

PRAIRIE PULSE

June 2023



Thank you to all employees who wore blue and came out to the Autism Awareness Walk in May!

What's Inside

Radial Cafe for Lunch

Just down the street with great views!

IT Employees Walk for Health

Gabi Voicu and Liliana Racila

Defense Training for Women

Class Offered in June

Eat Healthy While Traveling

Food swap suggestions

Message from the Manager

From City Manager Steve Dye

New GP Retail and Restaurants

Andretti Karting and Games and **Bass Pro Shops** broke ground in spring 2023. All plan to open in 2024.

In Epic Central, 2951 S. State Highway 161, the following restaurants are open or are scheduled to open soon:

- **Finch Grill & Raw Bar** – open
- **Loop 9 BBQ** – open
- **Vidorra Cocina de Mexico** – opens July 1, 2023
- **Serious Eats Pizza, Sliders and Shakes** – expected to open Sept. 1, 2023

For more information about the EpicCentral development, visit EpicCentral.com

Other new development:

- **The Shack Restaurant** is now open at Lynn Creek Marina on Joe Pool Lake
- **Hobby Lobby** is scheduled to open soon next to Kohls on the east side of SH 161 soon
- **Pei Wei, Einstein Brothers Bagels and Crumbl** will open in Epic Crossing on Arkansas and SH 161
- **Shake Shack** plans to open on Mayfield and SH 161 in October 2023

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Upcoming Events

Thursday, June 1

Music on Main
Free concert series
6:30-8 p.m.
Farmers Market, 120 W. Main St.

Weekly Friday-Sunday

Thoroughbred Horse Racing
Lone Star Park
1000 Lone Star Parkway
[Tickets and Information](#)

Saturdays

Farmers Market
8 a.m.-1 p.m.
120 W. Main St.
[GrandFunGP.com](#)

Saturday, June 3

Crawfish Boil
10 a.m.-1 p.m.
Live music, local vendors, games
and crawfish
Farmers Market
120 W. Main St.
[GrandFunGP.com](#)

Saturdays

Farmers Market
8 a.m.-1 p.m.
Farmers Market, 120 W. Main St.

Saturday, June 3

Summer Reading Kick Off Party
Face painting, photos with
favorite characters, crafts and
activities
10 a.m.-noon
Main Library, 901 Conover Dr.

Saturday, June 3

Gardening Class
Heat-Loving Veggies
Presented by Keep Grand Prairie
Beautiful
Warmack Library, 760 Bardin Rd.
Email to register: jrudd@gptx.org

Take the Clean Air Action Day Pledge

Participate in Clean Air Action Day by doing at least one thing to help improve air quality now until June 2, 2023.

[Take this survey](#) for a chance to win a QT gift card!



Radial Cafe

Visit the Radial Cafe at Grand Prairie Municipal Airport, 3116 S. Great Southwest Parkway for breakfast and lunch. Enjoy great views of aircraft operations on the runway and ramp while you eat.



Menu items include American and Mexican food including pancakes, eggs to order, omelets, breakfast burritos, burgers, sandwiches, salads and desserts. Hours are Monday-Saturday, 8 a.m.-3 p.m.

New Photo Spot



Enjoy a great new Photo Opp! Newly installed heART Art at PlayGrand Adventures, 2100 Epic Place. Art by Jodi Pope. Facing Epic Place on exterior of fence surrounding the park.

New Development

Continued from page 1

- **Steak and Ale** has announced they will open their first Texas location on I-30 in 2024
- **Bennigan's** has announced they will open their fist Texas location on I-30 in 2024
- **Black Bear Diner** will open a home-style restaurant next to Texas Roadhouse on I-20

Walking Breaks Provide Healthy Balance

In today's modern office culture, where sedentary lifestyles have become the norm, Gabi Voicu and Liliana Racila in Information Technology, have discovered a way to stay active and prioritize their health. Recognizing the importance of incorporating movement into their workday, they have embraced the practice of taking walking breaks.

Liliana, who previously maintained an active lifestyle through gym workouts, found a way to adapt her habits to her office job. Throughout the pandemic and beyond, she has remained committed to walking during breaks.

"Walking changes your mood after spending a lot of time in front of the computer. It makes you feel much better, especially if you do not have windows in your office. It's like being in a box and you can't get out; you must get outside," Liliana shared.

Gabi, with a background in geology and a strong affinity for the outdoors, is dedicated to spending as much time as possible outside.

"We started walking not necessarily because it's healthy, but because it was a nice day, and we enjoyed being outside," Gabi said.

However, as they continued the practice, they discovered the numerous benefits walking provided for their concentration and focus. Studies have shown that just 10 minutes of walking per day can reduce health risks and improve overall fitness and wellbeing.

The two colleagues also appreciate the support they provide each other during their walking breaks. "When you have a buddy, you hold each other accountable," Gabi added.

Both Liliana and Gabi have taken advantage of programs like the Get Fit initiative. Their commitment to incorporating physical activity into their office routine serves as a reminder that even short walks during breaks can have significant positive impacts on both physical and mental health. They encourage others to consider the benefits of walking and find simple ways to prioritize their own well-being. By taking small steps, everyone can achieve a healthier and more balanced office life.



Defense Training Class for Women

June 13-25 • Charles V. England Public Safety Training Complex, 310 W. College

The Grand Prairie Police Department is proud to present a Rape Aggression & Defense (RADS) training class for women. RADS is a 4-day program designed to give the participant a quick class on basic self-defense. Young women ages 15-17 can attend with an adult family member upon signing a waiver.

The first three days is an introduction to basic self-defense techniques and practice. On day 4, each participant is given an opportunity to test their techniques in a dynamic scenario designed to test and reinforce success. All four days are recommended; however, each participant determines their level of participation. To register, call 972-237-2090.

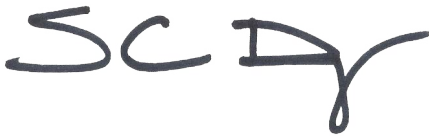
Message from the Manager

This has been an exciting spring in Grand Prairie as Andretti Karting and Games and Bass Pro Shops Outdoor World have both broken ground in the new Mayfield Groves development on State Highway 161 and Forum Drive, adjacent to IKEA. Andretti plans to open by summer 2024 and Bass Pro Shops will be open by late spring 2024.

Please join me in congratulating Amy Sprinkles on her retirement after an exemplary 32 years of service to our City. Amy has left a legacy in the City of Grand Prairie and I have always admired and appreciated her “can-do” spirit, wonderful attitude, work ethic, and positive personality. Join me in wishing her the best in her next chapter. Although Amy is retiring, you may still see her around as she will volunteer on special projects for the City Manager’s Office.

As summer approaches, I hope everyone can take some vacation time to rest and take a break as is so important for our mental well-being. Thank you for all that you do to provide World Class Service to our citizens each day. You are most appreciated.

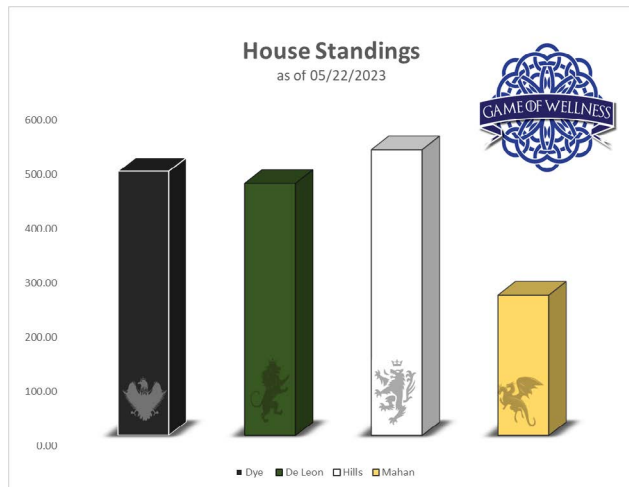
Sincerely,



Steve Dye, City Manager

Game of Wellness Standings

Check out the House standings as of May 22, 2023. House Hills is still in the lead followed by House Dye, House DeLeon and House Mahan.



Think on Your Feet

Walking may help you grow new brain cells. Moderately paced walks stimulate a protein called BDNF that is key to the survival of existing brain neurons and the generation of new ones. “Perhaps the most exciting finding is that aerobic forms of exercise (including walking) are likely help facilitate the growth of new neurons,” says Patrick Smith, associate professor of psychiatry at UNC at Chapel Hill. AARP

Upcoming Events

Tuesday, June 6 and

Tuesday, June 20

City Council Meeting
6:30 p.m.

City Hall, 300 W. Main St.

Friday, June 16 -

Saturday, June 17

Juneteenth Celebration and
Parade

6:30-8:30 p.m.

GrandFunGP.com

June 16-18 and June 23-25

School of Rock - The Musical

Presented by the Grand Prairie
Arts Council

8-10 p.m.

Uptown Theater, 120 E. Main St.

[Tickets and Information](#)

Thursday, June 22

Cyclin' with the Mayor - Fish
Creek Ride

6 p.m.

Starrett Elementary

2675 Fairmont Dr.

Friday, June 30

Elvis Returns

Starring Kraig Parker

7:30 p.m.

Uptown Theater, 120 E. Main St.

[Tickets and Information](#)

Monday, July 3-Tuesday, July 4

Lone Stars & Stripes Fireworks
Celebration

Gates open at 3 p.m.

First live race at 5 p.m.

Lonestarpark.com

Tuesday, July 4

City Holiday

Administrative Offices Closed