



Unlock the archives and discover the library

From rare historical treasures to modern research tools, UT Southwestern's library has more offerings than you might think. Join the fun this October for American Archives Month and National Medical Librarians Month and discover collections, services, and expertise that can help you learn, teach, provide care, and advance research.

Health Sciences Digital Library and Learning Center

Drop in for an [open house](#) on **Oct. 7 from 9 a.m. to 3 p.m.** to learn what the library can offer you, meet the team, enter drawings for fun swag, and more.

Special Collections Library and University Archives

Step inside the Rare Book Room and explore archival treasures during an [open house](#) at the Florence Building (E3.314) on South Campus on **Oct. 21 from 11 a.m. to 1 p.m.** [Email](#) the team with any questions.

While you wait for your tour, celebrate #AskAnArchivistDay on Oct. 14 and follow the archives on [Facebook](#), [Instagram](#), and [X](#) for collection highlights and behind-the-scenes insights.

Pictured above: This stucco building was one of the first library buildings, located on Maple Avenue across the intersection from Old Parkland Hospital. Photo courtesy of the UTSW Special Collections and Archives.

[Make plans to attend](#)


Stronger Together: Building a Culture of Cybersafety

October is Cybersecurity Awareness Month, a global initiative that raises awareness about online safety and empowers individuals and businesses to protect themselves from cybercrime, which includes daily diligence in maintaining system and data security.

At UT Southwestern, our Information Security team leads this pursuit and will celebrate the month's theme, "Stronger Together: Building a Culture of Cybersafety," by focusing on community awareness and engagement with some entertaining weekly activities. Participants will earn points to compete for prizes!

Week 1 – Oct. 5-9: Register to Become a Cyber Champion

Serve as a cybersecurity awareness advocate within your department.

Week 2 – Oct. 12-16: Take the Cybersecurity Awareness Month Survey

Earn points by letting Information Security know your thoughts on cybersecurity.

Week 3 – Oct. 19-23: Kahoot Trivia & Games

Test your cybersecurity knowledge and play to earn points.

Week 4 – Oct. 26-30: Cybersecurity Escape Room

Solve puzzles to escape a virtual escape room. Round up your department to play as a team or individually.

Visit the Information Security Cybersecurity Awareness Month SharePoint page for event details and registration.

[Be cybersecure](#)


Celebrating a legacy of discovery in metabolism

Some of the world's leading experts in metabolism research will gather at UT Southwestern for the inaugural Legacy Lectures in Metabolism symposium on **Thursday, Oct. 22, from 9 a.m. to 2:15 p.m.** in D1.602. The event will honor four pioneering UTSW investigators whose discoveries transformed the fields of metabolism, diabetes, obesity, cardiovascular disease, and endocrine biology.

Hosted by the Nutrition & Obesity Research Center and the Molecular Metabolism and Metabolic Diseases Graduate Track, the symposium will feature distinguished speakers from the University of Pennsylvania, University of Toronto, University of Utah, and Dana-Farber Cancer Institute.

Attendees can also explore a trainee poster session, celebrate poster award winners, and connect with faculty, trainees, and visiting researchers. Lunch will be provided.

Meet the speakers and get the details below.

[See the full program](#)


Build healthy habits at Weight Wellness Day

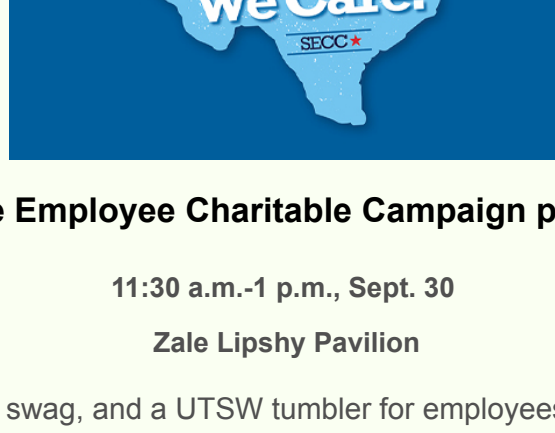
Learn about the latest evidence-based approaches to achieving and maintaining a healthy weight at Weight Wellness Day on **Saturday, Oct. 10**.

Hear from physicians, researchers, and health experts as they separate fact from fiction on weight management medications, discuss emerging therapies, and share strategies for long-term success. Attendees will also enjoy a live cooking demonstration featuring simple, nutritious meal ideas.

Registration is required, and a complimentary healthy lunch will be provided.

[View the program schedule](#)

Insider Guide

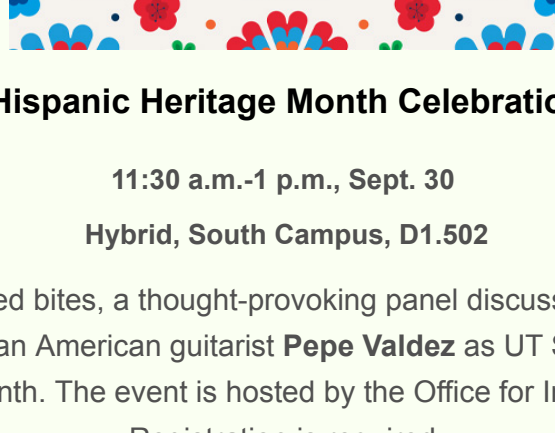


State Employee Charitable Campaign pop-up

11:30 a.m.-1 p.m., Sept. 30

Zale Lipshy Pavilion

Fresh-baked cookies, swag, and a UTSW tumbler for employees who donate in person are all part of this [SECC](#) pop-up. Mingle with colleagues, meet campaign representatives, and get help making your donation before the campaign concludes Oct. 31.

[View the pop-up details](#)


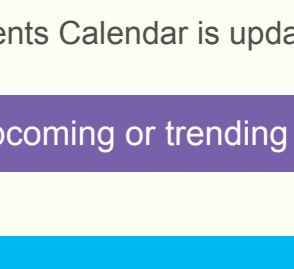
Hispanic Heritage Month Celebration

11:30 a.m.-1 p.m., Sept. 30

Hybrid, South Campus, D1.502

Enjoy Hispanic-inspired bites, a thought-provoking panel discussion, and a live musical performance by Peruvian American guitarist **Pepe Valdez** as UT Southwestern celebrates Hispanic Heritage Month. The event is hosted by the Office for Institutional Opportunity.

Registration is required.

[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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