



UTSW marks 35 years of the ADA

Come together with the UT Southwestern community to recognize the 35th anniversary of the Americans with Disabilities Act (ADA) on Wednesday, July 16, with a program focused on autism and invisible disabilities, which impact millions of people around the world.

The event will begin at 11:30 a.m. with a light lunch reception catered by Hugs Café, a nonprofit dedicated to providing meaningful training and employment opportunities for adults with disabilities. The celebration will follow at noon with a keynote address by **Maria Chahrour, Ph.D.**, Associate Professor of Neuroscience and Psychiatry in the Eugene McDermott Center for Human Growth and Development. Dr. Chahrour's research focuses on understanding autism spectrum disorder and related neurodevelopmental conditions.

The celebration will also include a presentation and display by Creation Studio, an art gallery for adults with various disabilities. Art postcards and stickers from Creation Studio will also be available for free while supplies last.

Hosted by the Office for Institutional Opportunity, this event will be held from 11:30 a.m. to 1 p.m. on South Campus in D1.502 and livestreamed on UTSW's [YouTube](#) channel for those unable to attend in person.

Registration is required.

[Connect with the UTSW community](#)



Research ranked high globally by *U.S. News* and *Nature Index*

UT Southwestern is once again being recognized for its exceptional biomedical research, ranking No. 2 in the world for Endocrinology & Metabolism research in the latest *U.S. News & World Report* annual Best Global Universities report, released last month.

In addition, UTSW ranked among the top 50 globally in seven other fields:

- Cell Biology, No. 21
- Cardiac and Cardiovascular Systems, No. 28
- Gastroenterology and Hepatology, No. 29
- Biology and Biochemistry, No. 30 (tie)
- Molecular Biology and Genetics, No. 36
- Clinical Medicine, No. 43
- Surgery, No. 48

The rankings are based on academic research performance, using a variety of measures such as publications and citations, as well as indicators for global and regional reputation in each subject.

Earlier this year, UT Southwestern was ranked No. 1 globally among health care institutions by [Nature Index](#) for publishing high-quality research in biological sciences.

[See the full USNWR list](#)



Get a discount on your glasses at UTSW Optical

Thinking about updating your eyewear? Stop in and check out UT Southwestern's full-service optical shop, operated by our Department of Ophthalmology. As part of the shop's recent upgrades, they are offering an expanded selection and exclusive employee discounts on a wide range of designer frames and prescription lenses.

UTSW Optical is open 8 a.m.-5 p.m., Monday through Friday, on the sixth floor of the Aston Ambulatory Care Center (U6). Superior Vision insurance is accepted, and there are special rates when purchasing multiple pairs of glasses.

Need a prescription first? On the same floor, our [Optometry Clinic](#) offers comprehensive eye exams and prescriptions for glasses and contact lenses, making it easy to get everything done in one visit.

For more information about UTSW Optical, call 214-645-2023 or [email](#). To make an appointment with the Optometry Clinic, call 214-645-2020.

[Explore your optical options](#)



Show us who you are Off the Clock!

We know UT Southwestern employees have many unique hobbies and talents beyond work, and UTSW's Social Media team would love to showcase those in its Off the Clock series.

This is your chance to share your story, show your personality, and help us spotlight the people who make our community so unique.

Send in a brief paragraph describing your Off the Clock interest or talent, or nominate a colleague!

Let's show the world what UTSW life looks like beyond the badge.

[Email the Social Media team](#)

Insider Guide



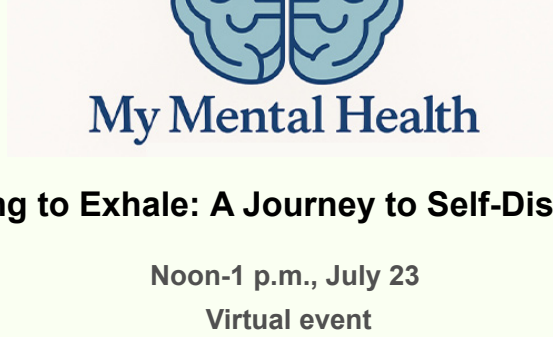
Green Champions Styrofoam recycling event: Volunteers needed

8-10 a.m., July 18

T. Boone Pickens Medical Education & Conference Center NG1 (receiving dock)

UTSW wants to limit the amount of Styrofoam we send to the landfill, and the Office of Sustainability needs your help! The Office holds a monthly event, and the team needs volunteers to remove stickers and tape from Styrofoam items and pack them for transport to the recycling plant. [Register to help](#).

[Learn how you can help](#)



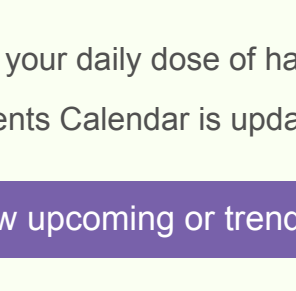
Waiting to Exhale: A Journey to Self-Discovery

Noon-1 p.m., July 23

Virtual event

As part of the *But First, My Mental Health* series, the entire UTSW community is invited to a powerful of *But First, My Mental Health* series. This virtual panel features mental health experts sharing insights on self-awareness, personal well-being, and the importance of putting yourself first. There will also be a brief Q&A.

[Reserve your spot](#)



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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