

Littleton Public Schools breaks ground on Career Exploration Center

BY **FREDA MIKLIN**
GOVERNMENTAL
REPORTER

On October 12, Littleton Public Schools (LPS) officially broke ground on their Career Exploration Center (CEC),

formerly known as the LPS Career and Technical Education (CTE) Innovation Center, on the southeast corner of Broadway and Littleton Boulevard, the former home of a Ralph Schomp car dealership. The CEC will provide dynamic, interactive,

and innovative programming in multiple career paths. The initial career paths that are planned for the opening of the school in the fall of 2023 are:

- Aerospace
- business and entrepreneurship
- computer science
- construction trades
- healthcare
- natural resources

LPS plans to offer opportunities for concurrent enrollment at Arapahoe community college as well as partnerships with local industries. Additional career

pathways will be added in the future. This new innovative school is just one of the many projects that was made possible through the \$298 million bond that LPS district voters approved in 2018.

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These are conceptual renderings of what the new LPS Career Exploration Center will look like. Final design work is not yet complete.

State Sen. Paul Lundeen

Continued from page 14

Democrats. The redistricting of state House and Senate districts, he said, though not yet final, will make some districts presently held by Democrats “more competitive than they have ever been before.” To help win those back, the GOP is looking for the best possible candidates, especially if they are female or minorities, he reported. The party is also using digital data to target most likely

voters. Lundeen told the Republican faithful that the GOP will be successful in winning back the state Senate, “because the Democrats’ position is that we are not treating those people in jail right. Those criminals, we should relabel them as victims.” He explained, “That is part of the policy conversation going on at the state capitol today.”

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We caught up with newly elected City Council Members Danielle Jurinsky (left) and Dustin Zvonek (center) from Aurora and Robyn Carnes (right) from Centennial.

Photos by Freda Miklin

CCSD shares information on career education and student engagement

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At its regular board of education meeting on November 8, Cherry Creek School District (CCSD) Career and Innovation Assistant Superintendent Sarah Grobbel shared updates on CCSD’s 2020 and 2021 summer learning programs and provided updates on its programs at the Cherry Creek Innovation Campus (CCIC), along with district concurrent enrollment statistics.

Summer enrichment

In the summer of 2020, approximately 1,100 elementary school-aged students participated in the Power Scholars Academy, CCSD’s summer

learning program in partnership with the YMCA. It met nine times at 16 elementary school sites, focused on literacy and math. Pre-test and post-test data demonstrated an average of over two months of growth in each area for each student.

At the middle school level, 3,578 sixth and seventh graders attended three one-half day sessions of Summer Launch Camp held at all 12 of CCSD’s middle schools during the first week of August 2020. They participated in project-based learning and “rediscover school” activities.

In-person high school summer classes have historically focused on grade recovery or enhancement for students who performed poorly in a class or just wanted to try to raise

their grade. There have also been online opportunities for students who needed to take classes they could not fit in their schedule. Since CCIC opened, summer opportunities have been provided there for students for career exploration, to earn college credit or work toward an industry certificate. Although only half the usual number of students participated in what was exclusively virtual or online summer school in 2020, the numbers picked up in 2021 to 542 students, only ten percent fewer than the average number of students in 2018 and 2019, nearly all of whom attended classes in person rather than virtual. In addition, there were 821 semesters of online courses for

Continued on page 17

Pre-Conception to Perfect Pregnancy & Solutions to Infertility & Post-Partum (Part 1 of 2)!

This article is the result of a recent suicide of the relative of a dear friend of mine, just weeks after giving birth, and the cause... post-partum depression.

To fully understand the cause of this tragedy and how it could have been prevented, along with preventing the many pre- and post- health challenges related to giving birth today, I want to share what I have discovered that is being over-looked, starting from 1) miscarriages and infertility, 2) pre-conception to pregnancy to delivery to post-partum, and 3) then women’s health issues that may surface years after delivery, especially for women who have had multiple births.

LITTLE HOPE TO BABIES AND MORE BABIES: Since opening my business in November, 1981, I have successfully helped clients with all of the above. One couple diagnosed with infertility was told by five different OB/GYN physicians that they would never have children, yet after providing Clinical Nutrition Testing and Therapy for both the mother and father to be, they had three healthy children. Another couple, had three miscarriages before being referred to me, and now they have two healthy children.

WHAT WAS BEING OVER-LOOKED is a his-and-hers Clinical Nutrition Analysis of the Laboratory Reports from testing their individual biochemistry to 1) identify and then 2) correct their nutritional deficiencies/excesses, toxicity, biochemical imbalances and organ or gland dysfunctions, so 3) their bodies could be biochemically healthy at conception. (Refer to my article, “**5 Stages to Health and Disease**,” *The Villager* 09/09/21, P5, which applies to the cause of all health challenges, even those pregnancy-related.)

Then once pregnant, the mother continues with Trimester retesting to identify the “**individualized pre-natal**” dietary and nutritional supplement programs required to meet the changing needs of both mother and child, as well as what is needed for delivery and to prevent post-partum health challenges.

ROOT CAUSES OF COMPLICATIONS in getting pregnant, as well as during pregnancy, labor, delivery and post-partum, that are not inherited- or accident-related, are nutritional deficiencies/excesses, toxicity and

biochemical imbalances, which then cause male and female organ and gland dysfunctions; the more severe these are, the more severe the symptoms.

ANOTHER OVER-LOOKED ISSUE is that of women’s health challenges that may not surface until a year or more after the birth of their first child, and becomes even more severe after multiple pregnancies.

I have mothers contacting me, who suffer from migraines, joint and muscle aches, fatigue, depression, anxiety, cognitive challenges, etc., that started surfacing from 1-5 years after the delivery of a child.

This is because true post-partum education is lacking. As indicated above, it is important that a couple’s Clinical Nutrition Analysis of their Lab Reports is nutritionally-sufficient prior to conception and that the mother maintains sufficiency during pregnancy by monitoring and correcting nutrient levels as they change each trimester.

However, what is rarely considered is that the rigor of labor and delivery depletes the mother of a myriad of nutrients within hours, so she may go into labor nutrient-sufficient, but comes out of it

depleted. Therefore...

AFTER DELIVERY, a Clinical Nutrition Analysis of the Lab Reports of the mother’s biochemistry identifies the nutrients she and her baby will require for their “**post-natal and/or post-partum**” dietary and supplement program.

A POST-NATAL PROGRAM is designed for breast-feeding mothers to assure sufficient, nutrient-rich milk production and prevent breast duct obstructions to the milk flow. Ideally, an infant should be fed **only** mother’s milk for the first 12 months for two primary reasons: 1) so its digestive system can fully develop before ingestion of solid foods and 2) to allow sufficient time for the mother’s antibodies to pass through the breast to build a stronger immune system. Both are keys to preventing allergies, immune health challenges, and more!

A POST-PARTUM PROGRAM assists women in 1) replenishing their nutrient levels to fully recover from labor and delivery, 2) which also gives them the greatest potential to prevent post-partum symptoms. (The more nutrient-depleted after delivery; the more severe post-partum symptoms.)

And 3) prevents these post-delivery deficiencies from pro-

gressing to “clinical” nutritional deficiencies, and thereby, causing a myriad of new health challenges years later. Also, because the new health challenges surface years after the last pregnancy, the depleted state of their health **at that time** is rarely associated as the underlying cause of the state of their poor health, years later.

In Part 2 of this article, I will share 1) how evidence of the above can be seen in the state of health of the children, 2) what causes food cravings during pregnancy, 3) reports of the positive health experiences women have, who receive Clinical Nutrition support before, during and after pregnancy and 4) I will be sharing my own pregnancy experiences.

Call me for a FREE Initial Consultation for help with the above!

Dr. Donna Smith holds a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), a Board-Certified Clinical Nutritionist (C.C.N.), a Certified Dietitian-Nutritionist (C.D.N.), a Canadian-Chartered Herbalist (C.H.) and owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas.

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



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

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Pre-Conception to Perfect Pregnancy & Solutions to Infertility & Post-Partum (Part 2 of 2)!

As I shared in Part 1, a Clinical Nutrition Analysis of the Lab Reports from testing a couple's biochemistry is essential to design their "individualized pre-conception" dietary and nutritional supplement program, and then once pregnant, to design the mother's "individualized pre-natal, post-natal and post-partum" programs to maintain nutrient sufficiency and remove toxins, in order to get pregnant, stay pregnant, develop a healthy baby without compromising the mother's health, and have the greatest potential to prevent unhealthy pregnancy, delivery and post-partum symptoms and conditions.

MORNING SICKNESS: Its innate purpose is to remove any substance that is harmful to the developing fetus. Its frequency (more, less or none) is in direct proportion to how well the mother adheres to her pre-conception program, which is also designed to reduce her toxic-load. Toxicity is also a contributing factor in miscarriages and infertility.

FOOD CRAVINGS: Your ability to maintain sufficient nutrient levels during pregnancy is what determines whether you experience food cravings or not. You can be insufficient to defi-



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cient in many nutrients without knowing it, except through Clinical Nutrition testing. However, when the body is in a desperate, nutritional-deficient state in one (or more) nutrients, it will communicate this by giving you a food craving. Though diet will not correct a "clinical" deficiency of the nutrient, it will at least remove the immediate, desperate need.

Therefore, it is prudent when cravings occur, whether pregnant or not, to obtain a Clinical Nutrition Analysis of your nutritional biochemistry to prevent the consequences of nutrient deficiencies, which is disease, and in pregnancy, there is also pregnancy, delivery and/or post-partum complications.

Unfortunately, many people misinterpret the craving. For examples, **Craving Sweets** is not a request for refined sugar products, but wholesome carbohydrates – fruits, vegetables and starches. A **Salt Craving** is a deficiency in pure Sodium-rich

foods, not a craving for salted junk food that contains the salty-flavor of a toxic chemical called, Sodium Chloride.

EVIDENCE IS IN THE HEALTH OF THE CHILDREN: After birth, a Clinical Nutrition Analysis of the Lab Reports from testing the mother's biochemistry will identify the nutrients depleted through the rigors of labor and delivery and give her an opportunity to restore nutrient sufficiency (aka health).

If nutrient sufficiency is not restored, then the severity of her post-partum deficiencies will not only determine the severity of her post-partum symptoms, but she will go into each subsequent pregnancy in a more nutrient-depleted state than the previous pregnancy, and, over time, develop multiple "clinical" deficiencies in the process.

Evidence of this may observed in the health of the children, where the first child will be the healthiest, and the health of each subsequent child is less by degrees than the child born before them.

I have also observed evidence of this 3-5 years after a woman

stops having children, a time when many report that they feel like they are "falling apart," mentally and physically.

This is because without clinical nutrition support, it takes a few years for the body to recover (as much it can) from one pregnancy and much more, from a state of ongoing pregnancies, and then it is like, the dust settles, and it becomes evident by the severity and multiplicity of symptoms from head to feet, just how nutritionally-depleted their body is.

COMPARING PREGNANCY EXPERIENCES: My clients report less morning sickness, shorter delivery time, less painful delivery, minimal to no unhealthy pre-natal and/or post-partum symptoms, to name a few, whenever they compare their experiences with family and friends who have not received Clinical Nutrition support before, during and after their pregnancies.

These reports also applied to women who were referred to me after they became pregnant, with the ones who had received Clinical Nutrition support from pre-conception having the most favorable reports.

All women go through symptoms related to their body changing and adapting to being pregnant, like more urination. However, clients, who consistently adhered to their **individualized pre-conception, pre-natal and post-natal** programs, based on

testing their biochemistry, have the greatest potential to avoid experiencing symptoms related to nutrient deficiencies and biochemical imbalances, like food cravings, swelling, and other unhealthy pre-natal and/or post-partum symptoms.

It was the same for me. I home-birthed my son, had minimal morning sickness, gained only the amount of weight of my son, had no food cravings, and was in labor only three hours. And the only post-partum symptom I had was an over-whelming joy and awe at the birth of this precious little human being, my son, Matthew.

NUTRITION FACT #16: THE SOLUTION TO INFERTILITY, MISCARRIAGES AS WELL AS THE KEY TO PERFECT PREGNANCIES AND HEALTHY POST-PARTUM IS CLINICAL NUTRITION.

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Zuma's Rescue Ranch named "2021 top-rate nonprofit" by GreatNonprofits

Award based on Outstanding Online Reviews

Zuma's Rescue Ranch announces it has been named a "2020 Top-Rated Nonprofit" by GreatNonprofits, the leading provider of user reviews of charities and nonprofits.

Zuma's Rescue Ranch provides therapy sessions implementing rescued farm animals in Littleton, resulting in more animals having safe lives and humans that create bonding skills.

"We are honored to be named a 2021 Top-Rated Nonprofit," says Executive

Director Jodi Messenich. "We are proud of our accomplishments this year, including the ability to continue to offer our services during such an incredibly challenging year, knowing that our herd of therapy animals is assisting even more community members than before."



Zuma's Rescue Ranch

The Top-Rated Nonprofit Award is based on the rating and number of reviews that Zuma's Rescue Ranch received from volunteers, donors and aid recipients. "As an animal lover, it means so much to me how compassionate Zuma's is towards [sic] rescuing and caring for their horses. I have witnessed firsthand the amount of thought and effort behind everything they do to provide the best possible life for their herd," says reviewer cneal1. "I am excited to continue learning through the knowledge and experience shared by the staff as well as the various education programs offered at the ranch. Being around horses has such a therapeutic effect that has been especially beneficial throughout the pandemic. I am grateful to have found a place to volunteer that aligns with my passions."

"Zuma's Rescue Ranch is a great example of a nonprofit making a real difference in their community," said Perla Ni, CEO of GreatNonprofits, "Their award is well-deserved recognition not only of their work, but the tremendous

support they receive, as shown by the many outstanding reviews they have received from people who have direct experience working with Zuma's Rescue Ranch."

GreatNonprofits is the leading website where people share stories about their personal experiences on more than 1.6 million charities and nonprofits. The GreatNonprofits Top-Rated Awards are the only awards for nonprofits determined by those who have direct experience with the charities – as donors, volunteers and recipients of aid.

About Zuma's Rescue Ranch

Zuma's Rescue Ranch, a Littleton based nonprofit, has been rescuing horses and other farm animals and pairing them up with humans for therapy sessions in order to build trust since 2004. Through compassion-based education and animal rescue, we are changing the perception of how horses are trained and animals are treated. Our animal-assisted learning programs are trust based, where the animals and humans meet in an equal partnership. Visit www.zumasrescueranch.com for more information.



Zuma's Rescue Ranch



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