

# People 65 or Older Live Longer with Higher Cholesterol!

[Yes! Levels Over 200 - JAMA, 1998]

The reference range for blood Cholesterol on any Lab Report today is less than 200, which also indicates no medical concern for low Cholesterol levels.

However, according to the **Journal of the American Medical Association (JAMA, 02/25/98)**, people over 65 years

live longer with higher Cholesterol, i.e., levels over 200, and at the annual **International and American**

**Associations of Clinical Nutritionists (IAACN) Clinical Nutrition Scientific Symposium** in 2008, research was presented that Cholesterol levels under 180 may adversely affect brain function; even cause brain damage.

## Why do people over 65 live longer with higher Cholesterol?

One of the primary reasons is that all hormones are produced from Cholesterol, such as hormones from the adrenals, thyroids, male/female hormone systems, etc., i.e., without sufficient Cholesterol, your body will not make hormones, no matter what your age. So, the availability of higher Cholesterol levels during menopause and andropause is even

more essential to maintaining hormonal health.

Cholesterol also has a vital role in 1) the production of Vitamin D for healthy bones,

2) longevity, 3) healthy skin, 4) cell membranes, and more! However, sufficient Cholesterol is not enough, you must also monitor the health of the organs and glands that produce, metabolize and transport Cholesterol to the

cells.

Have you ever been on a medically-recommended, low-Cholesterol diet that had no effect on lowering your Cholesterol OR your next blood test showed a higher level than it was before starting this diet? Cholesterol is SO important that the liver will make Cholesterol if your diet is insufficient in Cholesterol-containing foods.

Forcing your Cholesterol to stay 1) below 200, especially when over 65 years OR 2) below 181 for any age, may cause a chain reaction of developing many hormonal and other health issues, such as infections, depression, suicide, and cancer, to name a few.

The late Dr. Bruce West, Founder of Health Alert/Immune Systems, Inc., wrote "...thanks to a new breed of cardiologists, the truth is finally getting out that Cholesterol does not cause heart disease...the cause is "inflammation" from the wrong, medically-prescribed diet and drugs." Dr. West's research and decades of

clinical experience showed that truly high Cholesterol is over 350 and Cholesterol levels of 150 or lower can be more dangerous than Cholesterol levels over 350.

Preventing heart diseases and/or restoring healthy heart function requires a Clinical Nutrition Analysis (CNA) of your blood Homocysteine levels and the ratios between HDL and Triglycerides, as these are the primary blood tests that monitor the health of the heart and circulatory system, not Cholesterol.

It is also important to obtain a **Tissue Mineral Hair Analysis**; otherwise, without sufficient minerals, the nutrients required for the healthy function of your heart and circulatory system cannot be transported to your cells.

I highly recommend reading my complete article on High Cholesterol. It is a real eye-opener, exposes two more Cholesterol Myths, and includes optimal Cholesterol ranges for all ages, so go to "Articles by Dr. Smith" on the Education Menu of my website.

To prevent heart disease, restore heart function and maintain optimal Cholesterol levels at any age, call me at (940) 761-4045 to obtain a **Clinical Nutrition Analysis of the Lab Reports from testing your blood and hair! First Consultation Free!**

*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.



**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



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# Public Notices

## NOTICE TO CREDITORS

### NOTICE TO CREDITORS Estate of Rogers Richard, Deceased

Case Number 22PR31375

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 April 22, 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  
Donald Glenn Peterson – Attorney  
for Personal Representative  
4100 E. Mississippi Avenue, Suite  
410  
Denver, CO 80246  
Telephone: (303) 758-0999  
Published in The Villager  
First Publication: December 22,  
2022  
Last Publication: January 5, 2023  
Legal # 10961

## CHERRY HILLS VILLAGE

### CITY OF CHERRY HILLS VILLAGE ADOPTION OF ORDINANCE ORDINANCE 15, SERIES 2022

Published in The Villager  
Published: December 22, 2022  
Legal # 10956

**A BILL FOR AN ORDINANCE OF THE CITY OF CHERRY HILLS VILLAGE TO REZONE A PARCEL OF LAND OWNED BY BRAVE ENGLEWOOD NO. 2, LLC, LEGALLY DESCRIBED AS LOT 1, BLOCK 1, AMENDED PLAT OF LOT 1, BLOCK 1, HIGHLINE MEADOWS IN CHERRY HILLS, FROM R-4 (.5-ACRE RESIDENTIAL) TO R-1 (2.5-ACRE RESIDENTIAL), AND AMENDING THE OFFICIAL ZONING MAP CONSISTENT THEREWITH**

Copies of the Ordinances are on file at the office of the City Clerk and may be inspected during regular business hours.

Published in The Villager  
Published: December 22, 2022  
Legal # 10955

### CITY OF CHERRY HILLS VILLAGE ADOPTION OF ORDINANCE ORDINANCE 16, SERIES 2022

**A BILL FOR AN ORDINANCE OF THE CITY OF CHERRY HILLS VILLAGE ADOPTING A BUDGET AND LEVYING PROPERTY TAXES FOR THE CITY OF CHERRY HILLS VILLAGE, COLORADO FOR FISCAL YEAR 2023**

Copies of the Ordinances are on file at the office of the City Clerk and may be inspected during regular business hours.

### CITY OF CHERRY HILLS VILLAGE ADOPTION OF ORDINANCE ORDINANCE 17, SERIES 2022

**A BILL FOR AN ORDINANCE OF THE CITY OF CHERRY HILLS VILLAGE, COLORADO AUTHORIZING APPROPRIATIONS FOR FISCAL YEAR 2023**

Copies of the Ordinances are on file at the office of the City Clerk and may be inspected during regular business hours.

Published in The Villager  
Published: December 22, 2022  
Legal # 10957

### CITY OF CHERRY HILLS VILLAGE ADOPTION OF ORDINANCE ORDINANCE 18, SERIES 2022

**A BILL FOR AN ORDINANCE OF THE CITY OF CHERRY HILLS VILLAGE AMENDING SECTION 16-4-230 OF THE CHERRY HILLS VILLAGE MUNICIPAL CODE CONCERNING TREE REPLACEMENT REQUIREMENTS**

Copies of the Ordinances are on file at the office of the City Clerk and may be inspected during regular business hours.

Published in The Villager  
Published: December 22, 2022  
Legal # 10958

## 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

ALEXIS FRERICHS and ZAYDEN ROSE  
Children,

and concerning

DARCI FRERICHS, JEFFREY FRERICHS and JOHN ROSE, II  
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  
larnold@arapahoegov.com  
Tel: 303-636-1882  
Fax: 303-636-1889

### Case No:22JV30131 Division:23 NOTICE OF ADJUDICATORY COURT TRIAL AND DEFAULT JUDGMENT REGARDING JEFFREY FRERICHS

**PLEASE TAKE NOTICE** that the above captioned matter has been set for an **ADJUDICATORY COURT TRIAL AND DEFAULT JUDGMENT REGARDING JEFFREY FRERICHS on January 13, 2023 at 9:15 a.m. (MST)** in Division 23 of the Arapahoe 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:  
•www.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 #, #).

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  
Linda Arnold, Reg. #16764  
Assistant County Attorney

Published in The Villager  
Published: December 22, 2022  
Legal # 10954

## SPECIAL DISTRICTS

### NOTICE OF VACANCY MERIDIAN METROPOLITAN DISTRICT, SOUTH MERIDIAN METROPOLITAN DISTRICT, MERIDIAN VILLAGE METROPOLITAN DISTRICT NOS. 1, 3, & 4

Pursuant to Section 32-1-808(2)(a)(I), C.R.S., notice is hereby given that there are vacancies on the Boards of Directors of Meridian Metropolitan District, South Meridian Metropolitan District, and Meridian Village Metropolitan District Nos. 1, 3 & 4, in Douglas County, Colorado (the "Districts"). Any eligible elector of the Districts who is interested in appointment to a Board of Directors may contact the District's attorney, Tom George of Spencer Fane LLP, 1700 Lincoln Street, Suite 2000, Denver, CO 80203, via email at tgeorge@spencerfane.com. The Boards of Directors of the Districts may fill said vacancies 10 days after the date hereof.

By: /s/ Thomas N. George  
Legal Counsel

Published in The Villager  
Published: December 22, 2022  
Legal # 10959

### INVITATION TO BID CHERRY CREEK VISTA PARK AND RECREATION DISTRICT

TENNIS PROGRAM SERVICES

Notice is hereby given that the **Cherry Creek Vista Park and Recreation District** ("District") seeks bids from qualified contractors for adult and youth recreational and competitive tennis lessons and programs within the District, County of Arapahoe Colorado ("Project") as outlined in the Scope of Work for the Project, which can be obtained by contacting the District as follows:

Cherry Creek Vista Park and Recreation District  
PO Box 359  
Littleton, CO 80160  
info@ccrider.us  
303-482-1002

Bids are due by email to info@ccrider.us OR mail to **Cherry Creek Vista Park and Recreation District**, PO Box 359, Littleton, CO, 80160, not later than 12:00 P.M. M.T., on Wednesday, January 18, 2023. Bids not received by 12:00 P.M. MT may not be considered. Bids will not be publicly opened and read.

BY ORDER OF THE BOARD OF DIRECTORS:  
**CHERRY CREEK VISTA PARK AND RECREATION DISTRICT**

Published in The Villager  
Published: December 22, 2022  
Legal # 10960

**Legal Notices:**  
**Your Right to Know!**

**Tell your elected officials you read**  
**The VILLAGER**