

UNC

UNIVERSITY OF NORTHERN COLORADO
MAGAZINE
SPRING/SUMMER 2019

zine

OLYMPIC METTLE

Pg. 22

Pg. 12
Growing Local

Pg. 16
The Making of
the Arts Gala

Pg. 26
Researchers Study
School Shooting



The View from Here

FLIPPING OUT

Former UNC wrestler and current mixed martial arts champion Justin "The Highlight" Gaethje returned to campus and defeated his opponent in less than two minutes during a World Series of Fighting title match March 12 in the Bank of Colorado Arena at Butler-Hancock Athletic Center. The Colorado State Boxing Commission suspended Gaethje, who now has a 16-0 professional record, for his signature post-victory backflip off of the cage fencing, which the commission considers dangerous. The fighter was later reinstated.



Table of Contents

UNC MAGAZINE | UNCO.EDU/UNCMAGAZINE
SPRING/SUMMER 2016

16



PHOTO BY BARRY LAPOINT

Features

- 12 GROWING LOCAL**
UNC Environmental Studies students dig deep to bring local food to the community for the global good.
- 16 BRINGING TALENT TO LIGHT**
The making of UNC's Performing and Visual Arts Gala.
- 22 OLYMPIC METTLE**
Champion Paralympian draws on firsthand experience to teach his physical education students.
- 26 RESEARCHERS STUDY SCHOOL SHOOTING**
Their report offers recommendations for improving school safety.

Departments

- 2 @UNC**
Find out what's newsworthy, noteworthy and uniquely UNC.
- 8 Northern Vision**
Learn how UNC is making a difference locally and globally through research, teaching and philanthropy.
- 30 Blue & Gold**
Catch up with Bears near and far.
-

ON THE COVER

UNC assistant professor Scott Franklin passes the ball — and teaches understanding — in his Teaching Diverse Populations class.

PHOTO BY ROB TRUBIA

Editor's Note

ENTER TO WIN AN IPAD

Like the magazine? Hate it? Have better ideas? We want to hear from you. When you give us your feedback about the magazine by filling out a short online survey, you'll be entered into a drawing to win an Apple iPad mini.



The eight-question survey will take only a few minutes, and your answers will help us in producing a magazine of interest to readers.

➔ Access the survey at:
<http://go.unco.edu/uncmagazinesurvey>

Don't delay. The survey closes June 15.

I'm a Bear

'SONIC' SPEEDS THROUGH THE APPALACHIAN TRAIL



Cunningham marks her 500th mile on the trail; Inset: Posing with fellow hikers in Maine at the end of the 2,189-mile hike.

AS AN INTERN FOR UNC'S CANCER REHABILITATION INSTITUTE, I got the idea to hike the Appalachian Trail from a patient. We shared a common bond of the outdoors. She mentioned that some people hiked the trail all the way through.

I DECIDED TO HIKE THE TRAIL as a graduation present to myself. I wasn't a confident person, but hiking fits with other adventurous things I've done. I like to run marathons and climb 14ers.

RUNNING HELPED ME cope with the death of a friend in junior high. Depressed, I developed an eating disorder, and doctors forbid me from running. But

running made me happy, so I began to eat so I could run. I worked through the depression and out of the eating disorder, and at UNC, I ran cross-country.

I WORKED AS a private caregiver to help pay my way through school. Though I loved caregiving, I'd been at the bedside of many of my clients when they died. My heart needed a break from death.

THE A.T. IS 2,189 miles long, starting in Georgia, and ending in Maine. Of thousands each year, only about one-in-four finishes the entire trail. I knew it would be hard, but it would give me time alone to reflect on my life.

I HIT THE TRAIL after graduating in May 2015. As I gained confidence, I got to know other thru-hikers, including one whose trail name was Blowup because of the crazy meal he made from summer sausage, Ramen noodles, spicy pickles, chips and cheese crackers smashed up in a plastic bag and added to boiling water.

BLOWUP AND I STARTED logging big miles. He called me Sonic, after the character in a video game who goes and goes. As others on the trail started to get to know us as Blowup and Sonic, I began to feel like a role model. Other hikers started to look up to us.

THERE WERE DAYS I hiked 40 miles. On my longest stretch, I walked and ran 52 miles during a full moon. I didn't know the human body was so capable of healing and being pushed hard day after day.

I WAS TESTED. I got sick the last week, but continued to hike. I thought about my UNC patients who went through chemotherapy and yet came in to exercise. One patient, Trina, came in the same day as her chemo. Thinking of them made it easy to push through the pain. When I was saying to myself, 'This sucks, this sucks,' they were with me. They showed me what it meant to be tough.

ON AUG. 17, I reached Katahdin, Maine. I finished in 98 days, hiking 92 of them. The A.T. marked a division between graduation and the real world.

MY TIME ON THE TRAIL made me realize I could do amazing things. In fact, I'm worthy of them. I returned to Loveland, enrolled in a certified nursing assistant course and hope to work in hospice. I'm going to run an ultramarathon soon, and I may also hike another trail.

WHILE MANY PEOPLE KNOW ME AS AMANDA, MY FRIENDS KNOW ME AS SONIC.

—By Amanda Cunningham '15, as told to Dan England



UNC MAINTAINS TREE CAMPUS USA STATUS

For the fourth consecutive year, the Arbor Day Foundation has recognized the university with Tree Campus USA designation.

Tree Campus USA is a national program created to honor colleges and universities for effective campus forest management and student and employee engagement in conservation goals.

The program's standards include maintaining a tree advisory committee, a campus tree-care plan, dedicated annual expenditures toward trees, an Arbor Day observance and student service-learning projects. There are 254 campuses across the United States with this recognition.

The university is also a certified arboretum recognized by the National ArbNet Arboretum Accreditation Program. In addition to the campus's 3,700 trees, the arboretum includes more than 17,000 flowers, hundreds of perennial plantings, a xeric garden with neighboring community garden plots, and a Colorado grassland exhibit.

BUSINESS MAJOR STARTS NONPROFIT TO RAISE AWARENESS OF SEX TRAFFICKING ISSUE

UNC business major Megan Lundstrom is passionate about her efforts to raise awareness of sex trafficking in northern Colorado. Lundstrom — herself a victim — is putting what she's learning in UNC's Monfort College of Business to use by founding a Greeley-based nonprofit called Free Our Girls. The organization focuses on addressing sex trafficking in Colorado by providing awareness, training and prevention programs.

In addition to organizing a week long series of educational activities, Lundstrom is meeting with local law enforcement agencies and local and state government officials to push for increased enforcement and more severe penalties for offenders.

News Briefs cont. page 4

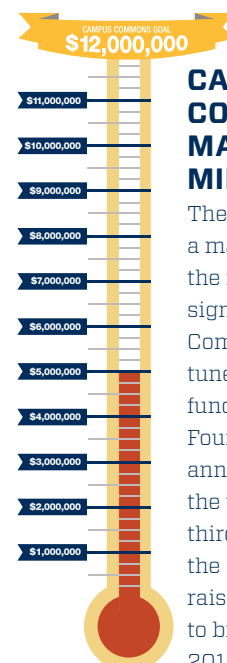
Funding Important Work

MONFORT FAMILY FOUNDATION COMMITS \$4.2 MILLION TO COLLEGE OF BUSINESS

In January, the Monfort Family Foundation pledged \$4.2 million to continue its long time dedication to the Kenneth W. Monfort College of Business (MCB), its students and faculty.

The family's commitment to the well-known business college honors the enduring memory of Kenny Monfort, the college's namesake, revolutionary businessman, philanthropist and beloved family patriarch.

The donation will be spread over six years and is earmarked for student scholarships, faculty enrichment, competitive opportunities for students and more.



CAMPUS COMMONS MARKS FUNDING MILESTONE

The university reached a major milestone in the fundraising of the signature new Campus Commons building to the tune of \$5 million in gifts, funds pledged, and UNC Foundation support. The announcement places the university over one third of the way toward the \$12 million fund-raising goal with plans to break ground in late 2016.

News Briefs cont.

WORK BEGINS ON CAMPUS ENERGY-SAVINGS PROJECTS

UNC has partnered with McKinstry, a national company that focuses on energy and operational efficiency, to implement building and operational improvements that will save the university \$547,000 annually through reduced utility and operational costs.

Most improvements will be to buildings' lighting, heating, air conditioning and ventilation systems, making them more energy-efficient and enhancing the learning environment.

The partnership also includes implementing McKinstry's three-year behavior-focused energy awareness and operational efficiency program this fall to engage students, staff and faculty across the campus in energy, water and waste conservation efforts.

McKinstry also helped secure \$286,000 in utility rebates to offset initial improvement costs. The annual energy and operational savings from the improvements over the next 15 years will pay for their \$8.86 million cost.



JAZZ GREATS GATHER

The UNC/Greeley Jazz Festival attracts around 8,000 guests to Greeley for world-class performances and educational workshops each year. This year, on April 21-23, the 46th annual festival reunited UNC Jazz alumni.

The gathering celebrated the success of a program that has received over 100 *Downbeat Magazine* Student Music awards since faculty member William Gower started the first big band at UNC in Fall of 1958.

The reunion also honored former Director of Jazz Studies Gene Aitken in a ceremony preceding the Saturday evening concert. Aitken served as UNC's Director of Jazz Studies for 27 years.



SETTING THE PATTON HOUSE RECORD STRAIGHT

Prior to the nursing program being housed in the Patton House ("Behind the Building," Fall/Winter 2015 *UNC Magazine*), the Dean of the Graduate School, Arthur Reynolds, and staff were housed there. I began working there in 1972 until moving to the Frasier building. I am thinking the Graduate School was housed there from 1965 until the nursing school moved there around 1976-77. Please set the record straight if you would. Thank you.

—Lana McFee, '72

You're right, Lana. The Graduate School moved into the Patton House shortly after it was purchased in 1965 and occupied it until the School of Nursing moved in for the 1977-78 academic year.

BEHIND THE BUILDING



THE KOHL HOUSE has been home to Native American Student Services and Asian/Pacific American Student Services since 1998 after it was purchased from Ron A. and Debra Ann Kohl in 1997 for \$192,000 and remodeled to accommodate the centers' needs.

Built in 1930, the 3,000-square-foot brick structure at 924 20th St., today provides services tailored to promote the cultural, academic and career goals of UNC's Native American and Asian-Pacific American students. The facility includes

a computer lab; printing, copying and faxing services; study space for individual and groups sessions; lounge space with TVs; kitchen facilities and small libraries.

"What I love about working at the Kohl house is that each day is different. I enjoy that I 'get to' not because I 'have to' develop relationships with students and have them dream beyond what they ever thought was possible. Not only am I creating paths, but downright carving them with students. This is one of the many highlights that I have while working at UNC as the A/PASS cultural center director."

—Alethea Stovall, Director of Asian/Pacific American Student Services



Syllabus

Capturing Life Stories

CLASS: ANT 315 — Life History and Culture

TAUGHT BY: Sally McBeth, Ph.D., Anthropology (pictured above with life stories written by her students)

COURSE DESCRIPTION: This class centers on the ethnographic field technique or methodology known as the life history. If ethnographies are descriptions of a culture, then the life history is a “person-centered” ethnography. This method focuses on a rigorous yet compassionate effort to portray the lives of ordinary individuals in specific cultures and contexts.

CLASS NOTES

It's a Monday night on campus, and as many students, faculty and staff head home for the evening, 17 students assemble in Candelaria Hall for McBeth's Life History and Culture class. Each student focuses on writing a book about someone's life story.

Brenda Schuch is taking McBeth's class a second time. The first time, she wrote a book about her father, Joe D. Andrade; this time, she's writing her mother's life story.

Her father grew up on a family farm near Peckham, between LaSalle and Platteville in central Weld County, and he began working the farm as a child, along with his nine brothers and sisters. “I have a photo of my dad when he was 12 years old, out working the potato fields, and he was holding a 50-pound bag of potatoes on his shoulders.

“I had long talks with my father, getting to know him better, getting closer to him and learning about his life,” Schuch says. Her father died a little more than a year ago. “When I'm really missing him, I can read my book. It's like spending time with him again.”

In this class, there are no exams or lectures. Students talk about how to interview their subjects and get their subject involved in telling their life story.

“It slows us down in the fast world of today,” McBeth says. “Away from the world governed by media, you sit together and talk for hours.”

When students finish interviews, they transcribe the recordings and write the story, typically about 100 pages. In the process, they learn firsthand how anthropologists research and capture stories and how those stories reflect culture and deepen understanding.

In a closet near her office, McBeth has hundreds of books written by her students. Most of them are 8½-by-11 sheets of paper in a spiral binder. Some are hundreds of pages, and many include photos of the loved ones. All are packed cover-to-cover with memories and lessons learned not only by the story subjects, but by the students as well.

—Mike Peters

10 STARTER QUESTIONS

Interested in telling someone's life story? One of the difficult parts is crafting questions subjects can answer not only about the facts of their lives, but also how events, cultures and lessons affected them.

McBETH OFFERS THE FOLLOWING 10 INTERVIEW QUESTIONS TO SPARK STORIES:

- 1 If you could do one thing over in your life, what would it be?
- 2 Looking back on your life, what do you regret?
- 3 What is your secret to a happy life?
- 4 What is the hardest thing you've ever had to do?
- 5 What's a secret ambition of yours?
- 6 What makes you sad?
- 7 If you had only one day to live, how would you live it?
- 8 What does love mean to you?
- 9 What is right with the world?
- 10 If your life was a motion picture, what would the title be?

WANT TO LEARN MORE? THE TEXTS McBETH HAS HER STUDENTS READ FOR THIS CLASS ARE:

- *The Life Story Interview* by Robert Atkinson
- *Essie's Story* (1998) by Esther Burnett Horne (Shoshone) and Sally McBeth, Ph.D.
- *Persepolis* (2003) by Marjane Satrapi



Quote worthy

We would be naïve indeed to assume that similar events and occurrences never happen at our own university. 🍌🍌

—UNC President Kay Norton, in a Nov. 12, 2015, email to the campus community about the events earlier that month that led to racial discrimination protests at colleges across the country. Norton reminded students, faculty and staff that their participation in UNC's recently launched Campus Climate Initiative will be instrumental in helping foster a welcoming and inclusive climate at UNC that is characterized by mutual respect, honest dialogue and civil interaction. The multiyear initiative will include a survey that students and employees will be invited to complete this fall.



Putting the Business in Show Business

NEW ARTS ENTREPRENEURSHIP PROGRAM HELPS PREPARE ARTISTS FOR SUCCESSFUL CAREERS

Briana Harris, who earned her master's in music from UNC in 2014, plays saxophone for The Burroughs, a soul band that leans on Motown for a sound that's made it one of the hottest bands in Greeley. Saxophone, though, is just one of her duties, and you could argue it's not the most important.

She books private party performances as well, and when The Burroughs recorded a live album at The Moxi in downtown Greeley, she wrote a news release and helped find sponsorships that paid for the recording costs by trading a one-hour performance at the business that ponied up. Entrepreneurial efforts like these keep The Burroughs in business.

Harris is a model example of why UNC's College of Performing and Visual Arts is emphasizing the entrepreneurial side of making it as an artist more than ever. The college offers a new entrepreneurial certificate as a part of a degree. Getting that certificate takes 12 credit hours, and half the instruction comes from UNC's Monfort College of Business in a new, experimental partnership. This cross-disciplinary approach is one of the Innovation@UNC (i@UNC) programs developed this year.

For artists entering the 21st century market, learning the art of selling themselves may be just as crucial as their ability and talent, says Leo Welch, dean of the College of Performing and Visual Arts. These days, artists need marketing skills, business plans and a knowledge of their product's value. If they don't, they may not get noticed at all, or they may make crucial mistakes, such as failing to charge enough for their work.

"If you don't have those skills," Welch says, "you simply won't make it in the world today." And that's why the Arts Entrepreneurship Program adds dimension to an arts degree.

This year, to emphasize the need for entrepreneurial skills, the college put on a UNC Showcase of the Arts at Lone Tree Arts Center, where five select students showed off their marketing skills as well as their ability. Students competed for the final spots in the showcase by preparing websites, portfolios and press kits as well as perfecting the pieces they hoped to perform.

Kelsey Fritz, the student chosen to represent the School of Music, described the challenges of preparing two Mozart arias and developing a strategy to present them to the audience. "It helps me prepare even more because if I can't explain to the audience what I'm singing about, how can I portray it through the song? It helps me really understand what kind of story I'm trying to tell."

Presenting at the showcase was crucial in photographer Cody DeVries' professional development. DeVries developed a presentation that gave audiences insight into his creative process for his photography collection, "Highway 85."

"It's an honor to be presenting for UNC," DeVries says, "but also, the stuff I've learned just by doing this has been great as well."

—By Dan England

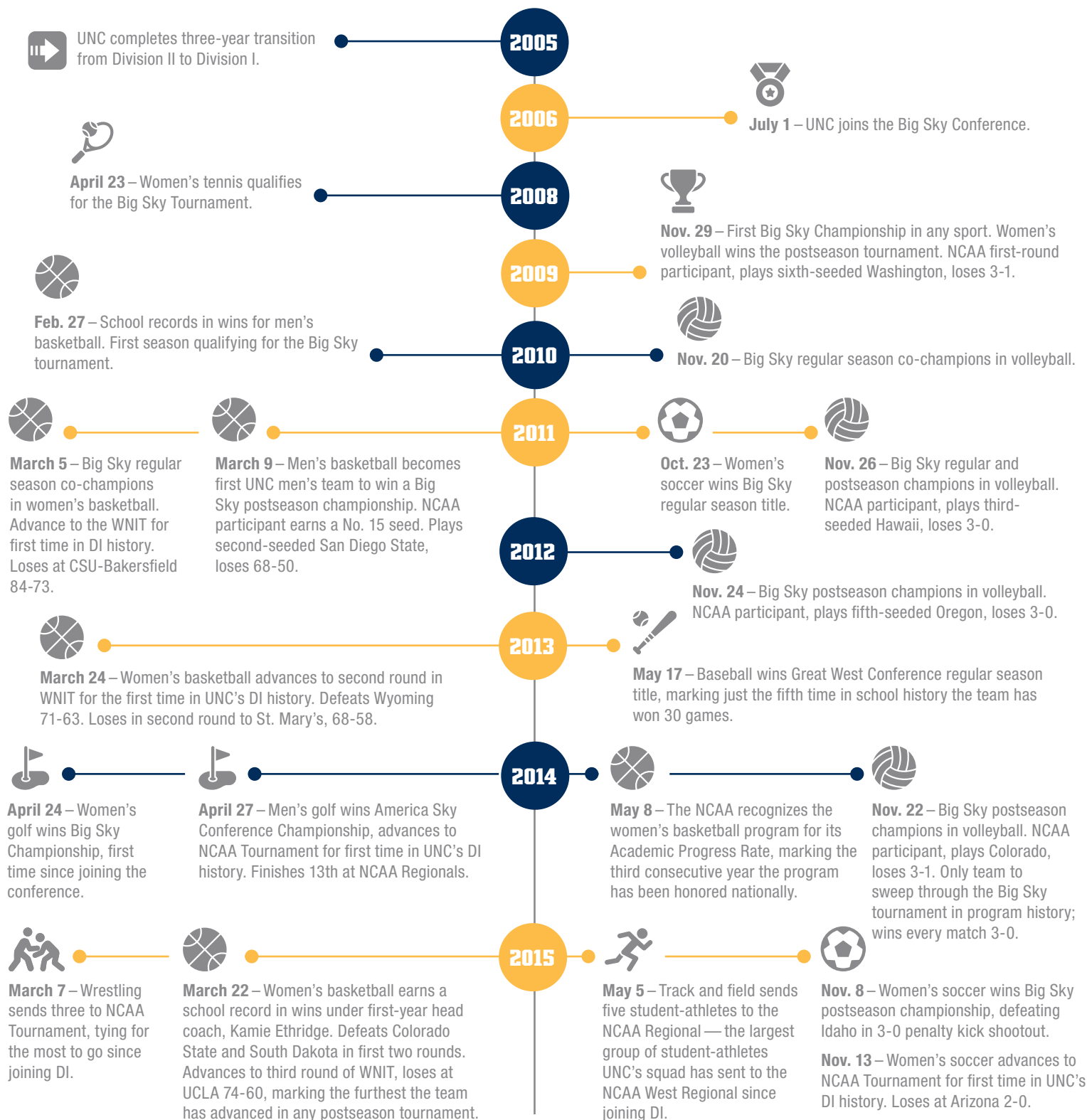
➤ This is the latest in a series covering projects funded through Innovation@UNC, a campus initiative that began two years ago to create new programs, reach new students, test new teaching methods and improve student success. For previous stories in the series, visit unco.edu/uncmagazine

GO BEARS!

TEN YEARS IN DIVISION I

A LOOK BACK AT ATHLETICS' MILESTONES OF THE LAST DECADE.

For more Division I milestones, go to unco.edu/uncmagazine



Compiled by Kobee Stalder

A man with short brown hair, wearing a blue button-down shirt and khaki pants, stands in a gym. He is smiling slightly and looking towards the camera. In the background, several other people are working out on treadmills and other equipment. The gym has a bright, open feel with large windows.

NORTHERN
VISION

UNC Cancer Rehabilitation
Institute Director Reid
Hayward works in the
synergy between the
research lab and clinic.

REID HAYWARD, PH.D.
UNC Cancer Rehabilitation Institute

Found in Translation

GROUNDBREAKING UNC RESEARCH MELTS SCIENTIFIC LAB WORK WITH REAL-WORLD CLINIC TO REVEAL BENEFITS OF EXERCISE FOR CANCER PATIENTS

Sitting in a small, instrument-packed lab in Ross Hall is a squat, benign-looking gray tank that contains liquid nitrogen. It also contains a spectrum of cancer cells from various lines. But this is one instance where cancer cells are helping make cancer patients' lives better. These cells are used in animal research that helps doctors understand exercise's effect on cancer patients during and after chemotherapy treatment.

Across campus, at the UNC Cancer Rehabilitation Institute, that research is applied to real life, where cancer patients and survivors do cardio and resistance workouts to combat the effects of chemotherapy and cancer on their quality of life.

"This is translational research," says Reid Hayward, Ph.D., director of the institute. "We use what we learn in the lab and apply it to real life, and take what we see in real life and try to replicate and address it in the lab."

UNC's groundbreaking work in cancer rehabilitation has led Hayward to Washington D.C., where he's spoken to doctors at the National Institutes of Health, and to Memphis, where he's twice given presentations to the teams at St. Jude Children's Research Hospital.

Hayward, who came to UNC in 1998 at the invitation of the institute's founding director, the late Carole Schneider, shares an intense energy for the institute's work with patients, researchers and students. It leads him to spend hours in the animal lab (in spite of allergies to rats) and sparks him to ask — and answer — questions about exercise and cancer.

An estimated 75 to 95 percent of cancer patients endure severe treatment side effects. Hayward explains that one side effect of a common chemo drug is cardiotoxicity, or heart failure. It can force patients to choose to either treat for cancer and deal with heart failure, or have a healthy heart but succumb to cancer. Taking that challenge to the lab, Hayward and his colleagues have shown that exercise during and after treatment is cardioprotective.

While presenting this information to doctors at St. Jude's, Hayward was asked about the impact

of exercise on children fighting cancer. Returning to Colorado, Hayward headed to his lab, following rats from weaning through maturity to answer St. Jude's questions. He found that exercise significantly decreased risks of heart failure as young rats matured.

Hayward and his colleagues have also studied the effects of exercise on patients with "chemo brain," a side effect of treatment that impairs memory and cognitive function. They've looked at fatigue experienced by patients in order to understand and determine optimal exercise intensity.

Hayward explains that what's unique about UNC's work with patients, students and research is that all three intersect in hands-on understanding. It's not a matter of giving a patient a list of exercises to do on their own at home. Instead, it's an exchange of custom adjustments, encouragement, understanding and inspiration that makes the program so effective.

"The relationship between patients and students is palpable," Hayward says. "Imagine a 20-year-old invincible college student looking at a person who is facing death and is inspired by them, while the patient is inspired, witnessing a young person putting their education into practice. I love being part of that."

That personal touch and customized, research-based approach is something Hayward hopes to see expand beyond UNC's geographical boundaries. To extend the institute's benefits, Hayward is developing a certification program through both on-campus workshops and global outreach.

"We have people come from Asia for workshops, and we're about to launch the certification program in the UK," he says. "We're having an impact on not just cancer survivors in our community, but all over the world."

With the introduction of certification, Hayward is taking what rises from that small lab in Ross Hall to research that benefits cancer patients and survivors on a global scale. It's translational research in the truest sense.

—Debbie Pitner Moors



Impact

Rooted in Social Justice

A native of Chihuahua, Mexico, UNC graduate Fabiola Mora's parents labored in agricultural fields and meat-packing plants in the Greeley area to create more opportunities for her and her brother Cesar.

"My parents gave up everything to bring my brother and me here in hopes of a better future and without knowing what we would face," says Mora. "My family faced many obstacles upon arriving in the United States, including a lack of opportunities for my parents to earn an education and higher wages."

Her family's experiences started Mora down the path of social justice.

"I carry their struggles with me every day as I face my own," she says.

Mora began her educational journey at UNC as a Business Marketing major, but she soon discovered a passion for education and decided to pursue a teaching degree in Secondary Spanish Education, which she earned in 2009.

"Coming to college opened the door for me to explore what it meant to be a first-generation, undocumented, low-income, Mexicana and to celebrate all of that, which is something I was never able to do before," she says.

While pursuing her bachelor's degree, she worked at the Office of Financial Aid and the César Chávez Cultural Center. Both jobs inspired her to combine her desire to work in higher education and her passion for social justice. She went on to complete her master's in Educational Leadership at UNC in 2010.

(Left) With the encouragement and support she received from the Stryker Institute, UNC graduate Fabiola Mora centers her work in social justice.



THE STRYKER INSTITUTE FOR LEADERSHIP DEVELOPMENT SUPPORTS THE PERSONAL, SOCIAL AND ACADEMIC ACHIEVEMENT OF WOMEN FROM UNDERREPRESENTED GROUPS AT UNC BY:

- Providing access to educational opportunities
- Empowering women through encouragement and space for personal growth
- Cultivating leadership potential
- Fostering connectedness and community

PHOTO BY WOODY MYERS

Mora says she was honored to be selected for the Stryker Institute for Leadership Development program and as a Stryker scholarship recipient. “It provided me the opportunity to attend college and learn about the history of my people, and I began to truly appreciate the beautiful sacrifices my family made for me,” she says.

With her future rooted in her past, she is dedicating her career to social justice and access and equity in higher education. As the assistant director for Advising and Student Success at Metropolitan State University of Denver, Mora works to help serve first-year students.

“The Stryker Institute helped provide financial assistance, but most importantly it provided leadership development and a community of women who helped support and encourage me to attain my educational and life goals,” Mora says.

“Through the Stryker Institute, I learned about social justice, and I received the love I needed to continue my journey.”

—Amy Dressel-Martin

Research



SHOOTING AIR RIFLES? WEAR HEARING PROTECTION

In their article published in the *International Journal of Audiology*, UNC faculty Deanna Meinke and Don Finan conclude that air rifle shooters, especially youth, should wear hearing protection when engaging in shooting activities.

The recommendation stems from their study that examined sound levels and risks associated with shooting 10 different air rifles — nine that use pellets and one, the classic Red Ryder, that uses BBs.

While Finan and Meinke’s team found that the air rifles didn’t exceed the 140 decibel-exposure limit for adults, eight of the rifles exceeded the 120-decibel-exposure limit for youth. The exposure limits are established by the World Health Organization.



STUDY EXAMINES MARIJUANA USE AMONG COLLEGE STUDENTS

A UNC study funded by the National Institutes of Health will examine how marijuana use among college students relates to their academic motivation and performance.

The three-year study will involve real-time assessments of 150 college students who use marijuana. UNC faculty researchers Kristina Phillips, Michael Phillips and Trent Lalonde seek to better understand factors related to heavy marijuana use, such as craving, psychological problems such as depression and anxiety, and academic motivation, performance and persistence.

A unique feature of the study will involve data collection through text messaging. Students involved in the project will be asked to respond to questions via text message in real-time. Assessments will also include a follow-up review of participants’ academic records.



STUDENTS TO ANALYZE SKELETAL REMAINS FROM ANCIENT CITY IN ITALY

The National Science Foundation awarded a grant for a summer research experience for undergraduates who will gather data from more than 12,000 skeletons excavated from an ancient Sicilian city to learn more about the population’s health and lifestyle.

The grant-funded opportunity is part of the Bioarcheology of Mediterranean Colonies Project directed by UNC Anthropology Assistant Professor Britney Kyle.

Students selected from applicants throughout the United States will travel to Sicily in three cohort groups of eight each over the next three summers to conduct independent research projects. They’ll gather data from excavations — including those from mass graves associated with the Battle of Himera (480 B.C.) — in the ancient Greek colony. They’ll return to the United States and analyze DNA and isotopes in the lab to learn about the colonists’ health and lifestyle. Ultimately, they’ll publish their results and present at conferences throughout their yearlong commitment to the project.



UNC Environmental Studies students dig deep
to bring local food to the community for the global good

By Debbie Pitner Moors



Do you know where your food's been?

The answer can be surprising. In some cases, your food may log more miles than a business-class traveler.

That carrot you're adding to your salad may have traveled 1,800 miles before reaching the plate on your table. The distance food travels from source to market is called "food miles," and it can vary widely. Grapes grown locally may be trucked 150 miles, compared to grapes that are transported 2,100 miles from another country.

So why do food miles matter? Not only does food grown and purchased locally support the regional economy, retain more nutrients and often provide richer flavor, but the environmental impact of getting food from farm to table can be significant. Fuel expended and carbon emitted create an environmental vapor trail with global implications.

At UNC, students, faculty and community members are developing resources that connect local farmers with the community and make buying local beneficial on many levels. In March, UNC was selected as one of 27 communities and programs nationally to receive support from the White House Rural Council's "Local Food, Local Places" initiative. The initiative offers direct technical support and expertise to community partners, integrating local food systems into regional economic action plans. It's one of a number of fortuitous connections that has spurred the program.

PUTTING DOWN ROOTS

Associate Professor Richard Jurin, Ph.D., has directed UNC's Environmental Studies program since 2001, leading and advancing its cross-disciplinary focus on sustainability. In 2015, Kevin Cody arrived in Greeley from California, where he earned his Ph.D. in sociology at the University of California, Santa Cruz. Cody's research focused on small-scale agricultural producers and the adaptability of sustainable agriculture to various social and cultural climates. Jurin offered him an opportunity to teach sustainability and urban farming last spring, and he and Jurin began to share a vision for expanding the program.

"We were talking about wouldn't it be great to actually have space to develop a farm program," Cody says.

The program has a 4,000 square-foot garden on campus, just west of Ross Hall, but Jurin and Cody knew that applying organic and sustainable farming methods on a larger scale would open up possibilities not available with the campus garden.



PHOTO BY KELSEY BRUNNER

Students learned about greenhouse pests first-hand last summer while raising tomatoes for the local farmer's market.

PHOTO BY THOMAS BARWICK

As they were conjuring images of a farm, they were approached by Kirsten Daniels, owner of WiseAcres Farms in Greeley. She offered to lease three-fourths of an acre of land and a 5,000 square-foot heated greenhouse for the program. There were also about 11 acres available for field crops. The farm's location and layout were just what the program needed to grow. With financial support from the student-administered Leadership for Environmental Action Fund (LEAF), the farm went from pipe dream to reality.

PRODUCING IDEAS

Last spring and through the summer, Cody and 10 students in the Urban Agriculture class worked at WiseAcres. Students planned, grew and tended produce that ranged from tomatoes to pumpkins. They harvested and marketed their produce, selling it at farmers markets and through departments on campus. They also learned some hard lessons.

"There were quite a number of unintentional learning opportunities," Cody says. "We had a very wet spring, and students learned that it breaks down soil structure if you turn the soil when it's wet."

An infestation of thrips — small bugs that can pass along disease — introduced students to the use of biological pest control when thrips brought spotted wilt virus to the farm and decimated their tomato crop. Economic realities of the supply chain also challenged students to think entrepreneurially. While they had fresh, local, organically grown produce, they began to realize the difficulties of getting food to consumers.

Ellen Harris, a junior Environmental and Sustainability Studies major with minors in Economics and History, says that experience gave her an idea for her honors research project.

"After a frustrating summer of great produce production but few outlets for it, I knew that I wanted to help support the student farm by making it more integrated with the university and the community," Harris says. "I came to the conclusion that getting the student farm's produce into the dining halls might benefit the farm and the university."

Harris started her research project, focused on farm-to-institution food systems, by looking at the benefits of local agriculture for the university and the larger community and school district involvement with local agriculture.

"When I get farther into my research, I plan on directly contacting school districts and other universities with student farms and/or local provisioning to find out how they have that system set up, with the hope of using that information to apply to UNC," she says.

UNC Executive Chef Aran Essig adds, "Discussions between Environmental Studies and UNC's Dining Services are exploring types of produce that can be grown for use in the dining rooms. It's a great opportunity to support the program's student learning objectives and see the full cycle from planning, planting, and harvest to service in the dining rooms. We're very excited to be part of the process and literally see it grow."

Composting completes the cycle, which brings 2015 grad Geoff Schmidt to the mix. While still enrolled at UNC, Schmidt founded Common Good Compost, a food-waste recycling company serving Greeley and surrounding communities.



"We collect and compost our customers' food waste and return it for them to use in their gardens. We recently negotiated a contract with Holmes Dining Hall, which generates an estimated 2.5 tons of food waste every week," Schmidt says.

Schmidt's company will set up its base of operations at WiseAcres, returning a portion of the compost to the farm.

"Geoff's project illustrates how the (WiseAcres) site can be a springboard for entrepreneurial activity for students," Cody notes.

Schmidt was also instrumental in setting up two beehives on campus in 2015. Cody says there are plans to expand beekeeping opportunities at the farm, creating cross-disciplinary learning and helping pollinators. That interconnectedness is all part of urban farming and sustainable agriculture.

INTO THE COMMUNITY

As Cody and Jurin began to look for grants and funding to support the ENST farm project, they learned about the White House initiative. The "Local Food, Local Places" program offers technical assistance and expertise to communities studying local food systems in relation to regional economic plans. Deborah Romero, director of UNC's Office of Community and Civic Engagement, helped the UNC team create the proposal in collaboration with the Greeley community and local school district.

As they developed the proposal, Cody says, "A couple of things became clear; one was the need to address some of the food issues and quality of nutrition."



WiseAcres Farm before the Environmental and Sustainability Studies program began cultivation (above) and after (left). Students met several times each week throughout the summer to plant, tend and harvest produce.

Their plan proposed partnerships with the city of Greeley, downtown businesses and community organizations to connect existing food-related health and well-being programs and improve access to healthy local food.

On Jan. 25, U.S. Secretary of Agriculture Tom Vilsack named UNC as one of 27 programs chosen for the initiative, selected from more than 300 communities that applied. UNC's project will work to provide area residents with more options for eating healthy, locally-grown produce and eliminate area food deserts — one of the issues identified as a challenge in the region.

When a major grocery store closed in Greeley, a portion of the community found themselves in a food desert, without close access to fresh food. Two local farmers opened a store near campus called The Farmer's Pantry, which provides an outlet for local farmers who want to sell their produce.

"The Farmer's Pantry is a good example of what we want to be able to support through the initiative," says Cody. "We hope to offer a wide perspective on agriculture and build on Greeley's agrarian history."

With a farm providing growing space both literally and figuratively, the potential — for students, the community and the farm itself — is perennial.

"This project is definitely a win-win-win situation," Cody says. "UNC students will be provided with opportunities for hands-on learning and community engagement, residents will have more options for eating healthy and locally-grown produce, and existing health and well-being initiatives in Greeley will be better integrated." **UNC**

SUSTAINABLE UNC

UNC has had an environmental studies program for nearly 45 years and is uniquely positioned to offer a cross-disciplinary approach to sustainability. Coupling UNC's size with being in the heart of an agricultural community, the program accommodates customized learning.

"(Our size) gives us a flexibility that allows greater advantages as an interdisciplinary program," Cody says. UNC's environmental studies program offers possibilities for students in a broad range of majors, including dietetics, nutrition, business, marketing, biology, education and journalism.

"Food systems is a growing field of study because it cuts across so many different programs, so we're developing a sustainable food systems minor. We're also looking at the possibility of developing community supported agriculture with the farm, and may grow hops in the future — which could tie in with UNC's brewing science program," Cody says.

THERE ARE MANY UNC ENTITIES THAT INTERCONNECT WITH THE ENST PROGRAM AND UNC'S EFFORTS TOWARD SUSTAINABILITY:

- **STUDENT LEAF** is a student-managed, -funded and -led program at UNC that has provided funding and leadership for a number of projects on campus, from recycling bins to beehives.
- **OFFICE FOR COMMUNITY AND CIVIC ENGAGEMENT** has helped connect university and community efforts and partnerships.
- **DINING SERVICES** has long been a campus leader for sustainable practices such as composting, local food, biodegradable cups, plates and utensils, and food-waste reduction.
- **INFORMATION MANAGEMENT AND TECHNOLOGY** focuses on energy and resource conservation.
- **FACILITIES MANAGEMENT AND ON-CAMPUS INITIATIVES**, like green building practices, recycling programs, and landscaping and water-saving programs put into practice by students, faculty and staff to reduce UNC's energy and waste footprint.

➔ Visit UNC's sustainable efforts at unco.edu/sustainability

BRINGING *Talent* TO *Light*

The making of UNC's Performing and Visual Arts Gala

It takes a village — of artists, performers and behind-the-scenes staff — to pull off an event as big as UNC's 34th Annual Gala. This year's showcase of Performing and Visual Arts students brought together more than 400 student artists, 25 technical staff members, 24 faculty directors and mentors, and 900 audience members. The Gala, which takes place every February at the Union Colony Civic Center in Greeley, raises scholarship funds for UNC's arts students. UNC photographers Woody Myers and Barry LaPoint went behind the scenes to capture the energy, creativity and intensity that takes place off- and on-stage when 400 artists step into the light.

Art and Design students
prepare their gallery displays
on Friday night in the Two
Rivers Lounge.

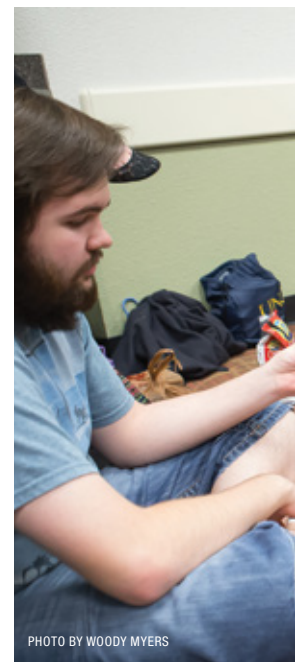


PHOTO BY WOODY MYERS

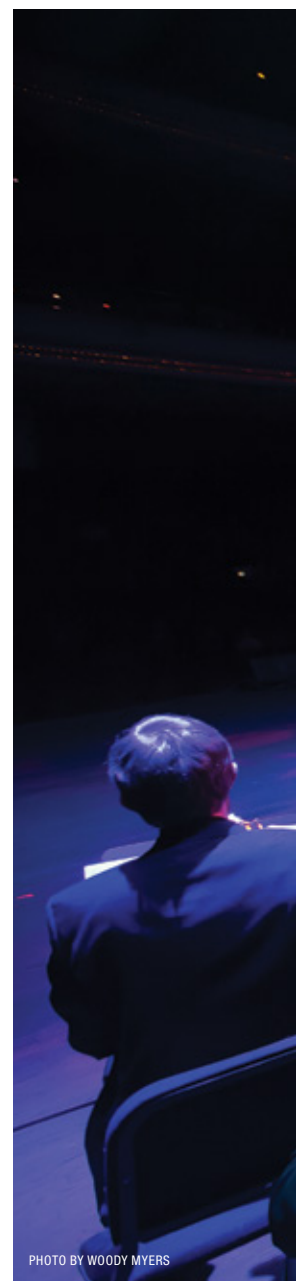


PHOTO BY WOODY MYERS



Students pass time until their performance by playing cards.



Theatre student Gabby Shaikh finishes stage makeup for fellow student and emcee Corbin George.



Professor Socrates Garcia conducts his Latin Jazz Orchestra.

Professor of Viola Christopher Luther performs a solo with the string section.





Students Julian Cary and Jafet Bucaram are featured soloists with Vocal Lab and Percussion Ensemble.



PHOTO BY WOODY MYERS

PHOTO BY BARRY LAPOINT



PHOTO BY WOODY MYERS



Union Colony Civic Center technical staff keep the show running offstage.

PHOTO BY WOODY MYERS





Musical Theatre students kick their knees up for a performance of "Step In Time" from *Mary Poppins*.



Band and orchestra students await their call to stage for the grand finale.



Musical Theatre students Nicholas King and Gabby Shaikh perform "The Last Night of the World" from *Miss Saigon*.

PHOTO BY BARRY LAPOINT

OLYMPIC METTLE

By Rebecca Dell

Champion Paralympian draws on firsthand experience to teach his physical education students

On an early Tuesday morning, Gunter 1150 looks like pretty much any other college classroom. A few posters hang on the walls. Students in jeans, sweats and athletic gear fill the desks for a required Physical Education class.

After a student presentation, the professor tells his students to get up and stretch before his lecture on the Paralympics. Then two things happen: He wheels over to a table at the front of the classroom, and he pulls out a bronze medal.

Meet Scott Douglas, known to his students as Dr. D. He's program coordinator of UNC's sports coaching program and teaches in the School of Sport and Exercise Science. He's what you'd expect from a guy who teaches college students to be physical education teachers and coaches: friendly, open, connected to his students, occasionally throwing a little shade at a rival team.

The bronze medal itself, won in wheelchair tennis doubles at the 2000 Paralympic Games in Sydney, isn't as much a cause for pride as is the story behind it. Scott uses a wheelchair, but he sure isn't confined to it. The medal and the chair are afterthoughts in his daily life. Whether explicitly or not, though, they're emblematic of Scott and the path he's taking at UNC to prepare the next generation of physical educators and coaches.

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It happened in 1982 when Scott was 18, skimming down the slopes at Snowbird Ski Resort in Utah with a friend. He was a freshman at the University of Utah, and after finishing a focused high school baseball and basketball career, he'd become a little unanchored.

He hit an icy patch, fell, and slid on his back, headfirst, down a trail called Bassackwards. Then, bam — like being hit by a linebacker — he rammed into an unpadded maintenance ladder on a lift tower. He immediately tried to push himself up to standing, but he was down for good. His back was broken. The injury to his spinal cord would require lifetime use of a wheelchair.

He'd been dating a fellow student and co-worker, Teresa, for two months. Teresa's father worked with people with disabilities, so the injury didn't faze her. "I knew he was still the same person," she says.

As for Scott, he'll tell you the accident woke him up. He started focusing again. Teresa refused to baby him. Sixteen months after the accident, they got married. They moved into a cheap basement apartment near campus, like any young couple might, as she worked and he finished his degree. The first time Scott picked up a basketball again, he was still in a full-body brace.

"I couldn't even reach the net with my shot because I had gotten so weak from being in the rehabilitation hospital," he says.

He kept playing. He got strong again. He competed on the local wheelchair basketball team and played in tournaments throughout the West, and he started dabbling in wheelchair tennis. He hit the court with athletes who had lived with impairments for years. They taught him how to jump a curb and dive into a pool and, if a hotel fire alarm went off, how to bump down nine flights of stairs.

"They don't teach that in rehab," Scott says.

Sports would eventually lead the Douglasses to Birmingham, Ala., where their son Connor was born in 1993. Scott worked at a rehabilitation



In his classes, Douglas applies what he's learned as an elite wheelchair athlete. That includes his experience, left, in the bronze-medal doubles match of the Sydney 2000 Paralympic Games.

SNAPSHOT OF A CHAMPION

1982 – Douglas, then 18, breaks his back — injuring his spinal cord at the L1 vertebra — while skiing in Utah.

1994 – Douglas becomes the sixth-ranked tennis player in the world after training at what is now a U.S. Olympic and Paralympic Training Site. He reaches No. 1 in the world in doubles in 1998.

2000 – Douglas wins the bronze medal in wheelchair tennis doubles at the 2000 Paralympic Games in Sydney. He also competed in the 1992 and 1996 Games.

2008 – At age 44, Douglas joins The University of Alabama's wheelchair basketball team while earning a doctorate in human performance and sport pedagogy.

2012 – Douglas arrives at UNC, where he teaches and does research in physical education teacher education and sports coaching.

SUMMER GAMES IN RIO

Paracanoe and paratriathlon will both debut in the 2016 Paralympic Games, Sept. 7-18 in Rio de Janeiro, Brazil. Fan favorites include wheelchair basketball, wheelchair rugby, track and field and swimming.

TUNE IN

NBC and NBCSN will cover the Paralympics in Rio. Viewers can also find comprehensive coverage at TeamUSA.org and USParalympics.org.



Visit unco.edu/uncmagazine to read about:

- The history of the Paralympics
- Scott's diplomatic role with the Games
- Information on Rio 2016



PHOTO BY ROB TRUBIA

Students in Douglas' Teaching Diverse Populations class play sports such as wheelchair tennis, basketball and rugby; seated volleyball; and bocchia.

hospital with an adapted sports program, called the Lakeshore Foundation, which would later become a U.S. Olympic and Paralympic Training Site during his tenure. As the director of athletics, he could train during his workday. With some expert coaching, his tennis ranking climbed to sixth in the world.

•••

Wheelchair tennis has a similar rhythm to standing tennis. The time between groundstrokes is slightly longer — players are allowed to give the ball a second bounce — but the extra time is occupied by a mesmerizing wheeled version of a standing player's anticipatory shuffle.

The wheelchair, Scott says, is just another piece of athletic equipment.

For most Paralympic sports, athletes are classified based on their impairments. In wheelchair tennis, which has been accepted at traditionally standing events including all four Grand Slam tournaments — the Australian Open, the French Open, Wimbledon and the U.S. Open — athletes are classified based on how good they are.

Scott played in the Open division with the top players, even before he had worked his way up to that level.

"I didn't care," he says. "I wanted to play the best guys. And

even though I got my ass kicked, I think I learned more from losing than if I would've played weaker players and maybe won the tournament."

His sponsors included Oakley and Prince tennis, as well as a wheelchair manufacturer that once overnighted a custom chair to Switzerland when his arrived broken. The sponsorships were an early victory for recognizing impaired athletes as athletes. As Teresa says, rights for the disabled can be seen as part of a long progression of equal rights for all marginalized groups.

In 1992, 1996 and 2000, Scott competed in the Paralympics in tennis, earning bronze in Sydney with his doubles partner.

•••

Scott's son, Connor — who never needed a stroller as a kid because he could always hitch a ride on his dad's lap — didn't know that his dad was different until he got older.

"I just knew him as dad," Connor says. Then he noticed adults looking at his dad funny. Other kids thought Scott's athleticism and wheelchair were cool. Young kids, Scott says, tend to be more open-minded. So he chose to teach future teachers and coaches: They can impact kids while they're still open-minded, and those kids can grow up to be unafraid and accepting of disability.



PHOTO BY ROB TRUBIA

Douglas teaches prospective P.E. teachers and coaches how to modify sports for those with different abilities.

After Scott retired from para-sport competition, he returned to school to become a high school teacher and basketball coach. Teresa had earned her teaching degree when Connor was in elementary school, and partly inspired by her, Scott earned his M.Ed. at the University of Montevallo in Alabama. He then received a graduate teaching assistantship and enrolled at the University of Alabama to pursue a doctorate in human performance and sport pedagogy. He came out of retirement to start for Alabama's wheelchair basketball team, using three years of student-athlete eligibility and earning Academic All-American status as a 46-year-old before graduating in 2011.

After spending a year as a visiting professor in Texas, a love for the healthy Colorado lifestyle and a job offer at a school renowned for its teaching brought him to UNC in 2012.

Mark Smith, Ph.D., now the associate dean of UNC's College of Natural and Health Sciences, was the chair of Scott's hiring committee. Smith says that Scott's wheelchair gives him authenticity in the eyes of the students, starting on the first day of class.

A student might wonder how to interact with a professor in a wheelchair, Smith says. "Then after 10 minutes, they're like, 'The same as you would interact with any other professor.'"

Scott's experience in Paralympic sport also lends authenticity to his research. A member of the Paralympic Research and Sports Science Consortium, he helps facilitate Paralympic-related research, and presents his own research on Paralympic and adaptive sports and coaching at conferences around the world. "It's an understudied — and it's an underrepresented — group," says Smith.

Often, wheelchair athletes are coached by standing coaches who take what they've learned in standing sports and apply that to adapted sport. At the 2000 Paralympics, Scott says, his doubles partner missed warmups before a semifinal match that sent them to the bronze medal match instead of going for the gold. What would have happened had their coach been better

trained in sports psychology and mediated any frustrations before the match? Scott will never know, but he's determined that his research and teaching will better prepare para-sport coaches.



Scott dreams of starting and coaching an intercollegiate wheelchair basketball team at UNC. For now, he focuses on building understanding and challenging preconceptions with future teachers and coaches. He tells (and shows) his students that the kids with disabilities they'll teach and coach can fully participate in sports — just like he can.

For one study, he and fellow faculty member Jennifer Krause, Ph.D., had students write down what they thought about disability. Then they sent members of the class to a Denver Nuggets or a Colorado Avalanche game. Half the students went in wheelchairs, paired with a standing companion. The students came back with all sorts of stories that changed their perspectives: Someone couldn't reach the ketchup at concessions. Someone else struggled in the accessible bathroom stall. Later, the students reflected on both how the experience changed their perception of disability and how it affected them as future teachers of students with impairments.

Scott's Teaching Diverse Populations class helps students learn to creatively adapt physical activity to diverse groups. It's intensely practical: Only half of the class days are spent in the classroom in Gunter. The other half take place in the gymnasium, where Scott might pull out the sponsor-provided wheelchairs he kept from his playing days — plus two bought by UNC — so students can try playing wheelchair sports for themselves.

The experience provides lessons no lecture can replicate. "When you're actually in a competitive situation, you don't realize how hard it is to actually get up and down the court," says Karli Jelden, a UNC pole vaulter and physical education major who played wheelchair football in Scott's class.

Scott occasionally drops by other classes where students are practicing teaching to their peers, Jelden says, and he'll act like he's a student. It forces the future coaches and PE teachers to think on their feet.

"I think that's what makes you a good teacher," she says.

That, and having real empathy for your students, like the kind that Scott teaches. The energy and insight he brings to the classroom, and the rapport that he builds with his students, sets a high bar for future teachers. And so, while the classroom in Gunter might look like your average college classroom, it's so much more.

As class ends, Scott calls out like a coach calling to his players.

"Whoosh on three: One, two, three..."

...18 voices join in...

"Whoosh!" **UNC**

Researchers Study **SCHOOL SHOOTING**

By Anne Cumming Rice

Their report offers recommendations for improving school safety

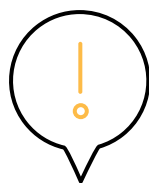
As lawmakers and school officials read her co-authored report about what led to the December 2013 shootings at Arapahoe High School in Littleton, Sarah Goodrum, Ph.D., hopes they come away with one thing.

“I really hope we take action on these recommendations and stop this cultural belief that there’s nothing we can do about school shootings,” says the UNC associate professor of Criminal Justice. “I think this feeling has paralyzed us into accepting that this is our fate, and we’re just going to have to live with this.”

Goodrum and William Woodward, her colleague at the University of Colorado Center for the Study and Prevention of Violence, teamed up to produce the independent fact-finding report into what led senior Karl Pierson to shoot and kill 17-year-old classmate Claire Davis before he shot and killed himself.

Goodrum and her team attended depositions with AHS employees and district officials and then analyzed thousands of pages of interview transcripts, drawing conclusions to understand what lessons could be learned to improve youth violence prevention in schools.

While projects like this can take years, this one took six months. The goal was to give the report to the state assembly for consideration during the current legislative session. Goodrum and Woodward delivered, presenting the findings in January to the Colorado Senate Committee on School Safety and Youth in Crisis.



THE MAJOR ISSUES

What surprised Goodrum was many of the things coming out of the depositions were the same issues addressed in the Columbine Commission report released after the shootings at Columbine High School in 1999.

“Here we are 16 years later, and there are still symbolic and logistic barriers,” she says. “We told the Legislature, ‘We have to make progress on these now. We cannot find more excuses not to address these things.’”

Certainly some things have changed — in particular, law enforcement response to school shootings and school programs focused on anti-bullying to promote positive school culture and prevent school violence.

But the research into AHS also revealed other factors, which constituted the report’s three major findings — failure of information sharing, failure of threat assessment and failure of systems thinking (the report notes that preliminary evidence suggests that AHS has made several changes in approaching school safety since 2013.) What makes this especially challenging is that schools in Colorado are managed site-by-site, leaving each school to figure out how best to address these factors.





Finding No. 1: **SHARING INFORMATION**

Goodrum and her colleagues discovered that no one at AHS had a complete record of Pierson's history of concerning behaviors over his three years at the high school. They also found that school staff members misinterpreted the Family Educational Rights and Privacy Act (FERPA), thinking they perceived a higher level of negative liability than what the law actually intended.

"It's common for many schools to swing way too far to protect a student's information," Goodrum says, noting that there's a fear of overreacting, a fear of parents complaining and of losing federal funding.

"But there hasn't been one school that lost funding because they were in violation of FERPA. That fear is totally unfounded."

The report recommends consistent use of a student information system to document student concerns and make it easier to identify early warning signs of violence, escalation in anger management issues and decline in academic performance.

Also revealed was a lack of awareness and formal training for how to use Safe2Tell, an anonymous reporting tool that provides a safety net for those with concerns about a school threat. The system was instrumental in stopping a threat of violence in December at Mountain Vista High School in Highlands Ranch.

Andrew Thompson, a UNC graduate assistant who worked on the report, is also an AHS graduate. As he read through the depositions, he said he was shocked by some of it.

For example, about two months before the shootings, two students reported seeing Pierson looking at pictures of guns and mass shootings on a computer during school.

"Nothing was done about it," Thompson says. "That surprised me."



Finding No. 2: **THREAT ASSESSMENT**

The report recommends schools use a validated threat assessment, such as the Virginia Student Threat Assessment Guidelines that resulted from shootings at Virginia Tech University in 2007.

Threat assessments evaluate whether a student's concerning behavior poses a real threat of violence or could lead to one.

While AHS's own threat-assessment procedures weren't followed, those procedures were still flawed, Goodrum said.

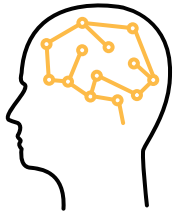
"Schools need to stop using their own checklists," Goodrum says. "With no clear standards and expectations, school principals are trying to figure it out on their own. They need to use a tool that's been validated by empirical research."

Spencer Weiler, a UNC associate professor of Educational Leadership and Policy Studies who prepares prospective school principals, agrees that a uniform threat assessment for all schools in Colorado would help.

"There should be a standard, objective, quantifiable way of threat assessment that involves people who have the professional training needed to do it," he says. "State law could dictate this. It should include administration, teachers, parents, school psychologists, school resource officers to come together to ask, 'Is this a legitimate threat?'"

"Parents should be asking a lot of questions of both your student and your school. Questions like 'What's it like to be a student at this school? Who do you talk to when someone is mean to you? How do they handle it?'"

—Cheryl Spittler, UNC faculty expert on positive school climate



Finding No. 3: **SYSTEMS THINKING**

Failure in systems thinking, or “groupthink,” is the most subjective of the findings in the report.

The school and school district “failed at many points to get a handle on (Pierson’s) problems, in spite of the fact that there were many warning signs and many opportunities,” the report’s executive summary states. “The evidence of faulty systems thinking included a tendency for groupthink, a reluctance to reflect on and admit failure, and the minimization of sincere concern.”

“The systems thinking piece is a hard one to grasp,” Goodrum says. “But we started to see deposition witnesses almost shrug their shoulders and say, ‘There was no one I could talk to about this.’”

Part of the solution may be for schools to develop partnerships with organizations including mental health service providers that can work with students who need help.

Another idea is to conduct an established school climate survey every one to two years. These can reveal how students feel about the overall climate at school.

Cheryl Spittler is a UNC adjunct faculty member in the School of Special Education who also owns a consulting business that provides training for school districts on positive school climate as it relates to classroom safety. She says climate is about the strength of relationships in a school.

“When you have an element of trust — students trust teachers, teachers trust administrators, and back and forth — you can have open conversation,” Spittler says. “It boils down to whether we as individuals are proactive about our thoughts and responses.”

Parents, too, can play a part in gauging the climate of a school.

“Parents should be asking a lot of questions of both your student and your school,” she says. “Questions like ‘What’s it like to be a student at this school? Who do you talk to when someone is mean to you? How do they handle it?’”

The climate at AHS seemed to be about being the perfect school, Goodrum says. While an emphasis on achievement can be good, it can also have a detrimental effect on school climate.

“In a culture of ‘we are fantastic,’ highly invested in achievement, failure can be considered a crisis,” she says. “It makes it more difficult for a kid to say, ‘I’m struggling. I don’t fit in here.’” **UNC**

ABOUT THE REPORT

The Arapahoe High School Community Fund Honoring Claire Davis, a donor-advised fund of The Denver Foundation, approached the Center for the Study and Prevention of Violence at the University of Colorado at Boulder to help collect and interpret data.



To read the report, which includes 32 recommendations for improving school safety, visit unco.edu/uncmagazine

EXAMPLES OF REPORT RECOMMENDATIONS

- Principals, assistant principals, teachers, counselors, psychologists, coaches, and school resource officers consistently use a student information system (e.g., Infinite Campus) to document matters of a “public safety concern,” including student behavior concerns, conduct violations, interventions, academic concerns, threat assessment results, and safety and support action plans.
- Schools and districts promote Safe2Tell in formal trainings to students and staff each year.
- Schools and districts install a validated threat assessment process.
- Schools and districts conduct an established school climate survey of students and staff every one to two years and when the findings exceed established norms, select and implement experimentally proven interventions, programs and practices.



ONLINE EXCLUSIVES

- How the Report is Being Used at UNC
- School Climate’s Role in School Safety
- How UNC Assesses Threats

Visit unco.edu/uncmagazine

HONORED ALUMNI

Induction Ceremony

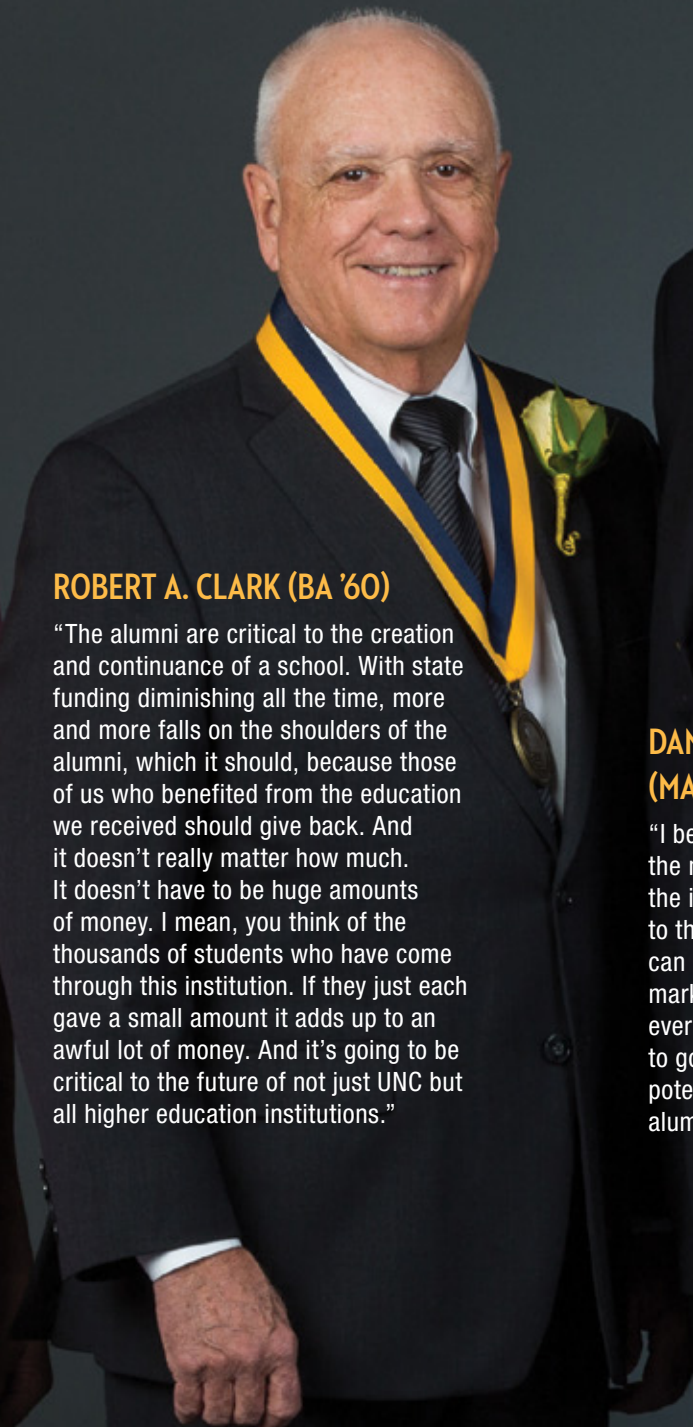


SOMPHOL "PIA" DOUNGLOMCHUNT (BA '74, MA '75, EDD '81)

"Alumni can help and they can reach out to other alumni to help. For example, we can bring people who have never been here to come to Greeley and to UNC, especially the teachers. I would like the other people to come to the United States to experience our education, because I would like them to have the same good experience I have had here."

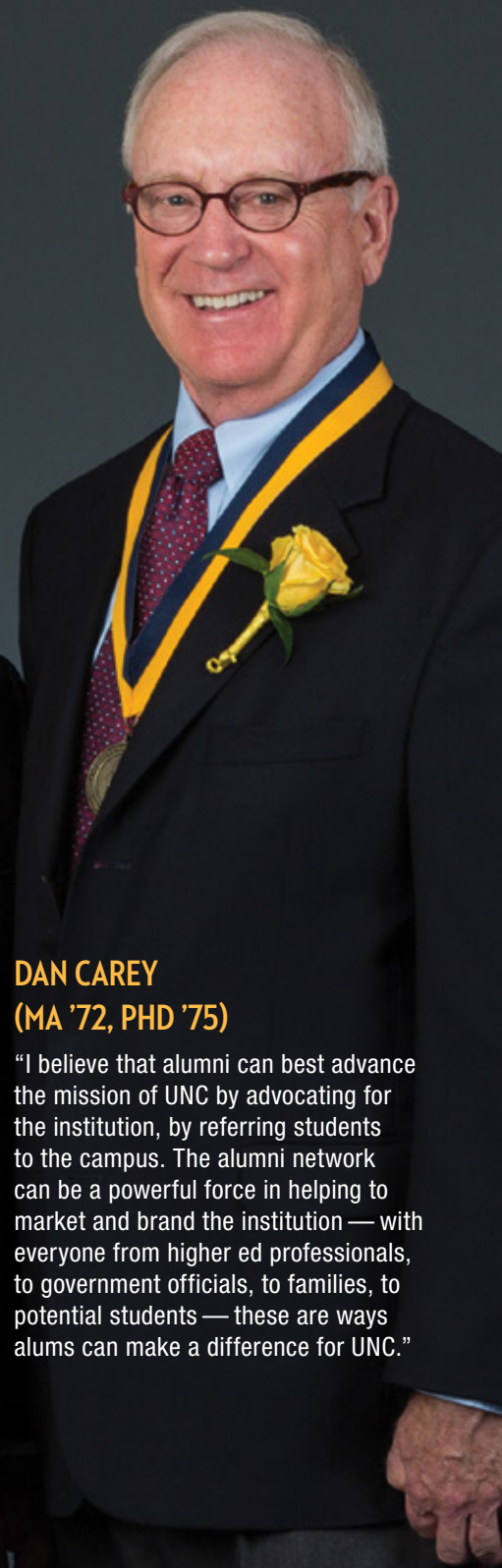
ROBERT A. CLARK (BA '60)

"The alumni are critical to the creation and continuance of a school. With state funding diminishing all the time, more and more falls on the shoulders of the alumni, which it should, because those of us who benefited from the education we received should give back. And it doesn't really matter how much. It doesn't have to be huge amounts of money. I mean, you think of the thousands of students who have come through this institution. If they just each gave a small amount it adds up to an awful lot of money. And it's going to be critical to the future of not just UNC but all higher education institutions."



**DAN CAREY
(MA '72, PHD '75)**

"I believe that alumni can best advance the mission of UNC by advocating for the institution, by referring students to the campus. The alumni network can be a powerful force in helping to market and brand the institution — with everyone from higher ed professionals, to government officials, to families, to potential students — these are ways alums can make a difference for UNC."





BOB AND BONNIE PHELPS (HONORARY ALUMNI)

Bonnie:

"We fell in love (with UNC) immediately. Our son had a wonderful experience at the University of Northern Colorado, and I would recommend that for anyone. I think what Bob and I have chosen to do is beneficial to students, and we're trying to raise our own kids with a philosophy that doing something for other people is really good for your own soul."

The University of Northern Colorado boasts outstanding alumni and dedicated friends from all walks of life, and each year the UNC Alumni Association recognizes some of them with the Honored Alumni Awards. We asked this year's honorees and their nominators how UNC alumni and friends can add to the university's value and advance its mission.



MINSEOK AN (EDD '93)

UNC Professor Emeritus George Sage, An's advisor and nominator:

"An has been outstanding in his commitment toward public education, public physical education and sports. His work has made a positive impact toward improving sports in the schools, in community recreation programs and has nurtured and encouraged widespread participation in sports. An has been very active in promoting UNC. He uses his degree to tell people about the school and about his own experiences here."



To read more about current and past honorees, visit uncalumni.org/honored-alumni

Alumni Notes

Submit Alumni Notes online at unco.edu/unco magazine

Follow along on Twitter @UNCBearsAlumni to read more alumni news and notes

60s

Kenneth E. Roper (BA '64), Olathe, Kan., retired after 44 years as a high school, university, and junior college physics and mathematics teacher.

Richard "Dick" E. Newman (BA '66), Fayetteville, Ark., retired from the University of Arkansas, Fayetteville in 2014 after 42 years of teaching and coaching at the intercollegiate level.

Steven J. Durham (BA '69), Colorado Springs, was elected to the Colorado State Board of Education in December 2014 and elected chairman Education in August 2015. Prior to this, Steve served three terms in the Colorado House of Representatives and two terms in the State Senate.

70s

Carl Dean Morgenegg (BA '70), Poughkeepsie, N.Y., retired advisory systems engineer from IBM Corp., after 41½ years. Carl also served as a mathematics teacher at Arvada West High School in Arvada.

Michael R. Lucas (BA '73), Wasilla, Alaska, earned his second consecutive National Association of Flight Instructors Master Instructor accreditation. He has been a pilot in Alaska since 1985.

Ewin Michael Rosser (MA '73), Aurora, was presented with the Colorado State University Lifetime Career Achievement Award given to alumni who have excelled in their business and civic careers. Mike has a long and prestigious career in mortgage banking, where he received numerous awards for his work.

Larry "Bucky" Hamlett (BS '74, MA '75), Spring Valley, Calif., is looking forward to a September 30 retirement date after 32 years as a State Farm agent in San Diego.

John D. Mabley (Ed.S '75), Debford, Nova Scotia, recently returned to North America following a year working at the University of Gondar in Ethiopia on developing quality assurance standards.

Blues Bland (formerly Frank Bland) (BA '76), Minneapolis, Minn., is a theatrical stage manager/technician in the greater Minneapolis/St. Paul area and owns Alternate Realities, which specializes in the sale of obscure sci-fi, fantasy, superhero videos, and collectible memorabilia.

Michael A. "Moe" Maiurro (BS '79, MA '81), Widefield, retired in 2011 from Fountain-Ft Carson SD #8 after 24 years teaching high school and coaching more than 50 different seasons of high school sports. Coach Moe is currently planning a 2,200 mile tribute bicycle ride from Fort Carson to Arlington National Cemetery. The cross country cycling journey, The 2016 Ride for Heroes, will begin May 1, and will honor three of his fallen former students who were killed in action in Iraq and Afghanistan.

Terry L. Vice (BA '79) recently relocated to Wellington, New Zealand, to work at the U.S. Embassy.

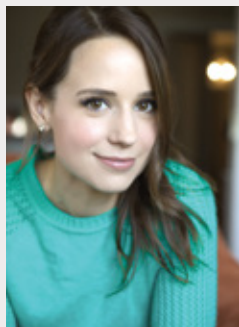
80s

Dana Michael Hagood (BA '81), Colorado Springs, is celebrating more than 30 years of HR leadership that includes staffing/sourcing, employee relations and conflict resolution; projects, benefits, leadership, culture shaping facilitating and he is SPHR certified.

Terri A. (Gardner) Maiurro (BA '81), Widefield, retired in 2014 from Widefield SD #3 after 32 years teaching primary grade students. Terri continues to volunteer two days a week at Weikel Elementary in her daughter, Beth's, first grade classroom. Terri also spends time with her 2½ year old granddaughter, Elizabeth. Terry and husband, Mike, are planning a 35th anniversary trip to Alaska.

Colonel J. Junior Tilley (MS '81), Houston, Texas, a retired Air Force colonel, taught aerospace science for 11 years. Presently, financial services representative division leader for Primerica Financial Services and is preparing to open an office in Tyler, Texas.

Joel Collier (BAE '87), Atlanta, Ga., was named director of personnel for the Atlanta Falcons.



Hanna Marie Hines '08 stars in Lifetime TV romance series

Hannah Marie Hines, a 2008 graduate of UNC's Theatre Arts program, stars in the new Lifetime TV digital series *Fall Into Me—Measurements*. When a wardrobe assistant (Hines) shows up for work on a movie set, she doesn't know that she's about to take measurements for an A-list actor who also happens to be her childhood classmate—and crush. Will he remember her? Watch Hines in all eight episodes available as streaming video on YouTube.

<https://goo.gl/Yr0gib>

FROM THE VAULT



Closing in on 100,000 miles

There's a 1,000-mile race in Alaska that's calling to Marshall Ulrich '74, and no, it's not the Iditarod.

Who would want to run 1,000 miles on foot? For most of his life, Ulrich, 64, has.

After earning his UNC degree, he built a business, a dog food rendering plant in Fort Morgan, with annual sales of up to \$4 million. Then he started running to help cope with stress. He found he had a body that could take punishment that would make most people blanch and made himself into one of the best adventure racers in the world.

"I've certainly backed off," says Ulrich as he was mulling the Alaska race. "I don't train nearly as much, unless it's something like Badwater (a 135-mile race through Death Valley), where I need to really focus my training. What I'm doing is trying to extend the longevity of what I can do, and I feel better than ever."

Other than a rotator cuff surgery last year, his body is doing well despite running close to 100,000 miles now — roughly the equivalent of crossing the United States 33 times.

"There's a certain amount of suffering, and I guess I've become less tolerant of it," Ulrich says. "I've lost some of that burning desire. I have to admit that. And yet I never really think I've done enough. So I'm trying to overcome that."

His achievements aren't limited to physical feats. The working title of his second book, *Both Feet on the Ground*, addresses the need to disconnect from technology and reconnect with nature.

"During that Death Valley circumvention, it was reconnecting with that solitude and peacefulness," Ulrich says. "It's hard to do that because we get so wrapped up in our gadgets."

His sponsors tell him they hope he continues to do Badwater because they enjoy working with him. That made him think about the many others who may be inspired by his determination.

"It becomes more about other people," Ulrich says. "I want to set a good example for others."

—By Dan England

 **EDITOR'S NOTE:** The magazine first featured Ulrich in the March 1991 issue. The article, "Pushing the Limits," is available at unco.edu/uncmagazine.



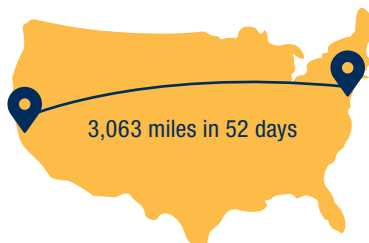
PHOTO COURTESY OF MARSHALL ULRICH

Marshall Ulrich started running more than 30 years ago to deal with stress. Two books and 100,000 miles later, he's still logging impressive distances.

Considered one of the best adventure racers in the world, Ulrich:



Has run — and won — ultramarathons (completing over 120 averaging over 125 miles each)



Ran across America, **3,063 miles** from San Francisco to New York, **in 52 days**, breaking two transcontinental speed records and averaging **60 miles a day** — chronicled in his book *Running on Empty: An Ultramarathoner's Story of Love, Loss and a Record-Setting Run Across America*.



Climbed the **Seven Summits**, the highest mountain on each continent, including Mount Everest.



Joined a friend in becoming the first ever to circumnavigate Death Valley National Park on foot, logging **425 miles** in the hottest place on earth.



Will return to Death Valley in July to complete his 21st Badwater ultramarathon, a 135-mile race through the valley to the trailhead of Mount Whitney, the tallest mountain in the lower 48.

**Vincent Jackson: Salute to Service award**

Former @UNCBEARSFB Player @VincentTJackson Named Salute to Service Award Winner. #GoUNCBears bit.ly/1k2TFYA

Daniel W. Wong (Ph.D. '87), Starkville, Miss., is a professor in the Department of Counseling, Educational Psychology and Foundations at Mississippi State University, where he served as department head from 2009 to 2014. He previously taught at the University of North Texas, San Jose State University, Hofstra University, University of Hawaii at Manoa, and East Carolina University. Recently, he published a book with his colleagues titled *Counseling Individuals Through the Lifespan*.

90s

Karma Bevelhimer (BS '93), Lawrenceville, Ga., was named vice president, Financial Services at National Vision, Inc.

Scott Foster (BA '99), Bayonne, N.J., starred as the man in the shower for the Dollar Shave Club ad that debuted during Super Bowl 50.

Megan Van De Hey (BA '99), Denver, appeared in the production of *Tell Me on a Sunday* at the Avenue Theatre in Denver.

00s



Janet Houser (PhD '00), Arvada, was named Regis University's provost.

According to Regis University President John Fitzgibbons, "Janet is a leader who will help us navigate the many challenges and opportunities facing private institutions of higher education in the coming year."

Matthew J. Thompson (BA '00, MA '08), Greeley, was hired as principal of Dos Rios Elementary School in Evans.

Nikki Tomlinson (BA '02), Atlanta, Ga., received her first SAG Award nomination for her stunt work on *The Walking Dead* television series.

Eric David Scott (BA '05), Jacksonville, Fla., is the director of public relations for North American Soccer League club, the

Jacksonville Armada FC. His efforts in 2015, the club's inaugural season, helped set two NASL attendance records.

Aaron L. Young (BA '06), New York, N.Y., and the current cast of *Fiddler on the Roof* went into the studio to produce a new revival cast recording for *Fiddler*.

Lincoln L. Hayes (BA '07), Burlington, Vt., was cast in Lone Tree Films' next feature *Northland!*

Ryan C. Jesse (BA '07), New York, N.Y., is currently in the national tour of *Dirty Dancing*, and recently appeared at the Buell Theatre in Denver.

William "Billy" Marshall, Jr. (BA '08), Astoria, N.Y., recently appeared in an episode of the series *Broad City*.

Kimberly "Kimmy" DeRosa (BA '09), Westminster, completed the master's of Library Information Science degree at the University of Denver and accepted a position in technical services at the Auraria Library in Denver.

Paul D. Vella (BA '09), Providence, R.I., is the Resident Assistant Stage Manager at the Public Theatre New York City.

10s

Andrew J. Alber (BA '10), Morrison, and **Katherine E. Foote** (BA '15), Denver, are appearing in *The 25th Annual Putnam County Spelling Bee* at the Bug Theatre in Denver.

Keir S. Kirkegaard (BA '10), Centennial, and **Andrea "Andi" Davis** (BA '12), North Hollywood, Calif., recently booked *Rock of Ages* for Norwegian Cruise Lines.

DeShawn Harold Mitchell (BA '10), Aurora, appeared in a recent episode of *Blindspot* on NBC Television.

Heather M. Washburn (BA '10), Astoria, N.Y., was hired as a casting assistant at Binder Casting in NYC.

Mailbag

Excerpts from your letters:

I liked your article on childhood obesity in the Fall/Winter 2015 *UNC Magazine*.

I am a biological dentist with special interest in systemic health and nutrition. I have come to realize that you cannot get healthy or thin through exercise alone. You must deal with the nutrition that these kids are dealing with.

Remember, all the processed junk the kids are eating drives them to the parasympathetic side of their autonomic nervous systems, which makes exercise and the desire to exercise much more difficult.

—Dr. S. H. Van Gorden

I discovered the article in the *UNC Magazine* regarding childhood obesity. This certainly isn't anything new; it was of great concern back in the 1970s.

An article in the *Omaha World Herald* (August 1979) regarding the subject states: "Hallstrom's 'War on Weight' program has grown to a systemwide educational process to teach youngsters about physical fitness and correct eating habits." It's not just an exercise program. We were concerned with implementing a total plan that could help the youngsters throughout their lifetimes. We called it our WOW program.


—Tom Hallstrom, MA '64, EdD '65

To share your thoughts regarding *UNC Magazine* articles, please email UNCmagazine@unco.edu

Stori Heleen (BA '11), Littleton, is working at the Denver Center for the Performing Arts as a lighting designer in the Seawall Ballroom.

Daniel Everett Whisler (MM '11), Satanta, Kan., is the 2015 winner of The American Prize in Conducting in the high school orchestra division for his work with the Youth Performing Arts School Philharmonia.

Rex M. Corr (Ed.S '13), Parker, was promoted to principal at Castle View High School.

 **Aisha Danielle Jackson** (BA '13), New York, N.Y., was cast in the new Sara Bareilles musical *Waitress*. This is Aisha's second Broadway show.

Anna M. Landy (BA '14), Sayre, Pa., was cast in the Utah Shakespeare festival productions of the musicals *The Coconuts* and *Mary Poppins*.

Jenna Moll Reyes (BA '14), Aurora, is currently appearing in the Miner's Alley production of *4000 Miles* in Denver.


Eric A. Vera (MA '14), Brownsville, Texas, left his post as artistic director at Camille Playhouse to enter the Ph.D. Program in Public Practice and Theatre in the Department of Theatre and Dance at the University of Texas at Austin.

Sienna M. Burnett (BA '15), Denver, published a book of poetry on Amazon Press titled *Ocean Poems and Other Living Things*.

Michael J. Despars (MA '15), Long Beach, Calif., was recognized as Fullerton Union High School Teacher of the Year.

Phillip J. Foy (BS '15), Otis, was commissioned as a second lieutenant in the United States Air Force on October 1, 2015.

Emily Johnson (BA '15), Sammamish, Wash., was cast as Nancy in the TYA production of *Fancy Nancy — The Musical* at SecondStory Repertory in Seattle.

 **Cody McDavis** (BS '15) was one of 10 people from across the country to receive a White House Champions of Change award for his contributions while at UNC and the "It's on Us" national initiative to change college culture around sexual assault. Recipients were honored at an April 14 ceremony at the White House.

Shauni Ruetz (BA '15), Ontario, N.Y., was selected to compete in "New York's Got Talent: Season 2!" Thirty four acts will compete over eight weeks.



Jim Crider, far left, rolls over after he pinned Oklahoma's Roy Brewer.

Ah, Well I Remember...

Most Memorable Sporting Event

UNC was Colorado State College when I saw my most memorable sports event on Jan. 24, 1963.

CSC had become a wrestling powerhouse under the leadership of coaches John Hancock and Jack LaBonde. Their wrestlers won numerous conference championships and some attained All-American status.

Oklahoma State University, the national collegiate champion, had won 37 straight matches. The week before coming to Greeley, the Cowboys beat the University of Oklahoma, the top-ranked team in the nation at the time. More than 2,900 people packed the stands in Gunter Hall. Fans filled the floor of the former gym up to the mats. They were not disappointed. One of the highlights came when 147-pounder Jim Crider pinned his opponent. Crider, a sophomore, pinned undefeated Roy Brewer. The crowd went crazy. Crider was carried off the mat by his teammates.

Then, when it came down to the final match, OSU All-American Joe James was pitted against CSC newcomer Bill Echols, who hadn't wrestled for CSC varsity before, and was a last-minute substitute because the other heavyweight was injured. Though Echols was pinned in the second period of the match, the overall team match ended in an 18-18 tie.

OSU's unbeaten, untied record was broken. And, even though it wasn't a win, the crowd went wild, cheering, carrying the wrestlers around on their shoulders, shaking hands, patting backs. Coach Hancock said to the reporters, "every member of our team wrestled the best he had in his entire lifetime." It was a match I'll never forget.

—Mike Peters '68

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In Memory

1930s

Jane F. (Fagerberg) Anderson (LC '37)

1940s

Frances (Tsuchiya) Tashima (BA '44)
 Patricia Ann (Cassidy) Ebersole (BA '46)
 Yuri Ike Nakata (BA '47)
 Edith Pearl Newman Davis (MA '48)
 Robert "Bob" Samuel Johnson (MA '49)

1950s

Harlan D. Holm (MA '53)
 Eugene William Kraft (MA '53)
 Duane John Mattheis (MA '54)
 Jeanne K. Faulk (BA '56)

1960s

Lt. Col. Lawrence "Larry" Allen,
 USAF Ret., (BA '60)
 Carol D'Ann Bradshaw (BA '60)
 Darrell D. Davis (MA '60)
 Mark Alexander Hardie, III (MA '60)
 Marvin "Marv" Kiesling (BA '60)
 Melba Novak (MA '60)
 Evelyn Mae Riggan (MA '62)
 Joseph Lea Fearing, III (Ed.D '63)
 Barbara Ann Morrill (BS '63)
 Wayne Morrison Mann (MA '64)
 Barbara Lynn Hansen Miller (BA '65)
 Terry Pfeiffer (BA '65)
 Henry Duke Boswell (MA '66)
 Russell O. Dodd (BA '66)
 Robert N. McClellan (BA '58, MA '66)
 Barbara P. Peperkorn (BA '66)
 Roland Mark Smith (Ed.D '69)
 Rex O'Dell Widegren (BA '69)

1970s

Mona Katherine (Stinson) Claycomb
 (BA '70)
 William "Bill" Lee Hurt (MA '70)
 Hope Julie Stevenson (BA '70)
 Robert "Stan" Stanley Swain (Ed.D '70)
 Marilyn Ann (Scrivner) Holzwarth (BA '71)
 William Nelson May (BS '72, MA '77)
 Louis "Louie" Rinaldo (BA '73)
 Marvella (Seitman) Colby (MA '74)
 Jennifer (Vogel) Jones (BS '74)
 Joan (Hunting) O'Hara (MA '76)
 Nicholas Anthony Camillone (MS '77)
 Dennis Paul Lundmark (MA '77)
 Janet Louise Raehal (MA '77)
 Margaret "Margita" Vunovich (MA '77)
 Emerita Romero-Anderson (MA '78)
 Donald R. Seawell (Ed.D '78)
 William Duke Berig (MS '79)
 Milton Frank Lenc (Ed.D '79)
 Thomas Kevin Racine (BA '79)

1980s

Helen Ruth Sutton (BA '80)
 Joan Carol Shannon-Miller (BS '80)
 John K. Hulse (BA '81)
 June Esther Hunter (BS '81)
 Anthony "Tony" John Weber (MA '81)
 Janet A. Szusitzky (MA '82)
 Bertha "Bertie" Beachy Eby (MA '83)
 Stephen Kryska (BS '83)
 Linda Louise Lowry (MA '82, MA '86)

TRIBUTES

Charles Gilbert Schmidt, known to everyone as "Gil" passed away Nov. 22, 2015. Hired at UNC in 1991 as Vice President for Academic Affairs, Gil served under three presidents and four different administrators, then returned to a faculty position in geography. Prior to coming to UNC, Gil was vice chancellor at University of Colorado-Denver. The former chancellor, John Hiller, wrote: "It struck me that our lives have been and will continue to be enriched by our individual and collective memories of Gil — his dry wit, his joy of life and of family, his love of geography and his gift of treating everyone with equal measure. He had a curiosity and love of life that was infectious to all who knew him." Gil received Emeritus Faculty status in 2011.

Lydia Lee Miller Ruyle (MA '72) an internationally recognized artist, scholar, educator, mentor, and community leader died at home in her art studio on March 26, 2016. Lydia's art has exhibited in the National Museum of Women in the Arts, the United Nations World Conference on Women and throughout the world, including England, France, Germany, Italy, Korea, Nepal, Peru, Russia and Turkey. Her work evolved from oil painting, to sculpture, lithography, and papermaking. Most recently, she worked with Louise Kearns to create rip stop nylon Goddess Banners of more than 300 sacred female images from different cultures. Lydia taught women's studies and art history as scholar emerita on the UNC visual arts faculty, and the Lydia Ruyle Room for Women's Art is named in her honor.

Joan Shannon-Miller (BS '80), passed away on Jan., 27, 2016. She grew up in the Loveland area and studied finance at UNC. A dedicated servant of the arts with the City of Greeley and UNC, she was director of galleries for the university and was involved with the Arts Picnic, Arts Alive and other committees. Joan was also an avid Rockies baseball fan.

Bob McNamee (BS '80) longtime Greeley and Windsor golf professional, passed away March 28, 2016. McNamee was a member of the Professional Golf Association for more than 30 years after playing for the UNC golf team from 1975-79. A teaching pro, McNamee returned to Greeley to become the pro at Highland Hills Golf Course in the late 1980s and eventually was named the city's director of golf before becoming the first pro and director of golf at Windsor's Pelican Lakes. He played a key role in developing the golf program, including a junior program,

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at Pelican Lakes. McNamee also coached the golf team at Windsor High School and was an active member of the Colorado PGA, often competing in pro-am events in the state.



PHOTOS BY BARRY LAPOINT

Last Look

A New Perspective

This spring, UNC's "Collaboration in the Arts" class left a lasting impression on downtown Greeley.

The students, taught by Art and Design Instructor Lynn Cornelius, collaborated with New York-based guest artist Alice Mizrachi to create a mural on a warehouse south of the Colorado Model Railroad Museum in downtown Greeley. According to Mizrachi, her mural work "often engages local communities and reflects positive visual responses to social

issues affecting neighborhood residents." She and the students consulted with the museum's administration to design a piece that would reflect Greeley's unique history and the museum's mission.

Mizrachi and the students completed the mural over a week in March, working through snow and sun. The work was celebrated with a reception for the artists on March 26, and it is now a permanent fixture of the city's growing public artwork.



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