

WHAT'S HAPPENING

ARAPAHOE COUNTY BOARD OF COMMISSIONERS PUBLIC HEARING

MARCH 28. Hearing to approve or deny a moratorium for up to six months on accepting any applications for a Use by Special Review for an oil and gas facility. Visit arapahoegov.com/oilandgasfor details.

CENTENNIAL CITY COUNCIL DISTRICT 1 MEETING

MARCH 28, 6-8 p.m. Join Council Members Robyn Carnes and Candace Moon at Southglenn Library, meeting room B, 6972 S. Vine St. Agenda Topics: Senior & Youth Programming/YMCA Partnership; Snow/Ice Removal; Centennial Community Grant Program and Questions & Answers.

SOUTH METRO DENVER CHAMBER BUSINESS AWARDS

MARCH 29, 5-8 p.m. Lone Tree Arts Center. To register go to BestChamber.com/Awards

ARAPAHOE COUNTY AFFORDABLE & ATTAINABLE HOUSING TELEPHONE TOWN HALL

MARCH 30, 6:30 p.m. Call-in number 1-855-436-3656. Visit www.arapahoegov.com/townhall for details or to live stream.

ST. THOMAS MORE PARISH HOLY SERVICES

APRIL 6,7,8,9. April 6, 7 p.m., Mass of the Lord's Supper; Good Friday, April 7, 3 & 7 p.m., Celebration of the Lord's Passion; Holy Sat., April 8, 8:15 p.m., Solemn Vigil of

Easter; Easter Sunday, April 9, 6:30, 8:30, 10:30 a.m and 12:30 p.m. Mass. 8035 S. Quebec St., Centennial. 303-770-1155

MUSEUM OF OUTDOOR ARTS EASTER EGGstravaganza

APRIL 8, 2nd Annual at Marjorie Park. Two sessions: 11 a.m. "Bunnies, Baskets & Brunch," and 2 p.m. "Bunnies, Baskets & Brews." Get details and reserve your tickets at moaonline.org

DENVER AREA PANHELLENIC PRESENTS 6TH ANNUAL WOMEN'S LEADERSHIP SUMMIT

APRIL 15, 9:30 a.m. - 2:30 p.m. Cherry Hills Village Center, 2450 E. Quincy Ave., Cherry Hills Village. Speakers: Marti Whitmore, Meredith Melinder, PhD; March Fields, Brook Hengst, Maggie Morrissey. \$25 includes catered lunch, door prizes, raffles, silent auction and five vendors. Reservations & Info: www.denverareapanhellenic.org or 303-596-4594 or dr.olinga@me.com

SOUTH SUBURBAN PARKS & RECREATION CANDIDATE FORUM

APRIL 15, 10 a.m. in the Board Room at the South Suburban Sports Complex. Six individuals have filed as candidates for Board of Directors positions in South Suburban's May 2 election. Questions: email elections@ssprd.org or call 303-483-7011.

ZUMA'S EGG HUNT AND HORSE SHOW

APRIL 8, 11a.m. - 1 p.m. Hayrides, vendors, facepainting, and more! Scan for tickets on page 7 of March 23 Villager.

FRIENDS OF NURSING TO AWARD SCHOLARSHIPS APRIL 22

\$100K in scholarships to be awarded at their Spring Luncheon at Columbine Country Club. Students from all 9 Universities with nursing programs will receive scholarship awards. A special thanks with a heart of gratitude to Greta Pollard, Founder and outgoing President, for her years of service and generous financial support. The awards this April bring the scholarship total to over 2 MILLION since FON's founding in 1981. Request an invitation to the April luncheon by calling President-Elect Melanie Wallace: 303-346-8573.

SPRING WINE & CHALK ART FESTIVAL

MAY 13 & 14. Sponsored by Arapahoe County. Sample wines from 15+ Colorado wineries, watch chalk artists bring their masterpieces to life, enjoy live music and entertainment. \$10 discount for the first 300 tickets sold! 21+ over only, tickets at arapahoecountyeventcenter.com.

WESTERN CONSERVATIVE SUMMIT

JUNE 9-10 at Colorado Convention Center-Denver. Confirmed speaker, Seth Dillon, CEO of Babylon Bee News Source. For tickets, sponsorship, and exhibit info., visit WesternConservativeSummit.com Early

CLASSIFIED ADVERTISING

HELP WANTED

Intermediate Bridge Engineer sought by Jacobs Engineering Group, Inc. Greenwood Village, CO: Load rating of bridges. Design concrete and steel structures. Telecom. allowed.

Salary: \$84,552 - \$107,500/year. Send Resumes to Miriam Garcia at 818 Town and Country Boulevard, Suite 500, Houston, TX 77024. Refer to Job Code: 1022TS.



To place a 25-word COSCAN Network ad in 91 Colorado newspapers for only \$300, contact The Villager Newspaper at 303-773-8313

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COLORADO STATEWIDE CLASSIFIED ADVERTISING NETWORK

To place a 25-word COSCAN Network ad in 91 Colorado newspapers for only \$300, contact your local newspaper or email Colorado Press Association Network at rtolledo@colopress.net

Bird registration ends Mon., **April 17.** Call 1-866-455-8500.

SAVE THE DATE - CANCER LEAGUE OF COLORADO ANNUAL GOLF TOURNAMENT

JUNE 19, 2023, The Ridge at Castle Pines North.

WHAT'S NEW?

Dr. Judith Briles, the Book Shepherd, has published book #43 - "The Author's Walk-Finding and Using Your Voice to Create

Publishing Success." The book that Judith wishes she had when she first started writing. Book signings and events **April 22** at BN-Colorado Blvd. and **April 23** at BN Southlands. This Aurora resident has been honored with 47 book awards. Info: 303-885-2207.

COLORADO UPLIFT KIDS NEED HELP

The Guild is asking for support for 55 kiddos in need of some basic hygiene items. Click on <https://www.signupgenius.com/go/10COA4BA4AD29A6F94-tween> for details.

My Most Important Decision Regarding The Care of My Body! (The Role of Healthcare and Disease Management)

The last time I took a pharmaceutical drug was when I was 24 years old, the year that I began to study the healing properties of herbs, plants, and foods. I am now 71.

My efforts in developing a principle-centered* diet and lifestyle have helped me maintain the healthiest body possible considering the fact that, just like you, I cannot control everything that I am exposed to. This is because we all live in a toxic world of chemicals, metals, and other pollutants in our air, water, food, environment, and drugs, for those who take them.

So, I monitor my own health through Clinical Nutrition Testing and Therapy in order to identify when my biochemistry is experiencing Stages 2, 3, or 4 in the causes and processes of developing a degenerative disease. Then, I immediately reverse this disease process by addressing nutrient deficiencies/excesses and toxicity (Stage 2), biochemical imbalances (Stage 3), and/or dysfunctions in any organ, gland, or body system (Stage 4) identified in my test results.

Stage 1 is when one's biochemistry is in "Homeostasis" – the true definition of being Healthy. Stage 5 is the Disease Stage, i.e., the result of neglect or being unaware of Healthcare services, like Clinical Nutrition, that can identify and correct Stages 2-4 to prevent and/or re-



Take Time for Your Health Now or Make Time For Your Disease Later!

by **Dr. Donna F. Smith**
Ph.D., N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

verse current disease processes and restore health.

For example, I was once in the process of developing Lupus, though I had no symptoms of this. However, when I became aware of it, because of monitoring my health through Clinical Nutrition Testing, I then provided the specific Clinical Nutrition Therapy my body needed and three months later, I was no longer in this pattern of disease.

Though the terms "Healthcare" and "Disease Care or Disease Management" may appear synonymous, to me, they are different. "Healthcare" is non-medical services utilizing therapies that restore the health and function of the body, like Clinical Nutrition. "Disease Care or Disease Management" are medical services utilizing pharmaceutical drugs to manage the symptoms of disease or to surgically remove organs/glands that can no longer be managed.

During these past 41 years of study and clinical observation successfully helping myself, my family and my clients restore their health and prevent/reverse

disease processes through Clinical Nutrition Testing and Therapy, I have made my most important decision about the care of my body and am sharing it with you in the following Nutrition Fact.

NUTRITION FACT #28:

The human body is healthier and lives longer when its owner 1) limits medicine (drugs and surgery) to "short-term" use in injuries needing suturing or casting broken bones, for example, and/or for immediate "life-threatening" emergencies, and 2) for non-emergency "long-term" care, use Clinical Nutrition and other supportive Healthcare services to monitor Stages 2-4 to stay symptom-free and/or to identify and correct the cause of any symptoms to restore and then maintain optimal health and promote longevity.

Medicine (drugs and surgery), after all, is at its best for "short-term" use in true emergencies. For example, when injured in a war, an accident, or from physical abuse, we thank God for strong painkillers, anesthetic drugs, and surgery.

However, for "long-term" care, I would rather monitor my biochemistry with Clinical Nutrition Testing, even when symptom-free, so that I may immediately address any abnormal test findings by taking therapeutic whole food supplements and modifying my diet and lifestyle* when tests indicate. I will always prefer this Healthcare

option to that of Disease Management, the daily or frequent intake of pharmaceutical drugs to manage symptoms of diseases, which often leads to developing more symptoms and diseases from their side effects.

Dr. Smith's articles published in The Villager (since March 2021) are available on her website at the Education Menu. Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since

opening her business, Dr. Smith has continued to hold a successful track record of over 90% in helping her clients improve and maintain optimal health, and she can help you, too, no matter where you live.

* The term "principle-centered" in paragraph one means adhering to a diet and lifestyle based on the principles or laws of biochemistry, biology, physiology, psychology, and quantum physics that govern the healthy function of the body.

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



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