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MEDIA HIGHLIGHTS FEBRUARY 2021



University of Colorado **Boulder**



[Law Prof Focuses on Positives from the COVID-19 Pandemic](#)

ABA Journal

(Jan. 25, 2021) – Rather than focus on the restrictions of teaching via Zoom, [Peter H. Huang](#) zeroed in on how he could use the platform in innovative ways. Last summer, the Colorado Law professor enjoyed the creativity involved with thinking about different ways to conduct class, and he got pleasure from brainstorming with colleagues on efficient ways to navigate change. Huang advocates practicing mindfulness, which he first saw as a child watching his grandmother use mala beads as part of her daily routine.



[In 'Act of Healing,' Rep. James Clyburn Calls for Making 'Black National Anthem' a National Hymn](#)

ABC 11

(Jan. 14, 2021) – [Reiland Rabaka](#), professor of humanities and ethnic studies at CU Boulder, said that *Lift Ev'ry Voice and Sing* is symbolic of the New Negro Movement – a term popularized during the Harlem Renaissance – when a new generation of African Americans began to rise up and speak out.

“This so-called New Negro is going to be representing that first generation of African Americans to come of age in American society that are not in bondage,” said Rabaka, author of *Civil Rights Music: The Soundtracks of the Civil Rights Movement*.



[CU Economist: Road to Recovery Likely Slow but Steady](#)

BizWest

(Jan. 26, 2021) – While the rollout of the COVID-19 vaccine provides hope for a robust economic comeback, one local economist is warning that a recovery could be a gradual process over the next year or so.

“We have a fairly long road back at this point,” said [Rich Wobbekind](#), associate dean and economist at the CU Boulder Leeds School of Business. He predicted that it could take until the fourth quarter of 2021 to reach the

pre-pandemic peak gross domestic product posted in the final quarter of 2019.



[A Glimpse inside the Mind of Dreaming Animals](#)

Discover

(Jan. 20, 2021) – [Marc Bekoff](#), author of *Canine Confidential* and an evolutionary biologist at CU Boulder, said he has never really doubted that non-human animals dream. He finds Darwin’s argument for evolutionary continuity compelling. This is the idea that differences in species are a matter of degree and not kind.

“Having the necessary neural structures would seem to indicate that [various species of animals] use those structures in the same way,” he says. “But what it means to the rat or the mouse or the dog is another question. I don’t know that anybody would have a great answer to that.”



[Is Walking Up a Steep Hill More Efficient Than Running Up It?](#)

Runner’s World

(Jan. 14, 2021) – Research done at the Applied Biomechanics Lab in CU Boulder found that uphill walking and running are each unique in terms of biomechanical variables. That means running isn’t just

faster walking; you actually change your center of mass, foot-to-ground contact time, leg swing time, and general stride. The study's lead author, [Rodger Kram](#), said that in general, many runners choose to run up hills even though walking requires less energy.

"We think this is because walking uphill is harder on certain muscles than running, such as the calves," he said. "Previous research has shown that on a 30-degree slope, running requires less muscular effort, specifically in the calves. That is an advantage over walking."



University of Colorado **Colorado Springs**



[Rev. Dr. Martin Luther King's Legacy Resonates More Deeply this Year](#)

Fox 21

(Jan. 18, 2021) – "This day has always been a day of reflection, of making sure I am fully committed to the work of justice and righteousness," said [Stephany Rose Spaulding](#), a professor and director of the Womens and Ethnic Studies program at UCCS. "I felt for the first time that we are breaking ground to actually get to root out the cancer that is racism."



[Stressed by Political Climate? You're not alone](#)

KOAA

(Jan. 20, 2021) – There are terms going around such as “election stress disorder,” and similarly “political stress disorder.” Whatever way you categorize it, the political climate is contributing to anxiety and stress. And that climate is compounded by the pressures of the pandemic.

“It’s sort of an unprecedented time as far as the number of stressors that people are facing,” said [Heather Littleton](#), UCCS National Institute for Human Resiliency director of research.



[Perspective on an Inauguration Like None Before](#)

Fox 21

(Jan. 19, 2021) -- The inauguration is a highly respected event by many Americans as it symbolizes peace amid a transfer of power. [Josh Dunn](#), professor of political science at UCCS, said there’s a good reason for that.

“Americans have rightfully taken pride in that despite serious political disagreements that you could recognize the next president coming in deserves to be considered as a legitimate president and therefore can fully exercise the office the powers of the office of the presidency.”

Also: [Is Removing Parler a First Amendment Violation?](#)
KRDO, Jan. 11



[UCCS is Helping Educators Manage COVID-19 Stress with Mental Health Town Hall](#)

KOAA

(Jan. 15, 2021) – GRIT-4ED is a free five-hour training designed specifically for educators and those working in the school and education environment.

“There are just some many people that work in the education community that we hope this particular town hall will speak to the challenges and needs of these individuals who are struggling in the response to COVID-19,” said [Valerie Martin Conley](#), dean of the College of Education at UCCS.



[Colorado Springs Sales Tax Collections Rise Again Despite Pandemic](#)

The Gazette

(Jan. 14, 2021) – “I track what’s happening with local and state governments across the country,” said [Tatiana Bailey](#), director of the UCCS Economic Forum. “It’s really amazing, for us, that sales and use tax has not taken the hit that it has in other municipalities.”

Also: [Trump orders U.S. Space Command to leave Colorado](#), The Gazette, Jan. 13



University of Colorado **Denver**



[Biden Claims his \\$1.9 Trillion COVID Relief Plan Will Cut Child Poverty in Half](#)

CNBC

(Jan. 23, 2021) – President Joe Biden said a \$1.9 trillion COVID relief plan would cut child poverty in half. That would be the largest reduction in recent history, economists said.

“This seems reasonable,” [Chloe East](#), assistant professor of economics at CU Denver, said of the analysis. “If all these things Biden proposed passed, we might expect [poverty reduction] to be even larger.”



[The Vaccinated Class](#)

The New York Times

(Jan. 23, 2021) -- “As people are excited to become vaccinated against SARS-CoV-2, they may be overestimating what that protection means,” said [Jennifer Reich](#), a professor at CU Denver who specializes in health policy. “It’s important that they calibrate their expectations and understand that their behavior after immunization still has to be focused on protecting people around them.”



[Letting Go of Anger Helps the Brain Combat Misinformation](#)

Elemental

(Jan. 21, 2021) – The assertions in a viral tweet that listed penalties Donald Trump would incur if he were impeached a second time were either false or misleading.

“I think that part of the reason that tweet was shared by so many people is that it was consistent with something a lot of people wanted to believe, and they didn’t think about whether the information was actually true,” says [Laura Scherer](#), a social psychologist and assistant professor at CU Denver.



[Colorado Political Experts Reflect On Storming the Capitol Building](#)

CBS 4

(Jan. 6, 2021) -- CU Denver Political science professor [Christoph Stefes](#) says depending on the response, the storming of the Capitol could be a catalyst for change.

“These are moments in time of crisis where the country goes into another direction . . . it’s not clear what direction. It could go back,” Stefes said, “Or we see how people come together and how they can strengthen the democratic institution.”



[Scripture has a Physiologically Identifiable Stress Dampening Effect for Christians](#)

PsyPost

(Jan. 5, 2021) -- “I have a long-term interest in religion/spirituality and health and, in particular, trying to determine mechanisms that may account for relationships between the two,” said study author [Kevin S. Masters](#), a professor of psychology at CU Denver and director of the Cardiovascular Health and Life Meaning Lab.

“Psychophysiological reactivity to stress is an important psychological mechanism linking psychological functioning and health processes and perhaps outcomes.”



[Many LGBTQ Seniors Don't Get the Health and End-of-Life Care They Need. Some Coloradans are Working to Change That](#)

Colorado Public Radio

(Jan. 22, 2021) – Keeping their relationship a secret from a lot of colleagues and neighbors is common for older LGBTQ adults, said [Carey Candrian](#), an assistant professor and researcher at the CU Anschutz Medical Campus. And many feel isolated, she added.

“I think it’s so easy to forget the work that hiding requires,” Candrian said. “I really became deeply committed to improving health equity and really improving the way we communicate, the way we talk and listen to older LGBT adults, knowing that it really can make a measurable difference in the care they receive and in their outcomes.”



[‘Probably All of These Cases Have to do With Mental Health’](#)

KUNC

(Jan. 20, 2021) – Researchers with the Firearm Injury Prevention Initiative at the CU Anschutz Medical Campus are in the process of analyzing court documents to better understand how the law has been

used or misused.

“Somebody can be having a mental health issue but not have a diagnosis of clinical depression, for example,” said [Emmy Betz](#), the lead researcher. “In that sense, I would say probably all of these cases have to do with mental health because they are all cases where someone is currently in a situation where they are not safe to have access to lethal weapons.”



[A Blip, Not a Surge: How Colorado Dodged a Holiday Coronavirus Tsunami](#)

Colorado Public Radio

(Jan. 19, 2021) – For weeks, [Abbey Lara](#) of the CU School of Medicine has been watching COVID-19 patients in the intensive care beds of the ICU ward at University of Colorado Hospital, wondering when the next crush of the extremely sick would arrive.

“I’m pleased to say we are not seeing the huge surge I think we were all somewhat anticipating,” said Lara, who treats pulmonary and critical care patients.



[Resistance Training Could Improve Health for Older Adults with HIV](#)

POZ

(Jan. 25, 2021) – “The blunted increase in lean mass in [people with HIV] may be related to persistent mitochondrial dysfunction because of previous exposure to thymidine analogues or HIV infection,” wrote lead author [Catherine Jankowski](#), associate professor of nursing at the CU Anschutz Medical Campus. “Exercise recommendations for older [people living with HIV] may need to place greater emphasis on resistance exercise to increase muscle mass.”



[Q&A: Why Future Doctors Must Learn Holocaust’s Awful lessons](#)

AMA

(Jan. 26, 2021) – AMA member [Matthew K. Wynia](#), professor of medicine and public health and director of the Center for Bioethics and Humanities at the CU Anschutz Medical Campus, explored why the medical profession’s role in the Holocaust is essential learning for medical students in 2021.

“We focus less on what happened during the war and much more on the 50 years or so before the war broke out, during which time you saw Mendelian genetics being rediscovered and blended with the theory of evolution to create the notion that human populations can be molded and improved,” Wynia said.

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