



Black History Month Celebration

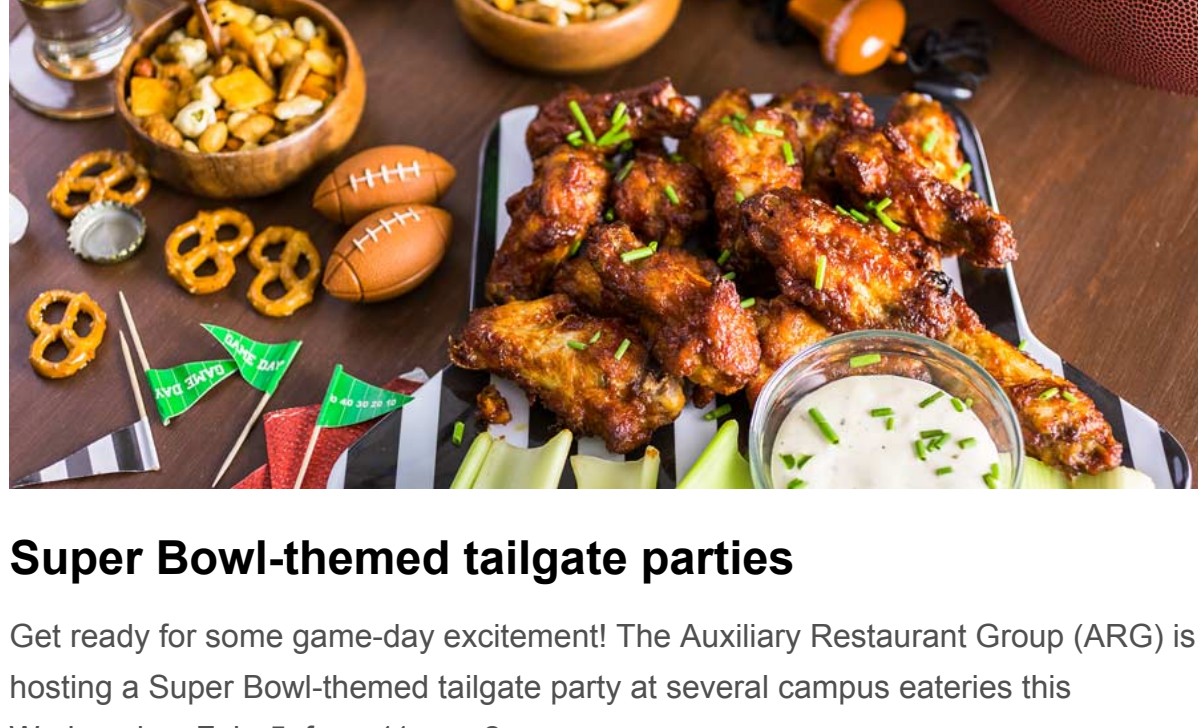
Black History Month Celebration

Join the UTSW community at the annual Black History Month Celebration on Tuesday, Feb. 11.

This hybrid event will begin with a light lunch reception at 11:30 a.m., featuring dishes from local Black-owned restaurants, and will include a conversation between **Shawna Nesbitt, M.D., M.S.**, Vice President and Chief Institutional Opportunity Officer and special guest **Roland Parrish, CEO**, and owner of Parrish Restaurants Ltd., the second largest African American franchisee of McDonald's, with more than 20 locations in the Dallas-Fort Worth area.

A successful entrepreneur and philanthropist, Mr. Parrish is also listed among *Black Enterprise* magazine's top 100 Black-owned business leaders in the country. The celebration, in D1.602 on South Campus, is hosted by the Office for Institutional Opportunity and will include remarks from President **Daniel K. Podolsky, M.D.**

Registration is required.

[Details](#)


Super Bowl-themed tailgate parties

Get ready for some game-day excitement! The Auxiliary Restaurant Group (ARG) is hosting a Super Bowl-themed tailgate party at several campus eateries this Wednesday, Feb. 5, from 11 a.m.-2 p.m.

This party will feature delicious food, music, games, and cool prizes. Whether you're a die-hard Chiefs or Eagles fan – or just here for the snacks – it's the perfect way to gear up for Sunday's big game.

Find the fun at participating [café locations](#):

- North Campus (Northside Eatery and Cancer Center Café)
- South Campus (Southside Dining and Aston Café)
- West Campus (West Campus Café and Outpatient Building Café)



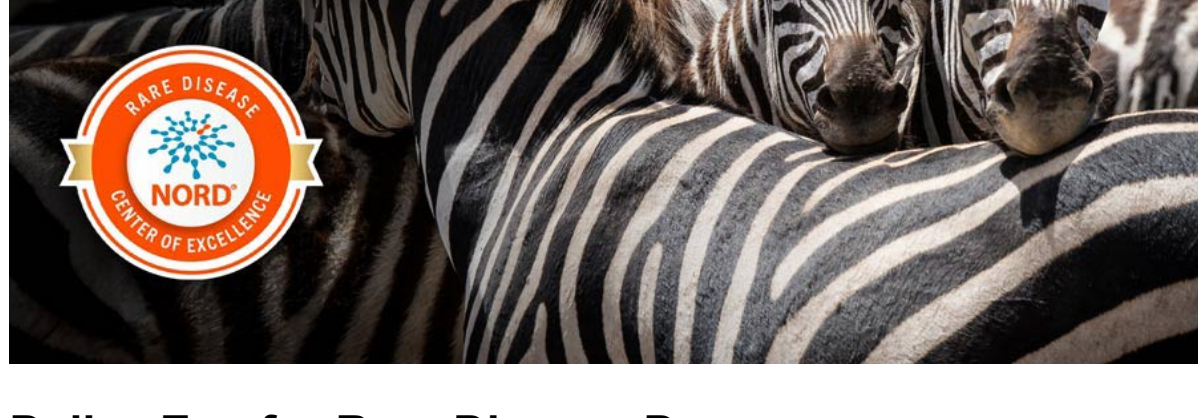
Heart Month is here!

Throughout February, our Cardiovascular Services team is bringing you some exciting heart health initiatives to mark American Heart Month.

First up is Go Red for Women's National Wear Red Day this Friday, Feb. 7. Be sure to sport your red, then snap some photos and [email](#) them to the Heart team by 3 p.m. that day to possibly be featured in our social media video. In addition, the Step-A-Thon returns this year and will run Feb. 7-9. To participate, use your preferred app to track your step count totals each day and [email](#) the screenshots. Feel free to also include any action shots or selfies you take during your journeys! The winner of the 2025 Step-A-Thon will score two tickets to the Dallas Mavericks game on "Heart Health Night," Thursday, Feb. 13.

For a preview of what is to come, check out the special video message from **Amit Khera, M.D.**, Director of Preventive Cardiology, and **Laura Thielemann, M.P.A.**, Associate Vice President of Heart and Vascular Services. They have the scoop on the heart health fairs and many more fun activities throughout the month.

A dedicated page on Campus Update will keep you informed of our Heart Month initiatives and features.

[Heart Month happenings](#)


Dallas Zoo for Rare Disease Day

In recognition of Rare Disease Day (Feb. 28), UT Southwestern will, once again, mark the observance with an outing to the Dallas Zoo on Saturday, March 1!

Show your support for our Rare Disease team and their research, training, and education efforts across the field.

What's happening:

- Discounted tickets available for \$14 (for UTSW faculty, staff, students, their family and friends)
- Exclusive photo op at the Giraffe Drawbridge (9-11 a.m.)
- Group picture at 11 a.m.

This is part of a global effort – Rare Disease Day – to increase awareness and promote change for the 300 million patients worldwide living with rare disorders, which most often have no cure.

UT Southwestern/Children's Health was designated a Rare Disease Center of Excellence in 2021 by the National Organization for Rare Disorders (NORD) because of the exceptional care and commitment the institution has shown in serving those patients, using a holistic, state-of-the-art approach.

Tickets will be available soon; stay tuned for details in an upcoming *Insider*!

[Details](#)


Off the Clock: Reaching her peak, one step at a time

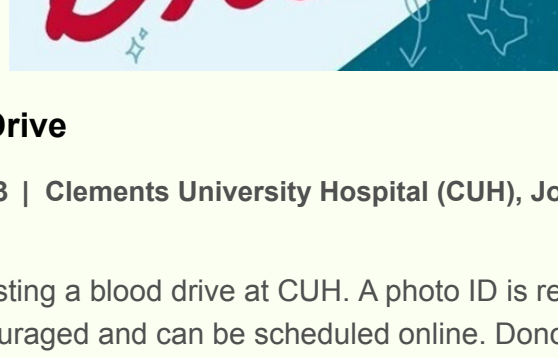
Roopa Vemulapalli, M.D., had a bucket list of sites around the world she hoped to see someday. But when the COVID-19 pandemic happened, she accelerated her plans.

"My perspective changed," said Dr. Vemulapalli, Medical Director of UT Southwestern's Digestive Disease Clinic and Associate Professor of Internal Medicine. "Time doesn't wait for anyone, so I need to do whatever I want to accomplish now while I am healthy, because you never know. There may not be a tomorrow."

Three years later, Dr. Vemulapalli had scaled heights she never imagined she could climb, including 19,341 feet up Mount Kilimanjaro. Find out how she accomplished her journey and how it empowered her, both personally and professionally, on *Center Times Plus*.

[Read the full story](#)

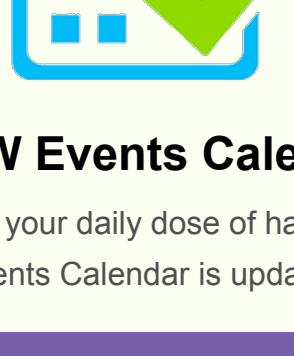
Insider Guide



Carter BloodCare Drive

8 a.m.-3:30 p.m., Feb. 13 | Clements University Hospital (CUH), John and Ginny Eulich Pavilion, Room 01.701

Carter BloodCare is hosting a blood drive at CUH. A photo ID is required to donate. Appointments are encouraged and can be scheduled online. Donors will receive a long-sleeved hoodie (while supplies last). Questions? [Email](#) Lesli Boles.

[Details](#)


UTSW Events Calendar

Looking for your daily dose of happenings?
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)