

PRAIRIE PULSE

May 2023



Honor Grand Prairie service personnel at the Memorial Day Celebration on Monday, May 29 at 10 a.m. More information at GrandFunGP.com

What's Inside

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Texas Super Kings Reveal New Logo

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21 Employees celebrate 25 years!

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Employees Share Opportunities

Message from the Manager

From City Manager Steve Dye



Earn Points for Your House

Autism Awareness Walk

Wednesday, May 3, 11 a.m.-1 p.m.
Epic Central, 2960 Epic Place

Wear blue and come walk to raise Autism Awareness. Employees who attend this come-and-go event will be entered into a prize drawing. If you cannot make it, email a photo of you wearing blue to WOW@gptx.org to be entered into the drawing. Earn points for your House in the Game of Wellness!

Mental Wellbeing Event

Thursday, May 18, 10 a.m.-2 p.m.
Veterans Event Center, 925 Conover Dr.

Come to the Veterans Event Center for chair massages, DIY bath bombs, visit furry friends, try brain teasers and coloring and participate in a blood drive. Earn points for your House in the Game of Wellness! See House standings on page 4.

Upcoming Events

Tuesday, May 2

City Council Meeting
6:30 p.m.
City Hall, 300 W. Main St.

Wednesday, May 3

Autism Awareness Walk
11 a.m.-1 p.m.
Epic Central, 2960 Epic Place
Wear Blue

Tuesdays

Zumba
7 p.m.
Warmack Library, 760 Bardin Rd.
To register, email jrudd@gptx.org

Friday, May 5

Late Night at the Library
Pub Trivia
6-8 p.m., Main Library
901 Conover Dr.
To register, email jrudd@gptx.org

Saturdays

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

Saturday, May 6

Cinco de Mayo Celebration
Parade begins at 10 a.m. at
1405 E. Main St.
Celebration is noon-6 p.m. on the
City Hall Campus

Saturday, May 13

Mother's Day Pampering Event
For new moms and moms-to-be
9 a.m.-noon
Veterans Event Center
925 Conover Dr.
[More info.](#)

GP Cricket Team Reveals Logo

The Texas Super Kings, the lone Texas-based team in Major League Cricket (MLC), has revealed its team logo ahead of the inaugural season scheduled to begin on July 13, 2023 at Grand Prairie Stadium (the former AirHogs Stadium), 1600 Lone Star Parkway. The Texas Super Kings logo combines the marquee lone star, representing all of Texas and standing for unity as one state and one country, with the iconic lion of the Chennai Super Kings. [More info.](#)



Onsite Dental Service

Wednesday, June 7
Public Works Training Center
317 S. Belt Line Road

The City of Grand Prairie has partnered with Cigna Onsite Dental™ and Jet Dental to provide onsite preventative dental care. Schedule your appointment now, and you'll be able to receive a preventative care visit that includes x-rays and cleaning in about 45 minutes. If you are a Cigna Dental customer, these services are covered by your Cigna Dental plan at no additional cost. For more information, call Human Resources at 972-237-8196

[Book your appointment here](#)



It's Not Too Late to Start Exercising

Even if you have a decades-long history of being “not an exercise person,” take note: Inactive people between ages 40 and 61 who upped their physical activity to about seven hours a week had a 35 percent lower mortality risk than those who stayed inactive, a 2019 study found. Part of that longevity boost has to do with exercise’s impact on the heart. One report found that formerly sedentary 45- to 64-year-olds who exercised for at least 30 minutes four to five days a week had better oxygen uptake and reduced cardiac stiffness. Another found that people 45 and older who did 175 minutes of moderate-to-vigorous exercise weekly had a 43 percent lower risk of stroke than those who moved less. The benefits extend to your bones as well: In one study, healthy middle-aged men with low bone mass successfully improved their bone density after just six months of jumping and muscle-strengthening exercises.

“Begin with an activity that's convenient and easy to do and that you enjoy. For most, that's walking,” Says Sabrena Jo, Ph.D., director of science and exercise research at the American Council on Exercise. “Make it a habit and pair it with something you are already doing, like eating.”

Good Housekeeping

New Quarter Century Inductees

Congratulations to the following employees for completing 25 years with the city:

Leland Miller
Carl Bastian
Michael Harrison
Tommy Lee
Elisabeth McMahon
Jason Sloan
Michael Day
Rose Chavez
Joe Harvey
Reyna Rafael
Todd Stewart

Mark Johnson
Todd Johnson
Angela Villa
Cindy Mendez
Randy Adams
James Windle
Joseph Larue
Bea Juarez
Oscar Gueta
Jason Farris



Animal Services Employees Welcome Volunteers

Thelma Zepeda and Angellee Vincent are two dedicated Animal Services employees. Zepeda, Communication Coordinator, is responsible for answering calls from the public regarding issues such as picking up dead animals, handling animal bites, and catching animals on the loose. She also answers emails and helps with translations, as the main Spanish speaker in her department. Vincent is the Volunteer and Events Coordinator and Interim Rescue Coordinator, where she works to get animals into rescue organizations, onboards all volunteers, and organizes offsite and onsite events.

"I'm lucky to have one of the most fun jobs in this facility," said Vincent. "It all has a positive outcome—I do adoptions, I plan events, and bring in volunteers. I just really love my job."

Animal Services is looking for more volunteers and foster parents. Volunteers are needed seven days a week and work times are flexible. Foster parents can commit to fostering animals for a temporary period of three months or less.

"If someone is not looking to adopt, but they want to spend some time with an animal, they can foster. This helps animals get out of the shelter and lowers euthanasia rates" mentioned Zepeda.

The Prairie Trotters program was launched by Animal Services on March 1. This program is offered on Tuesdays and Wednesdays from 11 a.m. to 1 p.m. or 3 p.m. to 5 p.m., as well as Saturdays from 9 a.m. to 11 a.m. The program consists of three color-coded trails (green, blue, and red), ranging from 1 to 2 miles in length. The paths are paw print color-coded on the sidewalks, making it easy for members to follow. Although there is a membership fee, employees can enjoy a waived fee for a limited time. For more information, visit gptx.org/animalservices

Grand Prairie Animal Services also rents a conference room for birthday parties, and all event requests can be [submitted online](#).

Follow Grand Prairie Animal Services on [Facebook](#) to stay up-to-date on their latest news and events.



Message from the Manager

Hello everyone!

Huge thanks to everyone who helped coordinate, set up, and manage Main Street Fest - this year's event was a great success!

Also, a big Texas-size recognition for the Big Event, which received the 2023 Beautify Texas Outstanding Program Award from Keep Texas Beautiful. Kudos to everyone who organizes and participates in The Big Event. This is a statewide award!

Heartfelt congratulations to Parks, Arts & Recreation Director Duane Strawn for his 17 years of service to our city. Please join me in wishing him all the best in his next chapter and let's welcome Interim Parks Director Ray Cerda. Ray worked for the City of Grand Prairie Parks Department early in his career and retired as the City of Irving's Parks Director in 2018. He brings a wealth of experience to our city.

Proactive employee engagement is critical for our information security. Multiple organizations are enduring cyberattacks each day, and the City of Grand Prairie is not an exception. When using city computers, please remain attentive and keep your password updated per IT's direction. Also, remember these tips from IT:

- Never share your password with anyone. This includes a city employee, friend, or relative.
- Beware of phishing emails that attempt to lure you to malicious websites.
- Never respond to an email request for your username and password, or any other request to "verify" your account.

With these pointers in mind, please always keep cybersecurity top of mind. We don't want to expose sensitive city and personal information.

Thank you to all employees for your dedication to assuring that Grand Prairie citizens maintain an outstanding quality of life. The world class service you provide is always appreciated.

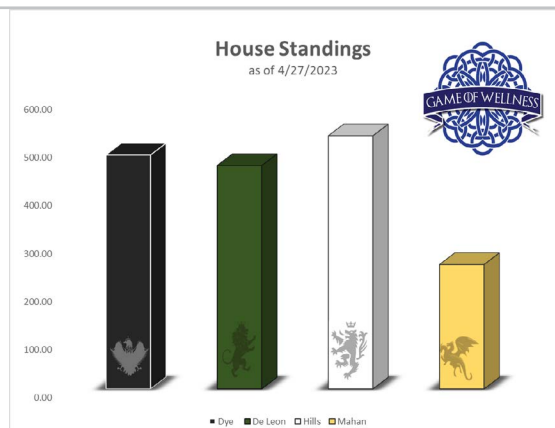
Sincerely,



Steve Dye, City Manager

Game of Wellness

Check out the House standings as of April 27, 2023. House Hills has taken the lead followed by House Dye, House DeLeon and House Mahan!



Upcoming Events

Tuesday, May 16

City Council Meeting
6:30 p.m.
City Hall, 300 W. Main St.

Thursday, May 18

Cyclin' with the Mayor
Lone Star/Campion Trail Ride
Meet at 6 p.m.
Ride begins at 6:30 p.m.
Action Park Grand Prairie
1002 Lone Star Parkway

Thursday, May 18

Mental Wellbeing Event
10 a.m.-2 p.m.
Veterans Event Center
925 Conover Dr.

Friday, May 26

Murders and Moontowers
A murder-mystery musical comedy based on true events in 1880s Texas!
7 p.m.
Uptown Theater, 120 E. Main St.
[Tickets and Info.](#)

Monday, May 29

Memorial Day
City Administrative Offices
Closed

Monday, May 29

Memorial Day Celebration
Gather at 9:30 a.m.
Ceremony begins at 10 a.m.
Veterans Memorial, 925 Conover

Saturday, June 3

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