

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JULY 2010

Lunch N' Learn

Happy and Healthy Back Workshop
Learn about back safety and ergonomics from Dr. Michael Duffy, expert on neck and spine issues.

Thursday, July 22 • 11:30 a.m.-12:30 p.m.
City Council Briefing Room - City Hall, 317 W. College Street

If you will be attending, please RSVP to Candice Day at cday@gptx.org
Bring \$5 if you would like a Jason's Deli lunch.

Housing Hours Change July 6

Effective July 6, Housing and Neighborhood Services hours will be:

Monday- Thursday	7:30 a.m. - 6 p.m.
Friday	7:30 a.m. - noon



The building, located at 205 W. Church Street, will be closed at noon Friday until 7:30 a.m. Monday to save on air conditioning and electricity.

Bee Prepared

If someone you know gets stung by a bee, act quickly so they feel better faster. First remove the stinger; less venom (what causes the pain and sometimes an allergic reaction) will enter the body. Then clean the area with soap and water, and run antiperspirant over it—sounds odd, but many brands contain aluminum compounds that may reduce the effect of the venom. Consider giving the person an antihistamine to keep the reaction from spreading. Finally, apply a cold pack to the site for 10 minutes then calamine lotion or a paste made of baking soda and water to ease swelling.

Red flags: Go straight to the ER if the person breaks out in hives, vomits, has difficulty breathing, gets stung inside the nose or mouth, or has 10 or more stings at once.

Family Circle

Snacking, Tracked

Americans consume 24 percent of their calories from between-meal snacks and drinks—one third more than in 1977, according to a new study. Snacking can be good if it's kept under control and contains protein (examples: cheese and nuts.) But that's not what's happening.

MensHealth

New Operations Center Opens



A grand opening for the Lake Parks Operations Center is scheduled for Tuesday, Aug. 17 at 8:30 a.m. The complex, located at 5610 Lake Ridge Parkway, will replace the current Fire Station #7 and will be better situated within its service area. The facility will also include a new Parks administrative facility for the Lake Parks and new Police offices for the Lake Patrol.

What's That Noise?



City of Grand Prairie outdoor warning sirens are tested at 1 p.m. on the first Wednesday of each month, weather permitting. The sirens are in three zones, north central and south. One zone is tested each month. Once per year, usually in March, all zones are tested at one time. For questions about outdoor warning sirens, contact Tonya Hunter, Emergency Management Coordinator, at 972-237-7595 or thunter@gptx.org. For additional information on emergency preparedness, visit www.gptx.org/disasters.

Beat the Heat

The hazards of living and working in Texas summer temperature conditions can range from simply being annoyed by the heat to a life threatening emergency. Use the following tips to prevent heat-related health emergencies.

Acclimation - Accustom yourself to the weather prior to long durations of physical activity.

Maintain Body Fluids - Fluid intake must be maintained throughout the course of physical activity. Do not rely on thirst as an indicator of dehydration because your body loses water faster than you realize. Alcohol should be avoided because it is a diuretic, which increases dehydration and can interfere with heat loss.

Proper Diet - Eat light and stay away from heavy foods. They increase metabolic heat production and also increase water loss. Eat smaller, well-balanced meals more often.

Dress Light - Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures. Wear loose-fitting clothes such as cotton which lets air move over your body. Wide brimmed hats should also be worn.

Rest Periods - Pace your work activities at a slower rate during high temperatures and take frequent rest periods in a shaded area and drink plenty of fluids.

Shut-Eye Sabotage

A sleep schedule is vital to any weight-loss plan. Too much or too little shut-eye can add extra pounds, say Wake Forest University researchers who tracked study participants for 5 years. In the under-40 age group, people who slept 5 hours or less each night gained nearly 2 1/2 times as much abdominal fat as those who logged 6 to 7 hours; also those who slept 8 hours or longer added nearly twice as much belly fat as the 6-to-7-hour group. People with sleep deficits tend to eat more (and use less energy) because they're tired, says study coauthor Kristen Hairston, M.D., while those who sleep longer than 8 hours a night may be less active. *MensHealth*



Gut Reaction

Colon cancer, the third deadliest cancer in the United States after lung and breast cancer, is often found after symptoms appear. Call your doctor if you notice these signs:

- Bloody stool
- Diarrhea or constipation for more than two weeks
- Narrow stool (potential signal of an obstruction)
- Gas, bloating or cramps that last more than two weeks

Fact: Getting a colonoscopy by age 50 (earlier if you're at high risk due to family history, obesity, intestinal conditions or other factors) reduces the risk of dying from colon cancer by 90 percent. *Family Circle*

Zumba

Zumba, a new high-energy aerobic routine, includes a little bit of everything—dance and interval and resistance training—all set to Latin music. A one-hour class can burn up to 1,000 calories, and the moves are simple enough that even beginners will get in step. Zumba is offered at the Bowles Life Center on Wednesdays and Fridays 6-7 p.m., or look around for other locations. Try it at home by ordering a book and fitness DVD set (\$25) at www.zumba.com/us. *Family Circle*

4 Little Rules for Lower Blood Pressure

Many physicians don't emphasize to patients the following simple lifestyle changes, which dramatically affect the prevalence of high blood pressure in America, found a new report.

Healthy Habit	Lower BP by:
Eat a diet rich in low-sodium foods.	17%
Drop pounds if you're overweight	8%
Exercise more often	6%
Eat more fruits and veggies	5%

Prevention

28%

The number of new prescriptions that are never filled.



Answer: Always ask your doc why she's prescribing you something.

Experts say patients who don't understand why a drug is necessary may be less apt to take it. *Prevention*

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
Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track and basketball court.	Bowles Life Center 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees.
Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.	Bowles Life Center 2750 Graham St. 972-237-7529	\$80 per month or \$7 per class. <i>Try the first class free!</i> Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m. Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m. Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m., Sat. 10-11 a.m.
Boxing at Bowles Life Center Focuses on conditioning, weight loss, body toning and fitness.	Bowles Life Center 2750 Graham St. 972-237-7529	\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.
Golf - The Jim Sparks Special Play golf after 5 p.m.	Prairie Lakes Golf Course 3202 SE 14th St. Call for reservations: 972-263-0661	Tuesdays and Wednesdays \$10 after 5 p.m. (cart included) Mon- Fri: 1/2 price bucket of range balls
Spinning at Bowles Life Center Group exercise on stationary bikes.	Bowles Life Center 2750 Graham St. 972-237-7529	\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.
Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class.	Bowles Life Center 2750 Graham St. 972-237-7529	\$7 per class or \$35 per month. Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.
Zumba at Bowles Life Center Fast-paced cardio workout to music.	Bowles Life Center 2750 Graham St., 972-237-7529	\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.
Join The Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i> Now Open!	The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org	Annual membership \$200 for ages 50-64. \$50 for ages 65 and older. Payroll deduction available.

Quiz

Enter for a Chance to Win Two Movie Passes

Did you read this issue of the WOW! newsletter? We're putting you to the test. Complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by July 16.** If you answered each question correctly, your name will be entered into a drawing for a two movie passes.

Name: _____

Department: _____

1. Giving a person an antihistamine after a bee sting can keep the reaction from spreading.
 True False
2. Housing and Neighborhood Services will close at noon beginning July 6.
 True False
3. The Bowles Life Center does not offer Zumba classes.
 True False
4. Eating a diet rich in low-sodium foods can lower your blood pressure by 17 percent.
 True False
5. Staying away from heavy foods can help your body tolerate outdoor heat.
 True False
6. Getting a colonoscopy by age 50 can reduce the risk of dying from colon cancer by 90 percent.
 True False

Employee of the Month

David Bradburry, Code Enforcement Officer for Planning and Development, has been elected employee of the month for July 2010. He has inspected and followed up on more than 3,979 cases this year with a 95 percent compliance ratio. David has volunteered to assist senior citizens in complying with code violations by removing outside storage items, trash and debris, and taking it to the landfill for disposal. These efforts help minimize citizen complaints and save thousands of dollars in costs to the general fund for contract clean up.

According to Steve Collins, Bradburry is always willing to work with others and take on additional job duties without being asked. He has an exceptional attitude, work ethic, ability to resolve complex code violation issues and gets along well with co-workers. David has also received the "Going the



David Bradburry

Extra Mile" award for his efforts and performance within the division. His high levels of productivity are contributing factors for maintaining quality property values and producing a clean and safe environment for the City of Grand Prairie.

Message from the Manager

Cities across the metroplex are facing tough financial issues this year and Grand Prairie is not an exception. We've already taken steps to limit cuts, including freezing positions and eliminating travel. Nothing is sacred when budgets operate this tightly. We're currently in the process of putting together the 2010-2011 budget. We've had a few things in our favor, for instance fuel costs have stayed much lower than predicted. However, we will not clearly know our financial situation until the end of August when we receive our final income and property value numbers. The following decreases are estimated:

Property values - down 3%
Sales tax - down 7.5 %
Interest income - down 50%
Municipal court revenue - down 5.7 %
Auction fees - down 42.7%

In August we will know more about how our upcoming budget will look and I will keep you posted.



Tom Hart
City Manager

Put Down That Remote

Each daily hour spent watching TV poses an 18 percent greater risk of dying from cardiovascular disease, according to a new study published in *Circulation*, a journal of the American Heart Association. Unlike other studies, this one examined TV's impact on people of healthy weight and no history of heart disease. Couch potatoes who spent more than four hours a day watching TV had a staggering 80 percent greater risk of death from cardiovascular disease.

Better Homes and Gardens