

OPINION

Another Colorado mass shooting

It's déjà vu, another mass shooting in Colorado. 13 people were shot at Columbine High School in 1999. 12 were killed with 70 injured in the Aurora theater shooting in 2012. Now another shooter took 10 lives at a King Sooper in Boulder.

Colorado as a state ranks fifth in mass shootings per capita. Metro Denver leads the nation in school shootings per capita since 1999, more than any other large American metropolitan areas.

The Boulder shooter is 21-year-old Ahmad al-Issa, a Syrian born college student, who arrived in the US

via an Obama-era asylum program.

His Facebook page included pro-Islam and anti-Trump messages and likes for Hillary Clinton and Barack Obama. The shooter's brother described him as "very anti-social and paranoid."

He was already known to the FBI, "linked to another individual under investigation by the bureau" according to the New York Times. Many potential terrorism-related mass shootings occur where the shooter is known to the FBI, yet they did nothing to prevent the shooting. Perhaps the FBI was too busy spying on President Trump.

The media will blame racism,



THE EYES HAVE IT BY BRIAN C. JOONDEPH

Becky Hogan announces campaign for Aurora City Council At-Large

Becky Hogan launched her campaign for Aurora City Council At-Large. Hogan, widow of former Mayor Stephen Hogan, looks to unite, bring optimism, and opportunity to the community.

"I emigrated to the United States from Korea as an infant. I got my first paid job at the age of twelve picking berries. After a day of work, my fingers were stained with berry juice! I learned hard work and determination trying each day to be a little better than the last. Being adopted gives me a greater sense of the meaning of family. AURORA IS MY FAMILY. As a council member, I will protect, I will defend, I will admit to failures, and I will share successes, because that is what families do," Hogan said.

With over three decades of experience working with cities on economic development and years of service; organizing food drives, multi-cultural events, and managing COVID Equity Clinics, Hogan brings the right background and leadership needed for Aurora to reopen, unite, and grow.

"The pandemic has been hard on everyone. Many businesses

have closed their doors for good. Families are struggling. Becky Hogan cares deeply about her community and is the right person to connect Aurorans to resilience," Chanell R. Reed, Executive Director of Families Forward Resource Center commented.

"Becky Hogan has selflessly served our community for years. She is thoughtful with her decision making and will be a strong voice for Aurorans," added Bob LeGare, former Mayor of Aurora.

Hogan is a mother and step-mother of five, a widow, a former small business owner, and a volunteer to her community. She has served as project manager for a number of city projects including: Nick's Garden Center, Chambers Industrial Building, Fine Airport Parking, King Soopers at Serenity Ridge, and Dunkin Donuts. Additionally, Hogan serves as Chair of Korean Committee-Aurora Sister Cities International and Planning Commissioner for the Aurora Planning and Zoning Commission.

For more information about Becky Hogan visit www.HoganforOneAurora.com or contact info@hoganforoneaurora.com

Staenberg - Loup Jewish Community Center hires Ron Goss as Chief Financial Officer

Goss brings 35 years of finance experience to the nonprofit

The Staenberg - Loup Jewish Community Center (JCC Denver) has hired Ron Goss as its chief financial officer. Goss brings 35 years of finance experience to the JCC Denver, 15 of them as CFO for non-profit organizations. Goss is a hands-on executive with extensive finance, information systems, administration, tax, project management and public accounting experience in diverse industries.

"We are thrilled to welcome Ron to the executive team at the JCC Denver," said Ed Nekritz, JCC Denver's chairman of the board. "As chief financial officer, Ron will oversee all business office operations, and is responsible for the financial viability for the organization moving forward, a key role to ensure the JCC Denver can continue to serve the community for decades to come."

Goss has a varied finance background including most recently owning Ronald Goss CPA, LLC where he consulted with small and medium businesses; and serving as the CFO of the U.S. Meat Export Federation for 11 years, the Weintraub Organization, Ltd., and Third Way Center Inc., among others.

He has a BS in Business Administration from the University of Southern California.

Goss grew up with and continues to be immersed in Jewish life. In fact, he met his wife while working at a Jewish summer camp. Through the years, the JCC has been a focus of much of his family's activities. His kids attended the Wolf Theatre Academy and JCC Ranch Camp, and participated as summer staff for the JCC Denver's Camp Shai. He has also attended various theater productions in the Wolf Theatre and is a regular at the Denver Jewish Film Festival.



assuming the shooter is an angry "white man." Yet the shooter was Syrian, and all 10 victims were white. Perhaps it was not the type of racism the media implied.

Guns are routinely blamed, despite King Sooper and most of Boulder claiming gun free zone status. Boulder did pass a ban on vaguely defined "assault weapons" in 2018 after the Parkland, Florida shooting. A judge recently ruled the ban in violation of state law forbidding local governments from passing laws superseding state law.

During the two years the ban was in place, Boulder police issued not a single citation, meaning the ban was a solution looking for a nonexistent problem.

The *Denver Post* was quick to blame the judge's ruling for the shooting with this headline, "Boulder shooting suspect's gun would've been illegal under city's now-void assault-weapon ban." Yet al-Issa purchased the gun legally six days

previously in Arvada, passing the background check. How would an assault weapons ban in Boulder have prevented this shooting?

A federal assault weapons ban was in effect from 1994 to 2004. Reports from the National Institute of Justice and ProPublica found that during the time of the ban there was "no statistically significant impact on mass public shootings or any other type of crime."

President Biden wants more "common sense" gun laws. Are these like the strict gun laws in Chicago and Baltimore? How have these "common sense" laws worked out in these killing field cities where dozens are shot every weekend?

Other potential causes are not being explored - mental health and marijuana. Colorado has 12 inpatient psych beds for every 100,000 people compared to the national average of 30. The inpatient unit at CU Anschutz is long closed.

Could this young man, suffering

from anger, paranoia, and aggression have been helped by more available mental health services?

Marijuana, legal in Colorado since 2013, "is associated with 7-fold greater odds for subsequent commission of violent crimes." Have we unwittingly voted for more violent crime by legalizing marijuana?

While a thoughtful discussion of root causes and potential solutions would be welcome after another Colorado mass shooting, instead the event will be politicized, like everything else, from gender to COVID, to further a political agenda, specifically neutering or eliminating the Second Amendment.

Proposed solutions, already tried and deemed unsuccessful, will be trotted out again with the same ineffectual results. And the shootings will continue.

Brian C Joondeph, MD, is a physician and writer. He lives in Cherry Hills Village.

He Thought ♦ She Thought Golf, Never Again! ♦ Fibroids Forever!

My first article for *The Villager*, 03/25/21,

titled, "**Are You Confused About Nutrition? Here's Why!**" included the 2-Step process in the "**Key to Health and Longevity**," so, today, I want to share the results of two clients, out of thousands, who have experienced the health benefits of this process through Clinical Nutrition Testing and Therapy.



Dr. Donna Smith, Ph.D., C.C.N.

Nutrition Facts

Additionally, through sharing their experiences, you will learn two of many Nutritional Biochemistry principles and/or Nutrition Facts to come, as we continue to build on the knowledge you gained from reading my first article.

Nutrition Facts will also answer questions about your own health, a family member, a student (if you are a teacher or professor), and an employee or co-worker, (if you are the director of a corporate wellness center.)

He Thought, "I'll Never Golf Again!"

Joe (60y) was in a wheelchair, when I first met him. His body could not produce enough energy to walk; he had become disabled and almost bedfast. His physician diagnosed him with Chronic Fatigue (CF) and Fibromyalgia Syndrome (FMS).

My Clinical Nutrition Analysis of the Laboratory Reports from testing Joe's biochemistry identified what was required for his body to heal itself, and his retesting scientifically supported his subjective symptom improvement outlined in the Table below. (10 being severe and 0 being no symptom).

FMS Tender Point Test* & FMS-Related Symptoms	Initial Test	3rd Month Retest	8th Month Retest	11th Month Retest
Tender Points	11	3	2	0
Chronic Aching	10	0	0	0
Stiffness	3	1	1	1
Sleep Disturbances	3	1	1	1
Pain	4	1	1	0
Anxiety	3	1	1	0
Depression	4	0	0	0
Chronic Fatigue	9	4	2	2
GI Disturbances	5	8	1	0
Soft Tissue Swelling	5	0	0	0
Cardiovascular Symptoms	1	1	1	0

*The American College of Rheumatology 1990 classification criteria for the Fibromyalgia Tender Point Test is 11 or more of the 18 Tender points suggests possible FMS. With a partner, this is a simple home test or like Joe, you may seek a medical diagnosis.

After just two months of Clinical Nutrition Therapy, Joe could shop, work in the yard, play golf using a cart and enjoy a lifestyle he thought was gone forever. In just one year, Joe no longer required Clinical Nutrition Therapy and a maintenance program was provided to assist him in sustaining the improved health he had earned.

Fibroids until that day and the only difference since her last exam, was starting Clinical Nutrition Testing and Therapy with me. In the 8th month, I advised her to have another Gyn exam and she reported, "**My Fibroids Are Gone!**"

is an FDA Class 2 microcurrent medical device that has been cleared by the U.S. FDA for relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy, also, has non-medical applications that use individualized frequencies to help balance your mind and body. Always use the Healy as directed.

Clinical Nutrition accomplished in 8 months what Medicine could not accomplish in 14 years!

Nutrition Fact #2

The Nutrition Fact is: I don't need to know your medical diagnoses because I don't treat medical conditions, disorders or diseases. Your body's innate healing processes (Your Doctor Within) knows exactly what your internal priorities are and sets about healing itself when it receives the tools it needs to do so. That is, when it 1) receives in quality and sufficiency the nutrients it is lacking, as identified through a Clinical Nutrition Analysis, and 2) the interferences to its healing processes are removed, as discussed in my first article for "*The Villager*."

In doing the above for Teresa, for all the other health improvements she received that we did expect, neither of us knew at the onset that her body also had an agenda... to dissolve and remove her fibroids!

THE KEY TO HEALTH AND LONGEVITY IS A 2-STEP PROCESS!

Please refer to my first article in *The Villager*, 03/25/21, page 7, titled, "**Are You Confused About Nutrition? Here's Why!**" for an introduction to and an understanding of the synergetic effect of the Healy device and Clinical Nutrition Testing & Therapy. You may also read my Biography in *The Villager*, 03/04/21, Page 9.

Important Note: Information in this article is provided for nutritional health purposes only and not for the diagnosis or treatment of any medical condition or disease. **The Healy device

Call Dr. Smith within seven (7) days from the date of this article at (940) 761-4045 for a FREE Initial Telephone Consultation Or browse Dr. Smith's website at AdvancedClinicalNutrition.com.