

# Wow!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JANUARY 2010

### New Sub-Courthouse and Clinic Planned

The former Army Navy store property at 130 W. Church Street has been acquired by the city of Grand Prairie and demolition is in progress. Dallas County has plans to construct a new county sub-courthouse building on the property, which will replace the current county courthouse at 630 W. Main St.



Parkland Hospital System has entered into an agreement with the city of Grand Prairie to build a new clinic in Grand Prairie at 801 Conover Drive, the site of the current police headquarters. The proposed 25,000-square-foot clinic would provide primary preventive care for infants, children, adults and seniors. A full service pharmacy would also be available at the location.

The Grand Prairie Police Department is expected to move from its current building on Conover to the new Public Safety Center in May 2010. The new facility is located on the west side of SH 161 between Arkansas Lane and Warrior Trail.

### Join The Summit Now and Save!

The Summit at Central Park  
The Premier 50+ Club

Pre-sale memberships for city employees and Grand Prairie residents ages 50 and older can now be purchased. Buy a one year membership early and get two months added to your annual membership. Also receive a free Summit T-shirt and lanyard with your membership while supplies last. The Summit is scheduled to open in summer 2010. Experience FUN AFTER FIFTY! Annual membership fees are \$200 for adults ages 50-64 and \$50 for adults ages 65 and older. To join visit [www.Grand-FunGP.com](http://www.Grand-FunGP.com) or visit the Senior Center, 925 Conover Dr., 972-264-4975.

### Wake Up Your Workout

To speed up the fat burning power of exercise, pass on the burger and fries for a veggie-filled salad or turkey on whole wheat. Canadian researchers found that when you regularly eat high-fat foods, the excess fat is stored within muscles, slowing their fat-burning ability. A high-fat diet hinders muscles' ability to convert food into the much-needed energy that fuels your workouts. "It's like carrying a backpack with 33 percent of your weight in it, but your muscles can't compensate for the extra work," explains study author Thomas Hawke, PhD, associate professor at McMaster University.

*Prevention*

### Citizens Police Academy Begins Feb. 1

Residents who live or work in Grand Prairie are invited to sign up and learn more about the Grand Prairie Police Department at the Citizens Police Academy. The free course begins Monday, Feb. 1, and is conducted once a week on Mondays until May 3.



Classes will meet at the Charles V. England Public Safety Center at 310 W. College St. Attendees will learn how the Grand Prairie Police Department works through lectures, demonstrations, tours, hands-on practice and an opportunity to ride along with police officers.

Participants must agree to a background criminal history check, be 18 years old or older and not convicted of a felony.

To register, call Charlene Muse at 972-237-8724 or e-mail Lt. Dennis Clay at [dclay@gptx.org](mailto:dclay@gptx.org).

### What Your Scale Says About Your Brain

If it registers a healthy weight, your mind is likely youthful too. In a recent UCLA study, overweight people had 4 percent less brain tissue than normal-weight adults—the equivalent of their minds aging 8 years. One possible cause: a high calorie or high-fat diet, which clogs arteries in the brain, restricts blood flow, and causes cells to shrink.



*Prevention*

## Benefits

### Learn More About Flexible Spending

- Did you receive your Conexis Elite Benefit Card and want to know about eligible expenses?
- Did you forget to use your Conexis Elite Benefit Card and need to file a claim?
- Do you have a dependent care account and are unsure how to file a claim?

Conexis will be here to answer your questions about your 2010 Flexible Spending Accounts for Health Care or Dependent Care:

Date	Time	Location
Tues., Jan. 12	9 a.m.	City Council Chambers
Tues., Jan. 12	1 p.m.	City Council Chambers
Wed., Jan. 13	8 a.m.	Main Library
Wed., Jan. 13	10:30 a.m.	Main Library
Thurs., Jan. 14	1 p.m.	City Council Chambers
Thurs., Jan. 14	3:30 p.m.	City Council Chambers

### W-2's Distributed By Jan. 31

Are you getting your paperwork together for tax season? City of Grand Prairie W-2's will be distributed to you by the end of January.



### More than Just the Blues

Holiday depression, also known as holiday melancholy, can start as the blues. Everyone gets the blues from time to time after the holiday season is over, which usually results from stress of getting ready for family events—to paying for the gifts purchased on credit cards and lasts only a short time.

If sadness lingers or affects your daily routine, you may have more than just the blues. Depression is a serious health problem that affects feelings, thoughts and actions and can be life-threatening.

Common signs of depression include:

- Constant feelings of sadness, hopelessness, or emptiness
- Loss of interest in activities once enjoyed
- Weight gain or loss that is not on purpose
- Slowed movement or restlessness
- Too much or too little sleep
- Loss of energy
- Feelings of worthlessness or guilt
- Difficulty concentrating, remembering things or making decisions
- Thoughts of death or suicide

If you or a family member experiences these symptoms for longer than two weeks or if the symptoms interfere with your daily routine, you may be suffering from depression. **Call a Magellan EAP counselor toll-free 24 hours a day, seven days a week at 1-800-523-5668.** This confidential counseling service is a prepaid benefit offered to you, your household members and dependents.

## Wellness

### Don't Bake this Winter

Can you believe people pay to raise their risk of skin cancer? The really crazy thing? You may be one of them. Using a tanning bed is among the most dangerous activities of winter or any other season, reports a review by the World Health Organization's International Agency for Research on Cancer. The beds are so harmful, the IARC placed them in the highest cancer-risk category: "carcinogenic to humans." So if you think the fake 'n' bake is safe, wise up—UV rays from tanning beds are just as damaging to DNA as the ones at the beach.

*MensHealth*

### Out-Muscle Father Time

It's never too late to start improving your body. That's because age doesn't limit your ability to build muscle when you begin a new exercise program, according to a study published in the *Journal of Strength and Conditioning Research*. When researchers compared biceps muscle growth in 18- to 39-year-old men, they found that



age had no impact on the gains the men made during 12 weeks of training. Muscles still react well to new challenges, which allows them to grow even into your 40s. After that, resistance training may help slow the muscle loss that begins in your 50s and accelerates after you hit 65. The exception: Younger men were able to make more substantial gains in their 1-rep maximum strength, the researchers found.

*MensHealth*

## Fun and Fit Activities

Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<b>Bowles Life Center Membership</b> Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court	<b>Bowles Life Center</b> 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees
<b>Charley Taylor Weight Room Membership</b>	<b>Charley Taylor Recreation Center</b> 601 E. Grand Prairie Road 972-264-6890	<b>*SPECIAL (good until Feb. 26, 2010)</b> Buy a 1-year weight room membership for \$60 and get a second one-year weight room pass at half price (\$90 value). <b>Please bring this newsletter for verification.</b>
<b>Charley Taylor General Membership</b>	<b>Charley Taylor Recreation Center</b> 601 E. Grand Prairie Road 972-264-6890	\$10 per year. (Walking is permitted in the gym during lunch hour with membership)
<b>Employee Swim - Learn to Swim</b> Feel more comfortable in the water, tone and build muscles Monday and Wednesday 12:15-12:45 p.m.	<b>Kirby Creek Natatorium</b> 3201 Corn Valley Contact Amanda Alms 972-263-8174 or aalms@gptx.org	\$1 per class

### At Starbucks...

#### Drink This

Grande Caramel Macchiato (nonfat milk)

190 calories  
 11 grams (g) protein  
 35 g carbohydrates (0 g fiber)  
 1 g fat  
 32 g sugars

#### Not That

Grande White Chocolate Mocha (2% milk, no whipped cream)

400 calories  
 15 g protein  
 61 g carbohydrates (0 g fiber)  
 11 g fat  
 58 g sugars

Starbucks lets you customize your drink—and you should. Stick with nonfat milk, and for sweetness, try a little caramel drizzle. Or skip calories with sugar-free syrup.

*MensHealth*

### LA Fitness Offers Discount

City of Grand Prairie employees are eligible for a discount at LA Fitness located at 114 Road to Six Flags in Arlington. Contact Glen Hunter at 469-438-6906 by Jan. 31, 2010 and receive a membership to any LA Fitness for a \$25 registration fee and \$29.99 per month—per person. LA Fitness offers personal training, weights, cardio, spin classes, pilates, basketball, racquetball, pool, sauna, child care and more. This membership includes a one-hour personal training session.

## Employee of the Month



**Reyna Pyka**

**Reyna Pyka, Senior Office Assistant for the City Attorney**, has been named Employee of the Month for January. Pyka is the City Attorney Office's first contact with citizens and internal clients who visit or call. During the past few months, she has worked diligently with staff to implement a paperless archiving system. This large task took months to complete because there were thousands of documents, some dating back 30 years, to be scanned and indexed or destroyed. Pyka worked with the IT Department to customize a system and worked with the City Secretary's Office and other departments to transition to the Quickfields, Access and Laserfische system.

"Reyna even created a quick and easy guide for users and other departments complimented her efforts," said Mona Lisa Galicia, Assistant to the City Attorney. "We appreciate Reyna's very positive work ethic and get-the-job-done attitude. She never shies away from a project."



### 20%

That's the percentage you can increase your energy level just by doing a low-intensity exercise like walking, according to a recent University of Georgia study. Researchers think such light workouts stimulate your body and mind, decreasing fatigue by 65 percent.

*Health*

## Message from the Manager

During the last decade, Grand Prairie's population has increased by more than 40,000 residents and our city has become a sophisticated suburb with the best of the best roads, infrastructure and city facilities. In 2010 Grand Prairie will celebrate many more accomplishments. Here's a glimpse of our top 10 goals:

1. Open the new 60,000-square-foot Summit activity center for active adults age 50+ at SH 161 and Warrior Trail in summer 2010.
2. Open the new Public Safety Headquarters at SH 161 and Arkansas Trail in summer 2010.
3. Open the new Lake Parks Operations Center across from the Lynn Creek Park entrance in summer 2010.
4. Work with Lone Star Park to continue success of track under new management.
5. Open Central Park at SH 161 between Warrior Trail and Arkansas Lane, a 172-acre park with lakes, waterfalls and trails.
6. Clear former Army-Navy store site to make way for a new Dallas

County Courthouse to be built downtown.

7. Work with downtown merchants to renovate and restore the facades to their 1950s glory; and operate a farmers market at Market Square Saturdays from Feb. 6-Dec. 18, 2010.
8. Complete Mayfield Road widening from SH 360 to Great Southwest Parkway.
9. Open Arkansas Lane as a widened four-lane divided road from Robinson and Carrier.
10. Begin construction in late 2010 to extend Lake Ridge Parkway as a six-lane road from Polo to the intersection of SH 161/I-20 and widen Lake Ridge from four lanes to six lanes between Polo and Joe Pool Lake.

I wish you the best in 2010. Thank you for your hard work making these projects possible.



Tom Hart  
City Manager

## Wellness

### Comeback Fat

Is palm oil out to get us again? At one time, manufacturers used this saturated fat in packaged foods, but then they traded it in for partially hydrogenated vegetable oil, a trans fat once considered a heart-smarter alternative. Now trans fats are largely gone, and palm oil is back. But it turns out both fats raise LDL cholesterol about the same amount, so both pose a risk to your heart.

**Shopping tip:** "No trans fats" on a label may not mean heart-healthy. Skip products that have palm oil or partially hydrogenated oils. And limit your consumption of packaged snacks and goodies.

*Good Housekeeping*