

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.

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