



In the News

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IN THE SPOTLIGHT

Food banks, restaurants, and a trailer full of potatoes: How North Texas is battling food insecurity: Coordinated by the UTA media relations team, [WFAA](#) spoke with Meghna Tare, chief sustainability officer, about SNAP benefits expected to be halted on Nov. 1 because of the federal government shutdown. "We really have to come together and help out everybody in need and just kind of share resources and information as we have at our disposal," Tare said.



DFW's Morning News: Meghna Tare also joined [570-AM KLIF](#) live Thursday morning to provide expert analysis on the food insecurity issues facing Texans as the shutdown threatens SNAP funding. "Texas has a food insecurity rate of 17.6%, so 5.4 million people, and roughly 600,000 Texans, could lose their eligibility under the new requirement," she said.

EXPERT INTERVIEWS



Is sitting as unhealthy as smoking?: Coordinated by the UTA media relations team, CONHI's Yue

Liao joined [Mornings with Simi](#) on 730-AM CKNW in Vancouver, Canada, this week to discuss her study on how 30 minutes of light activity can boost your energy and mood the next day. "You don't have to work up a sweat to get benefits," Dr. Liao said. "Just moving a little more than your usual helps." [Psychology Today](#), [Neuroscience News](#), [Earth.com](#), and [Science Magazine](#) are among the outlets that have covered the study.

Nearly half of Floridians have sleep issues. Experts offer help: Christine Spadola (School of Social Work) provided insight for the [South Florida Sun-Sentinel](#) on sleep struggles among Floridians. "Sleep quality counts more than duration," Dr. Spadola said. Spadola leads UTA's [Sleep Health Project](#), which promotes sleep health through sleep education and evidence-based resources.



How Stephen King made Maine America's haunted mirror: Daniel T. Kasper (College of Liberal Arts) discussed Stephen King's work and history of using Maine as a setting for his characters with the [History Channel](#). "King writes about the world in which he is inhabiting in a very direct way, in a way that even though it's horror, even though it's fantastical, it's very specifically about the place that he's in," Dr. Kasper said. [AOL.com](#) shared the article.

Coast to Coast AM with Georgy Noory—Space Weather: Ramon Lopez (College of Science) joined [the show](#) this week to discuss space weather. Dr. Lopez explained that space weather is distinct from terrestrial weather phenomena like hurricanes and originates almost exclusively from the sun. This popular radio show airs on more than 600 radio stations in the U.S., Canada, Mexico, and Guam.



UTA expands brain health research: [MSN.com](#), [Medical Xpress](#), [Gene Online](#), [Mirage News](#), and [Ground News](#) reshared a [UTA news release](#) on the University expanding its brain health research. Steven Weisberg, professor of psychology, recently joined the College of Science, bringing his research that could lead to improved strategies for brain function and slowing cognitive decline in conditions such as Alzheimer's disease.

As SNAP nears pause, here's where to access food assistance in Arlington: The [Fort Worth Report](#) listed organizations offering food assistance for those in need, including UTA's Maverick Pantry. The School of Social Work is also [hosting a food drive](#) this Saturday to address food insecurity concerns among the community. [Telemundo](#) shared details of the event.

Some websites require registration or subscription before viewing the entire story.

This briefing is prepared by [UTA Media Relations](#). Send questions or comments to Joe Carpenter, chief communications officer, at joe.carpenter@uta.edu, or Jeff Caplan, director of media relations, at jeff.caplan@uta.edu.

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