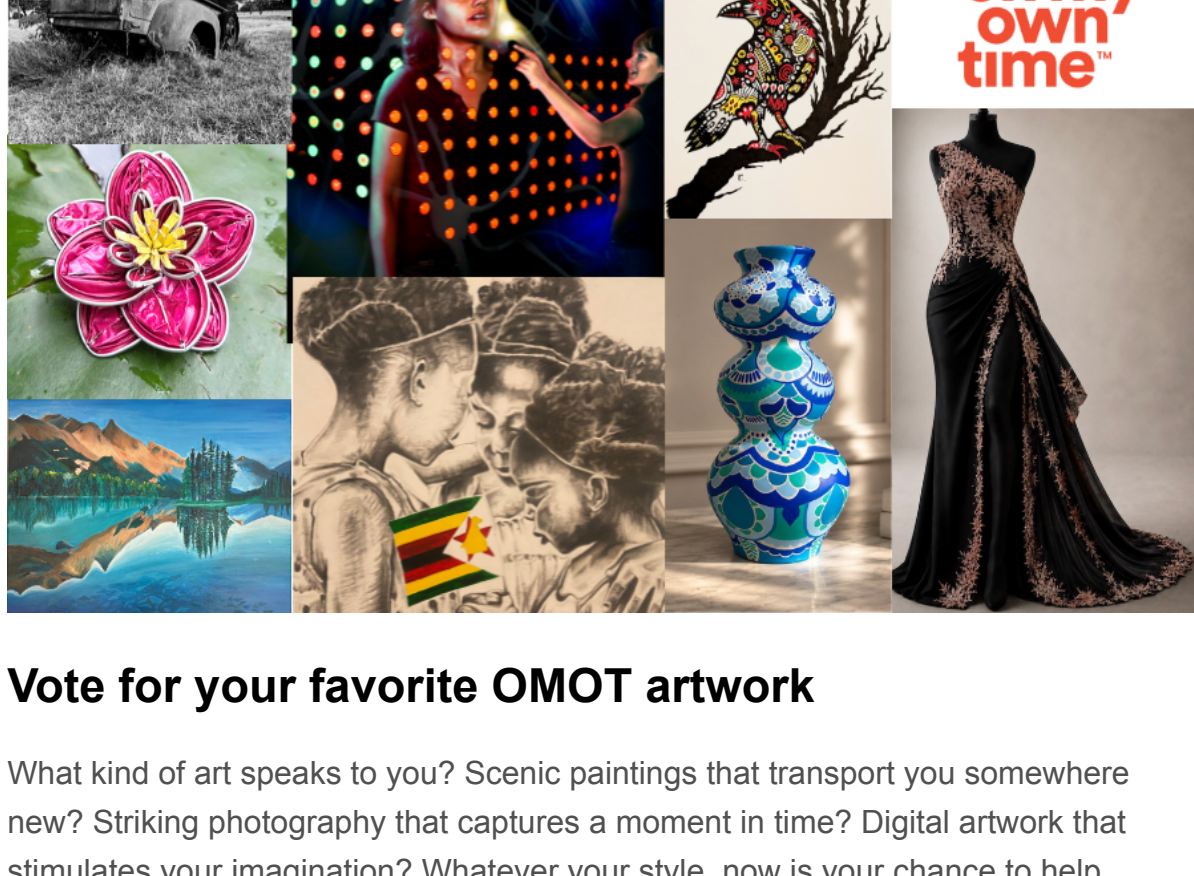




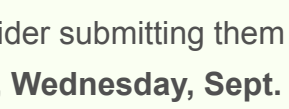
Vote for your favorite OMOT artwork

What kind of art speaks to you? Scenic paintings that transport you somewhere new? Striking photography that captures a moment in time? Digital artwork that stimulates your imagination? Whatever your style, now is your chance to help choose this year's On My Own Time (OMOT) People's Choice winner.

Winning visual artists will advance to a regional OMOT exhibition at NorthPark Center beginning Sept. 16, while winning literary artists will present their work at a reception at Dallas College's Richland Campus Brazos Gallery on Oct. 15.

Voting is open through **Aug. 7**. [Explore the exhibit](#) and support the talented UTSW employees whose creativity extends far beyond the workplace.

Select your favorite on the OMOT website



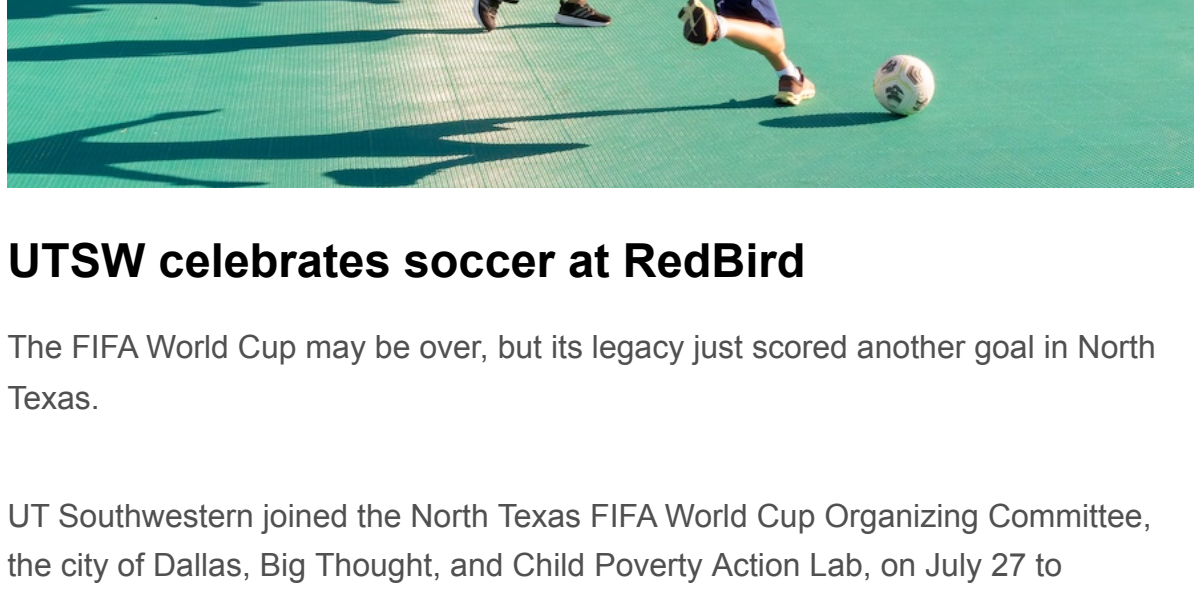
WED PRESIDENT'S CAMPUS BRIEFING

Ask the President: Send your questions for the next campus briefing

If you have questions for UT Southwestern President **Daniel K. Podolsky, M.D.**, consider submitting them for his next quarterly campus briefing, which will be at **9 a.m., Wednesday, Sept. 9**, as we usher in the new academic year.

Employees, faculty, and learners can help shape the conversation by suggesting topics for Dr. Podolsky to address. Use the button below to send an email with your questions. And be sure to mark your calendars for Sept. 9 so you can [tune in](#).

Ask the President



UTSW celebrates soccer at RedBird

The FIFA World Cup may be over, but its legacy just scored another goal in North Texas.

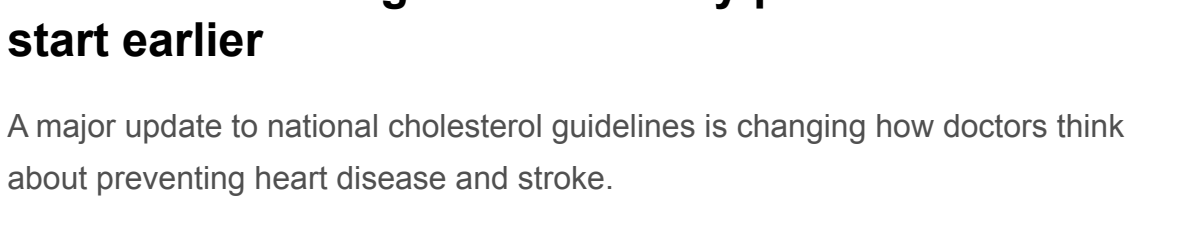
UT Southwestern joined the North Texas FIFA World Cup Organizing Committee, the city of Dallas, Big Thought, and Child Poverty Action Lab, on July 27 to commemorate the re-opening of the RedBird Landing mini-pitch in South Dallas.

More than a soccer field, the mini-pitch represents a lasting investment in local youth, creating a safe, accessible space for recreation, teamwork, and connection.

The celebration featured a ribbon cutting, a ceremonial first kick, and appearances by soccer mascots Tex Hooper (FC Dallas) and Boots (Dallas Trinity FC). The new pitch quickly came to life as attendees took in the action and explored what the space will mean for the community.

See photos from the event and dedication ceremony on Instagram.

See the legacy in action



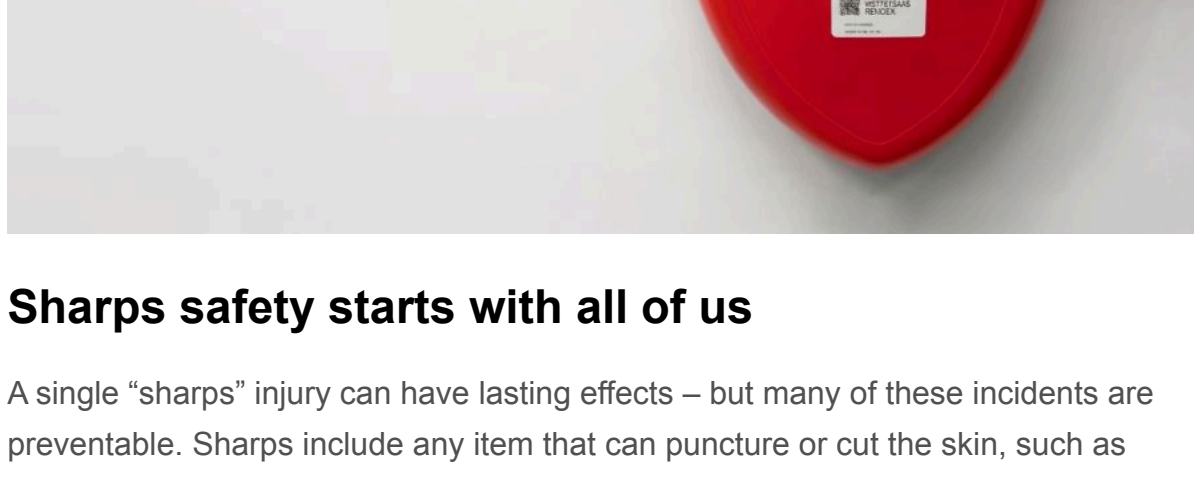
New cholesterol guidelines: Why prevention should start earlier

A major update to national cholesterol guidelines is changing how doctors think about preventing heart disease and stroke.

You may feel healthy today but still be on a path toward future heart disease. Cholesterol-related plaque can build up silently in the arteries for years before symptoms appear, which is why experts are now focusing on identifying risk factors earlier and tailoring treatment to each patient's needs.

In a recent MedBlog article, UT Southwestern cardiologist **Parag Joshi, M.D.**, explains how these recommendations will affect treatment for patients. Find out what the new guidelines mean for you, and learn about updated cholesterol targets, expanded assessment tools, and the latest testing options for lipoprotein(a), or Lp(a), a genetic risk factor for cardiovascular disease.

Understand your risk



Sharps safety starts with all of us

A single "sharps" injury can have lasting effects – but many of these incidents are preventable. Sharps include any item that can puncture or cut the skin, such as needles, scalpels, broken glass, pipettes, and microscope slides. Building strong handling habits helps protect you, your colleagues, and patients. Over the coming months, *Insider* will share quick tips, reminders, and best practices you can use in your daily work.

This month focuses on planning ahead. It's one of the simplest ways to reduce the risk of injury.

Before handling sharps:

- Organize your workspace to minimize unnecessary reaching or movement.
- Make sure a sharps container is within arm's reach.
- Check that the container has room for disposal before you start.
- Limit distractions and stay focused on the task at hand.
- Review safety procedures and speak up about potential hazards.

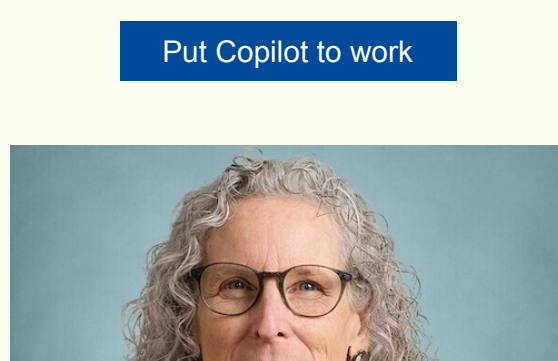
Whether you work in a clinical, research, educational, or administrative setting, everyone has a role in preventing injuries.

Visit the Sharps Awareness website for more resources, best practices, and tips.

Review sharps resources

On-campus network or VPN connection required.

Insider Guide



Copilot in-person training

9 a.m. to 4 p.m., Aug. 6 or 7

Professional Office Building 1 (POB1), HA1.100

Attend a full day of learning focused on Microsoft Copilot and the Microsoft 365 ecosystem. Sessions are organized into two subjects – foundational understanding and applied skills – allowing you to build knowledge and then apply it to real-world scenarios.

Put Copilot to work



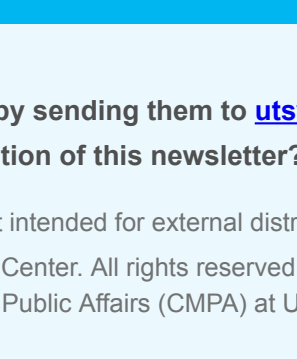
Distinguished Seminar Series: Alyssa Panitch, Ph.D.

11 a.m. to noon, Aug. 17

TI Biomedical Engineering and Sciences Building, EA1.116/120

Join the Department of Biomedical Engineering for a Distinguished Seminar Series featuring **Alyssa Panitch, Ph.D.**, Chair of Biomedical Engineering at Georgia Institute of Technology and Emory University.

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. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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