

PRAIRIE PULSE

July 2022



Check out a Grand Prairie restaurant this summer. For dining ideas and fun city attractions, go to visitgrandprairietx.com

What's Inside

BCBTX Nurses Available 24/7

Talk to a registered nurse

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Kudos to outdoor employees

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Enter to win Aug. 1-5

Upcoming Events

Music, fireworks and more

Message from the Manager

From City Manager Steve Dye

Cyclin' with the Mayor - Back the Blue



Join Mayor Ron Jensen for a 5-mile bike ride through Loyd Park while we Back the Blue! Riders of all skill levels are encouraged to join the casual ride.

Thursday, July 21

Meet at 6 p.m., Ride begins at 6:30 p.m.

Loyd Park, 3401 Ragland Road

Upcoming Events

Friday, July 1

Epic Grooves Music Series
Theresa Grayson
The Epic Theater
2960 Epic Place
Doors open: 6:30 p.m.
Showtime: 7:30 p.m.

[Purchase Tickets](#)

Saturday, July 2 (Every Saturday)

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

Sunday, July 3-Monday, July 4

Lone Stars & Stripes Fireworks
Celebration
Gates open: 3 p.m.
First live race: 5 p.m.
Lone Star Park
1000 Lone Star Parkway
General admission: \$10
Parking: \$20

[Purchase Tickets](#)

Monday, July 4

Quiet Zone at the Library
For anyone who needs to get
away from the noise of fireworks.
All children under 18 must be
accompanied by an adult.
8 p.m.-midnight
Main Library, 901 Conover Dr.
[More info.](#)

Thursday, July 7

Music on Main - Kirk Thurmond
6-7:30 p.m.
Farmers Market,
120 W. Main St.
Free
Bring lawn chairs
Concessions available

Blue Cross Blue Shield Nurses Available 24/7

If you have a health question after hours, you can call to talk to a registered nurse anytime by calling the 24/7 Nurse-line at 1-800-581-0368. Blue Cross Blue Shield of Texas nurses can help you learn about where you can get care quickly that may save you both time and money. Call whenever you need to. Nurses can also answer questions about:



- Asthma
- Back pain
- Diabetes
- Dizziness or severe headaches
- High fever
- A baby's nonstop crying
- Cuts or burns
- Sore throat
- And much more

Plus, you can access an audio library of more than 1,000 health topics — from allergies to surgeries — with more than 500 topics available in Spanish. So, put the 24/7 Nurseline phone number in your contacts today, because health happens 24/7.

Safe Fun in the Sun

July is National UV (Ultraviolet) Safety Month! Whether it's a day at the lake or taking the kids to the playground – the sun's UV rays will join you and your plans wherever you go! Here are some ways to protect you and your family from the dangerous and potential skin cancer causing UV rays:



- Apply sunscreen – broad spectrum protection with SPF of 30 or higher is best
- Stay in the shade – find a tree or shaded area
- Wear a wide brim hat – protect your eyes, forehead, nose, scalp and ears
- Rock your sunglasses – protect your eyes and skin around them

For more information, go to cancer.org/sunsafety or call the American Cancer Society's 24/7 helpline at 1-800-227-2345.

Test your Sun Safety IQ today by completing this quiz: [Sun Safety Quiz \(cancer.org\)](#)

Watch It's Happening...

New update on [EpicCentral and downtown GP development](#)

Extreme Heat Safety



Streets/Public Works employees use covering to protect themselves from the sun. Employees are also provided with ice water, Gatorade, cooling towels. Cooling disks to wear under hard hats will be available to employees soon.



Jarrod Gafford and Cameron Wade, Parks Maintenance, take time to hydrate on a 100+ degree day in June.

Kudos to all employees who have been working outside in this early summer heat. Please take precautions to keep yourself hydrated and protected as much as possible from the sun. In extreme heat, your body works extra hard to maintain a normal temperature. Please remember:

- Older adults, children, and sick or overweight individuals are at greater risk from extreme heat
- Humidity increases the feeling of heat
- Drink plenty of fluids to stay hydrated
- Take cool showers or baths
- Never leave people or pets in a closed car on a hot day
- If you're outside, find shade and wear a hat to protect your face

Questions? Contact the Office of Emergency Management at 972-237-8333 or oem@gptx.org



Ice pops are available for Public Works employees at the Service Center.

Clean Air Action Day Aug. 3

On August 1-5, we are challenging all Grand Prairie city employees to join Public Health and Environmental Quality for Clean Air Action Day by doing at least one thing to help improve air quality. Poor air quality impacts our health, our economy, and our environment. Learn more about air quality in the DFW region by visiting airnorthtexas.org.

Guidelines: Pledge to take one action to improve air quality and let us know how you plan to share and encourage others to make clean air actions on Clean Air Action Day, August 3, 2022. Find the pledge on Raving Fans and email it to cleanair@gptx.org by Friday August 5, 2021. There will be a drawing for two \$50 QT Gift Cards for those that participate.



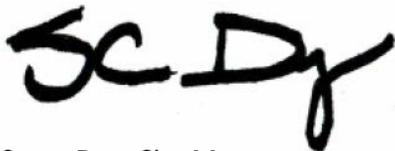
Message from the Manager

As we all know, our national economy remains in an inflationary period, but our local economy remains strong. We are starting to see our sales tax flatten slightly while our property valuations have increased again this year with the continued growth and popularity of the North Texas region. As we prepare for the FY2023 Budget, we are optimistic that it will include a cost-of-living adjustment for employees as you are THE most important asset of our organization.

The hot weather came early this year so this is a good time to give special thanks to all of you who work outdoors. Please stay attentive to your hydration and cool down, when possible.

Finally, I hope everyone will continue to take time to focus on the four pillars of your comprehensive wellness—mental, physical, spiritual, and financial. The city will soon be offering additional financial planning tools to benefit everyone from a new employee to young families to tenured team members.

Wishing everyone a happy and safe Fourth of July weekend while being grateful to live and work in the greatest country on earth!



Steve Dye, City Manager

City Calendar Photo Contest

You're invited to enter the 2023 City Calendar Photo Contest. Entries accepted through Oct. 1, 2022. Photo must feature Grand Prairie and be suitable for publication. Photos will be used in city publications. Credit will be attributed in calendar, but may not be possible in other publications and uses. Winning photos will be published in the calendar. No cash awards will be offered. Entrants must include name, address, email address and phone number with entry. Winners will be notified in November 2022. The calendar will be printed in December 2022. Email high-resolution image to: aspinkles@gptx.org

Reach Your Health Goals with Omada

Omada is a personalized program designed to help you reach your health goals. If losing weight or improving your health has been a challenge for you this year, Omada is available to you. You'll have a dedicated health coach and the latest technology to support you in making changes that fit your life!

If you or your adult family members are enrolled in the City's medical plan and are at risk for type 2 diabetes and/or heart disease, the Omada program is included in your benefits at no out-of-pocket cost to you.

Find if you're eligible at: omadahealth.com/gptx



Upcoming Events

Thursday, July 7

Movie on the Lawn - *Sing 2*
8 p.m. Movie begins at sunset
The Epic - Grandlawn
2960 Epic Place
Free
Bring your lawn chair and watch a movie outdoors.

Thursday, July 14-Saturday, July 16

Clearance Book Sale
Everything is 25 cents.
July 14: 10 a.m.-5 p.m.
July 15: 10 a.m.-5 p.m.
July 16: 10 a.m.-4 p.m.
Main Library, 901 Conover Dr.

Saturday, July 16

Ice Cream Charity Challenge
Homemade ice cream contest benefiting GP charities
8 a.m.-1 p.m.
Farmers Market
120 W. Main St.

Saturday, July 16

Blue Hawaiian Auction
Benefiting Santa Cop
5-9 p.m.
Ruthe Jackson Center
3113 S. Carrier Parkway
\$20 per person
For info., email [Lori Ehly](mailto:Lori.Ehly)

Friday, July 29-Saturday, July 30

Moana Junior
Presented by the Grand Prairie Arts Council
July 29: 7 p.m. and 2 p.m.
July 30: 7 p.m.
Uptown Theater
120 E. Main St.
[Purchase tickets](#)