

## Mosquito Control Starts With You

It takes all of us working together to combat mosquitoes and the diseases they carry. Any amount of standing water can give mosquitoes a place to lay their eggs. Most mosquito species require 8 to 14 days to complete their development, so puddles and other areas of standing water become a cause for concern if they don't dry up and remain stagnant for more than a week.

Use this backyard checklist to eliminate any standing water on your property and remember to protect yourself by wearing mosquito repellent whenever you spend time outdoors.

- Unclog gutters
- Drain flowerpot dishes
- Dump plastic wading pools after each use
- Turn wheelbarrows, buckets, watering cans and other containers upside down
- Dispose of unused tires
- Replace water in bird baths and pet dishes daily

- Place mosquito eating fish (Gambusia) in ponds
- Apply Bti mosquito dunks, bits or briquettes to french drains or other areas with standing water
- Fill tree holes with sand
- Repair leaky outdoor faucets
- Keep vegetation trimmed

City staff recently treated 25 miles of creeks and drainage channels throughout North Richland Hills with larvicide to reduce mosquito breeding sites. Areas will be monitored and re-treated as needed throughout the summer. The city works with Tarrant County Public Health to monitor for mosquito borne illnesses and implement mosquito control activities. Targeted spraying is conducted in areas where a mosquito borne illness is confirmed.

Visit [www.nrhtx.com/mosquitocontrol](http://www.nrhtx.com/mosquitocontrol) to get more information and sign up for spraying alerts. Questions regarding mosquito control may be directed to NRH Neighborhood Services at 817-427-6650.

### Know Your Watering Schedule

The City of North Richland Hills reminds all water customers that you may use sprinklers or irrigation systems no more than twice per week based on the following schedule:

#### Monday

No sprinkling or irrigation allowed

#### Tuesday & Friday

Non-residential sites (businesses, apartments, parks, common areas)

#### Wednesday & Saturday

Residential addresses ending in 0, 2, 4, 6, 8

#### Thursday & Sunday

Residential addresses ending in 1, 3, 5, 7, 9

No watering from 10 a.m. - 6 p.m. on any day.  
Sign up for weekly watering advice  
at [www.savetarrantwater.com](http://www.savetarrantwater.com).

[www.nrhtx.com/conservation](http://www.nrhtx.com/conservation)

### Have Flooding Concerns? Contact NRH Public Works

Did you know the North Richland Hills Public Works Department provides determinations on whether a property is located within a Special Flood Hazard Area? Information is also available on:

- Flood insurance data such as the FIRM Zone, Base Flood Elevation (BFE) and the location of Floodways
- Little Bear Creek Corridor's natural floodplain protection regulations
- Elevation Certificates that have been processed in North Richland Hills
- Historical flooding or drainage problems throughout the city

NRH Public Works staff will make site visits to review flooding and drainage problems for property located within the city limits. These services are offered free of charge. For more information, please contact the NRH Public Works Department at 817-427-6400.

## Beat the Heat at the NRH Centre

Escape the extreme temperatures and take your fun indoors at the NRH Centre! Located at 6000 Hawk Ave., the facility includes a fitness center, indoor aquatics center, multi-purpose senior center, meeting and banquet facilities and more. A wide variety of activities and classes are offered at the NRH Centre each week. For more information, please stop by, go online to [www.nrhcentre.com](http://www.nrhcentre.com) or call 817-427-6600.

## Take Precautions During Heat Wave

Hot temperatures and high humidity during our Texas summers increase the risk of heat-related illnesses, particularly for those working outside or participating in outdoor activities. Take precautions by drinking plenty of water and limiting your time outside to the cooler part of the day. When outdoors, wear light-colored breathable clothing and take frequent breaks in the shade. Provide pets with plenty of shade, water and time indoors. Never leave pets or children unattended in a vehicle. Check up on relatives and neighbors.

Be able to recognize the symptoms of heat illness. If you experience dizziness, thirst, heavy sweating, nausea and weakness, these are symptoms of heat exhaustion. Move to a cooler area, loosen clothing, sip cool water and seek medical help if symptoms do not improve.

## Volunteer Drivers Needed

Social Transportation for Seniors (STS) is a North Richland Hills volunteer program that reconnects homebound senior citizens to the community by providing them with transportation to leisure and social activities. The program operates Monday - Friday from 8 a.m. to 4 p.m. and serves North Richland Hills residents. All rides are within a 7-mile radius of NRH. You can be a volunteer driver for as little as one hour a week and enjoy flexible scheduling. The human connection and social engagement STS drivers help provide is fundamental to happiness and emotional well-being! Become a volunteer driver with STS today by calling 817-427-6696 and help homebound seniors gain a new connection to our community. Learn more at [www.stsrides.org](http://www.stsrides.org).

Meals on Wheels of Tarrant County is also in need of volunteer drivers for routes in North Richland Hills and surrounding communities. Volunteers deliver meals between the hours of 10:30 a.m. and 1 p.m., one or more days per week. For more information, please contact Judith Bell at 817-258-6426 or [Judith.Bell@mealsonwheels.org](mailto:Judith.Bell@mealsonwheels.org).

## Upcoming Events

### 'Round the Town with Oscar

Join us for Mayor Oscar Trevino's monthly bicycle rides and walks around North Richland Hills! The August ride and walk will take place on **Tuesday, Aug. 1**, starting at 6:30 p.m. at Richfield Park, 7250 Chapman Rd. This is a family-friendly event open to all ages. Helmets are required and participants are encouraged to bring their own water. For more details, call 817-427-6620 or visit [www.nrthx.com/roundthetown](http://www.nrthx.com/roundthetown).

### Fall Garden Seminar

Common Ground NRH Community Garden invites you to their free Fall Gardening Seminar on **Saturday, Aug. 12** at 9 a.m. in the Grand Hall at the NRH Centre, 6000 Hawk Ave. Hear presentations by garden experts and get your gardening questions answered. For more information, visit [www.nrhcommunitygarden.com](http://www.nrhcommunitygarden.com).

### Community Emergency Response Team

Want to learn about emergency preparedness and how you can help if a disaster strikes? The Community Emergency Response Team is holding a training session this fall. The 8-week training will take place on Tuesday evenings, 6 - 9 p.m., from **Aug. 15 through Oct. 3**. There will also be a field day event on Saturday, Sept. 9. Get more information and sign up at [www.nrhtx.com/cert](http://www.nrhtx.com/cert) or by calling 817-427-6935.

## New Business Spotlight

### All Secure, Inc.

8208 Northeast Pkwy., Suite 109  
817-818-7737, [allsecureusa.com](http://allsecureusa.com)

### GIMS Barber Studio

6039 Precinct Line Rd., Suite 140  
817-537-2103, [gimsbarberstudio.com](http://gimsbarberstudio.com)

### Joy Pike Agency, LLC

8605 Mid-Cities Blvd., Suite 200  
817-657-1443, [agents.farmers.com](http://agents.farmers.com)

### Kevin Kelly- State Farm Insurance Agent

7720 Rufe Snow Dr., Suite 410  
817-379-1500, [kevinkellyinsurance.com](http://kevinkellyinsurance.com)

### Sacred Journey

9289 Huntington Square, Suite 100  
405-208-3183, [sacredjourney111.com](http://sacredjourney111.com)

**Support local businesses. Shop NRH first!**