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## From the Director's desk...

### High Country Towns Proud of Olympics in Korea, mixed on future Olympics in Colorado

Community pride was evident across the NWCCOG region in February with hand-made signs, posters and proud send offs for local Olympians. Colorado boasted 31 of the 242 Team USA athletes in the 2018 Winter Olympics, more than any other state. Steamboat Springs most numerically represented Colorado city with 6 athletes.

The award for cleverness went to "Goldthorne" the hastily-modified name for town edited on the entry sign at Exit 205. This was posted after local Red Gerard won a Gold medal (Redthorne would have been cool). Condolences to a second Silverthorne resident and snowboarder who won a silver medal and found that Silverthorne was already aptly named for a second-place finisher.

It was great to see the Pates and Tierney Families of Eagle express gratitude through a half page ad in the Vail Daily on February 7th for the nearly 100 friends and sponsors that gave their Olympian children an old-fashioned, Western slope send-off. Eagle was plastered with banners for Jake and Meghan. Basalt, Aspen, Breckenridge and Vail were hometowns to Olympians as well.

Even with all her many advertisements during the Olympics, it must have been sweet for Mikaela Shiffrin to come home to a fan made poster at the I-70 exit at Eagle-Vail.

On the heels of that, NWCCOG played a very small part in helping Reeves Brown assemble the wandering "Denver Olympic Exploratory Committee Mountain Community Advisory Groups" that assembled in three of our counties, mostly to check the temperature of local leaders about Colorado hosting a future Winter Olympics. Sitting in on one meeting then reading letters to the editor in days after the gatherings hit the local papers, it was a little strange to hear a palpable trepidation, echoing 1976 fears. Would an Olympics overwhelm the state a decade from now? What if it prompted Summit and Eagle counties to each build 600 unit Olympic villages, and the state to invest toward our I-70 challenges? The counter points to those fears were addressed well during these exploratory gatherings that were held on behalf of Governor Hickenlooper and



Denver Mayor Hancock who are considering submitting a request for Colorado to host the 2026 or 2030 winter Olympics. Website: [www.explorethegames.com](http://www.explorethegames.com)

My own take after hearing the DOECMCAG presentation was that it was probably a wise decision to say "no" in 1976 given the lack of infrastructure then. Colorado was not as "experienced" at hosting major events then, nor was the infrastructure up to the task. But like it or not, much has changed since the 1970s in Denver and in the Mountains. We have honed our ability to host the world since then, and frankly, the effects of growth and development have far outrun the passing effects that hosting an Olympics would have.

What hasn't changed in Colorado since 1976? Our inability to agree about whether we WANT to grow. And our protectiveness of quality of life, the environment and our children. But we continue to grow. As we do, grow while harboring a deep denial about it, I wonder what opportunities we miss. The chance to grow smarter? How about the chance to see our next generation compete in the Olympics on their home turf? The decision on whether or not to pursue a bid in coming months will be interesting.



*Jon Stavney*

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## Swabbing Dog Cheeks in Breck by Jon



Reading "Civic Doody: Breckenridge considers DNA tests to nab dog owners who don't clean up messes" in the Summit Daily on March 6th, I was reminded how much I hated 5 years on the HOA board for our townhome in Eagle back in 1996 - when we argued over whether our landscaping contractor was fleecing us, what to do about the thin-single layer of exterior paint our contractor had left us with, and most of all about the source and location of each neighbors' dog poop. It was refreshing to move on to a town board where the purview of decisions was slightly more impactful.

So it was with empathy that I read that Breckenridge is considering DNA registering the 50 dogs that reside in its 175 town owned apartments it rents as a deterrent, and a means for evidence to

fine. The article notes that dog poop is a major issue and source of complaints. I can picture municipal jobs that I really don't want - poop sampler or puppy prosecutor. Aspen is far ahead and has been DNA testing dogs for quite some time.

[Read the full story here](#)

## Urban Falconry: A Very Portland Solution

While on the topic of the urban challenges of managing defecating animals (is there another kind?), Oregon Field Guide has been publishing Oregon video stories for 28 years for Oregon Public Broadcasting. A [recent video](#) I really enjoyed focused on crows, which like people, know a safe gathering place, like downtown Portland when they see it. Over 10,000 crows had come to gather in the dense Park blocks and around Pioneer Square of Portland in recent years leaving behind a nearly continuous sheet of crow droppings across lovely sidewalks and architectural transit shelters. It was actually becoming a problem for downtown businesses.

The city deployed a Zamboni-like sidewalk sweeper nicknamed the "Poopmaster 6000." But it was no match for the fouling of fountains, benches, and bus shelters. So, Portland began researching other ways to address the problem.



*Poopmaster 6000*

The most elegant solution: hire falconers to chase the crows away. It worked slicker than ... well, you know what.

## Capitol Creek Brewery is Expanding to Aspen

With assistance from the Northwest Loan Fund, Capitol Creek Brewery opened in Basalt May 2017. The popular restaurant and brewery is a local and tourist favorite and they employ 37 Roaring Fork Valley residents. A historic second location in Aspen will be opening soon.



*Wheeler Opera House*

Bill Johnson, owner, submitted a proposal to the City of Aspen to create the Aspen Public House in the Wheeler Opera House which is owned by the City, and currently includes a restaurant space that was available for lease. Johnson developed the concept as a nod to the era in which the Wheeler building was constructed. Johnson said, "...it is exactly the kind of establishment that could have existed in the Wheeler Building over a hundred years ago. It is a concept that will thrive as a restaurant and bar serving locals and tourists alike." Johnson was

awarded the City of Aspen lease over 10 other applicants when he won the contract to proceed with the Aspen Public House.

Naturally, Johnson is enthusiastic about his new venture and goes on to say, "While there is ample supply of excellent eating establishments in Aspen, restaurants that are considered "affordable" or "offering great value," is one category that is dramatically underserved. To address this need, Aspen Public House (APH) will have menus for breakfast, lunch, après, dinner, and late night that offer excellent food options at an affordable price in Aspen. Also, in a coordinated effort with Capitol Creek Brewery, Aspen Public House will be able to offer outstanding, locally brewed craft beer at reasonable prices, bucking the trend of rising craft beer prices in the Aspen market. "

The NWCCOG and the Northwest Loan Fund congratulate Bill in his efforts to continue to find ways to bring economic growth, great food and great beer to his community.

The Northwest Loan Fund may be able to help your business with needed funding. If you want to expand, acquire, or start a business, or if you're looking for favorable rates, or just have questions, contact Anita Cameron Director of Business Lending at 970-468-0295 ext. 119 or check out our website at [northwestloanfund.org](http://northwestloanfund.org).

## **Lessons Learned - A look back at the 2013 NWCCOG Regional Strategic Broadband Plan**

NWCCOG published Regional Strategic Broadband Plan in 2013. The beauty of a regional

program is that technical assistance, support for project visioning, scoping, execution, integration and coordination of one local broadband solution informs the next project in another corner of the region.

This has led to alignment across jurisdictions that would not otherwise be shared. With the addition of Nate Walowitz, NWCCOG Regional Broadband Director, synergies were realized, partners were introduced, and progress was made across Region 12 and beyond.

Of the many services NWCCOG provides across Northwest Colorado, our broadband efforts are regularly identified as our most impactful work. The accomplishments in the region are many and are detailed in [The Broadband Five Year Report](#). As you might imagine there were many lessons learned along the way and thought we would share those here:



*Pitkin County Wireless tower (left) Nate Walowitz, Tony Neal-Graves, Greg Winkler, Phyllis Mattice, Jeff Krueger, and Kara Silbernagel*

1. **Learning from each other - the greatest benefit.** While each municipality had the overall goal of providing a robust broadband capability to its constituents, the path to achieving that goal varied greatly. In large part, that was a result of the enormous variations in community need. Some communities needed to manage cattle auctions better, some needed to manage the thousands of tourists visiting on a daily basis. Some communities had zero broadband capabilities, others had networks that were no longer keeping up with the demand. Regardless, we were able to learn valuable lessons along the way that we were able to share.
2. **Close is not enough.** Just because a community is close to the hustle and bustle of the superhighway (both physically and digitally) doesn't mean it has the services it requires. Take Red Cliff for example - only 20 minutes from Vail on a good-weather day, Red Cliff had zero access to cell and internet service. Nearly four years later, with much planning, negotiating, funding, relationship-building, and cooperation Broadband service is now available in Red Cliff.
3. **Accepting the status quo will NOT get you the results you want.** An example of this is most evident in Walden in Jackson County. In a rural community where the saying is "moose outnumber people" it was difficult for officials to get the attention of providers who said it was too expensive to provide services to that small community. Searching way outside the box Jackson County found a Nebraska company that provided Broadband via microwave coming from Wyoming resulting in services that may not have been possible had they held out for "traditional" thinking.
4. **Building on earlier success creates momentum.** Even before the NWCCOG Strategic Broadband Plan was published, Rio Blanco County had created a network that connected the schools in the school district. Building on that early success, Blake Mobly who had designed the school network was hired as County IT director. He created a Broadband plan that received 82% voter support to spend general fund dollars to buildout a countywide network. The results have been a model for others in the state and have garnered the attention of businesses who are exploring opportunities to move to the community.
5. **Necessity is the mother of invention and -- innovation.** A group of interested partners in Steamboat Springs formed a 501(c)3 organization with the intent to build fiber to

connect their institutions using their own funds. The partners included the City of Steamboat Springs, the RE-2 School District, Yampa Valley Electric, Yampa Valley Medical Center and Routt County government. They are now able to negotiate rates and reduce the cost of transport and bandwidth.

With the introduction of Project THOR, which will carry us forward for the next few years, we expect to continue to learn lessons along the way that will enable us all to better exploit the technologies of the future.

## NWCCOG Wellness Corner Benefits of Good Posture



*Perfect Posture Practice -- in the old days!*

Has anyone ever told you, "Stand up straight!" or scolded you for slouching at a family dinner? Comments like that might be annoying-but they're not wrong. Your posture is the foundation for every movement your body makes and can determine how well your body adapts to the stresses on it. Here's a sample of Do's and Don't's to ease your body and stand taller. [For a complete list click here](#) .

10 Posture Mistakes	17 Tips to Get Better Posture
<p>1) Sitting and working at a computer - Our bodies are designed for movement, not sitting for long periods of time.</p> <p>2) Talking on the phone, texting, etc. - Most folks tilt their head while talking on the phone or slouch the head forward while texting on a smartphone.</p> <p>3) Tight front (anterior chain) of the body - We all need to focus on opening and lengthening our front, while performing exercises and movements that strengthen our back. So treat yourself</p>	<p>1. Get a standing desk. Your goal is more movement, so don't just stand there - breathe deeply and maintain good posture, since your muscles are like tiny hearts that need movement to pump blood and enhance circulation.</p> <p>2. Do stretches and movements that open and lengthen the muscles in the front of your body, such as your chest, forearms and biceps. Try reaching for the sky while lunging.</p> <p>3. Exercises for the upper body (backside) like seated/standing rowing or pulling, and</p>

more like an athlete and less as a desk jockey.

4) Slouching while driving, flying, or taking the train - Studies show that the vibration created by engines can oscillate at a frequency that relaxes and sedates your muscles, so your body is in a poor position and your muscles have to work extra harder to support you.

[See the complete article for more information](#)

require you to pull your shoulder blades down. At the same time, go easy on bench press-type exercises or excessive push-ups.

4. Breathe slowly - in through your nose, and fill your belly. Hold for a few full seconds. Then, with your tongue held lightly against the roof of your mouth, slowly let the breath out. Practice this throughout the day to decrease stress and improve posture.

## Odds and Ends...

### [Training Opportunities brought to you by NWCCOG:](#)

Still time to sign up for Elected Officials Training, CPM in the Mountains and Summit Sustainovation - [Click here for more info.](#)

[NWCCOG Welcomes Stan Zemler](#), retired Vail Town Manager back into the NWCCOG region to serve as the Interim Manager in Winter Park.

[NWCCOG Employee Support Romp to Stomp:](#) CJ Grove and Molly Tompkins stomping out breast cancer. They raised \$388 to support the cause. Way to go!



*CJ Grove (left) and Molly Tompkins*

## 2018 NWCCOG COUNCIL MEETING SCHEDULE

### **Thursday, March 22, 2018**

Full Council & NLF Board Meeting

Location: City Hall Council Chambers, 101 West 8th St., Glenwood Springs, CO

Time: 10:00 a.m. - 2:30 p.m.

Primary Agenda Items: Approval of final 2017 financials; program updates.

### **Thursday, May 24, 2018**

Full Council & EDD Board Meeting

Location: US Forest Service Parks Ranger District Conference Rm, 100 Main St., Walden

Time: 10:00 a.m. - 2:00 p.m.

Primary Agenda Items: Review/acceptance of the 2017 audit

### **Thursday, July 26, 2018**

Full Council Meeting

Location: Winter Park Town Hall Conference Rm, 50 Vasquez Rd., Winter Park, CO

Time: 10:00 a.m. - noon

Primary Agenda Items: Approval of 2019 dues; approval of 2018 budget revisions; discussion re: Annual Planning Meeting Agenda

### **Thursday, August 16, 2018**

Full Council & EDD Board Annual Planning Meeting

Location: Airport Operations Center (AOC) Conference Rm, 1001 Owl Creek Rd, Aspen

Time: 10:00 a.m. - 2:00 p.m.



Agenda Items: Strategic Planning for 2019

**Thursday, October 25, 2018**

Full Council Meeting

Location: Community & Senior Center Fremont Rm, 83 Nancy's Place, Frisco, CO

Time: 10:00 a.m. - noon

Primary Agenda Items: Review of draft 2019 budget

**Thursday, December 6, 2018**

Full Council, EDD Board & Foundation Board Meeting

Location: Eagle County Government Garden Level Classroom, 500 Broadway St., Eagle

Time: 10:00 a.m. - noon

Primary Agenda Items: 2018 budget revisions; approve 2019 budget; adopt 2019 meeting schedule; annual NWCCOG Foundation Board meeting.

**Northwest Colorado Council of Governments**

[www.nwccog.org](http://www.nwccog.org)

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