

The Role of the Board-Certified Clinical Nutritionists (C.C.N.) in Health Restoration!

(Part 1 of 3) [Biochemical Testing & CN Therapy Restores Health!]

After reading this 3-Part article, you will understand why every healthcare professional would want to be a C.C.N., if not already. In Part 1, I will share the origin, role, and value of the C.C.N. profession in health restoration and disease prevention. In Part 2, I will introduce the Clinical Nutrition Certification Board [CNCB.org] and the International and American Associations of Clinical Nutritionists (IAACN.org) and in Part 3, I will share the C.N.C.B. requirements to apply for the examination to become a Board-Certified Clinical Nutritionist (C.C.N.).

The enlightened public continues to voice a strong preference for the right to take responsibility for their own health. This is evident by the ongoing increase in self-help publications and authors, of both self-help to health-related academic textbooks, who are referring their readers to the C.C.N. for professional guidance in implementing the nutrition and dietary education in their books and for help with more complex nutritional biochemistry health challenges.

Board-Certified Clinical Nutritionists (C.C.N.) have the academic degrees, post-graduate training, national board certification, and up to or over 42 years of clinical nutrition experience in

successfully meeting the public’s clinical nutrition needs; up to 32 years, if calculating only from the date of board certification.

Therefore, Part 1 provides an introduction for readers not yet “up-to-date” on the valuable and successful healthcare profession of Clinical Nutritionists ...founded in the 1980s by a group of nutritional healthcare professionals aware of the growing demands for healthcare professionals who could provide healthy solutions for the rapidly increasing number of people suffering from nutrition-related symptoms of degenerative diseases. Hence, the profession of the Certified Clinical Nutritionist (C.C.N.) was officially established, with their first board-certified examination, in 1991; the year I was board certified.

Briefly, Taber’s Medical Dictionary defines “Nutrition” as the ‘sum processes of digestion, absorption, and metabolism of food substances (diet and supplementation) for the growth, repair and maintenance of the human body.’ In other words, these processes of nutrition are required to get the nutrients from your food (diet and supplements) into your cells. Otherwise, your organs, glands and body systems become malnourished and once you have

more malnourished, decayed and dead cells and tissue, than healthy ones, in this degenerative process, diseases are diagnosable. However, the public can suffer for decades from undiagnosed mild to severe (acute to chronic) symptoms of the “degenerative processes” occurring prior to reaching the full-blown Disease Stage, unless they contact a Board-Certified Clinical Nutritionist (C.C.N.).

These preceding stages in the process of developing a degenerative disease are organ/gland dysfunctions caused by biochemical imbalances and other adverse nutrient-related factors, such as toxicity and “insufficient to clinical” levels of nutrient deficiencies and/or excesses. In these preceding stages, it requires less time, money and effort to stop this degenerative disease process by restoring your health and thus preventing diseases, all together.

Clinical Nutrition has become so mainstream that some years ago, the terms “Functional Medicine” and “Orthomolecular Medicine” were introduced to help the public understand Clinical Nutrition because for decades the term “Nutrition” [Clinical Nutritionists (C.C.N.)] has been used interchangeably with the term “Diet” [Dietitians], even

though these two terms and their related-healthcare professions, respectively, are distinctly different. (Refer to the first article I wrote for *The Villager* in March 2021, “Are You Confused By Nutrition Today?”)

The diverse C.C.N. education includes sciences in many, if not all, of the following: biochemistry, physiology, molecular biology, herbology, homeopathy, naturopathy, psychology, endocrinology, pathology, and oncology. Board-Certified Clinical Nutritionists (C.C.N.s) are trained to utilize several disciplines to successfully achieve the therapy required to support individual health.

For example, many C.C.N.s are already certified, licensed and/or degreed as healthcare or disease-management professionals in other disciplines, such as medical physicians, osteopaths, chiropractors, dentists, naturopaths, homeopaths, pharmacists, acupuncturists, mental health professionals, podiatrists, optometrists, veterinarians, nurses, etc., in addition to those with a Ph.D. in Clinical Nutrition, like myself. These professionals discovered that the addition of clinical nutrition testing and therapy into their existing practice will, in many cases, aid in rapid health restoration and disease prevention. For professionals, who are also Board-Certified Clinical Nutritionists, you will find C.C.N. after their primary post-nominal abbreviations. For example, M.D.,

C.C.N.; D.C., C.C.N.; N.D., C.C.N.; Ph.D., C.C.N. and so on.

To obtain a Clinical Nutrition Analysis of the Laboratory Reports from testing blood, urine, hair, saliva, stool and/or genetics to identify...

- 1) the preceding stages of the degenerative disease processes occurring in your biochemistry AND
- 2) the specific whole food diet and therapeutic food/plant-based supplements that contain the nutrients your body requires to restore and maintain optimal health... Call me at (940) 761-4045, Register for a Free First Consultation at my website, www.AdvancedClinicalNutrition.com, OR find a C.C.N. located near you.

Dr. Smith’s articles, published in The Villager since March 2021, are available on her website Menu, titled, Education/Villager Publications. 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.

SPECIAL DISTRICTS

NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the Sundance Hills Metropolitan District, PO Box 359, Littleton, Colorado, will make final payment to FCI Construction, Inc., of 4015 Coriolis Way, Fredrick, CO for all Work done by said Contractor in connection with, or Work done on the Sundance Hills Metropolitan District Pool Renovation, City of Greenwood Village, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the Sundance Hills Metropolitan District, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release Sundance Hills Metropolitan District, its directors, officers, agents and employees, of and from any and all liability for such claim.

Sundance Hills Metropolitan District
By: /s/ Sarah Shepherd
District Manager

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Last Publication: January 26, 2022
Legal # 10979

NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the Cherry Creek Vista Park and Recreation District, PO Box 359, Littleton, Colorado, will make final payment to Colorado DesignScapes, Inc of 15440 East Fremont, Centennial, CO 80112 for all Work done by said Contractor in connection with, or Work done on the Cherry Creek Vista Peakview Park Renovation, unincorporated Arapahoe County, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the Cherry Creek Vista Park and Recreation District, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release Cherry Creek Vista Park and Recreation District, its directors, officers, agents and employees, of and from any and all liability for such claim.

Cherry Creek Vista Park and Recreation District
By: /s/ Sarah Shepherd
District Manager

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Last Publication: January 26, 2022
Legal # 10980

NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the Cherry Creek Vista Park and Recreation District, PO Box 359, Littleton, Colorado, will make final payment to FCI Construction, Inc., of 4015 Coriolis Way, Fredrick, CO for all Work done by said Contractor in connection with, or Work done on the Cherry Creek Vista Orchard Pool Renovation, unincorporated Arapahoe County, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the Cherry Creek Vista Park and Recreation District, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release Cherry Creek Vista Park and Recreation District, its directors, officers, agents and employees, of and from any and all liability for such claim.

Cherry Creek Vista Park and Recreation District
By: /s/ Sarah Shepherd
District Manager

Published in The Villager
First Publication: January 19, 2023
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Legal # 10981

MANSFIELD HEIGHTS WATER AND SANITATION DISTRICT
STATE OF COLORADO

IN RE PETITION OF FOR EXCLUSION OF PROPERTY FROM THE
MANSFIELD HEIGHTS WATER AND SANITATION DISTRICT

NOTICE OF PUBLIC HEARING

The owners of the real property described below filed a Petition with the District Board of Directors for exclusion of the property from the boundaries of The Mansfield Heights Water and Sanitation District (the “District”).

The Petitioner is:

Michael J. Wallace

1 Cherry Blossom Lane
Englewood, CO 80113

The real property to be excluded is known as:

1 Cherry Blossom Lane, Englewood, CO 80113

(the “Property”). A copy of the Petition is on file in the Mansfield Heights Water and Sanitation District office for public inspection.

NOTICE IS HEREBY GIVEN that a public hearing will be held at 4:00 p.m. on February 1, 2023, at the offices at Community Resource Services, 7995 E. Prentice Avenue, Suite 103E, Greenwood Village, CO 80111, before the Board of Directors of the Mansfield Heights Water and Sanitation District, at which time and place all persons interested shall appear and show cause in writing why the petition should not be granted. Failure to show cause in writing will be deemed consent to the granting of the Petition.

NOTICE is given this 12th day of January, 2023.

By: Sue Blair, District Manager

Published in The Villager
Published: January 19, 2023
Legal # 10982

FINAL SETTLEMENT

Project Title: 2021 Sanitary Sewer CIPP Rehabilitation Project

Project Owners: Castlewood Water and Sanitation District

Project Location: City of Greenwood Village, Arapahoe County

The Castlewood Water and Sanitation District (District) plans to accept the above titled project as substantially complete and for Final Settlement by C&L Water Solutions, Inc. after February 16, 2023. In accordance with the Contract Documents, the District may withhold a portion of the remaining payment to be made to C&L Water Solutions, Inc. as necessary, to protect the District from loss on account of claims filed and failure of C&L Water Solutions, Inc. to make payments properly to subcontractors or suppliers. Project suppliers and subcontractors of C&L Water Solutions, Inc. are hereby notified that unresolved outstanding claims must be certified and forwarded to:

Contact Person: Barney Fix, P.E.
Address: 5970 Greenwood Plaza Blvd.
Greenwood Village, CO 80111

as soon as possible, but no later than February 9, 2023

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Legal # 10983

WHAT'S HAPPENING

YMCA'S YOUTH SUMMER CAMPS & SPORTS REGISTRATION
FEB. 13, registration opens for public spring sports. Information on the YMCA website: <http://bit.ly/3kgzlSp>.

COLORADO BALLET PRESENTS "LADY OF THE CAMELLIAS"
FEB. 3-12 at the Ellie Caulkins Opera House. For performance dates and times visit Coloradoballet.org or call Patron Services at 303-837-8888 ext. 2.

GALA OF THE COLORADO AUTHORS' HALL OF FAME NOMINATIONS OPEN
NOW-FEB. 28. Only 12 authors will be nominated this year for induction. To make a nomination go to www.ColoradoAuthorsHallofFame.org and click on the Nominate tag. The next induction will be held Sept. 16, 2023 at the Doubletree Hilton Denver Tech Center in Greenwood Village.

SOUTH SUBURBAN PARKS & RECREATION HOLIDAY EVENTS
Feb. 10 5-8 p.m. Goodson Rec. Center. For ages 3-12 for movie nights. Bring your blanket. Popcorn & pizza served. Info: 303-483-7014

MAYORS & COMMISSIONERS YOUTH AWARDS NOMINATIONS OPEN
Deadline: **MARCH 3**. A scholarship program for exceptional high school seniors. Visit arapahoegov.



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FRIENDS NEED NURSES and NURSES NEED FRIENDS!
The Friends of Nursing will be awarding 90 THOUSAND DOLLARS in scholarships at their Annual Spring Luncheon, **APRIL 22** at the Columbine Country Club. Scholars from Colorado's nine Schools of Nursing will be the recipients. Invitations for the spring event

at 17 Fairway Lane in Littleton will be mailed in March.

"WHAT'S NEW?"
The Robert and Judi Newman Center for the Performing Arts is pleased to announce it has been approved by the National Endowment for the Arts to receive a Grant for Arts Projects award of \$20,000. The grand will support the Newman Center's 20th anniversary.

The Role of the Board-Certified Clinical Nutritionists

Continued from page 13

(PGSCN requirement may be waived as these degrees include its core science and nutrition courses.)

3. Advanced Professional Degree in a Licensed Healthcare Field, such as an M.D., D.O., D.C., N.D., etc., PLUS the PGSCN program.

The PGSCN program includes 56 additional hours of core science and nutrition courses, such as Anatomy & Physiology, Human Biology, Chemistry, Biochemistry (pre-requisite Organic Chemistry), Microbiology, Nutrition I & II Introduction, Nutrition & Disease, Nutrition & Supplementation, Nutrition Assessment, Herbology, Nutrition Counseling Strategies and Nutrition & Aging.

The C.N.C.B. renewal criteria include Continuing Education Units (CEU) like the board certifications, licensing or registrations of other healthcare professions, however, unlike other professions, the C.N.C.B. also requires re-ex-

amination every five years, i.e., we prove to the public by "re-examination" that C.C.N.s stay "up-to-date" in clinical nutrition and related research.

I wrote Part 3 to help you recognize Board-Certified Clinical Nutritionists (C.C.N.), the healthcare professionals qualified to test your biochemistry and scientifically identify the specific therapeutic and maintenance whole food/plant-based supplements and dietary plans, your unique body requires to restore and maintain health, as well as prevent the degenerative diseases your biochemistry is currently in the "process" of developing, whether symptomatic or not. Are you already in the Disease Stage with one or more medically-diagnosed diseases? Remember: Correcting the preceding stages is still the key to health restoration, no matter what stage you are in.

In Part 1, I wrote 'the enlightened public continues to voice a

strong preference for the right to take responsibility for their own health.' I totally agree!! Another sign of this, in addition to those listed in Part 1, is the ongoing increase in the number of self-treating consumers purchasing supplements from online or over-the-counter stores.

However, for self-treating to be effective, you must contact a C.C.N. to be tested for what your body actually needs. Otherwise, self-treating from purchases based on your symptoms ("guessing" instead of "testing") is not being responsible, it just leads to more and more disease-preceding stages. (These stages are outlined in Part 1).

To schedule an appointment with a C.C.N., please call me at (940) 761-4045, register for a Free First Consultation at my website, www.AdvancedClinicalNutrition.com, OR call (972) 407-9089 (IAACN.org) to locate a C.C.N. near you.

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Edie Marks CRS, GRI

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The Role of the Board-Certified Clinical Nutritionists (C.C.N.) in Health Restoration! (Part 2 of 3)

[C.N. Biochemical Testing & Therapy Restores Health!]

Did you read Part 1 of this 3-Part article published in *The Villager* on January 19, 2023? If you did, you know that healthcare and disease-management professionals of all disciplines have become C.C.N.s, from the M.D., C.C.N. to D.C., C.C.N. and so on... in addition to those with a Ph.D. in Clinical Nutrition, like myself.

In Part 1, I shared the origin, role, and value of the Board-Certified Clinical Nutritionists (C.C.N.). In this Part 2, I will introduce the Clinical Nutrition Certification Board [CNCB.org] and the International Associations of Clinical Nutritionists (IAACN.org) and in Part 3, I will outline the C.N.C.B. requirements to apply for the examination to become a Board-Certified Clinical Nutritionist (C.C.N.), for those interested in joining the #1 Healthcare profession in health restoration and disease prevention.

The C.N.C.B. (est. 1991) is a non-profit, tax-exempt 501(c)(3) certification agency providing professional training, examina-



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

tion, and board certification to Certified Clinical Nutritionists (C.C.N.), just like the Federation of State Medical Boards (FSMB Est. 1912) and the National Board of Medical Examiners (NBME Est. 1915) provide licensing for physicians and the Commission on Dietetic Registration (CDR Est. 1969) provides registration for Dietitians. The C.C.N. Scope of Practice has become a legal standard for conduct in the practice of Clinical Nutrition.

The International and American Associations of Clinical Nutritionists (I.A.A.C.N.) provides post-graduate training and continuing education units (C.E.U.) for C.C.N.s. I am honored to be currently serving on the Board of Directors for the I.A.A.C.N. [IAACN.org]. Their quality Continuing Education is also applied for annually by the American Clinical Board of Nutrition, Texas Chiropractic College, Ed-

ucation Review Systems, various state agencies and professional associations.

As referred to in Part 1, the value of the C.C.N. has become so essential and “mainstream” that just 11 years after the C.N.C.B. provided the first Board

Certified Clinical Nutritionist (C.C.N.) examination (1991) and 95 years (1917) after being known as the American Dietetic Association (A.D.A.), the A.D.A. changed its name to the Academy of Nutrition and Dietetics (A.N.D.).

Though also trained in Dietetics, the profession of the Board-Certified Clinical Nutritionist (C.C.N.) includes doctors and healthcare professionals of all specialties who have qualified and passed the C.C.N. examination, whereas A.N.D.’s qualifications to become a Registered Dietitian are exclusive to Dietitians, with the minimum qualification of a Bachelor’s Degree in Dietetics [https://www.cdrnet.org/rd-eligibility]. Our diverse educational training may account for Dietitians becoming Board Certified Clinical Nutritionists (C.C.N.), also.

In Part 3, I will provide the degrees and post-graduate

requirements of the Clinical Nutrition Certification Board (C.N.C.B.) to become a Board-Certified Clinical Nutritionist (C.C.N.), which by the way, includes re-certification by examination.

The C.C.N. profession is the only healthcare profession, whose professional certification, licensing or registration board includes re-examination in their Renewal Criteria. In other words, the Renewal Criteria of the Clinical Nutrition Certification Board (C.N.C.B.) includes re-certification by re-examination every five years; thereby, proving to the public that C.C.N.s stay up-to-date in the latest clinical nutrition and related-research in their profession.

Renewal by re-examination is a requirement, I am confident, that the Public would appreciate in all professional Renewal Criteria. To date, after passing my first C.C.N. examination in 1991, I have successfully passed all six re-examinations with high scores as of 2021, with my next re-certification exam scheduled for 2026.

You may obtain a scientific evaluation of your biochemistry, such as a Clinical Nutrition Analysis of the Laboratory Re-

ports from testing your blood, urine, hair, saliva, stool and/or genetics, to identify: 1) the preceding stages in the degenerative disease processes occurring in your body, as discussed in Part 1, AND 2) the specific whole food diet and therapeutic food/plant-based supplements that contain the nutrients your body requires to restore and maintain optimal health...by calling me at (940) 761-4045, registering for a Free First Consultation at my website, www.AdvancedClinicalNutrition.com, OR calling the IAACN.org at (972) 407-9089 to locate a C.C.N. near you.

Dr. Smith’s articles, published in The Villager since March 2021, are available on her website Menu, titled, Education/Villager Publications. 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.

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Exploring the cure for disconnection

Loneliness and isolation are a huge social challenge especially after dealing with the Covid epidemic.

Although mental health has many complexities, remedies may be within our grasp. Loneliness does not only affect our minds but also our overall health and well-being. Lack of social connection is a predictor and risk factor for strokes, heart disease, obesity, early Alzheimer’s, and even premature death. Loneliness and isolation are an antecedent to substance abuse and addiction. Research suggests loneliness causes serious pain acting on the same parts of the brain as physical pain. The cycle of loneliness, isolation, trauma, and pain is the starting point of many social challenges including homelessness.

When researching loneliness, focus groups were utilized among cross cultural groups of individuals, a surprising discovery was that many who described themselves as lonely were married and had relatively large networks of friends or family. It was the feeling of loneliness that was explored. One can be in a crowd and still feel lonely. Individuals and love songs have described that the

loneliest place to be is in an unconnected relationship. Loneliness depends more

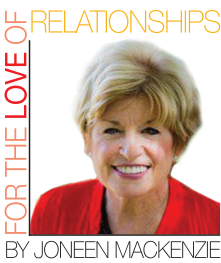
on the quality of a person’s relationships than on their sheer number.

Many of us crave solitude, which feels renewing and peaceful when desired. When solitude is not a choice, the pain of isolation in a family or group may make us more likely to lash out at the people from which we feel alienated. This becomes a negative feedback loop that is hard to escape. According to neuroscientists, the cure for this is to recognize and articulate the need for closeness and connection. Sharing one’s fears, passions, gifts, talents, life experiences, vulnerabilities, life challenges, hopes and dreams is the beginning of knitting hearts together. Being authentic with one another and assisting one another with empathy, kindness and compassion is the beginning of closeness. Acceptance, emotional safety, and respect are essential if one is to become connected. Belonging to a group that shares life goals and values is a key element to combatting loneliness and isolation.

Researchers, searching

for an answer to this age-old question of quality of life and longevity discovered a remote village in the heart of Sardinia, Italy where more people live to be 100 than anywhere in the world. Sardinians live in a social fabric that is tightly knit together. The Sardinian town square is the hub of the community. One must go through it to get to the market, post office, church, or pharmacy. This “Piazza” is the glue that makes it easy to interact and know your neighbors. Developers are creating this “Piazza” type town which started with the 55 and older community design. Clubhouses, community centers, parks, and town squares are a trademark of these communities making it easier to connect.

Other strategies to cultivate connection are to join community groups, learn social and emotional skills to be able to share your vulnerabilities and life struggles, ask one another questions and appreciate individuals’ life stories, get to know neighbors by scheduling a community event, have meals together, limit screen time in favor of face time, be intentional and slow down long enough to listen with our heart. These strategies will increase connection, happiness, and health and decrease loneliness and isolation. joneen@myrelationshipcenter.org



FOR THE LOVE OF RELATIONSHIPS
BY JONEEN MACKENZIE



Breckenridge International Snow Sculpture Championships

Make your plans to visit Breckenridge to see the International Snow Sculpture Championships. This year carving week is January 23-27, and viewing week is January 27-February 1.

25-ton blocks of snow will be carved into amazing sculptures by teams from around the world. No power tools are allowed to craft these pieces of art.

The venue recommends viewing the sculptures Sunday January 29-Wednesday February 1. Please note that if you decide to see them Saturday January 28, there is a timed reservation system in place. For more information or to reserve your spot, visit https://go.breck.com/event/international-snow-sculpture-championships

The Role of the Board-Certified Clinical Nutritionists (C.C.N.) in Health Restoration! (Part 3 of 3)

[Degrees & Post-Graduate Qualifications of the C.C.N.]

In Part 1 of this 3-Part article, I shared the origin, role, and value of the C.C.N. profession and due to our success in health restoration and disease prevention, healthcare professionals of all disciplines have become Board-Certified

Clinical Nutri- tionists, such as the M.D., C.C.N.; D.C., C.C.N.; N.D., C.C.N. and Ph.D., C.C.N. (like myself), to name a few.

Part 2 introduced the Clinical Nutrition Certification Board [CNCB.org], the certifying body



responsible for ed- ucation, testing and issuing the C.C.N. board certifying credentials, and the International Asso- ciations of Clinical Nutritionists (IAACN.org), their approved Continuing Education Units (CEU) provider. IAACN is a membership association for “all”

healthcare professionals, students and corporations, providing lower registration rates for members attending scientific symposiums, than non-members. Now, Part 3 outlines the qualifications to apply for the Board-Certified Clinical Nutrition- ist (C.C.N.) examination and join this prestigious profession: 1. Minimum Bachelor of

Science degree from a Regional, National, State and/or DETC Accredited University, PLUS the satisfactory completion of the “Post Graduate Studies in Clinical Nutrition□(PGSCN)” Program. 2. Advanced Profession- al Degree, such as M.S., Ph.D. or D.Sc. in Human Nutrition.

Continued on page 15

SPECIAL DISTRICTS

Continued from previous page

32-1-902(2), C.R.S.

TO WHOM IT MAY CONCERN, and, particularly, to the electors of the CHERRY CREEK VISTA PARK AND RECREATION DISTRICT, of ARAPAHOE County, Colorado.

NOTICE IS HEREBY GIVEN that an election will be held on the 2nd day of May, 2023, between the hours of 7:00 a. m. and 7:00 p. m. At that time, three (3) directors will be elected to serve four (4)-year terms. Eligible electors of the CHERRY CREEK VISTA PARK AND RECREATION DISTRICT interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from Sarah E. E. Shepherd, the District Designated Election Official (DEO), at info@ccrider.us, or by calling 303-482-1002.

The deadline to submit a Self-Nomination and Acceptance is close of business on Friday, February 24, 2023 (not less than 67 days before the election). If the DEO determines that a Self-Nomination and Acceptance form is not sufficient, the eligible elector who submitted the form may amend the form at any time prior to the close of business on the day of the deadline. Affidavit of Intent to be a write-in-candidate forms must be submitted to the office of the designated election official by the close of business on Monday, February 27, 2023 (the sixty-fourth day before the election).

NOTICE IS FURTHER GIVEN, that requests for an application for an absentee voter’s ballot may be made orally or in writing with the designated election official no later than the close of business on Tuesday, April 25, 2023, at the address and telephone number listed above between the hours of 9:00 a.m. and 5:00 p.m.

CHERRY CREEK VISTA PARK AND RECREATION DISTRICT By: /S/ SARAH E. E. SHEPHERD Designated Election Official

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Legal # 11028

CALL FOR NOMINATIONS
CHERRYVALE SANITATION DISTRICT

TO WHOM IT MAY CONCERN, and particularly, to the eligible electors of Cherryyvale Sanitation District (“District”) of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN that the District will conduct a regular election on the 2nd day of May, 2023, between the hours of 7:00 a.m. and 7:00 p.m. At that time, (3) three directors will be elected for a 4-year term and (2) two directors will be elected for a 2-year term.

In order to be a candidate for one of the director positions, a qualified individual must submit a Self-Nomination and Acceptance Form. Eligible electors of the District interested in serving on the Board of Directors may obtain a Self-Nomination and Acceptance form from the District’s Designated Election Official (DEO):

Robin Navant, DEO
mavant@spencerfane.com
Spencer Fane LLP
1700 Lincoln Street, Ste. 2000
Denver, CO 80203
Phone: 303-839-3714

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by close of business (5:00 p.m. MST) on Friday, February 24, 2023. The form should be emailed to mavant@spencerfane.com . If the designated election official determines that a self-nomination and acceptance form is not sufficient, the eligible elector who submitted the form may amend the form at any time prior to the close of business on the day of the deadline.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 27, 2023.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 25, 2023.

CHERRYVALE SANITATION DISTRICT
Robin Navant, Designated Election Official

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Legal # 11029

NOTICE OF EXCLUSION

NOTICE IS HEREBY GIVEN that there have been filed with the Board of Directors of Goldsmith Metropolitan District, Arapahoe County and the City and County of Denver, Colorado, petitions praying for the exclusion of certain land from such District.

1. The names and addresses of the petitioners mentioned in such petitions and the general description of the properties to be excluded are as follows:

Petitioner: OUTLOOK DTC TIC 1 LLC
Address: 10510 Springboro Pike
Miamisburg, OH 45342
Description: Property generally located at 5031 S. Ulster Street, Denver, CO 80237
A full legal description is available from Spencer Fane, LLP, 1700 Lincoln Street, Suite 2000, Denver, CO 80203

Petitioner: LEGACY DTC OWNER LLC
Address: 950 Tower Lane, Suite 900
Foster City, CA 94404
Description: Property generally located at 4552 S. Ulster Street, Denver, CO 80237

A full legal description is available from Spencer Fane, LLP, 1700 Lincoln Street, Suite 2000, Denver, CO 80203

2. The prayer of the petitions is that the above properties be excluded from the boundaries of the District.

3. The areas sought to be excluded from the District are located entirely within the City and County of Denver, and do not include property within any other county or within any other incorporated city, town, or city and county, and the District currently encompasses property in Arapahoe County and the City and County of Denver, and therefore no notice of the proposed exclusion under Section 32-1-207(2), C.R.S., as amended, is required.

Accordingly, notice is hereby given to all interested persons to appear at a meeting of the Board of Directors of Goldsmith Metropolitan District at 9:00 a.m. on February 14, 2023 to be held at 8351 E. Belleview Ave., Denver, CO 80237 and show cause in writing, if any they have, why such petition should not be granted. The failure of any person in the existing District to file a written objection shall be taken as an assent on his or her part to the exclusion of the property described in this notice.

GOLDSMITH METROPOLITAN DISTRICT
By: /s/ Thomas N. George, Counsel for the District

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Legal # 110

A CALL FOR NOMINATIONS
HILLS AT CHERRY CREEK METROPOLITAN DISTRICT

TO WHOM IT MAY CONCERN, and, particularly, to the electors of the Hills at Cherry Creek Metropolitan District of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN that an election will be held on the 2nd day of May, 2023, between the hours of 7 a.m. and 7 p.m. At that time, three (3) directors will be elected to serve 4-year terms. Eligible electors of the Hills at Cherry Creek Metropolitan District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from the District Designated Election Official:

Catherine T. Bright
c/o Seter & Vander Wall, P.C.
7400 E. Orchard Road, Suite 3300
Greenwood Village, CO 80111
cbright@svwpc.com
303-770-2700

The Office of the Designated Election Official is open on the following days: Monday through Friday from 8 a.m. to 5 p.m. The deadline to submit a Self-Nomination and Acceptance form is close of business (5 p.m.) on Friday, February 24, 2023 (not less than 67 days before the election).

The Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business (5 p.m.) on Monday, February 27, 2023 (the sixty-fourth day before the election).

NOTICE IS FURTHER GIVEN, an application for an Absentee Ballot shall be filed with the Designated Election Official no later than the close of business on the Tuesday preceding the election, April 25, 2023.

/s/Catherine T. Bright
Designated Election Official

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Published: February 9, 2023
Legal # 11031

CALL FOR NOMINATIONS
PARKER JORDAN METROPOLITAN DISTRICT

TO WHOM IT MAY CONCERN, and particularly, to the eligible electors of Parker Jordan Metropolitan District (“District”) of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN that the District will conduct a regular election on the 2nd day of May, 2023, between the hours of 7:00 a.m. and 7:00 p.m. At that time, (2) two directors will be elected for a 4-year term and (1) one director will be elected for a 2-year term.

In order to be a candidate for one of the director positions, a qualified individual must submit a Self-Nomination and Acceptance Form. Eligible electors of the District interested in serving on the Board of Directors may obtain a Self-Nomination and Acceptance form from the District’s Designated Election Official (DEO):

Robin A. Navant, DEO
mavant@spencerfane.com
Spencer Fane LLP
1700 Lincoln Street, Ste. 2000
Denver, CO 80203
Phone: 303-839-3714

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by close of business (5:00 p.m. MST) on Friday, February 24, 2023. The form should be emailed to mavant@spencerfane.com . If the designated election official determines that a self-nomination and acceptance form is not sufficient, the eligible elector who submitted the form may amend the form at any time prior to the close of business on the day of the deadline.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 27, 2023.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 25, 2023.

PARKER JORDAN METROPOLITAN DISTRICT
Robin A. Navant, Designated Election Official

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Legal # 11032

NOTICE OF REVISED BUDGET
(Pursuant to 29-1-106, C.R.S.)

NOTICE is hereby given that a proposed revised budget has been submitted to the Board of Directors of Southeast Metro Stormwater Authority (SEMSWA) for the year 2023. A copy of such proposed revised budget has been filed in the office of SEMSWA at 7437 South Fairplay Street, Centennial, Colorado, and is available for public inspection upon request at HYPERLINK “semswamain@semswa.org” semswamain@semswa.org. Such proposed revised budget will be considered at a regular meeting of the Board of Directors of SEMSWA to be held in person at 7437 South Fairplay Street, Centennial, Colorado, and also remotely by electronic means on February 15, 2023, at 1:30 p.m. (MST). Information concerning remote access to the meeting is available upon email request to HYPERLINK “semswamain@semswa.org%20” semswamain@semswa.org or contacting SEMSWA by telephone at 303-858-8844. Any interested property owner within SEMSWA’s boundaries may inspect the proposed budget and file or register any objections thereto at any time prior to the final adoption of the revised budget.

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Legal # 11033

A CALL FOR NOMINATIONS
Sections 1-4-912; 1-13.5-303; 1-13.5-305; 1-13.5-501; 1-13.5-1002 and 32-1-902(2), C.R.S.

TO WHOM IT MAY CONCERN, and, particularly, to the electors of the SUNDANCE HILLS METROPOLITAN DISTRICT, of ARAPAHOE County, Colorado.

NOTICE IS HEREBY GIVEN that an election will be held on the 2nd day of May, 2023, between the hours of 7:00 a. m. and 7:00 p. m. At that time, two (2) directors will be elected to serve two (2)-year terms and three (3) directors will be elected to serve four (4)-year terms. Eligible electors of the SUNDANCE HILLS METROPOLITAN DISTRICT interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from Sarah E. E. Shepherd, the District Designated Election Official (DEO), at info@ccrider.us, or by calling 303-482-1002.

The deadline to submit a Self-Nomination and Acceptance is close of business on Friday, February 24, 2023 (not less than 67 days before the election). If the DEO determines that a Self-Nomination and Acceptance form is not sufficient, the eligible elector who submitted the form may amend the form at any time prior to the close of business on the day of the deadline. Affidavit of Intent to be a write-in-candidate forms must be submitted to the office of the designated election official by the close of business on Monday, February 27, 2023 (the sixty-fourth day before the election).

NOTICE IS FURTHER GIVEN, that requests for an application for an absentee voter’s ballot may be made orally or in writing with the designated election official no later than the close of business on Tuesday, April 25, 2023, at the address and telephone number listed above between the hours of 9:00 a.m. and 5:00 p.m.

SUNDANCE HILLS METROPOLITAN DISTRICT
By: /S/ SARAH E. E. SHEPHERD Designated Election Official

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Legal # 11034

CALL FOR NOMINATIONS

§§ 1-13.5-501; 1-13.5-303, C.R.S.

TO WHOM IT MAY CONCERN, and, particularly, to the eligible electors of the Willow Trace Metropolitan District, Arapahoe County, Colorado (the “District”).

NOTICE IS HEREBY GIVEN that an election will be held on May 2, 2023, between the hours of 7:00 a.m. and 7:00 p.m. At that time, three (3) directors will be elected to serve until May 2027. Eligible electors of the District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance Form from the Designated Election Official (“DEO”) at 2154 E. Commons Ave., Suite 2000, Centennial, CO 80122 or via telephone at 303-858-1800, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday. Self-Nomination and Acceptance Forms are also available online at https://whitebearankele.com/.

The deadline to submit a Self-Nomination and Acceptance Form is the close of business (5:00 p.m.) on Friday, February 24, 2023. If the DEO determines a Self-Nomination and Acceptance Form is not sufficient, the form may be amended prior to 5:00 p.m. on February 24, 2023. Earlier submittal is encouraged as the deadline will not permit curing of an insufficient form after this date and time. An Affidavit of Intent to be a Write-In Candidate must be submitted to the office of the DEO by the close of business (5:00 p.m.) on Monday, February 27, 2023.

NOTICE IS FURTHER GIVEN that information on obtaining an absentee ballot may be obtained from the DEO, and applications for an absentee ballot must be filed with the DEO no later than the close of business (5:00 p.m.) on April 25, 2023.

WILLOW TRACE METROPOLITAN DISTRICT

By: Designated Election Official

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