



# The Voice of ISD

A publication for, about, and by the employees of the Information Services Division

SUMMER / FALL 2018

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**ONE SMALL POSITIVE THOUGHT**

*in the morning*

**CAN CHANGE THE ENTIRE OUTCOME OF YOUR DAY!**



## How to Stay Safe in Hot Weather

The long, hot days of summer can bring dangerously high temperatures. The American Red Cross has steps people can follow to stay safe when it's hot outside.

### HOT CARS CAN BE DEADLY

Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees. Other heat safety steps include:

- ☼ Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- ☼ Avoid extreme temperature changes.
- ☼ Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- ☼ Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- ☼ Postpone outdoor games and activities.
- ☼ Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- ☼ Check on family, friends and neighbors who do not have air conditioning, who spend

much of their time alone or who are more likely to be affected by the heat.

- ☼ Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- ☼ If someone doesn't have air conditioning, they should choose places to go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).

### HEAT EXHAUSTION

Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet

cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

### HEAT STROKE IS LIFE-THREATENING.

Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heat stroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

For more information on what to do when temperatures rise, download the free [Red Cross Emergency App](#). The app also gives users the option to receive alerts for excessive heat watches, warnings and heat advisories.

# DID YOU KNOW?

*Random, mostly useless, questionably true, but somewhat entertaining information*

## Just Random Useless Bits

- If you have 3 quarters, 4 dimes, and 4 pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.
- The numbers '172' can be found on the back of the U.S. \$5 dollar bill in the bushes at the base of the Lincoln Memorial.
- In the average lifetime, a person will walk the equivalent of 5 times around the equator.
- Odontophobia is the fear of teeth.
- Each of the suits on a deck of cards represents the four major pillars of the economy in the middle ages: heart represented the church, spades represented the military, clubs represented agriculture, and diamonds represented the merchant class.
- The king of hearts is the only king without a moustache.
- Diet Coke was only invented in 1982.
- Up until the mid 1960's most American car horns were tuned to the musical notes of E flat or C. Since then, many manufacturers have moved up on the scale to notes F sharp and A sharp.
- Clans of long ago that wanted to get rid of unwanted people without killing them used to burn their houses down -- hence the expression "to get fired".
- The plastic things on the end of shoelaces are called aglets.
- Astronauts have a patch of Velcro inside their helmet so they can scratch their nose.
- Slugs have 4 noses.
- The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second.
- The medical name for a runny nose is "rhinorrhea".
- Pteronophobia is the irrational fear of being tickled by feathers.
- In Finland, PhD graduates get a top hat and sword with their diploma.
- Rainycafe.com lets you play an adjustable mix of café and rain sounds. According to the page itself, "Moderate background noise induces distraction, which encourages individuals to think at a higher, abstract level, and consequently exhibit higher creativity."
- A lot of the spooky sounds that cause you to tense up when you're watching a scary movie are made by an instrument called a waterphone.
- Simply taking one step uses over 200 muscles in the body.
- Sarcasm makes you more creative.
- A single elephant tooth can weigh up to 9 lbs.
- Globally, only 2 percent of the population has green eyes.
- In 1992, 29,000 rubber ducks were lost at sea, and they are still being discovered in unexpected places.
- Space smells like a combination of diesel fuel and barbecue, according to astronauts. The smell is caused by dying stars.



In case you were wondering who was that person in the hall? Please join us in welcoming the newest members of the ISD team! We are pleased to introduce:



**Haylee Smoot**  
Temporary Employee  
SDA



**John Flores-Hidones**  
Statistical Research  
Specialist Supervisor  
OCJS



**Jarod Murphey**  
Admin Technician  
SDA



**Kali Leon**  
Admin Technician  
SDA

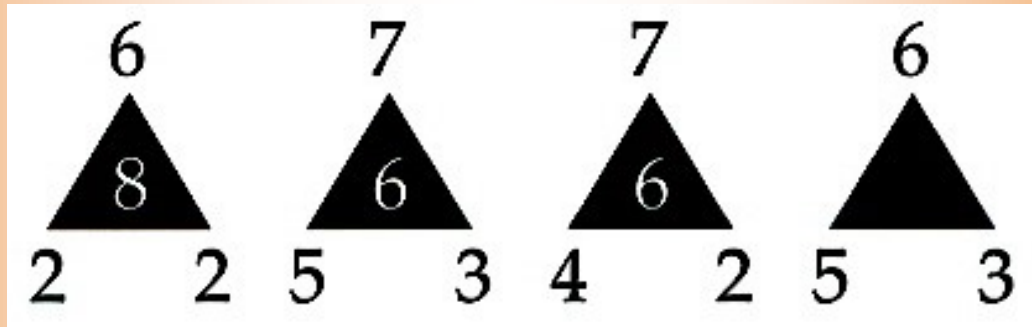
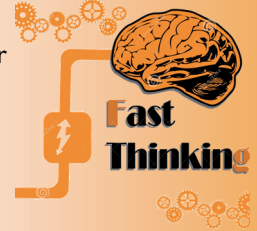


# BRAIN Games

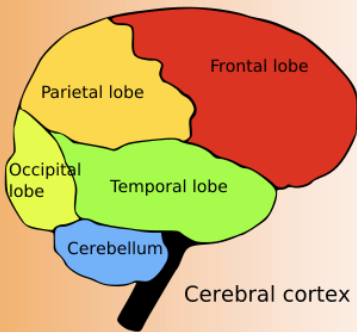
Test your brain with these Brain Teasers, Games or Illusions from SHARPBRAINS.com

**The Empty Triangle.** This puzzle works your executive functions in your frontal lobes by using your pattern recognition, hypothesis testing, and logic.

Which figure should be placed in the empty triangle? Ready. Set. GO!



## Exercise your Cognitive Skills: Where do words go?

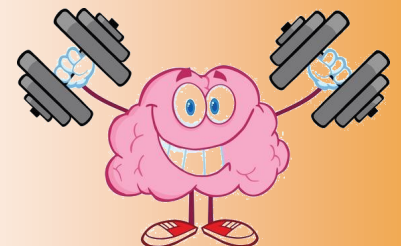


Here is a brain teaser whose aim is to stimulate the connections or associations between words in your temporal lobe. You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

Ready to stimulate connections in your temporal lobe(s)? Enjoy!

1. LOCK — PIANO
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER





# Good Eats

Submitted by: Julie Kelly

Submit your recipe for inclusion in an upcoming newsletter by emailing it to [julie.kelly@osbi.ok.gov](mailto:julie.kelly@osbi.ok.gov)

## Corn Chowder Soup



- 6 slices bacon
- 1 large onion, chopped
- 1 lb. russet potatoes, cut into small cubes
- 4 c. low-sodium chicken stock
- 2 tbsp. all-purpose flour
- 1/2 c. milk
- 3 c. corn
- 1/2 c. heavy cream
- 1 c. white Cheddar
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. chopped chives, for garnish

In a large pot over medium heat, cook bacon until crisp. Remove bacon onto a paper-towel lined plate. Drain all but one tablespoon fat and cook the onions until translucent, about 4 minutes. Add potatoes and chicken stock and bring to a boil. Reduce heat, cover, and simmer for about 10 minutes, or until the potatoes are tender.

When potatoes are tender, whisk flour into milk and stir into pot. Add corn, cream, cheese and bacon and bring soup back to a boil, cooking until cheese is melted, 2 to 3 minutes more. Season with salt and pepper, garnish with chives and serve.

## Avocado Tomato Salad

- 1/4 c. extra-virgin olive oil
- Juice of one lime
- 1/3 tsp. cumin
- Kosher salt
- Freshly ground black pepper
- 3 avocados, cubed
- 1 pt. cherry tomatoes, halved
- 1 small cucumber, sliced into half moons
- 1/3 c. corn
- 1 jalapeno, minced (optional)
- 2 tbsp. chopped cilantro

In a small bowl, whisk together olive oil, lime juice, and cumin. Season with salt and pepper.

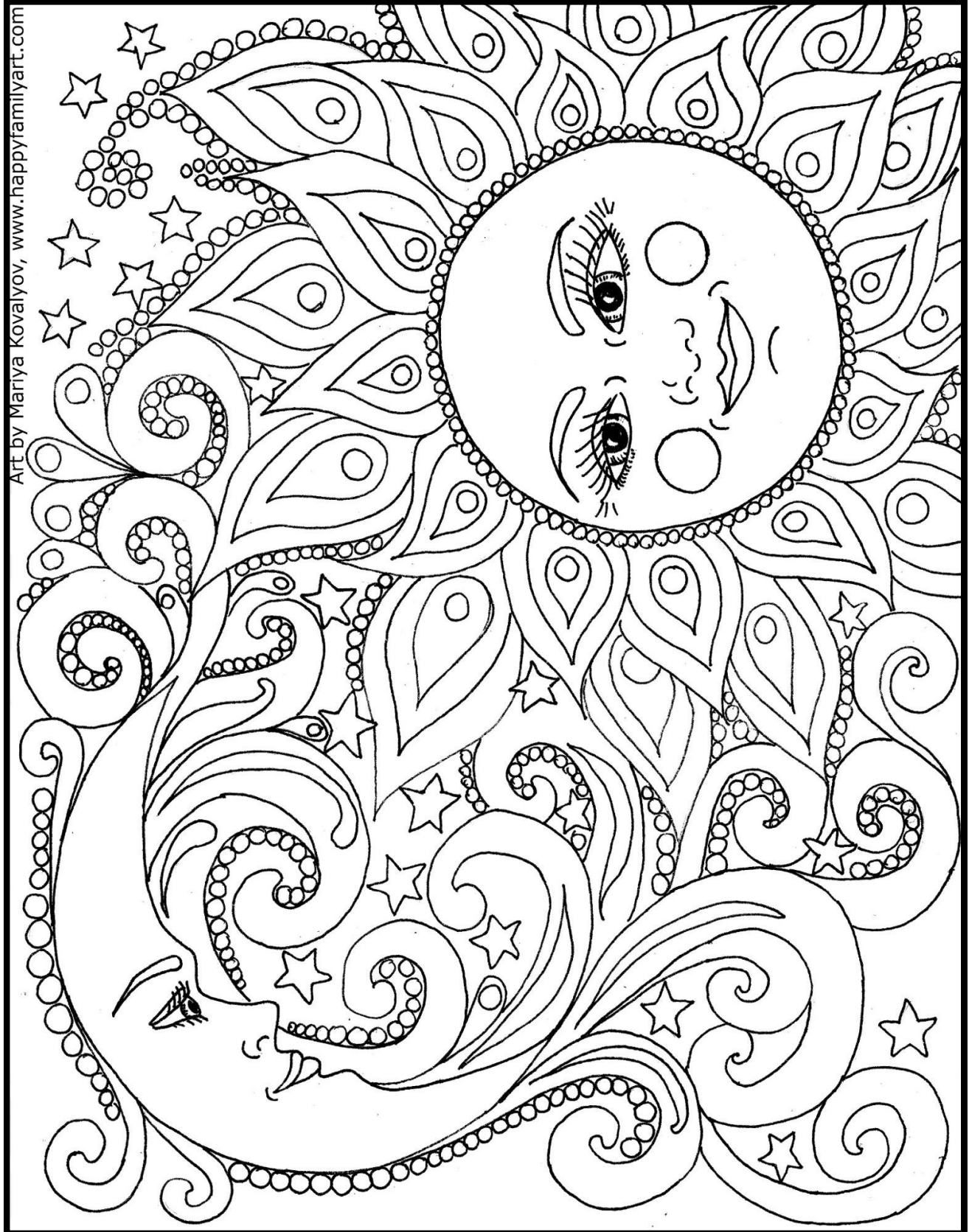
In a large serving bowl, combine avocados, tomatoes, cucumber, corn, jalapeño, and cilantro. Gently toss with dressing and serve immediately.



# De-Stress and Tap Into your Inner Child

Believe it or not, coloring has intellectual benefits as well. It utilizes areas of the brain that enhance focus and concentration. It also helps with problem solving and organizational skills. This may sound strange, and like perhaps the usefulness is being stretched, but it is all true. Our frontal lobes are responsible for these higher level activities and functions of the brain, and coloring detailed pictures activates all those properties. Think of considering complex color schemes, and using the brain to balance and make the picture aesthetically pleasing.

[1]

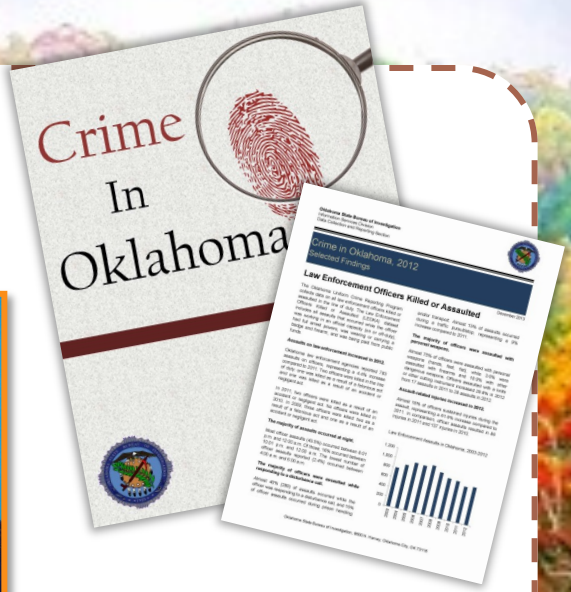


The Office of Criminal Justice Statistics (OCJS)

(Left to Right):  
John Flores-Hidones,  
Kara Miller.

# Behind the Scenes

by Julie Kelly and Anne Simons



The Oklahoma Statistical Analysis Center (SAC) is housed in the Office of Criminal Justice Statistics (OCJS) here at the OSBI. The unit currently consists of two full-time employees with a third employee on the way. All employees are located on the third floor at OSBI Headquarters.

The SAC's mission is to "collect, analyze, and publish criminal justice research and statistics to assist in ensuring the safety and security of the

citizens of Oklahoma". The SAC serves as the clearinghouse for state criminal justice information for Oklahoma and is the central point of contact for local, state, and federal criminal justice agencies.

In addition to answering research requests, staff work on several grant projects throughout the year such as but not limited to *Arrest-Related Deaths in Oklahoma*, *Crime Victimization*, and *Perceptions of Crime in Oklaho-*

*ma* as well as publishing the annual *Crime in Oklahoma* and selected findings (from *Crime in Oklahoma*) including *domestic abuse*, *murder*, *drug and alcohol-related arrests*, and *law enforcement killed and assaulted in Oklahoma* statistics.

You can check out some of the past and present work published by the SAC [here](#) on the OSBI web site.

Kudos to the OCJS unit for all their hard work!



## Why English is so hard...



We'll begin with a box, and the plural is boxes,  
But the plural of ox becomes oxen, not oxes.  
One fowl is a goose, but two are called geese,  
Yet the plural of moose should never be meese.  
You may find a lone mouse or a nest full of mice,  
Yet the plural of house is houses, not hicie.

If the plural of man is always called men,  
Why shouldn't the plural of pan be called pen?  
If I speak of my foot and show you my feet,  
And I give you a boot, would a pair be called beet?  
If one is a tooth and whole set are teeth,  
Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,  
Yet hat in the plural would never be hose,  
And the plural of cat is cats, not cose.  
We speak of a brother and also of brethren,  
But though we say mother, we never say methren.  
Then the masculine pronouns are he, his and him,  
But imagine the feminine: she, shis and shim!



# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 	23	24	25	26	27	28
29	30	31				

## July

4th—Independence Day  
22—Parents Day

# AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

No holidays!



Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

# SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4	5	6	7	8
9	10	11 	12	13	14	15
16 	17 	18	19	20	21	22
23	24	25	26	27	28 	29
30						

## September

3rd—Labor Day  
9th—Grandparent's Day  
11th—Patriot Day  
16th—Stepfamily Day  
17th—Citizenship Day  
28th—Native American Day

**July**

- John Flores-Hidones—2nd
- Trixie Eiler—3rd
- Debra Cooper—9th
- Aaron Gray—15th
- Dave Wood—15th
- Deandre' Dawson—27th
- Carolyn Collier—31st

**August**

- Dillon Davidson—1st
- Samantha Meisinger—8th
- Rose Howard—13th
- Paula Miller—17th
- Louise Myers—17th
- Sue Garrett

**September**

- Lesley Truong—7th
- Julie Kelly—22nd



**Red Feathers**

- Lorna Beckloff
- Stephanie Burton
- Ginger Casler
- Dillon Davidson
- Sue Garrett
- Debbie Goodloe
- Julie Kelly
- Casey McCarty
- Louise Myers
- Thu Ngo
- Anne Simons
- Lesley Truong

*Thank You*

**BE SOMEBODY WHO MAKES  
EVERYBODY  
FEEL LIKE A SOMEBODY**





# Fall Weather Safety Tips

## Preparing for Fall Weather

Fall is a wonderful time of year. The leaves are changing, the kids are back to school, there's football to watch, apples to pick (and eat!), pumpkins to carve, and the weather is especially pleasant — lower humidity, fewer bugs, and better sleeping temperatures. What's not to love? But fall is not without its share of hazards. Here are some tips to be prepared for whatever weather challenges may come your way this season:

### Floodwaters

In short, never drive through floodwaters! Fall can often times bring with it rainy weather, and heavy rains can be a common occurrence as September and October are still part of hurricane season. So if you encounter fast moving water or a flooded roadway as you are driving or walking, it's best to turn around and find another route. Abide by the "Turn Around, Don't Drown" adage. You do not know the conditions under the water. All it takes is 6 inches of moving water to make you fall. And keep children and pets from playing in floodwater.

### Leaf Hazards

Leaves, while pretty, can pose hazards for motorists. Fallen leaves can gather on roadways and when they become wet, they can create very slick conditions. Add freezing temperatures to the mix and



your vehicle will have zero tracking, similar to driving on an icy road. In addition, leaves can cover important road markings (double yellow lines, for example) or deep pot holes. So it's important to slow down when driving on a leaf-covered roadway. And always give yourself plenty of room between you and the cars around you in case anyone has to stop short.

Children often play in leaf piles so be alert! Never drive through a pile of leaves. Many "leaf peepers" are out on the road-

ways and many can be distracted by foliage vistas. Be alert to what other motorists are doing.

Keep your windshield free of leaves so as to not obstruct your view. And if you see dried leaves peeking out from under the hood of your car, take a moment to pop it and clear them away before you take your trip as they can obstruct ventilation holes and overheat your vehicle.

### Reduced Visibility

With the days getting shorter, visibility when driving in the fall can be a challenge. Many people walk along the side of the road at dusk with dogs, on horses or riding bicycles, and they can be difficult to see. School is also in session so kids are out playing. Mornings tend to be foggy. Additionally, fall is a time when wildlife is more active and on the move. Slow down when driving, especially on curvy or narrow roads where visibility around corners is difficult, and pay attention to postings for animal crossings, and obey school zone speed limits.

### Water Safety

Many people like to take fall boat rides to see peak foliage. Even if things seem calm on the water, everyone on board should wear a life jacket. Being submerged in water of any temperature for any length of time can cause hypothermia and even the strongest swimmer can be weakened.

### Fall Tornado Season in Oklahoma<sup>2</sup>

Fall in Oklahoma also carries a threat for severe weather so be weather aware. In fact, the months of September, October and November are known as the "second severe weather season" in the state.

As we transition to summer, the jet stream moves north and takes most of the tornado-producing severe weather with it. As we move into fall, the jet stream begins to dive back into the South-

ern Plains and brings the increased threat for tornadoes back into our area.

### Maintenance Items

**Get your furnace serviced.** Before winter arrives, it's a good idea to call a professional to do your annual furnace servicing now. Your furnace is by far the most important appliance in your home. Have the filters cleaned or replaced. Check to see if you have an annual service contract, which will greatly bring down costs on this important maintenance step.

**Fire Safety.** When we "fall back" is the time when everyone should replace the batteries in smoke alarms and carbon monoxide detectors. It's also a good idea to have a working fire extinguisher in the house, and everyone who lives there should be familiar with how it works. Hold a Fire Safety Meeting with family members and go over the steps. Do not do any outdoor burning when fire dangers are high. Flying embers can travel and start fires. Never leave candles unattended, especially in Jack-O-Lanterns or on table centerpieces.

**Fireplaces.** Get your chimney inspected every fall. Hire a chimney sweep to clean out your chimney of debris, nests, etc. before you light your first fire. Use the fireplace screens to protect from flying sparks and embers. Never pour lighter fluid, kerosene or gasoline on a fireplace, and never leave a fireplace unattended.



# Christmas IN JULY

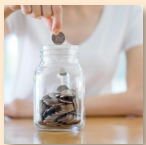
## July Challenge: Plan for Christmas, in July!

We're not sure who coined the phrase *Christmas in July*, but we're glad they did.

That phrase reminds us to plan for Christmas five months before it gets here. Too many people wait until December to buy gifts. With no money saved, they turn to credit cards in a panic and then end up paying for Christmas until next April. Have you ever been there?

It's much easier to get ready for the holiday season little by little. You just need to know where to start. Here are five ways you can get a jump on Christmas—in July.

**1. Save a monthly amount.** Determine the total you want to spend on Christmas gifts and divide it by five. For example, if your budget is \$1,000, you'll save \$200 a month for five months. You can build this savings plan right into your EveryDollar budget by [creating a fund](#). It's easy! Pair this with a [Christmas budget](#), and you can spend December at the mall people-watching (or avoiding it altogether).



**2. Look for deals now.** Wouldn't it be awesome to be able to snatch up a bargain when you see it? When you keep an eye out and start saving for gifts in July, you can do just that *and* save some serious money. You could find baby clothes for your newest family member on clearance or golf clubs online for your golfing dad. Gardening tools, camping gear and light jackets are also on sale in the summer months. To help you make the most of those deals, keep a running list of gift ideas and individual spending limits on your phone. And since you're starting to save now, you'll have cash on hand to buy gifts as you find them instead of waiting until the December rush.

**3. Use your "under budget" cash from other budget categories.** When you come in under budget on monthly expenses like groceries or clothing, or your utility bills are

lower than anticipated, take the difference and stash it away in your Christmas fund. That \$20 here or \$50 there adds up in a flash. Plus, it gives you one more reason to look for bargains and keep your budgeted-for expenses low.

**4. Have a DIY Christmas.** Check out Pinterest or Instagram to get some ideas for crafts you can give as Christmas gifts. Searching for them now gives you plenty of time to buy the materials and put the effort into creating a craft that's just right for the recipient. Even better, you have time to start over in case your first attempt looks more like a Halloween scare than a Christmas treasure.



**5. Turn vacation savings into Christmas savings.** July is a month made for vacations. If you've set your getaway spending already, look for [little ways to save](#) such as driving to your destination rather than flying. Put the difference into your Christmas budget. You could save a huge chunk of the money you need in one fell swoop.

**6. Begin to firm up plans with close family members.** Travelling to see your in-laws during the holiday season? Get a handle on the dates so you can be on the lookout for flight specials. Be sure to also talk about expectations for you buy presents for every niece or nephew or draw names related to the number of kids in your household? Talk and plan now, so you can enjoy later!



Plan for Christmas in advance. July's a good month to start! Starting early to save cash and search for gifts makes Christmas so much easier to enjoy. It also keeps your stress level down. Wouldn't you rather focus on time with your family and enjoying holiday traditions? We would too!

