UTSWInsider
EXCLAIM · DISCOVER · HEAL
Wednesday, February 11, 2026

A personal thread through Black history and community health

The UT Southwestern campus community is invited to this year's Black History Month Celebration on Wednesday, Feb. 25, featuring a keynote address by **Romaine Johnson, M.D., M.P.H., FACS**, Associate Dean for Student Affairs at the Peter O'Donnell Jr. School of Public Health.

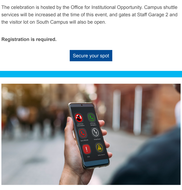
Dr. Johnson, who also serves as Professor of Obstetrics/gyn – Head & Neck Surgery at UTSW and of Health Data Science and Biostatistics in the O'Donnell School of Public Health, will draw on his upbringing with stepfather Bobby Seale, co-founder of the Black Panther Party, and explore the history of past community-driven health programs and their impact on today's health care system.

This hybrid event will begin at 11:30 a.m. with a light lunch reception featuring dishes from local Black-owned eateries and a musical performance by The Big Easy Brass Band. Afterward, the formal program will begin at noon in D1.600 on South Campus and will also be livestreamed on UTSW's YouTube channel for those unable to attend in person.

The celebration is hosted by the Office for Institutional Opportunity. Campus shuttle services will be increased at the time of this event, and gates at Staff Garage 2 and the visitor lot on South Campus will also be open.

Registration is required.

Secure your spot



Staying safe on and around campus

Your security and well-being are top priorities, which is why the UT Southwestern Police Department (UTPD) is offering a few timely reminders to help keep all staff, faculty, and students safe.

Situational awareness: Please be attentive to your surroundings, especially while waiting for shuttles or entering and exiting campus buildings. If you notice someone unfamiliar attempting to enter a secure area, or if you witness a crime or suspicious activity, please contact UTPD immediately.

On campus: If you haven't already done so, save the following numbers to your phone favorites or speed dial for the fastest response:

- Emergencies (on campus): 214-648-8911
- Nonemergencies: 214-648-8311

Note that Brookriver, Empire Plaza, Pegasus Park, Trinity Towers, Woodview Tower, and X Building are all considered on-campus locations in this instance.

Off campus or remote: Dial 911 for local emergency services. Employees at Children's Health and Parkland Health should follow site-specific protocols.

Safety Connection: With the Safety Connection feature on the free Everbridge app, you can request a virtual security escort, check in with campus police, or send a personal SOS. Download from Google Play or Apple's App Store today and feel more protected.

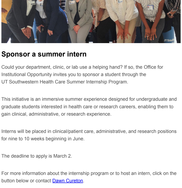
Science in 60+: Easing the NICU transition home

Parents of premature babies often leave the NICU with lingering fear about their child's health, even after medical recovery. New research led by **Margaret Hoge, M.D.**, Assistant Professor of Pediatrics, indicates targeted cognitive behavioral therapy can help ease those concerns and support healthier family transitions home.

In this newest episode of Science in 60+ – "Strong Beginnings" – researchers explain how a brief, trauma-informed therapy program helps parents reframe perceptions of vulnerability, reduce stress, and build confidence after discharge.

Click on the button below to see how this approach could change post-NICU care for families.

Watch the video



Sponsor a summer intern

Could your department, clinic, or lab use a helping hand? If so, the Office for Institutional Opportunity invites you to sponsor a student through the UT Southwestern Health Care Summer Internship Program.

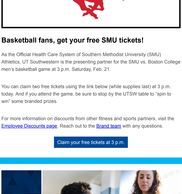
This initiative is an immersive summer experience designed for undergraduate and graduate students interested in health care or research careers, enabling them to gain clinical, administrative, or research experience.

Interns will be placed in clinical/patient care, administrative, and research positions for nine to 10 weeks beginning in June.

The deadline to apply is March 2.

For more information on discounts from other fitness and sports partners, visit the Employee Discounts page. Reach out to the Brand team with any questions.

Claim your free tickets at 3 p.m.



Basketball fans, get your free SMU tickets!

As the Official Health Care System of Southern Methodist University (SMU) Athletics, UT Southwestern is the presenting partner for the SMU vs. Boston College men's basketball game at 3 p.m. Saturday, Feb. 21.

You can claim two free tickets using the link below (while supplies last) at 3 p.m. today. And if you attend the game, be sure to stop by the UTSW table to "spin to win" some branded prizes.

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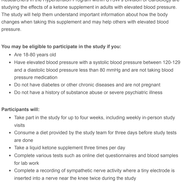


Join a study on elevated blood pressure

Researchers in the Hypertension Program within UTSW's Division of Cardiology are studying the effects of a ketone supplement in adults with elevated blood pressure. The study will help them understand important information about how the body changes when taking this supplement and may help others with elevated blood pressure.

You may be eligible to participate in the study if you:

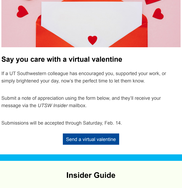
- Are 18-80 years old
- Have elevated blood pressure with a systolic blood pressure between 120-129 and a diastolic blood pressure less than 80 mmHg and are not taking blood pressure medication
- Do not have diabetes or other chronic diseases and are not pregnant
- Do not have a history of substance abuse or severe psychiatric illness

Participants will:

- Take part in the study for up to four weeks, including weekly in-person study visits
- Consume a diet provided by the study team for three days before study tests are done
- Take a liquid ketone supplement three times per day
- Complete various tests such as online diet questionnaires and blood samples for lab work
- Complete a recording of sympathetic nerve activity where a tiny electrode is inserted into a nerve near the knee bone during the study

Participants will receive up to $550 for completing all study procedures. Recruitment for this initial phase is open until May 1.

If you're interested or want to learn more, please email Tianyu Wang.



Say you care with a virtual valentine

If a UT Southwestern colleague has encouraged you, supported your work, or simply brightened your day, now's the perfect time to let them know.

Submit a note of appreciation using the form below, and they'll receive your message via the UTSW *Insider* mailbox.

Submissions will be accepted through Saturday, Feb. 14.

Send a virtual valentine

Insider Guide

UTSW Toastmasters

5:30-6:30 p.m., Feb. 12
Woodview Tower, LB 110

Develop competencies in public speaking and communication in a supportive, fun, and self-paced environment by joining UTSW's Toastmasters chapter. The club is open to employees and students and meets on the second Thursday and fourth Tuesday of the month in the Woodview Tower (1340 Empire Central Drive, Eighth Floor, Room LB 110). To join or visit as a guest, please contact Lisa Farmer.

Get the details

Health Disparities Research Lecture Series: Catherine Coleman Flowers

Noon-1 p.m., Feb. 18
Hybrid, South Campus, D1.602

Join the Office for Institutional Opportunity and the Peter O'Donnell Jr. School of Public Health for the next Health Disparities Research Lecture. Catherine Coleman Flowers, founding Director of the Center for Rural Environmental Justice and Environmental Justice (CREEJ), will present "Reducing Health, Economic, and Environmental Disparities Through Improving Access to Healthy Environments in Rural Communities." Lunch will be served on a first-come, first-served basis.

Register today

UTSW Events Calendar

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

View upcoming or trending events

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu.
Looking for an item in a past edition of this newsletter? Check out our *Insider* archive.

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