](https://www.instagram.com/nanylamasatbridal) @nanylamasatbridal
11920 Foothill Blvd Suite 130 &150, Rancho Cucamonga, CA 91739

SERVICES

Bridal Gowns • Evening And Bridesmaid Gowns • Mothers Dresses • Alterations • Menswear Rent or Buy • Custom Design

the Bride and Groom, each answering “I do” or “I will” in response to a question presented by the Officiant.

The Vows

This element is the verbal exchange between the couple that expresses the sincere promises they are making to each other regarding their intention for the marriage.

Ring Blessing/Wishes

The words spoken at this time describe the purpose of exchanging the rings and the sentiment that the couple wishes to be reminded of as they wear them.

Exchanging of the Rings

This element is the physical exchange of wedding rings and the verbal exchange between the couple that expresses the significance of this offering.

Pronouncement of Marriage

This element is the pronouncement that the couple is officially wed.

The Kiss

This element is a kiss shared between the couple and symbolically represents the sealing of the promises made. The words spoken at this time instruct the couple to kiss.



Closing Blessing/Wishes (a prayer also known as the Benediction)

The words spoken at this time are meant to send the couple off into their new future together, and to communicate the hopes and wishes for that future.

The Presentation

This element is the official introduction of the newly married couple.

The Recession

This element is the choreographed walk down the aisle of the wedding party away from the altar and to the festivities. This walk signifies the completion of the ceremony and the beginning of the celebration.

Readings and Additional Ceremony Elements

Readings consist of one or more selections (poems, lyrics, stories, etc.) to be read aloud during carefully selected moments throughout the ceremony. The selections are meant to convey a feeling or message that provides a window into the couple’s unique world and may be read by a friend, family member or the Officiant. Readings may also be incorporated into the ceremony as the wording for one of the traditional ceremony elements.

In addition to the basic elements of a traditional ceremony, there are many other special touches that can be added to your ceremony to make it unique, such as including children, honoring parents or grandparents, remembering loved ones who are unable to attend or have passed on, etc. or special purpose mini-ceremonies that can be performed to further symbolically demonstrate any commitments you wish to communicate. For example, a Candle Lighting ceremony (the lighting of a single unity candle by the couple with individual taper candles) may be included to symbolize the joining together of two lives into one.

This engagement season, as you plan for your future with the love of your life, remember that you can participate in choosing words spoken during your ceremony that inform your witnesses about the commitment you wish to make. Then, going forward, they can remind you of your promises when challenges arise.

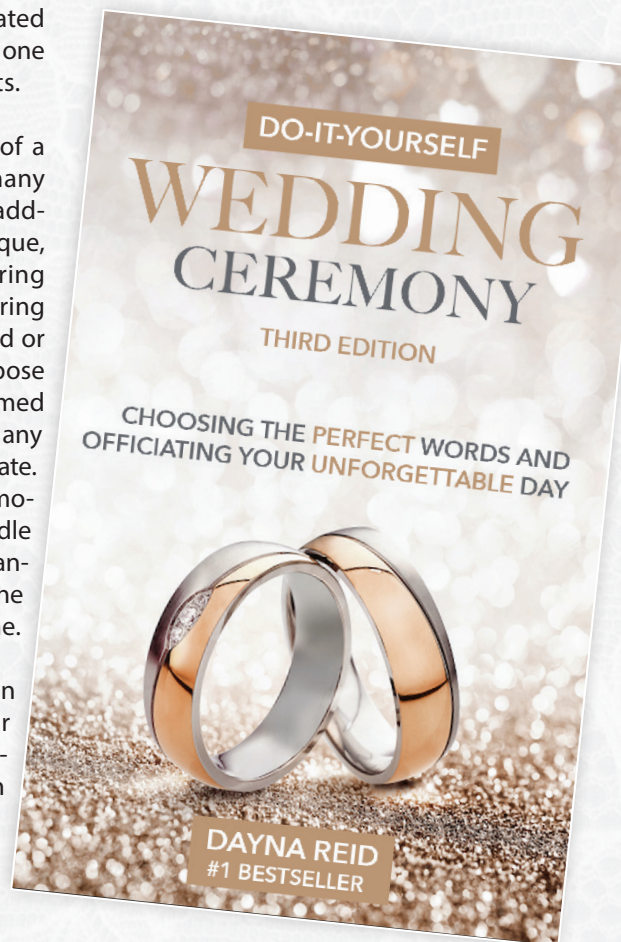
A wedding ceremony is a reminder to everyone in attendance about the importance of making and keeping a lifetime commitment to one person for the rest of your life. The commitment of marriage is a beautiful tradition, which when upheld by two individuals with great love for each other, can provide a safe space for both people to grow into the best version of themselves.

Resource:

Book – “Do It Yourself Wedding Ceremony: Choosing the Perfect Words and Officiating Your Unforgettable Day” by Dayna Reid

This bestselling step-by-step guide on how to officiate a Wedding Ceremony is in its Third Edition. Everything you need to know to completely customize the words spoken for your ceremony, easily compose and conduct a wedding ceremony, and make it legal.

Grab your copy of this book at Nany Lamaset Bridal in Rancho Cucamonga or wherever books are sold!



Spotlight on our thriving community and supporting our local culture in 2025!

By Tressa Smiley



We are a winning community, and we proudly welcome and support Marco Fabián in his distinguished career to the Rancho Cucamonga community!

We are excited to have you with us and look forward to all the great things ahead. Marco Fabián is a talented midfielder currently playing for the Empire Strykers in the Major Arena Soccer League (MASL). Known for his technical skill and creativity, Fabián has had a distinguished career, including winning an Olympic Gold Medal with the Mexican national team at the 2012 London Olympics. He has played for top clubs in Mexico and abroad, and his experience and playmaking ability have made him a key player for the Strykers. Fabián's leadership and vision continue to make a significant impact in the MASL's Inland Empire division.



**Ready to transform your body and boost your confidence?
New Year, stronger – YOU!**

Join the Mayweather Boxing + Fitness Local Body Challenge in Rancho Cucamonga! This exciting program is designed to help you crush your fitness goals with fun, high-energy workouts inspired by Floyd Mayweather's legendary training methods. Whether you're a beginner or a pro, our supportive community and expert coaches will keep you motivated every step of the way. Don't wait—start your New Year stronger, healthier version of you TODAY!

LEO Adoption Fundraiser

Come join us at the Via Verde Country Club for a paw-some event to support our furry friends in need!

Whether you're a dog lover, cat person, or just love animals in general, this event is for you! Enjoy a day filled with fun activities, delicious food, and adorable adoptable pets looking for their forever homes.

Help us make a difference in the lives of these lovable creatures by attending the LEO Adoption Fundraiser. Your support means the world to us and to the animals we care for. Let's come together and give these pets the love and care they deserve!



Virtual Job Fair

If you are looking for a job in Rancho Cucamonga, California then you're in the right place. Interview with multiple recruiters from Rancho Cucamonga's top employers. Register today and land your dream job.

Visit for details: <https://jobfairx.com/job-fairs/california/rancho-cucamonga/501669219176284161>






Small efforts create significant, long lasting connections that strengthen and promote local culture. I encourage everyone to get involved—whether it's volunteering, attending events, or supporting local businesses. Let's aspire to make our community even stronger in 2025!

Discover new opportunities with Chaffey Adult School! Whether you're looking to enhance your career, continue your education, gain valuable employment skills, or learn something new, we offer a range of programs designed to help you achieve your goals.

Programs

- English as a Second Language
- US Citizenship Preparation
- High School Diploma
- High School Equivalency/GED
- Career Technical Education
- General Interest

 @ChaffeyAdultLearning
 @chaffeyadultschool
 @Chaffey_Adult

We are here for you!



CAS.CJUHSD.NET
REGISTRATION IS OPEN!

Contact Us

- ✉ CAS@CJUHSD.NET
- 📞 7TH ST. (909) 391-5365
- 📞 5TH ST. (909) 983-7102



“We extend our heartfelt gratitude to the City of Rancho Cucamonga and the Chamber of Commerce for warmly welcoming us into your esteemed community. We deeply appreciate the ongoing support from all of our cherished customers.”



Hours of Operation:
Sunday through Thursday 10:30 am-8:30 pm
Friday & Saturday 10:30 am-9:30 pm

909-660-9347

Located in: Thomas Winery Plaza
8966 Foothill Blvd, Rancho Cucamonga, CA 91730

Rancho Cucamonga
LIVING
4549



Custom Jewelry • Fine Jewelry • Designer Collections • On-site Jewelry Repair • Watch Repair



Gemma's Jewelers

Jewelry Designer & Gemologist

(909) 944-8529

Family Owned business established in 2001

10570 Foothill Boulevard Suite 100, Rancho Cucamonga, CA 91730

gemmasjewelersrancho@yahoo.com | www.gemmasjewelers.com

 www.facebook.com/GemmasJewelers |  www.instagram.com/gemmas_jewelers