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Alumni Magazine Winter 2020

When **Michelle Galetti** suddenly lost her hearing, people at CU were there to help as she began **Navigating a Silent World** By Eric Gershon



Be Boulder.



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NOW

OCTOBER 12, 2019

On Oct. 12, 2019, with a time of 1:59:40, Eliud Kipchoge of Kenya became the first person to complete a marathon in under two hours. He wore a custom, upgraded pair of Nike Vaporfly 4% shoes, proven by CU Boulder research to reduce the metabolic cost of running by 4 percent.

Prior to his historic race in Vienna, a mathematical CU study led by integrative physiology professor Rodger Kram determined the course exhibited near perfect conditions for Kipchoge to succeed.

"I love math with a purpose," study co-author and former CU fellow Kristine Snyder told *CU Boulder Today*.



COVER Hearing loss doesn't slow **Michelle Galetti** (TAM'20) down. At CU, she's creating a jacket that allows the deaf to experience music. See page 17 for more. Photo by Glenn Asakawa.

ABOVE Junior point guard **McKinley Wright IV** (Ethn'21) can handle your high expectations. Read more on page 51. Photo by Glenn Asakawa.

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Michelle Galetti (TAM'20) had a good reason to leave college. She chose to stay.

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Sean Tufts (Soc'04; MBA'11) is a former CU football player and Ralphie Handler. Now he's back at CU, this time with a cause.

23 Fanfiction Rising

How the once-obscure literary genre is giving voice to the voiceless and inspiring a new, more diverse generation of computer scientists.

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Photojournalist and CU professor Ross Taylor captured the final moments between pet owners and their companions. The work has gone viral.

29 Pushing Boundaries

Bhavna Chhabra (CompSci'95) grew up in New Delhi, India, expected by her parents to marry a man they chose. Today she's the site director for Google Boulder.

35 The Anti-Aging Pill

Eating less may help the body age more slowly. Rather than promote starvation, CU researchers are testing a nutritional supplement that mimics the same effects of caloric restriction.

39 A Dad's Bag — with Style

Gavin Lodge (IntlAf, Phil'99) couldn't find a fashionable diaper bag for fathers, so he created his own.

EDITOR'S NOTE

Do you remember your first CU Boulder snowfall? Perhaps you collapsed into a snow angel on the business lawn or lobbed a snowball across Farrand Field.

I remember admiring the Flatirons from Norlin Quad my freshman year, mesmerized by the way the snow looked like frosting spread across the rock faces.

For my CU-transfer husband, **Levi Henry** (Math'12), his first snow was less than serene: Confined to a bus creeping along an icy U.S. 36, he was late for his first-ever class.

But, perhaps, we all can recall racing to our window after a storm to see if — maybe — the university would call a snow day.

As our infographic shows on page 33, campus snow removal is huge work. More than 100 people can be involved, sometimes beginning at 2 a.m.

It's an effort I'm grateful for as I walk through campus this especially snowy winter. And more than 11 years later, I still sneak a peek at the Flatirons. Their frosty allure remains.

Christie Sounart (Jour'12)

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Closing the Generation Gap



Eric Klinger

Eric Klinger, senior writing instructor and associate faculty director of the CU Boulder Writing Center, teaches “Intergenerational Writing,” a course that pairs juniors and seniors with community members over the age of 60 for research and writing projects. For many students, the class is the most memorable of their college careers.

Where’d you learn to write? My father is a retired newspaper publisher and editor and my mother is a voracious reader, so they inspired a love of the written word in me from my earliest memories. I’ve been teaching collegiate writing courses since 2001. Writing has always been my intellectual home and I strive to foster that feeling for as many students, friends and colleagues as possible. When we write, we think better. When we think, we write better. Surely, that has to help make things a bit better for everyone.

How’d you come to teach this particular class? A former student took me to brunch in 2018 and pitched the idea of me taking over this class that he was a volunteer in. I’ve always loved having conversations with people who have taken more trips

around the sun and seen more of the world than I have. This class was the perfect opportunity to do that.

Why invite community members to a student class? The concept of inviting community members from previous generations to share this class with students is the brainchild of Jack Williamson, who wondered, ‘Wouldn’t it be neat if we could find a way to connect local elders with undergraduates? Imagine how much they would have to talk and write about.’

Intergenerational understanding is one of the most important human resources we have in society, yet we tend to squander it in the U.S. George Norlin challenges us to know one another with his words above the west entrance to Norlin Library: ‘Who knows only his own generation

remains always a child.’ Community members talk about how getting to know younger generations in this class inspires new hope and faith in the future, and students talk about all that they discover in common with those who have come before them. It also prepares students for collaborating with older generations in the workplace.

What are the initial expectations of the students? The first day of class is quite amusing. Although the class is described in the course catalog, most students arrive on the first day quite confused about the gray-haired folks sitting in every other seat around the room. Most stop, look around, take out their phones to verify that they’re in the right place and then cautiously take a seat. After I’ve finished describing the class syllabus, expectations

and policies, I ask everyone to participate in a simple icebreaker. The pin-drop silence rushes out of the room as everyone circulates and learns something about one another, such as a hometown, a college major, a life passion, etc. By the end of the first class, there’s a self-charging electricity to the room.

How does the class work? As an educator, I’ve long attempted to foster an environment of unconditional positive regard, something I learned about when I

partner. The experience is profoundly affecting for many, if not most, in the room. To authentically know and be known by another adult is a unique experience. I’m proud to be part of providing that rare opportunity for CU students.

This past semester, your students explored the concept of the American dream. Why that topic? Every single person in the room has a connection to the American dream, whether we’re conscious of it or not. It evokes stories of

with neighbors, friends, family and even people at the grocery store. I’ve also heard how the class has rescued holiday dinner conversations from domination by cranky uncles.

How do you plan to expand the class in the future? The community organizers and I share the goal of promoting this class far and wide. Currently, we do not know of any other intergenerational university writing classes being offered at other U.S. universities and colleges. We believe our core model of co-mentorship across generations has exciting promise in multiple learning environments including nursing, counseling, ethnic studies, management and other academic fields. We plan to continue offering the class each fall semester and look forward to seeing new iterations spring up around the country. **CONDENSED AND EDITED BY CHRISTIE SOUNART.**

“Intergenerational Writing” is an annual CU Boulder writing class that pairs community members with students. This past fall, those in the class wrote about the American Dream.

WHEN WE WRITE, WE THINK BETTER. WHEN WE THINK, WE WRITE BETTER.

encountered the writings of Carl Rogers. I’ve discovered over the years that too much hierarchy is not productive to an enriching and intrinsically motivating classroom.

Both students and community members write papers for the class. The ‘magic sauce’ of the class is the profile essay, where community members and students pair up to write a biographical narrative about their

immigration, work, families, geography, language, food, news, history, music, art and so much more. This topic bridges the past, present and future. It enables conversations that weave aspirations, frustrations and shared experiences into a tapestry no one can foresee.

What were some positive results of the class? People share class conversations



Ralphie V Retires

The buffalo served as CU's live mascot for 12 seasons.

For many, retirement comes when their backs ache and motivation wanes. For Ralphie V, it was the opposite.

Toward the end of the 2019 Buffs football season, the healthy 1,200-pound buffalo began to run too fast for her student handlers to keep up.

CU Boulder athletic director Rick George announced the 13-year-old's retirement Nov. 12. Fans came in droves to snap one last picture

with her at Ralphie's Corral, the official CU football tailgate, prior to the Nov. 23 game versus Washington.

As with past Ralphies, she will continue to live on her ranch with a companion buffalo and receive care from the CU Ralphie program, which is fully donor-funded.

As mascot for 12 seasons, Ralphie V is

the second-longest serving Ralphie in school history.

"Ralphie V had an outstanding career as the face and symbol of our great university and athletic department," said **John Graves** (Mgmt'09), manager of the Ralphie program who also ran alongside her as a student handler. "As one of the biggest and fastest Ralphies, her love for running and power was showcased every home game during her career. It's almost like she knew she was the queen of campus."

Born in 2006 on Ted Turner's Vermejo Park Ranch in New Mexico, Ralphie V — whose real name is Blackout — made her game-day debut against Eastern Washington Sept. 6, 2008.

The Ralphie-running tradition, which started in 1965, has captivated most who've seen her barrel across Folsom Field — regardless of their CU affiliation. Her retirement was covered nationally, including by NPR, ESPN, *The Washington Post* and *The New York Times*.

A search for Ralphie VI is underway. **BY JOSHUA NELSON**



Ralphie V ran at football games and special events from 2008 to 2019.



How We Got Guggenheim Hall

Most of the buildings on CU's old quad are named for past CU presidents, faculty, deans and regents. Then there's Guggenheim.

How did a building bearing the name of a fabulously wealthy East Coast family wind up on the CU campus?

It was a gift from Colorado Senator Simon Guggenheim. He gave the \$80,000 building to CU for the law school, which up to then had been holding classes in Hale. Simon funded the building to celebrate the birth of his second son, George Denver Guggenheim.



Guggenheim, built in 1908, was a gift from Colorado senator Simon Guggenheim.

Minnie, which flooded a year later.

Meyer, who was a well-to-do but not crazy-rich Philadelphia merchant at the time, doubled down on his investment; he bought pumps to dewater the mine and deepen the shaft. Before long it was producing \$1,000 a day — \$26,000 in today's dollars.

Meyer invested in mining and smelting ventures throughout the West. Simon, one of his younger sons, moved to Colorado to work in the family business; he served as chief ore-buyer for its smelters.

At the urging of Colorado railroad baron Otto Mears, Simon got involved in politics. After an unsuccessful run for governor in 1898, in 1906 Simon tried for the Senate and won.

He wasn't a lion of the Senate: He served one term.

Still, years later former governor Charles Thomas said of his term,

"He attempted nothing beyond his capacities, responded to all requests for assistance by his constituents without regard for politics or class, and in all particulars upheld the standards fixed by his predecessors."

Simon's gift of Guggenheim Hall was received with joy by CU. *The Silver & Gold Record* reported that on opening day, the law students formed a procession north of Hale, whose infamously uncomfortable benches had once prompted a law school student revolt, and, with CU President Baker in the lead, marched to the new building — where they ran through the halls shouting "Colorado" and gave the law school yell.

Guggenheim served as the CU law school until 1958. It's now the geography building. I have a great affection for Guggenheim. It was where my first CU class was held.

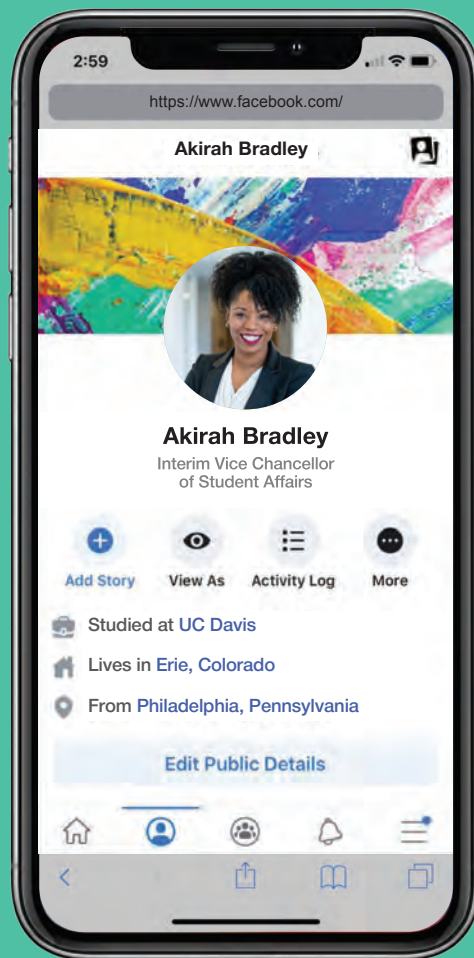
PAUL DANISH IS A COLORADAN COLUMNIST.



Simon Guggenheim

The Guggenheim name is often associated with East Coast wealth and philanthropy, but the family's fortune grew out of a flooded silver mine in Leadville, Colorado.

In 1880 Meyer Guggenheim, the family patriarch and Simon's father, bought an interest in a struggling Leadville silver mine named the A.Y. and



At CU Boulder, if it's student-related, Akirah Bradley, interim vice chancellor of student affairs, likely knows about it. Campus services — including the University Memorial Center and residence life — and large operational departments like housing and dining benefit from her direction. And when there's a crisis, Akirah's there.

Model: iPhone X

APPS

Most-used apps

Podcast



Yelp



Facebook



Most-used emoji



iPhone Insights

How soon after waking up do you look at your phone? My phone is my morning alarm at 6:15, and I'm looking at my phone pretty instantly before getting out of the bed.

App you wish you had the inner strength to delete? Oh my, Amazon! I spend so much on random stuff because they have everything, and it can be delivered in two days with Prime. So it's great, but I could save money if that app wasn't on my phone.

Location of last selfie? At the Grand Canyon — my wife and I went there for a week in mid-October as a late hon-

eymoon getaway. It was my first time going, and I like selfies. I even have a selfie stick, so we took plenty of selfies and 'usies' (not a real word, but I like it).

Does anyone else have your passcode? My immediate family.

Last person you called? My wife.

Duration of longest call last week? 1 hour and 35 minutes.

First thing you'd do if you lost your phone for a day: Use someone else's phone to locate mine using the Find My Phone app.

Back-to-Back Rhodes Scholars

CU Boulder's Jake Reagan is off to Oxford in the fall.

For the second year in a row, CU Boulder can claim a Rhodes Scholar. In November, Boulder native **Jake Reagan** (PolSci, Span'20) was awarded a 2020 Rhodes Scholarship. Prior to 2018, when **Serene Singh** (Jour, PolSci'19) received the distinction, a CU Boulder student had not received the prestigious scholarship in 25 years.

Reagan will join 31 other American students for a fully funded master's degree at the University of Oxford in the fall. He intends to study international relations and ultimately return to Colorado to serve his community.

"I'm hoping to study how communities like Boulder or Denver can respond through policy to the changing economic environment of our world," said Reagan, citing such changes as job offshoring, education funding and increased migration.

His call to public service began his freshman year. In October 2016, Reagan was in Spanish class in the CU humanities building when a mass student text suggested an active harmer was possibly on campus.

"We tried to find a room with a lock in the building and couldn't find one," said Reagan.

On campus, Jake Reagan became an advocate for gun violence awareness.

While the active harmer situation that day was ultimately not the result of someone with a firearm, the experience changed him.

"I thought we needed to improve the safety protocols at CU," said Reagan, who was elected one of three CU Boulder student body presidents in 2018 and became a staunch advocate for gun violence awareness and civil discourse.

Reagan interned with Senator Michael Bennet through the CU in D.C. program, founded a student group on campus called The Dialogue Initiative to discuss key campus issues and was mentored by Nobel laureates involved with the PeaceJam Foundation. He also volunteers as a Spanish translator for families involved with Boulder's Emergency Family Assistance Association.

"[Reagan is] a remarkable young man with deep integrity, a clear vision and the capacity for action that will allow him to continue to make a difference on campus, in the state of Colorado and beyond," Chancellor Philip P. DiStefano wrote to the Rhodes selection committee.

As he wraps up his time at CU, Reagan plans to enjoy his home state.

"I want to hike some more 14ers before I leave," he said. **BY CHRISTIE SOUNART**



CAMPUSnews

DIGITS

On-Campus Hotel:
Coming Soon

2.95

acres on Grandview
Avenue (northwest
corner of main campus)

1st

of its size in
Boulder County

\$130M

preliminary construction
cost estimate

2020

construction start

2022

slated opening

twenty-five
thousand

square-foot
conference facility

250

guest rooms

one

underground parking
garage

Benefits to Full-Day Preschool

Children enrolled in full-day preschool versus half-day preschool benefit more in their learning, CU Boulder researchers found in a first-of-its-kind study. The extra time improved children's vocabulary, literacy, math and more.

"Even a month in the life of a young child may represent a huge period in their development," said CU assistant education professor Allison Atteberry.

The study, published in Educational Evaluation and Policy Analysis, suggests children's early experiences can affect their academic growth. The researchers will continue to explore this learning boost as the children head to elementary school.

Asteroid Named for CU Researcher

At a space conference in late November, the International Astronomical Union announced asteroid 2000 VH57 has a name: (20882) Paulsánchez.

CU Boulder's Paul Sánchez sat in the audience, shocked.

"It was quite unexpected," the aerospace senior research associate told the Ann and H.J. Smead Department of Aerospace Engineering Sciences.

It's a rare honor — only about 5 percent of asteroids have names. Two other CU faculty members also have their own asteroids: distinguished professor Dan Scheeres and assistant professor Jay McMahon.

Sánchez received the recognition for his work with rubble pile asteroids, which are comprised of many pieces as opposed to one large piece. He's identified a potential force that causes the asteroids to rotate rapidly, causing a weak cement to form.

Heard Around Campus

"YOU CAN HAVE
VERY GOOD
FRIENDSHIPS WITH
PEOPLE YOU
DISAGREE WITH."

— Supreme Court Justice Elena Kagan on her collegial relationships with her Court colleagues. Kagan spoke to a sold-out crowd at Macky Auditorium on Oct. 22, 2019.



ARTIFACT Mascot

Champion Times Two

In 2009 and 2010, Chip won first place back to back at the Universal Cheerleaders Association's Mascot National Championship.



Home Again
Cameron Forth (CivEngr'97) donated this 90s-era costume to the CU Heritage Center this fall.

Extreme Makeover
This Chip was retired around 1997.

Clean(ish)

Students who wore this costume cleaned it themselves, said former Chip **Robb Moody** (Jour'95). Sometimes the bathtub would do.

Chip's the Name
Each semester, several students share mascot duties. Their real identities remain a secret.

Chip Tales

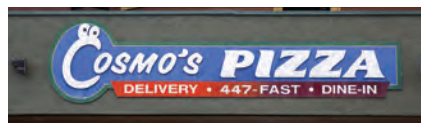
CU students have performed as varying versions of Chip, CU Boulder's character buffalo mascot, since the 1980s.

Aside from crowd-enchancing duties at CU athletic events, Chip has snowboarded the slopes of Winter Park, danced in a NASA space-suit and conducted an orchestra in Macky Auditorium. Once, Chip breathed fire while wearing a dragon costume.

Up to six students split character duties to cover Chip's athletic, campus and community appearances — which can total as many as 400 events a year. The commitment is worth it.

"It was one of the highlights of my life," said **Robb Moody** (Jour'95), who performed in this mid-90s era Chip costume from 1993 to 1995.

LOOK Eateries



Hill Eats

The restaurant lineup on The Hill changes nearly as fast as the Colorado seasons.

While several well-known chains have come and gone in recent years (Qdoba, Five Guys, Del Taco), many Boulder icons (The Sink) and newer staples (The Corner) serve on.

Whether it's a Cosmo's cheese slice dunked in spicy ranch, a Half Fast Godfather sub or the early-bird breakfast at Dot's Diner, the grub on The Hill plays a part in many CU stories. What was your Hill go-to? Write us at editor@colorado.edu.

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CUBuffs.com





No Place Like Space

Patrick Pischulti (PhDAeroEngr'24) knows what it's like to be thousands of miles from home, disconnected from the familiar and comfortable. So when he began helping NASA design a spacesuit for the newest generation of astronauts, it was easy for him to empathize with the space explorers.

Pischulti, who grew up in Germany, moved away from his friends and family to study engineering in the United States. Though the astronauts will be traveling much farther — visiting the International Space Station, the moon and, eventually, Mars — their basic human needs are the same.

“When I’m thinking about building a home for somebody else who’s thousands of miles away, how can I optimize their home for them to be successful, happy and safe?” said Pischulti, now a CU Boulder engineering doctoral student. “That’s my big-picture motivation — being able to create something that makes someone feel at home, even though they are far away from us.”

Before arriving in Boulder to study bioastronautics, Pischulti, 29, earned his bachelor’s degree in mechanical engineering at the University of Alabama. During and after his time at Alabama, he completed several internships at NASA’s Johnson Space Center in Houston and Langley Research Center in Hampton, Virginia.

In Houston, he worked on the helmet-mounted lights and camera for the agency’s newest spacesuit, called the Exploration Extravehicular Mobility Unit, or the xEMU. The NASA engineers upgraded both systems to modern technologies — full high definition for the camera and LED lights — to improve visibility for the astronaut and video quality for the ground control crew.

The new suits, unveiled in October but not yet deployed, have other improved features, including increased mobility, robust temperature and atmospheric protection, advanced communications technologies and systems that lengthen the time astronauts can spend on spacewalks. While they’ll be weightless in space, they weigh about 300 pounds on Earth, according to NASA.

While at NASA, Pischulti also worked on inflatable space habitats — akin to a blow-up tent — which only furthered his interest in developing tools that help humans survive in space.

At CU, he’s part of NASA’s Habitats Optimized for Missions of Exploration (HOME) project, through which, with other university and industry partners, CU researchers are developing technologies for future deep-space missions and landings on Mars.

Said Pischulti: “Engineering in the space environment is, to me, the greatest challenge that we still have to conquer.” BY SARAH KUTA

The xEMU spacesuit made its debut in October 2019 at NASA’s Washington headquarters.

Suddenly Silent

Michelle Galetti had a good reason to leave college.

She chose to stay.

BY ERIC GERSHON

Michelle Galetti (TAM'20) was about halfway into a three-week backpacking trip in Washington State when it happened. Hiking down a mountainside in a heavy rain, just below the tree line, her hearing cut out.

"All of a sudden, the raindrops — I couldn't hear them anymore," she said of the summer 2018 episode, shortly before the start of her junior year at CU Boulder.

A stream rushed along nearby, totally silent to her.

"I started stomping on sticks to see if I could hear them break," said Michelle.

She could not. "I couldn't hear myself breathe," she said.

In the weeks ahead, her hearing came and went, typically for periods of 30 to 60 minutes. Eventually it was happening daily. She developed vertigo. Doctors at home in Seattle offered theories, but could not explain it or fix it.

Michelle returned to Boulder, where she continued consulting doctors. She didn't know when things might get better. One September morning they got much worse.

She was getting ready for the day in her off-campus apartment when, at 7:45 a.m., the sound went out and didn't come back.

The technology, arts and media (TAM) major and teaching assistant was scheduled to lead a web-design lab at 9:30.

"She said, 'I guess I'll go to class and just do this,'" said her mother, Beth Galetti, who was visiting.

Michelle addressed the students. "Face me," she said.

She would try to read lips.

Adapting

Michelle briefly considered leaving school, but she chose to stay. Otherwise, "It would have given me too much time to think about what I'd lost, and not enough time to figure out what I can still do," she said. "Which I'm finding out every day is still a lot."

With the help of her mother and stepfather, Jeff VanLaningham, who, taking turns, spent months in Boulder helping her adjust, Michelle embarked on a new life.

She replaced her alarm clock with a device called "the sonic bomb" that woke her by vibrating her mattress. She identified friends and, eventually, professional captioners, who could supplement her class notes, in case she'd missed something. She and her CU equestrian teammates devised a



series of hand signals so she could get commands during competitions. And she began intensive lip-reading and vocalization exercises.

Without constant sonic feedback, humans' ability to speak devolves quickly. Michelle spent hours a day with her hand pressed to her mother's throat, feeling and mimicking the vibrations unique to each word as her mother spoke them.

"It took a little while for me to get comfortable speaking in class," Michelle said. "A lot of people didn't understand why I spoke with my hand on my throat."

There have been frustrations,

History

Hearing trouble was not entirely new for Michelle, now 21. Since childhood, she'd been unable to detect high-frequency sounds — s, h and f sounds, for example — and she began using hearing aids regularly in high school.

But outside the high frequencies, she could hear clearly. The doctors she and her family consulted told her "there's zero percent chance that you will ever go deaf," she said.

After she did, new information came to light. Hearing kept her paternal grandfather out of the Air Force, and a paternal great aunt went totally deaf at 22.

"Everything still sounds like a mumble," she said months later, "a hum."

When the results of the genetic tests came in last summer, they revealed a mutation in a gene called ATP2B2, sometimes called a "deafness gene" for its role in some types of hearing loss.

Knowing this offered some relief, she said: "I'm not so alone in the situation anymore." But she doesn't expect much to come of it. There's no associated treatment. She's at peace with that.

"I can live any way now," she said, hearing or totally deaf or someplace between. "It's not something I'm scared of anymore."

doesn't mark the wearer as disabled — is a form of haptic technology, a category that usually involves blending digital and physical experience.

"Michelle has come to this project with amazing motivation," said Leithinger, whose work at CU and, earlier, at MIT's Media Lab, focuses on inventing new computer interfaces that let people interact with data through touching, grasping and deforming. "This was shaped by her personal experience, but also the drive to create a simple, inexpensive device for others based on open-source tools."

With the help of a grant from CU's

"I can live any way now" — hearing or totally deaf or someplace between. **"It's not something I'm scared of anymore."**

indignities and fears. Lip-reading is exhausting in the best circumstances; when fellow students mumble during group presentations, it's impossible. Airline employees, unaware Michelle can't hear announcements, scold her for boarding with the wrong group. In the absence of sound, darkness carries a new sense of menace.

Group conversation, with its frequent and sudden changes of speaker, is hard to follow. Michelle misses a lot of jokes.

But some inconveniences have revealed an upside. Calling from one room to another at home is pointless, for instance, so she has more face-to-face encounters with friends and family.

And many people have been reflexively supportive, including professors in CU's ATLAS Institute who began adding closed captions to old videos and classmates who, especially in the scary early days, went out of their way to be present with her, there to help as she navigates a silent world.

And there have been unexpected moments of pleasure.

"One of her favorite things to do was to blare music in the car so that she could feel the vibrations in the speakers, and try to guess the song," said Beth Galetti. "She was remarkably good at it."

That first soundless semester, and the next, Michelle took a full course load. She earned a 4.0 grade point average twice.

"Anything's possible," she said.

Michelle's biological father, Matt Galetti, died when she was a toddler. He'd never had reason, or perhaps time, to mention these details, if he even knew them. Michelle's mom wasn't aware of them until news of her hearing loss began circulating.

With the new information, the Galettis shifted their thinking away from a presumed neurological cause.

"There's got to be something genetic," Michelle said, "because this doesn't just happen."

She took a battery of genetic tests and forged ahead with her life as she awaited the results. She joined CU's equestrian team and took part-time jobs with a technology startup. She got a puppy, a Basenji she named Kaila. She went on adventures with her boyfriend, Aaron.

Last March [2019], after six months of total deafness, while doing homework at the home of Aaron's family, a crackling she'd felt in her ears for 36 hours suddenly stopped. She set her pencil down. It hit the table "kind of loud," she thought. "I'm probably just hallucinating."

She asked Aaron to clap in her ear. "I was like, 'Wow, not so loud!'"

He said, "Michelle, do you realize what you just said?"

It was sound, and it was a jubilant moment. But at first, everything was painfully loud, and Michelle soon realized that true hearing hadn't really come back. She could detect sound, but not words.

The Jacket

A few months into Michelle's ordeal, she decided she would use her remaining time at CU to develop a product that would give deaf people an experience of music.

Working with Daniel Leithinger, a computer scientist in CU Boulder's ATLAS Institute, she has been developing a sensor-laden jacket that will vibrate and pulse in response to sound frequencies. When a note or combination of notes sounds, sensors embedded in the jacket will vibrate in a corresponding way, providing a pattern of physical sensation.

"Hearing is really just another form of touch," Michelle said.

The jacket — which she wants to be fashionable as well as functional, so it

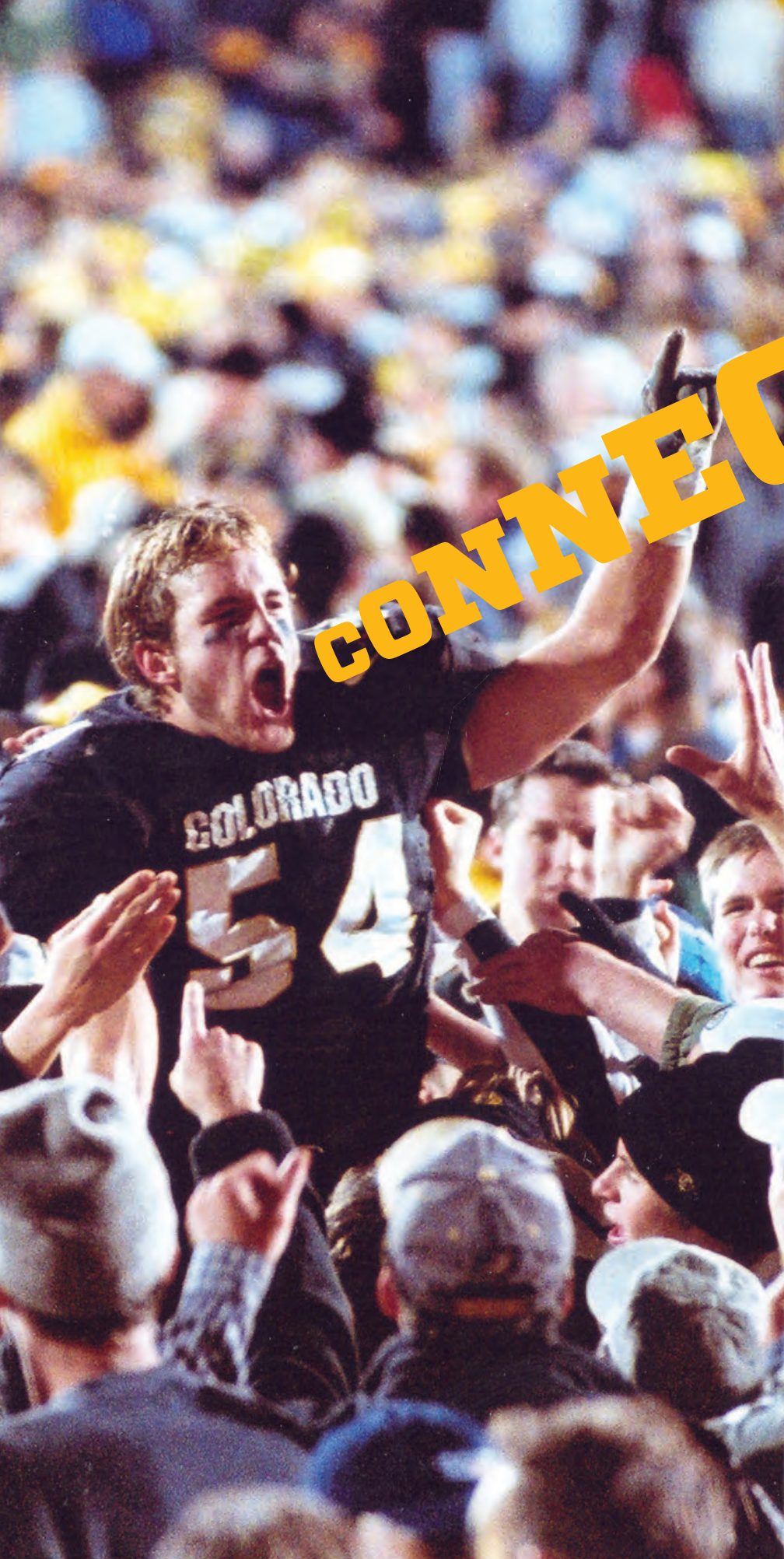
undergraduate research opportunities program, Galetti stayed at CU last summer to work with him. She continues to work on it as a side project, in addition to an astonishing variety of other activities.

She's been named an engineering fellow, a mentoring program for engineering students (TAM students are part of the engineering school). She continues her work with the startups. She rides horses. She's been learning sign language.

The range of sound accessible to humans with standard hearing runs from about 20 hertz (a tuba, roughly) to 20,000 hertz (extreme shrillness). Galetti wants her jacket to translate the full range.

"I want to access extremes," she said.





THE BUFF

CONNECTION

At the age of 6,

Sean Tufts (Soc'04, MBA'11) received direction that altered the course of his life.

"My soccer coach walked me over to the football field and said, 'You should do this instead,'" said Tufts.

His early decision to play football eventually brought him fame at CU and in the NFL. But today, the former star CU linebacker — and Ralphie Handler — has a larger intention: Helping former CU athletes in need, especially those struggling with their mental health.

Tufts is head of the Buffs4Life organization, which provides a crisis hotline, resources and funds to former CU players and their families.

"We want to get to people before their worst day," said Tufts, who lost his friend **Drew Wahlroos** (A&S'02) to suicide in 2017.

"I was a middle linebacker and he was outside," said Tufts. "Almost every picture I have in a Buffs uniform, Drew was somewhere in the background."

The decision to lead Buffs4Life was an easy one: Like football, CU was part of his life at an early age.

"In elementary school, if you had a good day in gym, the coach would put you on his shoulders and you'd get to slap a picture of **Eric Bieniemy** (Soc'01)," Tufts said.

After playing linebacker at Denver's Cherry Creek High School, the country's No. 17 recruit chose CU over Michigan. (Bieniemy became one of his coaches.) From 2001 to 2003, he played starting middle linebacker, finishing his senior season with 95 tackles.

"Sean took football very seriously," said **Brian Cabral** (Rec'79), who was on the Buffs' coaching staff for 24 seasons. "It was like having another coach on the field."

In 2004, Tufts was drafted by the Carolina Panthers in the NFL's sixth round. A knee

injury ended his professional football career after three years.

"The funny part is, for everybody except Peyton Manning and John Elway, it all ends more abruptly than you thought it would," said Tufts, 37.

Tufts reinvented himself. He applied to business school at Stanford, but still felt a strong pull to Colorado. He returned to CU for his MBA.

Sean Tufts is a former CU football player and Ralphie Handler. Now he's back at CU, this time with a cause.

BY JOSHUA NELSON

"I wanted to challenge myself, to come back to Boulder and prove that I was invested in the community," he said.

Back on campus, Tufts again found himself at Folsom Field on Saturdays — this time as

a Ralphie Handler. He and **Chad Hammond** (Engl'01) are the only two former football players to run with Ralphie.

"She's got a sandpaper tongue, like 80 grit industrial sandpaper, and she loves licking leather," he said of the recently retired Ralphie V. "She'd wear out your boots or try to take the gloves from your pocket."

After graduating, Tufts started a business leasing land for the development of wind farms. *Forbes* named him to its "30 under 30" in 2011 for his work.

In 2017, he joined Optiv Inc., a Denver information security company, working with cyber security solutions for critical infrastructure, which includes everything from power plants to dishwashers.

In the midst of his thriving career, he again answered the CU call. In 2017, Cabral asked him to serve as the president of Buffs4Life.

"Every time we talked, he just took Buffs4Life to another level," said Cabral, who is on the board for the nonprofit. "It was a natural fit."

Since 2005, more than 40 other Buffs or their families have received Buffs4Life support. Last year, proceeds from the Kyle MacIntosh 5K, one of the nonprofit's signature events, went to the family of **TJ Cunningham** (Comm'99), who was killed in February 2019.

Tufts hopes Buffs4Life can become a model for the rest of campus.

"Everybody needs help sometimes, whether you're the Heisman winner or an 18-year-old engineering student," he said.

Rising

Fanfiction

How the once-obscure literary genre is giving voice to the voiceless and inspiring a new, more diverse generation of computer scientists.

BY LISA MARSHALL

Casey Fiesler was a precocious 14-year-old with, as she recalls, “not much of a social life,” when she switched on her parents’ boxy IBM PC, logged onto AOL for the first time and slipped into the comforting rabbit hole that is fanfiction.

The year was 1996, and she’d already been unknowingly writing “fanfic” for years — dreaming up new adventures for her favorite characters from *The Baby-Sitters Club* books and quietly scrawling them in her spiral notebook. But with her discovery of new online message boards in which fans share and review remixed versions of their favorite literature, her solitary pastime took an exhilarating turn.

“I realized that there were other people out there doing this too, and they were sharing their stories with each other,” recalls Fiesler, who went on to devour *Star Trek* fanfiction during undergrad, remained a prolific *Harry Potter* fanfic writer through law school and credits the experience for inspiring her to become a social computing researcher. “I felt like something clicked



Casey Fiesler

into place for me. Through sharing my stories, I found my community.”

Today, the once-obscure fanfiction subculture has evolved into a literary genre in its own right, with the fast-growing fanfic website Archive of Our Own (AO3) now boasting more than 5 million stories posted by 2 million registered users and drawing 200 million views per month.

In August, AO3 won a prestigious Hugo Award for science fiction, a milestone some view as validation that fanfiction — long looked down upon by literary critics — has finally arrived.

Now a CU Boulder assistant professor of information science, Fiesler has shifted her focus from writing it to studying it, exploring what she sees as a powerful role the unique genre can play in helping isolated teens, LGBTQ youth, people

with disabilities and other marginalized communities find their voice.

“Fanfiction is fundamentally about writing outside the lines of traditional media, so it often becomes a place to increase representation of people we often don’t see in stories,” she said, pointing to fanfiction in which Kirk and Spock are lovers or in which all the characters at *Harry Potter*’s Hogwarts have physical disabilities. “It’s about speculating over how things could be different and pushing back against harmful stereotypes.”

And despite its reputation as a den of scandalous adult content (yes, there is some of that too) it’s one of the least-toxic corners of the internet, Fiesler contends.

“It’s a hugely positive community compared to many of our more negative online spaces,” she said. “There’s a lot we can learn from fanfiction.”

From *Sherlock Holmes* to *Fifty Shades of Grey*

As far back as the 1880s, frustrated *Sherlock Holmes* devotees, anxiously awaiting the next installment, would often write their own.

But many trace the true birth of fanfiction to the 1960s, when *Star Trek* fans — mostly women who felt left out or misrepresented in the series — would create self-published hand-stapled “fanzines” and distribute them at fan conventions.

The internet fueled further growth, providing would-be authors a way to easily test their writing chops outside the cutthroat publishing world. Because they were portraying characters that people already cared about, they often found a large, ready-made audience awaiting their work.

“I would write something, and within an hour have 100 people telling me I am brilliant. It was very validating,” recalls Fiesler.

According to the new book *Writers in the Secret Garden: Fanfiction, Youth, and New Forms of Mentoring* (for which Fiesler wrote the foreword), fanfiction writers were contributing 80,000 new narratives per month to the site fanfiction.net by 2013. By comparison, 3,600 traditional books were published per month that year.

Today, the flourishing community is more diverse than ever. According to recent survey data from Fiesler’s research group, the vast majority are women, only 25 percent identify as heterosexual, and the way they practice their craft is equally eclectic.

Some pluck characters from popular works like *The Hunger Games*, Marvel comics or *Breaking Bad* and place them in an alternate universe (a modern-day coffee shop; a distant planet). Others fill in scenes that never happened or develop characters that had only minor roles in the original. In the case of E.L. James’ blockbuster *Fifty Shades of Grey*, which originated as fanfiction, the author took Stephanie Meyer’s *Twilight* series and gave it an erotic twist.

“It’s about spending more time in the worlds you love and exploring characters beyond the page,” said Fiesler.

Giving Voice to the Geeks

Fiesler believes fanfiction is beginning to emerge from the shadows in part due to what she calls “the mainstreaming of geek culture.” Even she would have been reluctant to discuss her love of fandom a decade ago; today, comic book conventions are cool, superhero movies are dominating the big screen and fantasy TV shows like *Game of Thrones* are the subject of water-cooler conversations.

But she and her students are most interested in what the genre does to support groups that, even today, don’t see themselves in mainstream literature.

“You can make everyone have a disability, or everyone be queer or everyone be a person of color — just something different than the stencil we so often see,” said Brianna Dym (PhDInfoSci’22), a PhD student in Fiesler’s lab who’s leading research about how marginalized communities utilize fanfiction, funded by a \$250,000 National Science Foundation grant. “That can be a very empowering act.”

Growing up queer in remote Alaska, Dym herself found her way to fanfiction as a way to connect with other LGBTQ teens. Through 56 interviews for her research so far, she has found that for many, fanfiction sites serve as a safe, anonymous space — away from critical eyes — where they can explore their LGBTQ identity.

“They might find stories about Captain Kirk marrying Spock after he retires or Hermione Granger realizing she’s in love with Fleur Delacour, and they might recognize something about their own identity within those characters,” she said. “The stories become a community resource, and their authors mentors to help guide readers through the coming out process.”

Fanfiction has also become a rich resource for youth with autism, with numerous *Harry Potter* fanfics featuring autistic wizards describing what it feels like to be diagnosed, experience sensory overload or know that they’re different.

“People will often reach out to the writ-



Brianna Dym

er and say ‘Hey, this is really amazing. It reminded me of what I’m going through,’” said Dym, who believes fanfiction can serve as a valuable tool for therapists.

A New Generation of Coders

Fiesler said there’s another often-overlooked reason to celebrate fanfiction.

At a time when only one in five computer scientists are female, and even fewer work in open-source development, it’s inspiring a new generation of women to get interested in the field.

In order to create Archive of Our Own, its all-female team of founders had to learn to code and plan, build and design the platform from scratch, creating a welcoming online space where users could find what they were looking for (or avoid what they don’t want to see) amid an ever-changing collection of stories derived from more than 30,000 original works.

“AO3 is successful as a platform in part because the people who use it are the ones who built it,” said Fiesler.

She uses that example often with her students, stressing that if they feel excluded or offended by existing online offerings, they can learn the tools to build their own.

In doing so, as in writing fanfiction, they’ll be able to write their own story.

“There have been times when, as a woman, I’ve felt out of place in science fiction communities, gaming communities or computer science communities,” said Fiesler. “Fanfiction is a place where everyone can come as they are.”

Photojournalist Ross Taylor captured the final moments between pet owners and their companions. The work has gone viral. By Sarah Kuta

The photographs are heartbreaking.

As they watch their beloved pets take a final breath, the families photographed by Ross Taylor cover their mouths in despair, wipe tears on the backs of their arms and wail in agony. They cradle their companions in their arms and kiss them goodbye.

With his “Last Moments” photo series and forthcoming documentary, *The Hardest Day*, Taylor captured the visceral emotions of dog and cat owners as they euthanized their pets at home. His work resonated with people worldwide — millions have viewed his photos online.

just a dog,’ or ‘I can’t believe you’re acting this way,’” said Lehr, who lives in Odessa, Florida. “They don’t understand the kind of bond that a human can form with a dog. My dogs are there for me no matter what — on my darkest days, on my best days.”

Taylor and co-filmmaker Luke Rafferty are entering the 53-minute *Hardest Day* documentary into festivals and plan to make it available in late 2020. The film offers a window into the challenging work veterinarians perform on a daily basis — caring for pets, but also offering compassion and support to their humans.

The Hardest Day

For Taylor, assistant professor of journalism at CU Boulder, the project was a chance to highlight the connection between humans and animals. He also hopes to comfort grieving pet owners by showing they’re not alone.

“We should not minimize the intensity of the human-animal bond,” said Taylor, whose other work has earned numerous awards, including a 2012 Pulitzer Prize nomination. “If somebody is going through a difficult moment with the loss of a pet, we should stop and move with greater care toward each other.”

Taylor was inspired for the project by a friend who opted for a home euthanasia procedure for her dog in 2016. After researching the practice, he spent several weeks in Tampa, Florida, the next summer shadowing staff members at Lap of Love, a national network of veterinarians who offer hospice and in-home euthanasia services. He also followed veterinarians with the organization Caring Pathways in Denver.

He photographed the final moments of pet owners like Wendy Lehr, whose dog, Mimosa, was euthanized in August 2017 after the nine-year-old South African Boerboel was diagnosed with liver cancer.

Though the photographs of Mimosa were painful to view, Lehr said they helped soothe and validate her grief.

“A lot of people look down on pet owners as if we’re being ridiculous — ‘It’s

“It’s not enough to love animals,” said Dr. Dani McVety, Lap of Love’s founder. “Everybody loves animals, but you have to love the people who love the animals. And that’s what we do. When they’re crying, you just look at them and you say, ‘I know.’”

“Last Moments” offers teaching moments for Taylor’s CU classes. For instance, the project exemplifies a modern digital phenomenon: going viral. His work was seen in *The Washington Post*, *Daily Mail* and *People*. When posted on *Buzzfeed*, the photos were viewed more than 1.5 million times in one week alone.

“Whenever you do any type of journalism, it’s really crucial to make sure your motives are sound,” Taylor said.

Taylor learned photography in his father’s darkroom in Mint Hill, North Carolina, before studying journalism at the University of North Carolina at Chapel Hill and Syracuse University, where he earned a master’s degree. Though Taylor’s seen a lot during his career — he’s photographed conflict zones, trauma hospitals and the aftermath of natural disasters — he was moved by the pain he witnessed as families said goodbye to their pets.

“You don’t show emotion in the moment, but you absolutely feel it and your heart breaks for people every single time,” said Taylor. “I definitely get emotional talking about it, and when I edited the film, I cried a thousand times.”





Pushing



Boundaries



Search

By Kenna Bruner

Bhavna Chhabra (CompSci'95) grew up in New Delhi, India, in a house without electricity or running water, expected by her parents to marry a man they chose. She didn't know how to turn on a computer or type. Today, she's the new site director for Google Boulder, overseeing a 1,300-person operation. It's a big job, but one she's ready for: On her journey toward independence, Chhabra rejected the life pre-planned for her and found courage and opportunity. Now, she hopes to empower young women to do the same.

After earning a scholarship to study in the United States in the early 1990s, Chhabra convinced her parents to let her leave home. They agreed on the condition that after Chhabra finished college she would return to India for an arranged marriage. Her father told her if her future husband allowed, she might be able to get a job, but that decision would be up to him.

"That was where I was when I came to the U.S.," she said.

To search for universities, Chhabra went to the American Embassy in New Delhi, where books listed U.S. colleges and universities. Her criteria for picking a university were pictures of pretty campuses with happy, smiling students. Her

list of potential universities included Boston University, CU Boulder, Stanford and MIT.

Although Chhabra's interest was chemistry, her father wanted her to study computers, telling her that computer science was the "new, best thing." Despite not ever having seen a computer and no access to a computer, Chhabra followed her father's urging. She chose Boston University to study computer science.

Among the few items Chhabra brought from India were sweaters borrowed from a cousin, T-shirts she bought based on what she saw in American movies and a pair of gloves that were "useless in the cold."

Because her worldview came from watching American TV shows, such as *Different Strokes*, *Silver Spoons* and *TJ Hooker*, the reality of transitioning to college life was overwhelming. She wasn't prepared for the culture shock of being a first-generation college student and one of few women in the computer science department. After five days of feeling miserable and alone, she called her parents, who encouraged her to try another university.

CU Boulder was next on her list. To her relief, her experience at CU matched the pictures in the embassy books.

"I had completely different and friendly interactions at CU," Chhabra said. "The way I was welcomed to the university, it was like I found a home."

REFUTING TRADITION

In computer programming classes, she had to work twice as hard to keep up with the other students.

"Things that students in my class took for granted were hard for me," she said. "I didn't know how to type. I didn't know how to turn on a computer. I wasn't good at math."

One of her classes was an operating systems course taught by CU professor Mike Schwartz. Seeing her potential, Schwartz — now a Google software engineer working on cloud storage — became her mentor. He asked her to be his research assistant for a government-funded internet project.

"Professor Schwartz saw something in me," she said. "I was the kid who sat in the front of the class feverishly taking notes, because I had to catch up. When I talked about the arranged marriage, he would say, 'Is that really what you want? Because you can be more.' But I didn't believe it."

In a life-changing moment for Chhabra, Schwartz showed her an article about an Indian woman Arati Prabhakar, the first woman to head the

National Institute of Standards and Technology in Boulder. Schwartz told her that could one day be her.

"I wouldn't have invited her to join the research project if I didn't think she was one of the better students in the class," Schwartz said. "I wanted her to know she had options, to not assume that she did not because someone had told her that, and to not let that stop her from moving forward."

After an internship working for a local company building computers, Chhabra got a job in Denver as a software programmer at Quark Software. She decided she would not live a life directed by her parents — she would stay in Colorado.

At her CU graduation in 1995, her parents came to the U.S. to take her back to India. Chhabra told them she had a job with a company that would sponsor her visa, and she wasn't going back to India to marry. Chhabra's parents were taken aback: She was straying from her Indian community's tradition.

"While it was initially tough for my parents to accept that I was staying in the U.S.," said Chhabra, "in time they came to understand, accept and support my decision."

AMERICAN CAREER

Through the 1990s as Chhabra's career took off, she was told repeatedly that she wouldn't be taken seriously if she dressed too femininely with earrings, makeup or skirts. To get a promotion, people advised her to wear hoodies and jeans to look like a programmer. Even when she moved up to higher positions, it wasn't unusual for someone to ask her to fetch coffee for meetings.

"Having gone through all this, I'm passionate about trying to deprogram the implicit and explicit messaging sent to young women," she said. "I want them to know they don't have to look like a cookie-cutter male programmer to succeed. I aspire to give junior women what I didn't have — a role model."

For 18 years, she served as a senior engineer and then senior director at Qualcomm. She moved on to Google Boulder in January of 2016, where she was director of Google Payments.

In September 2019, 26 years after coming to Boulder, she became Google

site director. In addition to overseeing all operations, she represents Google in the community and ensures her more than 1,300 employees are healthy, happy and working on a robust slate of projects — all while maintaining a collaborative culture.

"I'm approaching this from a place of humility, because this is good," said Chhabra, 48, who is married and has three children. "It's healthy. It's vibrant. ... There's a strong sense of community here, so obviously it's not broken. There's a term we use at Google when we're trying to do something really innovative and we're excited about it. We say we're uncomfortably excited. That is how I feel, which means I'm pushing myself."

**I aspire to
give junior
women what
I didn't have
— a role model.**

"As someone who found a home in Boulder, I've grown up here and raised a family here," she said. "This place is my home, and now I'm in a position to help Google engage more with the Boulder community. It's full circle."



**Before CU,
Chhabra didn't
know how
to turn on
a computer
or type.
Today she's
site director
for Google
Boulder**

Let It Snow

Record-breaking Colorado summer heat, including the hottest temperature ever recorded in the state — 115 degrees on July 20 — didn't delay winter at CU. Boulder saw more than 26 inches of snow in October and nearly 30 in November, according to the National Oceanic and Atmospheric Administration.

Campus snow removal is a major effort: The chancellor's office, facilities management, parking services, housing and dining, campus building services, athletics and the City of Boulder are all involved, sometimes beginning as early as 2 a.m. Here's a look at what it takes.

CU vehicles involved in snow removal

- 8 three-quarter-ton pickups
- 6 Jeep Wranglers
- 10 Kubota utility vehicles with plows and spreaders
- 5 John Deere tractors
- 3 Bobcat skid loaders

Where does it go?

During big storms when there's nowhere else to put snow, excess snow is hauled to East Campus.

Vehicles/tools/equipment used to clear snow

Plow trucks, loaders, skid steers, graders, tandem trucks to haul off snow, hand-held and power blowers, snow blowers, stick paddles, shovels

Start time for snow removal during a big storm

Anywhere between 2 a.m. and 4 a.m.

11,484

Number of parking spots cleared on campus

Double the fun

In 2006, back-to-back blizzards the last two weeks of December dumped 32 inches and then 24 inches of snow on campus.

30

Number of days that saw snowfall during the 2018-19 academic year. 87.5 inches total

15

Amount (in tons) of bagged salt product used at building entries

High-traffic plow priorities

- Fire lanes
- Routes from residence halls to food services
- After streets and main pedestrian arterials are plowed, detail work, ice abatement and haul-off can last for two or three more days.

Largest recent snowfalls on campus

Dec. 20, 2006: 32 inches
Dec. 28, 2006: 24 inches
Nov. 26, 2019: 22 inches

People involved in campus snow removal

35-40: Number of people running equipment
70-120: Shovelers (including anywhere from 50 to 100 custodial staff depending on the storm and time of day)

Unique removal technique

Installation of heated hardscape areas like the stairs at the Indoor Practice Facility/Champions Center.



THE ANTI-AGING PILL

Eating less may help the body age more slowly. Rather than promote starvation, CU researchers are testing a nutritional supplement that mimics the same effects of caloric restriction.

BY LISA MARSHALL

In 1935 in upstate New York, a little-known animal husbandry researcher named Clive McKay looked into the rat cage in his lab and found an unexpected window into the Fountain of Youth.

Conventional wisdom at the time held that the more animals were fed, the better they'd fare. But McKay noticed something different: Long after the well-fed rats began to show signs of aging, those on a nutrient-dense but super-low-calorie diet retained a silky sheen to their fur, remained alert and agile and lacked the age-related health problems of their more gluttonous peers. In the end, the calorie-restricted mice also lived about 300 days longer — nearly a third of a lifetime in rat years.

Fast forward to 2020, and studies in everything from fruit flies and worms to monkeys and people have confirmed that sharply restricting calories (by 20-40 percent) while maintaining essential nutrients can fend off age-related diseases and, in some cases, extend lifespan. The problem: People like to eat, so almost no one is willing to do it. And it can be dangerous.

"From a public health perspective, caloric restriction is not a practical strategy," said professor Doug Seals, director of CU Boulder's Integrative Physiology of Aging Laboratory.

So in recent years, Seals and his research trainees have taken a different path toward that elusive Fountain of Youth, testing a novel nutritional compound that stimulates the same physiological pathways that calorie restriction (CR) does. The compound, a form of Vitamin B called nicotinamide riboside (NR), is one of several so-called CR-mimetics under investigation in labs around the country, in what researchers are calling an exciting renaissance in the quest to slow biological aging and extend both lifespan and “healthspan” — the period of life that we remain healthy with good physical and cognitive function.

Already, in a small, first-of-its-kind study, Seals’ team found NR can improve blood pressure and reduce arterial stiffness (a risk factor for cardiovascular disease and cognitive impairments) in older adults.

Now, with a \$2.5 million, five-year grant

from the National Institute on Aging, they’re conducting a study of about 100 more adults to assess the compound’s impact on the heart, brain and body.

Meanwhile, Seals and his CU Anschutz colleague, professor Michel Chonchol, also are assessing the effects of NR in patients with chronic kidney disease (a major disease of aging that is on the rise). At the University of Delaware, assistant professor Christopher Martens — who began his study of CR-mimetics as a postdoctoral researcher in Seals’ lab — is testing NR in older patients with mild cognitive impairment.

And several investigators, including in Seals’ laboratory, are looking at forms of intermittent fasting as another potential approach to mimic CR and delay aging.

“We are gaining a better understanding of how the aging process works at the cellular level and how calorie restriction affects it, and coming up with therapies that mimic that,” said Martens. “It’s an exciting time for aging research.”

THE CR-HEALTHY-AGING CONNECTION

To better understand why eating less might prompt the body to age more slowly, one need only think back to hunter-gatherer days, when humans were forced to go long periods without food. Scientists believe the body evolved to sense that deficiency and

respond accordingly, with cells switching on an array of molecular pathways — including activation of antioxidant and anti-inflammatory compounds — to conserve energy and protect cells, making them more resistant to stress.

“In general, when we shift from the normal diet that we eat now to a calorie-restrictive diet, our cells tend to activate defensive enzymes that protect us so we can live to see another day when food becomes more available,” said Martens.

While large human studies testing the concept long-term are, for good reason, hard to find, a few anecdotes from history lend credence to the theory, he noted.

For instance, when food rations were issued in Denmark during World War I, and in Norway during World War II, death rates and prevalence of cardiovascular disease decreased.

And when eight people living in a self-contained environment near Tucson, Arizona, called Biosphere 2 were forced to slash their food intake for two years due to poor crop yields, their blood pressure, blood glucose and serum cholesterol levels all declined, according to a 2002 study.

Research also has shown that people will not comply with a low-calorie diet.

In one recent study called the CALERIE study, 143 people were asked to cut their calorie intake by 25 percent for two years. They could only cut it by about 11 percent, and while they did see some cardiovascular benefits, they also lost bone and muscle mass and, in some cases, their sex drive.

Calorie-restriction mimetics, including supplements, could possibly bypass those downsides.

“There are a number of different supplements out there targeting these same pathways involved in caloric restriction, but we believe NR is among the most promising,” said Daniel Craighead, an integrative physiology postdoctoral researcher heading up the CU Boulder NR study.

HOW IT WORKS

NR is a key building block for a compound called nicotinamide adenine dinucleotide (NAD+), which plays an important role in helping vital cell-protective enzymes called sirtuins do their job.

Notably, NAD+ declines with age, but caloric restriction prompts the body to conserve it.

The idea: Rather than starving themselves to kick-start this protective process, older adults could take so-called NAD+ precursors like NR.

So far, the research is promising.

For a 12-week pilot study, published in the journal *Nature Communications* in 2018, Seals’ team looked at 24 lean and healthy men and women, ages 55 to 79, and found that 1,000 mg daily of NR boosted levels of NAD+ by 60 percent.

They also found that in participants with elevated blood pressure or early-stage hypertension, systolic blood pressure was about 10 points lower after supplementation.

A drop of that magnitude could translate to a 25 percent reduction in cardiovascular disease risk, the authors noted.

“I definitely wouldn’t call it an anti-aging miracle pill, but it does look like a very promising nutraceutical that is safe and activates some of the same biological pathways that caloric restriction does,” said Craighead.

In the new study, 100 people will be divided into two groups, with half taking 1,000 mg per day of NR for three months and half taking a placebo. Along the way, the researchers will measure their vascular health, blood flow to their brain and changes in cognition and physical fitness along the way.

“If confirmed, this could be something people could take to improve their cardiovascular health and enjoy more healthy years of life,” said Craighead.

TIME-RESTRICTED FEEDING

Nutritional supplements aside, Seals’ team is also looking into whether “time-restricted feeding” (eating only within an eight-hour window of the day) might also kick-start some of those same cellular-defense mechanisms as constant dieting.

In a study to be published in the aging research journal *GeroScience*, they found that six weeks of time-restricted feeding improved blood glucose control and increased endurance exercise capacity in healthy adults ages 55-79. And unlike calorie-restricted diets, 85 percent of the participants were able to adhere to the eight-hour eating window.

Seals and his fellow researchers stress that the science is young, and it’s too early to recommend supplements or fasting with any certainty to aging adults.

THREE WAYS TO SLOW AGING

At CU’s Integrative Physiology of Aging Laboratory, scientists are conducting human trials exploring these unlikely paths for preserving youth:

Strength training for your breathing muscles

A five-minute daily workout called Inspiratory Muscle Strength Training (IMST) has lowered blood pressure, improved large artery function and boosted cognitive and physical fitness in preliminary research. It involves breathing in vigorously through a hand-held device called an inspiratory muscle trainer that provides resistance.

Hot tub time machine

Preliminary research suggests that sitting in warm water (about 103 degrees) for 60 minutes four to five times per week for eight weeks can have significant cardiovascular benefits for healthy twenty-somethings. More research is currently underway to determine safety and efficacy in older adults, but preliminary results are highly encouraging.

Healthy gut bugs, healthy cardiovascular system

CU Boulder animal research has shown that age-related changes in the gut microbiome (the microorganisms living inside us) can have an adverse effect on vascular health. A new campus study is examining how different diets impact the gut microbiome and slow or hasten age-related cardiovascular disease risk.

But participants in their study say they’re cautiously optimistic.

Since Dec. 3, 74-year-old Ian MacFadyen has been popping two blue capsules in the morning and two at night, not knowing whether he’s taking NR or a placebo pill. He says he feels no difference yet, but he’s happy to be contributing to the science.

“We all know that, inevitably, youth starts slipping away. So you might as well do all you can to preserve it,” he said.

And if science comes up with a pill that works?

“I’d take it for sure.”



A Dad's Bag — with Style

Gavin Lodge couldn't find a fashionable diaper bag for fathers, so he created his own.

BY CHRISTIE SOUNART

It wasn't for a lack of effort. **Gavin Lodge** (Int'lAf, Phil'99) just couldn't find what he was looking for.

When he and his partner, Todd Ellison, were preparing for the birth of their first child in 2011, a key baby item was not meeting their needs: The bag.

"It was while we were doing registry stuff that I wondered, 'Why isn't there a slick-looking diaper bag out there?'" said Lodge, a New York City actor. "Everything was either quilted or feminine or schlumpy and apologetic."

Eventually, they relented: "We bought a schlumpy bag."

Upon welcoming their second child in 2013, Lodge was not giving in as easily. He decided to design his own diaper bag with dads in mind.

The effort took years. Lodge was performing in the Broadway play *Annie* and juggling life with his two children, Ellison and Colton. By the time he had a usable bag, his youngest was out of diapers. But he'd sparked a long-term venture for himself.

"There's this baby industry out there almost entirely catering to moms," he said. "I want to empower dads."

In fall 2016 he launched his diaper bag company, E.C.Knox, with a navy bag with black racing stripes. A year later, Barneys New York was selling it.

"I like to say I built this company in four-hour increments of babysitting," said Lodge, who often raced to design meetings across the Manhattan Bridge on his bicycle.

His sleek messenger-style bag contains ample pockets; removable, waterproof linings; a zip-out changing pad; flashlight; computer sleeve; and instant access to wet wipes. It converts to a backpack when needed. And there's room for a sippy-cup — or, when occasion arises, a wine bottle.

"I definitely designed that intentionally," Lodge said.

Entrepreneurism wasn't part of Lodge's career plan as an actor, nor was it a thought in college.

Lodge, an only child who grew up in Lakewood, Colorado, received a Boettcher

Scholarship, which brought him to CU Boulder. Aspiring for a foreign service career, the Presidents Leadership Class member jumped full force into college life.

"With his incredible time management skills, he was good at everything he committed himself to," said CU theater professor Bud Coleman, who worked with Lodge on three CU musicals.

But when the Broadway musical *Rent* came to town seeking talent, Lodge — a member of the CU a cappella group Extreme Measures — was intrigued and tried out.

He didn't make the show, but the experience was transformative in making him rethink his future plans: "I didn't feel like having a career yet."

After graduation, he worked for the 2000 Al Gore presidential campaign and then as executive assistant for Maria Cantwell, a U.S. senator from Washington. She encouraged him to pursue a job in Washington, D.C. But Lodge still felt a pull to Broadway, and moved to New York instead.

He made his Broadway debut in 2004 by performing in the musical *42nd Street*. He also met his partner Todd, who was a conductor for the play.

In 2009 the couple decided to have children via surrogate.

Their parenting experiences shaped Lodge's bag design, which often ranged from quick diaper changes on city park benches to business meetings after preschool drop-off.

After receiving his first bag sample in spring 2016, a fellow preschool parent helped him secure 15 minutes to pitch his bag to Barneys.

Today, his \$250 bags are sold at Maisonette, the online luxury baby retailer, Amazon and several boutiques across the country, including *Twinkle by Zoe* in Aspen, Colorado. Lodge also has expanded his E.C.Knox line to include a weekender bag and swaddle blankets.

"Politics taught me that if I knock on more doors than the competition," Lodge said, "my persistence will pay off."

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CU Boulder Next 2020

University roadshow to visit New York and Chicago.

What's it going to take to walk on Mars? A new pair of boots for starters. "We haven't needed to walk in boots since the Apollo 17 mission in 1972," said Allison Anderson, a CU Boulder assistant professor of aerospace engineering and integrative physiology adjunct professor. "That was the last time humans set foot on the surface on the moon. Since then every spacewalk has been in microgravity."

Anderson is working with students to create a spacesuit that will make a mission to Mars reality, and she'll share a snapshot of their progress during a BuffTalk at CU Boulder Next in New York City and Chicago in 2020.

CU Boulder Next features a dynamic cast of CU Boulder change makers who give alumni and friends the chance to experience their biggest innovations.

BuffTalks — CU's version of a TED Talk — will vary in New York City and Chicago, but audiences will marvel at "smart tattoos" that can indicate medial issues in real time, ponder nationhood's role in democracy and explore how CU is shaping the startup scene.

CU Boulder Next also features beer and wine crafted by alumni, a screening of the acclaimed CU short film *The Light Shines On* and the opportunity to connect with fellow Forever Buffs. In short, it's a celebration of CU in your own backyard.

Plus, attendees will pay it forward: \$10 from every \$25 ticket sold will support incoming CU students from either the Tri-State area or Illinois.

"We attract the most incredible students," said Anderson, who studied as an undergrad at Southern Cal and received her advanced degrees in aerospace engineering, technology policy and aerospace biomedical engineering from MIT. "Our graduates are at commercial companies or NASA and they are moving human space exploration forward."

CU Boulder Next comes to the Grand Hyatt New York Thursday, Feb. 27, and to Venue SIX10 in Chicago Thursday, April 30. Grab your tickets at www.colorado.edu/next. **BY JENNIFER OSIECZANEK**

See the latest and greatest of CU Boulder this year.



Bufs at the Ballpark

The Alumni Association is hosting two Buffs at the Ballpark events this year. Both games include a pre-reception with complimentary appetizers and tickets in a CU group section. The first game is Saturday, May 16, in Miami for the Rockies versus Marlins matchup. First pitch is at 6:10 p.m., and the pre-reception starts at 4 p.m. The second game is Saturday, June 27, in the Twin Cities for the Rockies versus Twins game. First pitch is at 1:10 p.m., and the pre-reception starts at 11 a.m. For pre-reception locations and more information, visit www.colorado.edu/alumni.

CHAPTER AND CLUB NEWS

Three new alumni chapters have launched: Silicon Valley, led by **Lauren Keeler** (Psych'07) and **Bob Mickus** (MechEngr'86); Las Vegas, led by **Sharron Gegenheimer** (Econ'83) and **Mark Moskowitz** (PolSci'09); and San Antonio, led by **Andrew Douglass** (Fin'98). ... **Michelle Foley** (Bus, Span'03) is now leading the Portland chapter, **Michelle Mink** (MTele-Comm'95) is the new San Diego chapter leader and **Leilani Conklin** (Mktg'15) has joined **David Mar-ke** (Soc'12) as a chapter leader in Honolulu. ... The Chicago alumni chapter, led by **Joe Putnik** (Fin'14), was named the 2019 volunteer organization of the year. ... The new Forever Buffs Center West club launched for Center of the American West alumni and any other interested alumni or community members. ... Seven clubs hosted reunions at Homecoming Weekend in November. Look for information about this fall's Homecoming Weekend at www.colorado.edu/homecoming.

CHEER ON BUFFS BASKETBALL IN VEGAS



Support the CU men's and women's basketball teams as they play in their Pac-12 Tournaments in Las Vegas. The women's tournament is March 5-8 and the men's is March 11-14. The Alumni Association will host a free Buffs Bash prior to each CU game, starting 2.5 hours prior to tipoff. Visit www.colorado.edu/alumni for Buffs Bash venues and game tickets.



LEAD A CU VOLUNTEER PROJECT

Spearhead a service project in your community for Buffs Give Back — the Alumni Association's annual weekend of community service — May 16-17. If you're interested, contact alumnivolunteers@colorado.edu or call 303-492-8484.

2020 TRIPS



Italian Riviera
Oct. 10-18, 2020



China and Tibet
Oct. 10-25, 2020



Soldiers and Spies
Oct. 11-17, 2020



Himalayan Kingdoms
Oct. 16-30, 2020



Cosmopolitan Havens
Nov. 3-11, 2020

For more information about the Roaming Buffs travel program, email roamingbuffstravel@colorado.edu, call 303-492-8484 or visit www.colorado.edu/alumni/travel.



- Five Cooking Lessons in Fall 2019:**
1. Lasagna
 2. Quinoa Veggie Bowls with Homemade Pesto
 3. Chicken Parmesan
 4. Pad Thai
 5. Pizza

Homemade, CU Style

As steam and spices intermixed in the air of the Village Commons dining hall, first-year students giggled as they stretched gooey cheese with spatulas.

In mid-November, 15 students prepared Spanish tapas on individual skillets, spreading sautéed spinach, fresh tomatoes and mozzarella atop homemade polenta. Some created a berry version for dessert.

It was a break from the daily lecture grind, but a lesson all the same.

Since 2013, weekly CU cooking classes — Ralphie’s Cooking Basics — have aimed to teach students the fundamentals of meal preparing.

“We recognize the need for students to learn critical life skills, and Ralphie’s Cooking Basics offers an outlet for students to interact with an executive campus chef and learn unique and easy cooking skills,” said Maggie Shelton, a CU student involvement coordinator.

The free small-group classes run weekly throughout the fall and spring semesters. Participants are based on a first-come, first-served basis. Some students make lasting friendships during a class, said Shelton.

“It fosters community,” she said.

Students prepare Spanish tapas in Will Vill last fall.



Tomorrow's Leaders

You hold the Newton Endowed Chair in Leadership. Why is leadership important to you? We prepare students to impact humanity when we help them work well with others, empathize, resolve conflict, think critically and always act with integrity. While these themes are universal, the context in which they are delivered varies. Leadership is not 'one size fits all.'

How so? Leadership comes in many forms: corporate, political, grass roots, educational, nonprofit, charitable and community leaders to name a few.

In addition to our student government leaders, we have a wide breadth of programs, such as the cross-campus leadership studies minor and certificates in leadership in the business and engineering colleges. We have co-curricular programs such as the highly regarded Presidents Leadership Class and ROTC. We also offer leadership programs dedicated to social justice, service and volunteerism, as well as multicultural leadership. I am impressed with the diversity of student leaders we have and how they approach challenges from different points of view.

How do you shape tomorrow's leaders? One way is through a learn-observe-do model. We have world-class leadership experts teaching and leading our schools and colleges.

We have students observe leaders. This includes reading about accomplished leaders – such as one of my favorite leadership books, *Leadership in Turbulent Times* by presidential historian Doris Kearns Goodwin. She recounts leadership lessons of four presidents. I hosted Doris last month as part of our Leo Hill Leadership Speaker Series so students could talk directly to her about the lessons of accomplished leaders.

What about leadership opportunities beyond campus? Boulder is unique in that we are co-located with many respected companies in technology, aerospace and sustainability, among others, as well as an exciting group of entrepreneurs and start-ups. I'm pleased to partner with the Downtown Boulder Partnership and the Boulder Chamber of Commerce over our common belief in developing leaders and connecting students to diverse and accomplished leaders in multiple industries.

I will also note that law student **Junie Joseph** (Law'21) was elected to the Boulder City Council and we've now had Rhodes Scholars in consecutive years, both active in campus leadership: **Jake Reagan** (PolSci, Span'20) and **Serene Singh** (Jour, PolSci'19).

What's your advice to future leaders? I like the words of John F. Kennedy, who said, "Leadership and learning are indispensable to each other."



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SPORTSnews

By **Andrew Daigle** (PhDEngl'16)



From Setter to Center Stage

Emily DeMure is both a volleyball player and pageant queen.

Mere hours after competing against Washington with the CU volleyball team, Emily DeMure was crowned Miss Colorado USA.

Emily DeMure (Soc'20) plays any position CU volleyball asks of her. She mentors teammates and is a beloved ambassador for the squad.

"She is hands down the hardest worker on the team," said outside hitter **Justine Spann** (Soc'20).

DeMure's versatility extends well beyond the court.

The California native won Miss Colorado USA 2020 in October. She'll represent the state at the Miss USA pageant this spring. Another win and she'll compete for Miss Universe.

DeMure multitasks out of necessity. She'll often walk on a treadmill at night while reading her textbooks.

In the fall, DeMure refined her stage presence and public speaking.

"I would FaceTime my grandma every night. She would ask me interview questions," she said.

DeMure wore her mom's white, full-length pageant gown for Miss Colorado USA.

"My mom competed in scholarship pageants to accumulate money for college," said DeMure, who explained her mom also coaches volleyball and introduced her to the sport at age 6.

Everything culminated Oct. 24-27 with two home volleyball matches and three days of pageant activities in Greeley. After playing Washington State and attending rehearsals and early round competitions for Miss Colorado USA, she advanced to the final day.

"I got up at 4:45 a.m. and had my makeup done. I had my hair in curlers and went to play Washington," DeMure said. "As soon as the match was over, my assistant coach drove me to Greeley. I had to blow dry my hair in the car. I ran in backstage with my heels in my hands. The other young women were cheering for me. I got there two minutes before everything began."

Hours later, she was crowned Miss Colorado USA 2020.

DeMure intends to inspire young people to pursue their own passions: "I focus on presenting the best version of myself, articulating and communicating things that are weighing on my heart."

CU Boulder volleyball player Emily DeMure has another title: Miss Colorado USA.

Soccer Returns to the NCAA Tournament

CU soccer advanced to the second round of the NCAA Tournament before falling 1-0 to top-seeded North Carolina Nov. 22 at Chapel Hill. Benefiting from a difficult non-conference schedule and regular season wins against No. 24 Texas and No. 21 Washington, the 12-8-2 Buffs avenged the previous season's tournament snub. CU opened the postseason by routing Northern Colorado 6-0 at Prentup Field Nov. 16. Two senior captains led the squad: Midfielder **Taylor Kornieck** (IntPhys'19) and goalkeeper **JJ Tompkins** (Psych'19). Kornieck set CU's all-time points (102) record on her way to being named to the All-Pac-12 First Team. Tompkins became CU's all-time leader in both wins (49) and saves (369) and was named to the Second Team. Additionally, forward **Tessa Barton** (Psych'22) earned a spot on the conference Freshman Team. With six seniors graduating, head coach Danny Sanchez signed 10 new recruits to CU's 2020 class, which is ranked 10th best in the nation by *Top Drawer Soccer*.

Bufs Bits

With a team-leading 37th overall finish at Cross Country Nationals, **Sage Hurta** (ChemBioEngr'20) joined **Shalaya Kipp** (IntPhys, Psych'14) as the second four-time All-American recipient in school history. Overall, the CU cross-country women finished 10th, and the men finished third. ... The National Football Foundation and College Hall of Fame named CU athletic director Rick George to the prestigious "Team of Excellence" in October. ... In December, junior wide receiver **Laviska Shenault Jr.** (Ethnic, Film'21) declared for the 2020 NFL Draft. ... Senior **Daniel O'Loughlin** (Geog'20) closed CU's fall golf season by tying for second at the inaugural Les Fowler-CU Invitational in October. ... **Emma Coburn** (Mktg'13) earned a silver medal in the 3,000-meter steeplechase at the 2019 IAAF World Athletics Championships. ... Antonio Alfano, five-star prospect and 2018's top-ranked high school football recruit in the nation, signed with CU this fall after transferring from Alabama.

Coach Talk

"LOOKING BACK NOW, AM I SURPRISED THAT I DIDN'T GET FIRED ALONG THE WAY SOMEWHERE, OR THAT I KEPT MY MOUTH SHUT? A LITTLE BIT, YES."

— Eight-time national champion cross-country and track head coach Mark Wetmore on 25 years at CU.

DIGITS

1st

Football win over Washington since joining the Pac-12

Second

Place finish by **Joe Klecker** (BioChem'20) at Cross-Country Nationals

78

Handlers who worked with **Ralphie V** over the past 13 years

14,178

Round-trip miles men's basketball flew for Shanghai season-opener

79-75

Women's basketball victory in Fort Collins over rival CSU

101,000

Combined attendance for first 20 2019 home football games, the highest in 10 years

Family. 24/7.

Minnesota native **McKinley Wright IV** (Ethn'21) is the All-Pac-12 First Team point guard of the CU men's basketball team. The 6-foot junior shares his thoughts on toughness, leadership and managing high expectations.

You played most of 2018-19 with a torn labrum in your left shoulder and only missed one game. How did you manage the injury? It's a testament to my background and where I come from. Toughness. It's been instilled in me since I was a kid. The shoulder hurt, but it wasn't something that could prevent me from going out and play-

ing. Though, it popped out a couple of times.

How does it feel now? I had surgery right after the season. Then five weeks in the sling. After that, I was able to start physical therapy and slowly got my range of motion and strength back.

As the point guard, how do you approach leading this squad?

It's a big responsibility. I'm like the quarterback. I take pride in it. As a freshman, Coach challenged me to become a better leader. I've been taking that on.

What attracted you to CU Boulder? I was originally committed to a different school, but the coach left, and I reopened my recruitment. Coach Boyle let

me know he wanted me, and I put my trust in him. He gave me the keys as a freshman. Seeing this campus and the recruiting class made it easy.

The team chants "family" at the end of practice. How long has that been going on? Since before I arrived. But now it's like a real family. I've never been with a team that's this connected, that's this close, that loves and hangs out as much as we do. We're with each other 24/7.

How do you manage lofty expectations?

Colorado expects and deserves a lot. Our focus is to block out the noise and come to practice every day, get better, listen to Coach, ball. He's been around this game. He knows what it takes to win.

What's your favorite thing about home games? All the fans. My freshman year, we beat Arizona and Arizona State that same weekend and they both were Top-15 teams. Seeing how many people showed up here, how they supported us, and how loud it was.

How often are you in the Events Center working on your game? I get here at 6:30 [a.m.]. We're on the court at 6:45. I try to make 200 shots before film starts at 7:30. Then we come back every night around 6 or 7. We're here twice a day outside of practice.

What's the greatest challenge for you as a student-athlete? Time management. I've gotten better since I was a freshman. I came in with so much on my plate.

The NCAA eventually will allow student-athletes to profit off their names, images and likenesses. Does this affect how you view college sports? I'm excited that there's change coming. Guys where I'm from want to play college basketball. Everybody has dreams. When they get to college one day, and they're able to get some money, that's huge.

Tell us about your own family. I was born in Minnesota. But I moved around. That ain't been easy. My dad went to prison when I was 8 years old and got out when I was 18. I wouldn't say I grew up without a father figure because I'd talk to him and he was there with me in spirit through the phone. And now my dad's back, my family is back together. That's just how God works. He's amazing. Now my parents get to see me play.

When you're done playing basketball, what would you like to be? A sports analyst. Or a coach. I want to stay with basketball for my whole life.

Who is your favorite NBA player? Damian Lillard. He wasn't recruited high, and I was originally a mid-major recruit. Dame is humble. He works hard. I got to meet and train with him over the summer.

In the offseason when you have free time, what are you up to? I play *Fortnite*. See movies. *NBA 2K*, *Madden*. I'll get in the gym. That's really it. Basketball. Kick it with my friends and family. Just do me.

What would fans be surprised to learn about you? I'm a warrior. No matter what the situation is, I'm not gonna give up. I've come a long way, from struggling to eat to going to China to play. All because of basketball.

CONDENSED AND EDITED BY ANDREW DAIGLE





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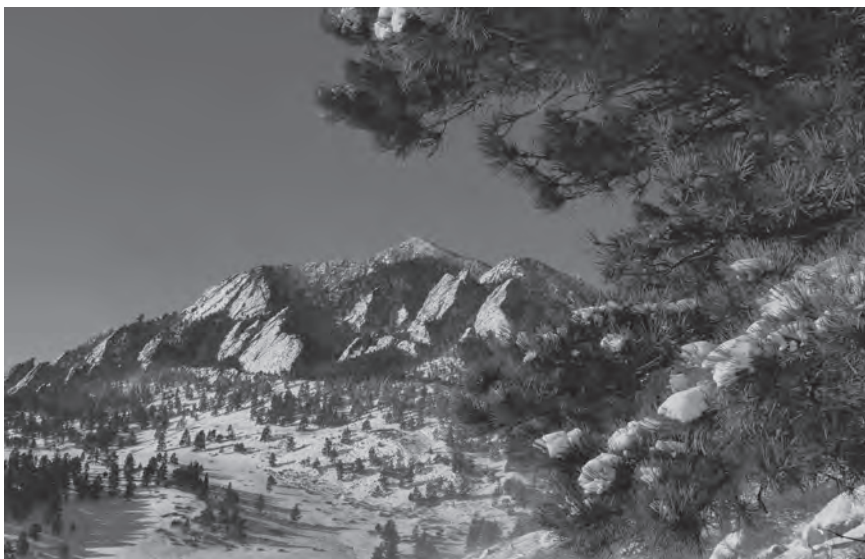


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CLASSnotes



On Nov. 26, 2019, CU Boulder saw 22 inches of snow, one of the largest recent snowfalls on campus.

'53 In 2018, after his wife's passing, **Thomas E. Alexander** (PolSci) moved to Boulder to be near his daughter **Ann Alexander Leggett** (Advert'80) and her husband **Scott Leggett** (Acct'80). Tom was one of the first Air Force ROTC graduates at CU, and then served at Strategic Air Command and the Illinois Air National Guard. In the '70s and '80s he worked at Neiman Marcus, retiring as chief marketing officer. Tom became a West Texas cattle rancher and the vice-chairman of the Texas Historical Commission. He is also the author of 12 books.

Janet Go (Geog) of Kihei, Hawaii, enjoyed the Tulagi article in the Fall issue of the *Coloradan*. She wrote, "I frequented

it during my years at CU from 1947 to 1953 (minus some years to earn money to continue)." She also wrote that she lived in the freshman girls' dormitory Bigelow Hall, now Sewall Hall, from 1947 to 1948.

'54 After leaving Boulder, **Tony Snyder** (MMusEdu) taught music in Iowa before becoming director of bands at a high school in Omaha, Nebraska. Thirty years later he retired and founded the Nebraska Wind Symphony. The band and its 85 players celebrated its 42nd year in 2019.

'56 **Bill Cramer** (Jour) lives in Bowie, Maryland, and turned 91 in November. Following graduation from CU Boulder, he had a career working as a Russian, German, French and Spanish military translator for the NSA and Naval

Intelligence during the Cold War. He and his wife, Virginia, whom he met at a square dance on the patio of the then-new University Memorial Center, have six children and four grandchildren.

Roseville, California, resident **Audrey Nichols Gould** (Math) was brought back to her college days after reading the Fall issue of the *Coloradan*. She wrote, "I loved looking at the scene which I saw on a daily basis from my room in Sewell Hall. I always felt lucky about that perk!" She is still in touch with her freshman roommate.

In addition to being a retired professor emeritus from San Jose State University, **Cal Stevens** (Geol; MA'58) is also a writer. He has self-published three novels, including *On the Other Side of Brokeback Mountain*, about the life of a Wyoming cowboy.

'61 The International Clarinet Association bestowed **Alan Stanek** (MusEdu) with honorary membership for his lifetime achievements in performance, teaching and professional service. Alan recently created the Valentine Henrich Memorial Clarinet Scholarship Fund, named for his instructor at CU from 1957 to 1961.

'64 After a long career as owner of ACS, a sales and marketing agency, **Jim Kearney** (IntlAf) retired in early 2019. After just two months off, Jim accepted a position as vice president of a sports flooring company based in Los Angeles.

'67 **Doug Rutledge** (CivEngr) received a Lifetime Achievement Award from the American Institute of Steel Construction for his work as a founding member of KL&A, a structural engineering

and steel construction firm. Doug and his wife, **Sheila** (Edu'68), live in Loveland, Colorado, and are parents to **Aaron** (EPOBio'98) and **Sean** (Law'01).

'69 For some 30 years, **John Horst** (Class; MLatin'71; PhDClass'87), a 1986 finalist for Colorado Teacher of the Year and known as Dr. J to his students, enjoyed sharing the beauty of Latin. He focused on identifying the Latin roots in English words and taught the students how to catch "literary fish" to feed themselves for a lifetime. He enhanced his classes with references to Latin's influence on the Romance languages, French and Spanish, and featured cultural enrichments from Greek and Roman literature and history. For five years, he offered "Greek and Roman Comedy," which focused mostly on the Greek side to challenge students' critical thinking

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Write Christie Sounart, Koenig Alumni Center, Boulder, CO 80309, or classnotes@colorado.edu



skills and their abilities to develop creative, nonviolent, mythical solutions to serious problems in society. Retired since 2003, he spends time on adventures with his wife, Jean, reading, working on various projects, singing karaoke and taking his husky, Kita, for walks.

'71 Reminiscing about his time at CU Boulder after receiving the Fall issue of the *Coloradan*, **Ron Muzio** (Edu) wrote: "In



By the end of November 2019, more than 55 inches of snow had fallen on the CU Boulder campus.

READ THE OTHER
DECADES OF CLASS
NOTES ONLINE AT
COLORADO.EDU/COLORADAN

the second semester of my sophomore year I was invited to move from Aden Hall and lived in the tower rooms of Willard Hall. The tower rooms were traditionally occupied by four young men who worked in the food service at Farrand Hall, an all-women's dorm at the time. When someone graduated, another Farrand worker would be invited to take his place. I was one of the lucky ones. The Willard tower rooms consisted of a large bedroom, living room, study and private bath. Our accommodations were the envy of all our

fellow kitchen staffers. From our study, we had a view of the Flatirons and the entire campus to the north of us. Fifty years later, I still keep in touch with my fellow Willard Hall roommates." Ron lives in Sparks, Nevada.

'72 Gail Nelson (MPolSci; PhD'79) lectured to an audience of retired intelligence officers on the importance of geo-political area studies. Over the past four decades, Gail has worked in U.S. national security and intelligence in Europe, South Asia and the

Middle East. He lives in Boulder.

'75 Arthur Kaufman (Engl; MA'19) enjoyed returning to CU to get his master's degree last year. He writes, "I suppose I'm doing what many of my fellow post-grad Master of Arts are doing, or at least trying; living life as imperfectly as possible, fighting the evil that is apathy and warring with those who would, with libelous slander, contend that the arts, literature, especially, are 'unnecessary.' That, and trying to 'perfect' my own ragu, of course."

'79 Debra Medina (Jour) retired after 37 years as a technical editor in Albuquerque and Carlsbad, New Mexico. She has also published her first novel, *Coyote Nights*.

Carolyn J. Stefanco (Hist) of Albany, New York, was elected to the Albany Medical Center board of directors. She said, "I look forward to serving our region's renowned academic medical center, helping to improve the quality of life for our community and building opportunities for the next generation."

In 2019, founder and CEO of Alteryx **Dean Stoecker** (IntBus) joined the exclusive billionaire's club. Alteryx is a data analytics firm whose stock has risen 900 percent since going public in 2017. Dean lives in Irvine, California.



When it snows at CU, removal can involve up to 100 people.

FIVE QUESTIONS

A True Honor



Former CU Buffoons a cappella member **Gary Forsberg** (Psych'64) of Farmington, Utah, is a retired Navy commander. In June, the 100-man a cappella chorus he's a part of, Sound of the Rockies, represented the U.S. at France's Brittany American and Omaha Beach American Cemeteries, and at the Sainte-Mère-Église and Luxembourg Gardens, to commemorate D-Day's 75th anniversary.

What's your favorite CU Buffoons memory?

While returning from a Colorado Springs performance, we stopped at the Roman Villa restaurant. While waiting for our food, we burst into song with the old college classic, "Gaudeamus Igitur." Mama and Papa came running into the room and applauded with shouts of "Encore, encore!"

Where'd you sing after CU?

I sang and traveled with the Naval Air Training Command Choir in Pensacola. I sang at the Rockefeller Center tree lighting ceremony, and with Tennessee Ernie Ford.

What was it like performing in France?

It was an honor to sing where so many

sacrificed to liberate Europe from tyranny. We had about 20 Normandy veterans seated in front of us at Omaha Beach. They sang along quietly with us when we performed the WWII-era song "I'll Be Seeing You."

Anything else to share from those performances?

The French people were so welcoming. They greatly appreciated the message we brought in song, particularly our closer, a medley of "This Is My Wish" and "Wonderful World."

What does the 75th anniversary of WWII's end mean to you?

It marks the incredible accomplishment, at great sacrifice, of the Allies' landing and defeat of those who would oppose liberty. And it's a reminder of the efforts of my father and mother, and members of my extended family, in that conflict.

CLASSnotes



By the end of November 2019, more than 55 inches of snow had fallen on the CU Boulder campus.

'80 In the fall at Hunter Mountain, New York, **Ted Blazer** (PE) was inducted in the Ski Areas of New York Hall of Fame. For 30 years Ted worked for the Olympic Authority in Lake Placid, New York, with 20 years as CEO. He is now vice president of urban development for Doppelmayer USA, educating urban planners regarding the use of aerial gondolas as public transportation.

READ THE OTHER DECADES OF CLASS NOTES ONLINE AT COLORADO.EDU/COLORADAN

'81 A third-generation pilot and aviation historian, Lt. Col. **Scott Weaver** (Mktg) has more than 2,600 hours of flight time. In addition to two combat tours in Iraq, Scott was also a fighter pilot in Germany and a T-38A instructor at Vance Air Force Base in Oklahoma. Scott continues to fly for American Airlines, and in 2017 published his book *The Pilots of Thunderbird Field*. He lives in Potomac, Maryland.

'83 **Julie Kaplan** (MMusEdu) of Overland Park, Kansas, recapped her year as

such: "I'd like to report a busy year of officially retiring, getting married and welcoming a grandson, Sage." She has two sons.

'85 In 2019 **Teresa Gergen** (Math) became the first person to climb all 846 peaks over 13,000 feet in the 48 contiguous states, plus Hawaii. She also has climbed all 2,311 Colorado peaks above 10,000 feet. Teresa, now retired, was a library technician at CU. She has spent her retirement summers traveling around the country and unsurprisingly, climbing mountains.

EPA Administrator Andrew Wheeler appointed **Lori McFarling** (Jour) to a four-year position on the board of directors for the National Environmental Education and Training Foundation, a non-profit created to raise national awareness of environmental issues. She also was named president of global corporate partnerships for Discovery Education, an ed-tech firm based out of Washington, D.C., where Lori lives with her husband and three kids.

'87 More than an avid diver and fisherman, **Ken Ayers Jr.** (MTeleCom) was crowned "Lionfish King" of Florida for 2019. His second kingship in three years, Ken has eliminated more than 3,500 of the invasive species in the Gulf of Mexico. To accomplish the feat, he had to dive more than 175 times last summer, hunting with a specially designed pole spear.

'89 Last June, **Chris Jarnot** (Rec) announced his retirement after more than 30 years at Vail Resorts. He started his career as a marketing assistant and worked his way to executive vice president of the company's mountain division. Chris cited his three children as motivation to retire. He lives in Edwards, Colorado.

'90 After graduation, **Franck Van der Hooft**

(PolSci, Thtr) returned to Amsterdam and became an executive producer at Cirque du Soleil. Four years ago, Franck and his husband, Rupert, emigrated to France, where they opened Les Mas & Le Mazet, five-star holiday homes in the idyllic French countryside. Franck is offering a 10 percent discount to any CU alumni who stay in 2020. Visit www.lemasordogne.com to learn more.

'91 The Colorado Technology Association awarded **Trent Hein** (CompSci) with its 2019 Colorado Entrepreneur Excellence APEX Award for entrepreneurial leadership in a Colorado tech company. Along with **Dan Mackin** (EEng'08), Trent is co-CEO of information and technology services company Rule4, his third successful Boulder-based tech venture.

In an effort to reinvent eyeglasses, **Philip Staehelin** (Econ, IntIAf) created DOT Glasses. Using a revolutionary design that snaps together, the glasses can be sold to customers for as little as \$3 a pair. The company aspires to make eyeglasses accessible to everyone globally. Philip lives in the Czech Republic. Read more on page 58.

'92 **James Hansen** (AeroEngr; MS'93) is superintendent of the marine meteorology division of the U.S. Naval Research Laboratory

in Monterey, California. With more than 10 years of civilian federal service, James directs research and development in marine meteorology and atmospheric sciences. He leads a team of 120 and oversees an annual budget above \$35 million.

'93 The Rubenstein brothers, **Brett** (EPOBio) and **Scott** (Engl'95), both recently celebrated 20 years in their respective fields. Brett is an educator and current science department chair at the Fountain Valley School of Colorado in Colorado Springs. Scott is a lawyer based out of Cincinnati, Ohio. He was an assistant prosecutor for Hamilton County before taking over their father's criminal defense practice.

In September, **Chad Scates** (CompSci) of Erie, Colorado, was named senior vice president of engineering at FreeWave Technologies. He has more than 20 years of technology engineering experience.

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'94 After moving back to Colorado from Dallas, Texas, **Colleen Walker** (ArchEngr) is now CEO of the Auraria Higher Education Center, a state organization that oversees the property at Community College of Denver, CU Denver and Metropolitan State University of Denver.

'95 **Allison Case** (ArchEngr) of Oak Park, Illinois, left a career in corporate real

estate to start her own jewelry business. Allison's love for crafting jewelry began on Pearl Street at the local bead shop and in Sewall Hall, where she would string together her own creations.

Former Denver Public Schools board of education director **Arturo Jimenez** (EthnSt; Law'98) published his first book, *Dreamers Nightmare: The US War on Immigrant LatinX Children*. With more than 20 years of experience

as an immigration attorney, Arturo examines political and social realities for DACA recipients. He lives in Denver.

In October, **Emily Wortman-Wunder** (EPOBio) of Centennial, Colorado, won the 2019 Iowa Short Fiction Award for her book of short stories, *Not a Thing to Comfort You*. Emily teaches scientific writing at CU Denver.

'97 In 2019 **Lija Fisher** (Thtr)

of Boulder published her novel *The Cryptid Keeper*, the sequel to her debut, *The Cryptid Catcher*. The books act as a gateway to science for children by discussing cryptozoology, the search for animals like Bigfoot and the Loch Ness Monster.

Sustainability is important to **Sarah Kauss** (Acct), founder and CEO of S'well, a company whose products help minimize single-use plastic worldwide. The company recently launched a line of reusable steel straws and aims to displace 100 million single-use plastic bottles by 2020. S'well has also committed \$1.6 million to UNICEF.

'98 CanonDesign named **Tim Barr** (Mktg) of Arvada, Colorado, the office practice leader for its Denver office. He said, "I'm excited about making those connections and helping organizations harness design to push our city and state forward."

Last December, **Evan Papel** (Mgmt) and his company Pocket Socks were featured on *Good Morning America*. Pocket Socks were invented for travel security and are accented with fun, fashionable designs. Evan lives in Carlsbad, California.

'99 **Karen Hertz's** (Psych; MBA'05) gluten-free brewery Holidaily Brewing in Golden, Colorado, took home gold at the Great American Beer Festival for its Boombastic Hazy IPA.

FIVE QUESTIONS

Seeing, for Cheap



Philip Staehelin (Econ, IntlAf'91) created DOT Glasses to change how we think about prescription glasses. Using a revolutionary design that snaps together, the glasses can be sold to customers for as little as \$3 a pair.

How did your time at CU Boulder influence you today? I think there are a lot of very visible efforts to solve big problems in Boulder, so it expanded my horizons at an early stage.

The great need worldwide for prescription glasses isn't widely known. What's the scope of the problem?

When I started on my journey, I expected there to be hundreds of millions of people in my target market. It turns out that there are more than 1 billion people in the world who need glasses and can't afford them, or simply don't have access to them.

What would you consider success for DOT glasses? If we sold 1 million glasses per year, we'd be quite profitable and our investors would be happy, and the value of the company would be at a level that would make me proud. But we wouldn't be making enough impact. To

make a dent in this issue, we have to sell at least 10 million glasses per year. It's a huge challenge — no one's come close. But that's our mission.

Eyeglasses have been around for a long time — why did it take until now to innovate such a cheap, effective pair of glasses?

The world has eye-care regulations prepared with the best of intentions, but with unintended consequences such as much higher prices, bottlenecks (like not enough optometrists) and a focus on serving the "haves" of society — the poor are locked out.

They say 'the people crazy enough to think they can change the world are the ones who do.' Do you agree? I was able to exercise my 'I can make a difference' muscle over the years, which allowed me to gain the confidence to pursue a crazy idea.



When it snows at CU Boulder, more than 100 people can be involved in clearing and removing it.

CLASSnotes



When it snows at CU Boulder, more than 100 people can be involved in clearing and removing it.

'01 Emilie Upczak (RelSt, WomSt) wrote and directed *Moving Parts*, a movie about human smuggling and sex trafficking set in Trinidad and Tobago, which premiered at the Denver Film Festival in 2017. It began streaming on Amazon in January. She currently teaches film at the CU Boulder

Department of Cinema Studies and Moving Image Arts.

'03 Jessica Sawyer (ArtHist) is a fifth-generation candy-maker. Along with her two cousins, Jessica runs Ce De Candy, based out of Union, New Jersey. They're most known for their No. 1 product, Smarties, of which they produce more than 2 billion rolls a year.

'04 Super Lawyers magazine named **Colin Boyle** (Phil) one of its 2019 Massachusetts Super Lawyers for his work at Boston labor and employment law firm Morgan, Brown and Joy. For the second year in a row, **Alex Howell** (Mktg) was named one of *Forbes'* Best-in-State Next Generation Wealth Advisors for his work at the La Jolla, California, branch of UBS Global Wealth Management.

Ashesh Thaker (BioChem, Engl) and **Anuradha Kumar** (CompSci'05) gave birth to their second son, Valmik, in October 2019. They recently moved to Denver, and Ashesh is a physician and faculty member at the School of Medicine at CU Anschutz.

'05 In 2012, **Pat Allen** (Comm) lost one of his best friends, **Ben Weible** (Phil'06). It was a life-changing event that led Pat to quit his job and move to Los Angeles, where he initially slept on the couch of another friend, **Brent McHenry** (Bus, Comm'04). Pat then founded the clothing company UNI/FORM. One of the first products the company began to distribute was called "Ben's shirt," a gray T-shirt named for his friend. Fifteen percent of proceeds go to the Harmony Project, a charity that provides music lessons to kids who couldn't otherwise afford them.

'07 In February 2018, just before the birth of her second child, **Emily Rondi Daniels** (Mktg) was diagnosed with stage IV lung cancer. Targeted therapy has kept the cancer suppressed. Since the diagnosis, she and her husband **Brian** (Fin) have sponsored Links for Lungs, a charity golf tournament. Emily and Brian have generated more than \$300,000 for lung cancer research at UHealth.

Gloria Mendoza Schmidt (Soc) is a lawyer you might recognize: Representing the Osundairo brothers, she appeared on CNN, Fox News and several other outlets during the Jussie Smollett case. She also owns the Gloria Law Group based out of Chicago, and is a mother of two.

'08 For the past 10 years **Greg Butler** (Acct) and **Brian Fisher** (Mktg) have successfully run their business, This is a Clue Trivia. They and their employees are found at about 40 bars a week across Colorado and Texas, and are continuing to grow.

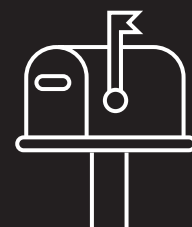
Sustainability coordinator and head bartender is the unique title **Dane Dostert** (EnvSt) carries at Maui Tropical Plantation, a restaurant, coffee roaster, retail and agricultural business located on the western side of the Hawaiian island. One day he might be working on the craft cocktail menu, and the next designing a new compost system, but for Dane it's all another day in paradise.

Disney director **Jeff Gipson's** (Arch) latest project was a virtual reality short film titled *Myth: A Frozen Tale*, based in the *Frozen* universe. He was also the director of the award-winning Disney short *Cycles*.

David Palmer (PolSci) is the founder of both the Joan Rose Foundation and Good Threads Needle Point. In the first semester of his senior year at CU, David studied

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abroad in Santo Domingo, Dominican Republic. This trip inspired him to create his foundation in 2010, which helps impoverished children receive access to food, schooling and medical care. Good Threads was created to employ the children's mothers, who had few work opportunities. Their work has been featured on CNN.

'09 Ali Greer (Film) and **Eric Tomassini's** (Psych'13) urban farm, Avenue 33 Farm in downtown Los Angeles, is tucked away in a residential neighborhood on an idyllic hill. The couple met at CU Boulder, and their farm was the focus of an *LA Times* article last October.

University of Delaware professor **April Kloxin** (PhDChemEngr) was awarded the Director's New Innovator Award from the National Institutes of Health. With the five-year grant, April hopes to develop next-generation materials and tools to research lung fibrosis, an incurable, fatal disease.

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DECADES OF CLASS
NOTES ONLINE AT
COLORADO.EDU/COLORADAN

'10 NASA engineer **Nick Bradley** (AeroEngr, MS) was awarded the Early Career Public Achievement Medal last year for his work at the Jet Propulsion Lab in Pasadena, California. The award is given to individuals who have significant performance during the first 10 years of their career.

'12 Last summer, **Kaitlyn Bruce** (Jour) participated in Miami (Ohio) University's Earth Expeditions field course, taking a trip to Guyana and learning conservation practices from the local Makushi people. Kaitlyn is a teacher at Kipp Renaissance High School in New Orleans.

'13 As a project manager of a global procurement fund, **Katie Razavi-Shearer** (ArtHist) helps expand access to hepatitis treatment and diagnostics around the world. She will receive her master's degree in public health from CU Anschutz. Katie also founded Azghadi Body Shop, a small-batch beauty product company based in Lafayette, Colorado.

It's no surprise that **Savannah Sellers** (Jour) considers herself a news junkie. Since graduation she has become host of NBC's "Stay Tuned," a twice-daily news show on Snapchat, and is a correspondent for MSNBC. Savannah is based in New York City.

'15 Last year **Melissa Lillaney** (Mktg) and her partner **Nick Hickman** (Mgmt'18) launched their app Abuzz. A community platform exclusive to CU students, Abuzz aims to promote campus groups and events, both academic and social.

Mike Lotto (AeroEngr, MS) was awarded the 2019 Neil Armstrong Graduate Award from the American Institute of Aeronautics and Astronautics. Mike is continuing his studies at CU Boulder.

'16 **Tyler Huggins** (PhDCivEngr) and **Justin Whiteley** (PhDMechEngr) completed the first round of venture investments for their company Emery Foods, which uses a proprietary protein to produce meat alternatives. They can grow the equivalent of a

chicken breast overnight. The two friends met in graduate school, and plan on having Emery products in Boulder area restaurants during the early part of 2020.

'17 **Allison Hester** (Law) joined Moyer White law firm as an associate in the litigation department. She was previously a law clerk to Chief Justice Steven Bernard of the Colorado Court of Appeals.

'19 With their company Stride Tech, **Timothy Visos-Ely** (Engr), **Humsini Acharya** (Engr), **Andrew Plum** (MechEngr) and **Max Watrous** (Engr'20) won first place at last year's New Venture Challenge at CU. Along with it came a \$100,000 investment toward their invention, an accessory for walkers that could help prevent dangerous falls.



By November 2019, more than 55 inches of snow fell at CU.

FIVE QUESTIONS

A Voice for the Giants



As the in-game video host for the San Francisco Giants, **Therese Vinal** (Jour'08) — a former CU volleyball player — provides live entertainment for Oracle Park's 42,000 fans.

What's game day like? For a 6:45 p.m. game, I usually arrive at the ballpark at 2:30 p.m. An hour before first pitch, I am on the field for the pregame show. During the game, I am running around the ballpark for promotional giveaways, gameshows and interviews.

Around the sixth inning, I head to NBC Sports Bay Area studios to prepare for the television show *Triples Alley*. I head home typically around midnight or later.

What's a favorite moment in Oracle Park so far? Opening Day is really special. It is always over the top with decor and entertainment.

How do you handle hectic moments?

There are times where I'll have a live hit in back-to-back half innings, and you just never know how fast or how slow that half inning between the two live shots will go. I find myself just taking a deep breath, smiling and remembering this is sports entertainment.

What do you do during the offseason?

This offseason I am filling in for 49ers pregame and postgame shows. I also emcee special events and teach group fitness classes.

What else should we know about you?

My son was born in September 2018 so this was my first season as a working mom. At least with my "mom job" I get paid in hugs and kisses. Can't beat that.

INmemoriam

1930s

Zanobia Criswell Irwin (Edu'39)

1940s

Guy T. Kuntz Jr. (CivEngr'42)

Robert M. Kirchner (Mktg'43)

Miriam White Buckmaster
(Nurs'44)

John B. Cladis (EngrPhys'44)

Sam B. Lustig (MechEngr'44;
MS'47)

Jean Hershberger McDowell
(Geol'45)

Gloria Seitz Rhodes
(MusEdu'45)

Anna Strain Everett
(MusEdu'46)

Janet Forner Lowry (A&S ex'46)

Eilyn Witbeck Preas (Nurs'46)

Martha Griffiths Saviers
(Mktg'46)

Winifred June Kane (Mus'47)

Frances Puckett Sheppard
(CompSciAp'47)

Lois Jean "Chris"

VanDenBerghe (Zool'47)

Townsend E. Blankenship
(Fin'48)

Helen Brower Porter (Nurs'48)

Alvin Chalmers Wilson
(EIEngr'48)

Lynn R. Wolfe (MFA'48)

Consuelo Craven (MMgmt'49)

Ralph W. Dagenais
(MechEngr'49)

John R. Gill (A&S'49; MD'52)

James K. Malernee

(MechEngr'49)

Ralph D. Shipp Jr. (Jour'49)

1950s

Thaddeus G. Baker (Law'50)

Kenneth S. Borsch (EIEngr'50)

Patricia G. Crandall (Engl'50)

Marjorie Rolander Crouch

(A&S'50)

Harvey A. Everett (Acct,
Mgmt'50)

John D. McInnes (A&S'50)

Robert H. Ross (MechEngr'50)

Paul C. Barringer (Econ,
PolSci'51)

Stanley A. Black (DistSt'51)

Anne Lindstrom DeLorenzo

(A&S'51)

Charles G. Eschenburg

(DistSt'51; MD'55)

G. Michael Hogan (Acct'51)

William H. Koch (EIEngr'51)

Bernadetta Bowman

Pfeiffenberger (Edu'51)

John M. Sherman (Acct'51;

MS'55)

Jo E. Wilkins (IntIAf'51)

Lawrence E. Yarborough

(EIEngr'51)

Rodney M. Beck Jr. (Geol'52)

Lowry Smith Jr. (Fin'52)

William V. Shumate Jr.

(EIEngr'52)

Mary Lou Chafee Woods

(DistSt'52)

John A. Burt Jr. (Art'53)

Richard F. Donahe (A&S'53)

William J. Dunn (Jour'53)

John E. Elliff (A&S'53; MD'55;

MS'60)

Nancy Van Nostrand Gilstrap

(BusEdu'53)

G. Irving Haines Jr. (Geol'53)

Kathryn Sells Kalsman

(Pharm'53)

Mary Drewelow Schor (Edu'53)

Viola Brase Haertling

(MusEdu'54; MA'93)

Ralph P. Wingo Jr. (EIEngr'54)

Morrie K. Blumberg (PolSci'55)

Daniel S. Friedlander (Jour'55)

Nancy Doolittle Lengtat (PE'55)

Kaye I. Nock (Mus'55)

Sam C. Reno (Acct'55)

Thomas A. Tidemanson

(CivEngr'55)

Peyton G. Walker (A&S'55; MA'56)

Raymond W. Weaver Jr.

(PolSci'55)

John P. Chase (A&S ex'56)

William K. Clark (Geol ex'56)

Rolland W. Dowler (Pharm'56)

Richard R. Ehmann (EIEngr'56)

Arnacia McGuire Gilman

(Edu'56)

T.J. Harshman (Bus, Law'56)

Howard K. Hinsey (CivEngr'56)

Gloria Garrett Samson (Edu'56)

Forest G. Dennis (ChemEngr'57)

Darrell L. Fett (EIEngr'57)

Allyn G. Higgins (Acct'57)

Robert C. Kyle (Bus'57)

Linda Booth Robinson (Jour'57)

M. Kirk Sperry Jr. (Pharm'57)

Robert S. Todd (MechEngr,

Mgmt'57)

Betty Spence Adkinson

(Edu'58)

Billy M. Blackwell

(ChemEngr'58)

Robert G. Chapman

(MMedSci'58)

Bennie J. Gahart (Mus'58)

Elyot W. Johnson (MEdu'58;

EdD'64)

Ralph L. Mahan (AeroEngr'58)

Mauritz "Mort" A. Mortenson Jr.

(CivEngr'58)

Alan C. Reid Jr. (Geol'58)

Robert G. Roe (Mktg'58; MS'59)

Thomas A. Sheehy (Bus'58)

George E. Stephens Jr.

(PreMed ex'58)

Richard A. Thomas

(AeroEngr'58)

Marguerite J. Casper

(MNurs'59)

Barbara Jean Luce (PE'59)

Frances Estabrook Mayo

(Engl'59)

Patricia J. Morrow (MEngl'59)

Charles E. Mumby (Mktg'59)

Diane Prapotnick Nowicki

(Bus'59)

M. Neal Singer (Acct'59)

Jack E. Zelkin (Fin'59)

1960s

Stanley D. Foreman

(MEIEngr'60; PhD CivEngr'67)

Helen Bair Greenhill (Engl,

Jour'60)

Robert G. Kellman (Geol'60)

Betty Dohlman Meyring

(Engl'60; MA'66)

Roger D. Miercort (Hist'60;

MD'64)

Donald Orleans (Pharm'60)

Arthur W. Pitman (MechEngr'60)

Martin L. Rinehart (Bus,

CivEngr'60)

Bernice E. Waggoner (MPE'60)

Sharon Varra Boden (A&S'61)

Michael W. Bottino (Art'61)

George A. Frye (ChemEngr'61)

Frank C. Heller (Phys'61)

Gerald N. Malcolm

(AeroEngr'61)

William F. Menta (CivEngr ex'61)

John D. Mozer (CivEngr'61;

PhD'67)

Charles L. Rundquist (Edu'61)

Arthur F. Simmons II (Acct'61)

Paul P. Tusa (Pharm'61)

Donald M. Welsh (EIEngr,

Fin'61)

Michael Dziak Jr. (MEdu'62)

Elaine Mozer Kauvar (A&S'62)

James E. Koentopp (Arch'62)

Peter A. Ladanyi Von

Rottenthaler (A&S'62)

Richard D. Lanckriet (Fin'62)

Thomas Obermeier (Arch'62;

MA'72)

Rebecca M. Parsons (Phil'62)

Carl S. Smeltzer Jr. (A&S'62)

Walter L. Wagenhals (Law'62)

Gordon A. Wiss (Acct'62)

Robert "Bob" S. Young

(Mktg'62)

Robert W. Chamberlin

(PolSci'63)

Bill K. Comella (EIEngr'63)

Judith A. Fayard (A&S'63)

Matilda Michener Hansen

(Anth'63)

Peter H. Hassrick (A&S'63)

Charles L. Keagle III (Acct'63)

Carey F. Lively Jr.

(MAeroEngr'63)

Donald W. Miller (PolSci'63)

Joseph R. Murphy (Law'63)

Ronald B. Robinson (Acct'63)

Cumhur Yelmer (MBA'63)

Alan A. Capra (EIEngr'64)

Mary Ann Coyle (PhDChem'64)

Victoria B. Cross (A&S ex'64)

Sheila Stahl Epstein (Psych'64)

Seymour OPOCHINSKY

(PhDPsych'64)

Suzanne Ballard Rogers (A&S

ex'64)

William R. Brown (MBaSci'65)

Leonard G. Drake (MBaSci'65)

Dale L. Geise (MPE'65)

Harvie L. Guest Jr. (MEdu'65;

Edd'73)

Bruce E. Hyde (A&S'65)

Kenneth H. Miller (MApMath'65)

George C. Mulacek (DMus'65)

Luralee Clark Wingo (Math'65)

Robert E. Deu Pree (PolSci'66;

MA'83)

Sharon Harmsen Kiefer

(MEdu'66)

Mary Wilson Murphy (Edu'66)

Herman E. Schempp (MPE'66)

Howard H. Sanders (MBaSci'66)

Clifford C. Amundsen

(PhDBtny'67)

George A. Armbrust

(PhDGeol'67)

Ronald A. Baker (Acct,

CivEngr'67)

Robert D. Beckett (PhDEngl'67)

Richard S. Collier (MApMath'67)

Beth Maxwell Moise (Soc'67;

MEdu'69)

Agnes Valkay Persson

(PhDEngl'67)

Priscilla Gretsck Peters

(MNurs'67)

Robert M. Rechnitz

(PhDEngl'67)

Dan O. Roelofs (DistSt'67)

Walter L. Tomsic (MFA'67)

Robert L. Urban

(PhDMechEngr'67)

Anne W. Vanderslice (A&S'67)

Dwight D. Vines (PhDBus'67)

Margrit Von Bredow

Zimmerman (MA&S'67)

Douglas E. Bragg (Law'68)

James K. Reed (PhDEngl'68)

Melba W. Shepard (Nurs'68;

MA'69)

John V. Vigorito (PhDPhil'68)

Thomas J. Armstrong (MBA'69)

James R. Baril (PhDEngl'69)

Dinah J. Dodds (MGer'69;

PhD'72)

Mary Helen Fierro Klare

(MMusEdu'69)

Mary Clarke Rupp (Edu'69)

Terry A. Sendgraff (MDance'69)

Jerald D. Tarpley

(PhDAstroPhys'69)

1970s

Richard W. Berger (Mktg'70)

Gary W. Chard (CivEngr'70)

Jerry V. Diller (MPsych'70;

PhD'71)

Stella Kindred (Acct'70)

Frederick C. Marcell Jr.

(EIEngr'70)

Dennis E. Mead (Psych'70)

Bart A. Pasqua (Arch'70)

Violet Whipple Wagener

(MEdu'70)

C. Edward Castillo (Psych'71)

Richard D. Evans (Acct'71)

Kathryn Black Husted (Engl'71)

Beverly J. Marsh (A&S ex'71)

Carolyn Brown Smith

(MEngl'71)

Dale E. Spoerry (MApMath'71)

Jeanie McCulloch Halbert

(Acct'72)

Lois Lindstrom Kennedy

(MEdu'72)

David A. Larsen (Bio'72)

Marie Meade Sister

(MMusEdu'72)

John L. Vifian (PhDEngl'72)

Kathy L. Berman (Edu'73;

MA'80; EdD'86)

Emily A. Distler (DistSt'73)

Nancy J. Haynes

(PhDCommThtr'73)

Tred Barta (A&S ex'74)

Suzan Newbill Conrad (Nurs'74)

Charles M. Sisson Jr. (EdD'74)

John R. Straily (Acct'74)

William K. Zellefrow

(PhDEngl'74)

Charles E. Bruzga (EIEngr'75)

David R. Evans (PhDMus'75)

Penelope I. Cammack

(CommDisor'76)

Harlan W. Powledge Jr.

(PolSci'76)

FEEDback



Since 1921, CU Boulder's red roof tiles have become an iconic asset to the campus's Tuscan-style architecture.

Life Back When...

It was the fall of 1969 when I moved into Sewall Hall for my freshman year. I lived in a corner room on the fourth floor (a long walk up!). It was an unforgettable year (the first Earth Day, the student strike and the breakup of the Beatles), and I met some

great women there with whom I remained close throughout my four years at CU Boulder. We had such a good time together that we were devastated when they turned it into a freshman-only coed dorm the following school year.

Markie Greer Sparks (Math'73)
Magnolia, Kentucky

I met my now husband of 58 years in the fall of 1959. He was one of the leading rushers on the CU Buffaloes football team [**Dave Rife** (PE'62)]. We were married in September 1961, but had not yet graduated. Each of us had another semester

to finish our degrees. In order to survive, Dave got a job as a married counselor in a freshman men's dorm, Willard Hall, for free room and board. We lived and ate in the dorm with several hundred freshman men our first year of marriage. We had a bedroom, bathroom and small sitting room on the second floor. I was the only female allowed past the first floor. Since we were only four years older than the freshmen, we did many activities with the students, like hickey bobbing behind cars on snowy roads! I guess CU dorm living was a good start for our marriage because we are still happily married!

Mary Lou Rife (PE'62)
Blairsdan Graeagle, California

As a CU grad and a 25-plus-year CU Housing & Dining Services

employee, I was glad to see the pictures and article about the recently opened Williams Village East residence hall in the Fall 2019 *Coloradan*. It would have been more appropriate, though, if the headline of the article was 21st-Century

Residence Hall rather than 21st-Century Dorm. Residence Hall is a more fitting term than the mid-20th-century word "dorm."

A dorm is a building where students sleep. A residence hall is a place where students live, learn, interact with faculty, staff and other students and build community — in addition to sleep.

Elise Graninger (Edu, PolSci'81, MEdu'84)
Louisville, Colorado

Thank you for the delightful article about the gorgeous clay roof tiles capping the buildings on the CU Boulder campus. The first time I saw them, visiting the campus with my father, John Nelson (EIngr'31) at age 16, I found them irresistible and enrolled two years later.

Martha Nelson Harmann (A&S'61) Denver

During the winter of my freshman year, 1970-71, Boulder encountered a week of constant high winds, ranging up to 70 mph. I found a full red roof tile on the sidewalk near Willard Hall that had been blown loose by the

ceaseless gales. I was grateful that this three-pound flying projectile didn't harm anyone. I kept it for years as a souvenir of the beautiful and unique architecture of CU Boulder.

Doug Henninger (Mktg'74)
Denver

More on Ralph Carr

Ver Smith's letter [Feedback, Fall 2019] lauds Colorado Gov. Ralph Carr for refusing to put Japanese Americans in internment camps, and inviting them to come to Colorado to avoid internment elsewhere. Carr's courageous, principled stand is to be commended. But... Carr's defiance didn't succeed long. In February 1942, little more than two months after Pearl Harbor, the federal government authorized internment camps. It

left office, a Japanese internment camp, Camp Amache, opened there.

How forces override Carr's opposition is a story worth the telling. Camp Amache had a peak population of 7,318 (mostly U.S. citizens) before closing Oct. 15, 1945. The site was designated a National Historic Landmark in 2006. Under the direction of John Hopper of Granada High School, students are involved in researching and preserving the site.

Franklin Bell (Jour'70)
Bluemont, Virginia

The Theatre Pipe Organ

Regarding "The Sound of the Silent Film" in the last issue, how can this article not mention the theatre pipe organ which was specifically developed to accompany silent films?

Piano and orchestra accompaniment was



purchased land near Granada in the southeast corner of Colorado for one of them; and on Aug. 27, 1942, in the year before Carr

"The theatre pipe organ was the real 'Sound of Silent Film,'" wrote David Weesner about the *Coloradan* article on silent film scores.



CU couple Mary Lou (PE'62) and Dave Rife (PE'62) in September 1961.

described, but the theatre organ was in reality a unit orchestra that provided all the music and special effects required to provide perfect accompaniment for all action and moods. Both of the Grauman Theatres mentioned in the article were equipped with impressive theatre pipe organs. There were many builders, but Wurlitzer was the best known.

With the advent of the “talking pictures” these amazing instruments were mostly retired and many destroyed. However, there are still many in playing condition maintained by loving owners, most of whom are members of the American Theatre Organ Society, an organization dedicated to the preservation and promotion of these instruments. Fine theatre pipe organs still impress audiences today in the Denver Paramount and Colorado Springs City Auditorium.

The theatre pipe organ was the real “Sound of the Silent Film” and a truly amazing sound it was!

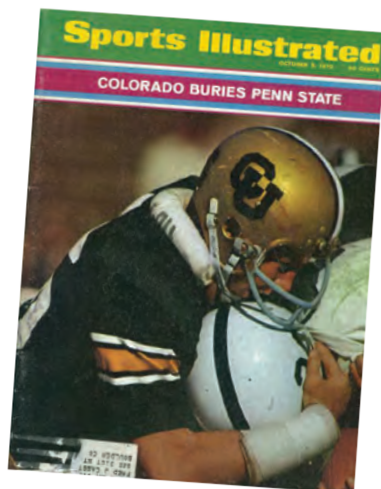
David Weesner
(Arch’72)
Colorado Springs

Victory over Penn State

I am a 1973 CU grad, and was so happy to see that you chose the Sept. 26, 1970, victory over Penn State as one of our biggest wins!

I was at that thrilling game, and I will never forget watching an interview with Joe Paterno prior to the matchup. Paterno stated that CU was lucky to even be playing a team of Penn

The Buffs’ victory over Penn State sparked memories for sportswriter Rick Reilly.



State’s caliber! Words cannot fully express how exciting it was to be in the stands that day to witness such a sweet victory.

Nancy (Schweda) Nicholson, PhD
(A&S’73)
Durham, North Carolina

I was sent reeling back in time when you published the 1970 *Sports Illustrated* cover of the Buffs’ huge win over Penn State in your last issue. There’s a story in that photo.

I was 12 and, growing up in Boulder, naturally, snuck into the game.

It set up as one of the most cataclysmic games in Buff history — Bad Dude Stearns, Cullen Bryant and the heart-stopping Cliff Branch vs. the No. 4 Nittany Lions. I was loitering around by the field, looking for an old chinstrap or towel to add to my CU wall collection, when a cool-looking young guy with a beard and New York sunglasses yelled up, “Hey kid.”

It would turn out to be Walter looss, who would become arguably the greatest *SI* shooter of them all. “You wanna carry my cameras today?” he asked. “I’ll play you.”

I spent that unforgettable day carrying lenses that were almost as tall as me and watching my glorious heroes stomp the Nittany out of the Lions, 41 to a paltry 13.

True to his word, Mr. looss gave me \$12, cash.

That Thursday, I sat on the lawn waiting for the mailman to deliver the *SI* to see if one of “our” pictures made it. When he handed it to me, my 12-year-old heart stopped. We got the cover. Even better, it featured no less than a Boulder hero, LB Phil Irwin.

Later, when I became a writer at *SI*, I met Walter looss at a restaurant and told his whole table the story.

“Yeah?” said one of his photog buddies. “How much did he pay you?”

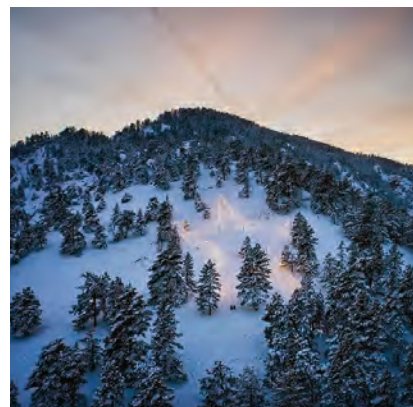
“Twelve dollars,” I said.

They all broke up laughing and hooting.

Walter and I became great friends, and I never once accused him of shorting me. He’d given me a gift — a day that I can still see right now, in Technicolor.

Rick Reilly (Jour’81)
Hermosa Beach,
California

Social Buffs



“Here’s a shot of the iconic star on Flag-staff...What a beautiful place to call home!”
@maxwilderness

“Finals week. Go get ‘em Buffs!”
@wolfthedawg

“‘October’ is a long month. But its days are short.”
#day-lightsavings
@sa_outside

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STAFFBOX

Coloradan

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THEN

APRIL 22, 1970

Fifty years ago, on April 22, 1970, CU Boulder became the first university in the nation to open a student-led Environmental Center. The day coincided with the nation's inaugural Earth Day, which drew 20 million U.S. participants and led to the creation of the Environmental Protection Agency.

Since then, CU Boulder has been a leader in sustainability and innovation. Highlights include the launch of a recycling program in 1976, distribution of student bus passes in 1991, solar panel installation in 2004 and a pledge to carbon neutrality in 2007. Twenty-eight buildings on campus are LEED-certified and include everything from aeroponic gardens to self-dimming electrochromic glass windows.

This photo was taken at the Earth Fair on Farrand Field in April 1974. Were you there? Share your memories with us at editor@colorado.edu.

