

PRAIRIE PULSE

May 2024



EQUIPMENT ROAD-E-O

What's Inside

Prairie Trotters Wellness Club

Need a furry friend to go with you on your walk? See how Animal Services can help!

Elevated Artistry

Meet the person behind the mural on the water storage tank.

Message from the Manager

From City Manager Bill Hills

Upcoming Events

May Happenings

THURSDAY, MAY 23 | 11:30 A.M. - 1 P.M.
MCFALLS PARK EAST, 1300 SW 3RD ST.

Celebrate Public Works Week! Test your heavy equipment operating skills and enjoy hamburgers and hot dogs with coworkers.

Sponsored by Transportation & Mobility, Utility Services, Parks, Arts and Recreation, and the Employee Recognition Committee.



Upcoming Events

SATURDAY, MAY 4

Election Day

gptx.org/elections

SATURDAYS

Farmers Market

8 a.m.-1 p.m.

120 W. Main St.

[More info >](#)

SATURDAY, MAY 4

Cinco de Mayo Celebration

Parade: 10 a.m.

City Hall Area,

300 W. Main St.

[More info >](#)

Herbal Wellness and
Remedies Class

Sponsored by Keep Grand
Prairie Beautiful

2-3 p.m.

Main Library, 901 Conover Dr.

[Register >](#)

TUESDAY MAY 7 AND MAY 21

City Council Meeting

6:30 p.m.

City Hall, 300 W. Main St.

SATURDAY, MAY 11

Shred Day

8-11 a.m.

The Epic Parking Lot

2960 Epic Place

\$5 per box benefiting Grand
Prairie Crime Stoppers

Mother's Day Celebration

9 a.m.-noon

Veterans Event Center, 925
Conover Dr.

Moms and moms-to-be are
invited for prenatal massages,
nail care, information on safe
sleep and nutrition and more.

New City Administrative Holidays

The Grand Prairie City Council recently voted to support the celebration of the Juneteenth and Cesar Chavez/Dolores Huerta holidays. These will be new holidays for City of Grand Prairie administrative employees:

Wednesday, June 19, 2024 – the first official observance of the Juneteenth holiday for the City of Grand Prairie

Friday, March 21, 2025 – the first official observance of the Cesar Chavez/Dolores Huerta holiday for the City of Grand Prairie



Prairie Trotters Wellness Club

Join the Prairie Trotters Club to stay active and provide much needed companionship to Grand Prairie furry friends in need.

Prairie Trotters Club is a walking/running club where you can take a Grand Prairie Animal Services

shelter dog out on a trail ranging in length from 1 mile to 2.2 miles. To sign up, go to gptx.org/trotters.

Eat More Veggies

Although the required amount of veggies varies by individual, the U.S. Department of Agriculture generally recommends that adults eat 2 to 4 cups each day. Functional Medicine practitioner Terry Wahls, MD, clinical professor of medicine at the University of Iowa Carver College of Medicine and author of *The Wahls Protocol* *Cooking for Life*, offers the following examples of what counts as a cup:

1 avocado

8-10 asparagus spears

1 beet

1 bell pepper (large)

4-5 Brussels sprouts

1/6 head of cabbage

1 large carrot

¼ head of cauliflower

2 ribs of celery

1/3 large cucumber

2 cloves of garlic

4 large lettuce leaves

5 mushrooms

1 handful of spinach

1 large tomato

1/3 large yam or sweet potato



Elevated Artistry

Renowned artist Eric Henn is currently bringing his creative vision to life on Grand Prairie's elevated water storage tank, situated just east of SH 161 and north of Marshall Drive. Scheduled for completion and activation by October 2024, this new tank will hold 2 million gallons of water—doubling the capacity of the old tank and will serve EpicCentral, Traders Village and surrounding neighborhoods. The old water tank will eventually be demolished.

Kirby Creek Natatorium

Lap swim: Use our 25-meter heated indoor pool to swim, walk, or jog to tone and strengthen your body. Kids under 13 are prohibited during these hours, unless given manager approval and a proficient swimmer. Monday through Thursday, 8 a.m. - noon and 4-8 p.m., Friday, 10 a.m. - noon and 4-6 p.m. Saturday, 1-6 p.m. \$2 per entry

Open swim: Great for the entire family. A limited number of lifejackets are available. Monday through Friday, 1-4 p.m. Saturday, 1-6 p.m. \$2 per entry

Celebrating Excellence: Congratulations to Our Award Winners!

A round of applause goes to **Sara Dedeluk** and **Cathy Raymond** for being honored with the Texas Travel Alliance's Gene Phillips Hospitality Award.

Warmest congratulations to **Marc Taddonio** for winning the Grand Prairie Chamber of Commerce Public Service award in February. Nominees included Mona Lisa Galicia, Gary McGahey, Brad Leonard, Jason Farris and Kaye Gilbert.

Kudos to **Kay Brown-Patrick**, recipient of the Chamber of Commerce's Wonder Woman Award.

Fleet Services was recognized as one of the 100 Best Fleets in the Americas by the National Automotive Fleet Association.

It's OK to Snooze

Hitting the snooze button for 30 minutes may actually help you feel less sleepy and more alert when you wake up. Scientists found that snoozing didn't cause sleep loss or impact sleep quality. Bottom line: Sleeping that extra time won't harm your health, and there may be a benefit. Turns out, you don't lose when you snooze.

Better Homes & Gardens



Message from the Manager

A huge thank you to the Parks & Recreation Department and the entire organizational city team for a fantastic Main Street Fest! It was truly an incredible event, marking a milestone as the biggest and best festival in Grand Prairie's history. I can't wait until next year to see how we top this!

As we continue working our way through the budget process, I am pleased with the progress thus far. Budget has been meeting with department heads, and next month I will share with our employee family more detailed information.

Please mark your calendars for Thursday, May 23, 11:30 a.m.-1 p.m. for the Equipment Road-E-O at McFalls Park. I encourage everyone to support this event, as our Water and Streets Departments go to great lengths to make it fun for everyone. It's a great time to show support for each other and have fun.

Thank you for your hard work every day and remember to be "Grand Prairie Proud" in everything you do.



Bill Hills
City Manager



Upcoming Events

SATURDAY, MAY 11

Marty Party
9 a.m.-1 p.m.
The Summit, 2975 Esplanade
Celebrate World Migratory
Bird Day with vendors,
activities and lunch

TUESDAY, MAY 14

Texas Tough Plants
6-7:30 p.m.
Arm your landscape with
adapted plants that can
withstand the barrage of
Texas heat and drought
[More info >](#)

SATURDAY, MAY 18

Read to Run 5K and Fun Run
Registration opens: 7 a.m.
Race begins: 8 a.m.
EpicCentral, 2960 Epic Place
[Register >](#)

THURSDAY, MAY 23

Equipment Road-E-O
11:30 a.m. - 1 p.m.
McFalls Park East,
1300 SW 3rd St.
Test your heavy equipment
operating skills and enjoy
hamburgers and hot dogs
with coworkers

THURSDAY, MAY 23

Cyclin' with the Mayor – Tyre
Ride and Community Fair
Meet at 6 p.m.
Ride begins at 6:30 p.m.
2327 Tyre St.

MONDAY, MAY 27

City Holiday – Administrative
Offices Closed

Memorial Day Ceremony
9:30 a.m.
Veterans Memorial, 925
Conover Dr.

Take a Sip of Tea

Drinking tea daily may reduce your risk of type 2 diabetes by 47 percent. Black and green teas are high in polyphenols, which have been shown to help regulate blood sugar. For the best benefit, skip sweeteners and add a squeeze of lemon.

Better Homes & Gardens

