

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

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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

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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.

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

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