

PRAIRIE PULSE

MARCH 2022



Don't miss Strollin' with the Mayor on Saturday, March 19 and Saturday, April 2. Read more inside.

What's Inside

New Development

Take a look at Bolder Adventure Park's pneumatic dome

March is National Nutrition Month

Get Ideas for Healthier Living

Upcoming Events

See what's new in March and early April

Message from the Manager

Hoopla

Learn about the library's digital platform

Congrats to Employee Award Winners

Kudos to all winners at this year's Employee Awards Banquet:

- **Group Teamwork** - Animal Services
- **Group Innovation** - Fire
Robert Fite, Bill Murphy, John Stevenson, John Blake
- **Individual Innovation** - Mike Day, Airport
- **Individual Integrity** - Susan Sanders, Finance
- **Individual People** - Ryan Harrell, Engineering
- **Individual Service** - Isela Mena, Libraries
- **City Manager's Award** - Rashad Jackson, Planning Director
- **City Manager's Award** - Thao Vo, Audit Director
- **City Manager's Award** - Gary Yakesch, Parks, Arts and Recreation
- **City Manager's Award** - Lisa Norris, Human Resources Director



GRAND PRAIRIE EMPLOYEE AWARDS BANQUET 2022

a world of possibilities

Upcoming Events

Friday, March 11, 6-8 p.m.

Wine and Craft
Late Night at the Library Event
Main Library, 901 Conover Dr.
For ages 21 and older
\$5 cash at the door
To register, email:
jrudd@gptx.org

March 18-27

Cabaret (for mature audiences)
Presented by the Grand Prairie
Arts Council
Uptown Theater
120 E. Main St.
For tickets, visit:
uptowntheatergp.com

Saturday, March 19, 2-3 p.m.

Spring into Gardening
Free Class
Main Library, 901 Conover Dr.
To register, email:
jrudd@gptx.org

Saturday, April 2, 8 a.m.- 1 p.m.

Farmers Market Opens for the
season.
The market will be open
on Saturdays through
mid December. For more
information, call 972-237-
4599 or visit [GrandFunGP.
com/farmersmarket](http://GrandFunGP.com/farmersmarket)

Saturday, April 2, 8-11 a.m.

Shred Day
Lone Star Park - Gate 1
1000 Lone Star Parkway
\$5 per box
All proceeds benefit Grand
Prairie Crime Stoppers

Strollin' with the Mayor

Saturday, March 19, 9 a.m.

Lillard Intermediate, 1301 Day Miar Road
Join Mayor Ron Jensen for an approximately 2-mile stroll through Grand
Prairie's Mira Lagos neighborhood.

Saturday, April 2, 9 a.m.

Farmers Market, 120 W. Main St.
Walk, stroll or run if you must with Mayor Ron Jensen for 3.2 miles
through downtown Grand Prairie.

For information, visit gptx.org/getfitgp

New Development

Sprouts, known for fresh produce and healthy
food products, is scheduled to open soon on
the southwest corner of Carrier and Pioneer
Parkway next to dd's Discounts.



Suntex Marina Investors has purchased Lynn
Creek Marina on Joe Pool Lake. The Oasis
restaurant will be renamed the **Blue Sunshine**

Patio Bar and Grill and the marina's 97-passenger rental boat known
as the Big Kahuna will be renamed **The Wave**. The driving range next to
the marina will be renamed **Lynn Creek Driving Range**. Suntex plans to
improve amenities and security at the marina and focus on long-term
development of the property.

Construction is underway on the 100-unit **Gibson Apartments**, located
on the northwest corner of Carrier Parkway and Pioneer Parkway and is
scheduled to be complete in mid 2023.

Bolder Adventure Park, a 66,000-square-foot pneumatic dome structure,
will open at EpicCentral in summer 2022- [Watch video](#)

Virtual Visits

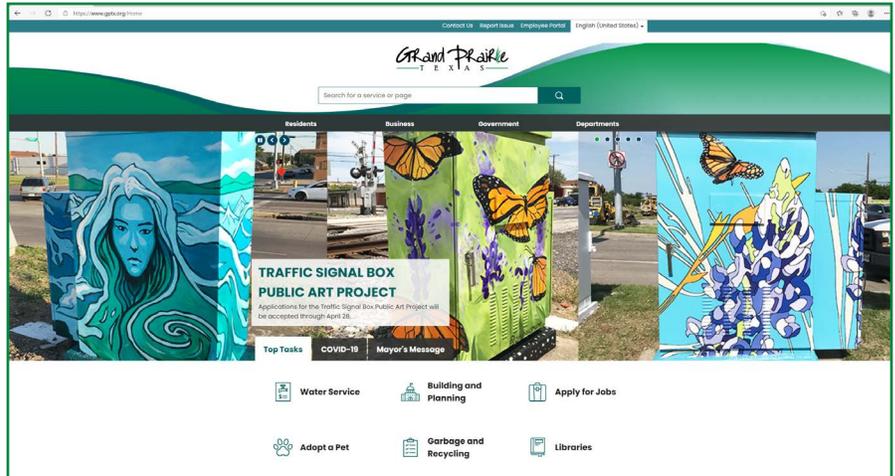
Avoid delays in seeking medical care by accessing Virtual Visits,
available by phone, computer or mobile app. Virtual Visit doctors are
specially trained to diagnose and treat many common illnesses. You
will pay for each Virtual Visit according to your BCBSTX plan copay or
coinsurance amount.

Download the MDLIVE app today and set up your account for easy
access! Or call 800-400-6354. You will need your medical insurance
information to create an account or to speak with a provider.
Visit MDLIVE for more information here: [https://mdlnext.mdlive.com/
home](https://mdlnext.mdlive.com/home)

New - Redesigned City Website

The city's new, redesigned website, gptx.org, launched on Wednesday, March 2. New features include a powerful search engine, cleaner look, better integration with online forms and improved user experience on mobile devices.

Please take a look at the new website and let the Communications and Marketing Department know if you see errors.



National Nutrition Month

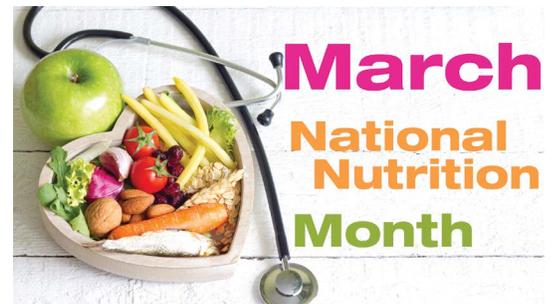
Don't stop that New Year's Resolution just yet, it's National Nutrition Month and that means a couple of things for you and your family. It's time to turn it up a notch in the kitchen and while dining out. Eating a well balanced diet doesn't mean it has to be boring – it means getting creative with flavors, pairings and colors.

The WOW Committee is challenging you to step out of your comfort zone and learn more about ways you and your loved ones can enjoy a well-balanced diet without the grief!

Check out these resources to reinvent your pantry and/or refrigerator:

- [Stay Healthy While Eating Out](#)
- [Healthy Snacking](#)
- [Healthy Eating for Weight](#)
- [Easy Cold Lunch Ideas \(For You and the Kiddos\)](#)
- [Water and Healthier Drinks](#)
- [Helping Children Maintain a Healthy Weight](#)

Eat like your life depends on it and start your better eating choices today!



FSA Receipts Due Before March 31

Don't forget to submit receipts on or before March 31, 2022, for qualifying expenses incurred from January 1, 2021 through December 31, 2021. You may visit NAVIA Benefits to begin submitting your receipts today.

To create your account, please use the City's code: CTG

Reminder, the City has opted to allow Flexible Spending Account (FSA) participants to carry over unused FSA funds without penalty.

The maximum unused amount from the plan year starting in 2021 allowed to be carried over to 2022 is \$550.



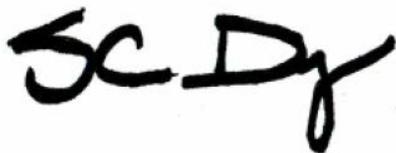
Message from the Manager

A big shout out to all employees who were nominated, as well as those who won awards at this year's Employee Awards Banquet. Thank you to everyone for exemplifying excellent service to our citizens. You are noticed and appreciated. Euriah Brown, Amy Sprinkles, and everyone on the Employee Recognition Committee did an outstanding job on this year's banquet!

I would also like to thank every employee for your hard work during the recent winter storm. Once again, our team stepped up to the challenge and came through with flying colors. We particularly appreciate those who were here, despite sleet and very cold weather, to keep our operations running smoothly. It's often said that challenges reveal character so recent events have validated our team's resolve, commitment to purpose, and exemplary work ethic.

Spring is right around the corner and along with the better weather, there will be more outdoor events and opportunities to get outside. This is a good time to remember the importance of employee wellness and time away from work, with family and friends, to help keep us whole and healthy to better serve.

Thank you for all you do!



Steve Dye, City Manager

Feeling Lousy? Get More Sleep!

Getting a good night's rest is more important than you know. Sleep is just as important as exercise, eating healthy and taking your vitamins. Of course we have all been told adults require between 7 and 9 hours of sleep per night – yet, we may not know the reasons why. Here are some reasons to get more sleep:

- May help you maintain or lose weight
- Can improve concentration and productivity
- Can maximize athletic performance
- May strengthen your heart
- Affects sugar metabolism
- Poor sleep is linked to depression
- Supports a healthy immune system
- Poor sleep is linked to increased inflammation
- Affects emotions and social interactions
- Lack of sleep can be dangerous

Learn more about the reasons you should add more sleep to your schedule by clicking [here](#)! Don't forget to set your clocks forward on Sunday, March 13, 2022, for Daylight Savings Time!

NEWS

Hoopla at the Library

The Grand Prairie Library's digital platform, Hoopla, has added more documentaries, online courses, and magazines. A Hoopla BingePass gives you unlimited access to great online content for 7 days—all with a single Hoopla borrow.

Now available:

- The documentaries of Curiosity Stream
- 50+ magazines, including HGTV, *Texas Monthly*, *Reader's Digest*, and *Cosmopolitan*
- The Great Courses online learning videos

Create your free Hoopla account at hoopladigital.com using your library card number and PIN. Hoopla also offers ebooks, audiobooks, music and movies.

[How to get a Library Card](#)

Mark Your Calendar



Main Street Fest will be back Friday, April 22-Sunday, April 24. This three-day festival with free parking and admission, will celebrate the fun, festive, family atmosphere that is Grand Prairie.