



## Leave size out of healthy living goals<sup>[1]</sup>

I strongly disagree with the university's [decision to offer Colorado Weigh](#)<sup>[2]</sup> at its various campuses (Nov. 10 Newsletter).

I do support the University of Colorado's vision of encouraging a healthy lifestyle and nutritional eating habits. However, I do not believe that my employer should imply that I ought to maintain an imaginary "ideal weight."

Some background:

95 percent of all dieters are unable to maintain their weight loss over a period of five years. As this study states, "Diets do not lead to sustained weight loss or health benefits for the majority of people."

(<http://www.reuters.com/article/idUSN3036700020070402?pageNumber=1><sup>[3]</sup>) Weight cycling (losing and gaining weight over and over) has been associated with a decrease in health.

([http://mann.bol.ucla.edu/files/Diets\\_don%27t\\_work.pdf](http://mann.bol.ucla.edu/files/Diets_don%27t_work.pdf)<sup>[4]</sup>) Body Mass Index is a flawed method of determining a person's overall health. ([http://www.preventdisease.com/news/articles/081806\\_bmi.shtml](http://www.preventdisease.com/news/articles/081806_bmi.shtml)<sup>[5]</sup>) Focusing on the very personal facts of one's unique body shape can cause poor self-image and may even lead to disordered eating.

(<http://www.medicalnewstoday.com/articles/54635.php><sup>[6]</sup>)

Weight and health are two different things. Encourage healthy living, and leave size out of this.

For more information, please check out "Health at Every Size: The Surprising Truth About Your Weight," by Linda Bacon; "The Obesity Myth: Why America's Obsession With Weight Is Hazardous to Your Health," by Paul Campos; and "Losing It: America's Obsession With Weight and the Industry That Feeds It," by Laura Fraser.

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## Regents establish athletics subcommittee<sup>[7]</sup>

UPDATE: November 19, 2010

The University of Colorado Board of Regents on Friday, Nov. 19, voted to establish a new athletics subcommittee, an entity that's been absent from the board since 2003.

Regents Jim Geddes, Joe Neguse, Monisha Merchant and Tom Lucero – who joined to make a formal request for establishment of the committee – all voted yes, along with Regent Michael Carrigan. Regents "Tillie" Bishop, Steve Bosley and Stephen Ludwig voted against the proposal. Regent Chair Kyle Hybl did not vote.

"We're sending a message ... that the Board of Regents values athletics and football to the point that they want to be as supportive as possible," said Lucero, R-Loveland.

The meeting was held on the University of Colorado at Colorado Springs campus. The vote carried despite direction from the Boulder and Colorado Springs chancellors that such committee work could be integrated into the board's two existing committees, Academic Affairs and Budget. Chancellor Phil DiStefano of the University of Colorado at Boulder and Chancellor Pam Shockley-Zalabak of UCCS also pointed out that an athletics committee will only pertain to two of the system's four campuses – a departure from the four-campus responsibilities of the other two committees.

But in its request, the participating regents stressed athletics as "a critical component of the current student experience, prospective student recruitment, donor relations, successful alumni outreach and engagement and external affairs," thus justifying the need for more formal oversight responsibilities.



"There is a perception, perhaps unfair, that the University of Colorado at Boulder doesn't have the same commitment to athletics as a University of Georgia, a USC (and others)," said Geddes, R-Sedalia. "I can't think of a better way of turning that perception around than (this new committee)."

The new committee will consist of three regents, at least one of whom will be from the minority party. It will meet at least three times per academic year.

Before 2003, the board had a standing committee on intercollegiate athletics. Standing committees, which did not take votes, were incorporated into study sessions for the board in August 2003. In 2006, the study sessions became part of the board's two remaining committees; the board currently receives an annual report on intercollegiate athletics.

Bosley, R-Broomfield, began the day's discussion by moving that action on the item be postponed until the board's January retreat in order to gather more information. But after the chancellors indicated they had no further details to report, he withdrew his motion.

Ludwig, D-Lone Tree, said he was against the idea of adding more work and bureaucracy for board members and support staff.

"I am not sure our culture should be shifted to one that's more dominated by athletics than it already is," Ludwig said. "We have limited time and resources as regents."

Carrigan proposed an amendment, which was accepted, that the athletics committee only be in place until June 30, 2012, unless the Board of Regents again votes to continue it, thus ensuring a trial period.

In other business at the board's meeting, which began Thursday, Nov. 18, and concluded Friday, Nov. 19: Rico Munn, executive director of the Colorado Department of Higher Education, told the regents that their help is needed in selling Coloradans on the need for greater, sustained funding of higher education in the state. "CU is our flagship, but we need you to be a voice for those statewide priorities," Munn told the board during a report on the recently announced Higher Education Strategic Planning (HESP) report. The report recommends that education leaders and lawmakers pursue any number of combinations of tax measures to boost state funding of higher education up to two or three times current levels. Voters could be asked to approve such measures in November 2011.

"We have goals broader than the goals of any single institution," Munn said. The board heard a report on online education efforts throughout the system. Online enrollment at UC-Denver has grown steadily over its 14-year existence. The board voted to approve a new doctorate in telecommunications degree at CU-Boulder. It also heard proposals for two new degrees: master of criminal justice at UCCS and doctor of rehabilitation science at the Anschutz Medical Campus. CU Guaranteed, a new directive guaranteeing admission to CU for qualifying community college transfer students, received unanimous approval from the board.

## Report: SJMC should be discontinued, undergo 'strategic realignment'<sup>[8]</sup>

Updated: 11/19/2010

The present structure of the School of Journalism and Mass Communication (SJMC) should be realigned to better serve the mission of the Boulder campus, according to [the final report by the Program Discontinuance Committee](#),<sup>[9]</sup> which was presented Nov. 17 at a public meeting at the Old Main chapel on the University of Colorado at Boulder campus.

The committee said its recommendation for discontinuance was not made for budgetary reasons, but because the current administrative structure is ineffective. The school's mission to provide a professional degree program has created tensions with the university's mission to meet the standards of a research and doctoral education institution,



the report said. Committee members found that the current administrative structure of the school has been unable to effectively integrate those missions and in turn allow the school to become a truly excellent unit given its limited resources.

"The ax did not fall on journalism at CU," said SJMC Dean Paul Voakes, who recently announced he will leave his current position in 2011. While the school might cease to exist in 2013, "it seems quite likely there will be a new program" ready to take its place. Voakes said "the door is wide open" for the university to create something new and innovative in journalism education. "That's what a lot of us have wanted from the beginning."

The discontinuance committee's report said journalism education and research at CU-Boulder would be better served using a different structure.

"There is a great deal of passion and commitment to the education and work in journalism on behalf of faculty, students, alumni and professionals in the field, and the committee does believe that journalism belongs in the university as part of its education mission," said Jeffrey Cox, associate vice chancellor for academic affairs.

In the report, the committee members said, "We believe that the major should be transformed into a degree program that centers on teaching the core principles of journalism, advancing the role of journalism in a rapidly changing world, and providing a full integration with media studies. Although instruction in the skills identified with the practice of journalism might continue to be a component of journalism education, it should not be the focus, just as acquiring laboratory skills is not the focus of natural science degree programs."

The committee recommended two options to advance innovation and scholarly excellence, provide a more efficient use of monetary and human resources, and honor the university's commitment to SJMC students, faculty and staff.

The first option – the one preferred by the committee – would "achieve the goal of fostering excellence and innovation" by creating a new unit that would include some programs currently offered by the SJMC.

Under that option, the committee recommended:

That "journalism" be included in the title of the new unit "in recognition that the study and professional practice of journalism are not dependent on the current or future prominence of traditional print or broadcast journalism." That faculty and other interested parties explore options for a revised undergraduate curriculum in journalism education including collaborating with other faculty to "establish a program that attains national recognition for its conceptual and technical innovation." That tenured and tenure track faculty be placed in appropriate new tenure homes. "At the current moment, the committee believes it is most likely that media studies faculty in SJMC will become part of the College of Arts and Sciences as members of an independent department, with other faculty placed in the new unit or elsewhere." That the media studies graduate degree programs should be separated from the Ph.D. and master's in communication and reconstituted as independent degree programs. The current master's program in journalism should be suspended and reconfigured as a professional master's within the new unit. The tuition rates for the degree programs offered by the new unit would be set to provide the kinds of courses required for those degrees, so the new unit can operate without subsidy from the rest of the campus.

The second option recommended by the committee would be to make the undergraduate degree program in journalism and mass communications a bachelor of arts program in the College of Arts and Sciences. The undergraduate major would no longer be focused on providing professional training.

That option would also find homes for tenured and tenured track faculty and separate the media studies graduate degree programs from the Ph.D. and master's in communication programs.

"I am heartened by the recommendations," said SJMC Professor Len Ackland. "At least it holds out some hope for the future of journalism education at CU Boulder. The committee made a strong statement about Option A. The question is, will top administrators go along with (the first option), which is a much more interesting, lively and potentially innovative program or will they say they can't do it" for a number of reasons, especially budgetary concerns.

In a letter dated Nov. 17, Provost Russell Moore, formally accepted the report. The acceptance is a formality; his recommendation on the findings will be made to Chancellor Philip DiStefano by Dec. 1. The chancellor has until Jan. 1



to make a recommendation to President Bruce D. Benson, who will have an additional 30 days to consider the results before forwarding it to the Board of Regents. A vote of the board is required to discontinue, restructure or reconstitute the school.

The formal process of program discontinuation for the SJMC began Sept. 1. In late August, university officials announced that the institution was considering closing the traditional journalism school and formed an exploratory committee to weigh the possibilities of a new interdisciplinary program of information and communication technology.

DiStefano said the process of discontinuance was necessary "in order to strategically realign our academic strengths and resources" in a way that will "meet the needs of our students, the labor market and our rapidly changing global society."

The Exploratory Committee on Information, Communication and Technology (ICT) is examining the educational assets dealing with information, communication and technology on the Boulder campus (including those of the SJMC) and will make recommendations that could be used to create an ICT program.

The exploratory committee will use the program discontinuance report materials to develop a preliminary report, due to the provost Dec. 31. A final report is due Feb. 1.

Discussions about revamping the school aren't new. Proposals have popped up several times in the past 15 years, although they never gained much traction. But a year ago, former Interim Provost Stein Sture appointed SJMC Dean Paul Voakes and John Bennett, director of the Alliance for Technology, Learning and Society Institute (ATLAS), as co-chairs of a College of Information Task Force to consider options concerning the school.

The task force delivered its [report](#)<sup>[10]</sup> April 15. Because "information is ... ubiquitous," the report said, "the challenge to today's students is not the acquisition of information, rather how to select, evaluate, integrate and synthesize information into usable knowledge." The report noted that while "universities have historically existed to impart special knowledge and skills ... that role is changing."

At the same time, DiStefano received a letter from the external Advisory Committee of SJMC suggesting that change was needed and that the school be closed.

Although faculty members generally accept that change is inevitable, even exciting, some say the decision to begin the discontinuation process was sudden and opaque. Several forums were conducted to allow students, staff and faculty to discuss the process with members of the discontinuance committee.

## **Campus first in nation to earn 'gold' rank for environmental leadership**<sup>[11]</sup>

The University of Colorado at Boulder is the first campus in the nation to rank "gold" for its environmental leadership through the Sustainability Tracking, Assessment and Ratings System, or STARS.

"This accomplishment is the result of a lot of hard work by countless people in all areas of campus," said Frank Bruno, vice chancellor for administration. "I am honored to help facilitate the efforts of such a dedicated campus community."

STARS is a self-reporting method developed by the Association for the Advancement of Sustainability in Higher Education, with broad participation by the higher education community. It provides colleges and universities a common set of measurements for gauging progress toward sustainability. The system also facilitates information sharing and builds diversity in the campus sustainability community. Since its launch in January 2010, 234 schools have registered with STARS.



CU-Boulder's ranking, which was submitted with a letter of affirmation by Chancellor Philip P. DiStefano, rated high in all three categories of the STARS assessment: operations; education and research; and planning, administration and engagement.

"Even with our growing campus, we are on track to meet the aggressive 2012 conservation goals outlined in the Governor's Executive Order," said campus conservation officer Moe Tabrizi. "STARS has helped us pinpoint necessary work, benchmarks and improve our performance going forward."

STARS also functions to better inform the many rankings, grades and opinions offered each year by various magazines and organizations.

"Our STARS gold rating is based on credible, transparent data that documents CU's leadership and dedication to sustainability," said Dave Newport, CU Environmental Center director and STARS team leader. "We look forward to the near future when all organizations use STARS to guide their efforts and benchmark with peers."

Other universities currently collecting data to submit for a STARS assessment include Yale, Stanford, Columbia, Cornell, Emory, Rice and UCLA.

To view a list of STARS registrants, available reports and confirmed ratings, visit <https://stars.aashe.org/institutions/><sup>[12]</sup>.

## **Beth-El opens nutrition clinic to guide campus health**<sup>[13]</sup>

Nanna Meyer

The 50-year-old man who visited the newest outreach efforts of the Beth-El College of Nursing and Health Sciences had a specific goal in mind when he came to the Peak Nutrition Clinic at University Hall.

He wanted to lose weight.

But the plan developed for him by Nanna Meyer, a registered sports dietitian and assistant professor of health sciences, and Kelly Ping, registered dietitian and graduate student, was far from an off-the-shelf, low-calorie meal plan. Meyer and Ping also are certified as health and fitness specialists by the American College of Sports Medicine.

Through a series of interviews, the nutrition clinic staff members uncovered his high-stress job, irregular schedule, and hours in airports surrounded by unhealthy food choices as triggers for overconsumption of high-fat foods. The resulting plan helped him make adjustments that were effective, manageable and sustainable. Personal details were combined with assessment of body composition such as fat and muscle mass as a measure of progress.

Combining multiple factors as varied as personal food preferences to lifestyle and work choices into a plan is the goal of the Peak Nutrition Clinic. On a fee-for-service basis, graduate students under Meyer's supervision will create plans to help people meet goals that are both personal and varied.

UCCS faculty and staff will receive a \$10 discount to \$65 per hour, to learn how nutrition can help them meet goals that might include knocking a few seconds off a marathon time, improving stamina or staving off health problems such as diabetes, heart disease or osteoporosis.

In general, the clinic is designed for healthy people who want to make improvements in their lives. Meyer and Ping



hope to attract campus community members – faculty, staff and students – as well as Colorado Springs-area athletes ranging from weekend warriors to competitive athletes. The clinic will work cooperatively with the Student Health Center and the University Counseling Center to help students improve mental and physical health and performance.

"Food is fuel," said Meyer, a former world-class Swiss ski racer and Olympic nutrition consultant. "The timing of food and fluid intake is key to performance. It's a science."

Meyer and Ping worked together as consultants to the U.S. Speed Skating team at the Vancouver Olympics. They've seen first-hand the difference that a consciously selected and balanced diet can make in performance.

Ping, a former collegiate soccer and hockey player, works closely with Mountain Lion student-athletes on issues that range from avoiding dietary supplements banned by the NCAA to educational workshops showing athletes how to fuel for performance and grocery shop on a budget.

Ping laughs about a recent shopping trip where students shared their favorite foods – everything from fat-laden frozen fettuccine dinners to soda – and her efforts to redirect them to whole grains, yogurt, cottage cheese and locally grown produce.

"We had a scavenger hunt for healthy ingredients right there in King Soopers," Ping said. "It was an eye-opening experience for all."

To find out more about the clinic and its services, contact Ping at 719-255-7524.

## **Educators focus on unification of multicultural learning at symposium**<sup>[15]</sup>

On Nov. 5, the Office of International Affairs at the University of Colorado Denver and the Auraria Library hosted the Symposium on Diversity and Campus Internationalization, an effort to examine the opportunities and challenges at the intersection of diversity, education and internationalization. The 47 participants included staff and faculty from UC Denver, the University of Colorado at Boulder, Anschutz Medical Campus, Community College of Denver and Metropolitan State College.

The symposium focused on the challenges of clearly defining the language people use to describe ethnic and cultural differences, refining the approaches used to prevent misunderstanding, and comprehending the commitment and understanding required to address both the challenges and the opportunities of functioning in a multicultural global educational context.

Special guests at the symposium were: Gailda Pitre Davis, associate director of the Center for Advancement of Racial and Ethnic Equity, American Council on Education; Christa Olson, associate director of the Center for International Initiatives, American Council on Education; and Hillary Hughes, Fulbright Scholar in Residence at the School of Cultural and Language Studies in Education, Queensland University of Technology, Brisbane, Australia.

Carolyn North, assistant vice chancellor of international affairs, introduced the event by noting the national level of concern that students from diverse backgrounds are underrepresented in study abroad program participation. This creates a disadvantage for them at a time when preparedness for global careers and for globally competent citizenship is essential for success and civic literacy in the 21st Century.

Hughes pointed out the differences in learning styles of students from diverse cultures, and the need to unify how educators communicate with multicultural groups.





"Unfortunately, we do not emphasize what domestic students can learn from international students on campus," Hughes said. "We should have collaborative learning approaches that build upon all students' strengths."

The Office of International Affairs at UC Denver is continuing to address diversity and inclusion issues and to seek solutions through multiple avenues. Two new diversity initiatives will be launched this year, the International Student Success Initiative and the Diversity in Global Education Initiative.

## Operator of new child care center to host Q&A sessions for parents<sup>[16]</sup>

Faculty and staff on the Anschutz Medical Campus who are interested in learning about the soon-to-be-built child care facility are invited to attend one of several upcoming information sessions.

Construction has begun on the Fitzsimons Early Learning Center at 23rd Avenue and Wheeling Street, across from the Fitzsimons Credit Union, with a planned opening in May 2011. The 248 enrollment spots will be available to any child age 6 weeks to 6 years who is a legal dependent of employees and students at the University of Colorado Anschutz Medical Campus, The Children's Hospital and its foundation and the Fitzsimons Redevelopment Authority.

Tuition rates have not yet been determined.

The center's operator, [Bright Horizons Family Solutions](#)<sup>[17]</sup>, is hosting several question-and-answer sessions: 9:30-10:30 a.m. Monday, Nov. 22, Mount Yale (The Children's Hospital) 5:30-6:30 p.m. Monday, Dec. 6, Mount Princeton (The Children's Hospital) 3:30-4:30 p.m. Friday, Dec. 10, Ben Nighthorse Campbell building (Shore Family Forum) 3:30-4:30 p.m. Monday, Dec. 13, Mount Princeton (The Children's Hospital) 10:30-11:30 a.m. Wednesday, Dec. 15, Ben Nighthorse Campbell building (Shore Family Forum) 5:30-6:30 p.m. Thursday, Dec. 16, Mount Princeton (The Children's Hospital)

FAQs about the center are posted [here](#)<sup>[18]</sup>.

To receive updates about the center, please e-mail requests to [julia.agazio@ucdenver.edu](mailto:julia.agazio@ucdenver.edu)<sup>[19]</sup>.

## Byers a VP on Cancer Society's board of directors<sup>[20]</sup>

Byers

**Tim Byers**, M.D., MPH, associate director of the [University of Colorado Cancer Center](#)<sup>[22]</sup> and professor and associate dean of public health practice at the [Colorado School of Public Health](#)<sup>[23]</sup>, has been named second vice president of the American Cancer Society's (ACS) National Board of Directors for 2010-2011.

Byers and 10 others recently were appointed to the volunteer board during the society's annual meeting in Atlanta. The [ACS National Assembly and National Board of Directors](#)<sup>[24]</sup>, composed of elected volunteers since the organization's inception in 1913, are the primary governing bodies of the ACS, the nation's largest voluntary health organization.



"I am honored to serve as an officer of the American Cancer Society," Byers said. "The ACS is doing truly outstanding work in research, advocacy, education, and patient support at both the national and the grassroots levels. The hundreds of skilled staff and thousands of dedicated volunteers have helped the ACS lead the way toward the historic progress we are now making in cancer prevention and control. I look forward to doing whatever I can to help the society have an even greater impact in the future."

As a nationally recognized epidemiologist, Byers originally served as a peer reviewer in the Extramural Research Grants program and as a member of the epidemiology team planning for Cancer Prevention Study-II analyses. He has been an ACS volunteer for nearly 30 years.

"Dr. Byers is a truly outstanding national figure in cancer prevention and a natural leader for the American Cancer Society," said Dan Theodorescu, M.D., Ph.D., director of the University of Colorado Cancer Center. "He has not only made significant contributions to the field of cancer epidemiology but has led our cancer center in this area to new heights. We are very proud and privileged to have him as our colleague."

## Beauprez joins hospital foundation's board<sup>[25]</sup>

Beauprez

**Claudia Beauprez** is the newest member of the University of Colorado Hospital Foundation board of directors.

Beauprez said she became part of the foundation to raise awareness in Colorado and the Rocky Mountain region about the world-class health care provided at University of Colorado Hospital (UCH). As part of her work with the foundation, Beauprez is on the committee raising money for the expansion of the hospital's Anschutz Cancer Pavilion.

"The University of Colorado Hospital Foundation's first priority is raising \$20 million to expand the cancer pavilion," said Peter H. Coors, chairman of University of Colorado Hospital Foundation and chairman of MillerCoors. "Claudia is passionate about making sure people with cancer and other acute illnesses have access to the care they need."

Besides serving on the University of Colorado Hospital Foundation board of directors, Beauprez is a member of the leadership council of Saint Thomas Aquinas Catholic Center, a campus ministry serving the University of Colorado at Boulder. She also serves on the board of trustees for Seeds of Hope, an organization that makes Catholic education available to economically disadvantaged children. She also is involved in Developmental Pathways, Growing Home Adopt-a-Family and Tennyson Center for Children.

Beauprez was the director of Front Range Capital Corporation, the parent company of Heritage Bank. She also has been a licensed real estate agent and was active in the family dairy farming business. Beauprez and her husband, former congressman Bob Beauprez, now own and operate a ranch near Walden, Colo.

"Claudia is a welcome and important addition to the foundation's board of directors. Her career in business and her passion in volunteering make a great combination," said Bruce Schroffel, president of University of Colorado Hospital Foundation and president and CEO of University of Colorado Hospital. "Her longstanding ties to Colorado will help us reach our fundraising goals and meet the growing need for health care in our state and our region."





## Leal will guide education initiatives<sup>[27]</sup>

**Vicki Leal** has joined the University of Colorado system in a position that will guide education initiatives.

Leal most recently served as academic policy officer and the governor's advocate with the Colorado Department of Higher Education, where she coordinated the statewide transfer articulation program (gtPathways), facilitated the annual Faculty-to-Faculty Statewide Conferences, served as lead on Colorado's P-20 alignment legislation (CAP4K/SB 08-212), and administered performance contracts.

For more than 20 years she has worked in the field of post-secondary education in the areas of teaching, recruitment, retention, transfer articulation and policy, serving primarily first-generation, low-income and underrepresented student populations. She has taught courses in multicultural and Mexican-American Studies, as well as courses in historical/philosophical foundations of education at different institutions of higher education.

Before embarking on her doctoral studies, she directed the Cesar Chavez Cultural Center at the University of Northern Colorado, served as education analyst and director of the adult and postsecondary education program for the Salt River Pima-Maricopa Indian Community in Scottsdale, Ariz., and directed a multimillion-dollar HRSA/diversity grant at the University of Colorado's School of Pharmacy. She is an alumna of the University of Northern Colorado, a past Kellogg Fellow of the Hispanic Border Leadership Institute, and a doctoral candidate in Educational Leadership and Policy Studies at Arizona State University.

## CU Guaranteed aims to boost four-year degrees<sup>[28]</sup>

With what leaders say is the first transfer program of its kind in the country, the University of Colorado will guarantee admission for eligible community college students to any arts and sciences program at the Boulder, Colorado Springs and Denver campuses.

### CU Guaranteed policy

CU Guaranteed's requirements for community college students seeking transfer to CU (College of Arts and Sciences at CU-Boulder, College of Letters, Arts and Sciences at UCCS or College of Liberal Arts and Sciences at UC Denver): High school diploma or GED 30 semester hours of transferable Colorado Community College course work, with a GPA of 2.7 or higher Cumulative GPA of 2.7 or higher for all college course work, with consistent or improving grades [Completion of Minimum Academic Preparation Standards \(MAPS\)](#)<sup>[29]</sup> Completion of admissions application and submission of all required documents by published deadlines

As stated in Regent Law (article 7.C.), "The university reserves the right to deny admission or readmission to applicants whose total credentials reflect an inability to assume those obligations of performance and behavior deemed essential by the university and relevant to any of its lawful missions, processes and functions as an educational institution."

CU Guaranteed, a program announced Tuesday, Nov. 16, at the downtown Denver campus, takes effect with the spring 2011 semester. At Tuesday's news conference, CU President Bruce D. Benson said the new practice will help increase the number of four-year degrees awarded in the state and improve efficiency by enabling transfer students to earn degrees more quickly than they would have in the past.

"This agreement will enhance our strong partnerships with Colorado's community colleges and will allow thousands of transfer students to take advantage of programs at our research universities," Benson said. "It will also help us meet state and national goals of increasing the number of individuals with college degrees, which is critical to our economic health and competitiveness."



To qualify, students must have earned 30 semester hours of transferable course work – the first year of community college curriculum – with a grade-point average of at least 2.7. Most guaranteed admissions programs require the completion of an associate's degree, typically 60 semester hours.

Benson credited Regent Stephen Ludwig with spearheading the effort at CU. Ludwig, a graduate of the University of Colorado at Colorado Springs, began his college career at Pikes Peak Community College in Colorado Springs and Diablo Valley College in Pleasant Hill, Calif.

"When community college students are balancing the demands of work, family and school, they need a light at the end of the tunnel," Ludwig said. "This program can be that light. I am thrilled about this."

Nancy McCallin, president of the [Colorado Community Colleges System](#)<sup>[30]</sup> (CCCS), said CU Guaranteed represents a "tremendous opportunity" for the 135,000 students attending the system's 13 community colleges. She noted that 44 percent of community college students intend to transfer at some point.

Leaders announcing CU Guaranteed on Tuesday, from left: CU President Bruce D. Benson, CU Regent Stephen Ludwig and Colorado Community College System President Nancy McCallin.

In 2009, students who transferred from two-year institutions in Colorado accounted for 6 percent of new undergraduates at CU-Boulder, 23 percent at UCCS and 21 percent at UC Denver.

"We are excited about this wonderful opportunity for CCCS students who have met the transfer benchmarks and elect to transfer to CU," McCallin said. "I thank CU's leadership for implementing the program."

Kathleen Bollard, associate vice president and chief academic affairs officer, said the new policy will benefit community college students as well as CU.

"As a faculty member, I've found transfer students to be well-prepared, motivated and intellectually engaged, and I hope the new criteria will make it easier for more to choose to study at a CU campus," she said.

## Five Questions for Laura Argys<sup>[32]</sup>

Laura Argys

Laura Argys, Ph.D., has simple words of advice for anyone looking to improve their leadership skills:

"Watch and listen to see how things get done."

The practice obviously has served her well. The professor of economics at the University of Colorado Denver is the first person to hold the title of associate dean for research and creative activities in the College of Liberal Arts and Sciences (CLAS). She spent several years chairing the UC Denver Faculty Assembly's budget priorities committee. And she's the latest honoree of the CU system's Excellence in Leadership Award, which she received at the Excellence in Leadership Program's (ELP) annual luncheon and lecture Nov. 5 at the Brown Palace Hotel in Denver.

It's the latest among several honors she has received during her career, including the CLAS Teacher of the Year (1998) and CLAS Researcher of the Year (1999). She earned all three of her degrees at the University of Colorado at



Boulder.

— Jay Dedrick

**1. You graduated from the 2009 Excellence in Leadership Program. What did it teach you about leadership and/or yourself?**

I have participated in a number of workshops and programs on administration and leadership, but the Excellence in Leadership Program has a somewhat unique focus that fits my style well. In addition to providing training and discussing practical skills for leaders, ELP also seeks to create a network of new leaders and provide insight into the structure and people that make up the University of Colorado.

At the Nov. 5 Excellence in Leadership luncheon and lecture at Denver's Brown Palace, UC Denver's Laura Argys, center, is congratulated on her ELP Award by Regent Joe Neguse and last year's ELP Award winner, Barbara Gaddis of UCCS.

Each meeting featured an up-close-and-personal discussion with a university leader about the path they traveled to reach their present position and the lessons they learned along the way. Lessons in leadership meant much more to me when they were part of a personal story. As a result of these discussions, it became quite clear that there is no single feature of an effective leader, no single path to leadership, and that, although each had clear strengths, each also struggled with things that did not come naturally. ELP helps develop skills that participants may lack, but also provides a valuable network of people to draw upon.

**2. Had you considered yourself a leader before completing the program?**

That's a difficult question. I wouldn't have described myself as a "leader," but I knew that I worked well with people and was dedicated to the university in a way that made me want to work with others to move the institution forward. I often work with a group to achieve an objective, but am typically very flexible about how we reach it. Despite being in an administrative position that sets the tone for successful research by faculty and students in the college, I'm afraid that I still think of myself much more as a problem-solver and facilitator than a leader. In my administrative role, I know that I'm working on bigger and more frequent problems, but to me whether I am a leader or not is a matter of semantics.

**3. How much more difficult is it to lead in a time of economic challenge?**

Economics is known as the dismal science, so you think I'd be well-prepared for such times, but it is always difficult. My work with the budget committee began in a time when university funding was holding steady and even increasing at times. We were able to think creatively about how best to structure a budget model to facilitate planning within schools and colleges, and minimize the feeling that resource allocation was pitting one program against another. Although the budget model ultimately gained widespread support, the use of such a model soon fell victim to declines in state funding a number of years ago. Rather than fall back into the scramble for resources at another's expense, in fact, I have been pleasantly surprised by the degree to which faculty, staff, administrators and students have pulled together to make decisions in the face of the current financial challenges to higher education.

I think that leadership is more important in tough times; the decisions that are made in lean years often do more to shape the institution in the long run.

ELP Award winner Laura Argys with her husband, Richard.

**4. You mentioned at the award ceremony that you had originally planned to be a professor – and just a professor – but eventually decided to pursue an administrative position. What led you to that choice?**

With each decision to move into leadership and administration, different factors were important. Serving as faculty leadership on budget committees was prompted by the fact that I was an economist and felt as if I had a "comparative advantage" in working with the financial side of the administration. It was time for me to contribute to the institution and it felt good to be on a committee that was providing input into important decisions.

At the time I began serving as department chair, it was time for new leadership and as a department citizen I felt like I



was the right person at the right time. I figured that each member of the department would simply take their turn, and it was my turn.

It wasn't until I applied for the position as associate dean for research and creative activities that I made the conscious decision to be an administrator. I was motivated by the opportunity to be involved in helping move the college toward becoming the research-oriented institution that I hoped it could be. UC Denver had recently hired a new dean of the College of Liberal Arts and Sciences who was focused on creating an environment in which faculty could reach their scholarly potential. With the creation of this new associate dean position, I was excited to contribute to that effort.

### 5. How do you enjoy spending your free time?

I really enjoy the outdoors and so Colorado is the perfect place for me. I love hiking in the summer and snowshoeing in the winter. I've recently taken up kayaking and have been able to kayak in the Finger Lakes and in Alaska and Hawaii.

At the ELP lunch, Debra Faulkner of the Brown Palace and UC Denver Professor Tom Noel presented biographical sketches of leaders throughout the state's history, from 19th century peacekeeper Chief Little Raven to 21st century philanthropist Phil Anschutz.

I'm also enough of a policy wonk that I enjoy doing research. My academic research focuses on family, social and educational policies. I've examined issues ranging from child support policies and child well-being, to ability grouping in public K-12 classrooms, to the influences of peers on adolescent risky behaviors. Though I'm not sure that my husband and kids think of it as "free" time, I am a bit of a night owl and often spend late evenings at home working on research projects.

## Dropping names ...<sup>[37]</sup>

Kenny

**Deborah Kenny**, associate dean at the University of Colorado at Colorado Springs' Beth-El College of Nursing, was inducted as a fellow of the American Academy of Nursing during the academy's annual meeting and conference Nov. 13 in Washington. She was one of 116 nurse leaders from across the country selected for the award considered to be one of the most prestigious in the nursing profession.

... Work by **Marcus Farr**, instructor in architecture studies at the University of Colorado Denver, is being shown at the Architecture Center Houston as part of an exhibition. "A Decade of Houston Initiatives" spotlights urban work sponsored by the Initiatives for Houston Grant Program and the Rice Design Alliance. Farr's project initiated the conversion of surface parking lots and parking garages into urban parks.

Watson

...**Jean Watson**, Ph.D., RN, AHN-BC, FAAN, distinguished professor of nursing and endowed chair in Caring Science at the University of Colorado Anschutz Medical Campus, won the Anthony J. Jannetti Award at the recent Academy of Medical-Surgical Nurses (AMSN) annual convention in Las Vegas. This award is the academy's highest honor, presented for extraordinary contributions to health care. Watson also delivered the convention's keynote address on "Returning to the Heart of Nursing – Caring Science as Ethical-Scientific Core for Transforming Practice Inside and Out." Watson is founder of the original Center for Human Caring in Colorado, is a Fellow of the American Academy of Nursing and is founder and director of a new nonprofit foundation, [Watson Caring Science Institute](#)<sup>[40]</sup>.



## Prescription benefits have changed for Anthem plan members<sup>[41]</sup>

Payroll & Benefit Services is reminding employees enrolled in Anthem medical plans about changes to their prescription benefits, and of the savings for filling prescriptions at one of the University of Colorado Hospital (UCH) retail pharmacies or through the UCH mail order program.

For UA Net Plan members:

Co-pays at UCH pharmacies are lower than co-pays for purchases at other retail pharmacies. UCH pharmacies can dispense a 90-day supply at the retail counter for only two co-pays (90-day retail). Mail order or 90-day retail is required for maintenance meds after three, 30-day retail dispenses.

For all Anthem plan members (including UA Net, Lumenos, HMO Colorado and Medicare Primary):

UCH mail order service is the mail order provider for employees in all Anthem plans. For a list of medications excluded from the mail order or 90-day retail requirement, go to [www.uch.edu/pharmacy](http://www.uch.edu/pharmacy)<sup>[42]</sup>, under pharmacy questions and answers for employees: Are there exceptions to the mail order program? If your medication is on the exception list, you may continue to fill your prescriptions 30 days at a time. If your medication is not on this list, please ask your doctor to prescribe a 90-day supply of medication. Your doctor can fax or phone in your prescription to one of the UCH pharmacies listed below. Mail order provides a 90-day supply of medication for two co-pays. That's more than \$200 in savings per brand name prescription per year. UCH also offers convenient mail-order enrollment via the web at [www.uch.edu/pharmacy](http://www.uch.edu/pharmacy)<sup>[42]</sup> (click on the Mail Order link). **UCH Mail Order Prescription Services**

12605 E. 16th Ave.

Aurora, CO 80045

Phone: 720-848-1432

Fax: 720-848-1433

### **Atrium Pharmacy** (first floor, Anschutz Inpatient Pavilion)

12605 E. 16th Ave., Room 1054

Aurora, CO 80045

9 a.m.-8:30 p.m. Monday-Friday

9 a.m.-5 p.m. Saturday and Sunday

Phone: 720-848-4083

Fax: 720-848-4084

### **Anschutz Outpatient Pavilion (AOP) Pharmacy**

1635 Aurora Court, Room 1012

Aurora, CO 80045

8:30 a.m.-6 p.m. Monday-Friday

Phone: 720-848-1020

Fax: 720-848-1040

### **Pharmacy at Lowry** (formerly Garfield)

8111 E. Lowry Blvd., Suite 110

Denver, CO 80230

8:30 a.m.-5 p.m. Monday-Friday

Phone: 720-848-9590

Fax: 720-848-9593



## Health care Flexible Spending Account reimbursement changes take effect Jan. 1<sup>[43]</sup>

The laws governing Flexible Spending Account (FSA), Health Reimbursement Arrangement (HRA) and Health Savings Account (HSA) reimbursements for over-the-counter (OTC) medicine are changing.

Effective Jan. 1, 2011, OTC medicines will only be considered a qualified medical expense if the person has a prescription for the medicine. OTC medicines purchased without a prescription through Dec. 31, 2010, are reimbursable through the end of the fall 2011.

For more information, go to <http://www.asiflex.com><sup>[44]</sup>.

## Leave size out of healthy living goals<sup>[45]</sup>

I strongly disagree with the university's [decision to offer Colorado Weigh](#)<sup>[2]</sup> at its various campuses (Nov. 10 Newsletter).

I do support the University of Colorado's vision of encouraging a healthy lifestyle and nutritional eating habits. However, I do not believe that my employer should imply that I ought to maintain an imaginary "ideal weight."

Some background:

95 percent of all dieters are unable to maintain their weight loss over a period of five years. As this study states, "Diets do not lead to sustained weight loss or health benefits for the majority of people." (<http://www.reuters.com/article/idUSN3036700020070402?pageNumber=1>)<sup>[3]</sup> Weight cycling (losing and gaining weight over and over) has been associated with a decrease in health. ([http://mann.bol.ucla.edu/files/Diets\\_don%27t\\_work.pdf](http://mann.bol.ucla.edu/files/Diets_don%27t_work.pdf))<sup>[4]</sup> Body Mass Index is a flawed method of determining a person's overall health.

([http://www.preventdisease.com/news/articles/081806\\_bmi.shtml](http://www.preventdisease.com/news/articles/081806_bmi.shtml))<sup>[5]</sup> Focusing on the very personal facts of one's unique body shape can cause poor self-image and may even lead to disordered eating.

(<http://www.medicalnewstoday.com/articles/54635.php>)<sup>[6]</sup>

Weight and health are two different things. Encourage healthy living, and leave size out of this.

For more information, please check out "Health at Every Size: The Surprising Truth About Your Weight," by Linda Bacon; "The Obesity Myth: Why America's Obsession With Weight Is Hazardous to Your Health," by Paul Campos; and "Losing It: America's Obsession With Weight and the Industry That Feeds It," by Laura Fraser.

### Shana Bergen

Program Assistant I, Office of the Registrar  
Anschutz Medical Campus

### Links

[1] <https://connections.cu.edu/letters/leave-size-out-healthy-living-goals>





- [2] <https://www.cusys.edu/newsletter/2010/11-10/hwtrust.html>
- [3] <http://www.reuters.com/article/idUSN3036700020070402?pageNumber=1>
- [4] [http://mann.bol.ucla.edu/files/Diets\\_don%27t\\_work.pdf](http://mann.bol.ucla.edu/files/Diets_don%27t_work.pdf)
- [5] [http://www.preventdisease.com/news/articles/081806\\_bmi.shtml](http://www.preventdisease.com/news/articles/081806_bmi.shtml)
- [6] <http://www.medicalnewstoday.com/articles/54635.php>
- [7] <https://connections.cu.edu/stories/regents-establish-athletics-subcommittee>
- [8] <https://connections.cu.edu/stories/report-sjmc-should-be-discontinued-undergo-strategic-realignment>
- [9] <http://academicaffairs.colorado.edu/academicreview/wordpress/wp-content/uploads/2010/11/2010PDCReportonSJMC.pdf>
- [10] <http://www.colorado.edu/news/downloads/082410/COI-TF-Report.pdf>
- [11] <https://connections.cu.edu/stories/campus-first-nation-earn-gold-rank-environmental-leadership>
- [12] <https://stars.aashe.org/institutions/>
- [13] <https://connections.cu.edu/stories/beth-el-opens-nutrition-clinic-guide-campus-health>
- [14] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/uccs-meyers.jpg>
- [15] <https://connections.cu.edu/stories/educators-focus-unification-multicultural-learning-symposium>
- [16] <https://connections.cu.edu/stories/operator-new-child-care-center-host-qa-sessions-parents>
- [17] <http://www.brighthorizons.com/>
- [18] [http://www.ucdenver.edu/about/departments/HR/FormsTemplatesProcesses/Documents/Word/EarlyLearningCenter\\_FAQs.doc](http://www.ucdenver.edu/about/departments/HR/FormsTemplatesProcesses/Documents/Word/EarlyLearningCenter_FAQs.doc)
- [19] <mailto:julia.agazio@ucdenver.edu>
- [20] <https://connections.cu.edu/people/byers-vp-cancer-societys-board-directors>
- [21] [https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people\\_byers.jpg](https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people_byers.jpg)
- [22] <http://www.uccc.info/>
- [23] <http://ucdenver.edu/academics/colleges/PublicHealth/Pages/welcome.aspx>
- [24] <http://www.cancer.org/AboutUs/WhoWeAre/Governance/index>
- [25] <https://connections.cu.edu/people/beauprez-joins-hospital-foundations-board>
- [26] [https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people\\_beauprez.jpg](https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people_beauprez.jpg)
- [27] <https://connections.cu.edu/people/leal-will-guide-education-initiatives>
- [28] <https://connections.cu.edu/stories/cu-guaranteed-aims-boost-four-year-degrees>
- [29] <https://www.cu.edu/content/minimumacademicpreparationstandardsmaps>
- [30] <http://www.cccs.edu/index.htm>
- [31] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/cu-guarantee.jpg>
- [32] <https://connections.cu.edu/stories/five-questions-laura-argys>
- [33] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/5q-page.jpg>
- [34] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/5q1-1.jpg>
- [35] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/5q2.png>
- [36] <https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/5q3.png>
- [37] <https://connections.cu.edu/people/dropping-names-24>
- [38] [https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people\\_kenny.jpg](https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people_kenny.jpg)
- [39] [https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people\\_watson.jpg](https://connections.cu.edu/sites/default/files/wp-content/uploads/2010/11/people_watson.jpg)
- [40] <http://www.watsoncaringscience.org/>
- [41] <https://connections.cu.edu/stories/prescription-benefits-have-changed-anthem-plan-members>
- [42] <http://www.uch.edu/pharmacy>
- [43] <https://connections.cu.edu/stories/health-care-flexible-spending-account-reimbursement-changes-take-effect-jan-1>
- [44] <http://www.asiflex.com/>
- [45] <https://connections.cu.edu/letters/leave-size-out-healthy-living-goals-1>