

[View in Browser](#)



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

MEDIA HIGHLIGHTS DECEMBER 2022



University of Colorado **Boulder**



[Webb Telescope Finds Two of the Most Distant Galaxies Ever Observed](#)

KRDO

(Nov. 17, 2022) -- The early universe was chaotic and crowded, but the structure of the two galaxies appears calm and orderly, said [Erica Nelson](#), assistant professor of astrophysics at CU Boulder. The research findings have suggested that galaxies might have begun appearing in the universe only 100 million years after the big bang, which occurred 13.8 billion years ago. This timeline challenges theories astronomers have held about how and when the first galaxies formed.



[When Everything Is Heavy, a Touch of Humor Can Help](#)

The New York Times

(Nov. 1, 2022) -- The idea of “working on levity” may feel a little forced. But, like building any other habit, practice helps — and there’s evidence that purposely creating amusing experiences has the same benefits as spontaneous amusement. This applies even to the Eeyores among us.

“The capacity to experience amusement and levity is one of the ways that people can change,” said [Caleb Warren](#), co-director at the CU Boulder Humor Research Lab.



[How Viruses Hop from Wild Animals to Humans](#)

Scientific American

(Nov. 15, 2022) -- Viruses are finely tuned to their hosts, but mutations can and have produced strains that can jump from animals into humans. [Sara Sawyer](#), a virologist at CU Boulder’s BioFrontiers Institute, discusses what a virus must do to make the leap between species, and describes a worrying discovery her laboratory has made regarding a future threat.



[After Several Delays, Artemis I Finally Launches, Thanks, in Part, to Colorado](#)

CBS News

(Nov. 16, 2022) -- [Tobias Niederwieser](#) and his colleagues at BioServe Space Technologies, a research center within CU Boulder's aerospace engineering department, are on a similar mission. Soon, their onboard experiment will begin.

"We are growing yeast for about four days while Orion is flying around the moon, then it's flying back," Niederwieser said.



[Can You Make Up for Lost Sleep?](#)

Live Science

(Nov. 2, 2022) -- "Current data suggest that getting extra or catch-up sleep on weekends cannot protect you from this risk if you get short sleep during the workweek," said [Christopher Depner](#), an assistant professor at CU Boulder. "Even if you mentally feel better after getting more sleep on the weekend, you are still at risk of these diseases from the short sleep during the workweek."





[Bats and Death Metal Singers Use the Same Throat Structure to Growl](#)

New Scientist

(Nov. 29, 2022) -- The structure in a bat's larynx that lets them produce these sounds is the same one used by death metal singers to growl out low notes. For decades, scientists speculated as to which structures in a bat's larynx produce different frequencies.

"But that was just through anatomical inspection," said [Jonas Håkansson](#) at UCCS. "And then we went ahead and said, 'Well, is that actually the case?'"



[Colorado Springs Community Gathers for Support and Healing](#)

KOAA

(Nov. 21, 2022) -- "A lot of people are feeling emotionally raw and scared and wanting some action done around this," said [Stephanie Hanenberg](#), UCCS assistant vice chancellor for health and wellness. At UCCS, there were several sessions of an Indigenous tradition called a Circle of Support and Healing.



[49ers Taking Long Approach in Colorado to Prepare for Mexico City Altitude](#)

ESPN

(Nov. 18, 2022) -- According to [Inigo San Millan](#), an associate research professor in the Department of Physiology and Nutrition and the school of medicine at UCCS, it takes about three weeks to fully adapt to the altitude. That doesn't mean that the 49ers can't gain an advantage by spending the week in Colorado before Mexico City.

"It's not enough time to fully adapt to altitude," San Millan said. "It is enough time to at least not suffer the effects from altitude."



[As the 'Red Wave' Broke Before Shoreline, how do Colorado Republicans Move Forward?](#)

KOAA

(Nov. 10, 2022) -- [Josh Dunn](#), a political science professor at UCCS, said election night was a grim evening for Republicans all around.

"I think in Colorado, the problem for Republicans might be that the Republican label is just very toxic at the moment. They are going to have to rebuild some trust with voters. How they do that? I don't know," Dunn said.



[Bank of America Off and Running in Colorado Springs, Attracting Nearly \\$145M in Deposits in Eight Months](#)

The Gazette

(Nov. 9, 2022) -- [Joe Craig](#), interim director of the UCCS Economic Forum, said deposit growth likely slowed because consumers were finally spending the stimulus payments they had saved from the past two years. He said surging inflation and concerns about a coming recession likely didn't play a role in the slowdown because consumer confidence and spending remain "pretty high" despite warning signs of a coming recession.



University of Colorado **Denver**



[Less Attractive, Less Picky: How Mating is Changing in a Hotter World](#)

The Washington Post

(Nov. 28, 2022) -- In the long run, changes in sexual selection could be a vital component for some animal species to adapt faster and more efficiently to a rapidly warming climate. It's something that will be critical as climate change could drive as many as one in six animal and plant species to extinction.

"We're all realizing, 'Oh, we need to be studying

reproduction in addition to survival if we're going to understand how organisms are going to respond to the climate over the next 20 to 50 years," said [Michael Moore](#), an evolutionary biologist at CU Denver.



[White-Collar Sentencing for Women Is About Half What Men Get, Data Show](#)

The Wall Street Journal

(Nov. 18, 2022) -- [Mary Dodge](#), a professor at CU Denver who authored a book on women and white-collar crime, said there are few points of comparison to Elizabeth Holmes, founder of the fraudulent blood-testing company. Other notable examples, she said, include Martha Stewart, who was convicted for obstruction of justice in 2004, and Leona Helmsley, who was the wife of a real-estate behemoth convicted for tax evasion in 1989.



[As Tech Industry Cuts Jobs, these are Some of the Worst Ways to Get Fired](#)

Mint

(Nov. 13, 2022) -- In addition to damaging productivity and morale, poorly handled layoffs can tarnish an employer's brand. When things turn around, some employers have struggled to hire, said [Wayne Cascio](#), a professor emeritus at the CU Denver Business School who has studied the financial and psychological costs of downsizing for more than 30 years.



[We Mapped Where Denver has Gotten Taller and Denser the Past Decade](#)

Denverite

(Nov. 3, 2022) -- [Kris Christensen](#), a professor of urban geography and planning at CU Denver, said “we do need to densify our city” to address the housing shortage. But it can come at a cost, she added.

The new, tall apartment buildings on Welton and Brighton might give newcomers a place to live, but they may not create the right conditions communities to grow and find a long-term stake in the area. Christensen said “place attachment” is the technical term for the love and care that makes a neighborhood last.



[Should Homeowners or Cities Maintain Sidewalks?](#)

Route Fifty

(Nov. 1, 2022) -- “Most cities put the onus of maintenance of sidewalks on the property owners,” said [Wesley Marshall](#), a civil engineering professor at CU Denver, who has studied sidewalk ownership in cities. But that varies significantly by region. “Once you start moving west, cities treat sidewalks as an amenity – like a bonus – as opposed to fundamental infrastructure,” Marshall said.



[How to Cope if Family Gatherings Trigger Your Social Anxiety](#)

SELF

(Nov. 22, 2022) -- From stressful small talk to deep discussions, the conversations that go down at holiday soirees can feel particularly intense; not to mention they can act as a reminder that maybe you're not exactly where you'd like to be at this stage in your life – or that you moved away from home for a reason.

“It’s normal to feel like a broken record when you’re sharing the things you decide to disclose to family or friends,” said [Mandy Doria](#), a licensed professional counselor and assistant professor of psychiatry at the CU Anschutz Medical Campus. It’s best to come up with a game plan.



[Aggression Aimed at Caregivers in Parkinson’s Linked to Patients’ Grief](#)

Parkinson’s News Today

(Nov. 9, 2022) -- Aggression aimed at caregivers in Parkinson’s disease and related disorders is associated with patients’ grief in coping with disease progression and related losses, a new study suggests. Fluctuations in cognition also play a role, researchers say.

“I’m hoping to create more awareness toward it among clinicians who work directly with people living with Parkinson’s disease,” said [Zachary Macchi](#), an assistant professor of neurology at the CU School of Medicine.



[Here’s Why the Time Change Might Make You Feel Crappy All Week](#)

SELF

(Nov. 7, 2022) -- In general, your body functions at its best when you stick to a consistent schedule, and any change to your circadian rhythm can throw things off and cause somewhat of a ripple effect.

“Whether you’re springing forward or backward an hour, that change ends up being significant,” said [Kyle Baird](#), associate medical director at the CU Anschutz Department of Psychiatry.



[Over-the-Counter Hearing Aids Offer a Wide Range of Options](#)

The Conversation

(Nov. 4, 2022) -- [Vinaya Manchaiah](#), professor of otolaryngology, at left, and [Cory Portnuff](#), assistant clinical professor of audiology, both at the CU Anschutz Medical Campus, note: Because of the variety of devices on the market, you should read product labels to make sure you’re not confusing over-the-counter hearing aids with other technologies. It is common to see false

advertising claims, such as personal sound amplification products or hearables advertised as over-the-counter hearing aids.



[CU Anschutz Launches a New Program Aimed at Involving Older Adults in Clinical Trials](#)

9 News

(Nov. 14, 2022) -- [Kathryn Nearing](#), assistant professor of geriatric medicine, helped create the program and said there is a need for more participation from older adults in clinical trials to help create more research and awareness.

“Older adults are one population of the group that's underrepresented in research,” Nearing said. “What that means is the research we conduct may not be as beneficial or as useful for those populations.”

University of Colorado | Focus on CU Faculty
www.cu.edu/focus-on-faculty | cunews@cu.edu
1800 Grant Street, Suite 800, Denver CO, 80203

This email was sent to: cathy.beuten@cu.edu

This email was sent by the University of Colorado

[Manage your email preferences](#) | [Update your contact information](#)

Your CU ID:003f400000mHxRGAA0