

To view this email as a web page, go [here](#).



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

FOCUS ON FACULTY

MEDIA HIGHLIGHTS

JUNE 2020



University of Colorado **Boulder**



[These trippy Martian visuals hold clues to why the planet lost its atmosphere](#)

Inverse

(May 26, 2020) -- "Currents play a fundamental role in the atmospheric loss that transformed Mars from a world that could have supported life into an inhospitable desert," said [Robin Ramstad](#), experimental physicist at CU Boulder and lead author of the new study. The researchers were hoping to discover how essential a magnetic field is to the regulation of a planet's atmosphere.



[Visualizing science: How color determines what we see](#)

Eos

(May 21, 2020) -- Color strongly influences the way we perceive information, especially when that information is dense, multidimensional and nuanced — as is often the case in scientific data sets.

“The same color-map applied to a diverse array of data gets monotonous and confusing,” said [Rick Saltus](#), a senior research scientist with CIRES at CU Boulder. “You’re trying to communicate both effectively and efficiently, and that’s impeded if the viewer is presented with a variety of concepts, all illustrated using identical color mappings.”



[What can you do to make your lab greener?](#)

Nature

(May 11, 2020) -- Although single-use plastics are essential for certain experiments, some scientists are striving to reduce such waste. Even researchers without the support or funding needed for such large-scale efforts can make a difference to their own lab’s energy footprint, according to [Kathryn Ramirez-Aguilar](#), program manager for the green labs scheme at CU Boulder. One simple way is to share equipment.



[Tax on satellites will reduce space junk](#)

CBS 4

(May 25, 2020) -- An estimated 20,000 objects travel around Earth in low orbit. The objects are working satellites or non-functioning space debris. A CU Boulder economist, [Matthew Burgess](#), believes the problem of space junk should be offset by additional fees. These “orbital-use fees” would apply to every new satellite placed into orbit.

“We need a policy that lets satellite operators directly factor in the costs their launches impose on other operators,” Burgess said.



[CU Boulder instructor researching ways for amputees to feel again using prosthetic hands](#)

Fox 31

(May 25, 2020) -- [Jacob Segil](#), an instructor at CU Boulder’s Engineering Plus Program, is helping design prosthetic hands that could allow amputees to actually feel. That could benefit many veterans from the wars in Iraq and Afghanistan, plus plenty of others.

“The overall goal is to re-create what was lost,” Segil said.



[Locals react to recent racism: 'It's always been there'](#)

KOAA

(May 28, 2020) -- UCCS Professor [Stephany Rose Spaulding](#) is pushing for a national effort to launch a truth and reconciliation project. She said this would be accomplished with people writing their representatives, and legislators paying attention to their constituents. Spaulding hopes acknowledgment, curriculum and legislation would be the result of a nationwide project like this.



[Tax revenue from recreational weed could top \\$17 million](#)

Colorado Springs Indy

(May 27, 2020) -- Prepared by [Neal Rappaport](#), economist and lecturer at UCCS, and Ben Murphy, a 2020 graduate of Colorado College, the report draws on data from marijuana sales in Colorado. The report's 2021 forecast predicts that retail weed, if legalized before then, would bring between \$8.4 million and \$17.7 million in additional sales tax revenue, at a time when Mayor John Suthers has said the city will see \$20 million in budget cuts for 2020 caused by the COVID-19 crisis.



[UCCS, CSU-Pueblo not considering sports program cuts](#)

KKTV

(May 21, 2020) -- UCCS Athletics Director [Nathan Gibson](#) said the 2020-21 athletics budget will be trimmed by 10% to 15% to account for lost revenue. The Mountain Lions, who have added a number of sports in recent years (most notably, baseball and lacrosse in 2016-17) committed to the longevity of their 16 varsity programs.

“Everybody is cutting budgets, everybody is making tough decisions,” Gibson said. “But at the very foremost of those conversations has been protecting those people and those programs and understanding there are some other sacrifices we have to make.”



[Help seniors win the mental health battle during isolation](#)

The Gazette

(May 14, 2020) -- UCCS psychology expert **Jennifer Roberts** said connecting with our older adults is great, but wants us to understand these conversations can be fragile.

“Even though it’s well-intentioned, it can really create a barrier between our families, between younger adults and older adults, between children and parents. Older adults don’t want to be parented by their children,” said

Roberts, who specializes in clinical geropsychology.

Also: [Good for the mind: Jigsaw puzzle sales soar](#), KOAA, May 12



[College graduates with developmental disabilities make history in Colorado](#)

CBS 4

(May 5, 2020) -- College graduation is a proud achievement for any student. But, for a group of Colorado students with intellectual and developmental disabilities, it is a major milestone. **Nick Harmon** is among the trailblazers who are making history in Colorado.



University of Colorado **Denver**



[This early human 'Eden' was so lush, even migratory animals didn't bother to move](#)

ScienceAlert

(May 25, 2020) – During glacial cycles, the shelf off the South Africa coast was exposed, said anthropologist [Jamie Hodgkins](#) from CU Denver.

“There would have been a huge amount of land in front of the cave sites,” Hodgkins said. “We now know that powerful river systems supplied the expanded coast, thus animals didn’t have to be migratory. It was a great location, resource-wise.”



[The science of prayer](#)

The Wall Street Journal

(May 17, 2020) -- Some scientists who study prayer believe that people who pray are benefiting from a feeling of emotional support. Imagine carrying a backpack hour after hour. It will start to feel impossibly heavy. But if you can hand it off to someone else to hold for a while, it will feel lighter when you pick it up again.

“This is what prayer can do,” says [Amy Wachholtz](#), associate professor and clinical health psychology director at CU Denver, and lead researcher on the meditation study. “It lets you put down your burden mentally for a bit and rest.”



[What boundaries should you have with your therapist?](#)

Rewire

(May 8, 2020) -- According to [Mitch Handelsman](#), a professor of psychology CU Denver, sometimes clients ascribe power to the therapist that they shouldn't.

“It’s important for clients to understand what proper boundaries look like in therapy,” he said. “Just like in any professional relationship, the more you know in advance, the more you will get out of it.”



[As more people turn to telehealth, how are companies keeping your data safe from hackers?](#)

7 News

(May 11, 2020) -- If you’ve had a doctor’s appointment the past two months and it hasn’t been related to coronavirus, it probably took place over a video chat. And it can have some security risk.

“Last year, 10% to 15% of health systems were attacked,” said [Jiban Khuntia](#), a professor at CU Denver. “They can play several roles of attacking the individual, making their life miserable all the way to ransomware and blackmailing a big health system and try to make money out of that.”



[CU Denver connects students with families to help them gain teaching experience and earn cash](#)

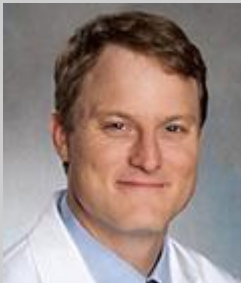
Chalkbeat

(April 30, 2020) -- [Tania Hogan](#), a student success director, said the School of Education and Human

Development quickly realized it could help students and families across Denver cope with students at home during the coronavirus pandemic. To leverage the expertise of its students, the school created a program that connects families from across Denver in need of tutors. The Learn and Grow Collaborative, as it is called, is allowing education school students to earn cash and valuable career experience, as well as giving parents a much-needed break.



University of Colorado **Anschutz Medical Campus**



[How bad is it really to sit with your legs crossed?](#)

Livestrong

(May 18, 2020) -- "Oxygen-rich blood comes out of the heart and delivers oxygen to your body through the arteries, giving your muscles and brain energy," said [Marc Bonaca](#), director of vascular research and associate professor of medicine at the CU School of Medicine. "Circulation is important for optimal function, as well as preventing complications like heart disease and stroke." Crossing your legs can crimp the arteries and limit circulation, he said.



[In Colorado, a big prison and a small rural community share a coronavirus outbreak](#)

KUNC

(May 27, 2020) -- [Carlos Franco-Paredes](#), an infectious disease expert at the CU Anschutz Medical Campus, calls the spread of the virus into and out of prisons “a bi-directional interaction.” Since the pandemic began, Franco-Paredes has visited jails in Colorado, Maryland and Michigan to carry out inspections.

“I usually write on the reports that nobody is safe until everybody is safe,” he said. “Public health in jails is public health in the community because it’s an extension of the community at large.”



[Colorado sunshine does no favors for skin health](#)

CBS 4

(May 19, 2020) -- “Colorado has some of the highest UV exposure levels in the country,” said [Neil Box](#), a dermatology professor at the Cancer Center. “Melanoma is historically the most dangerous form of cancer,” adding basal cell and squamous carcinoma are the most common types of skin cancer.



[Eight random things that could be giving you high blood pressure](#)

Women's Health

(May 18, 2020) -- Caffeine is a powerful stimulant. This means it can wake you up, help you stay focused, and even get things moving in the bathroom. But this also means it spikes your blood pressure and stresses your heart, says [Amber Khanna](#), a cardiologist at the CU Anschutz Medical Campus.



[Gulping down one or more sugary drinks a day could put you at risk for cardiovascular disease](#)

The Philadelphia Tribune

(May 13, 2020) – A recent study shows that even one serving daily of a sugary soft drink is associated with higher risk of cardiovascular disease.

“One key strength of this study is that the period of observation is longer — 20 years,” said [Bob Eckel](#), a professor emeritus of medicine at the CU School of Medicine. He also praised the study for the level of detailed information generated about how much each type of beverage may contribute to risk as people go through life.

This email was sent to: cathy.beuten@cu.edu
This email was sent by the University of Colorado
[Manage your email preferences](#) | [Update your contact information](#)

Your CU ID:003f400000mHxRGAA0