

Landmark Towers residents petition GV for trash pickup

BY **FREDA MIKLIN**
GOVERNMENTAL
REPORTER

On October 4, KieAnn Brownell, a member of the homeowner’s association of the Landmark Towers, located east of Quebec Street and south of Bellevue Avenue, appeared at the Greenwood Village City Council’s regular meeting to present a petition signed by over 150 “Greenwood Village taxpayers and voters” who live in the Landmark Towers, requesting that GV “assume waste and recycling collection for residents of The Landmark on par with the like services offered to other taxpaying residential homeowners in Greenwood Village.”

She said, “We’re asking you all tonight to right a wrong. Currently, the Landmark Towers are being unjustly denied the same trash and recycling benefits and privileges of other Greenwood Village taxpayers despite paying the same mill levy. We’ve been told that multifamily communities are excluded from trash and recycling pickup and services, but that’s not exactly true. For years, Greenwood Village has serviced Roundtree (Townhomes) and Hermitage (Condominiums) and all the while, wrongfully discriminated against Landmark Towers. More importantly, in the 2022 budget, which I believe is on the agenda for tonight, we’ve learned that beginning in 2022, Greenwood Village will also begin servicing the Georgetown Townhomes and Caley Ponds (Townhomes), multifamily communities. We ask you to stop the discriminatory practice and beginning in

2022, include The Landmark in your trash and recycling services.”

Brownell continued, “Since the (2021) budget has a projected \$6.7 million surplus and Waste Connections (GV’s new trash and recycling contractor beginning 1-1-22) has proposed servicing The Landmark for around \$63,000 for next year, it’s absolutely not a money issue. Other than just purely discriminating against The Landmark taxpayers, there is no reasonable justification for excluding us. On behalf of the taxpaying voters of The Landmark, I’m asking that our councilmembers, Dave Kerber and Anne Ingebretsen, include a motion to amend the (2022) budget to include trash and recycling like services for The Landmark Towers.”

Following Brownell, Landmark residents Mike and Miok Fowler explained that they feel very strongly about the importance of recycling. They have been taking their recycle items anywhere they would be accepted, including the Denver landfill, because there is nowhere in Arapahoe County that will accept them. The service was ended at Landmark a few years ago. Brownell told *The Villager* that recycling became cost-prohibitive for The Landmark when Waste Management began adding extra charges for items put into recycle bins that were not recyclable. She also shared that a staff member at GV had told her that GV residents make the same mistake often but the city does not get charged for it because of the size of its contract. Mr. Fowler closed his remarks with, “It seems so unfair that (our re-



The Landmark Towers were built in 2008.

Photo by Freda Miklin

cycled items) can’t be picked up along with the other recyclables in Greenwood Village. I urge you to have a motion to include this in the budget...”

Mayor Lantz thanked the Landmark residents for coming in and bringing the petition, adding, “You should be aware that there was a policy that they (Councilmembers Kerber and Ingebretsen) probably shared with you that created the definition of multi-family residences as being of eight or more units, and they (multi-family residences) weren’t allowed to participate... We’ll ask staff to review (the policy)...and we’ll consider that.” Lantz continued, “A change of this definition could mean significantly more than what you’re talking about. If we change the definition there is at least the possibility that the total number of multifamily units would need to be included, too. There’s close to 3,000 multifamily units in the city of Greenwood Village; that would be a 75% increase in the number of particular residents that we would pick up. Just wanted to make sure you were aware of that.”

In response, Gail O’Toole,

also a Landmark resident came to the podium and said, “I’ve been the leader of the homework on this effort... We are not an apartment building. We are not a commercial-owned facility that is renting apartments. We are taxpaying homeowners who pay a mill levy...equivalent to an individual who lives across the street in a home. I think that is a real clarification that has maybe gotten confused.”

Later, O’Toole explained to *The Villager* that she and others believe that the important distinction as to who should receive these services is not whether they own a single-family detached home or they own a single-family attached home, condominium, or townhome, all three of which are categorized as multi-family homes by the city. The distinction should be whether they pay the same 2.932 mill levy for property taxes to the City of Greenwood Village, which every homeowner does, regardless of whether their home is detached, attached, a condominium or a townhome. Apartment residents do not pay property taxes. The number Mayor Lantz cited included both homeowners and renters of

apartments in the city.

GV has provided free trash and recycling services to single-family homes since 1996. They have also provided the same free service to homeowners in three specific developments currently categorized as multi-family for more than 15 years. Earlier this year, the city council decided it would extend its free trash and recycling service to homeowners at two more multi-family townhome developments beginning January 1, 2022. The five homeowner-owned multi-family developments currently or about to start receiving the free service each have from 25 to 142 individual homeowner units and include approximately 292 total units. The Landmark has 268 units. Based on our analysis of the remaining owned multi-family homes on the list we received from the city, there are approximately 337 units, in addition to The Landmark, that could qualify for trash and recycling services if GV changed its policy to providing the service to all homeowners.

In an interview with *The Villager*, Gail O’Toole told us that she and her husband Jim have owned their unit in the Landmark since 2008 and often wondered why some condos received free trash and recycling service while theirs doesn’t. She explained that the decision was made by Landmark homeowners to petition the city to include them in this service after she sent three emails to Ingebretsen and one to Kerber in March and April about this issue and did not receive any response.

fmiklin.villager@gmail.com

Parasites (Germs/Worms) – The Good, The Bad, The Ugly (Part 1 of 2)

Parasites have important role on Earth and, therefore, it is our responsibility to learn how to co-exist, and at the same time, protect our bodies from the invasion and overgrowth of the “bad” and “ugly” Parasites.

From the first article that I wrote in *The Villager* (3/25/21), I shared that each subsequent article would build on the knowledge presented in the previous article. So, an article about Parasites is essential knowledge to build on my last article, titled, “*Probiotics Do Not Correct The Cause For Why You Take Them (Dysbiosis)*!” [*The Villager*, 9/30/21, P22]. Correcting Dysbiosis is one of the first steps to stopping the overgrowth of Parasites in the body and getting rid of them.

WHAT ARE PARASITES? There are a variety of Parasites, such as fungi, protozoans (unicellular organisms, like the ameba), bacteria, viruses, insects, worms, etc. There are good Parasites, bad Parasites and the ugly (deadly) Parasites. For examples, we have Good Bacteria that helps break down fats and proteins in the diges-

tive system, like Lactobacillus; Bad Bacteria, like Salmonella; and the Ugly, COVID-19.

PARASITES ARE PART OF NATURE’S DESIGN:

There are Parasites with the role of being Nature’s Organic Trash Collectors and Recycling System. They consume decaying and dead matter, then break it down into a substance that can be used to nourish the soil of the Earth. You may have observed this activity when you see Parasites feeding on a dead animal on the roadside. So, Parasites being “Bad or Ugly” only refers to when they are inside the body, not outside it. Outside, they are healthy facilitators and transporters of decomposition; thus, ensuring a healthy Earth and enabling the healthy growth of the plants that are human and animal food sources.

SYMPTOMS CAUSED BY PARASITES: Inside, Parasites cause a variety and plethora of

symptoms and diseases depending upon where in the body their infestation exists. Symptoms, such as Fatigue; Food Allergies; GI Tract Disturbances; Hypothyroid and Hypoadrenal Dysfunction; Mental Dyslogia, Lack of Concentration or Recall; Musculoskeletal Stiffness and Pain; Sinusitis; Sleep Disturbances; Sugar Cravings; and Unhealthy Weight Loss, to name a very few.

OUR GREATEST CHALLENGE is to **avoid creating an internal environment that invites Parasites to take up residence within our body. After all, which came first - the Mosquito or the Swamp?**

As each cell becomes malnourished from ingesting or exposure to toxic substances AND does not receive sufficient nutrients, water and air, the cell starts to decay, thus losing its ability to produce sufficient energy for its healthy function, and then dies. **Dis-**

ease occurs within an organ when it has more decaying and dead cells and tissue than healthy ones.

Think of Parasites as having radar – they are tuned into the frequency of low energy, decaying and dead cells and tissue, thus they are attracted to enter the human (or animal) body in search of the cells emitting this low frequency to facilitate its decomposition. I am sure you would agree with me and that is “*I would rather they not try to decompose my body while I am still in it!*”

When the cells of the body stay sufficiently nourished, the cells will produce a high energy frequency that does not attract, but repels, Parasites. So even if you were to swallow a parasite, it would just pass through your body. Why? Because in a healthy body in optimal function, the parasite would be recognized as “foreign” matter, and thus the innate immune defense system would set about eliminating it through the kidneys, bowels, or other body openings. However, low energy immune cells are challenged to perform this function.

Think of a garden, the weak plants are infected with many germs, worms and insects, yet the healthier plants, growing right next to them, are Parasite free, and so it is, with all living things, including human beings.

In my next article (Part 2), I will answer the following questions:

How do I increase my cellular energy to stop attracting Parasites?

How do I get rid of the Parasites and decaying, dead cells and tissue already in my body?

And more!
Email Villager@Advanced-ClinicalNutrition.com for a FREE copy of this entire article. Subject Line: Parasites.

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.

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



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

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

Parasites (Germs/Worms) – The Good, The Bad, The Ugly (Part 2 of 2)

Part 1 of this two-part article on Parasites was published on 10/14/21, P14. In Part 2, I will be sharing 1) how to stop attracting parasites, 2) how to get rid of them, and 3) how to help your body heal (repair) from their adverse effects.

As you know from Part 1, because Parasites are Nature’s facilitators of decomposition, they are attracted to any place (even human and animal bodies) where there are low-energy, malnourished, decaying and dead cells and tissues.

While present within you, Parasites will also consume nutrients from the foods you ingest, thus, perpetuating an internal state of cellular malnutrition. This state is one of the primary causes for food and sugar cravings.

CRAVINGS occur when the cells are signaling your brain that they are deficient in one (or more) nutrient and thus, need you to be tested to find out which nutrient is needed. Sugar cravings are signs that the body needs wholesome carbohydrates, not refined sugar products. However, when parasites are the cause or a contributing factor in any craving, this must be addressed, also.

ALWAYS HUNGRY? UNDERWEIGHT? Parasites can be a contributing factor or the cause of any symptom

from head to foot, even the appetite. For example, no matter how much they eat, people, who are unable to gain weight and/or who feel constantly hungry, may have parasites as their root cause.

#1 - HOW TO STOP ATTRACTING PARASITES: Because parasites seek low-energy cells, the key to stop attracting parasites is to keep your cells operating at a high energy frequency. This is possible by 1) increasing the bioenergetic frequency of your cells, AND 2) maintaining nutrient-sufficient cells so they can produce and operate at high frequencies. More on both in my article, “Formula For Faster Healing,” (The Villager, 4/15/21, P12)

#2 - HOW TO GET RID OF PARASITES: Step 1 - Complete a 3-month Parasite Detoxification Program to address parasite “incubation.” **Step 2 –** Then, complete a 30-Day “Full Body Detoxification Program” to cleanse the parasites (live, dead and their waste), along with other toxic substances, from the body.

A Full Body Therapeutic Detoxification Program



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

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

cleanses the stomach, duodenum, liver, bile duct, gall bladder, pancreas, lymphatic system, kidneys, bladder, and the small and large intestines.

WHAT IS PARASITE “INCUBATION?” When any parasite enters the body, they immediately lay their spores (germs) or cocoons (worms) in your tissue and after a three-month incubation period, they open up and re-infect your body. Then these newly mature parasites lay their spores or cocoons, and this cycle is perpetuated every three months.

The above answers the “why” question for those frequently sick with the flu, even though no one else around them has it, and this ongoing reinfestation every three months lowers your immune resistance when exposed to a new germ or worm.

ABOUT ANTIBIOTICS: An antibiotic is a drug formulated to just kill bacteria. Most people know it is not advisable to take them for long periods of time, but what is not commonly known is that 1) a standard round of antibiotics only kills enough bacteria to

become symptom-free. 2) It does not kill all of the bacteria you have been exposed to, 3) nor can it kill their protected spores, and 4) taking antibiotics, in any amount, leads to Dysbiosis (The Villager, 9/30/21, P22).

PARASITE DETOXIFICATION: However, when you take specific therapeutic supplements for Parasite Detoxification each day, during the three-month incubation period, their ingredients are present to digest the parasites the moment their spores or eggs from the cocoons mature (open) and thus, helps prevent further reinfestation. **Additionally, when taken upon exposure to a new parasite, you have a greater opportunity to prevent their invasion and laying of spores or cocoons.**

Depending upon the individual, the Parasite Detoxification Program may be required for longer than the initial three-month incubation period, in order for the nutrients to digest the Parasites who have already matured.

#3 - HOW TO HEAL (REPAIR) FROM PARASITE EFFECTS: The process of identify and correcting the causes that prevent your body from producing high energy frequency cells is the same for identifying and correcting

the areas of the body that have suffered from parasites within and that is... a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva, stool, etc.), starting with the area of the body that is suffering the most.

NUTRITION FACT #13 – CLINICAL NUTRITION TESTING AND THERAPY IS THE SOLUTION TO ALL THREE – 1) TO STOP ATTRACTING, 2) TO GET RID OF, AND 3) TO REPAIR THE ADVERSE EFFECTS FROM THE “BAD” AND THE “UGLY” PARASITES!

Please call me for help with the above and you may email Villager@AdvancedClinicalNutrition.com for a FREE copy of this entire article. Subject Line: Parasites.

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.

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

2021-2022 NEWMAN CENTER PRESENTS ON SALE NOW

Veronica Swift
Nov 19, 2021

Christmas with The King's Singers
Dec 9, 2021

Kronos Quartet
Jan 12, 2022

Dance Theatre of Harlem
Jan 14 and 15, 2022

NATIONAL GEOGRAPHIC LIVE
Nizar Ibrahim: Feb 9, 2022
Kara Cooney: Mar 6, 2022
Brian Skerry: Apr 5, 2022

The Jazz at Lincoln Center Orchestra with Wynton Marsalis
Feb 19 and 20, 2022

AND SO MUCH MORE!

CELEBRATE LIVE PERFORMANCE

newmancenterpresents.com
303-871-7720