



MEDIA HIGHLIGHTS

UNIVERSITY OF COLORADO BOULDER

**OUT-OF-SYNCH BODY CLOCKS AND BEDTIME-RESISTANT CHILDREN**

Putting a child to bed for the night only to see her reappear from the bedroom minutes later may be a common experience for countless parents around the world. But a study suggests that when this happens it may be a result of the child's bedtime being out of synch with his or her internal body clock.

About 25 percent of toddlers and preschoolers have problems settling down after going to bed, said **Monique LeBourgeois**, an assistant professor at CU-Boulder at the Center for Neuroscience. **Nature World News**, Dec. 16



**THE MICROBES IN YOUR GUT MAY BE MAKING YOU FAT OR KEEPING YOU THIN**

In 2008, **Rob Knight**, professor of chemistry and biochemistry at the CU-Boulder, fell ill while vacationing in Peru. He took two rounds of antibiotics until the drugs finally knocked out the infection.

After he returned home, Knight resumed his normal diet and exercise activities and suddenly began dropping pounds that he had been trying to shed for years. He is convinced the antibiotics changed the composition of the microbes in his gut in a way that finally caused him to lose at least 70 pounds. **Washington Post**, Dec. 9



**COLORADO ECONOMIC FORECAST PREDICTS SECOND STRONG YEAR OF JOB GAINS**

Next year will mark the second-best year of job growth in the past decade, said **Richard Wobbekind**, an economist with CU-Boulder's Leeds School of Business, which produces the Colorado Business Economic Outlook forecast. **The Denver Post**, Dec. 9



**IN THE SPINY FOREST, LEMURS CALL LIMESTONE CAVES HOME**

Anthropologists have discovered a community of ring-tailed lemurs in Madagascar that have turned limestone caves into nightly sleeping chambers. It's the first known example of primates using the same caves on a consistent basis, scientists say.

"We didn't even know the caves were there," said **Michelle Sauter**, a professor of anthropology at CU-Boulder who has been studying ring-tailed lemurs for more than 20 years. **Los Angeles Times**, Dec. 4



**GQ FITNESS: SWEAT IT OUT FOR A HEALTHY BODY, MIND**

Not merely a means to sweat out last night's Jameson, saunas and other hot rooms have actual benefits for your body and mind.

"In animal studies, warm temperature exposure—as you would get in a sauna—activates neurons that synthesize and release serotonin," a neurotransmitter important for emotional health, said **Christopher Lowry**, associate professor of integrative physiology at CU-Boulder. **GQ Fitness**, Dec. 4





## 20,000 SPECIES ARE NEAR EXTINCTION: IS IT TIME TO RETHINK HOW WE DECIDE WHICH TO SAVE?

With dozens of species going extinct every day, deciding which to save is a tricky question.

Ants, for instance, are essential environmental helpers, distributing seeds, aerating soils and eating other insects that are often human pests, said **Marc Bekoff**, an ethologist at CU-Boulder. "If we're going to save pandas rather than ants, we need a good reason, and being cute is not a good reason," he said. **National Geographic**, Dec. 15

## IN THE SHELTER OF ANIMALS

**Leslie Irvine**, a CU-Boulder sociology professor and author of "My Dog Always Eats First: Homeless People and Their Animals," said animals provide a unique relationship for homeless people, who are often ignored by society. **Real Change News**, Dec. 25



## ELECTRIC-BLUE CLOUDS APPEAR OVER ANTARCTICA

Data from NASA's AIM spacecraft show that noctilucent clouds are like a great "geophysical light bulb." They turn on every year in late spring, reaching almost full intensity over a period of no more than five to 10 days.

"The clouds appeared over the south pole earlier than usual this year," says AIM science team member **Cora Randall** of the Laboratory for Atmospheric and Space Physics at CU-Boulder. **WTVR**, Dec. 30



## UNIVERSITY OF COLORADO COLORADO SPRINGS

## STATE COMMISSION APPROVES COLORADO SPRINGS TOURISM INCENTIVES

The Colorado Economic Development Commission approved state sales-tax incentives under the Regional Tourism Act for four new tourism venues in Colorado Springs. The commission awarded an estimated \$120.5 million. UCCS may receive \$13 million of that to build a sports and wellness facility. **The Denver Post**, Dec. 16

## LET'S SINGLE OUT THE TOP POWER BROKERS

During her tenure as UCCS chancellor, **Pamela Shockley-Zalabak** has transformed the university. Once a commuter college housed in a long-derelect TB sanatorium, UCCS is now a first-rate regional university. In an era of declining state resources for higher education, Shockley-Zalabak has presided over an era of explosive growth. **Colorado Springs Business Journal**, Nov. 27



## UCCS COMMENCEMENT A MILESTONE FOR PARALYMPIAN

**Bryce Boarman**, 23, of Colorado Springs, a graduate of the UCCS College of Business Sports Management Program, joined an estimated 450 other prospective December graduates during a 2 p.m. ceremony on Friday at the Colorado Springs World Arena. **The Gazette**, Dec. 18





UNIVERSITY OF COLORADO DENVER

NEANDERTHALS WERE EFFICIENT HOMEMAKERS

**Julien Riel-Salvatore**, assistant professor of anthropology at CU Denver, and his colleagues found that Neanderthals divided the cave into three sites and used them to conduct different activities such as living quarters, task sites used for butchering animals and a long-term base camp. **Nature World News**, Dec. 4



SCHOOL PSYCHOLOGISTS ON RISE, BUT SO ARE BEHAVIORAL PROBLEMS

**Franci Crepeau-Hobson**, assistant professor at CU Denver's School of Education and Human Development, said there's a national shortage of school psychologists. That has been the case for Colorado for some years, especially for rural and inner-city schools, and the problems professionals are seeing are getting worse, she said.

"What I'm hearing from the graduates of our program is there are more kids with more severe mental health issues," she said. **inewsnetwork**, Dec. 2



1.34-MILLION-YEAR-OLD REMAINS OF STRONG, TREE-CLIMBING HUMAN ANCESTOR

Researchers found a partial skeleton – including arm, hand, leg and foot fragments – dated to 1.34 million years old and belonging to *Paranthropus boisei* at the Olduvai Gorge World Heritage fossil site in Tanzania. **Charles Musiba**, associate professor of anthropology at CU Denver, is part of the international research team. **EarthSky**, Dec. 14



UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

PROFESSOR JOHAN VAN HOVE DISCOVERS VARIANT NKH

A team of researchers, including a CU School of Medicine professor, has discovered a new disease that experts say will resolve several baffling cases including the death of a Colorado girl. People from around the country and the world turn to **Johan Van Hove** for advice on a rare metabolic disease known as NKH, which can disrupt the body in devastating and even deadly ways. **7News**, Dec. 13

ACID-SUPPRESSING DRUGS LINKED TO VITAMIN B12 DEFICIENCY

People who use certain acid-suppressing drugs for two years or longer are at increased risk of vitamin B12 deficiency, which can lead to anemia, neurological problems or dementia. **Robert J. Valuck**, a professor of pharmacy at the CU Anschutz Medical Campus, was surprised that the association was strongest in adults younger than age 30. "It's not safe to assume vitamin B12 deficiency is only an issue in the elderly," he said. **The New York Times**, Dec. 10



GOLD HELMET WINNERS: ERIC MCCARTY, THE 1980S

As the head CU Buffs team physician and orthopedic surgeon at CU Anschutz Medical Campus, **Eric McCarty** has helped numerous athletes overcome injuries to produce highlight moments. He appeared headed toward football glory himself, having won The Denver Post Gold Helmet award in 1982, but it was his own setback at Boulder High that ignited his passion for what would become his life's work. **The Denver Post**, Dec. 9





### STUDY: HIGH SCHOOL ATHLETES HAVE FEWER CONCUSSIONS AT HIGHER ELEVATIONS

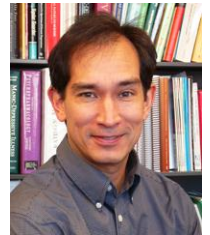
A new study by the Colorado School of Public Health suggests that high school athletes playing at higher elevations — like those in Colorado — experience fewer concussions than similar athletes at lower elevations. Calling this study the first to link altitude to sports-related concussions, [Dawn Comstock](#), associate professor in the Department of Epidemiology, said “It appears that when you are at altitude, there may be a little less free space in the skull.” **KDVR**, Dec. 9



### THE DEPRESSION SYMPTOM YOU MIGHT MISS

Bouncing back is harder for depressed people because the mood disorder affects multiple biological systems, including sleep, energy, motivation and cognition, says [Chris Schneck](#), medical director of the CU Depression Center. This means people suffering have more obstacles to cross, slowing their rebound. **Men’s Health**, Dec. 15

Also: [Depression: What are the warning signs](#), **9News**, Dec. 14



### HOME VISITS DURING PREGNANCY AND AFTER GIVE UNDERPRIVILEGED CHILDREN A BOOST

Underserved children get intellectual and behavioral benefits from home visits by nurses and other skilled caregivers, new research suggests. The study included more than 700 underserved women and their children in Denver.

“It will be important to determine whether it is particularly successful in reducing disparities in health, achievement and economic productivity among children born to mothers who have limited psychological resources and who are living in severely disadvantaged neighborhoods,” said study author [David Olds](#), professor of pediatrics, psychiatry, public health and nursing at the CU Anschutz Medical Campus. **Newsday**, Dec. 3



### MORE EVIDENCE HEAVY BUT HEALTHY PEOPLE STILL AT RISK

Researchers who reviewed past studies found that even heavy people who didn't have high blood pressure or diabetes, for instance, had more heart attacks and strokes than healthy normal-weight people. That runs contrary to the results of some recent shorter-term reports, which suggested people could be obese but heart-healthy.

“It made perfect sense to say there might be a group that have extra body fat but aren't necessarily at risk,” [James O. Hill](#), director of the Colorado Nutrition Obesity Research Center at the CU Anschutz Medical Campus, said. “I think what this study says is, they are. It’s just the risk may be lower (than among obese people who also have other problems) and it might take a little longer to see it.” **Reuters**, Dec. 2

