

BUSINESS

ON THE MOVE

Alesha Churba completes Aging-in-Place training

POCATELLO — Alesha E. Churba of A.E. Churba Design, has completed all training to obtain the CAPS designation. The Certified Aging-in-Place Specialist designation program teaches the technical knowledge to solve the remodeling needs, customer service skills and business management skills essential to assist the fastest-growing segment of the residential remodeling industry.



Churba

Home modifications for the aging-in-place.

The NAHB Remodelers Council, in collaboration with the AARP NAHB Research Center, and NAHB Seniors Housing Council, developed this program to provide comprehensive, practical, market-specific information about working with older and maturing adults to remodel their homes for aging-in-place.

Churba writes about aging in place considerations and suggestions on her blog at: <http://aechurba-design.com/BlogAboutDesignWithTheFutureInMind.aspx>. She can be reached at (208)-313-6414.

Young joins staff at Steele and Associates

POCATELLO — Steele and Associates, a marketing and communications firm headquartered in Pocatello, is pleased to announce that John Young has been hired to serve in the position of creative director/new media. Young took over this position on April 2 of this year. He brings a wealth of marketing and creative experience to the company.



Young

For most of the past decade, he has worked in Boise and Southeast Idaho on such accounts as Hewlett-Packard, Center Partners, and Idaho Central Credit Union.

Young combines his passions for marketing, programming and graphic design into new media, which includes web development, SEO, social media, and online campaigns.

Young attended Idaho State University, where he earned degrees in mass communication, computer information systems, and graphic arts. He is often asked back as a guest lecturer.

Christensen joins Bannock Animal Medical Center

CHUBBUCK — Chad Christensen is starting his career as a veterinarian at



Bannock Animal Medical Center. He began working there June 3. He will treat all pets in the Pocatello and Chubbuck areas.

"I KNOW CHANGING THE WORLD IS A PRETTY AMBITIOUS GOAL, BUT I BELIEVE I CAN DO IT. THERE IS NOTHING THAT CAN'T BE ACHIEVED WITH PERSEVERANCE AND DISCIPLINE."

— CLIFF CUMMINGS, TAE KWON DO INSTRUCTOR



JO HARRIS/IDAHO STATE JOURNAL

Cliff Cummings recently opened Gate City ATA Martial Arts in Pocatello to teach taekwon do. To see a video from this story, go to idahostatejournal.com.

CHANGING LIVES ONE BLACK BELT AT A TIME

Tae kwon do teacher opens martial arts studio in Pocatello

ATA AT A GLANCE

The American Taekwondo Association is the premier North American organization dedicated to the martial arts discipline of taekwon do, and is the founding organization of other international affiliates that include the World Traditional Taekwondo Union and the Songahm Taekwondo Federation. Counting both the U.S. and worldwide, the organizations have more than 1,500 independently owned and operated licensed schools and clubs, and have registered more than 1 million students since the ATA's inception in 1969.

Source: ataonline.com

Cliff Cummings, 19, said the skills and discipline he learned in taekwon do helped him to be successful and happy.

Cummings opened Gate City ATA Martial Arts on June 1, and said the studio's theme, "changing lives one black belt at a time," incorporates that philosophy.

Located at 621 S. First St., the studio teaches taekwon do and has several summer classes available.

He serves as the martial arts studio's head instructor and employs two assistant instructors. Gate City ATA Martial Arts currently has seven students, but is recruiting kids 3 and up.

For a short time, clients can receive one month of free lessons, a tour of the facility and a uniform with the VIP card.

A third-degree black belt and a certified level 1 instructor, Cummings has been teaching for five years. He was

introduced to the sport by his parents when he was 11.

"It really helped me to come out of my shell, it gave me the confidence to meet people and talk to people," he said.

Cummings will test for level 2 certification in about two weeks.

With each new belt, students at Gate City ATA Martial Arts learn how to incorporate life skills like perseverance, discipline and integrity into the sport of taekwon do and their lives.

A 2009 Century High graduate, Cummings is also studying business management at Idaho State University. His parents are Cliff and Tami Cummings, of Pocatello.

At 19, Cummings is furthering his education, while operating his own small business, and he credits ATA taekwon do for his success.

"I know changing the world is a pretty ambitious goal, but I believe I can do it," he said. "There is nothing that can't be achieved with perseverance and discipline."

Not all bonds are alike when investing

It's talk about Bond and I don't mean MONEY MATTERS TIARA does not have profitable year. Corporate bonds also

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