Comparing health plan costs and coverage for 2026[1]

Colorado snowpack tells a troubling story for water and wildfire in the West [2]

Why?people?run?marathons—and why any type of cardio is good for you [3]

UCCS earns First Generation-Serving Institution designation for second year in a row [4]

CU Anschutz earns top U.S. News rankings for nursing, medicine, pharmacy and public health in 2026[5]

Call for proposals: Accessing Higher Ground 2026[6]

Accessing Higher Ground 2026, presented by AHEAD, and in partnership with ATLAS at CU Boulder, is now accepting proposals for its 29th annual conference in Denver. Submission deadline is April 29.

The Accessible Media, Web and Technology Conference[7] is set for Nov. 16-20 at the Hilton Denver City Center.

Topic areas:

· Accessible media

· Universal Design

· Best practices for web and media development

· Accessible curriculum

· Alternate format

· Artificial Intelligence

· Legal and policy issues, including ADA and 508 compliance

· Evidence-based research

· Teaching about accessibility in curriculum

· Other topics related to accessibility in higher education and other environments, including campus-wide or business-wide accessibility initiatives

View last year's sessions in calendar[8] or list format[9] to get a sense of the typical agenda and range of topics.

Besides one- and two-hour main conference sessions, organizers are also looking for three-hour or six-hour preconference proposals. (Preconference speakers receive additional discounts on conference fees. Contact the conference organizer[10] for more details).

Use the online speaker proposal form[11] to submit your proposal. Additional speaker information can be found on the AHG website[12].

Discounts:

· Out of state speakers receive a 10% discount on registration.

· CU campus community members receive an additional 5% discount. CU Boulder, because it is an AHEAD member, is eligible for a 10% discount.

· Preconference speakers receive 50% discount for three-hour sessions and 100% waiver for full-day workshops.

If you have any questions about proposal submission, contact Howard Kramer at 720-351-8668 or by email: hkramer@colorado.edu[13]

Conference URL: http://accessinghigherground.org/[14]

Controller's office offers Continuing Professional Education courses[15]

The Office of University Controller (OUC) provides no-cost professional development through its Continuing Professional Education Program.

Courses, offered online and in person, cover a variety of topics and are open to all CU employees.

If you are a CPA, these courses are eligible for CPE credit.

For a listing of upcoming April and May courses and registration links, please visit https://www.cu.edu/controller/schedule-and-registration[16].

Federal update: government funding, college sports EO, more[17]

From April 10, this update from CU Federal Relations and Counsel includes information on Government Funding, College Sports EO, NIH Indirect Cost Case, and IPEDS ACTS Data Collection Pause.

Click here to read the post.[18]

From April 8, this update from CU Federal Relations includes information on the FY 27 President's Proposed Discretionary Budget Request.

Click here to read the post.[19]

For the latest communications and federal memos, please visit the CU System Federal Updates and Actions[20] page.

Blackburn announced as inaugural Entrepreneurship Scholar Program grant recipient [21]

CU Anschutz Chancellor's Outstanding Staff Awards debut [22]

Mei-Dan to lead international extreme sports medicine event[23]

Omer Mei-Dan, M.D., orthopedics professor in the School of Medicine, is set to lead the Fifth International Extreme Sports Medicine Congress[24], organized and hosted by CU Sports Medicine.

The June 5-6 event in Park City, Utah, will bring together leaders in sports medicine – including physicians, PAs, PTs, ATCs and researchers – from across the globe.

"This event is unique in that it is the only conference globally dedicated specifically to adventure and extreme sports medicine, approached from a truly multidisciplinary perspective," Mei-Dan said. "It is not limited to orthopedics, physiology or physical therapy alone, but instead brings together expertise across multiple specialties."

The two-day program will explore topics on common injuries associated with extreme sports, personality and psychology of extreme sport athletes, cutting-edge research of endurance performance, endocrine stress reactivity, genetics in adventure athletes, surgical intervention and sports-associated trauma, prevention and rehab of the extreme sports athlete, near misses and fatalities, and environmental considerations.

Physicians, allied health care providers and anyone interested in treating the extreme sports athlete is invited to attend. In-person and virtual registrations options are available.

Mei-Dan serves as host of the conference, which he originally developed and established in 2014. A few years ago, he brought on the University of Utah's Aaron Provance, M.D., as co-host.

"Our faculty includes leaders who run statewide avalanche programs, direct search and rescue operations, and serve as physicians for U.S. and international Olympic teams, both winter and summer sports," Mei-Dan said. The conference also has strong representation from CU, with over a dozen faculty members across multiple subspecialties, including Jay Lemery, M.D., professor of emergency medicine, environmental medicine and a NASA consultant.

How a CU professor is helping to preserve the Arapaho language[25]

CU Boulder's Hellems building reopens after $105.2M renovation[26]

As new teacher training options develop, workforce gaps begin to close[27]

Links
[1] https://connections.cu.edu/spotlights/comparing-health-plan-costs-and-coverage-2026[2] https://connections.cu.edu/stories/colorado-snowpack-tells-troubling-story-water-and-wildfire-west[3] https://connections.cu.edu/stories/why-people-run-marathons-and-why-any-type-cardio-good-you[4] https://connections.cu.edu/stories/uccs-earns-first-generation-serving-institution-designation-second-year-row[5] https://connections.cu.edu/stories/cu-anschutz-earns-top-us-news-rankings-nursing-medicine-pharmacy-and-public-health-2026[6] https://connections.cu.edu/stories/call-proposals-accessing-higher-ground-2026[7] https://accessinghigherground.org/[8] https://accessinghigherground.org/schedule-2025/[9] https://accessinghigherground.org/accepted-sessions-ahg-2025/[10] mailto:hkramer@ahead.org?subject=AHG%20speaker%20proposal%20question[11] https://accessinghigherground.org/speaker-proposal-form/[12] https://accessinghigherground.org/speaker-information-2026/[13] mailto:hkramer@ahead.org[14] https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Faccessinghigherground.org%2F&data=05%7C02%7Cjay.dedrick%40cu.edu%7Cf255d9f6cc7540bad9a608de951dd258%7Ce889e28f74d447f287e853732cbbe7ec%7C0%7C0%7C639112152499759615%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%

[15] https://connections.cu.edu/stories/controller-s-office-offers-continuing-professional-education-courses[16] https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cu.edu%2Fcontroller%2Fschedule-and-registration&data=05%7C02%7Cjay.dedrick%40cu.edu%7Cf06b1822288f4dd2b4a808de942339ef%7Ce889e28f74d447f287e853732cbbe7ec%7C0%7C0%7C639111076183730664%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=dqLdC4hAM0pBb8pX4lNYNNiWQkzWbol%2B%2BmHEG5eHCcQ%3D&reserved=0[17] https://connections.cu.edu/stories/federal-update-government-funding-college-sports-eo-more[18] https://www.cu.edu/blog/government-relations/federal-government-update-41026[19] https://www.cu.edu/blog/government-relations/federal-update-fy27-president%E2%80%99s-proposed-discretionary-budget-request[20] https://www.cu.edu/office-government-relations/federal-relations/federal-updates-and-actions[21] https://connections.cu.edu/people/blackburn-announced-inaugural-entrepreneurship-scholar-program-grant-recipient[22] https://connections.cu.edu/people/cu-anschutz-chancellor-s-outstanding-staff-awards-debut[23] https://connections.cu.edu/people/mei-dan-lead-international-extreme-sports-medicine-event[24] https://medschool.cuanschutz.edu/orthopedics/clinical-services/sports-medicine/extreme-sports/international-extreme-sports-medicine-congress-2026[25] https://connections.cu.edu/itn/how-cu-professor-helping-preserve-arapaho-language[26] https://connections.cu.edu/itn/cu-boulder-s-hellems-building-reopens-after-1052m-renovation[27] https://connections.cu.edu/itn/new-teacher-training-options-develop-workforce-gaps-begin-close