CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER * JUNE 2010

The Summit is Now Open!

Come and see the premier 50+ club of Grand Prairie!



Amenities include a luxurious dining room and ballrooms overlooking the lakes, theater, game room, ½ court gym, 4,000 square-foot fitness area, aerobic room, indoor pool, indoor track plus much more. Come by today for your tour!

Annual membership rates for Grand Prairie residents are:

50-64 yrs. - \$200 65+ yrs. - \$50

A limited number of memberships are available for non-resident city employees.

Payroll deduction available

The Summit • 2795 Esplanade • (corner of SH 161 and Warrior) 972-237-4141 • GrandFunGP.com

Bring this article in with you and get a gift when you sign up for an annual membership!

Homeownership Week June 12-19

The city of Grand Prairie is hosting a lineup of homebuying-related events June 12-19 in celebration of National Homeownership Month. For more information, visit the Raving Fans site or www.gptx.org.

4-Gov Open Houses - 11a.m.-3 p.m., Saturday, June 12

Who: Government employees working in Grand Prairie, Locations: TBD What: Tour the homes for sale at a discount through the 4-Gov program.

4-Gov Homes Go on Sale - 8 a.m., Monday, June 14

Who: Government employees working in Grand Prairie

Location: Housing and Neighborhood Services, 205 W. Church St.

What: 4-Gov houses go on sale. Applications accepted, first come, first served.

Housing and Neighborhood Services Open House

9 a.m.-5 p.m., Thursday, June 17

Who: City employees and HCV landlords

Location: Housing and Neighborhood Services, 205 W. Church St. What: Learn about the city's housing programs, enjoy refreshments.

Homeownership Fair - 9 a.m.-noon, Saturday, June 19

Who: Grand Prairie residents

Location: Ruthe Jackson Center, 3113 S. Carrier Pkwy

Farmers Market Open <u>Thursdays</u> and Saturdays



The new, expanded Farmers Market is now open on Thursdays

8 a.m. until sellout and Saturdays 8 a.m.-1 p.m. at Market Square, 120 W. Main St. (on the corner of Main and NW 2nd streets). Shop the market for fresh, locally grown produce, meat, poultry, eggs, honey, soaps, coffee, baked goods and more. Visit www. gptx.org/farmersmarket.

Kiosks Save Time in Court Line

There's a faster way to pay fines in Grand Prairie at the Municipal Court's new kiosk. Available this month, a new kiosk will enable customers to look up outstanding



tickets in English and Spanish and make payments with the click of a few buttons.

Located in the Municipal Court lobby at 200 W. Main, the kiosk will accept cash, Visa and MasterCard credit and debit cards and will provide change. The machine will be available 7 a.m.-6 p.m. Monday-Thursday.

Preventing Back Injuries

Use Proper Lifting Procedures

You cannot always avoid lifting, but you can reduce the amount of pressure placed on the back. By bending the knees, you keep your spine in alignment, and you allow your legs to do the work.

- Take a balanced stance with your feet about shoulder-width apart. One foot can be behind the object or next to it.
- Squat down to lift the object, but keep your heels off the floor. Get as close to the object as you can.
- Use your palms (not just your fingers) to get a secure grip on the load.
 Make sure you will be able to maintain a hold on the object without switching your grip later.
- Lift gradually (without jerking) using your leg, stomach and buttock muscles and keeping the load as close as possible. Keep your chin tucked in and back/neck straight.
- Once standing, change directions by pointing your feet in the direction you want to go and turn your whole body. Avoid twisting at your waist while carrying a load.

By following these lifting guidelines and practicing good body/back management, you can prevent back injuries on the job and at home.



Ditch Driving Distractions

Did you know that motorists who use hand-held devices are four times more likely to be involved in a vehicle crash?

Distracted driving resulted in 103,526 crashes in Texas in 2008 and 5,870 died for the same reason in the same year.

Motorists are considered distracted when the driver is talking

or texting on a cell phone, conversing with passengers, eating, smoking, manipulating dashboard controls or reaching for something inside the vehicle.

According to Terry Pence, director of the Texas Department of Transportation's Traffic Safety Program, motorists who text while driving are six times more likely to crash than those who are paying attention—not texting or talking on a phone.

Texas law forbids texting by drivers younger than 18, by school bus drivers and motorists in a school zone or who are transporting a child. It is also against the law for truck drivers and school bus drivers to send and receive texts while driving.

Lawmakers are trying to put an end to distracted driving. By putting away cell phones and other electronic devices while driving, lives can be saved.

GP Recycles!

The city of Grand Prairie received an award for commitment to paper recycling from Paper Retriever Recycling in April. Residents recycled 10.81 tons at the UA Theatre recycling bin in south Grand Prairie.



Quench Your Crankiness

Next time your mood takes a dive, have a drink—of water. In a recent Tufts University study, college athletes who weren't given fluids during practice felt more confused, angry, tense and blue afterward than those who had plenty of water. "The level of dehydration was very mild—it could easily be compared with what busy office workers might experience if they forgot to drink enough during the day," says lead researcher Kristen E. D'Anci, PhD.

How much you need to drink depends on the weather and your activity level and weight. Still, D'Anci says, "eight 8-ounce glasses of water a day never hurt anybody."

New Marshal Tool Finds Warrants

More eyes are on the road now with the Grand Prairie Marshal's new license plate recogni-



tion software. Four cameras installed in Grand Prairie's marshal cars are designed to scan license plates as vehicles move down the road. Each license plate number is sent to a computer software system and compared with the Grand Prairie court database in search of vehicles whose owners have outstanding warrants or vehicles that are registered as stolen. The software then notifies the marshal by voice and the marshal is authorized to pull over the identified vehicle. Offenders must then follow the marshal to court to pay the fine and clear warrants or work out a payment plan. If the drivers refuse to pay the fines, they are jailed and their vehicle is towed.

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track and basketball court.	Bowles Life Center 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees.
Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.	Bowles Life Center 2750 Graham St. 972-237-7529	\$80 per month or \$7 per class. Try the first class free! Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m. Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m. Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m., Sat. 10-11 a.m.
Boxing at Bowles Life Center Focuses on conditioning, weight loss, body toning and fitness.	Bowles Life Center 2750 Graham St. 972-237-7529	\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.
Golf - The Jim Sparks Special Play golf after 5 p.m.	Prairie Lakes Golf Course 3202 SE 14th St. Call for reservations: 972-263-0661	Tuesdays and Wednesdays \$10 after 5 p.m. (cart included) Mon- Fri: 1/2 price bucket of range balls
Spinning at Bowles Life Center Group exercise on stationary bikes.	Bowles Life Center 2750 Graham St. 972-237-7529	\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.
Volleyball - Sand Spouses welcome	Mike Lewis Park Sand Courts 2600 N. Carrier Parkway To register call Rod at 972-237-7533	Tuesday nights, \$75 per team Registration ends June 11 Season begins June 22
Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class.	Bowles Life Center 2750 Graham St. 972-237-7529	\$7 per class or \$35 per month. Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.
Zumba at Bowles Life Center Fast-paced cardio workout to music.	Bowles Life Center 2750 Graham St., 972-237-7529	\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.
Join The Summit at Central Park Premier 50+ Club For adults 50 and older only Now Open!	The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org	Annual membership \$200 for ages 50-64. \$50 for ages 65 and older. Payroll deduction available.

Wellness

Erase Age With Exercise

A snapshot of all the ways staying fit can keep you healthy for years:

Better Memory

Exercising at least 3 times a week at a moderate to high intensity can reduce odds of mental decline like dementia by 46 percent, according to a study of adults over age 55.

Stronger Bones

Lifting weights twice a week can boost bone density and decrease falls by 40 percent, reports a study of 246 women ages 65 and older. Participants also stretched and did balance exercises 2 days a week.

Healthier Body

Women who walk at a brisk pace at age 60 are up to 200 percent more likely to remain disease free at age 70, compared with casual walkers, found the Nurses Health Study. *Prevention*

GP Employee Night at Mesquite Rodeo



Saturday, July 24, Rodeo at 7:30 p.m., doors open at 6:30 p.m.

1818 Rodeo Drive, Mesquite, Texas

All inclusive \$10 group express ticket includes:
BBQ sandwich, chips, soda
Free event program
Free face painting
Group recognition on the video board
For tickets contact Devan at 972-285-8777, ext. 2042

Employee of the Month

Police Detective James Hannigan has been named Employee of the Month for June. Last year Hannigan investigated a very complicated criminal case requiring many hours of tedious work. He spent numerous hours obtaining subpoenas in order to acquire evidence and a great deal of time at home going over the case. Scores of documents containing evidence were copied and submitted by Hannigan to the District Attorney's Office.

According to Police Chief Glen Hill, Hannigan remained calm, col-



Detective James Hannigan

lected and professional throughout the complex investigation—representing the department in the highest regard.

Message from the Manager

If you've been keeping track of the news, you know that many cities in our area have been facing financial difficulties. While we don't think our downturn in revenue is as great as other cities, the city of Grand Prairie will still face reductions. Our property tax, sales tax, franchise tax and interest income revenues are down this year—the perfect storm. However, we won't know the extent of our financial outcome until late June when we get the final tax revenue figures in. We will keep you advised of our financial status as we go through the budget process.

While I'm on the subject of the city budget, I'd like to answer a question that I receive on a regular basis—"Why are we opening new buildings if our budget is so tight?" The answer is

these projects were funded and started several years ago, before our budget was squeezed. Also, the city operates several funds, some with dedicated revenue sources. The Summit and the Public Safety Building each have dedicated revenue sources from sales tax voted in by Grand Prairie residents. You will soon begin to see our building projects slow down and we have very little starting in the near future.

I will continue to keep employees updated on our city budget process. Thank you for all of your continued hard work. You are appreciated.

Tom Hart City Manager

Eat This

Wendy's Spicy Chicken Sandwich

470 calories 27 grams (g) protein 55 g carbohydrates (2 g fiber) 16 g fat 1,250 mg sodium

Not That!

Burger King Tendercrisp Chicken Sandwich

800 calories
32 g protein
68 g carbohydrates
(3 g fiber)
46 g fat
1,640 mg sodium

1,640 mg sodium
's keeps the breading thir

MensHealth

Fried-chicken sandwiches can be belt busters, but Wendy's keeps the breading thin and adds a single swipe of mayo. Ask for no mayo and you'll score an even lighter lunch.