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**TUESDAY, DECEMBER 16, 2025**

## IN THE SPOTLIGHT

**How to survive the holidays without losing your cheer:** Tonya Hansel (School of Social Work) provided valuable tips on how to enjoy a stress-free holiday season as [MSN.com](#), [Medical Xpress](#), and [Mirage News](#) reshared a [UTA news release](#). "It's the most wonderful time of the year ... to rest, reset, and say no when needed," Dr. Hansel said.



## EXPERT INTERVIEWS

**Dallas' finances have come into question in recent years. Is the city in trouble?:** Coordinated by the UTA media relations team, Sriram Villupuram (College of Business) spoke to [The Dallas Morning News](#), which looks at the city's recent decision-making by examining 10 years of financial reports. As property values have grown, so have the costs of paving roads, fixing water lines, and picking up trash. "It's the issue every mature city faces," Dr. Villupuram said.





**Fort Worth emerges as hub for driverless vehicles:** Stephen Mattingly (College of Engineering) provided insight for the [Fort Worth Report](#)'s article on the potential impact that more autonomous vehicles on the road could have on North Texas. Dr. Mattingly said more autonomous trucks could offset road congestion by traveling overnight when fewer cars are on the road. He also said it's important for the routes of driverless trucks to avoid, or at least limit, exposure to urban traffic.

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](mailto:joe.carpenter@uta.edu), or Jeff Caplan, director of media relations, at [jeff.caplan@uta.edu](mailto:jeff.caplan@uta.edu).

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