



THE HEAT



A Publication of the Pine Bluff Fire & Emergency Services
FOCUSING ON THE COMMUNITY

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As recently covered by local media, over the years, we have seen dozens of people displaced by structure fires. The scenes change, but the emotions never do. They range from raw anger to sadness to hopelessness. And they can take a long time to heal. While some fire victims have insurance to replace lost belongings and cover the cost of finding a new place to live, many don't. It's the latter who often hang their heads in their heads and wonder what happens next. We trying to spread information about insurance policies that can offer crucial help in times of disaster, especially to those who rent homes or apartments. While homeowners are often required to carry insurance on their properties as part of their mortgage agreements, renters are not. Too often, people are left wondering what they will do after everything they have collected over the years is reduced to a water-soaked pile of ashes, You don't really think about it, but things like shoes, socks, underwear and other personal items are things you collect over several years. When you lose all of that and have to go out and buy it all at once, it can be a huge expense. Promoting renter's insurance and its benefits has been on my mind for a while, but it really hit home after the fire at Country Club Point Apartments, which displaced about 30 residents. Most of them didn't have renters insurance. We just want to get the word out that, first of all, renters insurance is not that expensive. Depending on which coverage you select it will probably less than \$200 a year. Which is a lot cheaper than having to replace everything out of your pocket. It can provide lodging and help you get back on your feet after a disaster. According to some local insurance agents, renters insurance can be affordable, even on a modest budget. All you have to do is call and check, it will be well worth it. As they say, "It's better to have it and not need it, then need it and not have it."

Important Dates

April 18th—Tax Day





Health & Fitness with BC Clark

Take Care of Basic Body Needs

Taking basic steps to care for yourself can make a world of difference in your health.

Get enough rest - The demands and distractions of modern life have whittled away at the time people spend sleeping. But sleep is essential to good health. Studies show that during sleep our body and brain repair themselves, benefiting memory and mood. Sleep reinforces the immune system and reduces our risk of infection, diabetes, stroke, heart disease, cancer, obesity, depression, and perhaps even Alzheimer's disease. Rather than artificially bypassing sleepiness—our natural “safety device”—with sweets, caffeine, or other stimulants, we should heed it and simply get some sleep. Most adults need seven to eight hours of sleep every night to look, feel, and perform their best. Young people need more. Sleep-deprived teens are more prone to have psychological troubles and to fall asleep when driving. Sleep is especially important when we are sick. Our body can overcome some illnesses, such as a cold, if we simply get extra sleep and drink plenty of fluids.

Take care of your teeth. Brushing your teeth and flossing them after meals, and especially before going to bed, will help ward off tooth decay, gum disease, and tooth loss. Without our own teeth, we may not benefit fully from the food we eat. It is reported that elephants do not die of old age but that they slowly starve to death after their teeth wear down and they can no longer chew properly. Children who have been taught to brush and floss their teeth after eating will enjoy better health in youth and throughout life.

Go to the doctor. Some ailments call for professional medical attention. Early diagnosis usually results in a better outcome and less expense. So if you do not feel well, get help to find and eliminate the cause, instead of merely seeking to relieve the symptoms.

Regular checkups from accredited health-care providers can head off many serious problems, as can getting professional medical attention during pregnancy. Keep in mind, though, that doctors cannot perform miracles.

April Anniversaries

Michael Burnett—April 1st—13 years
Jerry Garganeous—April 2nd—29 years
Ernest Jones—April 30—23 years

April Birthdays

Joshua Suitt—April 7th
Justin Taylor—April 19th
Michael Hipp—April 16th
Shauwn Howell—April 23rd
Matthew Inman—April 25th





Graduation Day

Congratulations to Firefighter Hayley Moorehead on her recent graduation from the Fire Academy.



Station #1 Remodel Update

Well more delays..... Elevator cannot be inspected until first week of April due to unforeseen circumstances. Alarm Room has been torn out and in process of being updated. Engine Bay has been given a fresh coat of paint. Some cleanup of top floors has begun so that hopefully elevator is inspected we can start moving some additional things in.

However issues with leaks on the bottom floor of the new Police Department area is causing problems and delays.

Spring Clean Up Time & Burning

SPRING HAS ARRIVED!! Many property owners will begin to clean up and collect winter debris from yards, gardens and walkways. To burn yard waste, you must first obtain a Burn Permit prior to any outside burning within the City of Pine Bluff. Burn permits can be picked up from 8 AM to 5 PM at the Station #3 at 601 W 32nd** (right of 32nd & Olive). Permits for Approved Containers are \$5.00 and are good for 1 year. Controlled Burn permits (burning on ground) are \$25.00 are valid for 60 days. For safety, burning piles are to be kept reasonably small and must be attended at all times. Permitted fires that generate any complaints will be investigated by the fire department, and, if necessary, potentially extinguished. For more information on burning permits call us at 870.730.2048.

**When the remodel is completed at Station #1, 200 E. 8th, permits will have to be purchased there.



Spring Fire Prevention & Life Safety Tips

It's getting that time of year again when we are outside having fun. Whether we are grilling with family, spring cleaning or working in the yard, here are a few tips to keep you safe!

BBQ/ Grilling Safety

- ❖ Never use gasoline to start a fire.
- ❖ Use charcoal lighter fluid only before the fire is lit.
- ❖ Place grills well away from combustibles; buildings, fences, deck railings and landscaping can easily and quickly ignite.
- ❖ Keep a garden hose or a portable fire extinguisher handy in case the fire gets out of control.
- ❖ Never bring a grill into the home. The carbon monoxide produced by burning charcoal can be dangerous, even deadly, in an enclosed space.
- ❖ Keep children and pets away from fires and grills. It only takes a second for curiosity to cause a serious burn.
- ❖ Though coals may appear to be cool, always soak them with water. Coals retain enough heat to reignite for days after the fire.
- ❖ If your bag of charcoal gets wet, leave it in a well ventilated area away from the house. During the drying process, spontaneous ignition can occur in confined areas.

Home Safety Tips

- ❖ Test and clean your smoke and carbon monoxide detectors.
- ❖ Check your fire extinguishers.
- ❖ Clean your oven and cooking surface top of your stove.
- ❖ Keep combustible items such as oven mitts, towels, wooden utensils, paper towels, etc. off the top of the stove.
- ❖ Check for and correct frayed or damaged extension cords and wiring on all appliances.
- ❖ Prepare for storm -related outages (make sure your flashlights and portable radios have batteries and that other supplies, such as bottled water, are stocked and available).
- ❖ Practice exit drills with your family so everyone knows what to do in case of an emergency (establish a meeting place).
- ❖ Properly store household chemicals and never mix cleaning agents.
- ❖ Recycle old newspapers, magazines and junk mail.
- ❖ Make sure you clean the lint filter from your dryer before or after each load of laundry. Remove lint that has collected around the drum.

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Garage Safety

- ❖ Clean up and properly store paints, pool and yard chemicals.
- ❖ Check fuels containers for leaks and make sure they are properly stored.
- ❖ Have all power equipment cleaned, serviced and readied for use.

