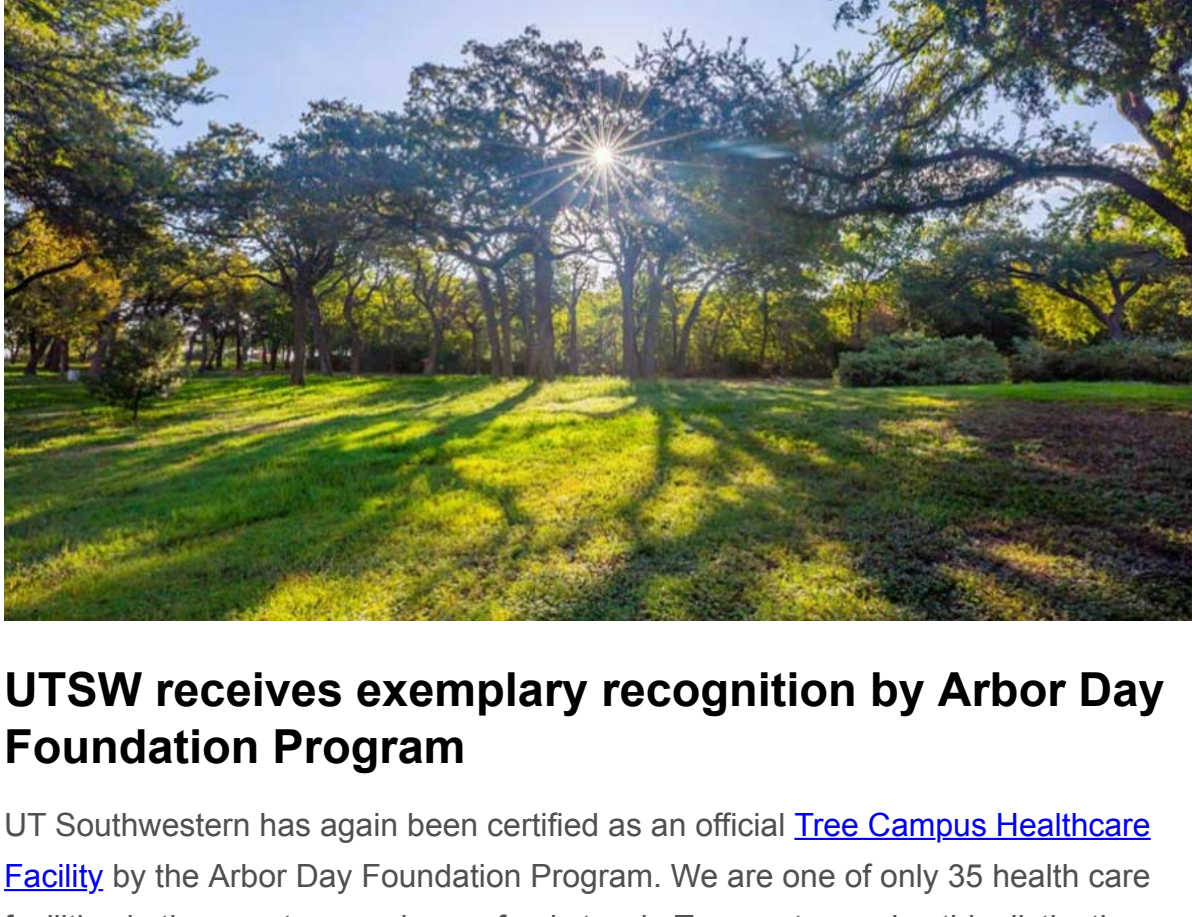




UTSW receives exemplary recognition by Arbor Day Foundation Program

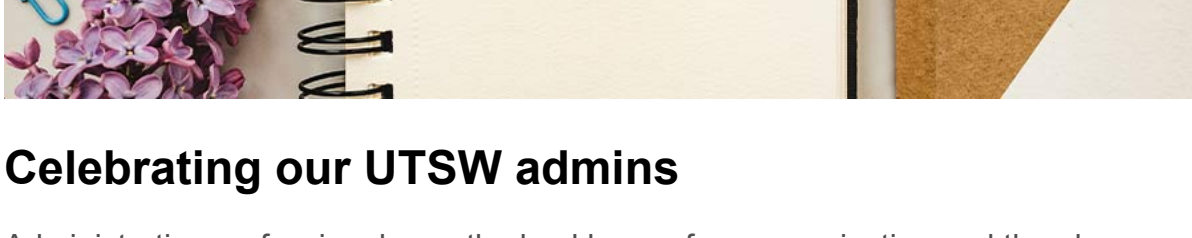
UT Southwestern has again been certified as an official [Tree Campus Healthcare Facility](#) by the Arbor Day Foundation Program. We are one of only 35 health care facilities in the country – and one of only two in Texas – to receive this distinction.

Additionally, UT Southwestern was recognized for the first time as a [Tree Campus Higher Education Facility](#), making it the first institution to be recognized for both programs!

The Arbor Day Foundation's Tree Campus program recognizes institutions that make a mission-aligned impact on community wellness through tree education and investment and demonstrate a commitment to environmental stewardship, sustainability, and community engagement.

This is quite an achievement when you consider the UTSW Landscape Services Department maintains 2,967 trees campuswide, spanning 98 species, which include live oak, bald cypress, cedar elm, and a rare upright English oak. The Department also has a robust replanting program with the goal of planting a replacement tree for any tree that is lost.

Well done, UTSW Landscape Services!



Celebrating our UTSW admins

Administrative professionals are the backbone of our organization and the glue holding us together.

Today, on Administrative Professionals Day, we hope you join us in expressing gratitude for their expertise and dedication. From thoughtful problem-solving and deft multitasking to organizational mastery, these colleagues support our mission and make our work look seamless.

Thank you, administrative professionals, for all you bring to UTSW.



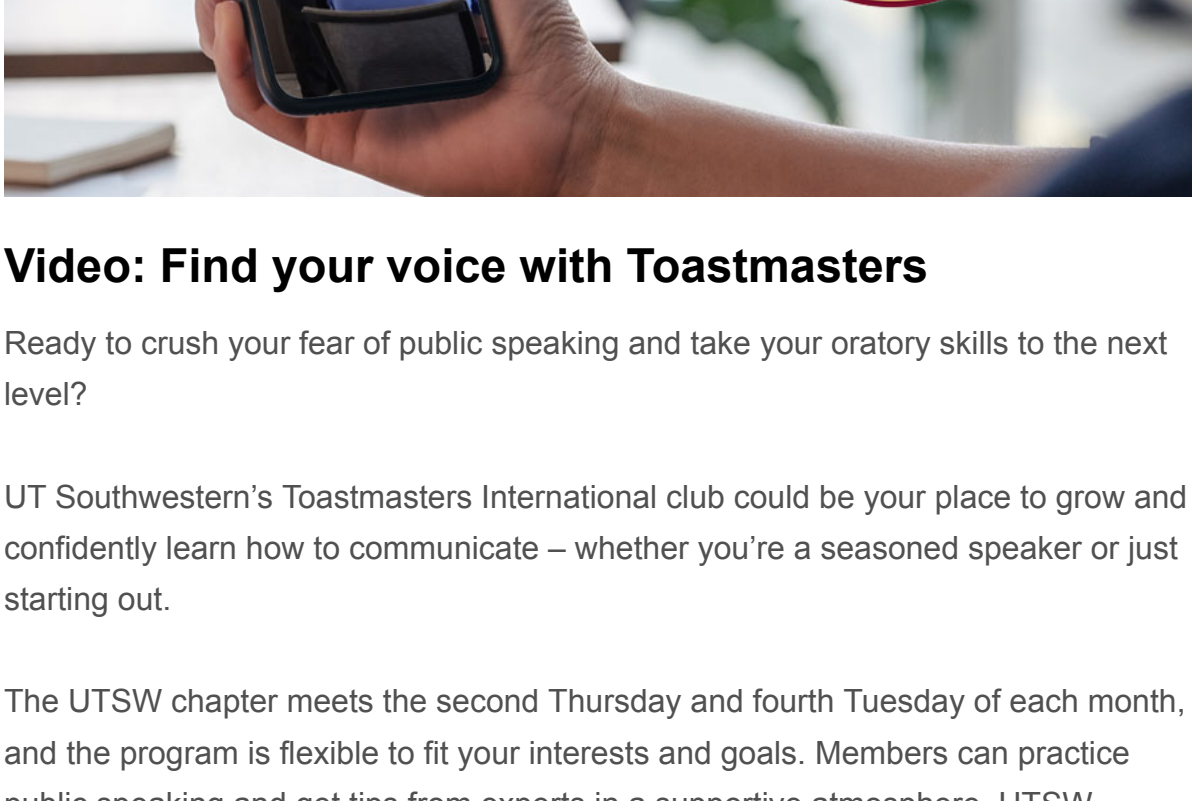
Identity theft prevention tips

According to [University Police](#), most identity theft crimes take place online or over the phone in the form of phishing. Scammers sometimes impersonate a law enforcement officer or a federal agent and may threaten legal action unless a payment or confidential information is submitted.

These tips can help prevent identity theft on and off campus:

- Never provide banking or credit card information or identification numbers (e.g., driver's license or Social Security numbers) over the telephone or in an email.
- Be suspicious of incoming calls with caller IDs like "Police Department" or "DEA." These might be "spoof" calls. (Even on campus, spoof calls have occurred, showing "UTSW Police Department" on caller ID.) Don't answer and instead call the agency's nonemergency line directly to confirm its legitimacy.
- Once you realize a caller is a scammer, hang up immediately and block the number.
- [Report scam calls to the Internet Crime Complaint Center](#) and contact the [Federal Trade Commission](#) for recovery tips if you believe you are a victim of such a crime.
- Enroll in [Blue Cross and Blue Shield of Texas Identity Protection Services](#) (available for free to UT SELECT and UT CARE members).

For general security questions or concerns, contact [Officer J. Wu](#), UTSW Crime Prevention Officer or call 214-648-8311 (nonemergency on-campus) or 214-648-8911 (emergency on-campus).



Video: Find your voice with Toastmasters

Ready to crush your fear of public speaking and take your oratory skills to the next level?

UT Southwestern's Toastmasters International club could be your place to grow and confidently learn how to communicate – whether you're a seasoned speaker or just starting out.

The UTSW chapter meets the second Thursday and fourth Tuesday of each month, and the program is flexible to fit your interests and goals. Members can practice public speaking and get tips from experts in a supportive atmosphere. UTSW chapter members have a proven track record, earning champion awards at both local and district levels.

"We've created a very safe and welcoming environment in which we can come together for a common goal: to better ourselves, to better our public speaking, and to just enjoy one another's company," said participant [Lisa Farmer](#), Graduate Medical Education Program Coordinator for the Department of Radiology.

If you're curious what's it's like at the meetings, check out UTSW's Instagram and see the speakers in action!

[UTSW Toastmasters on Instagram](#)



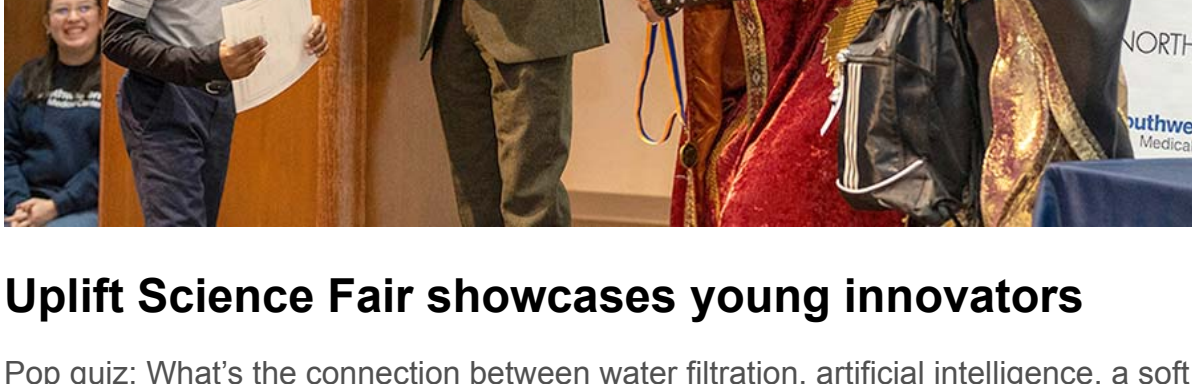
How to nip seasonal allergies in the bud

A runny nose, sneezing, congestion, and itchy, watery eyes are common symptoms among allergy sufferers this time of year. North Texas has the perfect climate for allergy-inducing pollen. The Dallas-Fort Worth area ranks 13 in the list of the 20 most challenging metro areas in the country for pollen allergies, according to a new report from the Asthma and Allergy Foundation of America.

Whitney Salinas, M.D., Clinical Assistant Professor in Internal Medicine's Division of Allergy and Immunology, discusses the best ways to manage seasonal allergies and debunks a few myths in a new MedBlog.

Learn more about combating seasonal allergies.

[Read the MedBlog and watch the video](#)



Uplift Science Fair showcases young innovators

Pop quiz: What's the connection between water filtration, artificial intelligence, a soft drink taste test, and ... a hedgehog?

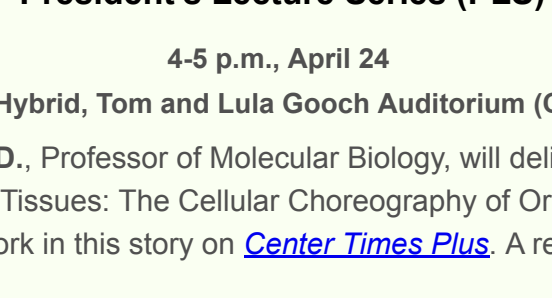
They were all on display as part of the Uplift Science Fair held earlier this year at UT Southwestern's T. Boone Pickens Biomedical Building. During the annual fair, students from schools throughout North Texas highlighted their STEM (science, technology, engineering, and mathematics) talents, competed for prizes, and vied to move to regional and state competitions.

Nearly 1,000 scholars, teachers, and parents attended the fair, which has grown steadily over the years.

You'll find more photos and learn about these fascinating and diverse projects – and how that hedgehog factored in – on [Center Times Plus](#).

[Uplift Science Fair story](#)

Insider Guide



President's Lecture Series (PLS)

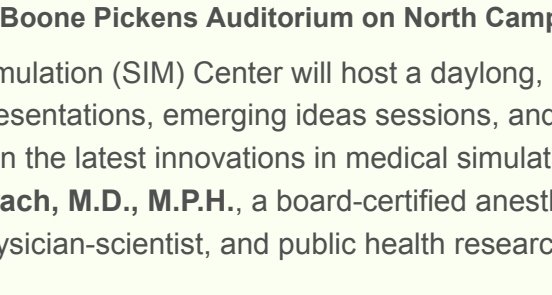
4-5 p.m., April 24

Hybrid, Tom and Lula Gooch Auditorium (C)

Ondine Cleaver, Ph.D., Professor of Molecular Biology, will deliver an illuminating talk titled "From Tubes to Tissues: The Cellular Choreography of Organ Formation." Learn more about her work in this story on [Center Times Plus](#). A reception will follow.

Register to attend in person or virtually.

[PLS Details](#)



Charles Morris Ginsburg Simulation-Based Quality Improvement and Research Forum

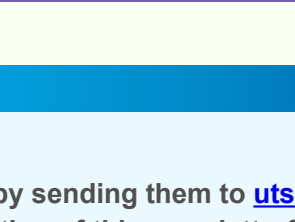
7 a.m.-3 p.m., May 21

T. Boone Pickens Auditorium on North Campus

UT Southwestern Simulation (SIM) Center will host a daylong, hybrid event featuring poster and oral presentations, emerging ideas sessions, and hands-on learning experiences focused on the latest innovations in medical simulation. The keynote will be delivered by **Paul Barach, M.D., M.P.H.**, a board-certified anesthesiologist, critical care physician-scientist, and public health researcher.

Registration is required.

[Learn more](#)



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](#)

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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