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Rocky Mountain Pizza Company And the Northwest Loan Fund!



Doug and Jess Jacobson are on a mission - to bring joy through food. The owners of the Rocky Mountain Pizza Company in Glenwood Springs are the recent recipients of a start-up loan from the Northwest Loan Fund.

When asked what sets Rocky Mountain Pizza Company apart from other similar restaurants, Jess answered, "We focus on using the cleanest ingredients we can find. Our flour is from Wheat Montana, known for growing their grain sustainably which produces top-quality, healthy, fresh flour. We also use Boulder

Sausage because it's fresh and never frozen. All of our ingredients are as fresh as they can be." They focus on providing non-GMO products wherever possible.

Another advantage that sets them apart according to Jess, "We have been intentional about NOT having TVs in the restaurant. We're pretty old school and encourage people to listen to music and carry on real conversations." In fact, their music is provided by an old time juke box which was originally in the Pour House in Carbondale. The music is a fusion

described as the 70's meets Nepal. Prayer flags adorn the wall creating a warm inviting environment where families and friends can come to eat good food and just reconnect.

The couple had saved a starter fund to build their dream but were just short of having enough money to put all the pieces together. Because conventional funding seemed to be elusive, Doug researched other alternatives. The Small Business Development Center (SBDC) in Grand Junction put him in contact with Anita Cameron, Director of Business Lending, at the Northwest Loan Fund. The rest is history.



The Jacobsons agree, "Anita saw our vision and gave us the final direction we needed. She is firmly planted in the business world, but also trusted her intuition. She was very supportive throughout the process." In the end, they were able to start their dream business.

They serve pizza by the slice or by the pie. They are currently open 6 days a week, but beginning in December, they'll add Sunday to the mix. Right now, they are open Monday through Thursday from 11:00 to 9:00. Friday and Saturday from 11:00 to "close". **Their Grand Opening Party will be all day on November 21st where they'll have \$3 beer and \$3 slices available; pricing that will continue through the next week (except Thanksgiving). They will also have live music from 4:00 to 8:00 on the day of the official grand opening.**

Rocky Mountain Pizza Company is located at 205 8th Street, in Glenwood Springs and they can be reached at 970-230-9695. You can also check out their menu on their [Facebook page](#).

The Northwest Loan Fund is a division within the Northwest Colorado Council of Governments (NWCCOG). For more information go to www.northwestloanfund.org or email anita@northwestloanfund.org.

Board Member Spotlight
Kathryn Trauger
Glenwood Springs City Councilor At-Large



Kathryn is a rare 3rd generation Colorado native, having been born in Leadville then moving to Glenwood Springs while in high school. She joined the Northwest Colorado Council of Governments Board of Trustees shortly after her election in April of 2015. Her predecessor, Dave Sturges, suggested that NWCCOG was a great opportunity to broaden her scope, increase her knowledge of regional issues, and meet some great people.

As with many communities, there are some landmark challenges being faced in the town of Glenwood Springs. Notably the replacement of the Grand Avenue Bridge which is the main access from the I-70 corridor to the entire Roaring Fork Valley. The \$100+ million dollar project will be the centerpiece of the community for the next 70 years.

Also, Glenwood Springs is facing issues more common to other municipalities in the region like marijuana, housing, homelessness, economic development challenges, budget, transportation, the I-

70 corridor, etc. Working with the NWCCOG has exposed Kathryn to the ideas of others facing similar issues and helps her to be more creative.

Because the City of Glenwood was one of the innovators bringing broadband to businesses and schools, Kathryn is impressed with the efforts of the NWCCOG Strategic Broadband Initiative. The Community Broadband Network is a division of the Glenwood Springs Electric Department and provides services through a fiber and wireless infrastructure, which delivers high quality services not usually available in a rural community. She understands the significant benefits of broadband for rural communities and she has been watching the NWCCOG progress on the Broadband Initiative with great interest.

When not working, Kathryn enjoys writing - which she has not done as much since her election. She has a blog at <http://www.ourtownglenwoodsprings.com/>. She loves spending time with her family including husband Gene, her three sons and their families, and her three grandchildren. She also has a furred and feathered pet family she enjoys including a golden doodle (which is a dog- in case you're confused these days about the new breeds), her three cockatiels (these are NOT dogs - these are birds) and one parrot (of course, a bird.)

In addition to spending time with her family, she enjoys riding her motorcycle and traveling to the Caribbean and the British Isles.

She adds, "I am passionate about my community and doing everything I can to make it a

wonderful place to play, work and live. Being on the council is one of my all-time favorite activities! "

Staff Member Spotlight

TJ Dufresne

Health Insurance Assistance Program

Coordinator

Serving Medicare Beneficiaries

Ever since TJ joined the NWCCOG in July of 2013, she's been involved in serving the Health Care Insurance Community. She served first a HUB Coordinator for the Connect for Health Colorado, and now as coordinator of the Medicare State Health Insurance Assistance Program (SHIP).

She is currently in the process of establishing the SHIP Medicare Counseling Program in Eagle, Grand, Jackson, Pitkin, and Summit Counties. The program serves individuals (and/or their caretakers) 65 years old and over and individuals with disabilities who qualify for Medicare.

Her role includes volunteer recruitment and management, providing outreach and education opportunities relative to Medicare, the availability of free individualized assistance to evaluate coverage options and enrollment, Medicare appeals, and Medicare fraud and fraud prevention.

Originally from White Bear Lake, Minnesota in Northern Minnesota, she went to college at Iowa State for both her graduate and undergraduate degrees. From there, she ended up in Denver only to find she spent all of her free time in Summit County - skiing, and rock climbing. Eventually she made the move to Summit County full time so she can work and play in a place she loves.

When asked what she enjoys about her work with NWCCOG, she replied, "I have never worked with such a forward-thinking group of co-workers than at NWCCOG. There is



serious work that happens every day within and outside of the walls of our building. The camaraderie, the belief in one another's skills, talents, and integrity is what makes working at the COG magic."

TJ has found that people in the community are surprised by the, "consortium of services offered by the COG throughout Northwest Colorado to help our rural counties and many local government entities improve quality of life while protecting their fiscal budgets. For example, our regional elevator inspection department provides elevator inspections so other counties won't have the high overhead and struggle to keep an elevator inspector on staff. All of our programs meet a significant need in our rural region that may not get a lot of press. We continue to work to improve service delivery and identify growing need gaps and look for ways we can further benefit our region."

During her free time, she's a leader for the Summit County Venture Crew 888; a program for 14-20 year old young people. They gain leadership skills and confidence by tackling and overcoming challenging adventures like ice climbing, caving, hiking, winter camping, sailing and much more. She loves to help children build their brains by selling educational books at markets and fairs. She said her favorite place to be is on a sailboat or a horse. And of course, as any proud parent, she loves to watch her daughter play rugby!

Colorado Gives Day Comes to Mountain Ride!



Mountain Ride Wants You!

The Mountain Ride Transportation Resource Center is dedicated to helping residents of Eagle, Garfield, Grand, Jackson, Pitkin, Routt and Summit Counties get to and from critical appointments.

Our service is designed to assist veterans, older adults, persons with disabilities, and Medicaid qualified individuals with essential transportation. It is not always easy to get to and from these necessary appointments and we are asking for your help!

Three Ways You Can Support Your Neighbors:

DONATE:

This year, Mountain Ride is participating in the Colorado Gives Campaign on December 8, 2015. Your tax deductible donation will be made to the Northwest Colorado Council of Governments Foundation on behalf of Mountain Ride. Taking advantage of this program benefits both the donor and the recipient:

- Colorado Gives waives the credit card processing fees on this one day of the year, so 100% of the proceeds goes directly to the Mountain Ride Program.
- The total donations raised on this day enters us into the \$1.2 Million First Bank Incentive Fund, potentially increasing the value of the dollars you donate.
- And you do NOT have to wait until December 8th. You can pre-schedule your gift now by clicking the button below.



SHARE THIS EMAIL:

- Send this email to family, friends and co-workers. The more people we can get to help members of our community get to critical appointments, the stronger our communities become. Ask others to get involved. It's good for all of us.

LIKE Mountain Ride on Facebook:

- "Like" our [Mountain Ride Facebook](#) and stay in touch.

We are grateful for your help! Get involved TODAY!

[Sitting. Worse than Smoking?](#)



You might want to stand up to read this article.

Recent studies by Dr. James Levine of the Mayo Clinic report evidence which suggests that the health impact of sitting may overall be greater than that of smoking. This is because the human harm associated with excessive sitting is extensive and includes obesity, metabolic disease, cardiovascular disease, cancer risk, and psychological harm. [Huffington Post Article here!](#)

Wow!

Others suggest that even exercising regularly won't counteract sitting -- [read the article here!](#)

I don't know about you, but I'm adding a standing routine to my day -- every hour.

Happy Thanksgiving!

Our hope for all our friends and neighbors is that you have a Thanksgiving filled with love, peace, and joy! We all have much to be thankful for -- not the least of which is living in this amazing place we call home. Not just Colorado, but the United States of America - we are truly blessed.



2015 NWCCOG Meeting Schedule

Thursday, December 3, 2015

Full Council & Foundation Board Meeting

Location: NWCCOG Office/Conference Call

Time: 10:00 a.m. - noon

Northwest Colorado Council of Governments

www.nwccog.org

970.468.0295

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