Five questions for Rebecca Laroche[1]

At the age of 16, Rebecca Laroche fell in love with Shakespeare, something that continued into college, so much so that she switched her interests from political science to English. While in graduate school at Yale University, she became particularly interested in women writers in literary history. As she focused on literature from the 16th and 17th centuries, she began researching women's roles in medicine and found there was, if not parity, at least some equity. There were just as many women in medicine as men, although they were working in different capacities. She authored her first book on the topic, "Medical Authority and Englishwomen's Herbal Texts, 1550-1650," in 2009.

That research led her to become a founding member of the Early Modern Recipes Online Collective (http://emroc.hypotheses.org/[2]) and regular contributor to the recipes project (http://recipes.hypotheses.org/[3]). The collective is a group of scholars and other interested people who want to improve online access to historical manuscripts by creating a database for transcribed and annotated texts – including those containing recipes for medicinal purposes.

Laroche, a full professor, has been at the University of Colorado Colorado Springs for 17 years and teaches courses focused on Shakespeare and women writers of the era.

1. How did your interest in women writers evolve into women in medicine and historical remedies?

Women were respected as practitioners. Sometimes these were women of higher economic status who practiced charitably or who were heads of large households. Sometimes women would oversee the health of dozens to hundreds of people. While I was writing my book about women's ownership of print texts, remedy books started to make their way into my discussion. Women were copying out of print texts into their own remedy books. I made a couple of original discoveries while I was researching at the Folger Shakespeare Library in Washington, D.C., which has one of the largest recipe book collections in the world in English.

They wanted to host an exhibition that would highlight their recipe book collection and they asked me if I would do a proposal to guest-curate that exhibition. I worked on that from 2009 until 2011, when the exhibit opened. That is where my expertise in recipe books and historical recipes was solidified.

I became interested in how Shakespeare plays reflect intimate knowledge of plants in a similar way that recipes do. When I started working on that during a sabbatical in 2012, I realized that there were hundreds of recipe books in the United States and many more in Britain. And we don't even know how many are in private archives. A conservative estimate is that there are 500 manuscript recipe books dating from 1550 to 1800. To do a broad analysis or generalization of the books, we could only look at a fraction, and then there only were a fraction that we could individually transcribe.

In my travels, I came across a lot of scholars who were working on recipe books. Each of us was transcribing different books and making our own little databases that we would be searching for different kinds of things. But then your question might change and you would have to work through hundreds of thousands of manuscript pages again. Collectively, we came to the conclusion that there needed to be a database that made a connection with and answered the different questions we were all asking.

For instance, we found that some recipes were repeated from one book to another. They might have differences, however, and if you were trying to find out what percentage of recipes that mentioned Dr. Steven's Water, you were unable to make a generalization based only on what you found.

There were six or seven of us who started this conversation in 2012, and we've been meeting monthly since then as the steering committee for the Early Modern Recipes Online Collective. One of the committee members started the recipe project blog series, and that is just the tip of a huge iceberg of research in historical recipes. There are many more people around the world who are interested and involved in the creation of database.

It continues to grow, including in our classrooms. For instance, I started conversations with a couple of graduate

students -- one at University of California-Davis and one in Boulder -- and they are working on projects that are recipe-focused. I hope to get their transcriptions into the database right away.

There's so much work to be done on these texts: working through and contextualizing them; determining where the texts came from, when they were written and who wrote them; and what the networks were and what they were reflecting. This could feed the scholarly desire for something new for quite some time.

2. What is an example of a specific remedy you have researched?

At the Folger exhibition, we highlighted a recipe for "sirrop of violets," which was used as a beverage and a remedy for coughs and sleeplessness. We made it (see video athttp[4]://www.folger.edu/template.cfm?cid=3728&showpreview=1[4]) to show just what was involved. For instance, we discovered the intensive labor of picking pounds of tiny flowers off the stems that preceded the careful and time-consuming melting of the sugar so as to not boil the flowers. The exhibition was about women's medical practice as a precursor to the early part of science. Women's role in early science wasn't articulated because it focused on men such as Robert Boyle, who did color experiments on the syrup. The syrup is really sweet because it is just sugar and water and violets. If you add lemon or another acid to the syrup, it turns from a deep purple color to a bright pink, and if you add a base to it, it turns green. He was able to distinguish between acids and alkalis by looking at how the syrup responded.

3. What was the most interesting recipe you found and how did these recipes get passed around?

I've actually published on one recipe that another researcher and I found while annotating a memoir that was found at the Princeton University library a year or two ago. The memoir is from a woman who came from a family of women practitioners, and discusses how she also became a medical practitioner. She writes that when she was 12, she was experiencing leg pain. It was probably what we call growing pains. She found a bottle of "Oil of Swallows" that had been made by her great grandmother and used it.

I thought the remedy might be made from a plant called swallowwort, but my colleague had seen recipes that called for "feathers and all." We did an analysis of this very popular recipe, which was rubbed on sore muscles to lessen pain. Some of the recipes say to take "20 quick swallows," which means live birds, and beat them in a mortar with about a dozen different herbs. That was part of the confusion: Most of the recipe contained herbs and how could you keep 20 live birds in a mortar? But in looking at the recipe history, it becomes clear that you take 20 baby birds and beat them to death. We felt a sense of horror and wondered how to talk about how women were making this. The memoir gives testimony that the recipe was made and that it worked. That is one of the things that can be frustrating when working with these recipes because people wonder if they worked. But why would you beat 20 live birds if it didn't work?

There is another reason why we want a database. All kinds of innovations were made to the recipe over time until the 18th century, when the recipe begins to disappear. People actually stopped making it and instead bought it at apothecaries. (For more on Oil of Swallows, seehttp[5]://recipes.hypotheses.org/330[5])

Some people might dismiss the recipe or call it witchcraft, but I like to tell my students this story: I was talking about my work with a massage therapist. I told her that Oil of Swallows lessened muscle pain and she told me about a recent phenomenon of people using ostrich oil to do the same thing. And she said it works.

The recipes were passed around in many ways. They were sent in letters, especially between family members. We have lots of letters that would have recipes in them from family members who sent them to others who were in places where there was plague. In other cases, it was clear that the practitioner was standing over the shoulder of the person writing. There is a kind of orality to the prose, a kind of testimony that is going on. Other recipes clearly were copied out of print texts and circulated. In some cases, there were testimonies in the books about who had made the recipe and whether it had worked or not.

One of the things we have found is that recipe books were given as gifts. You can imagine that a newlywed wife or husband would get a book with the best recipes from somebody in their family or an acquaintance who was a known practitioner. There is a text by someone named Mistress Corlyon at the Folger that has a near duplicate in London.

Perhaps she hired a scribe to copy it or maybe she did it herself. It is her entire medical practice and these texts were given to people she deemed worthy recipients.

There also are texts that were an accumulation of familial experience. Some pages are written in one hand, other pages in a second hand, and yet other pages were written in a third hand. These were passed from generation to generation or within a household.

4. What would you consider a favorite aspect of your work?

The thing that comes to me immediately is having curated the exhibition at the Folger. Writing my book was great, and I love the conversation that I've entered as a result. I feel as if I have so much momentum right now. But as of now, the exhibition was a high point. It changed my relationship to work and made me more of a public scholar. I didn't anticipate that happening when I signed on to do the exhibition. I've given lots of public talks and have become a public voice in a way that I haven't done before. That's really powerful and humbling at the same time.

5. Do you have other passions outside of English literature?

My second passion after Shakespeare is birdwatching. I'm still in the beginner phase. I've been birdwatching for about six years, and anyone who is a birder knows it is a lifetime thing. When I've been birding with people who have been doing it for 30 years, it's humbling – and inspiring. I see how I could spend a lifetime doing this. When I was 16, I had the same feeling about Shakespeare. It's a gift to have two passions in my life; some people can go through life and never find one. I feel really lucky that one of my passions is my job. That's pretty awesome.

Is there harm in sexting?[6]

A new book released this week by a researcher at the University of Colorado Denver[7] examines the social conversations around sexting. In her book "Sexting Panic," Dr. Amy Hasinoff[8], a professor of Communication at CU Denver[9], discusses how teenage sexting – sending sexually explicit images or text messages over cell phones and social media – is thought about, talked about, and regulated.

"Sexting Panic" analyzes the debate about sexting while recommending responses that are realistic and nuanced rather than based on misplaced fears about deviance, sexuality and digital media. In the book, Hasinoff argues that the most concerning aspect of teenage sexting is the malicious distribution of private images.

In "Sexting Panic," Hasinoff illustrates that anxieties about technology and teenage sexuality distract from critical questions about how to adapt norms of privacy and consent for new media to keep teens safe from victimization. Her research finds that criminalization and abstinence policies meant to curb sexting often fail to account for the distinction between consensual sharing and the malicious distribution of a private image.

Hasinoff challenges the idea that sexting inevitably victimizes young women. Instead, she encourages society to recognize young people's capacity for choice and to rethink the assumption that everything digital is public.

Through her research, Hasinoff explored the typical responses to teenage sexting from parents, teachers, politicians and the legal system. Hasinoff found that legal and educational authorities often blame and even prosecute girls who sext while paying little attention to people who maliciously distribute private images without permission. In "Sexting Panic," Hasinoff advises that consent is necessary for the production, distribution and possession of private images and information.

"While it may be appealing to advise girls to simply abstain from sexting in order to protect themselves, ending the discussion there obscures the harm of privacy violations," Hasinoff said. "I suggest that adopting the standard that

explicit consent should be required for the circulation of private images and information could result in radically different responses to sexting and have profound implications for social media policies."

Hasinoff proposes that sexting should be viewed as a form of media production – the malicious distribution of private, sexual images is harmful, not the creation of the images. This model moves the conversation about youth and sexuality online beyond assertions that all forms of sexting are deviant criminal offenses to a more careful consideration of what girls do and do not consent to when they engage in digitally mediated sexual practices.

"By examining the problematic responses to sexting and offering alternative ways of thinking about this new social issue, I contend that scholars, educators and policymakers need to reconsider taken-for-granted ideas about digital media and young women's sexuality," Hasinoff said.

CU professor Amy Hasinoff provides the following do's and don'ts for parents and educators to talk to teenagers about sexting.
What not to say to teens about sexting: **Don't simply prohibit sexting -** Around one-third of teens are going to sext even if they're told not to. We know abstinence-only sex ed has failed to reduce rates of unplanned pregnancy and STIs, so we can guess that abstinence-only sexting policies will fail, too. **Avoid the scare tactic of warning teens not to sext because all sexts will eventually be distributed -** When teens hear the message that "all sexts will be distributed," many will tune out because that doesn't match up with their experience. Studies show that around 10 percent of private images are distributed without permission. **Don't tell teens whose private images have been distributed that their future job and college prospects are ruined and that their images are being viewed by child molesters -** This creates unnecessary fear and shame. In cases in which images are distributed among peers without permission, they are very rarely ever uploaded to public websites. **Avoid telling girls that abstaining from sexting proves and preserves their self-respect and self-esteem -** This perpetuates shaming and blaming the victim. What to say to teens about sexting: Teach young people to recognize and respect **consent** in themselves and others. Talk about (and respect) teens' **norms and expectations of privacy** on the internet and mobile phones in different contexts. Focus on **discouraging privacy violations**. Be **a role model for the importance of digital privacy**. Monitoring kids' texts (or reading their diaries) sends the wrong message that privacy violations are ok. Discuss sexting's **similarity to other sexual activities**; talk about sexual ethics, consent and respect between partners. Discuss rape culture, shaming, homophobia and the sexual double standard. Work with young people to collectively develop ongoing strategies to resist gender- and sexuality-based harassment and bullying. Think about the **potential legal consequences** (to the victims and the perpetrators) before reporting sexting to law enforcement, though consider any applicable mandatory reporting laws or policies.

Dropping names ...[10]

A staged reading of "Pearl of the Antilles" by **Andrea Herrera** – professor, women's and ethnic studies program at UCCS – will be produced by Su Teatro Cultural and Performing Arts Center in Denver on July 11. "Pearl of the Antilles" chronicles the lives of several generations of Cuban women including one living in exile in the United States. The recent thawing of U.S.-Cuba relations generated renewed interest in the work. … In January, 18 people accepted teaching and non-teaching positions at UCCS. They are:**Andrew Blackman**, custodian, Facilities Services; **Gina Burton**, instructor, Beth-El College of Nursing and Health Sciences; **Shal DeLuna**, custodian, Facilities Services; **Matthew Duguay**, resident experience coordinator, Office of Residence Life and Housing;**Jessica Duster**, accounting technician, Bursar's Office; **Justin Filla**, document support specialist, Office of Admissions and Records; **Helen Graham**, assistant professor, Beth-El College of Nursing and Health Sciences; **Shawn Hood**, administrative assistant, Office of the Chancellor; **Amy House**, cook, Dining and Food Services; **Stacey Howell**, customer service specialist, University Center; **Allison Milam**, accounting technician, Bursar's Office; **William Nolan**, shuttle bus driver, Parking and Transportation Services;**Solveig Olsen**, instructor, Visual and Performing Arts Department; **Carol Pina**, administrative assistant, Office of the Vice Chancellor for Academic Affairs; **Deborah Pollard**, associate professor, Beth-El College of Nursing and Health Sciences; **Tiffany Tinsley**, instructor, Department of Visual and Performing Arts; **Alexis Tucker**, technical director, Department of Visual and Performing Arts; and **Rhonda Young**, production chef, Dining and Food Services.

Raj receives patent for ceramics manufacturing method[11]

Rishi Raj, a CU-Boulder mechanical engineering professor, has been awarded a patent for a faster, energy-efficient technique for manufacturing the ceramic materials used in aerospace, medical implants, military defense armor and a wide variety of technical applications, as well as traditional ceramics like tableware and architectural tiles.

Besides Raj, former mechanical engineering graduate researchers John Francis and Marco Cologna also are inventors on the patent, along with collaborators from the University of Trento. U.S. 8,940,220 ("Methods of Flash Sintering") was issued on Jan. 27 after being prosecuted by CU Technology Transfer Office on behalf of CU since 2011.

Miften, Jones awarded research funding for treating pancreatic cancer[12]

Moyed Miften, professor and chief of medical physics, and **Bernard Jones**, assistant professor, both at the School of Medicine and colleagues in radiation oncology, recently were awarded a $194,000 contract from Varian Medical Systems.

The money will support their research project titled, "Patient-Specific Tumor Motion and Respiratory Gated Radiation Delivery for Pancreatic SBRT." It is to study new, aggressive techniques for pancreatic cancer radiotherapy.

The project will focus on refining treatment methods for locally advanced pancreatic cancer, a deadly malignancy that presents many challenges for oncologists. These tumors can act very aggressively and grow to invade surrounding normal structures in the abdomen, often to a point beyond the possibility of surgical resection. In such cases it is necessary to use as high of a dose of radiation as possible in an effort to stop debilitating local progression of the disease.

The researchers point out that it can be difficult to escalate the radiation dose because the pancreas undergoes large and inconsistent respiratory-induced motion during treatment. Accounting for this motion and ensuring coverage of the tumor necessitates the treatment of a large volume that includes substantial amounts of nearby normal tissues such as the intestines and stomach, which might lead to side effects and greatly limit the capacity to be maximally aggressive.

In this project the goal will be to use "respiratory-gated" Stereotactic Body Radiation Therapy (SBRT) with implanted fiducial markers, meaning that treatment will be rhythmically linked to the breathing cycle to synchronize treatment in a manner that allows the radiation dose to be deposited more selectively in the tumor instead of the normal tissues.

Jones also was recently awarded a K12 grant from the University of Colorado Cancer Center to support his early career development as a clinical-translational scientist.

Barnes joins CU to lead personalized medicine initiatives[13]

Kathleen Barnes, Ph.D., has been named head of the Division of Biomedical Informatics and Personalized Medicine in the Department of Medicine at the University of Colorado School of Medicine at the CU Anschutz Medical Campus.

Barnes, who is currently professor of medicine at Johns Hopkins University, also will serve as the director of the University of Colorado Center for Biomedical Informatics and Personalized Medicine.

She is based in the Division of Allergy and Clinical Immunology in the Department of Medicine, holds joint appointments in the Division of Pulmonary and Critical Care Medicine and the McKusick-Nathans Institute of Genetic Medicine and the Department of Epidemiology at the Bloomberg School of Public Health, Johns Hopkins University in Baltimore.

She earned her Ph.D. in biomedical anthropology with a concentration on immunology, environmental epidemiology, and medical entomology at the University of Florida in Gainesville. She began her fellowship in immunogenetics at the Johns Hopkins Asthma and Allergy Center in 1993 under the mentorship of the late David G. Marsh, Ph.D., and joined the faculty two years later.

“Dr. Barnes has had an enormous impact in understanding the role of ancestry and genetics in the development of asthma, has extremely strong funding from the National Institutes of Health, and has led collaborative research programs,” said David Schwartz, M.D., chairman of the Department of Medicine. “Her vision for the center and division will take advantage the many exciting opportunities that exist on our campus.”

The Center and Division represent a significant investment by several partners on the CU Anschutz Medical Campus, including the School of Medicine, the Department of Medicine, University Physicians Inc., University of Colorado Health and Children’s Hospital Colorado.

Richard D. Krugman, M.D., university vice chancellor for health affairs and dean of the School of Medicine, said the Center for Biomedical Informatics and Personalized Medicine is a key initiative for the CU Anschutz Medical Campus and demonstrates the collaboration that exists on campus between research programs and clinical affiliates.

“I’m confident that personalized medicine will revolutionize medicine, research and education as we know it,” Krugman said. “It’s almost impossible to quantify the amount of knowledge to be gained by examining our genome – the blueprints that make us who we are.”

Barnes plans to visit campus frequently during the next six months and will assume her full-time responsibilities as division head and center director at the end of October 2015.

Sutherland seminars focus on bipolar disorders[14]

The CU-Boulder Sutherland Seminar Series of weekly sessions on topics related to bipolar disorders continues each Wednesday, Oct. 7 through Nov. 11, running 6-7:30 p.m.

The series is primarily designed for adults with a bipolar disorder and their family and friends, but is open to anyone in the community who wants to better understand the disorder and how to manage it.

Each session stands alone, so people may attend only one session or all eight. No commitment or pre-registration is required.

Seminars are in Room E214, Muenzinger Psychology Building.

A $10 per person donation is appreciated, but no fee is required.

Funding for the Sutherland Center at CU is provided through an annual grant from the Sutherland Foundation, through in-kind contributions from the University of Colorado, Department of Psychology and Neuroscience, and from generous grants from the University of Colorado’s Outreach Committee. This partnership sustains the Center’s work.
Click here for more details and the full schedule of topics[15]

Public talk to consider children born of wartime sexual violence[16]

“Hidden in Plain Sight: Children Born of Wartime Sexual Violence” will be presented by Kimberly Theidon, Ph.D., of Tufts University at 4 p.m. Feb. 20 in Hale 230 at CU-Boulder. A reception follows the talk, which is open to the public.

Over the past decade, there has been increased international attention to conflict-related rape and sexual violence. A series of UN Security Council Resolutions – collectively known as the Women, Peace and Security agenda – have overwhelmingly focused on women and girls as victims of sexual violence. Strikingly absent in this agenda are two groups: men and boys as victims of sexual violence, and children born as a result of wartime rape. What do we know about these children?

During the last decade alone, it is estimated that tens of thousands of children have been born worldwide as a result of mass rape campaigns or wartime sexual exploitation. What about these living legacies of rape and sexual violence? Although children born of wartime rape have remained largely invisible on the international agenda, empirical data indicates they are not so invisible in the families and communities in which they live. At the local level, these children are likely to be hidden in plain sight.

The event is sponsored by the Department of Anthropology, the Latin American Studies Center, the Graduate Committee on the Arts and Humanities, and the Office of the Vice Chancellor for Research. Questions: Contact alison.hanson@colorado.edu[17].

Brussels + Muscles campaign honored[18]

A campaign for Brussels + Muscles, Be Colorado’s fitness and nutrition program designed to teach kids that healthy habits can be fun, won a 2014 Denver Ad Club Fifty Award.

The nationally judged awards recognize the top 50 advertising campaigns originating in Colorado.

Denver ad agency Karsh Hagan[19] received the award; Brussels + Muscles is featured in the book showing all award winners.

Consider ramifications before posting to social media[20]

You should think twice – no, three times – before posting to social media. Privacy does not exist in the world of social media. Consider what could happen if a post becomes widely known and how that might reflect on the subject of the post and the university.

Search engines can turn up posts years after they are created, and comments can be forwarded or copied. If you are unsure about posting something or responding to a comment, ask your supervisor for input or contact your campus/system social media manager:
CU systemCathy Beuten
cathy.beuten@cu.edu[21]

303-860-5681
CU-BoulderMatt Duncan,
matt.duncan@colorado.edu[22]
303-492-6692
CU Colorado SpringsPhil Denman
pdenman@uccs.edu[23]
719-255-3732
CU Denver | Anschutz Medical CampusMatt Kaskavitch
matthew.kaskavitch@ucdenver.edu[24]
303-315-0190

$10 million grant to support pulmonary hypertension study[25]

A team of physicians and scientists led by a pulmonologist at the University of Colorado School of Medicine at the CU Anschutz Medical Campus has been awarded a $10.2 million, four-year federal grant to support a lung bank that will provide improved research opportunities into the causes and potential treatments for lung disease.

Mark Geraci, M.D., professor of medicine and head of the Division of Pulmonary Sciences and Critical Care Medicine, will lead the Pulmonary Hypertension Breakthrough Initiative, which was recently awarded the grant by the National Heart, Lung, and Blood Institute. Rubin Tuder, M.D., professor of medicine at the CU School of Medicine, oversees the tissue processing center.

Pulmonary Arterial Hypertension is a lung disease in which blood pressure increases in the lung's pulmonary artery, making the heart work harder to pump blood into the lung. PAH is very rare with an annual incidence of 1 to 2 per million and occurs more often in women. While some patients have been found to have a hereditary predisposition to the disease, the cause remains unknown. Pulmonary Arterial Hypertension is difficult to diagnose and there are limited available treatments and no cure.

The Pulmonary Hypertension Breakthrough Initiative will provide a network of investigators to enroll patients who, at the time of lung transplantation, will donate their tissue and cells for future research. With the lung tissue, researchers are able to develop cell lines from patients affected by pulmonary hypertension and use the latest research to investigate the genetic and other causes for the disease.

"The initiative allows us to take genetic discoveries made in the last 15 years and apply them functionally to patient samples and cells," Geraci said. "Ultimately, our goals are more effective treatments, prevention, and a cure."

Geraci said the grant extends a project that was initially established in 2006 by the nonprofit Cardiovascular Medical Research and Education Fund, which has supported Drs. Geraci and Tuder with $3.2 million. The project relied on the active participation of a network of university-based sites with extensive expertise in providing clinical care, lung transplants, pathology, genetics, genomics and cell isolation.

Body cameras assist UCCS Police gather evidence, train officers[26]

Ms. V goes to D.C.: Washington internship inspires Hispanic student[27]

Husek takes helm at OPI; Luftig brings new focus to student success initiative[28]

Leeds School students offering free tax preparation assistance[29]

Students from CU-Boulder's Leeds School of Business[30] are offering free tax preparation services to individuals under the Internal Revenue Service-sponsored Volunteer Income Tax Assistance program.

Members of the public who make $53,000 or less are eligible for the service, now in its sixth year at the Leeds School.

The assistance is available on a walk-in basis through April 4 on Wednesdays from 5 p.m. to 6:30 p.m. and Saturdays from 9 a.m. to 12:30 p.m. in the Koelbel Business Building, room 375. The building is at 995 Regent Drive[31] on the CU-Boulder campus, across from the Coors Events Center.

There are no appointments and the service is operated on a first-come, first-served basis. Because of limited staffing and a high volume of participants, early arrival is recommended. Participants who arrive late might be rescheduled for another day. Walk-in times are subject to change due to adverse weather.

Participating Leeds School students have passed an IRS certification exam. Community volunteers who are experienced in tax law will review all student-prepared tax returns to ensure accuracy and completeness.

Last year, Leeds School students prepared about 440 tax returns and obtained more than $532,000 in refunds for taxpayers. The students also placed an extra $160,000 into the local economy through Earned Income Tax Credits for families.
Eligible taxpayers should bring the following: Social Security cards or Individual Taxpayer Identification Notices/Cards for the taxpayer, the taxpayer's spouse, and dependents. Photo identification for the taxpayer and the taxpayer's spouse if married and filing jointly. Both spouses must be present. All W-2 and 1099 forms and other income-related documents. Proof of mortgage interest, property taxes, daycare expenses (including provider's tax ID number), college education expenses (e.g. 1098-T form) and all other deductible expenses. A copy of last year's federal tax return. Proof of account for direct deposit of refund (e.g. voided check). Proof of foreign status if applying for ITIN.
For more information about the accounting division at CU-Boulder's Leeds School visit http://leeds.colorado.edu/accounting#overview[32]. For more information about CU-Boulder's free tax preparation assistance call 303-492-0746 or email vitatax@colorado.edu[33].

Donors, students celebrate achievements at CU Anschutz scholarship luncheon[34]
[35]

Students, faculty and staff from the University of Colorado School of Medicine joined donors and fundraisers for this year's Scholarship and Awards Luncheon on Feb. 5 at the CU Anschutz Medical Campus. This annual event is a special opportunity for everyone to meet and recognize one another for their generosity and hard work.

"I think donating scholarships, at some level, is the highest calling of what we are privileged to do," CU Anschutz Chancellor Don Elliman told the audience, "and to have a lunch like this is a great moment to celebrate that fact."

In the last academic year, more than 150 CU medical students have benefited from $2.2 million in scholarships. The difference this money has made can be read on the relieved, smiling faces of students all across the room.

Among the many donors and fundraisers at the luncheon were members of the Colorado chapter of the Achievement Rewards for College Scientists (ARCS) Foundation, who gleefully caught up with fourth-year student and ARCS scholarship recipient Anson Snow. The ARCS Colorado chapter supports students across the state, including nine at CU Anschutz, who are studying science, engineering and medical research.

“We have a lot of scholars that tell us they get money but they don’t know who it comes from,” said ARCS Co-Vice President Lyda Ludeman, highlighting one of the main reasons for this annual event.

“The scholars is what it’s all about,” added ARCS Director Sherrye Berger, “and when you see a scholar and you see that we’re helping them in some way, that makes it all worthwhile for us.”

Medical school students today graduate with an average of $160,000 in debt, and changes in funding and financial assistance from state and federal sources have made scholarships ever more important for these students.

“It’s a relief,” Snow said. “It takes off that burden so I can find what I really like and not necessarily something that will just help me pay off my student loans quickly.”

Scholarships not only reduce the burden of debt for students, but also help attract, educate and graduate the most promising students. CU President Bruce Benson’s initiative to match certain scholarship donations, for instance, has been able to support an increase in the number of underrepresented students at the CU School of Medicine from 25 percent to 40 percent over the last four years.

One of those students is Monica Davern, who told those at the luncheon, “There are very few things that are affordable or inexpensive when you’re a medical student. I am honored to be surrounded by the people who contributed so significantly to my medical education and to my life.”

Davern’s family is from Colombia, and she is the first in her family to go to medical school. A scholarship sent her to Thailand after college to help with HIV research, which inspired her to apply for medical school. This year, the Justina Ford Scholarship for Commitment to the Underserved is supporting Davern’s dream to finish med school at CU and earn a residency in neurosurgery.

“The journey so far has been one of privilege, insight, self-discovery and excitement,” Davern said as she closed her speech. “None of this would have been possible without financial help, and for that I am extremely grateful. Thank you very much for your contribution to this incredible field — your investment in medical education has not gone unnoticed.”

$2 million endowment will expand architecture exchange program[36]

A $2 million gift from University of Colorado alumnus and Saudi Arabian businessman Zuhair Fayez will enable the expansion and extension of an innovative exchange program that builds cultural understanding among graduate architecture students from the University of Colorado Denver and Dar Al-Hekma University, a women’s college in Saudi Arabia.

The Fayez Collaborative Middle East Exchange Endowed Program at CU Denver will increase the number of student participants and extend trips for students and faculty from the two universities. The exchange will allow students to explore cross-cultural commonalities and promote cultural understanding of each country. Students in the program will learn ways in which each culture addresses public spaces and gender-specific norms to give them insights into team dynamics and real-world design challenges.

Fayez, founder of the largest architecture, engineering and management firm in Saudi Arabia, earned a bachelor of

architecture (1970) and a master of architecture in urban design (1971) in the College of Architecture and Planning, as well as bachelor of science in Engineering (1970) and honorary Doctor of Humane Letters (2010) from the University of Colorado. Fayez also was a co-founder of Dar Al-Hekma, the first private not-for-profit university for women in Saudi Arabia. Dar Al-Hekma is internationally known as a university that advances women's leadership and entrepreneurship in a region where women's rights have been traditionally restricted and limited.

Fayez has remained a tireless advocate for CU, encouraging family members to travel more than 7,500 miles to study in the CU system and founding an alumni chapter in Saudi Arabia. Now, the gift from Fayez will allow more students from CU Denver and Dar Al-Hekma to participate in the cultural exchange and gain a greater understanding of the cultural context of architecture.

"I feel indebted to the University of Colorado because this institution has given me so much of the valuable education that has shaped my life," Fayez said. "There is a power in teaching that comes outside the classroom, and I hope students on both sides learn much about each other's culture through this experience."

The CU Denver/Dar Al-Hekma exchange began in 2010 with online discussions about shared senior design projects. In 2014, the universities for the first time each sent faculty and two students to visit Denver and Jeddah for three days. Beginning in 2016, thanks to Fayez's gift, teams of 10 selected architecture students from both universities will take turns visiting Denver and Jeddah; during each visit, the teams will develop solutions to contemporary architectural problems, as well as learn about the importance of preservation efforts of significant historic buildings. Past projects have included a housing project and a cultural center in Jeddah and an environmental tourism center in Denver.

The expanded program will culminate in a presentation of papers at 2018-19 conferences both in Denver and Jeddah involving program alumni, students, faculty and professionals.

"The design problems are wonderful vehicles for discovering unexpected cultural similarities and dissimilarities," said Keith Loftin, professor of architecture at CU Denver and director of the exchange program. "It is difficult enough for any two people to coordinate a design project with each other, but discovering the cultural assumptions that are normally taken for granted is really eye-opening. It dramatically widens the students' world view."

Mark Gelernter, dean of CU Denver's College of Architecture and Planning, said CU Denver students describe their participation in the Fayez exchange program as among the most meaningful educational experience in their academic programs.

"There can be no better experience for students in a design and construction industry that is increasingly globalizing," Gelernter said. "They gain a greater appreciation of diverse cultures, they learn how to design for a different culture, and they may even meet future business partners. We are grateful to Zuhair Fayez for making this exceptional educational experience possible."

Anthem continues responding to concerns over data breach[37]

Anthem Inc., parent company of one of the health insurance providers for University of Colorado faculty and staff, last week announced it was the victim of a highly sophisticated cyberattack in which data of tens of millions of current and past members was accessed.

Because CU employees might be among those affected, Employee Services has been providing email updates on news and information from Anthem. Employees should take precautions to protect personal data, including being especially wary of possible phishing attempts[38].

Anthem will offer credit monitoring and repair services retroactive to the date of the data breach. Employees may begin calling Anthem's hotline next week to enroll in these services; details are provided below in an FAQ from Anthem.
Anthem FAQ

Is there information Anthem clients and customers can provide to members who ask about the Anthem data breach?
Anthem encourages anyone with questions to go to AnthemFacts.com[39] or call the toll free number, 1-877-263-7995.

What information has been compromised?
Initial investigation indicates that the member data accessed included names, member ID numbers, dates of birth, Social Security numbers, addresses, phone numbers, email addresses and employment information, including income data.

How will members be notified that their information was in the database?
Anthem is working to identify the members whose information was accessed. This work takes time, and while Anthem is working as fast as it can, Anthem also wants to ensure it correctly identifies everyone who is impacted by this attack. This work is being conducted simultaneously with the FBI and private company Mandiant investigations into the data breach.

Once Anthem has identified all who are impacted, it will begin the process of distributing letters. It expects the mailing to begin in the coming weeks. Anthem will share a more detailed communications timeline once impacted members have been identified.

Anthem will offer identity repair services, which will be retroactive to the date of the potential exposure, and credit monitoring, which is effective if and when affected employees enroll, through a trusted vendor. Anthem is in the final stages of preparation with the vendor, and anticipates members will be able to access the vendor hotline next week. At that time, members will be able to call the hotline and receive identity repair services, and if they chose, can also enroll in credit monitoring. Members will not need to wait until they receive their mailed notification. Anthem will provide more detailed communications once the hotline is available.

Anthem is notifying all impacted members by mail with an offer of free credit monitoring. It will also provide HITECH notice to those consumers affected where required by law. The Anthem IT team also will be notifying members through email, website notice, and media notice, or as otherwise required under a state's breach notice provision for substitute notice. This includes current and prior members.

Can those impacted sign up for credit monitoring and repair services now?
Anthem is in the final stages of preparation with the vendor, and anticipates members will be able to access the vendor hotline next week. At that time, members will be able to call the hotline and receive identity repair services, and if they chose, can also enroll in credit monitoring. Members will not need to wait until they receive their mailed notification. Anthem will offer identity repair services, which will be retroactive to the date of the potential exposure, and credit monitoring, which is effective if and when the consumer enrolls, through a trusted vendor. We will provide more detailed communications once the hotline is available.

Have all Anthem outbound calls stopped? People are very concerned all calls are fraud.
No, Anthem will continue to make outbound calls that are vital for its normal course of business, such as calls from its clinical staff to members who are enrolled in care management programs.

However, Anthem will not make outbound calls to members about the data breach, and will not ask members for their Social Security numbers, credit card or banking numbers with regard to the data breach.

Anthem will contact current and former members via mail delivered by the U.S. Postal Service about the data breach with specific information on how to enroll in credit monitoring. Affected members will receive free credit monitoring and identity protection services.

For more guidance on recognizing scam emails, please visit the FTC Website: www.consumer.ftc.gov/articles/0003-phishing[40].

Do you recommend members change their password on the secure member site?
While there is no evidence in Anthem's investigation to date to suggest that member information or credentials were

compromised related to any Anthem websites, Anthem encourages members and associates to frequently change personal passwords that are used to access sensitive data.

Links
[1] https://connections.cu.edu/spotlights/five-questions-rebecca-laroche[2] http://emroc.hypotheses.org/[3] http://recipes.hypotheses.org/[4] http://www.folger.edu/template.cfm?cid=3728&showpreview=1[5] http://recipes.hypotheses.org/330[6] https://connections.cu.edu/stories/there-harm-sexting[7] http://www.ucdenver.edu/pages/ucdwelcomepage.aspx[8] http://www.ucdenver.edu/academics/colleges/CLAS/Departments/communication/AboutUs/ContactUs/DepartmentDirectory/Pages/AmyHasinoff.aspx[9] http://www.ucdenver.edu/academics/colleges/CLAS/Departments/communication/Pages/Communication.aspx[10] https://connections.cu.edu/people/dropping-names-109[11] https://connections.cu.edu/people/raj-receives-patent-ceramics-manufacturing-method[12] https://connections.cu.edu/people/miften-jones-awarded-research-funding-treating-pancreatic-cancer[13] https://connections.cu.edu/people/barnes-joins-cu-lead-personalized-medicine-initiatives[14] https://connections.cu.edu/events/sutherland-seminars-focus-bipolar-disorders[15] http://rdsfoundation.org/the-rds-center-at-cu/seminar-series/[16] https://connections.cu.edu/events/public-talk-consider-children-born-wartime-sexual-violence[17] mailto:alison.hanson@colorado.edu[18] https://connections.cu.edu/stories/brussels-muscles-campaign-honored[19] http://karshhagan.com/[20] https://connections.cu.edu/stories/consider-ramifications-posting-social-media[21] mailto:cathy.beuten@cu.edu[22] mailto:matt.duncan@colorado.edu[23] mailto:pdenman@uccs.edu[24] mailto:matthew.kaskavitch@ucdenver.edu[25] https://connections.cu.edu/stories/10-million-grant-support-pulmonary-hypertension-study[26] https://connections.cu.edu/stories/body-cameras-assist-uccs-police-gather-evidence-train-officers[27] https://connections.cu.edu/stories/ms-v-goes-dc-washington-internship-inspires-hispanic-student[28] https://connections.cu.edu/stories/husek-takes-helm-opi-luftig-brings-new-focus-student-success-initiative[29] https://connections.cu.edu/stories/leeds-school-students-offering-free-tax-preparation-assistance[30] https://www.colorado.edu/leeds/[31] https://www.colorado.edu/campusmap/map.html?bldg=KOBL[32] http://leeds.colorado.edu/accounting#overview[33] mailto:vitatax@colorado.edu[34] https://connections.cu.edu/stories/donors-students-celebrate-achievements-cu-anschutz-scholarship-luncheon[35] https://connections.cu.edu/sites/default/files/scholarships.jpg[36] https://connections.cu.edu/stories/2-million-endowment-will-expand-architecture-exchange-program[37] https://connections.cu.edu/stories/anthem-continues-responding-concerns-over-data-breach[38] http://www.alumniconnections.com/links/link.cgi?l=6299524&h=10005148&e=UCO-20150206190225[39] http://anthemfacts.com/[40] http://www.consumer.ftc.gov/articles/0003-phishing