

## UT Southwestern Volunteer Opportunity

# MLK Fest



## Serve, celebrate, connect: MLK Fest volunteer opportunity

A wonderful way to honor the legacy of Martin Luther King Jr. is to volunteer your time and service to others. Everyone is welcome to join the UT Southwestern community for this neighborhood cleanup event. Volunteers will receive a T-shirt and breakfast.

**Details:** MLK Fest is 8 a.m. to 2 p.m., Jan. 17, in the South Dallas/Fair Park area.

**Post-cleanup festivities:** All are invited to enjoy a lunchtime celebration with food, music, and speakers at the Martin Luther King, Jr. Community Center.

For additional details and the full schedule, visit [UTSW's event page](#).

[Volunteer signup](#)



## UTSW team confirms underlying cause of Gulf War illness

UT Southwestern researchers led by **Robert Haley, M.D.**, Professor of Internal Medicine, have confirmed that malfunctioning mitochondria drive the debilitating symptoms of Gulf War illness (GWI), marking a major advance after more than 30 years of investigation.

Using state-of-the-art magnetic resonance spectroscopy, the team showed that the key brain-chemistry change in affected veterans reflects mitochondrial dysfunction and chronic neuroinflammation rather than irreversible neuron damage.

Dr. Haley and his colleagues are currently studying how low-level sarin gas exposure causes mitochondrial dysfunction. This research may eventually lead to treatments that calm this chronic neuroinflammation, bringing relief to tens of thousands of veterans of the Persian Gulf War who have GWI.

[Read the full news release](#)



## Library transitions to targeted Elsevier journal subscriptions

Starting January 2026, the UT Southwestern Library will transition from a multidisciplinary ScienceDirect journal bundle to a targeted individual journal subscription model.

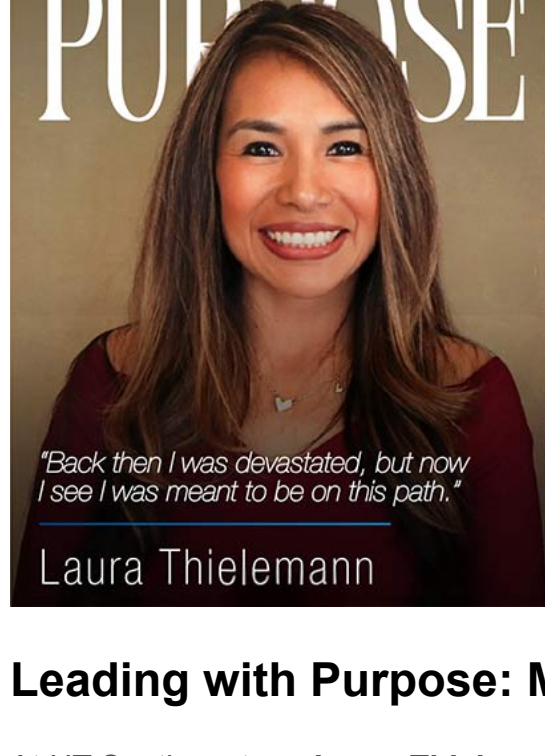
### What are benefits of the change?

- Choosing journals based on actual usage and download history
- Removing duplicate titles already available through other platforms
- Supporting open-access alternatives where available

### What does this mean for you?

You'll still have access to articles through Interlibrary Loan (ILL) at no cost. Most requests are filled within 24 hours through South Central Academic Medical Libraries partners and other lending libraries.

Need help? Consult the Library's "[How to Request an Article from Interlibrary Loan](#)" tutorial for instructions on how to register for an ILL account. Please send any questions through the Library's [Ask Us Form](#).



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Knowing people beyond job titles, celebrating small wins, and modeling gratitude. It's the legacy she hopes to leave at UTSW—one where colleagues remember a leader who “cared, connected, and brought joy.”

## Leading with Purpose: Meet Laura Thielemann

At UT Southwestern, **Laura Thielemann, M.P.A.**, an operations leader supporting patient care across the Health System, is helping shape experiences that put people first.

Laura, Associate Vice President of UTSW's Cardiovascular Services, didn't begin her career expecting to work in health care. In fact, she planned on practicing law. But when her path shifted, a part-time role in a student health clinic sparked a new calling. Filing charts, helping at the front desk, and coordinating referrals introduced her to the behind-the-scenes rhythm of patient care, and she never looked back.

Today Laura leads with a simple principle: Every decision should reflect what's best for patients. “Health System choices aren't personal between leaders,” she said.

“But they are deeply personal for the people we treat. I always ask, ‘Would this feel right for my own family?’”

Her approach centers on being present – listening, supporting, and showing appreciation – in ways big and small. From guiding teams through the challenges of the pandemic to mentoring future leaders, Laura sees each moment as a chance to make a difference.

Learn more about Laura as part of our new social media series, Leading with Purpose.

[Check out Laura's story on Instagram](#)

## Insider Guide



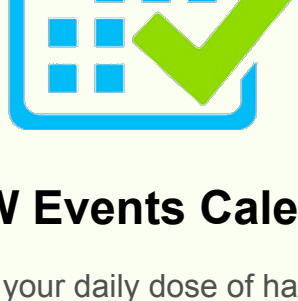
### UTSW Toastmasters

5:30-6:30 p.m., Jan. 8

Woodview Tower, LE8.110, 1349 Empire Central Dr., Dallas

Are you interested in improving your public speaking and communication skills? Then don't miss UTSW's Toastmasters program, which offers a supportive, fun, and self-paced environment to refine your skills. Open to all employees and students, the club meets on the second Thursday and fourth Tuesday of each month. To join or visit as a guest, please contact [Lisa Farmer](#).

[Get the details](#)



## 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](mailto:utswinsider@utsouthwestern.edu). Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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