Body & Mind

Health is a lifelong journey. And Boulder is a mecca for those who are determined to not only take care of their physical well-being, but also their mental wellness.

To ensure that the community is healthy and socially thriving, the city strives to help cultivate a wide-range of cultural, educational, social and recreational opportunities — for everyone, of all ages, backgrounds, abilities and beliefs. We believe in supporting those in need, and we foster inclusion, embrace diversity and respect human rights. Whether it is accessibility to recreation, opportunities for engagement or a helping hand in the face of unexpected challenge, there is sure to be something available to everybody. Flip through these pages to learn more about just a sampling of what is out there.

And that is just another way that, together, we all make Boulder — Boulder!

En español: El liderasgo juvenil visita la capital de la nación, pág. 15; información importante sobre las elecciones y las oficinas de motores y vehículos, págs. 16-17.
It’s no secret that Pearl Street Mall is one of Boulder’s top destinations for tourists and locals alike. Visitors will find a mix of locally owned businesses, national retail stores, restaurants, public art, street performers, musicians and festivals set into a landscape that includes some of Boulder’s oldest buildings.

But, did you know that Pearl Street Mall is also part of Boulder Parks and Recreation’s park system? That’s right – Pearl Street Mall is also a Boulder city park!

Proposed in 1966 by Planning Board member Carl A. Worthington as an idea to revitalize downtown Boulder, the mall was constructed between June 1976 and August 1977. This four-block section of Pearl Street stretches from 11th Street to 15th Street and was dedicated as the pedestrian-only “Downtown Boulder Mall” on Aug. 6, 1977. The new city park prohibited cars and allowed visitors to walk down the middle of Pearl Street. In 1998, the city renamed the Downtown Boulder Mall by the moniker we today – the Pearl Street Mall.

Fused into Pearl Street Mall’s urban scene and providing some of the park’s appeal are 58 ground flowerbeds, seven raised beds, 98 hanging pots and 52 containers. Every spring and summer, staff plant thousands of flowers, including 6,000 annuals for a varied mix throughout the seasons and 15,000 tulip bulbs imported from Holland. In fact, the mall is known for its spectacular tulip displays. Starting in the mid-1980s, parks staff have planned a unique tulip bulb display every year. When the tulips stop blooming, crews then plant a breathtaking combination of annual flowers in every bed and planter along the mall, while the raised beds continue to flourish with a variety of perennial blossoms.

“The tulips on Pearl Street mark the first light of spring each year and bring a smile to everyone who visits Pearl Street during the first few weeks of spring,” said Jeff Helman, downtown maintenance lead.

Not only do residents enjoy the blooms along Pearl Street, but area gardeners can also enhance their gardens because of these plantings. Every fall since 2006, Parks and Recreation hosts an annual tulip bulb giveaway in front of the Boulder County Courthouse. Over 50,000 tulip bulbs have been given away since the event’s inception.

In addition to planting and caring for the flowers, plants and trees along the mall, parks crews manage the many daily tasks they address at other city parks. Duties include cleaning the mall and removing graffiti, repairing structures (benches, light poles, bollards, bricks, etc.), snow removal, water feature maintenance and event management.
Boulder is a truly fit and healthy city, frequently topping national lists for the lowest obesity rates and most active community members. Just take a look around town — any time of year, any time of day — and you'll see people walking, jogging, cycling, meditating or doing yoga on a patch of grass. There is no doubt — for those who want to live, work in or visit a place that supports a healthy lifestyle, Boulder is the place to be.

This is something to be proud of, and we are. But it doesn't happen by accident. The Boulder community is engaged in well-being, in both body and mind, socially thriving and diverse in our interests. As a way to keep up with our buzzing community, the city offers a wide-range of programs and activities for all ages and interests.

We strive to provide opportunities that are relevant and accessible to everyone and recognize that the path to well-being is personal and shaped by familial, social and cultural influences.

There are so many ways for you to enjoy these programs!

Boulder offers youth summer camps ranging from water sports and golf to dancing and sailing, and just about everything in between. Does your third-grader aspire to be an actor? We have a drama camp for him. Does your 13-year-old enjoy non-traditional activities? Sign her up for the frisbee golf camp. And who can forget about the Goats and Gardens camp, where kids can learn to milk a goat or explore small-scale farming practices?

The city organizes group activities for older adults who want to learn how to mambo, play bridge, discuss world affairs or explore social networking. No matter what your age or interest, there is bound to be something available to you.

For those living with disabilities, the EXciting Programs Adventures and New Dimensions (EXPAND) offers a variety of programs, camps and sports. There are even training programs that allow participants to compete in several Special Olympic sports and tournaments throughout the year. EXPAND also offers a peer mentor program that connects youths ages 10 to 16 without disabilities who are excited to make new friends and participate in recreation or leisure opportunities with their peers who have disabilities.

Just as physical ability should not be a barrier, neither should financial situations prevent anyone from getting engaged. The Youth Service Initiative (YSI) serves young people whose circumstances would otherwise prevent them from experiencing many of the recreational and educational activities and options their peers enjoy. YSI enables underserved community members to get exposed to art, good nutrition, the benefits of academic achievement and higher education, a healthy culture and support system.

The opportunities available at the library are seemingly endless. There are book and discussion groups, performances and presentations, author talks, story times for the youngsters, a host of events for teens looking for something to do during summer break or any time of the year, and so much more. People of any age can tap into courses to learn another language or take online grammar and writing classes designed for ESL students and teachers.

While there is not enough room here to provide an exhaustive list of all the offerings to the community, I encourage you to explore our website, visit one of the library branches or thumb through the Recreation Guide or Senior Program Guide.

No matter what it is you like to do or would like to do, there is sure to be an opportunity available. Keep up all the great work, Boulder!
Summer of Discovery at the library

Adults and children of all ages can take part in the Summer of Discovery program to earn fun prizes and stay engaged in learning during the summer. Boulder’s library is offering programs for pre-readers, readers, teens and, for the first time, adults.

Everyone who participates will log the number of hours or books read and will complete fun, brain-building activities. Pre-readers can complete a variety of activities designed to build the foundation of early reading skills.

Along with the Summer of Discovery, the library is offering many other unique summer programs. From climbing in Mountain Club’s bouldering bus and digging for dinosaurs, to seeing what it’s like to be inside an orchestra, there will be hundreds of library activities to help kids, teens and adults discover something new this summer.

Visit boulderlibrary.org/summer to learn more about the Summer of Discovery, find unique summer activities and get summer reading suggestions.

Summer is also a great time to try a workshop in the BLDG 61 makerspace, discover teen-only programming and attend a concert or movie in the Canyon Theater at the Main Library. Want to try a new storytime? Visit any of the branches for English/Spanish, yoga, STEAM, music, crafts, Lego, age-specific storytimes and many others.

Visit calendar.boulderlibrary.org to find all activities and events happening at the library this summer.

CONGRATULATIONS TO THE LIBRARY CARD DESIGN CONTEST WINNERS

In March, the library asked Boulder youth ages 14 and under to submit designs for the annual Kids’ Library Card Art Contest. Entries were based on the 2018 Summer Reading Program theme: Libraries Rock! Congratulations to the winners!

Sammy L., age 6 (7 & under age group)
Melody C., age 10 (8-10 age group)
Cara W., age 12 (11-14 age group)
With summer knocking on the door, another excellent way to expand the partnerships between the Boulder community and the city’s police department is National Night Out. This annual event helps to build camaraderie between police and neighbors and allows for meaningful conversations in a casual setting while bringing back a true sense of community. Even better, it offers an excellent opportunity to bring everyone together under positive circumstances.

National Night Out was a huge success last year, with several gatherings held across the city. Youngsters had the opportunity to climb into a police cruiser or fire engine, and the adults were able to get out in the sun and talk with one another and discuss community issues with members of the police and fire departments.

And it’s not just happening in Boulder. National Night Out started in 1984 and has since swept across the nation. It is an annual event in all 50 states, U.S. territories, Canada and military bases worldwide, involving more than 15,000 communities and 37 million volunteers, citizens and civil servants.

Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

Please touch base with your neighbors and register to host an event in your neighborhood. We will do our part to make it a night to remember and provide the opportunity to shine a spotlight in the important subject of public safety.

**WHAT:** National Night Out  
**WHEN:** Tuesday, Aug. 7, from 4 to 8 p.m.  
**WHERE:** In your neighborhood.  
Register your event at bouldercolorado.gov/neighborhood-services/national-night-out. Get details about a possible $300 reimbursement for any expenses related to your party.
Did you know the Boulder Small Business Development Center (SBDC) provides significant support for small businesses in Boulder County, and that many of their services are free or low-cost?

In 2017 alone, the Boulder SBDC helped 24 businesses get started, and in the past two years the team provided more than 5,400 hours of one-on-one business consulting to 1,260 businesses and entrepreneurs, resulting in the creation or retention of over 1,100 jobs, infusion of more than $57.7 million of capital, reported sales increases of $11.5 million and contract awards of over $46.5 million.

These impressive results reflect the center’s collaborative approach and dedication to providing innovative programming, expertise and resources for Boulder area businesses.

Boulder SBDC’s breadth of programs, most notably its Tech Venture Accelerator, contributed to it being recognized as 2018 Center of the Year by the U.S. Small Business Administration (SBA). Executive Director Sharon King recently accepted the prestigious Excellence and Innovation Award from the head of the SBA in a ceremony in Washington, D.C., during National Small Business Week.

An equally impactful program of Boulder SBDC’s is called

“‘We have found that the dream of starting a business exists within many Boulder residents. Whether it’s a food truck or an aerospace startup, we’re ready to assist and help our community thrive.’”

— Sharon King, Executive Director of Boulder SBDC

Boulder helps businesses thrive

Jump to page 7 to finish reading about SBDC
An interview with Maye Cordero, MayePhotography

I first heard about the PIE (Personal Investment Enterprise) program in 2015 through a friend, and I’m so grateful! She mentioned there was an opportunity to get a grant to start my own business in Colorado. By then I’d been in Colorado for five years and was missing the photography business I had started in Puerto Rico. Because of PIE, not only was I able to get my photography business going in Colorado, but it has also allowed me to connect with like-minded people and professionals.

I received both consulting from the Boulder SBDC and I participated in workshops. I consider Jesse Esparza my business mentor because he’s helped me navigate the ins-and-outs of starting a business in the U.S.

The P2E program not only helped my business, MayePhotography, but it has shaped me into the professional I am now. Coming from another country and not knowing the system would be difficult, with Boulder SBDC’s classes I’ve been able to establish and proudly develop a successful business.

In the photography field having quality equipment is key to a successful career, and the SBDC classes allowed me to purchase new equipment and reach a wider audience. Thanks to these programs and since I launched my website, it has received more than 1,500 visitors, an average of 40 users per month and approximately 650 followers on Facebook.

The way I manage my clients and business has also improved thanks to these programs. And since starting my business I’ve been featured at different coffee shops, art stores and restaurants in Boulder and Denver.

I also have been able to expand my photography business to a consulting business. I recently started presenting classes to other professionals to help them achieve their marketing and communications goals. This project was born thanks to the inspiration the PIE and SBDC programs gave me. I love the idea of helping my community and sharing knowledge and expertise.

I’m starting this new adventure with my partner, Antonio de Irun, and we are excited to continue collaborating with SBDC and City of Boulder to provide others with the tools and strategies necessary to thrive in their own businesses.

SBDC from page 6

P2e (Path to Entrepreneurship). P2e is geared to help low-to moderate-income residents build financial sustainability through business ownership, which can be a path to a solid financial future.

SBDC Lead Consultant Jesse Esparza has played an integral role in fostering relationships with Boulder businesses and helping entrepreneurs progress along the Path to Entrepreneurship. In partnership with Boulder County Community Action Programs, Boulder SBDC has assisted clients interested in PIE (Personal Investment Enterprise), a program designed to help working, low-income families and individuals save money exclusively for home ownership, postsecondary education and small business.

To be eligible, entrepreneurs are asked to put together a fully-fledged business plan and show a savings of at least $1,000. If accepted, the business owner can receive a grant in the amount of $4,000 to reinvest in their business.

To learn more about Boulder SBDC and how to get engaged, visit bouldersbdc.com or call 303-442-1475.
Boulder provides the community with a wide variety of opportunities to live a healthy and active lifestyle, but it’s not always easy to find time to exercise, get outside or eat well, particularly at work. A healthy workforce can have a positive impact not only on employees, but for their organizations as well. With this in mind, we tapped the expertise of Ashley Tracey, Boulder’s well-being coordinator, for some tips to help employees, as well as the larger community, stay healthy and engaged.

1. **What is the role of a Well-Being Coordinator, and how does the position benefit Boulder?**

We want to create the culture of wellness that aligns with our mission, and we do that by offering a diverse array of options for employees. Boulder has approximately 1,400 employees working in various locations, and many work abnormal schedules. My job is to create programming that meets the many needs of the staff. The majority of the programming is done with staff from the Park and Recreation Department, including drop-in fitness classes, well-being Wednesday, and access to dieticians and physical therapist.

2. **Can you tell us about some new or exciting projects that are in the works?**

For 2018, we have increased the amount of challenges that we run, including physical challenges, emotional well-being challenges and nutrition challenges. I really believe in the emotional aspect of well-being, and that includes something we call Disconnect and Reconnect. We always seem to have our phones on us, so we suggest that you put your phone away for an hour after you get home from work and especially an hour or more before you go to bed.

3. **How can the Boulder community benefit from the work of the Well-Being Coordinator?**

Because we use city staff as part of the wellness staff, we encourage the community to use them as well. People might not know that we have amazing nutritionists and trainers that work for the city and are available to anyone at the recreation centers. There are also collaborative programs such as Walk with a Doc, which is a free community program that shows how easy it is to get healthy and prevent disease.

4. **What two or three pieces of advice would you give to someone who wants to get in better shape and live a healthy lifestyle?**

The first thing I say is to change perspective on what being healthy means and what physical activity means. You don’t have to go hike a 14er, but do go out and hike for 15 minutes. Just as important is the need to get outside, get in the sun and move around. We are so accustomed to putting all of our energy into work and family that it can be too easy to put your own needs second or third. Take time for self-care, incorporate some form of physical activity that you enjoy and disconnect when you can.

5. **If you were granted one well-being wish – for Boulder staff, the larger community or even the entire world population – what would it be?**

I just mentioned it, but get outside! Take more walking meetings and spend more time outside with family and friends. We are lucky to have a lot of sunshine in Colorado, so make an effort to not get so wrapped up in daily routines and find some time to get out in the sun. And be sure to figure out what allows you to recharge. And when you do get outside, don’t forget about putting on sunscreen to protect your skin!
This year, the city is taking part in a community-driven effort to co-create a more climate resilient and inclusive city, called Communities for Change.

Recognizing that meeting our climate goals will require broad participation, the program seeks to build tools that will mobilize the whole community.

Along with the University of Colorado Boulder, Boulder County, Boulder Community Hospital and Google, the city is co-sponsoring the effort, led by the Impact Hub.

A group of 25 community members, representing several Boulder constituencies, is working together to develop market and collective solutions to climate change. Jonathan Koehn, the city’s regional sustainability coordinator, is participating in the program.

“Embracing diversity means developing relationships with people of different identities, experiences and perspectives,” said Koehn. “This program is providing a new and innovative approach to addressing big and challenging issues like climate and resilience.”

Koehn also notes that the Communities for Change effort has provided the opportunity for participants to co-create new climate-related solutions.

A few of the emerging concepts include the design of an innovations district, carbon sequestration and new opportunities to quickly scale up electrified transportation alternatives.

“The prototypes will continue to be evolved over the next few months, with a focus on actual implementation later this year.

“We’re fortunate to live in a community that has long cared about our environment and been at the cutting edge of solutions to protecting it,” Koehn said. “This effort has brought folks together to dig deep into the issues we face, and then find creative ways to solve them.”

Phase one of the program, completed in April, focused on social change. Then the group began “prototyping” and testing solutions. Now, a smaller group is incubating the ideas and solutions and will continue through December.

For more information on Communities for Change, please visit impacthubboulder.com/communities-for-change.
The City of Boulder’s Greenways Program began in 1987 to manage important riparian (relating to or living or located on the bank of a natural watercourse, such as a river) areas along the tributaries of Boulder Creek. Now in its third decade, the program still adheres to the goals upon which it was founded:

- To protect and restore riparian, floodplain and wetland habitat
- To enhance water quality
- To facilitate storm drainage and mitigate floods
- To provide alternative transportation routes or trails for pedestrians and bicyclists
- To provide recreation opportunities
- To protect cultural resources

Annie Noble, the city’s steward of the Greenways Program since 1998, detailed more information about its history and accomplishments. The Greenways Program, within the Department of Public Works – Utilities Division, was an outgrowth of the 1984 Boulder Creek Corridor Plan.

“That project set the stage for the Greenways Program and created a continuous path along the entire length of Boulder Creek for recreational and transportation use, as well as to mitigate flood risk and restore riparian habitat,” said Noble.

Today, the Boulder Creek Path is one of the city’s busiest, with more than a thousand pedestrians and cyclists per day in the summer, and is a popular destination for kayakers, fishing and, of course, the one-of-a-kind Tube to Work Day.

DID YOU KNOW?
- Boulder Creek has 14 major tributaries.
- There are approximately 25 miles of multi-use paths along Greenways.
- If the path you’re using has the words “creek” or “slough” in it, you’re on a Greenways path!

Discover more about the Greenways Program and plan your next outing at bit.ly/boulder-greenways.
Since the 1980s, numerous projects in addition to Boulder Creek have been completed, including significant sections of South Boulder Creek, Bear Canyon Creek, Goose Creek, Elmer’s Two Mile Creek, Wonderland Creek and Fourmile Canyon Creek.

Annie Noble, the city’s steward of the Greenways Program who helped shepherd many of these projects to completion, offered some highlights:

Elmer’s Two Mile, completed in 2010, connects areas north of Iris with Goose Creek. The project involved the purchase of 22 easements from nine property owners and the recycling of porcelain from hundreds of used toilets and sinks from Rayback Plumbing Supply, which closed around the same time as the project was being constructed.

The almost three-mile-long Bear Canyon Creek corridor connects the Table Mesa neighborhood to the Boulder Creek Path. Flood mitigation and path improvements began in 1991 and were completed in 1998, resulting in almost 200 properties no longer being in the floodplain.

South Goose Creek and Cottonwood Pond were restored in 2014 to improve wetland, riparian and prairie habitat. The project was primarily funded by the U.S. Army Corps of Engineers because of its potential to contribute to scarce migratory bird habitat and to expand the range of endangered species that dwell nearby.

Wonderland Creek between Foothills Parkway and Winding Trail, the city’s most recent Greenways project, is near completion. The project includes almost a mile of new channel and multi-use path; two new underpasses; relocation of an irrigation ditch to reduce flooding in the King’s Ridge/Noble Park neighborhood; and a new railroad bridge near Foothills Parkway.

Downstream projects along Wonderland Creek were completed between 1989 and 2001 and included the purchase of an auto salvage yard south of Valmont Road and the removal of hundreds of old cars.

**FOCUS ON FLOOD BENEFITS**

Greenways provide more than recreation: they provide essential flood mitigation benefits, too. During large flood events, greenways and underpasses turn into open channels to allow more flood waters to flow through Boulder while minimizing impacts to nearby properties.
Below is an update on several current and upcoming City of Boulder construction projects that may affect traffic and parking in the city. For the latest updates on these and other construction projects, be sure to check BoulderConeZones.net.

1. **Wonderland Creek Greenway Improvement**  
   **Duration:** Substantially complete by the end of June. Repair and restoration, including landscaping, will continue through the summer and early fall.  
   **Description:** Flood mitigation and construction of multi-use paths and underpasses.  
   **Impact:** Portions of Winding Trail are impacted for remaining construction. 28th Street will receive final asphalt paving this summer.

2. **Arapahoe Avenue Reconstruction**  
   **15th Street to Broadway**  
   **Duration:** Estimated mid-June to mid-August (note: construction of a new underpass at Arapahoe and 13th Street will follow, through winter 2018-19)  
   **Description:** Deteriorated asphalt roadway will be reconstructed into concrete and improvements to the multimodal system and water utilities.  
   **Impact:** Travel reduced to the westbound lane only for portions of the project with signed detours.

3. **28th Street Improvements**  
   **Pearl Street to Iris Avenue**  
   **Duration:** Late summer 2018 through spring 2019  
   **Description:** The last phase of a long-range plan for 28th Street, the project includes multi-use path improvements, bus/bike/right-turn-only lanes in each direction, transit improvements, pedestrian improvements and landscaping.  
   **Impacts:** Phased vehicle, sidewalk and bike lane closures, reduced speeds and transit stop relocations.

4. **Sanitary Sewer Rehabilitation Program**  
   **Work will focus on the Newlands area with work in multiple other locations**  
   **Duration:** May through December  
   **Description:** Maintenance to ensure sewers are in good condition and functioning correctly. More information is available: bit.ly/boulder-sewer.  
   **Impact:** Short-term traffic and parking restrictions. Indoor water use will be restricted for a short period of time during maintenance; properties will be notified in advance.

5. **Treated Water Distribution Program**  
   **Multiple locations**  
   **Duration:** May through November  
   **Description:** Water main replacement program on residential streets.  
   **Impacts:** Limited parking on streets, closed sidewalks and short-term water outages; properties will be notified in advance.

6. **Annual Pavement Management Program**  
   **Prioritized work across the city**  
   **Duration:** Curb and gutter repair began in winter 2018, pavement work will continue through fall.  
   **Description:** The Transportation Division prioritizes pavement maintenance for Boulder’s 300-mile street system, from sealing cracks to complete reconstruction. More information is available: bit.ly/boulder-pavement.

For more information about these projects, visit bouldercolorado.gov/transportation and bouldercolorado.gov/water. Visit CoTrip.org for information about Colorado Department of Transportation projects or bouldercounty.org/transportation/closures-and-construction for Boulder County projects.

**SAFETY TIP:** For your safety and that of the construction crews, and to ensure that work can be completed on time, please observe all detours and do not enter the work zone – marked by cones, barrels, barricades and fencing.

Please note that start and completion dates could change due to factors such as weather.
Summer is a great time to explore different ways to get around town. Check out bit.ly/go-boulder for June walk and bike events and transportation options year-round!

Bike to Work Day is June 27 | www.WalkandBikeMonth.org
Members of Boulder’s Youth Opportunities Advisory Board and City Council Members Bob Yates and Sam Weaver, made the 1,500-mile journey to Washington, D.C. and the National League of Cities Congressional City Conference.

Each year hundreds of youth delegates representing cities from across the United States attend the conference and participate in networking opportunities with fellow youth and elected officials, join workshops, and become inspired by speakers and presenters that spotlight the youth voice and youth councils in government.

Council Member Yates has represented Boulder at National League of City gatherings since shortly after he was elected in 2015. He noticed that many of the thousands of elected municipal officials at the conferences brought along youth delegates from their cities, giving the youth the opportunity to meet with members of Congress as well as with elected officials and other youth from across the country.

“I came back from one of those conferences and asked the Boulder City Manager if Boulder youth could be represented,” Yates said. “She responded, ‘Yes, let’s do this,’ and we started planning to bring four Boulder youth to the NLC Washington conference in March.”

Since its inception in 1994, the Youth Opportunities Program has allocated over $2 million in community grants, providing more than 100,000 youth with access to cultural and educational opportunities. Additionally, the program has fostered over 55,000 hours of volunteer service to the community.

A focus of the program is the Youth Opportunities Program Advisory Board. It consists of 16 rotating middle and high school students who work to promote the youth voice in city government, allocate community funding and advise the city on youth-related issues. Service on the board provides leadership and civic engagement opportunities for youth.

“Cities need youth voices to help them understand how the next generation sees things and is looking to evolve,” said Melina Iatridis, one of the four youth delegates who represented Boulder at the conference. “I realized how there is such a large opportunity for youth around the country facing similar issues like gun violence, teen unemployment, opioids and transportation to connect and come up with solutions together, to give advice and share what worked in some communities and what didn’t work.

“Sometimes people get so focused on their own issues, they forget to look elsewhere and see the larger community we live in with all the resources available.”

This sort of networking is exactly the intent of the conference. It facilitates a learning space that builds understanding of how municipal governments work along with methods of engagement and leadership skills. These skills strengthen civic participation and empowerment, giving youth the tools to better represent the causes and issues that are most important to them.

“I left the conference wishing that I wasn’t a senior in high school so that I could really tackle some of these issues in our community with new ideas from my peers across the country. The conference changed the way I view government and politics,” Melina said.

“It was a pleasure and extremely inspiring to be able to share this conference and travel experience with young people from Boulder,” City Council Member Sam Weaver said. “These future leaders were able to ask their senators and representatives questions about climate change, gun violence and immigration policy in person. I was proud that their voices were heard on these very important topics and pleased that the City of Boulder could provide them with that opportunity.”
Jóvenes delegados visitan la capital de la nación

Después de un viaje de 1,500 millas, la Junta Asesora de Oportunidades para Jóvenes de Boulder finalmente llegó a su destino: el Congreso de la Liga Nacional de Ciudades (NLC, por sus siglas en inglés), junto con los miembros del concejo municipal de la ciudad, Bob Yates y Sam Weaver.

Cada año, cientos de jóvenes delegados que representan a ciudades de todos los Estados Unidos llegan a Washington, D.C., para asistir al congreso y participar en oportunidades para establecer contacto con otros jóvenes y funcionarios electos, asistir a talleres y a dejarse inspirar por los oradores y los presentadores que son la voz de la juventud y de los concejos de la juventud en el gobierno.

El miembro del Concejo, Yates, ha representado a Boulder en los encuentros de la Liga Nacional de Ciudades desde poco después de ser elegido en 2015. Yates observó que muchos de los miles de funcionarios municipales electos traían a los delegados jóvenes de sus ciudades al congreso para darles la oportunidad de reunirse con los miembros del Congreso y con funcionarios electos y otros jóvenes de todo el país.

“Regresé de uno de esos congresos y le pregunté a la administradora de la ciudad de Boulder si nuestros jóvenes podrían ser representados,” comentó Yates. “Ella respondió: ‘Sí, hagámoslo,’ y comenzamos la planificación para llevar a cuatro jóvenes de Boulder al congreso de la NLC en Washington en marzo.”

Desde su creación en 1994, el Programa de Oportunidades para Jóvenes ha otorgado más de dos millones de dólares en donaciones a la comunidad, lo que le ha dado acceso a oportunidades culturales y educativas a más de 100,000 jóvenes. Además, el programa ha promovido más de 55,000 horas de servicio voluntario en la comunidad.

Un punto central del programa es la Junta Asesora del Programa de Oportunidades para Jóvenes. Se compone de dieciséis estudiantes de escuela media y secundaria que rotan y que trabajan para promover la voz de los jóvenes en el gobierno de la ciudad, asignar los fondos de la comunidad y aconsejar a la ciudad sobre cuestiones relacionadas con la juventud. Participar en la Junta brinda oportunidades de liderazgo y de compromiso cívico a los jóvenes.

“Las ciudades necesitan escuchar a los jóvenes para que les ayuden a entender cómo la próxima generación ve las cosas y está tratando de evolucionar,” afirmó Melina Iatridis, uno de los cuatro delegados jóvenes que representó a Boulder en el congreso. “Me di cuenta de que existe una gran oportunidad para los jóvenes de todo el país que enfrentan problemas comunes —como la violencia de las armas de fuego, el desempleo juvenil, las drogas y el transporte— para que logren conectarse y encontrar juntos soluciones, dar consejos y compartir lo que funcionó en algunas comunidades y lo que no funcionó.

“A veces, la gente está tan concentrada en sus propios problemas que se olvida de ver la comunidad en general en la que vivimos y todos los recursos disponibles.”

Este tipo de contacto es exactamente el propósito del congreso. Crea un espacio de aprendizaje que estimula la comprensión de cómo los gobiernos municipales trabajan con los métodos de participación y liderazgo. Estas habilidades fortalecen la participación y potencian la ciudadanía, y da a los jóvenes las herramientas para representar mejor las causas y las cuestiones que son más importantes para ellos.

“Me fui del congreso con el deseo de no ser un estudiante de último año de la secundaria para poder solucionar algunos de los problemas de nuestra comunidad con ideas nuevas de mis compañeros de todo el país. El congreso ha cambiado mi forma de ver el gobierno y la política,” aclaró Melina.

“Fue un placer y muy inspirador poder compartir este congreso y experiencia de viaje con los jóvenes de Boulder,” concluyó Sam Weaver, miembro del Concejo Municipal de la ciudad. “Estos futuros líderes formularon preguntas personalmente a los senadores y representantes sobre el cambio climático, la violencia con armas y la política inmigratoria. Me enorgullecé que sus voces fueran escuchadas en estos temas tan importantes y me alegró que la ciudad de Boulder le haya dado esa oportunidad.”
Important 2018 changes to primary elections in Colorado

In 2016, Colorado voters approved Proposition 108, which allows unaffiliated voters (sometimes referred to as “independent” voters) to now participate in Colorado primary elections.

Here is how it will work this year:

- All active unaffiliated voters will receive by mail Primary Election ballots for both the Democratic and Republican Parties, unless the voter pre-designated their ballot preference as part of an update to their voter registration.
- For unaffiliated voters receiving both ballots in the mail, the voter must vote on only one ballot – then tear and discard/recycle the other ballot.
- The voter should then return their one-voted ballot using the provided return envelope by mail, ballot drop-off, etc.

If a voter marks and returns more than one party’s ballot, none of their votes on either ballot will be counted. Additionally, by selecting and returning a party ballot a voter’s “unaffiliated” voter registration will not be changed. For those registered with a political party, there are no changes to the Primary Election process.

The voter gets a ballot in the mail for their political party, if their party is holding a Primary Election. Ballots are mailed the first week of June.

For more voter and election information, please visit BoulderCountyVotes.org or call 303-413-7740.

Cambios en las elecciones primarias en Colorado en 2018

Los electores de Colorado aprobaron la Propuesta 108 en 2016, que permite que los votantes no afiliados (algunas veces conocidos como votantes “independientes”) ahora participen en las elecciones primarias de Colorado.

Así funcionará este año:

- Todos los votantes no afiliados activos reciben la boleta de la elección primaria para los partidos Demócrata y Republicano por correo, a menos que el votante haya predesignado su preferencia de voto (si actualiza su registro electoral con una preferencia de boleta).
- Los votantes no afiliados que reciben ambas boletas por correo, deben emitir un voto solamente, y luego, romper y desechar o reciclar la otra boleta.
- A continuación, el votante devuelve la boleta con su voto único en el sobre de devolución por correo o lo deja en un sitio de votación, etc.

Si el votante marca y devuelve más de una boleta de un partido, ninguna de ellas será contada como voto. Además, al seleccionar y devolver una boleta de un parti-
**Summer news about Motor Vehicle offices**

*Expect temporarily longer waits*

Statewide Motor Vehicle offices are getting a new computer system to replace their 1980’s MS-DOS system. During June and July, residents should anticipate a longer wait time as many staff members will be offsite being trained on the new system.

The Boulder County Clerk & Recorder’s office runs the local Motor Vehicle Division where residents register/title vehicles and receive license plates.

To avoid the increased wait times, the Clerk & Recorder’s Office is urging residents to renew their registration early and to do so online or by mail, if eligible.

If you need an emissions test, drivers can take care of that first and after 48-hours will be able to renew online.

**DMV closed Aug. 1-3**

Residents should be aware that all three motor vehicle offices in Boulder, Longmont and Lafayette will be closed Wednesday, Aug. 1, to Friday, Aug. 3, in order to install the new computer systems across the state. Online services will also be unavailable during this window and through the weekend of Aug. 4 and 5.

Additionally, even if your grace month is about to expire, renewing online is still an option and drivers can print a temporary renewal receipt.

For those that have to visit the office in person, the Clerk’s office is encouraging those residents to allow plenty of time or to schedule an appointment online. To schedule an appointment, visit BoulderCounty.org/MV.

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**Noticias de verano sobre las oficinas de Vehículos de Motor**

*Espere largas demoras temporalmente*

Las oficinas de Vehículos de Motor de todo el estado están instalando un nuevo sistema informático para sustituir sus sistemas MS-DOS de la década del ochenta. Durante los meses de junio y julio, los residentes deben anticipar un mayor tiempo de espera, ya que muchos empleados estarán fuera de la oficina para capacitarse en el nuevo sistema.

La oficina del Secretario y Registrador del condado de Boulder dirigen el Departamento de Vehículos de Motor local, donde los residentes inscriben y obtienen el título de sus vehículos y las placas de matrícula.

Para evitar el aumento de los tiempos de espera, se solicita a los residentes que renueven la inscripción de sus vehículos por anticipado y que lo hagan en línea o por correo, si cumplen los requisitos para hacerlo de esa manera. Si necesita una prueba de emisiones, puede hacerla primero y, después de 48 horas, podrá renovar su inscripción en línea. Además, incluso si el mes de gracia está a punto de caducar, puede renovar la inscripción en línea e imprimir un recibo de renovación temporal.

En el caso de los residentes que tienen que visitar la oficina en persona, la oficina del Secretario recomienda ir con bastante tiempo o programar una cita en línea. Para programar una cita, visite BoulderCounty.org/MV.
PARK-TO-PARK
FREE SHUTTLE TO CHAUTAUQUA

Start Your Visit Off Right.

Enjoy a convenient, stress-free way to access Chautauqua! Park to Park not only improves your experience, it reduces vehicular and parking impacts on neighbors and the area’s natural and cultural resources.

FREE TO RIDE

8am-8pm EVERY 15 MINUTES
SUMMER WEEKENDS & HOLIDAYS
DOGS WELCOME

We made getting to Chautauqua easier. Here’s how:

Free parking and shuttle service are available at the CU Regent, New Vista High School, and downtown parking garages.

Prefer not to use the free satellite parking? Paid parking ($2.50/hr) is available in designated areas in and around Chautauqua. Pay at one of the 6 stations along Baseline, near the Ranger Cottage and the Dining Hall. Save time, download the Park Mobile or Way to Park app.

Another option? Take a Lyft to/from Chautauqua. Get $2.50 off each way from 8am-8pm with promo code RIDETOHIKE2018. Want to go earlier (or later)? Grab a Lyft from 6-8am and 8-11pm at the New Vista or CU Regent lots and get $2.50 off each way with promo code PARKTOPARK2018.

LEARN MORE AT:
PARKtopARK.org

For more schedule info, download the ‘Real-Time Transit’ app.
Explore more of the city of Boulder at bouldercoloradousa.com
LOVE BOULDER  Want to have your photo featured in this newsletter or shared on the city's social media accounts? Use #bouldergov to tag us on Instagram or email images, along with your contact information, to communitynewsletter@bouldercolorado.gov.

GET OUTSIDE

Hike Sawhill Ponds

Connect with nature and enjoy sweeping views of the Flatirons at the Sawhill Ponds Wildlife Preserve east of Boulder. This beautiful area provides numerous outdoor and recreational opportunities along a trail that winds around the ponds. The area is highly accessible for people of all mobility abilities, including residents who use wheelchairs.

For information about Sawhill Ponds Wildlife Preserve, along with state and local regulations for the area, visit bouldercolorado.gov/osmp/sawhill-ponds-trailhead.

Photo: Ann G. Duncan
This community newsletter is created by the City of Boulder to share local government news, information, initiatives and events with residents.

It will be printed and distributed bi-monthly through 2018. You also can sign up to receive an electronic version in your email inbox by visiting bouldercolorado.gov/newsletter.

We welcome your feedback!

If you have suggestions for future stories you’d like to read, please email them to communitynewsletter@bouldercolorado.gov.

In keeping with Boulder’s sustainability values, the paper used for this newsletter contains recycled content and the printer is FSC certified, which means they follow standards required by the Forest Stewardship Council. Please recycle this newsletter after use.