

PMS to MENOPAUSE – Part 1 of 4 (Part 1-Endometriosis and Uterine Cancer)

After 10 years, Margaret and her husband had their PhDs and tenures at our local university and were ready to start a family. However, seeking answers to why Margaret was not getting pregnant at age 31 resulted in her being medically diagnosed with Endometriosis and Pre-Cancerous Uterine Tissue, AND being told a hysterectomy was her only option. However, for this educated couple, that was the last resort so they began to inquire as to other options and were referred to me.

Because of her pre-cancerous diagnosis, I informed Margaret that I would only accept her case if her gynecologist agreed that her life would not be at risk by her postponing the hysterectomy for at least three months... knowing, generally, that is the least amount of time needed to grow new healthy uterine cells and tissue.

Her gynecologist agreed, and I provided the therapeutic nutrients (aka Clinical Nutrition Therapy) indicated by a Clinical Nutrition Analysis (CNA) of her Laboratory Reports from testing her biochemistry.

Two months later, Marga-

ret's gynecologist called her in for a hysterectomy pre-ex-am, which revealed no Endometriosis and her uterine tissue was healthy, with new pink uterine skin cells growing, and no sign of cancer. Margaret was delighted to cancel the hysterectomy.

One month later, I gave Margaret more GOOD NEWS! – i.e., after three months in Clinical Nutrition Therapy, as expected, her latest clinical nutrition evaluation indicated that her healing was sufficient for her and her husband to start actively pursuing their plans for a family.

How did Margaret develop Endometriosis and pre-cancerous uterine tissue? Have you or someone you know received these same diagnoses and were told a hysterectomy was your only alternative?

Whether you are interested in healing as Margaret has or

simply preventing the above from happening to you or a loved one, you must first understand the three phases in a woman's menstruating cycle, four phases if you count the five-day bleeding period of menstruation, which are:

- 1) The Follicular Phase, where Estrogen levels are elevated to make eggs, begins on the first day of menstruation and ends on the first day of the 2) Ovulation Phase where the eggs are released and the 3) Luteal Phase that develops the fetus (baby) begins at the end of Ovulation through the first day of the next Follicular Phase.

During the 10-17 days of Ovulation, the signal to lower the Estrogen level to stop the production of more eggs occurs when there is a simultaneous elevation of Progesterone, which develops the egg into a fetus (baby) if the male's sperm has mated with the egg. If not, the undevel-

oped eggs are released from the body through the bleeding days of menstruation.

ADVERSE EFFECTS OF SOME BIRTH CONTROL: However, when a woman's birth control method blocks or inhibits the elevation of Progesterone in the Luteal Phase, the high levels of Estrogen continue to produce more and more eggs, every day for months and years, until that method of birth control is discontinued.

The uterus then becomes so overloaded with eggs, that it cannot release them all through menstruation. So, these excessive amounts of eggs attach to the endometrial lining where, in time, the eggs decay (rot) and infect the endometrial tissue, which is called "Endometriosis," until years of rotting eggs inflaming endometrial tissue leads to "Cancer" within the uterus.

EXCESSIVE BLEEDING? After the average five days of menstruation, do you or someone you know experience breakthrough bleeding, spotting, or prolonged menstrual bleeding that may last for weeks or longer? In Part

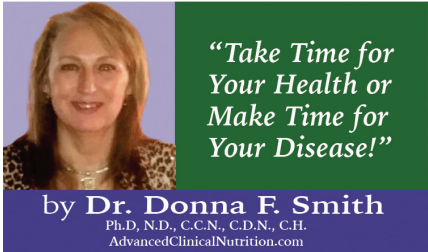
2 of this 4-Part article series, I will explain the causes of and healthy clinical nutrition solutions to excessive bleeding.

NO MATTER WHAT YOUR AGE, whether you are menstruating, have had a partial or complete hysterectomy OR you are in menopause, please read all four parts of this article so you can see the whole picture and so you can share this information with your family and friends.

For help with any female issue, please call me at (940) 761-4045. First Consultation Free!

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

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



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The contributor's name, hometown and phone number must accompany all letters to the editor for verification and we reserve the right to edit contributions for space. We attempt to verify all matters of fact but hold contributors liable for the content, accuracy and fairness of their contributions. Letters deadline 10 am Monday. Please limit to 300 words.
Be sure to include your name and phone number.

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STATE OF COLORADO**
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PEOPLE OF THE STATE OF COLORADO
Petitioner,

In the Interest Of:

ZAHIR WORKU, ZAFIR WORKU, ERMIAH WORKU, and LUNA BENSIMMOU,
Children,

and concerning

SHEMSIA WORKU, DONALD MILES, ADAM BENSIMMOU, and JOHN DOE,
Respondents.

Kiley Schaumleffel, Esq. #46107
Attorney for Petitioner
14980 East Alameda Drive
Aurora, CO 80012
Telephone: 303.636.1308

Case No: 21JV548
Division: 22

NOTICE OF ADJUDICATORY

HEARING AND DEFAULT JUDGMENT

PLEASE TAKE NOTICE that an **Adjudicatory Hearing and Default Judgement** regarding Respondent Father, **JOHN DOE** is set for **August 29, 2022 at 11:30 a.m.** in Division 22 at the Arapahoe County District Court, 7325 South Potomac Street, Centennial, Colorado 80112. You have the right to be represented by an attorney during these proceedings; if you cannot afford an attorney, one will be appointed to represent you. In the event you fail to appear for said hearing at the date and time indicated, the Petitioner, the People of the State of Colorado, will request that the Court enter a default judgment against you and adjudicate the child dependent and neglected in accordance with the Colorado Children's Code.

Due to COVID 19, the Arapahoe County District Court is holding some hearings via Cisco WebEx Meetings to allow for audiovisual and/or audio participation. Participants may use any computer, tablet or smart phone equipped with a camera and microphone for audiovisual participation. Parties should use the following link:

•www.judicial.webex.com/meet/

don.toussaint
•Enter your name and email address (so we know who you are). You will then be in the virtual courtroom.
•Select your audio setting. If the audio on your computer or tablet does not work, please use the alternate audio option of calling in to the number below.

Date: August 17, 2022

Kiley Schaumleffel, Esq. #46107
Assistant County Attorney
Attorney for Petitioner
14980 E. Alameda Dr.
Aurora, Co 80012

Published in The Villager
Published: August 25, 2022
Legal # 10841

CHERRY HILLS VILLAGE

Public Notice of Contractor's Final Settlement

Pursuant to C.R.S. 38-26-107, notice is hereby given that on/ or after the 9th day of September 2022 final settlement with **Vance Brothers, Inc.** will be made by the **City of Cherry Hills Village**, for the **2022 Street Improvement Chip Seal Project**, and that any person, co-partnership, associa-

tion, company, or corporation who has an unpaid claim against any of the contractors for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors, or any of their subcontractors, in or about the performance of said work may file at any time up to and including said time of such final settlement on/ or after, September 9th, 2022, a verified statement of the amount due and unpaid on account of such claim with the City Council of the City of Cherry Hills Village, at the office of:

City Manager
City of Cherry Hills Village
2450 E. Quincy Avenue
Cherry Hills Village, CO 80113

Failure on the part of a claimant to file such statements prior to such final settlement will relieve said City from all and any liability for such claimant's claims.

CITY OF CHERRY HILLS VILLAGE
STATE OF COLORADO

Published in The Villager
First Publication: August 25, 2022
Last Publication: September 1, 2022
Legal # 10840

SPECIAL DISTRICTS

00 65 33
NOTICE OF FINAL PAYMENT

STONE TREE DRAINAGE IMPROVEMENTS
(Contract No. CPR20-00004-C-2)

Notice is hereby given that at 10 a.m. on September 12, 2022, **Southeast Metro Stormwater Authority** shall make final payment to **L&M Enterprises Inc.** 735 E. Highway 56, P.O. Box W, Berthoud CO 80513 in connection with full payment for all services rendered, materials furnished and for all labor performed in and for the above-referenced PROJECT.

1. Any person, co-partnership, association of persons, company or corporation that has an unpaid claim against the said PROJECT for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such CONTRACTOR or any SUBCONTRACTOR in or about the performance of said WORK contracted to be done or that supplies rental machinery, tools, or equipment to the extent used in the

prosecution of the WORK whose claim therefore has not been paid by the CONTRACTOR or the SUBCONTRACTOR may at any time up to and including said time of such final settlement file a verified statement of the amount due and unpaid on account of such claim.

2. All such claims will be filed with **Southeast Metro Stormwater Authority**, 7437 South Fairplay Street, Centennial, Colorado, 80112, on or before the above-mentioned date and time of final settlement.

3. Failure on the part of a creditor to file such statement prior to such final settlement will relieve **Southeast Metro Stormwater Authority** from any and all liability for such claim.

OWNER:
Southeast Metro Stormwater Authority
Name: Jon Nelson
Title: CIP Project Manager

Published in The Villager
First Publication: August , 2022
Last Publication: September 1, 2022
Legal # 10839

PMS to MENOPAUSE – Part 2 of 4

[Endometriosis, Uterine Cancer, Excessive Bleeding & More!]

Hormone Imbalance, Anxiety, Depression, Lack of Concentration, Low Sex Drive, Low Immunity, Fatigue, and Over-All Body Pain: Denise (36y) felt she had tried “everything” in the years prior to finding me online. No matter what she tried, she only received temporary relief, if any. Also, her immune system was so low, she was sick with the flu every 5-6 weeks.

Three weeks after starting her Clinical Nutrition Therapy, her 25 symptoms, including all of the above, had improved 10-80%. At her 8th week, Denise reported no bouts of flu since starting the therapy I designed, based on her test results, and 18 of the 25 symptoms had improved 100%. (YES! They were gone!) The other Seven?

Four improved 90%; one 80% and two 30%; then in the weeks to follow all improved 100%.

In Part 2 of this four-part article on PMS to Menopause, I will be completing the education started in Part 1 about a primary cause of Endometriosis, Uterine Cancer and Excessive Bleeding.

Part 1 concluded with my sharing that when a woman’s birth control method interferes with or suppresses the body’s elevation of Progesterone at the onset of the Luteal Phase, it prevents the body from lowering Estrogen production to stop making eggs, i.e., the Follicular phase is prevented from ending. (For information about these phases, refer to Part 1 in The Villager, 08/25/22, Page 14.)

Weeks and months of more and more eggs being produced each day causes the uterus to become so overload-



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

ed with eggs rotting, attaching to and inflaming endometrial tissue that “Endometriosis” ensues, then years of inflamed endometrial tissue has the potential of causing uterine cancer, like Margaret (Part 1).

Some, not all, women may experience their body’s efforts to flush these accumulated rotted eggs, when periodically, they experience breakthrough bleeding, spotting and/or menstruation that extends beyond the average five days.

The solution and prevention lie in choosing birth control methods that do not

interfere with the three Phases of the Menstrual cycle. However, for those who have been using methods that do, which may be evident by having the above health challenges, contact me right away to start your therapeutic, whole food detoxification program and help your body remove the rotting eggs from the uterus. And by obtaining Clinical Nutrition Testing, we will be able to identify the therapeutic nutrients your body requires to heal (repair) the damaged cells and tissue and/or grow new healthy endometrial and uterine cells and tissue to replace what could not be repaired, just like we did in two months for Margaret.

By doing so, you have the opportunity to prevent Endometriosis, Uterine Cancer, Excessive Bleeding and/or other female issues. Otherwise, your hormone imbalances and inflamed tissue from these rotting eggs will continue to get worse, whether you are aware of it through symptoms or not.

Though there are specific “nutrient” deficiencies and other toxins for evaluation that can cause a variety of female symptoms and conditions, including the above, the information I have shared in

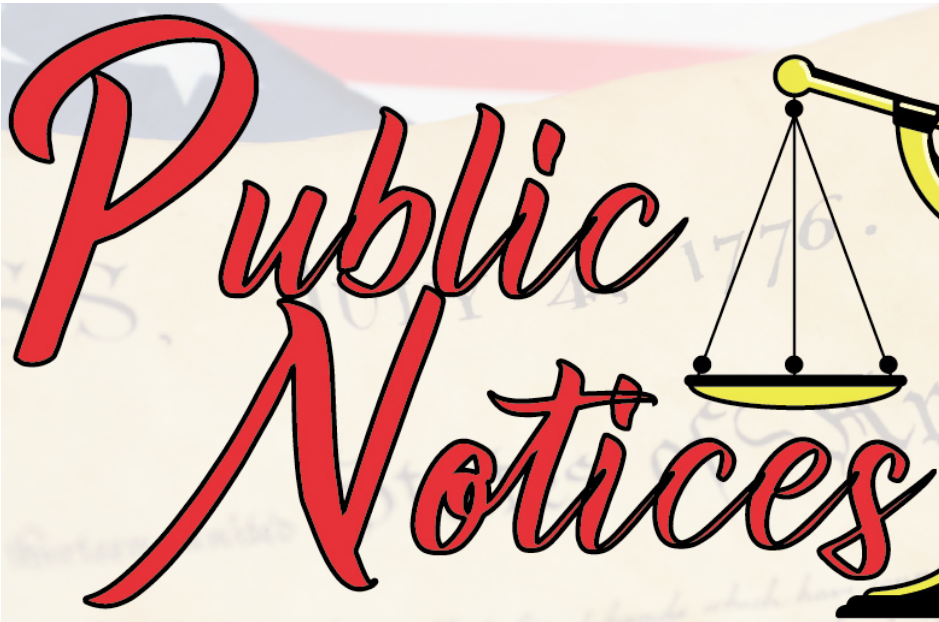
Part 1 and 2 of this four-part article focuses on causes and healthy solutions to prevent and/or reverse the disease processes occurring in the development of Endometriosis, Uterine Cancer and excessive or irregular menstruation, in order to assist you in restoring optimal female health.

In Part 3, I will share symptoms of hormone imbalances and explain why choosing vitamin and mineral supplements based on hormone-related symptoms **does not work!**

For a Clinical Nutrition Analysis of your saliva hormone levels, please call me at (940) 761-4045. First Consultation Free!

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

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



NOTICE TO CREDITORS

NOTICE TO CREDITORS
Estate of **BRIAN PATRICK HAYES** also known as **BRIAN P. HAYES** and **BRIAN HAYES**, Deceased
Case Number 2022PR30975
All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Denver, Colorado on or before January 8, 2023, or the claims may be forever barred. The original of this document is on file at the law office of Donald Glenn Peterson /s/. Donald Glenn Peterson
Published in The Villager
First Publication: September 8, 2022
Last Publication: September 23, 2022
Legal # 10844

SPECIAL DISTRICTS

NOTICE OF HEARING ON 2022 BUDGET AMENDMENT
NOTICE IS HEREBY GIVEN that an amendment to the 2022 budget has been submitted to the **Fiddlers Business Improvement District** (“District”). Such budget amendment will be considered at a meeting and public hearing of the Board of Directors of the District to be held at 9 a.m. on Wednesday, September 20, 2022. In order to preserve the health, safety, and welfare of the public in light of the imminent threat caused by the COVID-19 pandemic, this meeting and public hearing will be held by telephone only. To attend and participate by telephone, dial 650-479-3208 and enter passcode 2596 406 7524.
A copy of the amended 2022 budget is available for public inspection at the offices of Spencer Fane LLP, 1700 Lincoln Street, Suite 2000, Denver, Colorado 80203. Due to concerns related to COVID-19 and certain visitor restrictions that may be in place, please contact Stephanie Net by email at SNet@spencerfane.com to make arrangements to inspect the budget(s) prior to visiting the foregoing office. Any interested elector within the District may, at any time prior to final adoption of the amended 2022 budget, file or register any objections thereto.
FIDDLERS BUSINESS IMPROVEMENT DISTRICT
By: /s/ Ron Fano, District Counsel
Published in The Villager
Published: September 15, 2022
Legal # 10845

NOTICE OF PROPOSED AMENDED 2022 BUDGET OF THE SUNDANCE HILLS METROPOLITAN DISTRICT
NOTICE IS HEREBY GIVEN that an amended 2022 budget has been submitted to the Board of Directors of the **Sundance Hills Metropolitan District** for the year 2022; that a copy of such proposed budget has been filed in the office of the District located at Circuit Rider of Colorado, 1100 W. Littleton Blvd., #101, Littleton, Colorado, where same is open for public inspection; and that such proposed budget will be considered at a regular meeting of the Board of Directors of the District to be held on Monday, September 19, 2022 at 5:30 p.m. at the Sailfish Room, 5626 S Galena Street, Greenwood Village, CO 80111.
Any elector within the District may, at any time prior to the final adoption of the amended 2022 budget, inspect the budget and file or register any objections thereto. This meeting is open to the public.
BY ORDER OF THE BOARD OF DIRECTORS OF THE **SUNDANCE HILLS METROPOLITAN DISTRICT**
/s/ Circuit Rider of Colorado, Manager
Published in The Villager
Published: September 15, 2022
Legal # 10846

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PMS to MENOPAUSE – Part 3 of 4

[Premenstrual Syndrome - Painful Menstruation]

Patsy (48y) suffered from PMS and severe menstrual cramps for over 30 years until she contacted me for Clinical Nutrition Testing and Therapy. Two months after starting therapy, she had her first pain-free cycle since starting menstruation in her teens.

Part 3 includes the symptoms of hormone imbalances labeled as Premenstrual Syndrome (PMS) and explains why choosing vitamin and mineral supplements based on these symptoms does not work.

Symptoms include one or more of the following: Skin problems, like acne or excessive facial hair in women; digestive dysfunctions, like bloating, gas, and abdominal pain; breast tenderness; menstrual cramps; swelling in feet/hands; head-

aches/migraines; fatigue; food cravings, especially sugar; emotional imbalances (irritation, mood swings, anger, anxiety, isolation, depression, crying phases); mental imbalances, such as brain fog (lack of focus, poor concentration, short-term memory loss, confusion, mental fatigue); changes in sexual desire, and altered sleeping patterns, to name the most frequent.

Hormone imbalances that produce the above symptoms are caused by either a deficiency and/or excessive amount of one or more of the following hormones: Estrogens (such as Estradiol, Estrone, and Estriol); Progesterone; and/or Testosterone. These are your primary

female (and male) hormones. Yes, ladies, women have testosterone, too, and gentlemen, you also have estrogens and progesterone, in addition to testosterone.



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Symptoms are also caused by a variety of combinations, like an excessive amount of one

hormone relative to a deficiency in another, such as having an excessive amount of estradiol in relationship to a deficiency in progesterone.

Causes of these symptoms may also include deficiencies or excessive amounts of other hormones, such as those produced by the thyroid glands, adrenals and/or the brain, such as imbalances in the brain's neuro-hormones, like Serotonin, Dopamine, etc. – all types of hormones produced by the body may have a role in female (and male) hormone balance.

A Clinical Nutrition Analysis of Saliva and Urine is required to effectively identify all of the above hormone levels. Saliva and urine testing identifies hormones at a cellular level, i.e.,

hormone levels may appear normal on a blood lab report, yet the same hormones may appear deficient or excessive on a saliva or urine hormone lab report. Why? Because the self-healing processes of the human body always try to maintain optimal blood values, even if it must sacrifice cellular levels.

Hormones are manufactured by the specific nutrients the body requires to produce them. This is why Clinical Nutrition Therapy, based on testing your biochemistry, is so effective in attaining and maintaining hormone balance because it identifies abnormal levels of the vitamins, minerals and other nutrients affecting hormone production.

Self-treating these symptoms by taking over-the-counter (OTC) or online vitamin/mineral supplements may seem to help at first, however, in due time, you are back searching for different supplements, repeating the same end result... a cupboard full of unused supplements and still suffering.

Also, choosing supplements based solely on these symptoms is unreliable because whether one or more hormone is deficient or excessive, they produce the same symptoms. In other words, the symptoms caused by a deficient estrogen are the same symptoms caused by an

excessive amount of that same estrogen; deficient-progesterone symptoms are the same as excessive-progesterone symptoms, and so on.

Self-treatment based on symptoms leads to worse and/or more hormone imbalances; instead, contact me for Clinical Nutrition Hormone testing to scientifically identify which hormones are out of balance.

In Part 4, I will be sharing information about menopause and female/male cancer prevention.

For a Clinical Nutrition Analysis of your hormone levels, please call me at (940) 761-4045. First Consultation Free!

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AT THE TOP OF HER PROFESSION SINCE 1977



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(THE WALL STREET JOURNAL)

Exploring the crime crisis

Recently, I attended a seminar on the neuroscience and the cognitive frameworks that drive criminal behavior. I was fascinated by the complexity and simplicity of the workshop content. One of the take-aways was the six traits that can lead to criminal and maladaptive behaviors. Given the crime crisis that we are experiencing in the nation, this needs to be part of the public discourse.

These 6 traits are:

1. **Anti-social values.** This is characterized by blaming others, lack of remorse or empathy, entitlement, resistance and negatively regarding social norms.
2. **Peers who are involved in crime.** Negative peer pressure, many times, influences and persuades the non-criminal to engage in criminal behavior. They have a lack of prosocial community involvement. Often peers are involved with drugs or alcohol.
3. **Anti-social personality.** This is characterized by anger, fighting, bullying, skipping school, lying, stealing, running away from home, disrespect, cruelty to animals or vandalism.
4. **Dysfunctional family.** This is the most common trait which includes lack of family support, physically, emotion-

ally, financially, socially, or intellectually. Abandonment, neglect, negative modeling, lack of communication, violence, abuse, and the lack of ability to solve problems. These types of families usually operate in survival mode and their home is often characterized by chaos. Family members may also be involved in criminal behavior.

5. Lack of self-regulation or impulse control. This is characterized by snap decision-making based on feelings often resulting in negative consequences. This type of individual focuses on the immediate situation, rather than having a future-orientation mindset.

6. Substance abuse. Substance abuse affects one's ability to engage in prosocial behaviors. The younger a child begins to use substances, the more likely they become addicted which contributes to the cycle of maladaptive behaviors.

As these six traits are outlined in the literature, I was struck with how they could be mitigated if we had the will. We spend trillions on law enforcement, prisons, rehabilitation, and the fallout of crime. We must try prevention first.

To make a seismic shift towards primary prevention, we must address these 6 areas of dysfunction. By offering par-

ents classes from the time of the birth of their babies about the psychology of development, the basic needs frameworks of Maslow, the architecture and growth of the human brain, the skills to attend to, nurture, care for and love these little ones into pro-social behaviors and future success. We must assist and teach couples how to care for one another and provide relationship skills training so that once they children, they can commit to care for them in nurturing ways. We must, as a nation, commit to healthy family formation, marriage, family strengthening, responsible fatherhood, and maintenance of healthy relationships, especially to those who have children. We must teach children and adults the value of societal norms, marriage, family and the constructs of connection and human thriving. At the Center for Relationship Education, we have created a suite of curricula which includes activities on how to teach these skills to diverse audiences, in schools, community-based organizations, the workplace, social services and to parents. Please join us to help break the cycle of crime, substance use, antisocial behavior, child abuse and family dysfunction. The health of the nation depends on all of us working together. joneen@myrelationshipcenter.org

FOR THE LOVE OF RELATIONSHIPS
BY JONEEN MACKENZIE

PMS to MENOPAUSE

Part 4 of 4 (Biological Hormone Back-ups)

JOLENE’s diagnosis of Menopause had been more than two years, when she started Clinical Nutrition Therapy to correct the causes of other health concerns at that time. So, she was quite surprised to resume regular menstruation again!

She wasn’t happy about that, as she enjoyed life without menstruation, but she understood that her overall body health was being restored through clinical nutrition therapy, and her lack of menstruation was actually another symptom of being unhealthy, not due to Menopause.

KELLY shared that after eight months of bio-identical hormone replacement therapy, all of her menopausal symptoms resurfaced, which is what led her to balance her hormones through our clinical nutrition therapy. Over the years, a significant number of other female clients have shared with me that they had the same experience.

In Part 1-3 of this 4-Part series, I have shared information on how Clinical Nutrition Testing and Therapy provide safe and effective solutions for female challenges, such as hormone imbalances, irregular

menstruation, long-term menstrual bleeding, severe headaches or migraines, mental and emotional dis-

classified as menopausal (women) or andropausal (men).

Factors such as hormonal interferences from the chemicals, metals, plastics and other toxins ingested through food, water, beverages and drugs and/or exposures from the air and environment.

#2 The human body has what I call “Biological Hormonal Back-ups” for hormone production.

In other words, if anything happened, such as an injury or surgery (such as a partial or complete hysterectomy), where the female (or male) reproductive organs were no longer able to produce sufficient Estrone (E1), Estradiol (E2) and Estriol (E3), Progesterone or Testosterone (which both genders produce), the thyroid and adrenal glands are designed as biological back-ups to produce these hormones for you.

However, quite often, by the time their biological back-ups are needed, these glands are exhausted and having difficulties producing their own primary hormones, which can compromise their ability to produce female and male hormones,

turbances, endometriosis, prevention of breast and ovarian cancer, and more. So, now, let’s talk about Menopause. Menopause is generally defined as not menstruating for 1-2 years. The months or years leading up to menopause are called perimenopause (or pre-menopause), the years after menopause are called post-menopause, and the most common symptoms are hot flashes, night sweats, mood swings, difficulty sleeping and weight gain.

KEYS TO HORMONE BALANCE: Since opening my business in 1981, I have observed two keys to helping women balance their hormones:

#1 There are a number of other factors, not just hormone imbalances alone, that lead to the development of the symptoms typically

too. This is why people begin looking for hormone replacement therapy.

However, a Clinical Nutrition Analysis of the Lab Reports from testing saliva, blood and hair identifies the therapeutic whole food supplements your body requires to 1) produce sufficient hormones on its own, whether they are thyroid, adrenal or female/male hormones, as well as 2) detoxify the chemical, metals and other toxins interfering with hormone production.

BLOOD HORMONE TESTING IS NOT ENOUGH: Additionally, testing blood hormones alone does not provide a complete hormonal picture. For example, hormone levels in the blood may appear normal, yet be deficient at the cellular level, as identified through saliva hormone testing.

And even if your blood and saliva hormone levels are sufficient, a Tissue Mineral Hair Analysis is essential, because if you do not have the minerals that transport your hormones, they will not get into the cells. Hormones that do not reach the cells are recirculated back into the blood, which then leads to more blood hormone imbalances. This is why for a complete hormonal picture, I provide

a Clinical Nutrition Analysis of the Lab Reports from testing blood, saliva and hair.

This concludes my article series on the causes of symptoms and healthy solutions through Clinical Nutrition Testing and Therapy for both female and male hormonal systems. You may access these articles on our website, through the “Education” Menu by selecting “Villager Publications.”

For hormone balancing, call me at (940) 761-4045, to obtain a Clinical Nutrition Analysis of the Lab Reports from testing your blood, saliva and hair! First Consultation Free!

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

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

COURT

**DISTRICT COURT
COUNTY OF ARAPAHOE,
STATE OF COLORADO
7325 S. Potomac Street
Centennial, Colorado 80112**

PEOPLE OF THE STATE OF
COLORADO,
Petitioner,

IN THE INTEREST OF

JACQUELYN MORALAS and
JASMINE MORALAS
Children,

and concerning

TAMMY PREVOST and NOEL
MORALAS,
Respondents.

Linda Arnold, Reg. No. 16764
Office of the Arapahoe County
Attorney
Attorney for the People
Arapahoe County Department of
Human Services
14980 East Alameda Drive, Aurora,
CO 80012
lamold@arapahoegov.com
Tel: 303-636-1882
Fax: 303-636-1889

**Case No: 22JV30117
Division: 23**

**NOTICE OF ADJUDICATORY
COURT TRIAL AND
DEFAULT JUDGMENT
REGARDING
TAMMY PREVOST AND NOEL**

MORALAS

To The Respondents:

PLEASE TAKE NOTICE that an **Adjudicatory Court Trial and Default Judgment** regarding **Tammy Prevost and Noel Moralas** is set for **December 16, 2022 at the hour of 10:30 a.m. (MST)**, in Division 23, of the Arapahoe County District Court. The Arapahoe County District Court is holding hearings via Cisco WebEx Meetings to allow for audiovisual and/or audio participation. Participants may use any computer, tablet or smart phone equipped with a camera and microphone for audiovisual participation. Parties should use the following link:

- <https://judicial.webex.com/meet/D18-ARAP-Div23>
- Enter your name and email address (so we know who you are). You will then be in the virtual courtroom.
- Select your audio setting. If the audio on your computer or tablet does not work, please use the alternate audio option of calling in to the number below.

If you do not have a device that will support a video connection, you may still participate by audio only by calling 720-650-7664 and enter access code 2598 320 5548

(followed by #, #).

You have the right to be represented by an attorney during these proceedings; if you cannot afford an attorney, one will be appointed to represent you. In the event you fail to appear for said hearing at the date and time indicated, the Petitioner will request that the Court enter a default judgment against you and adjudicate the child(ren), dependent and neglected in accordance with the Colorado Children’s Code.

/s/Linda Arnold #16764
Linda Arnold, Reg. No. 16764
Senior Assistant County Attorney
14980 East Alameda Drive
Aurora, CO 80012
(303) 636-1883

Published In The Villager
Published: November 10, 2022
Legal # 10911

**DISTRICT COURT
COUNTY OF ARAPAHOE,
STATE OF COLORADO
7325 South Potomac Street
Centennial, Colorado 80112
(303) 645-6600 Telephone**

PEOPLE OF THE STATE OF
COLORADO,
Petitioner,

IN THE INTEREST OF:

NAKHI LEE-WILLIAMS BUTLER,

A'YONNI REYNOLDS, and
ENRIQUE WILLIAMS,
Children,

and concerning

MONIQUE WILLIAMS, LANCE
BUTLER, ALBERT REYNOLDS II,
and JOHN DOE,
Respondents.

Jordan Lewis, Esq. #50198
Assistant County Attorney
Attorney for Petitioner
14980 East Alameda Drive
Aurora, CO 80012
303-636-1883

**Case No: 22JV360
Division: 14**

**NOTICE OF ADJUDICATORY
HEARING AND DEFAULT
JUDGMENT**

PLEASE TAKE NOTICE that an Adjudicatory Hearing regarding **JOHN DOE**, is set for **December 1, 2022 at 2:30 p.m.** in Division 14 at the Arapahoe County District Court, 7325 South Potomac Street, Centennial, Colorado 80112. You have the right to be represented by an attorney during these proceedings; if you cannot afford an attorney, one will be appointed to represent you. In the event you fail to appear for said hearing at the date and time indicated, the Petitioner, the People of the State of Colorado, will request that the Court enter a default judgment

against you and adjudicate the child(ren) dependent and neglected in accordance with the Colorado Children’s Code.

Due to COVID 19, the Arapahoe County District Court is holding hearings via Cisco WebEx Meetings to allow for audiovisual and/or audio participation. Participants may use any computer, tablet or smart phone equipped with a camera and microphone for audiovisual participation. Parties should use the following link:

- <https://judicial.webex.com/meet/bonnie.mclean>
- Enter your name and email address (so we know who you are). You will then be in the virtual courtroom.
- Select your audio setting. If the audio on your computer or tablet does not work, please use the alternate audio option of calling in to the number below.

If you do not have a device that will support a video connection, you may still participate by audio only by calling 720-650-7664. When prompted enter code 2594 251 5432.

If you elect to appear in person, you must be at the Courthouse a half hour before the hearing is scheduled to begin.

Dated this 27th day of October, 2022.

Jordan Lewis, Reg. #50198
Assistant County Attorney

Published In The Villager
Published: November 10, 2022
Legal # 10912

NOTICE TO CREDITORS

NOTICE TO CREDITORS
Estate of Constance Kay Sturgeski, also known as Connie Kay Sturgeski, also known as Connie K. Sturgeski, also known as Connie Sturgeski, Deceased
Case Number 2022PR31134
All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe County, Colorado on or before March 17, 2023, or the claims may be forever barred.
Dennis R. Stemen,
Personal Representative
c/o Stewart B. Grant,
Attorney at Law, LLC
12265 W. Bayaud Avenue, Suite 210
Lakewood, CO 80228
Published In The Villager
First Publication: November 3, 2022
Last Publication: November 17, 2022
Legal # 10905