

How To Grow New Healthy Bone! [Bone Resorption Urine Test – Safe, Effective & Radiation Free]

Whether suffering from a bone disease, like osteoporosis, or interested in maintaining healthy bone and preventing bone diseases, this article is for you.

I have successfully helped our clients reverse their bone disease processes, restore and maintain optimal bone health and prevent bone disease, utilizing Clinical Nutrition Testing and Therapy.

To identify the need for new, healthy bones and to monitor our client’s progress, I use a safe, non-invasive, “radiation-free,” reproducible, and effective urine test, called Bone Resorption. The Bone Resorption Urine Test is a measurement of Collagen Cross-Linked N-Telopeptide (NTx) and Creatinine. Bone resorption is the destruction of bone tissues that

promotes bone loss, which is a decrease in bone mass and bone density.

WHAT IS NTx? N-terminal telopeptide (NTx) measures the bone breakdown rate, is a bone metabolism biochemical marker, and is the most sensitive and specific indicator of bone resorption. Abnormal values indicate your risk of bone loss and fracture, as well as thinning and weakening of bones, which is medically known as osteoporosis. NTx is measured from a blood or urine sample; however,

NTx is not included in routine urinalysis. For me, and you, urine is my preference (no needles!). LOL

Bone Resorption urine test values in optimal range indicate your collagen cross-linked bone fibers are still intact and you have strong, healthy bones. Whereas, abnormal test values indicate broken particles of these bone fibers are present in your urine. When bone fiber breaks down, the body removes them through urine. The further your test values are out of optimal range, the weaker and unhealthy



“Take Time for Your Health or Make Time for Your Disease!”

by **Dr. Donna F. Smith**
Ph.D. N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

your bones become, and, in time, lead to any number of bone-related diseases.

WHAT IS CREATININE? The Bone Resorption Urine Test also includes testing Creatinine, the end product of creatine metabolism. Creatine is present primarily in muscle and the amount produced relates to total skeletal muscle mass, which are the muscles that connect to your bones and allow you to perform a wide range of movements. Daily Creatinine production is fairly constant except when there is a massive injury to a muscle. Blood levels and daily urinary excretion of Creatinine fluctuate very little in healthy people.

CLINICAL NUTRITION BUILDS NEW BONE: In Clinical Nutrition, Bone Resorption urine testing helps me monitor the repair, rebuilding, or regrowth, of new bone, bone metabolism, bone health maintenance, and prevention of bone diseases. I have observed abnormal Bone Resorption Test values return to normal values as early as six months. Though the time required varies per individual, the good news is that “building new healthy bones is possible through Clinical Nutrition Testing and Therapy.”

DEXA SCANS DO NOT TEST BONE QUALITY: To diagnose bone diseases, physicians have traditionally used the Bone

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REQUEST FOR QUALIFICATIONS CENTENNIAL AIRPORT ARAPAHOE COUNTY, COLORADO

The **Arapahoe County Public Airport Authority (ACPAA)**, owner and operator of Centennial Airport in Englewood, Colorado is soliciting **Statement of Qualifications and Experience** from qualified firms to perform architecture and engineering (A&E) services for the design and construction of a new **Air Traffic Control Tower**.

The A&E Team must supply all information required by the Request for Statements of Qualifications and Experience. The Arapahoe County Public Airport Authority reserves the right to waive any informalities and minor irregularities in the submittals and to select the Consultant deemed to be in the best interest of the Airport.

For any questions and to obtain a complete copy of the Request for Statement of Qualifications and Experience please contact Lorie Hinton, Assistant Airport Director at Centennial Airport at lhinton@centennialairport.com or 303-218-2906.

The Statements of Qualifications and Experience must be submitted to Lorie Hinton, Assistant Airport Director, 7565 S. Peoria St. Unit D-9, Englewood, CO, 80112 no later than 4:00 p.m. MST, on Monday, June 13th. DBE firms are encouraged to submit.

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Last Publication: May 19, 2022
Legal # 10777

00 11 16 INVITATION TO BID

CHERRY CREEK RESERVOIR EAST BOAT RAMP SHORELINE STABILIZATION PHASE 2

Date: May 5, 2022

Electronic bids for the above-referenced PROJECT will be received by **Cherry Creek Basin Water Quality Authority** by1:30 PM_ on June 8, 2022 and will be opened and recorded (BID OPENING). Any BID(s) received after the above-specified time and date will not be considered. Bids will be submitted through the Rocky Mountain E-Purchasing website (https://www.bidnetdirect.com/colorado; “BidNet”) as more specifically defined below.

CONTRACT DOCUMENTS, complete with construction DRAWINGS and SPECIFICATIONS, will be available on https://www.bidnetdirect.com/colorado/cherrycreekwat. Bidders that have registered with BidNet for this PROJECT (the “plan holder list”) will receive project addenda and other communication via BidNet.

Acknowledgement of all addenda is required to submit a responsive bid.

BID(s) will be rejected if the CONTRACTOR's name is not on BidNet's plan holders list, which verifies the purchase of CONTRACT DOCUMENTS.

No BIDDER prequalification is required for this PROJECT. However, upon evaluation of BID(s), the apparent low BIDDER must be prepared to demonstrate BIDDER's qualifications by submitting evidence to OWNER such as financial data, previous experience, authority to conduct business in the jurisdiction where the PROJECT is located, and other requirements as may be specified in the CONTRACT DOCUMENTS.

The required security, 5% of the bid, must be submitted electronically on BidNet. E-bond and electronic funds transfer (EFT) submissions are accepted by CCBWQA through BidNet. The Bid Bond must be executed by a surety acceptable to CCBWQA.

BIDDER(s) are invited to attend a pre-bid conference virtually at https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZGlyNThiMmMtZWRhZi00OTZmLWFmNjYtOTQwYTgzMDEyMzly%40thread.v2/0?context=%7b%22Tid%22%3a%22adbdb320-7cf1-4f9a-b9bb-c49de1af7797%22%2c%22Oid%22%3a%22571c755b-0718-4aa9-b44e-961a5aa52670%22%7d

on May 25, 2022 at 1:00 PM. If you would like the appointment and link for the pre-bid conference sent to you, send request via e-mail to Val Endyk at val.endyk@ccbwwqa.org.

As its best interests may appear, OWNER reserves the right to reject any or all BID(s) and to waive informalities in the BID(s).

For public notice purposes documents are also on CCBWQA's website https://www.cherrycreekbasin.org. A general statement of WORK is as follows:
Description of WORK:

The primary work to be performed under this contract includes construction of shoreline stabilization improvements to Cherry Creek Reservoir. Construction includes, but is not limited to mobilization, clearing and grubbing, traffic control, water control, erosion and sediment control items, , re-vegetation, concrete removal, tree removals, soil preparation, grading, topsoil placement, riprap placement, earthwork, and willow staking.

Location: Cherry Creek State Park at the East Boat Ramp Estimated

Construction Cost Range: \$80,000 to \$90,000.
OWNER:

Cherry Creek Basin Water Quality Authority
William P. Ruzzo

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NOTICE OF VACANCY

PURSUANT to Section 32-1-808(2)(a)(I), C.R.S., notice is hereby given that a vacancy exists on the Board of Directors of the **Heritage Greens Metropolitan District**. Any eligible elector of the District who is interested in appointment to the Board may contact the District's Attorney, Russell W. Dykstra, via e-mail: rdykstra@spencerfane.com. The Board of the District may fill said vacancy 10 days after the date hereof.

By:Russell W. Dykstra
Legal Counsel

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Published: May 19, 2022
Legal # 10787

NOTICE OF VACANCY

PURSUANT to Section 32-1-808(2)(a)(I), C.R.S., notice is hereby given that a vacancy exists on the Boards of Directors of **Southgate Water District and Southgate Sanitation District**. Any eligible elector of the Districts who is interested in appointment to the Boards may contact the Districts' manager, David Irish, via e-mail: dirish@southgatedistricts.org. The Boards of the Districts may fill said vacancy 10 days after the date hereof.

By:Russell Dykstra
Counsel for the District

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Legal # 10788

NOTICE AS TO AMENDED 2022 BUDGET AND HEARING GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN that an amended budget will be submitted to the **GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT** for the ensuing year of 2022. A copy of such proposed amended budget has been filed in the office of Greenwood Athletic Club, 5801 South Quebec Street, Greenwood Village, Colorado, where same is open for public inspection. Such amended budget will be considered at a hearing at the special meeting of the **Greenwood Athletic Club Metropolitan District** to be held at 11:00 A.M. on Thursday, June 2, 2022. The meeting will be held at 5801 South Quebec Street, Greenwood Village, Colorado. Any interested elector within **Greenwood Athletic Club Metropolitan District** may inspect the proposed amended budget and file or register any objections at any time prior to the final adoption of the amended 2022 budget.

BY ORDER OF THE BOARD OF DIRECTORS:
GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT

By: /s/ ICENOGLE I SEAVER I POGUE
A Professional Corporation

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INVITATION TO BID CITY OF CHERRY HILLS VILLAGE SANITATION DISTRICT – 2022 CIPP PROJECT

Sealed Bids will be received by the **City of Cherry Hills Village Sanitation District**, 3333 South Bannock Street, #360, Englewood, Colorado 80110 (Owner) at its address just stated until 1:00 p.m., local time, June 7, 2022, for the 2022 CIPP Project. All bids must be prepared on the bid form provided in the Contract Documents and delivered in a sealed envelope marked “Bid for 2022 CIPP Project. **There will be no public opening of the bids.**

The Owner reserves the unqualified right, in its sole and absolute discretion, to reject any or all bids, or to delete portions of bids or to adjust the unit quantities, which in its sole and absolute judgment are responsive to the bid documents and will under all circumstances best serve the Owner's interests.

The proposed work is generally described as:

1. UV-CIPP lining of approximately 3,532 l.f. of 15"-18" Concrete Pipe, including CCTV and cleaning.
2. Reconnection of service laterals 12.
3. Miscellaneous work and material.

Copies of the Bid Documents, Specifications and other Contract Documents for use in preparing Bids may be obtained from the Owner by e-mail request only, addressed to CHVSanDist@aol.com.

All Bids must be in accordance with the Bidding Documents on file with the District.

A mandatory Prebid Conference IS a requirement for this project. If the Contract is awarded, Owner will give the Successful Bidder a Notice of Award within the number of days set forth in the Bid Form for acceptance of the Bid.

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INVITATION TO BID CITY OF CHERRY HILLS VILLAGE SANITATION DISTRICT – 2022 REMOVE & REPLACE PROJECT

Sealed Bids will be received by the **City of Cherry Hills Village Sanitation District**, 3333 South Bannock Street, #360, Englewood, Colorado 80110 (Owner) at its address just stated until 1:00 p.m., local time, June 8, 2022, for the 2022 Remove & Replace Project. All bids must be prepared on the bid form provided in the Contract Documents and delivered in a sealed envelope marked “Bid for 2022 Remove & Replace Project. **There will be no public opening of the bids.**

The Owner reserves the unqualified right, in its sole and absolute discretion, to reject any or all bids, or to delete portions of bids or to adjust the unit quantities, which in its sole and absolute judgment are responsive to the bid documents and will under all circumstances best serve the Owner's interests.

The proposed work is generally described as:

Sanitary sewer pipe removal and replacement of approximately 329 linear feet of 8" PVC sewer pipe, at 3 locations. 2 locations on Albion Street near Bellevue, approximately 174 linear feet, and 80 linear feet. 3rd location on Cantioe, approximately 75 linear feet. The work will also require pavement replacement on Albion Street, protection of existing “wet” utilities and “dry” utilities, and maintenance of access to residential driveways along the sewer alignment.

Copies of the Bid Documents, Specifications and other Contract Documents for use in preparing Bids may be obtained from the Owner by e-mail request only, addressed to CHVSanDist@aol.com.

All Bids must be in accordance with the Bidding Documents on file with the District.

A mandatory Prebid Conference IS a requirement for this project.

If the Contract is awarded, Owner will give the Successful Bidder a Notice of Award within the number of days set forth in the Bid Form for acceptance of the Bid.

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Legal # 10791

NOTICE TO CREDITORS

NOTICE TO CREDITORS Estate of Isabel O. Lopez, also known as Isabel Olivia Lopez, also known as Isabel Lopez, Deceased

Case Number 2022PR30474

All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe County, Colorado on or before September 19, 2022, or the claims may be forever barred.
Diane Alicia Lopez
Personal Representative
c/o Stewart B. Grant
Attorney at Law, LLC
12265 W. Bayaud Avenue, Suite 210
Lakewood, CO 80228
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Last Publication: May 19, 2022
Legal # 10772

NOTICE TO CREDITORS Estate of JAMES CURTIS BARMINGTON also known as JAMES C. BARMINGTON and JAMES BARMINGTON, Deceased

Case Number 2022PR30556

All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Centennial, Colorado on or before September 19, 2022, or the claims may be forever barred.

The original of this document is on file at the law office of Donald Glenn Peterson
/s/. Donald Glenn Peterson
Donald Glenn Peterson
Attorney for Personal Representative
4100 E. Mississippi Avenue, Suite 410
Denver, CO 80246
Telephone: (303) 758-0999
Published in The Villager
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Last Publication: June 2, 2022
Legal # 10785

NOTICE TO CREDITORS Estate of Alan J. Gilbert, a/k/a Alan Jay Gilbert and Alan Gilbert, Deceased

Case Number 22PR30383

All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe, County, Colorado on or before September 21 , 2022, or the claims may be forever barred.
Barry S. Gilbert
Personal Representative
2751 South Clarkson Street Address
Englewood, CO, 80113
Published in The Villager
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Last Publication: June 2, 2022
Legal # 10786

— End of Legals —

Local High School students receive Centennial Youth Achievement awards



Youth Achievement Award winners with Craig Faessler, Program Director for Jacobs and Mayor Stephanie Piko.

Four graduating high school students are the recipients of the City of Centennial’s 2022 Youth Achievement Awards in recognition of significant contributions to Centennial through service and outstanding leadership in school, community and the workplace. Each recipient receives \$1,000 to be applied toward college tuition, fees and course enrollment.

The Centennial Youth Achievement Awards is sponsored annually by the Centennial Youth Commission and Jacobs, the City’s public works and code compliance provider. Recipients must be residents of the City of Centennial and demonstrate leadership and service to the community.

The 2022 Youth Achievement Award recipients include Centennial residents Luke Brill, Arapahoe High School; Madylin Campbell, Englewood High School; Sydney Caro, Grandview High School; and Halley

Peecher, Arapahoe High School.

Luke Brill – After graduating from Arapahoe High School, Brill plans to attend Texas A & M University, studying engineering. He aspires to become an aerospace engineer. He has served as Captain of Arapahoe’s swim and water polo teams and Link Crew Commissioner and has participated on the Kliffe Leadership Team. He has volunteered throughout the community and in surrounding areas, including actively supporting Kids Across America.

Madylin Campbell – Campbell is graduating from Englewood High School. She actively volunteers by helping with blood drives, clothing drives and soup kitchens, in addition to participating in volunteer activities through school with the help of her family and peers. She is enrolled in Fall 2022

classes at Gonzaga University, where she will be a member of a Living-Learning

Community called “People For and With Others,” which is an interactive student group focused on community service within the City of Spokane, Wash.

Sydney Caro – Caro is graduating from Grandview High School. She actively volunteers with local elementary schools, assists schoolmates who have intellectual disabilities and is involved with several clubs and organizations at school. After high school, Caro plans to attend Texas Tech University to continue academic studies in chemistry and Mandarin Chinese. She plans to follow a pre-med

path and continue dedicating time for community service.

Halley Peecher – Graduating from Arapahoe High School, Peecher and has been highly involved in high school activities and in the community. She is President of the Choir Council program at Arapahoe and has been heavily involved in three audition choirs. Additionally, she has held a part-time position as food server at Cherry Hills Assisted Living Center for two years. She is looking forward to attending Colorado State University in the Fall and plans to study film and music Composition.

How To Grow New Healthy Bone

Continued from page 30

Density Test; a Dual Energy X-ray Absorptiometry, also referred to as the DEXA or DXA Scan. However, a DEXA Scan is measuring bone density NOT bone quality. Bone Resorption urine tests both. In reviewing DEXA scan reports submitted by my clients over the past years, along with the results of their Bone Resorption urine lab report, I have observed clients who had “unfavorable” DEXA scan results and yet their Bone Resorption urine lab reports were “favorable,” i.e., within “normal” range.

Thus, I conclude the porous bone observed from a DEXA scan may be caused by toxins that align and adversely affect the surface of the bone, thus making it porous and less dense; however, the toxins have not reached the cross-linked fiber within to compromise the strength and quality of the entire bone itself. Remember, the Bone

Resorption urine test measures whether the cross-link fibers within the bone, which makes it strong, are still intact, or breaking down.

Thus, the benefit of Clinical Nutrition Testing and Therapy for bone health is that I am able to identify and then provide the therapeutic nutrients your body requires to 1) remove these toxins from the surface of the bone, and 2) repair and/or grow new bone tissue to restore its collagen cross-links, in the event, that your Bone Resorption urine test results are not within an optimal health range.

PETITE WOMEN OFTEN FAIL THE DEXA SCAN or have lower DEXA scores. Therefore, the Bone Resorption urine test has finally provided these women with an effective test to monitor their bone health, not available before.

DEATH FOLLOWS HIP FRACTURE within a year for men, according to the Mayo Clin-

ic, and is possible within five years for men and women, according to late Dick Versendaal, D.C., Ph.D. (Ph.D. in Clinical Nutrition), due to its adverse effects on the heart. So, restoring and maintaining optimal bone health through Clinical Nutrition Testing and Therapy is essential to life itself.

FOR HELP no matter where you live, please call me at 940-761-4045. First Consultation Free!

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION (Est. 1981)** in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

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Denver, CO





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