

City marks 10th year since park opening with free event

The City of Centennial is kicking off summer and celebrating the 10-year anniversary of Centennial Center Park with a free afternoon of fun this Friday, June 3. Join the City and Arapahoe Libraries 3 – 6 p.m. in the plaza of Centennial Center Park, immediately south of the splash pad, to enjoy music, crafts, face painting, balloon twisters and more. Arapahoe Libraries will be on-site recruiting young readers for the Summer

Reading Program.

The award-winning Centennial Center Park is located at 13050 East Peakview Ave., adjacent to City offices. Park amenities include playgrounds, a splash pad, covered shelters and shade structures, walking paths and an amphitheater. Free wi-fi is provided by Ting.

The park is open 5 a.m. until 10 p.m. from May 1 until October 31. The splash pad is now open 10 a.m. until

8 p.m. through Labor Day weekend, weather permitting. The following are prohibited unless a permit is issued by the City of Centennial specifically allowing:

- Alcoholic beverages
- Amplified sound
- Tents larger than 25 square feet
- Platforms, stages, obstacle courses, inflatable toys, jumpers, etc.
- Overnight camping



- Selling goods or services
- A \$4.5 million expansion is underway at the Park which will bring new and expanded features including additional restrooms and shelters, an event pavilion and picnic groves. This project is funded with a \$500,000

Arapahoe County Open Spaces Grant along with the Arapahoe County Shareback Tax, a voter-approved quarter-cent Use Tax. Visit centennialco.gov/ events to view the City's exciting events at Centennial Center Park throughout 2022.

Bone Health - Calcium May Not Be Enough! (Part 1 of 2)

[Addendum to "How To Grow New Healthy Bones!"] This 2-Part article is an addendum to its preceding article, "How To Grow New Healthy Bones! [Bone Resorption Urine Test – Safe, Effective & Radiation-Free!]" published in The Villager, 05/19/22, Pages 30 & 32.

Because Calcium imbalances (deficiency or excessive) cause many health conditions, from nose bleeds, muscle cramps, and ongoing menstrual bleeding/spotting to bone diseases, like osteoporosis, to name a few, many people take Calcium supplements today.

However, for decades, the Clinical Nutrition Analysis of Laboratory Reports, testing new client biochemistry for those who regularly consume Calcium supplements, has revealed that many still have

a Calcium imbalance (deficiency or excess) and/or Calcium-related health challenges, due to one or more of the following seven (7) biochemical factors.

LIST OF ALL SEVEN FACTORS: 1) Taking too much or too little Calcium, 2) Taking the wrong type of Calcium for their biochemistry (there are 250,000 types of Calcium), 3) Taking the wrong type of Calcium when the diet is either too acid or alkaline, 4) Inability to metabolize Calcium, 5) Imbalances in other vitamins/minerals that affect Calcium levels, 6) Parathyroid dysfunction, and/or 7) Mental, Emotional and/or Physical Stress, to name the primary biochemical factors. So, let's take a closer



"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

look as to why... #1 to #2 – Taking too much, too little, and/or the wrong type of Calcium results from guessing, instead of testing your biochemistry, to identify the dosage, frequency, and type of Calcium your body requires.

And considering 250,000 types of Calcium, there are also organic and inorganic Calcium, as well as acid and alkaline Calcium. An example of one of the types I have seen in Calcium supplements is "calcium carbonate." It is an inorganic calcium salt that produces stones and causes stomach pain; vomiting; constipation; dry mouth; increased urination; loss of appetite, and more.

#3 – Calcium and pH imbalances also occur from consuming an acid Calcium when your diet is already too acidic or alkaline Calcium when the diet is too alkaline, thus making your body pH even more acidic or alkaline, respectively.

SYMPTOMS OF OVER-ACIDITY AND OVER-ALKALINITY BODY pH - To understand health challenges caused by over-acidity, refer to "What is Not Generally Known About

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The Centennial Institute, Colorado Christian University's public policy think tank, will host its annual Western Conservative Summit on June 3-4

The Summit, held at the Gaylord Rockies Resort & Convention Center, will gather leading conservative voices in America. This year's theme "Time to Saddle Up and Ride" strives to inspire, educate, and motivate Americans to boldly advance a conservative agenda in their communities.

"The Western Conservative faces unique issues and has an important perspective to bring to the national conservative movement," said Jeff Hunt, director of the Centennial Institute. "In addition to hosting nationally renowned speakers, we will be addressing critical issues like election integrity, sanctity of life, energy independence, strengthening our border, and protecting the second amendment, among others. It's time for Western Conservatives to mount their horses and ride directly toward our nation's problems!"

"The purpose of this summit is to motivate those conservative activists who are in the trenches, to convene and network together, and to educate on key issues, both equipping volunteers as well as training a new younger generation of conservatives.

2022 is a time for boldness not silence, courage and not passivity. As our nation stands at a crossroads, it is time to 'saddle up and ride' to advance faith, family and ordered liberty for our present and for our future," said Colorado Christian University President, Dr. Donald Sweeting.

Speakers include former White House Press Secretaries Sarah Huckabee Sanders and Kayleigh McEnany, syndicated columnist Cal Thomas and Representative Lauren Boebert, author Matt Walsh and Oklahoma Governor Kevin Stitt, among others. Attendees will also be able to participate in special workshops on various public policy and cultural subjects.

This year marks the 13th consecutive summit hosted by CCU. Since 2010, the Western Conservative Summit has established itself as one of the largest annual gatherings of conservatives in the Western United States, boldly proclaiming Faith, Family, and Freedom and seeking to renew the spirit of 1776.

For more information, visit WesternConservativeSummit.com

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Homeostasis is identified by a Clinical Nutrition Analysis of your Lab Reports, because the reference ranges on the Lab Report itself, refer to disease and life-threatening states, not health.

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



Bone Health - Calcium May Not Be Enough! (Part 2 of 2) (Addendum to “How To Grow Healthy Bones”)

In Part 1 of this 2-Part article, I shared that for decades, the Clinical Nutrition Analysis of Laboratory Reports, testing new client biochemistry for those who regularly consume Calcium supplements, has revealed that many still have a Calcium imbalance (deficiency or excess) and/or Calcium-related health challenges, due to one or more of seven (7) biochemical factors.

FACTORS #1 TO #3: In Part 1, I listed all seven factors and expounded upon Factors #1 to #3 which are: 1) Taking too much or too little Calcium, 2) Taking the wrong type of Calcium for their biochemistry (there are 250,000 types of Calcium), and 3) Taking the wrong type of Calcium when their diet is either too acid or alkaline. In Part 2 of this article, I will expound on Factors #4 to #7 of the seven primary biochemical factors.

FACTORS #4 TO #7 are:
4) The inability to metabolize Calcium, 5) Imbalances in other vitamins/minerals that affect

Calcium, 6) Parathyroid dysfunction, and/or 7) Mental, Emotional and/or Physical Stress. So, let's take a closer look as to why...

#4 to #5 – Even when taking the right Calcium, Calcium imbalances occur when unable to metabolize Calcium to transport it into the cells/tissues.

Calcium metabolism requires the sufficiency of certain vitamins and minerals, to name a few: Vitamin D is required to transport Calcium from the Gut to the Blood; Vitamin F to transport Calcium from the Blood to the Tissue AND specific Minerals, along with their correct ratios are required, such as the Calcium to Potassium or Calcium to Phosphorus ratios. Otherwise, too much Potassium prevents Calcium absorption, and too little Phosphorus forces Calcium out of the body, and so on.



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

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Calcium levels. Ex: one of the causes of Vitamin D deficiency is too much Vitamin F. So, Vitamin D deficiency and/or excessive amount of Vitamin F can cause a Calcium imbalance.

#6 – The parathyroid glands control the amount of Calcium in your bones. Therefore, a parathyroid dysfunction leads to a decrease in bone turnover. When hypo-parathyroid, you lack muscle Calcium, leading to Rheumatoid and Osteoarthritis; when hyper-parathyroid, you have too much old tissue Calcium, which also causes Osteoarthritis.

#7 – Calcium is a natural tranquilizer for the nervous system, so Calcium is rapidly depleted when under stress. Therefore, Stress requires mon-

itoring Homeostasis test values to maintain optimal Calcium replenishment.

After reading the above, you may be thinking “Wow, Nutritional Biochemistry is quite complicated!” And you would be right! This is why guessing, rather than testing, for which Calcium and/or other supplements you need, causes more health challenges.

Optimal Bone Health means your test results are in Homeostasis for Calcium, Calcium-related nutrients, the 7 Factors affecting calcium balance, and parathyroid gland function. Homeostasis lab ranges are identified by a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry, specifically, blood, hair, and saliva hormones. Whereas the ranges on the Laboratory Report itself represent life-threatening and/or disease states.

For more information, please read about “Lab Testing and Supplements” on our website, AdvancedClinicalNutrition.com.

In closing, this 2-Part article

is an addendum to “How To Grow New Healthy Bones! [Bone Resorption Urine Test – Safe, Effective & Radiation-Free]” The Villager, 05/19/22, Pages 30 & 32, if you have not already read this article, please do so.

To evaluate the Seven Biochemical Factors as they apply to you, to repair and grow new healthy bones and/or improve the function of any area of the body, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, 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, and she can help you, too, no matter where you live.

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

EPA announces \$38 million WIFIA loan to modernize water infrastructure in Englewood

Nationally, 88 WIFIA loans are financing nearly \$33 billion in water infrastructure upgrades, creating 100,000 jobs

The U.S. Environmental Protection Agency (EPA) announced a second Water Infrastructure Finance and Innovation Act (WIFIA) loan to the City of Englewood for \$38 million to support the City's drinking water initiative, the One Water Modernization Program. With EPA's WIFIA loan, Englewood will protect its drinking water system from the impacts of extreme weather events and reduce exposure to lead while promoting regulatory compliance.

“Drinking water utilities across the country, but most certainly in the west, are facing compounding issues – aging infrastructure, emerging contaminants, climate impacts, and severe drought,” said EPA Office of Water Assistant Administrator Radhika Fox. “I’m thrilled that Englewood will be using their second WIFIA loan to increase resiliency and provide cleaner, safer water, all while saving their

residents money and creating good-paying jobs. These are the exact types of projects that EPA will be funding through the Bipartisan Infrastructure Law in communities across the country.”

“Colorado Front Range communities must prioritize resiliency as we continue to grow and as climate change brings about and intensifies extreme weather,” said EPA Regional Administrator KC Becker. “By taking advantage of EPA's WIFIA loan program, the City of Englewood is leading the pack, prioritizing clean water access while creating good-paying jobs.”

Englewood, Colorado, is located in a water-constrained and rapidly changing region. As a result, the city is pursuing a comprehensive water infrastructure modernization plan called One Water Modernization

Program. With this loan, Englewood will modernize its drinking water treatment and distribution systems to be more resilient during floods, blizzards, and other extreme weather events. The city will also replace thousands of lead service lines, improve drinking water taste and odor, and increase water supply by 290 acre-feet of water per year. Additionally, homeowners will be converted from flat rate, non-metered water services to a metered system to save customers money and promote water conservation.

“The EPA's \$38 million WIFIA loan will be critical to modernizing our water treatment plant, addressing lead service lines, and making our water system safer and more resilient,” said Englewood Mayor Othoniel Sierra. “We feel very fortunate to access this level of

funding with much lower borrowing costs. It allows

the City to make these critical improvements while keeping rates affordable for our customers.”

Englewood will save approximately \$15.7 million by financing with a WIFIA loan. Construction and operation are estimated to create approximately 565 jobs.



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