

Upcoming Events

Saturday, Sept. 3 (every Saturday)

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

Monday, Sept. 5

Doggie Splash Day
1-5 p.m.
Splash Factory
601 E. Grand Prairie Road
Bring your family and furry friends
\$3 per participant

Wednesday, Sept. 14

Catalytic Converter Etching
6-8 p.m.
City Service Center
1821 South SH 161
\$15 per vehicle benefiting
Crime Stoppers
[Register here](#)

Thursday, Sept. 15

Cyclin' with the Mayor
Mountain Creek Ride
6 p.m.
Mi Familia Park, 2402 Cardiff
Join Mayor Ron Jensen for a
5-mile bike ride around Mountain
Creek Lake.

Friday, Sept. 16

Park(ing) Day
Presented by the Planning Division and Downtown Managers
8-10 a.m. - free coffee for the
first 60 city employees
11 a.m.-1 p.m. - free lunch
Parking spaces just east of the
Annex Building

Airrosti Text Connect

Free Access to Pain and Injury Chat

If you're experiencing any type of muscle or joint pain anywhere throughout your body, a knowledgeable and caring Airrosti provider is just a text message away. These highly trained providers are ready to answer your questions, help you understand the likely cause of your pain, and guide you on a path to recovery. There's absolutely no cost to you and no obligation to schedule with Airrosti.



To get started, simply text your name to 726-204-5447 or schedule a NO COST video chat with a provider at airrosti.com/vip-chat. Providers are available to assist you Monday through Friday, from 8 a.m.-5 p.m.

Downtown

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Plans for downtown include:

- **The Calvary Baptist Church property** - the city council is looking into development opportunities
- **Turnback Program** - will reduce the number of traffic lanes on Main Street, divert through traffic to Jefferson Street and beautify landscape.

Although these projects are years away, the challenge for Chip and Camryn is to maintain momentum to keep downtown a priority.

When asked what the most rewarding part of their jobs is, Camryn said, "When I see people show up to our events and have a good time downtown, it's a really great feeling." Chip agreed, "The diversity of the crowds that we are able to attract downtown, seeing new people is rewarding because that's what it is all about— making those personal connections with businesses and our community."

Recently Chip and Camryn started a new music series called 'Music on Main,' as part of their yearly initiatives. The last two concerts will take place at the Farmers Market, 120 W. Main St. on Thursday, Sept. 1, and Thursday, Oct. 6, 6 p.m.-7:30 p.m.

Other upcoming events in the Farmers Market include:

Grand Fiesta Patrias Festival and Parade

Saturday, Sept. 17, 9 a.m. to 2 p.m.

Día de los Muertos, Sunday Oct. 30, 6 p.m. to 10 p.m.

If you are interested in Chip and Camryn's work, follow them on Facebook, Instagram, and Twitter @downtowngptx or visit gptx.org/downtown to stay updated on all their latest events and projects.

Toastmasters Open House

Wednesday, Sept. 28, noon- 1 p.m. (Doors open at 11:45 a.m.)

City Council Briefing Room, 300 W. Main St.

Light Snacks will be served. • For more info.: grandorators.toastmastersclubs.org

RSVP to Chiquita Taylor 972-237-8039 or email ctaylor@gptx.org



Get More from Omada

Whether you want to lose weight, eat better, move more, or have more energy, Omada's science-based approach helps you shift your mindset and change your health. You will get a plan built around you, and the support of a dedicated health coach, weekly lessons, and a wireless smart scale – all at no cost if you are enrolled on the city's medical plan. Get started at omadahealth.com/gptx.

Catalytic Converter Etching

Wednesday, Sept. 14, 6-8 p.m. • City Service Center, 1821 South SH 161

\$15 per vehicle benefiting Crime Stoppers

[Register here](#)

Did You Know?

1 in 3 American adults has prediabetes. That's more than 88 million people! 84% of people with prediabetes don't even know they have it. Prediabetes is when someone's blood glucose (sugar) level is too high but not high enough yet for a diagnosis of type 2 diabetes. Prediabetes can become type 2 diabetes if it is not treated. Visit doihaveprediabetes.org to take the risk test.

Prediabetes can often be reversed if it's caught early by making health lifestyle changes, such as:

- Weight management – Losing just 5-7 percent of your body weight can lower your risk for type 2 diabetes.
- Eating healthier – Roast, broil, grill, steam, or bake. Avoid frying. Don't forget that low fat doesn't have to mean low flavor.
- Getting active – Get at least 2.5 hours of physical activity every week. Taking 3-minute walks 5 days per week is a good goal to start with.
- Quit smoking – Make a list of all the reasons to stop smoking (There are a lot!). Enroll in the city's tobacco cessation program at quitnow.net to begin the program and kick the habit!



Don't Miss Park(ing) Day

Presented by the Planning Division and Downtown Managers

Friday, Sept. 16

Municipal Court Parking Lot



8-10 a.m. - Travelin' Tom's Coffee (free coffee for the first 60 employees)

11 a.m.-1 p.m. - Free food truck lunch for city employees only

Parking day is a global event that encourages individuals to repurpose parking spaces and transform them into social places.

Original PARK(ing) Day concept by Rebar.



Message from the Manager

In the Proposed FY22-23 Budget, we have included a 3 percent merit raise for all city employees that will be considered for formal approval by the City Council on September 20. The Council is supportive of this raise, so I am optimistic that it will be approved in the final budget. If approved, the pay increase will be seen on your October 28, 2022 paycheck.

I'm excited to remind you of two programs that are centered on rewarding employee effort and innovation.

GP&Me

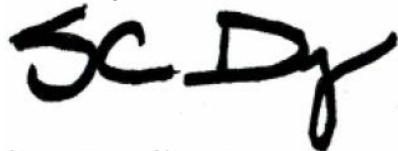
Time off with family and friends is so important. This program recognizes employees with 1-5 days off for outstanding contributions that improve, beautify and/or positively impacted our city's programs, business operations and community. If approved by the City Manager's Office, recipients will be notified by Human Resources. Nominate an employee for GP&Me on the Raving Fans site [here](#).

IDEAS Incentive Program

I've found that the best ideas usually come from those doing the work. We've introduced the IDEAS Incentive Program to solicit ideas that might save taxpayer dollars and/or make our city's operations more efficient. If you have an idea, the IDEAS Committee will review it and the employee(s) that submitted the proposal will be rewarded monetarily. Submit your IDEAS proposal on the Raving Fans site [here](#).

A big THANK YOU to all employees who are working this Labor Day weekend. Your dedication to our city is noticed and appreciated. And to everyone who has the long weekend off, please stay safe and enjoy!

Sincerely,



Steve Dye, City Manager

Online Retirement Counseling

You can now schedule a virtual or phone counseling session with a TMRS representative to answer questions regarding TMRS benefits, monthly retirement benefit estimates, and your retirement options. For online counseling, all you need is a computer or mobile device. A webcam or camera phone is not required but will allow you to see your representative and any documentation they share with you. Your family members and financial advisor are welcome to attend.

Virtual or phone appointments are available Monday through Friday from 7 a.m.-6 p.m. Visit tmrs.com to schedule your appointment today.

Upcoming Events

Sept. 16-18 and Sept. 23-25

Rodgers and Hammerstein's
State Fair

Presented by the Grand Prairie
Arts Council

7 p.m.

[Uptown Theater](#), 120 E. Main St.

Saturday, Sept. 17

Grand Fiestas Patrias Festival
and Parade

9 a.m.-2 p.m.

Farmers Market

120 E. Main St.

Vendors, music, photo booth,
mascots, mariachi, DJ,
folkloricos, food, culture and
parade.

Saturday, Sept. 17

Paws in the Park and
Movie on the Lawn

6-11 p.m.

Grandlawn at EpicCentral
2960 Epic Place

This event will include a splash
zone for dogs and owners will
have the opportunity to gather
information on how to care for
their dogs. GrandFunGP.com

Saturday, Sept. 24

Clean Prairie Fall Sweep

Volunteer to help make Grand
Prairie litter free.

[Register here](#)

Wednesday, Sept. 28

Grand Orators Toastmasters
Open House

Noon-1 p.m.

City Hall

City Council Briefing Room

300 W. Main St.

RSVP: 972-237-8039 or

ctaylor@gptx.org