

PRAIRIE PULSE

May 2022



Come out to the Equipment Road-E-O on Wednesday, May 18 at McFalls Park East.

What's Inside

Wear Blue May 25

Raise flood awareness

Unwind Your Mind Speaker Series

Take time to relax

Upcoming Events

See what's new in May

Summer Sports Camp for Kids

Sign up begins soon

Allergy Medicine

Learn when to take allergy meds for relief

Equipment Road-E-O

Wednesday, May 18, 11:30 a.m.-1:30 p.m.

Weather Permitting

McFalls Park East, 1300 SW 3rd St.

[View Map](#)

Test your heavy equipment operating skills and enjoy hamburgers and hot dogs with co-workers. Sponsored by Public Works, Parks, Arts and Recreation, the Employee Recognition Committee and WOW Committee.



Virtual Health Fair

Don't Gamble with Your Health! Check out the [2022 Virtual Employee Health Fair](#) to learn about the different benefits and resources available to you. Participate in group presentations, receive in-person screenings and free giveaways.

May 2 – May 5

Each day will focus on a different topic such as retirement, health, and wellness related resources. Don't miss out!

Upcoming Events

May 3-5

Family Picture Day

Have your spring or Mother's Day pictures taken at the library free by experienced photographers. The libraries will have a spring backdrop and will email the unedited photos directly to you after the event. To register, email: jrudd@gptx.org

Tuesday, May 3: 5-7 p.m.

Main Library, 901 Conover Dr.

Wednesday, May 4, 5-7 p.m.

Shotwell Library, 2750 Graham

Thursday, May 5, 5-7 p.m.

Warmack Library, 760 Bardin

Weekends May-July

Thoroughbred Horse Racing

Lone Star Park

1000 Lone Star Parkway

lonestarpark.com

May 7

Cruising Steady: The Music and Friendship of Aretha Franklin and Smokey Robinson

7:30 p.m., Uptown Theater

120 E. Main St.

uptowntheatergp.com

May 13

Bonnie & Clyde: A Musical Comedy

7:30 p.m., Uptown Theater

120 E. Main St.

uptowntheatergp.com

Saturday, May 14

Marty Party

Free family event celebrating World Migratory Bird Day

10 a.m., The Summit

2975 Esplanade

GrandFunGP.com

Ride Anywhere in GP for \$3

Via Grand Prairie, the city's new on-demand, shared transportation service, began operation on April 12. Via Grand Prairie is a minibus



for anyone that comes when you want, and will travel anywhere in Grand Prairie city limits and the four college campuses listed below. Give Via Grand Prairie your pickup and dropoff addresses, and they will provide a few ride options. Choose the option that works best for you and a driver will be sent your way. Service hours are Monday-Saturday, 6 a.m.-9 p.m.

To book a ride, download the Via Grand Prairie app from the App Store or Google Play store and follow the sign up steps. You can also book rides by calling 214-253-0874.

Cost:

\$3 per trip and all additional passengers ride for \$1.

Wheelchair accessible vehicles are available.

Rides to/from select college campuses:

University of Texas at Arlington: \$3/trip

Tarrant County College Southeast Campus: -\$3/trip

Dallas Baptist University: \$4/trip

Dallas College - Mountain View: \$4/trip

Rides to West Irving train station:

Trinity Railway Express commuter rail service between Fort Worth and Dallas:

\$3/trip

[Watch the Via Grand Prairie Kick Off Event](#)

Unwind Your Mind Speaker Series

Crystal Sound Bowls Cellular Healing

Thursday, May 12, 11:30 a.m. and 6:30 p.m. and 6:30 p.m.

The Epic Theatre, 2960 Epic Place

Comedian Mike Toy

Thursday, May 19, 11:30 a.m.-12:30 p.m. and 6:30 p.m.

The Epic Theatre, 2960 Epic Place



Limited seating available. Register at getfitgp@gptx.org

Wear Blue for Flood Awareness May 25

Wear any shade of blue on Wednesday, May 25 to raise awareness about the dangers of floods and flash floods. Severe weather and flooding can happen any time and Grand Prairie has experienced flooding in the past. **Watch your email and the Raving Fans website for more information.**



Mix Up Your Desk Time

If you sit at a desk all day, your hip flexors are constantly bent at the hip joint, which is a setup for stiffness, explains Marisa Golan, a certified personal trainer and the owner of Empowered customized fitness coaching. So vary your sitting position regularly (try switching chairs or using a standing desk), and be sure to get up every 45 minutes to stretch for a few minutes, suggests Karen Litzy, P.T., D.P.T., owner of Karen Litzy Physical Therapy and spokesperson for the American Physical Therapy Association. Once or twice during the day, add a 10- to 15-minute walk.

Prevention

Know Someone Who Needs a Summer Job?



Grand Prairie Parks, Arts & Recreation is looking for energetic seasonal team members to help with summer programs. If you know someone in your family or a friend who you think would be interested in working this summer at a Parks venue please have them [apply today](#).

Seasonal positions include:

- Aquatics Instructors, Lifeguards, and Cashiers
- Summer Camp Counselors
- Maintenance Workers for Municipal Grounds, Athletic Fields, Golf Courses, Lake Parks, and EpicCentral
- Lake Parks Gate Attendants
- And more!

GPPD Summer Sports Camp

July 11-28, 8 a.m.-3 p.m. • Grand Prairie High School, 101 Gopher Blvd.

The Grand Prairie Police Department will host the GPPD Summer Sports Camp for children ages 8 - 16 years old ONLY (all skill levels). The camp, run by Grand Prairie Police Officers, will provide a healthy environment using physical activity to create bonds between students and officers, outside of the school setting. The camp is free of charge and lunch will be provided free of charge.

Proper attire: Shorts or leggings, T-shirts, proper cleats, or basketball shoes. Shin guards suggested for soccer players.

Participants are required to bring their own water bottles.

Daily Schedule:

- Soccer 8 a.m. - 11 a.m.
- Basketball 12 p.m. - 3 p.m.
- Football 12 p.m. - 3 p.m.

All lunches will be served during the GPISD summer meal program times. Registration will open in May 2022.

Register: grandprairiepolice.org

Message from the Manager

As public servants, it's a good idea to occasionally remind ourselves that service to our residents, visitors and people doing business in the city should be the primary reason we all pursued a calling of public service. To that end, we recently further defined our city's **vision**:

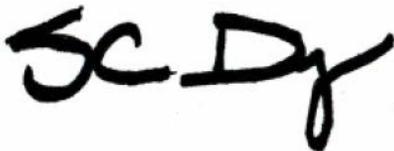
Commitment to exemplary and ethical service, proactive community engagement, and facilitating an outstanding quality of life.

The expansion of our vision statement really accentuates that our service is delivered at high levels; that our commitment to community engagement will be proactive, not reactive; and that our core responsibility remains quality of life.

Our **values** remain as *service, people and integrity* so we can complete our **mission** of *creating raving fans by delivering world class service.*

I realize that service to our citizens can be challenging when we communicate with people who are not happy, but it's always important to remember the vast majority of our community members truly appreciate our efforts. Always know the City Manager's Office is thankful for your hard work and commitment to excellence.

On Tuesday, May 17 at 4 p.m., the Grand Prairie municipal complex will be dedicated to former City Manager Tom Hart. You are invited to City Hall Central, 300 W. Main for an open house and tours of City Hall.



Steve Dye, City Manager

Should Allergy Meds Be Taken Only as Needed?

The problem here is with the word "only." You should give epinephrine when someone has an anaphylactic reaction, and antihistamines can suppress occasional allergy symptoms in as little as an hour. But for predictable seasonal allergies, taking the meds before you feel the symptoms will dial down your reaction, lessening or even eliminating your symptoms. That's why many doctors recommend a daily oral antihistamine, such as Claritin or Zyrtec, to patients with seasonal allergies, says Dr. David Shulan, M.D., an allergist and immunologist in Boynton Beach, FL. And a nasal steroid spray should be started before allergy season hits, "because it can take two weeks to reach full effectiveness, he says. *Prevention*



Upcoming Events

Saturday, May 14

Streets and Reads

Get swept up in reading with the city's streets and water departments as they show how their heavy equipment works 10 a.m.-noon
Main Library, 901 Conover Dr.

Saturday, May 21

Adopt-a-Stream Cleanup

8 a.m.-1 p.m.
Walnut Creek Paddling Trail
Loyd Park, 3401 Ragland Rd.
Kayak, canoe or paddle while participating in this water-based cleanup. If you need a free kayak and gear rental, email amaron@gptx.org by May 18.
[Register here](#)

Thursday, May 26

Cyclin' with the Mayor -
Lone Star/Campion Trail Ride
Join Mayor Ron Jensen for a 5-mile ride
Meet at 6 p.m.
Ride begins at 6:30 p.m.
Alliance Skatepark
1002 Lone Star Parkway

Monday, May 30

Memorial Day Ceremony
Honor veterans and their families who have sacrificed to protect and defend this country
9:30 a.m. - gather
10 a.m. - ceremony
Veterans Memorial
925 Conover Dr.
GrandFunGP.com