



Solar eclipse guide

Even though less than ideal viewing conditions are predicted for today's eclipse, the *Insider* has you covered with all the last-minute info you need, including when and where to watch and, of course, how to watch safely.

Eclipse timing

The partial eclipse will begin around 12:23 p.m., and totality is expected to last from 1:40 p.m. to 1:44 p.m., depending on your location in the DFW area.

Where to watch

There are several fun events happening on campus today, but please make sure your supervisor is aware if you're planning to attend.

- [North Campus – A watch party on the path to totality](#)
- [South Campus – Celebrate with UTSW's library team](#)
- [Livestream the eclipse – NASA feed](#)

Safety first

Find answers to all your eclipse questions and safe-viewing strategies in a recent [MedBlog](#), where you can also watch the latest episode of "Science in 60+," highlighting UT Southwestern's Ophthalmology team.

Celebrate on social

Make sure to include #UTSW Eclipse in your posts or send your photos directly to UTSW's social media team at social@utsouthwestern.edu to have your eclipse memories showcased on our social channels.

Get to know UTSW's 2024 Great 100 nurses

On May 3, the newest slate of DFW Great 100 Nurses will be inducted at a gala at the Morton H. Meyerson Symphony Center in Dallas. As we've mentioned previously, UT Southwestern counts 14 among this year's ranks – the highest number of UTSW nurses on this esteemed list to date.

You can read more about these 14 remarkable nurses and what drove them toward their calling in a new story on *Center Times Plus*. And in case you were wondering, no, you're not seeing double: Among the 2024 honorees are Robert and Ruben Castillo – twin brothers and nurse leaders who have a combined total of 34 years' experience in the field.

[Read more on Center Times Plus](#)

Become a Conversation Partner

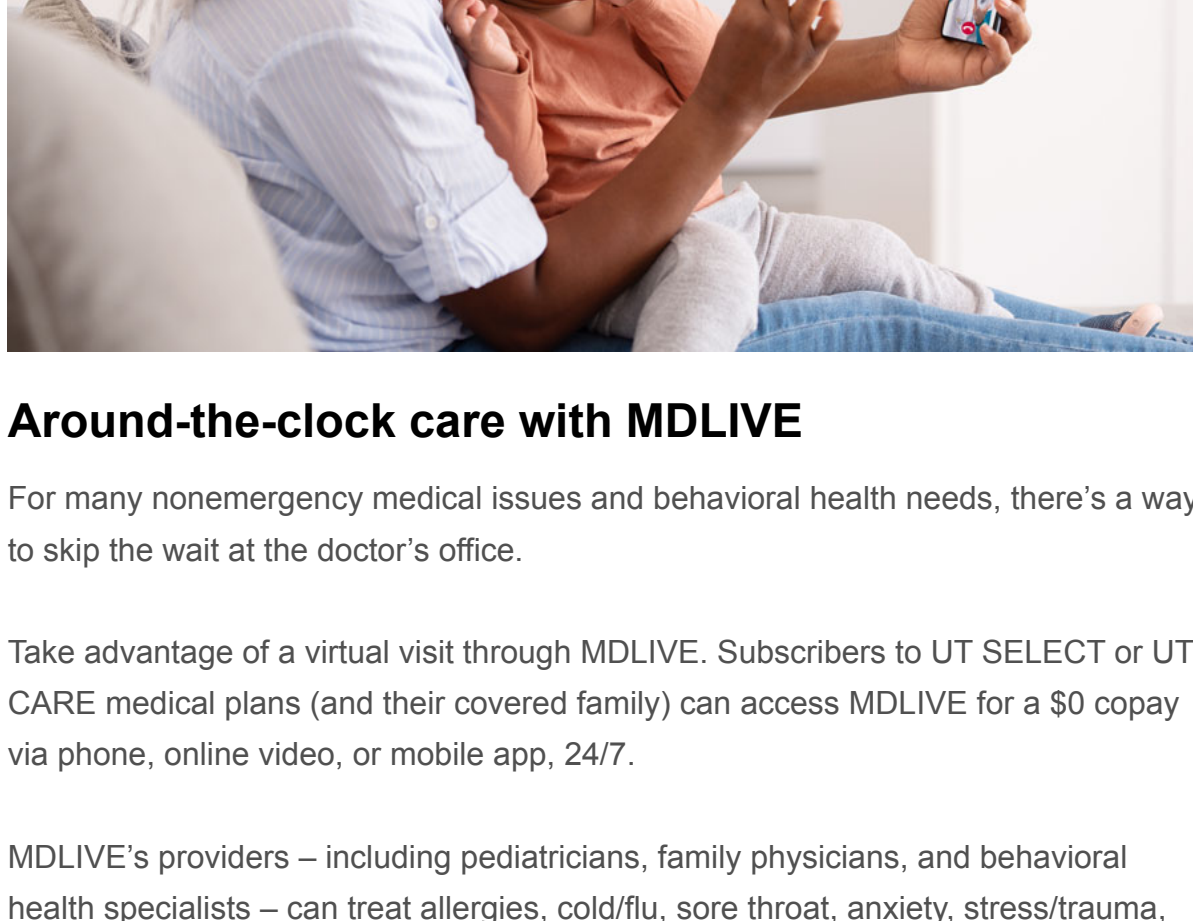
The Office of International Affairs invites international postdocs and native-English-speaking employees to volunteer for the upcoming spring [Conversations Partners Program](#), which runs April 29–Aug. 31.

This program is designed to foster cultural exchange and language practice by pairing international trainees with American employees – and it's a fantastic opportunity to build meaningful connections with colleagues.

Registration is open until April 19. A required virtual orientation meeting will be held on April 25 for American volunteers and April 26 for international participants.

If you have questions, please contact the Office of International Affairs via [email](#) or by calling 214-648-0010.

[Register](#)



Around-the-clock care with MDLIVE

For many nonemergency medical issues and behavioral health needs, there's a way to skip the wait at the doctor's office.

Take advantage of a virtual visit through MDLIVE. Subscribers to UT SELECT or UT CARE medical plans (and their covered family) can access MDLIVE for a \$0 copay via phone, online video, or mobile app, 24/7.

MDLIVE's providers – including pediatricians, family physicians, and behavioral health specialists – can treat allergies, cold/flu, sore throat, anxiety, stress/trauma, loss, and more. They can also write and send prescriptions to your local pharmacy. Behavioral health benefits include confidential virtual visits with licensed therapists and board-certified psychiatrists.

To learn more about MDLIVE, visit our [Benefits and Insurance webpage](#).

Insider survey: Have you used MDLIVE?

Yes No

Opportunities for lifelong learners

There's still time to join a fall 2024 cohort for three academic programs in the O'Donnell School of Public Health (OSPH) and the School of Health Professions (SHP).

M.P.H. deadline extended to May 1

OSPH's Master of Public Health program provides a research-intensive curriculum with hands-on training to prepare students to enter the public health workforce. It can be completed in two or three years, depending on the path you take.

[Learn more and apply](#)

MCN-NS deadline extended to April 15

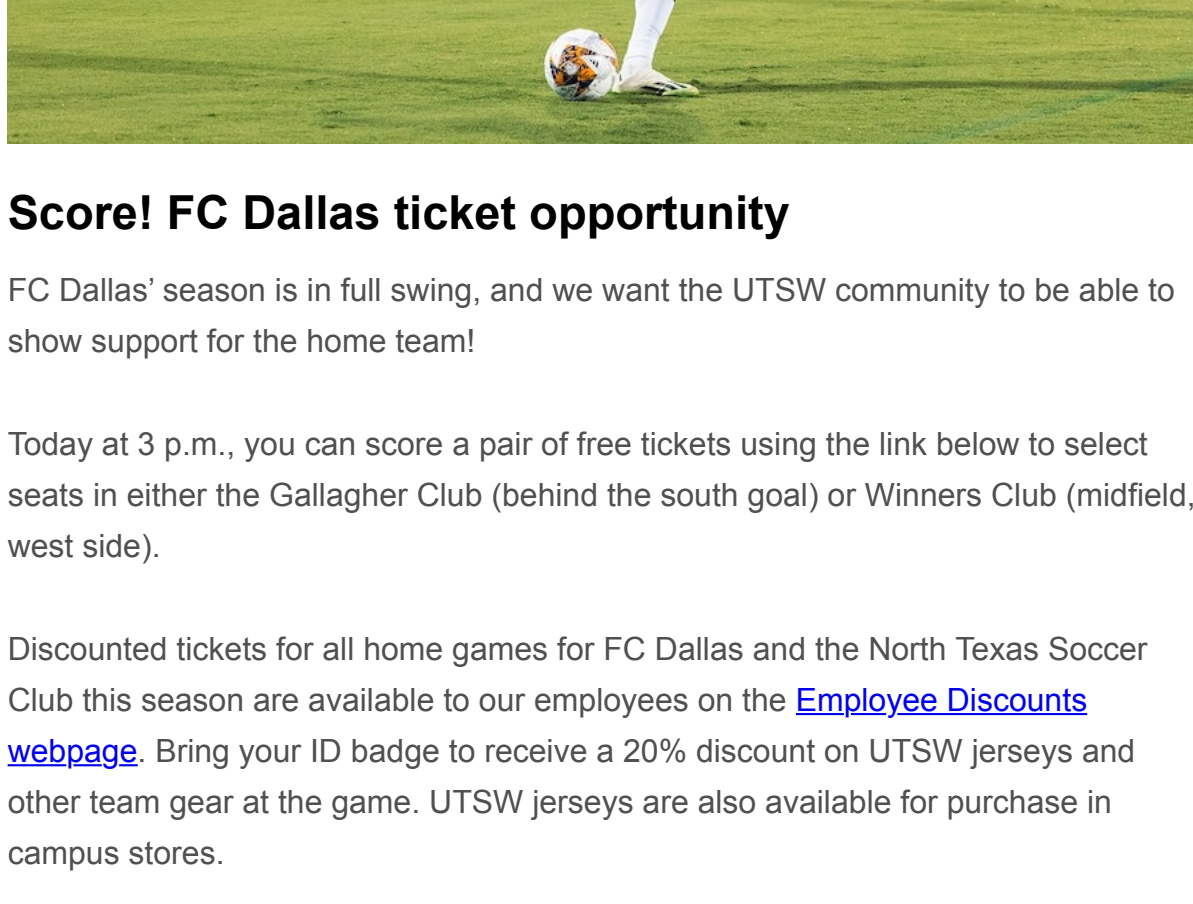
SHP's Master of Clinical Nutrition – Nutrition Science program is a fully online course designed for health professionals and registered dietitian nutritionists seeking an advanced degree. Read more on [Center Times Plus](#).

[Apply online](#)

MSHI final deadline approaching – May 1

The Master of Science in Health Informatics program in the SHP is an in-person graduate degree focused on the intersection of health care and information technology. It offers full- and part-time formats, with evening classes to accommodate the busy schedules of working professionals.

[Apply today](#)



Score! FC Dallas ticket opportunity

FC Dallas' season is in full swing, and we want the UTSW community to be able to show support for the home team!

Today at 3 p.m., you can score a pair of free tickets using the link below to select seats in either the Gallagher Club (behind the south goal) or Winners Club (midfield, west side).

Discounted tickets for all home games for FC Dallas and the North Texas Soccer Club this season are available to our employees on the [Employee Discounts webpage](#). Bring your ID badge to receive a 20% discount on UTSW jerseys and other team gear at the game. UTSW jerseys are also available for purchase in campus stores.

UT Southwestern and Children's Health are the Official Health Care Partners and Front-of-Jersey Partners for FC Dallas as part of our collaborative effort to promote health and wellness in North Texas.

[Free tickets](#)

Head for the Cure on May 4

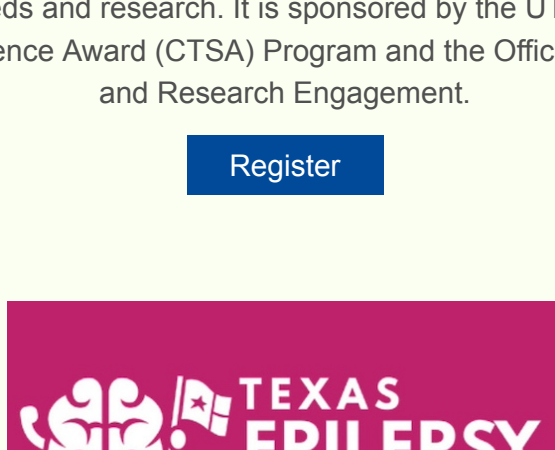
The 14th annual [Head for the Cure 5K](#) is just around the corner, and you're invited to walk (or run) alongside our partners in the Peter O'Donnell Jr. Brain Institute's (OBI) team in Plano.

The event is a chance to rally behind those battling brain cancer and pay tribute to lives lost. Your participation also helps increase awareness of the disease and raise funds in support of the Brain Tumor Trials Collaborative, of which UTSW's OBI is a local beneficiary.

Throughout the years, OBI has had an impressive presence at the event, and we'd love to see UTSW's participation in the North Texas race hit No. 1 again this year.

When you [register for our team](#), use the code HFTC5 for a \$5 discount. If you have questions, please contact [Sasha Manouchehripour](#) or [Byron Carlisle](#).

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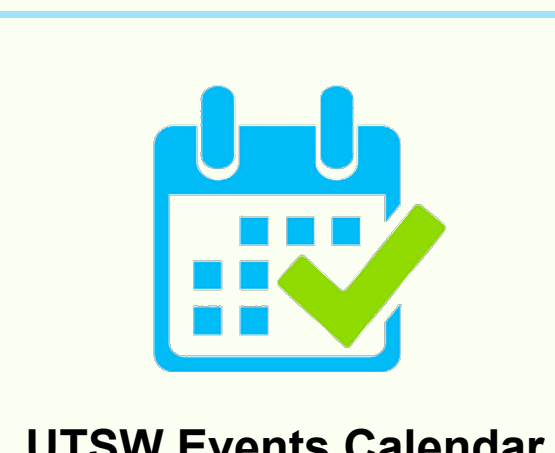
Power in Partnership: A Community Engagement Symposium

9:30 a.m.–4:30 p.m., April 11

Pegasus Park lobby

This free event brings together community leaders, scientists, students, and health equity stakeholders for a day of learning, dialogue, idea-sharing, and collaboration around community health needs and research. It is sponsored by the UT Southwestern Clinical and Translational Science Award (CTSA) Program and the Office of Community Health and Research Engagement.

[Register](#)



Epilepsy Walk at the Dallas Zoo

7:30–11 a.m., April 20

650 S. R.L. Thornton Freeway in Dallas

Step into the wild and make a difference at the upcoming Texas Epilepsy Walk at the Dallas Zoo. Hosted by the Epilepsy Foundation, the kickoff presentation starts at 9 a.m., after which participants are invited to "walk" at their leisure. Registration is free. Search for 'UT Southwestern Team Epilepsy' on the Walk's website to join.

[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

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