

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