

MEDIA HIGHLIGHTS

OCTOBER 2017

UNIVERSITY OF COLORADO BOULDER



[Could gardening lower your risk of cancer?](#)

The Denver Post

(Sept. 21, 2017) – A green thumb may lower your risk of cancer. Don't believe it? You're not the only one. That's why CU Boulder professor [Jill Litt](#) is setting out to find hard evidence during a three-year clinical trial that will measure a variety of health factors in 312 participants who will be introduced to community gardening for the first time.

"We tend to intervene from the top down," Litt said of programs to improve physical inactivity and poor diets. "You need solutions from the ground up to meet people where they're at."



[Fossilized feces show that vegetarian dinosaurs cheated on their diet](#)

The Denver Post

(Sept. 21, 2017) – A CU Boulder associate professor's analysis of fossilized feces shows that a plant-eating, duck-billed dinosaur from 75 million years ago sometimes slipped into a pescatarian diet, likely during breeding and egg-laying seasons. [Karen Chin](#), curator of paleontology at the school's Museum of Natural History, found the fossilized feces during a dig at the Grand Staircase-Escalante National Monument in southern Utah.



[Researchers are studying your social media. What do you think of that?](#)

The Denver Post

(Sept. 18, 2017) – CU Boulder associate professor [Casey Fiesler](#) is among a group of researchers from six institutions who received a \$3 million National Science Foundation grant to explore the ethics of social media research in the hopes of creating a guideline for others to follow.



[Spiritual school Fox Institute settles into Boulder, classes start in October](#)

The Daily Camera

(Sept. 17, 2017) – [Bernard Amadei](#), a distinguished engineer professor at CU Boulder, said creation spirituality inspired him to start Engineers Without Borders, an organization dedicated to helping struggling communities with infrastructure needs. “Creation spirituality showed me the reinvention of work,” he said. “It showed me how to put the soul into my work as an engineer. It gave me a sense of meaning more than anything else.”



[Coolest science ever headed to the space station](#)

Science

(Sept. 7, 2017) -- Atomic physicists tend to tinker away on their own, preferably in dark, hushed labs. When [Eric Cornell](#), right, started as a postdoc with [Carl Wieman](#) at JILA, an institute run jointly by the National Institute of Standards and Technology and CU Boulder, in 1990 he did his best to transform their second-floor lab into a basement.

“We had these beautiful windows that looked out over the mountains and we bought 3-inch-thick Styrofoam and cut it into squares and taped it over them,” Cornell said. The quiet and darkness made it easier to fiddle with the homemade lasers they were using to coax atoms into a new state of matter.



[Cassini, flying vital CU Boulder instrument, signs off and plunges into Saturn](#)

Daily Camera

(Sept. 15, 2017) – The pioneering Cassini mission to Saturn came to its fiery conclusion on schedule and its demise was celebrated — with perhaps a tear or two in the eyes of some — at CU Boulder, where one of its critical instruments was created. At least 150 students, faculty and staff gathered before dawn for bagels, beverages and ringside seats, via a live feed from NASA TV, of the last gasp as Cassini incinerated on a final dive into the ringed planet.

“It’s certainly emotional,” said [Bill Possel](#), LASP’s director of mission operations and data systems.

Also:

- [Comet’s 2014 Mars Flyby Caused Most Intense Meteor Shower Ever Recorded](#), Space.com, Sept. 21
- [Colorado Scientist Dreams Up a Frisbee-Like Robot To Sail Onto Asteroids](#), Colorado Public Radio, Sept. 26



[CU Boulder engineering dean works on partnership with Longmont’s FRCC](#)

Daily Camera

(Sept. 25, 2017) – When CU Boulder engineering dean and space aficionado [Bobby Braun](#) rolled into Longmont’s Front Range Community College, he was wiped out from his weeklong tour of the state but quickly invigorated when a student asked him how realistic the movie *The Martian* was. The tour went so well, Braun hopes to make it a yearly event.

UNIVERSITY OF COLORADO COLORADO SPRINGS



[Turning a spotlight on tattoo regret](#)

CNN Wire

(Sept. 18, 2017) – From tattoo regret to tattoo desire, [Richard Dukes](#) focused much of his research on tattoos and piercings among youth during his career as a sociology professor.

“Tattoo regret is fairly common because meanings, values and norms

change, and tattoos do not,” Dukes said, adding that when someone gets a tattoo at an older age, the likelihood for regret is less.



More aging Coloradans are turning to medical marijuana, but data is sparse

Colorado Public Radio

(Sept. 21, 2017) – [Sara Qualls](#), director of the UCCS Aging Center and Kraemer Family Professor of Aging at UCCS, and Brian Kaskie, University of Iowa, received a \$97,500 grant from the state to study marijuana use among older adults: how they consume, why they consume, how often and more. They’re also collecting data from older adults who don’t partake, and trying to understand why.



Colorado Springs facing construction worker shortage

KOAA News

(Sept. 20, 2017) – [Tatiana Bailey](#) says part of the problem has been losing shop classes in high schools. “A lot of individuals also say, ‘Well, my child is going to go to a four-year university, and do this or that,’ and that’s certainly not a bad thing. But it’s not for everyone, and the good news is there are livable wages in a lot of these trades,” she said.



Sideline conversations with a sports dietitian

US Lacrosse Magazine

(Sept. 7, 2017) – As a sport dietitian, I find it very interesting to be on the sideline listening to what parents and players have to say about fueling lacrosse players, writes [Jackie Berning](#), a professor and chair of the health science department at UCCS. Where do they get this information? Do they really believe that a supplement before a game will improve the performance of a player? Here are a couple of common sports nutrition myths heard on the sidelines.



[UCCS Initiative to develop law enforcement leaders, bring training closer to home](#)

The Gazette

(Sept. 6, 2017) – The new public initiative at UCCS is meant to train better law enforcement and firefighting leaders closer to home. The program, which launched in January, provides continuing education opportunities on leadership development, ethics, officer wellness, school safety, diversity and policing in multicultural settings that now is only offered on the East Coast, according to senior instructor and retired Colorado Springs Deputy Police Chief [Rod Walker](#).



[Lice and easy: Clinic to treat head lice opens in Colorado Springs](#)

The Gazette

(Sept. 11, 2017) – Needing to be treated for lice infestation is not necessarily a growing trend, said [Scott Harpin](#), an associate professor at the UCCS College of Nursing. Harpin calls it a non-problem in the scope of pediatric health.

“It’s a nuisance and can be a pain for families to take time to treat the little bugs,” he said. “But I would never consider it a problem beyond mild embarrassment or temporary ostracization by others.”

UNIVERSITY OF COLORADO DENVER



[A woman’s appearance affects her career](#)

CNN Money

(Sept. 20, 2017) – Studies show that managing appearance is a fine line for professional women to walk: There’s both a bonus and a penalty to being attractive in the workplace. According to [Traci Sitzmann](#), management professor at CU Denver, something as simple as hair color really can make a difference in how a woman is seen at work. But those perceptions can really hurt women in the workplace.



[How heat kills farmworkers](#)

Mother Jones

(Sept. 20, 2017) – One researcher, [Sarah Horton](#), who has studied heat stress in Mendota for nearly a decade, says that when she started out in 2008, field-working conditions were “terrible.” Horton, an anthropologist at CU Denver, interviewed farmworkers about their experiences with heat sickness, and about friends and co-workers who lost their lives to it.



[Criminology professor explains why the definition of rape needs room to expand and evolve](#)

Vice

(Sept. 19, 2017) – Most remember Brock Turner as the former Stanford student who served only three months in jail for sexually assaulting an unconscious woman behind a dumpster. Now, thanks to two CU Denver professors, Turner's face has been immortalized in a textbook section about rape.

“When we set out to write this textbook, we wanted to incorporate many things,” said professor [Callie Rennison](#). “We saw diversity, attention to victims, and contemporary topics [missing from existing texts]. We also wanted to present a view of the real criminal justice system versus the ideal that is discussed in most other books.”



[Path of destruction: See the downtown Denver highway that almost happened](#)

Denverite

(Sept. 19, 2017) – In 1967, voters approved the “Skyline Urban Renewal” project. At the time, “urban renewal” was a general euphemism for the demolition and redevelopment of impoverished urban areas that had fallen into blight and crime. Skyline consisted of two phases,” explained [Ken Schroepfel](#), assistant professor of urban and regional planning at CU Denver, in an interview with Denverite.



[Flood damage from Hurricane Harvey forces change of plans at Lone Star College](#)

Houston Chronicle

(Sept. 18, 2017) – People unfamiliar with teaching online might have challenges when they're forced to improvise in response to the hurricane. With last-minute preparations, course quality may suffer, said [Scott McLeod](#), an educational leadership professor at CU Denver.

“A large number of faculty have been allowed to not engage in online learning in any way,” he said. “Which means, all of a sudden, their learning curve is sharp in a compressed period of time.”



[Breckenridge Film Festival showing 'Beauty and the Beast' with behind-the-scenes discussion](#)

Summit Daily

(Sept. 22, 2017) – [Howard Cook](#), Breck Film Fest programming committee chair and professor of animation at CU Denver, will also be on hand to facilitate discussion of old and new technology, and the changing landscape of animated films today.

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



[Considering surrogacy? Here's what you need to know](#)

Brides.com

(Sept. 20, 2017) – We spoke with [Alex J. Polotsky](#), an associate professor of obstetrics and gynecology as well as the division and fellowship director of reproductive endocrinology and infertility at the CU Anschutz Medical Campus, about the important things couples should know, discuss, and consider if they are interested in working with a gestational carrier. The topic of surrogacy is big and complicated, but it doesn't have to be scary, and being informed is the first step.



[Seven things to know before using telepsychiatry in your practice](#)

Helio

(Sept. 17, 2017) – “Research has been going on for the last couple decades in telepsychiatry, and at this point there is a robust evidence base,” said [Jay H. Shore](#), a doctor and professor at CU Anschutz Medical Campus. “Now, there is a good cohort of randomized controlled studies, approximately 20 to 25, of good quality, that demonstrate interventions over video conferencing are equally as effective as interventions in-person.”



[Flu season outlook: Hospitals already seeing influenza cases](#)

7 News

(Sept. 25, 2017) – “Australia, where most of the data has been validated, saw two-and-a-half times more flu cases this year than they did last year,” said CU professor [Michelle Barron](#). Barron has been researching the virus for over a decade. Medications have come a long way over the years, but what can help you is most a flu shot.



[Matt Vogl’s mental breakthrough: From suicide to a new center](#)

Westword

(Sept. 26, 2017) – [Matt Vogl](#) prepared to end his career in public health. But instead of ending his career, Vogl’s raw honesty opened a new chapter. Four years later, he heads the National Mental Health Innovation Center, an Anschutz Foundation-backed, \$10 million startup of his own design.



[The weird thing you should be eating during your endurance workout](#)

Women’s Health

(Sept. 26, 2017) – Why exactly are electrolytes important? [Chris Davis](#), fellowship director for Wilderness Medicine at the CU School of Medicine, explains that as we drink water and it goes to our stomachs, it gets absorbed into the intestines. But in order to actually get hydrated, we need those electrolytes to absorb, retain, and distribute the water throughout our cells.



[‘Morning-after pill’ is tougher to buy at Colorado pharmacies than the law allows, study finds](#)

The Denver Post

(Sept. 25, 2017) -- “Unfortunately, women can get caught in these situations feeling vulnerable, feeling pressured and feeling stigmatized,” said study author **Carol Stamm**, associate professor of medicine and obstetrics and gynecology at the CU Anschutz Medical Campus. “We would encourage women not to give up. If they face hurdles or obstacles, they should consider a different pharmacy.”

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