



Us Too Gymnastics

25 Spectrum Pointe Dr. Ste 405
Lake Forest, CA 92630

January 2023 BUSINESS SPOTLIGHT



Us Too Gymnastics is a nonprofit organization offering recreational gymnastics classes to children and teenagers with AND without disabilities. The gym was created out of an immense need to provide a safe place for children living with a disability, more specifically autism.

The gym is managed and operated by an all-female staff, and three out of five employees are Hispanic. The owners of the gym have seven years of experience in the nonprofit sector. They were inspired to open the business by the need for an inclusive place for children with disabilities.

Us Too Gymnastics is located at 25 Spectrum Pointe Dr Ste 405, Lake Forest, CA 92630. The original founder had relocated to Orange County from Los Angeles County in search of a better school district for her autistic son. The gym has been operating in Lake Forest since 2006 and offers recreational gymnastics classes year-round, seasonal camps, social groups, parent support and birthday parties.



When asked what the most outstanding detail about Us Too Gymnastics was, the interviewee stated, "We are one of the few places in all of Orange County, not just the City of Lake Forest, to provide services to disabled individuals while trying to create inclusion."



REGISTRATION FEES (\$25) WAIVED for any new customer who mentions they found the business through the Business Spotlight post!

For inquiries, please contact Yamel Sanchez at yamels@ustoogymnastics.org





COMPETE

26242 Dimension Dr. Suite 150
Lake Forest, CA 92630

February 2023 BUSINESS SPOTLIGHT



Compete is a family-owned business that offers sports performance training for athletes and active adults, as well as personal training and sports injury rehab. The Owner, Chris Phillips, wanted to bring the same service provided in a professional sport setting to the general public. Chris felt that in professional sports there is an urgency to return from injury quickly and safely, which was not the case in most facilities.

Compete's main focus is sports performance training and sports injury rehab for athletes. Staff works with youth, high school, collegiate, professional, and Olympic athletes. Over 150 clients have committed to play collegiate sports. Compete also provides similar services to active adults, whether they want to get in better shape, feel better, or recover from an injury. In addition, it offers recovery services that include soft tissue, mobility and flexibility, and modalities to recover from intense exercise.



When asked what inspired him to open Compete, Chris stated, "I felt the amateur athletes were not given the tools to succeed at the next level. Our experience at the professional and Olympic level allows us to offer a service that is personalized to meet the needs of each individual. We also have the insight on what it takes to get to the next level because we have been there."

Chris moved to California in 1999 to work with the Mighty Ducks of Anaheim and has been in Lake Forest for all but



two years since he arrived in Southern California. He started his professional career in 1991 and was fortunate enough to start in pro hockey in New Haven, Connecticut right out of college. It was the top minor league for the NHL.

He decided to locate Compete in Lake Forest because of his location in the city and its accessibility. Lake Forest was the first location for Compete, the business has since expanded into Yorba Linda and Westminster.

After being asked what the most outstanding detail about Compete is, Chris responded, "I feel my experience as an Athletic Trainer and Strength Coach in professional sport is a key to our success. I worked in pro sports for over 20 years including the NHL with the Mighty Ducks and Capitals, men's and women's pro soccer, arena football and was the Athletic Trainer for the Czech Republic's 2022 Olympic Figure Skating team in Beijing."



**MENTION THE LAKE FOREST
SPOTLIGHT FOR **50%** OFF YOUR
FIRST VISIT!**



Shade IQ

26439 Rancho Pkwy S Unit 135
Lake Forest, CA 92630

March 2023 BUSINESS SPOTLIGHT

Shade IQ

Shade IQ is Orange County's premier custom window treatments company. It is a Hunter Douglas Showroom Dealer with access to their entire suite of window coverings. It also works with many other manufacturers, at both local and national levels, to ensure it always finds the perfect product and price for its customers. Some of the products Shade IQ specializes in are shutters, shades (all types), blinds (all types), drapery, outdoor shades & drapery, all fully capable of motorization. Staff can find solutions at any budget for projects in homes, offices, restaurants, retail, and commercial spaces.

Shade IQ is a family-oriented business. Anthony Quinonez and Chad Riddle, owners of Shade IQ, were both raised in Southern California. They are great friends and dynamic business partners. Chad's wife came up with the Shade IQ name and his children can sometimes be found playing in the warehouse or leaving funny notes on Anthony and Chad's desks. Anthony and Chad have a combined 18 years of experience in the windows treatment industry.

Chad and Anthony stated that Lake Forest is a great location for Shade IQ. When asked why they felt so, they stated, "Nestled between Irvine and several of Orange Counties most prestigious neighborhoods, having the showroom in Lake Forest provides it with a large range of clientele from several different demographics. Specifically, near Alton and the 241, staff finds themselves in the immediate vicinity of countless developing neighborhoods filling quickly with families that they hope will take advantage of Shade IQ's services and expertise. Also, it doesn't hurt that Anthony lives just a stone's throw from the showroom."



The opening of Shade IQ was a matter of perfect timing for Chad and Anthony. Just prior to the Covid lockdown, Chad had sold his successful family business



of 20 years. Anthony, having been in the window treatments industry for some time, had already been developing a plan to open a showroom of his own. After the pandemic began to make way back to normal life, they decided to combine their industry knowledge and management skills to start Shade IQ.

Shade IQ offers a fully tailored approach to its customers. The process starts with a free on-site consultation. There is an extensive collection of sample books, fabrics and even fully functional shades, that staff brings to their consultations. After discussing the lighting, design, aesthetics, and functionality that the customer is looking to achieve, staff then puts their expertise to work by creating a fully custom solution that “checks all the boxes”. While on-site, staff also take precise measurements to ensure that the customer always gets a flawless, custom, look and feel for their final result.

Staff happily provide quotes for many different style treatments, or even the same type of treatment from different manufacturers. Shade IQ also welcomes customers to visit the showroom when they want to get a hands-on idea of all the window treatment options available or to simply look through some of the thousands of fabrics.

When asked what makes Shade IQ unique, the Owners stated, “We genuinely care about the customer experience. Our reputation is important to us and vital to our future success. The only way for us to uphold the strong reputation we have today is to provide service excellence to our customers. Having this drive for service excellence as a core value means that we will never let a customer down.” The showroom here in Lake Forest marks the beginning of Chad and Anthony's journey. They hope that they leave behind them a trail of happy customers, beautiful projects and of course some carefully created Shade. And ahead of them; success, happiness, and good health.





REBATES STARTING AT \$150 ON QUALIFYING PURCHASES JANUARY 14 - APRIL 10, 2023.

HunterDouglas

ENERGY SMART STYLE

Jan. 14 - April 10, 2023

Increase your comfort and help lower your energy bills with insulating Hunter Douglas shades.

Rebates starting at **\$150*** on qualifying purchases Jan. 14 – April 10, 2023

ASK ABOUT REBATES ON ANY OF THE FOLLOWING QUALIFYING PURCHASES:

4 Duette® Honeycomb Shades	4 Sonnette® Cellular Roller Shades	4 Vignette® Modern Roman Shades
must include PowerView® Automation	must include PowerView® Automation	must include PowerView® Automation

*Rebate amount varies by shade style and the qualifying purchase date. January 14, 2023 – April 10, 2023. From participating dealers in the U.S. only. A qualifying purchase is defined as a purchase of any of the product models set forth above in the quantities set forth above. If you purchase less than the quantities specified, you will not be eligible to receive a rebate. Rebates will be made in the form of a check payable to you upon receipt of a rebate claim form and approval of the rebate claim. Rebates will be applied to your account within 12 months after your purchase and each month thereafter. See complete terms and conditions with rebate claim form. Additional restrictions may apply. Not redeemable for cash. See dealer for more details. No cash back. See dealer for more details. All rebates are subject to the terms and conditions of the rebate program.



Yelp



StretchLab

41 Auto Center Dr Ste 107
Foothill Ranch, CA 92610

April 2023
BUSINESS SPOTLIGHT



StretchLab is an international franchise that is individually owned and operated. StretchLab Foothill Ranch offers one-on-one assisted stretch sessions with its certified and highly trained Flexologists. There is no one reason people find themselves at StretchLab. Some clients are looking to improve their sports performance or reduce the risk of injury, some are looking to decrease joint pain, and others simply just want a great stretch. Its members report that they are sleeping more comfortably and have less aches and pains. Other goals like being able to touch their toes or do the splits are common. No matter what brings people into StretchLab – the benefits of a professional assisted stretching routine are tremendous.

StretchLab chose to locate in Lake Forest because its owner lives locally and knows the needs of the community along with their health and wellness goals. In addition to Lake Forest, StretchLab has more than 300+ studios open across North America and 750+ licensed locations globally. StretchLab is not only the largest assisted stretching brand, it is leading the way in the thriving wellness industry.

Aside from the amazing stretch sessions StretchLab provides, it also offers leg, hip, and arm compression therapy, which is included with a membership. StretchLab found that memberships work best and are the most cost-effective way to maintain a stretch routine to attain the goals in the shortest amount of time. After the initial assessment, the Flexologists create a customized plan for each client. Memberships are a 3-month commitment and then turn into month to month after that.



The most outstanding detail about StretchLab is how the energy is magnetic in the studio. Every person that walks in feels the happy, upbeat vibe. The team loves coming to work to serve the local community and it shows in everything they do. StretchLab pops up all around town at different events offering complimentary demo stretches and partnering with other local businesses. There are always fun and informative events like a “Flexible Living” nutrition workshop, a charity fundraiser, Sound Bath and much more.



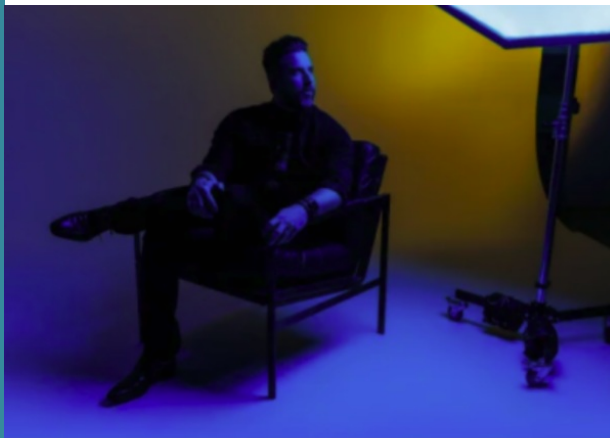
FOR FIRST TIME VISITS

an introductory 25-minute stretch is **\$29**
and a 50-minute stretch is just **\$49**.



Yelp

Business Spotlight



SDA Creative

26429 Rancho Pkwy S Ste 125
Lake Forest, CA 92630

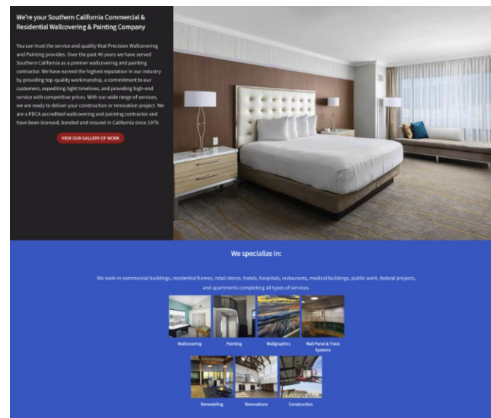
May 2023
BUSINESS SPOTLIGHT



SDA Creative is a digital marketing agency that specializes in graphic design, web development, social media content management, photography, video production, and much more. In our modern world, digital marketing and good communication is critical to the success of any business. SDA Creative is a minority owned business and has been around for over twenty-five years. Having over twenty-five years of experience in the creative business gives SDA the opportunity to help other businesses create brand identity and marketing strategy. Manny Villegas, CEO & President of SDA Creative, has been in Marketing for twenty years. In the interview, Manny stated that Lake Forest is the perfect location for SDA Creative because, "It's a place where we can create a hybrid creative environment. We enjoy our studio

space, the local shops, green areas and peaceful surroundings."

SDA Creative offers a full range of services including graphic design, web design and development, web hosting services, social media content management, photography, videography, video editing, book design, apparel promotional marketing, trade show booth marketing, and even has a professional studio rental space in-house.



SDA started in the surf industry with surf magazines. Over time this transitioned into digital platforms and other exciting new services. SDA is still connected to the surf industry and other sports as well; however, its versatility in numerous industries give staff the experience to handle any account type. SDA Creative previously operated in Capistrano Beach, CA for over twenty years. The most outstanding detail of the business is staff's ability to tackle any project for any client. Staff enjoys having a creative challenge and coming up with solutions.



SPECIAL DEALS

- Free website hosting services (2-years) with any website job (20 hrs minimum) Email is optional
- Logo deals on new designs
- Social Media Management packages available starting at 8-hours per month



Vimeo

Business Spotlight



DeLucia's

23600 Rockfield Blvd Ste 2s
Lake Forest, CA 92630

June 2023
BUSINESS SPOTLIGHT

DE LUCIA'S

ITALIAN RESTAURANT & BAR

Introducing DeLucia's: A Culinary Haven Rooted in Family Tradition

DeLucia's, a cherished family-owned business, boasts an impressive 27-year legacy in the restaurant industry. With a strong focus on authentic Italian cuisine, DeLucia's invites guests to experience a delightful blend of classic dishes. According to CEO/President Mario Milanese, dining at DeLucia's is a, "...representation of what dining means, where you come together with family and where food is made with passion and love. This is what I hope you feel when you enter our doors."

Mario's journey began in 1994 at Peppino's, a renowned establishment where he cultivated his expertise in the culinary arts. In 2010, he took ownership of Peppino's Pizzeria in Aliso Viejo, marking a significant milestone in his career. Inspired by his deep-rooted affinity for service and a love for food, Mario decided to embark on a new chapter by reopening his business in Lake Forest. This decision held profound meaning for him, as it was in Lake Forest where his family established their first small Italian restaurant back in 1984. Sadly, circumstances forced the closure of that beloved family venture, leaving a void in the Lake Forest community. Recognizing this unfulfilled need, Mario's aspiration to serve the community he

holds dear led to the birth of DeLucia's.

DeLucia's carefully selected Lake Forest as its home due to its proximity to the original location of Mario's family's Italian restaurant. The city holds a wealth of sentimental value, having witnessed the beginnings of their culinary journey. By choosing Lake Forest, DeLucia's becomes an integral part of the community, embodying the spirit of perseverance, family, and authentic Italian cuisine. Mario looks forward to serving the Lake Forest community for many years to come, continuing the enduring legacy of his family's dedication to food and service.



At DeLucia's, guests are presented with a diverse range of dining options, including a comfortable dine-in experience, convenient to-go orders, and seamless delivery services through trusted third-party partners. Furthermore, the restaurant proudly offers full-service catering and pick-up party trays, ideal for hosting memorable events of all sizes.



Immersing visitors in an atmosphere of cultural appreciation, DeLucia's recently underwent an impressive renovation. Each room is thoughtfully named after Italian cities that hold special significance to Mario's parents. The name DeLucia's itself pays homage to Mario's mother, an emblem of love and devotion to family. As Mario states, "The name DeLucia's is my mom's maiden name, and I could not think of a better name than that to honor her and her love for her family." It is a name that resonates with the restaurant's unwavering commitment to providing exceptional food and service.

With DeLucia's, what may appear as a fresh arrival is, in reality, a culmination of years of expertise and an unwavering love for the culinary arts. This enduring commitment to exceptional food and service has been infused into a well-known and cherished location, giving guests a renewed experience. As you step through the doors of DeLucia's, allow the tantalizing aromas and inviting ambiance to transport you to the heart of Italy. Join us in celebrating the legacy of DeLucia's and the Milanese family, as they craft unforgettable moments through the fusion of food, culture, and heartfelt hospitality.

