Staff Council looks for two-way communication with Board of Regents, Health Trust[1]

Ways in which to develop effective two-way communications with the University of Colorado Board of Regents and the Health and Welfare Trust were main discussion topics at the CU Staff Council's regular Dec. 12 meeting.

Regent Michael Carrigan, chair of the board, sent a letter dated Dec. 10 to governance groups at the university, asking them to help inform the university community about board activities.

The letter said: "While our meetings receive select coverage externally in the media and internally in CU Connections, that coverage does not always explain in detail the board's discussion or direction or capture the nuance of a particular issue. Additionally, in conversations with people across the university, including governance groups, we have found that there is a distinct lack of meaningful information about the board's activities, which can lead to rumors and inaccurate information. To remedy that, we are developing a communication from the board that will detail the significant decisions we reach and issues we address.

"After each board meeting, we will send you the communication and ask that you distribute it among your membership. Likewise, we hope you will take the opportunity to share your perspective on the board's activities with your membership and read CU Connections. Among us, we believe we can better inform the university community about the significant actions the board takes and the issues it discusses," the letter continued.

Council chair Deserae Frisk said that at the Dec. 3 Regents meeting, she reported on Staff Council's discussion about the dissolution of UBAB (University Benefits Advisory Board) by President Bruce D. Benson. She also told the regents that some staff members had compared the move to the defunding of the Silver and Gold Record, the former faculty and staff newspaper that staff members felt challenged the administration.

"I think it is interesting that they now are trying to have more direct communications with us," Frisk said.

The Boulder Staff Council also discussed the letter at its meeting a day earlier and questioned whether the board wants "a dialogue, a two-sided conversation as Carrigan mentions, or do they want it to be more of a monologue where they are essentially more proactive in providing information about their meetings," said Erin Foster.

Frisk – who attends regent meetings, where she reports to the board on staff issues – said she believes the board wants to accomplish both: "The regents are receptive and are willing to talk about issues and listen, so I think there is opportunity for a two-way engagement, but I also think this is their attempt to make sure that their version of what happened is out there."

Last year, the regents requested that at their meetings, governance boards offer short verbal reports but prepare and submit longer, more detailed concerns on paper.

Foster said this would be a good time to clarify how feedback from staff could be received by the board.

"This is a nice bridge to that conversation. In my experience, when we are able to see more transparent information, the staff tends to have more questions and more feedback," she said. "I think it would be really important for us in our role as staff leaders to clarify how we can have this dialogue when it's appropriate. When information needs to flow the other way, how will this happen?"

Frisk said she will draft a letter to Regent Carrigan asking how the board would like to handle feedback from individual campuses and the university Staff Council.

Council members also discussed the ramifications of the loss of UBAB.

"People are really worried that because UBAB is not there anymore, (staff) doesn't have direct communication with the Trust," he said. "It behooves us to address that and let people know there is representation, communication and some oversight. What is the best way for us to communicate with the Trust?"

Lisa Landis, assistant vice president of employee services, reminded the council that E. Jill Pollock, vice president of employee and information services, recommended that a committee be formed to act as one voice to filter communications to the Trust. However, she said, the Trust always solicits feedback from individuals. She also reminded council members that staff has representatives on the Trust at the vice-presidential level.

“We may not be the experts that UBAB claimed they were, and we may not have somebody who knows the ins and outs of the insurance world,” said Tricia Strating. “But we can at least be the mediator or facilitator between administration and staff, and get answers for people who do have questions.”

Staff council voted to form an ad hoc committee to address the concerns. The committee, composed of one member from each campus and system administration, will hold its first meeting in January.

In other matters:
Council members plan to prepare a systemwide staff survey to identify issues of concern and other items of interest. Tricia Strating reported that the university’s new website launch has been delayed until the winter; the delay affects the launch of the new Staff Council website. Members had hoped to use the site to solicit nominations for the annual Service Excellence Awards, which honor one staff member from each campus.

Fetal surgery, integrated care bring hope to families[2]

[3]

Finding out before birth that a baby has a health problem is a parent’s worst nightmare. Spina bifida, congenital disorders, shared placenta in twins – until recently these diagnoses and myriad others have left parents and obstetricians feeling helpless. But now there is help and hope. The Colorado Institute for Maternal and Fetal Health[4] (CIMFH) at the CU Anschutz Medical Campus provides an advanced, integrated approach to treating moms and babies leading up to and beyond birth, including surgery on the fetus while still in the womb.

Tim Crombleholme, M.D., surgeon-in-chief at Children’s Hospital Colorado Maternal and Fetal Medicine Program

Tim Crombleholme[6], M.D., surgeon-in-chief at Children’s Hospital Colorado Maternal and Fetal Medicine Program, said the cutting-edge approach to medicine is unique and in high demand.

“The capabilities of this program are available only in four centers throughout the world, and CU is one of them,” Crombleholme said. “It’s grown out of the need for obstetricians to make a diagnosis, but then if you make the diagnosis do you really have to wait until the baby is born? By the time the baby is in the newborn nursery … the damage is already present.”

The institute brings together specialists in all areas of care.

“When we do these procedures, there are as many as 30 people in a room, including the adult specialists and pediatric specialists,” Crombleholme said.

Before the procedures, “the institute holds integrated meetings with all the sub-specialists sitting at the table discussing what it means from their perspective: the cardiologist, the obstetrician, the geneticist, the surgeon,” he said. “Together, they work out a recommendation to present to the family.”

Jim Shmerling, chief executive officer at Children’s Hospital Colorado, introduced the institute to the CU Board of Regents earlier this month.

“This was a very special program and it was the vision of the (University of Colorado School of Medicine), University

Hospital and Children's Hospital Colorado to really achieve something that wasn't being done," Shmerling said.

University of Colorado Hospital and Children's Hospital Colorado developed the strategic plan in 2011 and Crombleholme was recruited that year. "There are only a handful of people in the world – certainly fewer in the country – who can do this type of procedure," Shmerling said.

Crombleholme founded the Center for Fetal Diagnosis and Treatment at The Children's Hospital of Philadelphia and the fetal care program at the Cincinnati Children's Hospital Medical Center and is a pioneer in fetal surgery.

"He was impressed with the people he met and the program. We were very fortunate to recruit him as surgeon-in-chief and the head of this program," Shmerling said. "We plan to keep him here for the duration."

The institute is receiving referrals from across the country and around the globe without having advertised the services. In 2011, there were 3,026 CIMFH deliveries at University of Colorado Hospital. In 2013, the unit expanded to 24/7 operations, so that number is projected to be more than 33,000.

Crombleholme said that although the cost for in utero surgery and maternal and fetal care is substantial, it saves a great deal more in the long run in reduced health-care needs as the children thrive.

[7]

CU-Boulder faculty member receives Excellence in Leadership Award[8]

Diane Sieber and JoAnn Zelasko at the ELP Award Lunch. (Photo: David Sprouse/University of Colorado)

Diane Sieber, Ph.D., associate dean for education in the College of Engineering and Applied Science at the University of Colorado Boulder, was honored with the annual Excellence in Leadership Award given by the systemwide Excellence in Leadership Program (ELP).[10]

Sieber, a President's Teaching Scholar.[11] received the award during the annual ELP lunch and lecture, attended by 125 program participants and others Nov. 8 at the Brown Palace in Denver.

JoAnn Zelasko, assistant dean for administration at the college, introduced Sieber as "truly a 21st century leader." Sieber's CU career includes serving as co-director of the ATLAS Institute from 2000-2007, then directing the Herbst Program of Humanities in Engineering for five years. Before joining the engineering faculty, Sieber, who grew up in Spain, was an associate professor in the Department of Spanish and Portugese.

"CU is welcoming of people like me who change careers every 10 years," Sieber said.

Such work life evolution was a topic of the lunch's lecture, delivered by Joseph F. Coughlin, Ph.D., director of the Massachusetts Institute of Technology AgeLab[12]. He researches the effects of demographic change, social trends and technology on consumer behavior, business innovation and public policy around the world.

The event was sponsored by TIAA-CREF Financial Services[13], and also featured remarks from Connie Weaver, the firm's chief marketing officer; E. Jill Pollock, vice president, Employee and Information Services, CU; and Janet Lowe, director of Employee Learning and Development, CU.

Bedtime for toddlers: Timing is everything, says CU-Boulder study[14]

CU-Boulder researchers studied how physiology and environment affect sleep difficulty for toddlers. (Photo: Zach Ornitz/University of Colorado)

The bedtime you select for your toddler may be out of sync with his or her internal body clock, which can contribute to difficulties for youngsters attempting to settle in for the night, according to a new University of Colorado Boulder study.

The study pinpointed the time when the hormone melatonin increased in the evening, indicating the start of the biological night, in a group of 14 toddlers whose sleep also was studied over the course of six days. The study showed that toddlers with later melatonin rise times took longer to fall asleep after being put to bed, said CU-Boulder assistant professor Monique LeBourgeois.

“There is relatively little research out there on how the physiology of toddlers may contribute to the emergence of sleep problems,” said LeBourgeois, a faculty member in the integrative physiology department who led the new study. “Sleeping at the wrong ‘biological clock’ time leads to sleep difficulties, like insomnia, in adults.”

While adults get to choose their own bedtime, toddlers rarely have this option, said LeBourgeois. “This study is the first to show that a poor fit between bedtimes selected by the parents of toddlers and the rise in their evening melatonin production increases their likelihood of nighttime settling difficulties,” LeBourgeois said.

The findings are important because about 25 percent of toddlers and preschoolers have problems settling after bedtime, LeBourgeois said. Evening sleep disturbance can include difficulties falling asleep, bedtime resistance, tantrums and episodes known as “curtain calls” that manifest themselves as calling out from bed or coming out of the bedroom, often repeatedly, for another story, glass of water or bathroom trip, she said.

Toddlers with longer intervals between the onset of nightly melatonin release and their subsequent bedtimes were shown to fall asleep more quickly and had decreased bedtime resistance as reported by their parents, according to the study.

A paper on the subject was published this month in the journal Mind, Brain and Education. Co-authors included University Children’s Hospital Zurich Director of Child Development Oskar Jenni and CU-Boulder associate professor Kenneth Wright Jr. The National Institute of Mental Health funded the study.

Sleep problems in early childhood are predictive of later emotional and behavioral problems, as well as poor cognitive function, that can persist into later childhood and adolescence. In addition, parents of young children with sleep problems often report increased difficulties in their own sleep patterns, which can cause chronic fatigue and even marital discord, she said.

“A natural next step is to optimize our knowledge of the interactions between physiology and the environment to further understand how problems like bedtime resistance first develop and how they are maintained,” LeBourgeois said.

Research in adolescents and adults has shown that exposure to light in the evening can delay the timing onset of melatonin. Whether the later rise of melatonin in some toddlers can be pushed to an earlier time by restricting evening light or by increasing morning light exposure is a question still to be answered, she said.

“We believe that arming parents with knowledge about the biological clock can help them make optimal choices about their child’s activities before bedtime, at bedtime, and his or her sleeping environment,” LeBourgeois said.

For the study, the research team recruited 14 families in Providence, R.I., each of which had a child between age 30

months and 36 months who slept at least 10.5 hours nightly and took a daytime nap of at least 45 minutes. Saliva samples containing the children's melatonin levels were collected every 30 minutes over a six-hour period on one evening before bedtime.

Melatonin onset times varied among the 14 toddlers studied, which means the "hands" on the individual body clocks told each to be prepared to sleep at different times in the evening, she said.

Saliva was collected by having toddlers chew on dry dental cotton rolls, which were then "spun" onsite in a small centrifuge. The task of getting numerous saliva samples from a child during a single evening requires a team of three researchers called "sleep fairies" experienced at make-believe games, reading and crafts.

Because light suppresses melatonin levels, saliva samples were collected in families' homes after they were converted into "caves" of sorts by covering the windows with dark plastic, installing dimmer switches and using low-watt light bulbs.

The average evening melatonin onset for the toddlers occurred at roughly 7:40 p.m., which occurred about 30 minutes before parent-selected bedtimes, LeBourgeois said. On average, the toddlers fell asleep about 30 minutes after bedtime. "It's not practical to assess melatonin levels in every child," LeBourgeois said. "But if your child is resisting bedtime or having problems falling asleep, it is likely he or she is not physiologically ready for sleep at that time."

The study showed several toddlers who were put to bed before their rise in melatonin took 40-60 minutes to fall asleep. "For these toddlers, lying in bed awake for such a long time can lead to the association of bed with arousal, not sleep," she said. "This type of response may increase children's lifelong risk for insomnia over time."

The toddlers wore special wristwatches to measure activity, allowing the researchers to objectively assess their sleep. They also collected subjective data from parents on their toddlers' bedtime resistance and ease or difficulty falling asleep.

A 2012 study led by LeBourgeois indicated toddlers show more anxiety, less joy and interest, and a poorer understanding of how to solve problems when they missed their regular afternoon nap versus when they napped. These results suggested that children who miss out on needed sleep don't benefit from positive life experiences and have problems coping with day-to-day challenges.

LeBourgeois currently has 10 undergraduates working in her CU-Boulder lab. "The contributions of students to the research done in my lab are enormous," she said. "They not only perform the majority of data collection, but also participate in analyzing, interpreting and presenting our results to the scientific and lay communities. Their love of science, discovery and working together as a team continually inspires me."

Housekeepers show powerful desire to learn[16]

Graduates of "Introduction to Computer Basics" pose with their certificates and program founder (sitting in front with tie) Andres Lema-Hincapie.

Tears gathered in the corners of Fabiana Martinez's eyes when she expressed her gratitude for Maricela Reyes, the student who showed her how to operate a computer.

"I'm an older person and I thought I was never going to learn," Martinez said. "I was scared of computers, but now computers are afraid of me."

If education is about lighting candles, Andres Lema-Hincapie, Ph.D., sparked a bonfire of sorts when he invited Auraria Campus housekeepers to sit and learn about computers, English and take in a classic movie or two.

Lema-Hincapie watched 22 of his adult pupils -- all members of the custodial staff in the Plaza Building where he teaches in the Department of Modern Languages -- graduate from a 16-week class "Introduction to Computer Basics." A festive ceremony, complete with graduation certificates, took place Dec. 11 in the Modern Languages offices.

"It's paradoxical that, being at a higher-education institution, we had people working and not having the basic tools regarding technology," Lema-Hincapie said. The native Colombian is doing his best to end that paradox.

"They are now connecting through Facebook with their families and friends," Lema-Hincapie said. "Their lives are changing."

Last year, he won a CU System Diversity and Excellence Grant for the project to provide education to the housekeepers, many of whom struggle with English. Lema-Hincapie calls the university a "knowledge adventure," and he wanted to open the adventure to those who, somewhat invisibly, toil in the halls of higher education.

Three students in Modern Languages volunteered as tutors -- Reyes, a senior undergraduate, and Ashley Haines and Steve King, both graduate students in Spanish. Olga Gavara served as the program coordinator.

"Having no formal training as teachers, we didn't know what to expect," Haines said. "It was a great experience developing a curriculum and teaching them. They were all really eager to learn, which was very helpful to us."

Reyes said the learning was reciprocal. "We taught them and they taught us," she said. "We've been able to bring out skills that we probably didn't know we had -- like leadership skills that came out and were strengthened."

All of the student tutors said they'd love to participate in the program again. And the students' love of learning has just begun. "It was wonderful," said Angelica Reaves, a housekeeper. "Thank you so much to my tutors. This is a start."

Lema-Hincapie said 60 of the the 80 Auraria Campus housekeepers would benefit from this tutorial program. Regardless of whether he receives more funding -- he has applied for another Diversity and Excellence Grant -- the professor plans to continue offering basic computer courses to the housekeepers.

"We can't let them down," he said.

Martinez wants to continue learning, and she can't wait to turn on her own computer. "This really opens a lot of windows for us -- a lot of opportunities," she said. "We're not scared now. We can do what other people do."

Tutor Ashley Haines stands with graduates of "Computer Basics" Angelica Reaves, left, and Blanca Gastulo, right.

Tutor Ashley Haines stands with graduates of "Computer Basics" Angelica Reaves, left, and Blanca Gastulo, right.
Tutor Ashley Haines stands with

Tutor Maricela Reyes, far left, stands with students Fabiana Martinez, third from left, and Blanca Gastulo, far right; unidentifed student stands second from left.

Program prioritization, budget discussions dominate forum[20]

Chancellor Pam Shockley-Zalabak explains details of program prioritization during a Dec. 10 forum. (Photo: Thomas

Hutton/University of Colorado)

With a backdrop of some of the best state government budget news in a decade, Chancellor Pam Shockley-Zalabak outlined a UCCS process for program prioritization report during a Dec. 10 all-campus forum.

Shockley-Zalabak emphasized that faculty and staff will be included in a comprehensive, data-intensive review of all degree-granting and non-degree-granting programs. The processes will be different, though similar, in that there will be multiple levels of reviews and broad consultation with departments and units. She also emphasized the goal of the reviews is not to eliminate programs or positions.

“The fundamental structure of funding public higher education is changing,” Shockley-Zalabak said. “If we do not begin to look at what we do, and how we allocate our resources, we will not be able to be financially sustainable with excellence in the future.”

While the CU Board of Regents-directed program prioritization effort is new, Shockley-Zalabak emphasized that reviewing processes and looking for improvement is not. Funding cuts and enrollment growth in the last decade have required UCCS to operate carefully and plan accordingly. Program Prioritization is a process that builds on the efforts of the past several years and looks toward the future.

There are 56 degree-granting and 58 non-degree-granting programs that will be evaluated during the spring semester. Data points will vary between the two groups but will revolve around information that is already collected and available. Examples cited included financial sources and uses statements, number of students, number of faculty, number of staff, numbers of majors, students enrolled, graduation rates and student pass rates on professional exams.

Brian Burnett, senior executive vice chancellor, Administration and Finance explains details of the UCCS budget during a Dec. 10 forum. (Photo: Thomas Hutton/University of Colorado)

The final metrics are under discussion and data collected will be reviewed by departments for accuracy prior to submission. Departments will also be expected to provide a narrative about the challenges they face, how they connect to the UCCS Strategic Plan, undeveloped opportunities and future direction. The final product will be evaluated by multiple levels of teams that include a cross-section of campus. Staff and faculty governance groups will be asked to nominate individuals to serve on review committees prior to final review by the campus leadership team. The committees will be active early in the spring semester with the goal of producing a report for the April regents meeting.

Brian Burnett, senior executive vice chancellor, Administration and Finance explains details of the UCCS budget during a Dec. 10 forum.

Budget Outlook

Before the discussion of program prioritization, Brian Burnett, senior executive vice chancellor, Administration and Finance, provided an overview of the $187 million campus budget and preliminary recommendations by Gov. John Hickenlooper. In Colorado, the governor recommends budget allocations to members of the Joint Budget Committee, which prepares an appropriation bill for vote by the Colorado General Assembly.

Though early in the process, Burnett highlighted Hickenlooper recommendations for increased funding to higher education including an 11 percent increase in operating funds, increases in student financial aid and merit scholarships, salary increases for classified staff members and funding for a Visual and Performing Arts building on North Nevada Avenue. Tuition increases are expected to be less than 6 percent.

“The state is recovering, despite flooding, rain, hail, fires, everything,” Burnett said.

Related articles:

Governor's budget proposal leaves chancellor cautiously optimistic[23]

Expanded budget reviews begin program prioritization process[24]

School of Public Health to gain from $1.5 million in grants from four Colorado foundations[25]

Local Colorado foundations signaled ongoing support for improved community health with the announcement of a new, collaboratively funded grant to the Colorado School of Public Health.

The Caring for Colorado Foundation, Colorado Health Foundation, Colorado Trust and Rose Community Foundation collaborated to donate $1.5 million to expand the School of Public Health's academic-community partnerships.

"Our ongoing partnership with the local health foundations, and their recent investment, enables us to continue supporting the health of our communities," said David Goff Jr., M.D., Ph.D., dean of the Colorado School of Public Health.

The grant will provide support to accelerate the school's move to online education for rural health professionals, build community health improvement capacity in response to the Affordable Care Act, and provide a forum for discussion on pressing public issues.

"The Colorado School of Public Health is an important partner in training Colorado's public health work force and it represents a model of academic collaboration among three outstanding Colorado universities. The School of Public Health's efforts are well worth this investment," said Chris Wiant, MPH, Ph.D., president and CEO of Caring for Colorado Foundation.

The school plans to report on the grant's activities, including highlights of community activities, through the Center for Public Health Practice, publichealthpractice.org[26].

Horton shares research on migrant children's oral health[27]

[28]
Sarah Horton, assistant professor in anthropology at CU Denver's College of Liberal Arts and Sciences, presented the result of her research on Oct. 4 at the University of North Carolina Chapel Hill conference "Comparing Approaches to Health Inequalities and Justice: A Dialogue on Theory, Method, and (Inter)-Disciplinarity."

Horton's presentation focused on what ethnography can contribute to the study of Latino migrant children's oral health. Horton has dedicated herself, her career, and her research to investigating the ways for many demographics to seek care abroad. This dedication is demonstrated not only through her recently presented research, but also by her travels to Mexico, as discussed in this article[29].

Baker, Frew chosen as associate fellows[30]

Two CU-Boulder faculty members **– Dan Baker,** a professor at the Laboratory for Atmospheric and Space Physics (LASP), and **Eric Frew,** associate professor of Aerospace Engineering Sciences – recently were selection as American Institute of Aeronautics and Astronautics (AIAA) Associate Fellows.

Baker and Frew, as well as 163 other inductees from around the world, will be honored at the AIAA Associate Fellows Dinner on Jan. 13 at the Gaylord National Harbor Hotel and Convention Center, National Harbor, Maryland, in conjunction with the AIAA SciTech Forum.

“The individuals comprising this year’s class of Associate Fellows represent outstanding achievement and leadership in the international aerospace community. Each can be very proud of their accomplishments, and their admittance to the rank,” said AIAA President Mike Griffin. “Their creativity, ingenuity and relentless pursuit of excellence have ignited the spark of progress within our community, and each helps make our world better for all humanity.”

To be selected for the grade of Associate Fellow, an individual must be an AIAA Senior Member, have at least 12 years professional experience, and be recommended by a minimum of three current Associate Fellows.

Baroway elected president of CPCU leadership council[31]

[32]
Cindy Baroway, a lecturer in the risk management and insurance program in the Business School at CU Denver, was elected as the 2013-14 president and chair of the Chartered Property Casualty Underwriter Society (CPCU) leadership council at the CPCU Society Annual Meeting on Oct. 27 in New Orleans. The CPCU Society provides resources, educational programs and leadership opportunities for its 23,000 members in the property and casualty insurance industry.

Baroway is the president of Lakewood City Council, the fifth largest city in Colorado. In her role, she manages council communication and helps set strategic policies that reflect the needs of the entire community.

Before becoming a city councilor, Baroway spent a majority of her career in the claims sector of the insurance industry at Safeco Insurance Company, Nationwide Insurance and CIGNA Insurance Company. After 15 years of successive leadership positions, she formed her own expert witness firm. More recently, she began focusing on educating other insurance professionals, as both the insurance education program director of the Colorado Chapter of the CPCU Society and an adjunct faculty member and lecturer at the Community College of Aurora and the UC Denver.

Neu, Hensley honored by Journal of Maternal Child Nursing[33]

Hensley

Neu

Two colleagues at CU Denver’s College of Nursing have won awards for articles written in the past year.

Jennifer Hensley's article, "Choriocarcinoma in a Term Pregnancy," was chosen as the American Journal of Maternal Child Nursing (MCN) Practice Paper of the Year for 2013.

Madalynn Neu's article, "Influences of Holding Practices in Preterm Infant Development," was chosen as the American Journal of Maternal Child Nursing (MCN) Research Paper of the Year for 2013. Both awards were chosen by the editorial board of MCN, which reviews all of the practice articles for the year before voting for the winner.

Chin, Parker present at GSA annual meeting[36]

Parker and Chin

Anne Chin, a professor of geography at CU Denver's College of Liberal Arts and Sciences, and graduate student **Anna Parker** presented their research on the impacts of the Waldo Canyon Fire on mountain river channels at the annual meeting of the Geological Society of America in Denver in October.

In conjunction with their collaborators, Chin and Parker presented data and analysis showing dramatic geomorphological and ecological changes within river channels in the burn area following a series of recent summer storms. The project is sponsored by a RAPID grant from the National Science Foundation and augmented by a CLAS CRISP award and faculty development grant from CU Denver's Center for Faculty Development.

Graduate students Jonathan Key and Kim Conway and undergraduate students Thomas Horner, Megan Krysiak, and Corine Roberts-Niemann contributed field and laboratory assistance.

In memoriam[38]

Names of current and former University of Colorado faculty and staff who have died in recent weeks. List compiled by Employee Services.

CU-Boulder
C. Lawson Crowe, 85, faculty retiree. Nov. 30, 2013. **Esther B. Falk,** 88, classified staff retiree. Nov. 30, 2013.
UCCS
Edward B. Oppermann, 83, faculty retiree. Nov. 22, 2013.
CU Denver
Merle E. Whipple Jr., 65, classified staff. Dec. 4, 2013.
CU Anschutz Medical Campus
Robert B. Rutherford, 82, faculty retiree. Nov. 23, 2013.

State of Slim Campus Challenge begins in January[39]

Join your colleagues for the State of Slim Challenge and have an opportunity to win at least $2,500.

The Campus Challenge features the Colorado Diet, an effective and proven way to reignite, rebuild and reinforce your body's fat-burning engines so you develop a mile-high metabolism.

The challenge is only available to all Anschutz Medical Campus entities and all CU employees/students, and runs from Jan. 27 through May 18.

How the 16-week State of Slim Challenge works:
If you are an Anschutz Medical Campus or CU employee, simply register by calling 303-724-9030 or 303-724-9355 (WELL), or in person at the Anschutz Health and Wellness Center (AHWC) or designated weigh-in locations and times which can be found at: www.anschutzwellness/challenge[40] You will be eligible to win a minimum of $2,500, maximum of $5000 per person. Criteria to win includes: percentage of body weight loss, an "after" photo and a submitted essay on your transformation. Restrictions apply; there will be one male and one female winner announced after the completion of the program. Prize money is taxable.
Program includes:
A "State of Slim" book by James O. Hill, Ph.D., and Holly R. Wyatt, M.D., to guide you through the 16-week Colorado Diet program. Weigh-ins and "before" photos will be taken Jan. 10-24 at AHWC, and on designated days (dates and times available at www.anschutzwellness.com/challenge[41]) at CU, Children's Hospital Colorado and University of Colorado Hospital. Five group educational lectures by Hill, Wyatt and other experts from AHWC (5:30 p.m – 6:30pm at Hensel Phelps). See schedule at www.anschutzwellness/challenge[40] Three Q&A sessions with Wyatt and Hill, where optional weigh-ins will take place at Hensel Phelps. Two State of Slim Phase I and II cooking demonstrations, 5:30 p.m. Feb. 4 and March 11. Ask the State of Slim specialists from 4:30 to 6 p.m. Wednesdays in January at Anschutz Health and Wellness Center "After" photos and final weigh-ins in May Webpage for tips, suggestions and support networking
Entry fee is $99; fitness membership available as an add-on: Join for $20.14 and pay no dues until February.

Weight Watchers offers game plan for holiday season[42]

Do you aim to maintain your weight over the holiday? The Be Colorado Weight Watchers benefit and the WeightWatchers.com Community have tips to help keep you on the path to success.

If you want to start the New Year without feeling like you're starting over, you can. The first thing you need is a positive attitude, says Dianne Siegelbaum, a New York-based meetings Leader. The second thing you need? A plan.

1. Plan each day
"Face the season in a highly organized manner," says New York Weight Watchers leader Liz Josefsberg. "There shouldn't be a day where you don't mentally and physically plan the way that you're going to attack that day." Have an overall goal for your holiday season weight management, and remember to weigh yourself weekly. Understand that a weight gain one week does not mean failure.

2. Offer to cook
Bring your own dish to share at your next holiday party and make sure it's free of any of the ingredients you've committed to avoid. "I will know exactly what goes into 95 percent of the holiday dishes I serve," says WeightWatchers.com Community user JULES1012.

3. Keep track
Write down what you're eating, even if you overdo it.

4. Plan for treats
Designate PointsPlus values for the cookies at the office and for the shared treats from coworkers. "The holidays are a preparation battle," Josefsberg says, "because there are so many surprises. You have to constantly be on top of your game."

5. Add activity
By exercising, you can earn extra PointsPlus values for the things you want to eat. Plus, it helps to get some fresh air. "Any time I exercise, I feel that urge to continue eating well because I don't want to ruin what good I've done," offers JULES1012.

6. Bring food with you when shopping
If you find yourself hungry at the mall or in a department store, it can throw you off to not be able to find anything other than chocolate and fast food. Pack something healthy ahead of time so you can snack while you shop.

7. Don't go to your holiday party hungry
Follow the advice of the WeightWatchers.com Community: Fill up on fresh veggies (watch out for the dip); drink a glass of water for every alcoholic drink you have; take tiny portions; and if you crave something, eat it. Otherwise you will splurge.

8. Give yourself some credit
"Applaud yourself for deciding this year will be different," says Dianne Siegelbaum, another New York-based Weight Watchers leader. "When it comes time to make that New Year's resolution, you will already be on your way to a healthier and happier springtime." And reward yourself, too! Find non-food-related rewards that you can treat yourself to for every pound lost.

People who stay within sight of their weight-loss and weight management goals — in one way or another — are the people who eventually attain their goals. Figuring out what's different and more difficult about managing weight during the holidays helps you strategize how to work through it. Follow these steps to realize what your holiday weight-related challenges are and overcome them.

Click here[43] for pricing, FAQs and more information on the Be Colorado Weight Watchers benefits.

To purchase Monthly Pass or Weight Watchers Online, visit wellness.weightwatchers.com[44]

University of Colorado Employer ID: **66127**

University of Colorado Employer Passcode: **WW66127**

For questions about the Be Colorado Weight Watchers benefit, contact questions@becolorado.org[45].

Colorado Diet group classes offered at Anschutz Health and Wellness Center[46]

Ready to lose that extra weight and finally live in a "state of slim"?

Fix your metabolism and drop 20 pounds in just the first 8 weeks with the Colorado Diet. The Anschutz Health and Wellness Center (AHWC) offers State of Slim group weight loss classes starting in January. Times and starting dates for the 16-week classes:
5:30-7:30 p.m. Jan. 14 (sold out but accepting wait list) Noon-1 p.m. Jan. 22; fitness portion noon-1 p.m. Jan. 23
5:30-7:30 p.m. Jan. 22
Classes include the "State of Slim"[47] book, by James Hill, Ph.D., and Holly Wyatt, M.D., weekly educational instruction, weekly group exercise and two cooking demonstrations.

Class size is limited to 20 participants. Price is $679.

Ensure you stay on track with a fitness membership: State of Slim group class participants receive waived assessment fees and waived January dues at the AHWC, available only Jan. 1-31.

For more information or to register, contact the AHWC at 303-724-9030 or visit http://www.anschutzwellness.com/wellness-services/weight-management/colorado-diet/colorado-diet-group-classes [48].

CU Connections holiday publication schedule: No new issues Dec. 26, Jan. 2[49]

CU Connections will not publish new issues on Dec. 26 and Jan. 2.

Deadline for submissions for the Jan. 9 issue is noon Friday, Jan. 3.

Over the holidays, the website will be updated with news should events warrant.

CU-Boulder to fly antibiotic experiment, education project on ants to space station[50]

The International Space Station (Photo courtesy NASA)

A University of Colorado Boulder research center will launch two payloads aboard Orbital Sciences Corp.'s commercial Cygnus spacecraft to the International Space Station on Dec. 18, including a biomedical antibiotic experiment and an educational K-12 experiment involving ant behavior in microgravity.

BioServe Space Technologies, a NASA-funded center in CU-Boulder's aerospace engineering sciences department, designed the biomedical experiment to test the effectiveness of antibiotics in space. Past experiments by CU-Boulder and other institutions have shown bacterial susceptibility to antibiotics is significantly reduced during spaceflight, although the reason is not yet known, said CU-Boulder Associate Professor David Klaus, principal investigator on the project.

Klaus said the investigation will examine changes in the gene expression of the bacteria E. coli during exposure to different concentrations of antibiotics while in the microgravity environment of space. The hope is to locate particular genes that are key to resisting antibiotics, which could lead to improved testing on Earth as well as new drug targets or new approaches to understanding antibiotic resistance in certain diseases or infections, said Klaus.

"Previous studies carried out in microgravity have shown that bacteria are able to grow in what normally would be an inhibitory concentration of the antibiotic," Klaus said. "This investigation is aimed at characterizing the genetic basis for this response in the weightless environment of space with the intent of applying any insight gained toward combating the increasing emergence of drug-resistant pathogens here on Earth."

Co-investigators on the project include BioServe Director Louis Stodieck, a research professor in aerospace engineering, and Shawn Levy, a researcher at the HudsonAlpha Institute for Biotechnology in Huntsville, Ala. The research effort also involves CU-Boulder doctoral candidate Luis Zea.

Bacterial resistance to antibiotics kills 100,000 Americans every year and represents a roughly $20 billion expense to the U.S. government in excess health care costs, said Klaus. The experiments will be undertaken using spaceflight test tubes contained in the Commercial Generic Bioprocessing Apparatus, or CGBA, an automated, suitcase-sized incubator, all designed and built by BioServe.

The second experiment launching to ISS is known as Ants in Space, which examines foraging patterns based on the density of the common Pavement Ant, said BioServe Business Development Manager and Education Program Director Stefanie Countryman. “Past experiments by Professor Deborah Gordon, principal investigator on this project, have shown that some ant species have the ability to search areas collectively without individual communication. When ant densities are high, each ant thoroughly searches one small area in a circular, “random” walk, she said. When ant densities are low, each ant searches by walking in a relatively straight line, allowing it to cover more ground.

“Ants assess their own density at the rate at which they meet,” said Countryman, who said the eight individual ant habitats on ISS will be loaded with roughly 100 ants each. “The experiment examines whether in microgravity ants will use the rate at which they meet to assess density, and so use straighter paths in the larger habitat areas. The results will be compared to ground controls, which in this case will include ant habitats in hundreds of K-12 classrooms around the world.”

Countryman has previously directed BioServe K-12 education experiments involving the behavior of butterflies, ladybugs and spiders in space, reaching hundreds of thousands of students around the world in the past two decades. For the ant experiments BioServe is partnering with the Baylor College of Medicine’s Center for Education Outreach, a longstanding BioServe partner that has developed the education curriculum guide for the experiment.

BioServe research partners on the ant project include Gordon of Stanford University and Associate Professor Michael Greene of the University of Colorado Denver. The experiment is sponsored by NASA’s National Lab Education Office as well as the Center for the Advancement of Science in Space, a nonprofit group headquartered in Cape Canaveral, Fla.

Teachers interested in participating in the ant experiments may contact Countryman at countrym@colorado.edu[52]. More information on the project for teachers and students will be online beginning in mid-January at http://www.bioedonline.org[53].

The launch of the Cygnus cargo vessel was slated for 9:42 p.m. Dec. 18 from NASA’s Wallops Island Flight Facility in Virginia. It is the first Cygnus resupply cargo mission launched to ISS by Orbital Sciences Corp. and follows the earlier successful launch of a Cygnus demo flight to ISS that arrived at the orbiting station Oct. 22.

In the past 25 years BioServe has designed, built and flown microgravity life science research experiments on more than 40 space missions. BioServe has a full suite of space flight hardware, both on ISS and on the ground, which supports its own research as well as research conducted by its customers and partners. Past BioServe partners include large and small pharmaceutical and biotechnology companies, universities and NASA-funded researchers.

For more information on BioServe visit http://www.colorado.edu/engineering/BioServe/index.html[54].

Links
[1] https://connections.cu.edu/stories/staff-council-looks-two-way-communication-board-regents-health-trust[2] https://connections.cu.edu/stories/fetal-surgery-integrated-care-bring-hope-families[3] https://connections.cu.edu/file/maternal-medtoppng[4] http://www.maternalfetalinstitute.org/[5] https://connections.cu.edu/file/maternal-medcrombleholmepng[6] http://www.ucdenver.edu/academics/colleges/medical

school/departments/surgery/divisions/pedsurg/Faculty-and-Staff/Pages/Crombleholme.aspx[7] https://connections.cu.edu/file/maternal-medpng[8] https://connections.cu.edu/stories/cu-boulder-faculty-member-receives-excellence-leadership-award[9] https://connections.cu.edu/file/elp-awardpng[10] https://www.cu.edu/eld/leadership/elp[11] http://www.colorado.edu/ptsp/[12] http://agelab.mit.edu/[13] https://www.tiaa-cref.org/public/index.html[14] https://connections.cu.edu/stories/bedtime-toddlers-timing-everything-says-cu-boulder-study[15] https://connections.cu.edu/file/toddler-sleeppng[16] https://connections.cu.edu/stories/housekeepers-show-powerful-desire-learn[17] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/Lema-Hincapie_denver.png[18] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/tutor_denver.png[19] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/tutor2_denver.png[20] https://connections.cu.edu/stories/program-prioritization-budget-discussions-dominate-forum[21] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/chancellor-shockley_uccs.png[22] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/brian-burnett_uccs.png[23] http://communique.uccs.edu/?p=12754[24] http://communique.uccs.edu/?p=12837[25] https://connections.cu.edu/stories/school-public-health-gain-15-million-grants-four-colorado-foundations[26] http://publichealthpractice.org/[27] https://connections.cu.edu/people/horton-shares-research-migrant-childrens-oral-health[28] https://connections.cu.edu/file/phortonpng[29] http://www.ucdenver.edu/academics/colleges/CLAS/FacultyProjects/researchshowcase/Pages/SarahHorton.aspx[30] https://connections.cu.edu/people/baker-frew-chosen-associate-fellows[31] https://connections.cu.edu/people/baroway-elected-president-cpcu-leadership-council[32] https://connections.cu.edu/file/pbarowaypng[33] https://connections.cu.edu/people/neu-hensley-honored-journal-maternal-child-nursing[34] https://connections.cu.edu/file/phensleypng[35] https://connections.cu.edu/file/pneupng[36] https://connections.cu.edu/people/chin-parker-present-gsa-annual-meeting[37] https://connections.cu.edu/file/pchin-parkerpng[38] https://connections.cu.edu/people/memoriam-12[39] https://connections.cu.edu/stories/state-slim-campus-challenge-begins-january[40] http://www.anschutzwellness/challenge[41] http://www.anschutzwellness.com/challenge[42] https://connections.cu.edu/stories/weight-watchers-offers-game-plan-holiday-season[43] http://becolorado.org/programs/weight-watchers/[44] http://wellness.weightwatchers.com[45] mailto:questions@becolorado.org[46] https://connections.cu.edu/stories/colorado-diet-group-classes-offered-anschutz-health-and-wellness-center[47] http://www.anschutzwellness.com/wellness-services/weight-management/state-slim[48] htt
p://www.anschutzwellness.com/wellness-services/weight-management/colorado-diet/colorado-diet-group-classes[49] https://connections.cu.edu/stories/cu-connections-holiday-publication-schedule-no-new-issues-dec-26-jan-2-0[50] https://connections.cu.edu/stories/cu-boulder-fly-antibiotic-experiment-education-project-ants-space-station[51] https://connections.cu.edu/sites/default/files/wp-content/uploads/2013/12/space-station_boulder.png[52] mailto:countrym@colorado.edu[53] http://ucolorado.pr-optout.com/Tracking.aspx?Data=HHL%3d%3e234%3c%26JDG%3c95%3a473%3b%26SDG%3c90%3a.&RE=MC&RI=4100720&Preview=False&DistributionActionID=8779&Action=Follow+Link[54] http://ucolorado.pr-optout.com/Tracking.aspx?Data=HHL%3d%3e234%3c%26JDG%3c95%3a473%3b%26SDG%3c90%3a.&RE=MC&RI=4100720&Preview=False&DistributionActionID=8778&Action=Follow+Link