

The Voice

NEWSLETTER

INSIDE THIS ISSUE

#Life	13
Awards & Recognition	6
Behind the Scenes	8
Birthday's	6
Brain Games	10
Calendar of Events	7
eat here? reviews	8
Erin's Corner	14
Good Eats!	11
In our State	12
Lunch - Pack It!	4
Milestones	6
Pet Parade!	5
Stay Healthy	2
Unit News/Projects	9
Welcome Aboard	8



EMPLOYEE SPOTLIGHT

by Anita Wood

The Information Services Division employee spotlight this issue is on **Kelsey Backry**. Kelsey is a Fingerprint Specialist in the Identification Unit. *“Being hired and becoming part of the bureau has been amazing because OSBI started my career,”* said Kelsey when asked how the OSBI has helped her in her career development. She is excited to be a part of the possibilities and growth the OSBI offers. Working at the OSBI was always Kelsey’s goal ever since she learned about it while she was attending the Forensic Science Institute at the University of Central Oklahoma.

Kelsey was born and raised in Edmond, OK. She has two *“100lb fur babies who love cuddling, going for walks and rides, and especially swimming”*, who happen to be German Shepherds named Zeus and Xena. Kelsey loves to be outside and staying active. She hikes, runs, ride bikes and plays all types of land and water sports. Her favorite sport right now is Pickle ball! Kelsey has three younger siblings, one brother and two sisters.

Kelsey says her family is very family-oriented and they have Sunday dinner at her mom’s every week. Her favorite food is spaghetti and meatballs *“hands down!”*

Some of the things most people do not know about Kelsey is that she is Lebanese, loves to cook, and was a cheerleader for the OKC Barons Hockey team before they moved to Canada. She is also a published author. *“After graduating, I was approached by one of my former professors at the university who knew I also had a degree in psychology. He asked me to co-author the second edition of his lab manual, which touches on cognition and psychological functions and biases. The manual is now used in the Bloodstain Pattern Analysis classes at the FSI.”* Way to go Kelsey! We are so glad you are here!



Front: Kelsey; L-R: Mom – Susan; Sisters – Kenzie and Alex; Rear: Brother – Michael

MEET KELSEY BACKRY



2021 Highlights

- ◆ SDA received 21,780 total applications. There were 4,231 initial and 17,549 renewal applications.
- ◆ 88% of all fingerprint submissions were received electronically, 94% of criminal submissions were received electronically.
- ◆ 62.3% of SDA applications were initiated through the online ok.gov process. The SDA system auto-approved 82.6% of all applications.
- ◆ BFSU conducted a combined total of 419 Livescan and 23 ink site audits.
- ◆ 253,257 name-based criminal history record checks were conducted.
- ◆ The Disposition Services Unit added 154,050 dispositions to the Computerized Criminal History (CCH) database.
- ◆ There were a total of 993 Mobile ID searches, which resulted in 87 FBI RISC hits (8.8%) and 593 OSBI AFIS hits (59.78%).
- ◆ There were 314 police departments, 29 campus police departments, 76 sheriff’s offices, eight state agencies, and 13 tribal law enforcement agencies reporting crime statistics in SIBRS.

Stay Healthy at Work¹

When you are busy at work, you may sometimes find it difficult to prioritize your health. However, spending long periods at your desk or eating unhealthy snacks can impact not only your health but also your performance at work. By understanding your needs and making healthier choices, you can learn how to stay energized and productive throughout the day. In this article, we list 13 tips that you can use to stay healthy at work.

Why is it important to stay healthy at work?

Individuals spend much of their time at work, often sitting at their desks and looking at screens for long periods. Beyond affecting their physical health, these behaviors can also impact mental health. When people do not feel well, physically or mentally, it can harm their morale and productivity at work. By learning techniques to stay healthy in the workplace, these individuals can improve their well-being. Instead of feeling burnt out, these individuals can feel energized and ready to take on their tasks. When employees feel happy and engaged at work, it can lead to fewer absences and more productive and efficient processes.

Thirteen Tips for Staying Healthy at Work

Drink more water



Staying hydrated can keep you alert and energized throughout your workday. Many people aim to drink eight to 10 glasses of water per day, and the amount each person needs can vary based on the level of physical activity and the climate. To stay well-hydrated, you can trade your usual coffee or a soda with a glass of water. Drinking more water at work can also help you stay full and resist the temptation to snack.

Bring a packed lunch

You can make healthier food choices by planning and preparing lunches to bring to work. By preparing this meal the night before, you can avoid rushing in the morning or grabbing something potentially unhealthy on your way into the office. Some of the food types to incorporate into your meal include lean proteins, healthy fats, salads, vegetables and fruits. Numerous online sources offer simple, healthy lunch ideas and recipes. Along with being healthy, make sure to pack yourself a meal you feel excited about eating. Having something to look forward to can help keep you in a positive mood.



Make smart snack choices



Along with lunch, you may consider packing healthy snacks. By planning your snacks for the day, you can avoid grabbing something from the vending machine or stopping by the candy bowl on a coworker's desk. Examples of healthier snacks include granola bars, fruits, nuts and vegetables. Some water-rich fruits, such as watermelon, strawberries or oranges, can also help you stay hydrated. Snacking throughout the day, as opposed to solely eating one large meal, can also support your energy levels. You can have a small snack every two to three hours to avoid an afternoon slump and getting over-hungry.

Reduce your caffeine consumption



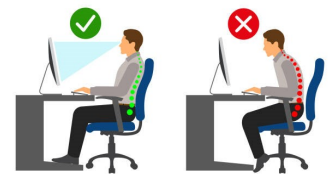
Some people enjoy having coffee during the workday to help them stay alert. However, this alertness only lasts for a short period and sometimes leads to a crash later in the day. For some people, too much coffee results in other side effects, such as nerves, restlessness, upset stomachs or dizziness. These effects could disrupt workplace performance.

Limiting how much coffee you drink may help you to be more energetic. Consider reducing your consumption to one cup in the morn-

ing, though you may want to conduct this process slowly to avoid withdrawal headaches. You can also replace your coffee habit with healthier drink options, such as water or decaffeinated coffee and teas.

Utilize good posture

Sitting at your desk for long periods can put pressure on your neck, shoulders and spine. Maintaining good posture and stretching throughout the day can help offset this tension. You can research postural stretches to do from your desk. Make a conscious effort to improve your posture by taking note and adjust yourself if you realize you are leaning into your screen or hunching your shoulders.



Follow these tips you can use to maintain good posture:

- If you can provide your own chair, choose an ergonomic model that offers padding to support your back, neck and lower body.
- Adjust your chair to ensure that your feet are flat on the floor and your wrists and forearms can lay straight on your desk.
- Keep your computer screen at eye level and about an arm's length apart from you. Use larger font sizes or display settings to avoid straining your eyes.
- If you make phone calls regularly, try using a headset or headphones to reduce the strain of leaning and cradling your phone in your neck.

Take breaks regularly

Remaining productive during the day does not necessarily mean you cannot leave your desk. Taking regular breaks can help you refocus and re-energize your mind, allowing you to return to your workspace ready to work. Consider using your break time to incorporate healthy habits, such as taking a brief walk, getting some fresh air and sunshine or grabbing something healthy to eat. Even when busy at work, you can set reminders for yourself on a regular schedule, such as every hour, to take at least a five-minute break from your desk.



Keep your workspace clean



A clean workspace can help you keep a clear mind, as you avoid getting distracted by a multitude of papers and other items cluttering your space. At the end of each day, try to take some time to organize your workspace and put away anything you will not need the next day. Having a set place for all your items can also help you stay organized and

Continued on next page

[Back to Home](#)

¹ <https://www.indeed.com/career-advice/career-development/stay-healthy-at-work>

Thirteen Tips for Staying Healthy at Work (con't)

avoid wasting time looking for things. Good organizational habits can help reduce stress and keep you calm at work.

The most-used items on your desk, such as your keyboard, mouse and phone, can also collect dust and bacteria. You can promote good health by cleaning these items regularly with disinfectant products, such as sanitizing wipes.

Use good hygienic practices

Colds and cases of flu can spread around offices, so always try to use good hygiene practices. If you notice someone else is feeling unwell, try to keep your distance. When you feel sick, remember to take the day off or work from home when possible. These practices can help keep you and your coworkers healthy and avoid spreading germs. Some other essential practices include:



- Rather than coughing or sneezing into your hands, use a tissue and throw it away immediately. If you do not have a tissue, use the inside of your elbow.
- Wash your hands regularly, including after you cough, sneeze or use the restroom or other high-traffic areas. Make it a habit to wash them for at least 20 seconds.
- Keep a bottle of hand sanitizer at your desk for instances where soap and water are not readily available.

Incorporate exercise into your day

Finding ways to exercise throughout your day can help boost your energy and benefit your physical health. Exercising can be as simple



as taking a walk during your break. You can also raise your activity levels by making simple changes to your habits, such as parking further from the office entrance or using stairs instead of elevators. If you need some motivation, you may ask a colleague to join you on regular walks or

turn a regular one-on-one meeting into a walking meeting.

Some offices have gyms, and you may want to use your spare time during the workday to fit in a quick workout. Otherwise, you can find plenty of simple exercise options to practice in the office. For example, you can perform leg lifts or calf raises while sitting at your desk. You can also keep weights at your desks or move outside for simple, short exercises such as lunges and high knees.

Practice meditation



Remember to take care of your mental health as well as physical health at work. If you feel stressed or overwhelmed, meditation can help calm your mind and refocus your attention. Incorporate meditation into your breaks by taking at least a few minutes to close your eyes and practice deep breathing exercises. You can often find apps or videos that guide you through brief

meditations. Depending on your preferences, you may meditate at your desk or find somewhere to sit outside the office.

Learn stress management techniques

In your role, you may take on numerous tasks and responsibilities daily. These efforts may make you feel tired and stressed, affecting both your mental and physical health. You can incorporate various management techniques to help handle your stress, boost your productivity and avoid feeling burnt out. Some examples from the other tips include taking a break from your desk or practicing meditation. Other methods you may use to reduce your stress at work include:



- Listening to your favorite music or podcasts
- Using time management apps to track and prioritize your tasks at work or set deadlines for yourself
- Asking your coworkers or supervisors for support when you need help completing a task
- Socializing with your coworkers during free time to get your mind off of work for a few minutes during breaks

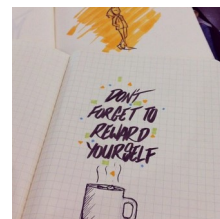
Get sufficient sleep

Getting enough sleep the night before work can help prepare you for the day and maintain your focus. Many people try to get at least eight hours. When you get sufficient and high-quality sleep, you may feel less sluggish in the morning and ready to take on the day's responsibilities. It can also help you avoid feeling tired during the workday. You can boost the quality of your sleep by creating a bedtime routine and limiting distractions.

While not available for everyone, some workplaces have nap areas for their employees. When possible, you may want to take advantage of such opportunities to get a brief break in your workday and reset your energy levels. An effective nap can last just 20 minutes.



Reward yourself



Another way to keep your morale at work high is to reward yourself when you have completed difficult or lengthy tasks. Your reward can vary on your preferences, such as taking a 10-minute break or grabbing your favorite snack. Having something to look forward to can help motivate you to complete the task. Taking a moment to appreciate yourself can also help you recognize your value and make you feel good. Maintaining a cheerful attitude and positive self-esteem can help you care for your mental health.

10 EASY 5 INGREDIENT OR LESS PACKABLE LUNCHES

Making lunch for work can feel like a real hassle. But packing a homemade lunch doesn't have to be difficult. In keeping with #2 on the list of *Thirteen Tips for Staying Healthy at Work*, here are a few affordable and easy lunch recipes for busy people, all of which are made with five ingredients or less!



#1 - Pesto Pasta Salad

This easy pasta salad is a perfect meal prep recipe. Just leave the pesto on the side until you're ready to eat so the arugula doesn't get soggy. Click [here](#) to get the full recipe.



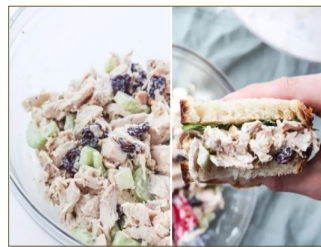
#6 - Chicken Club Lettuce Wraps

These lettuce wraps are perfect for a low-carb lunch, or grab two slices of bread and turn it into a sandwich. Click [here](#) to get the full recipe.



#2 - White Bean and Vegetable Soup

Turn canned cannellini beans, bacon, and whatever veggies you have on hand into this satisfying soup. Click [here](#) to get the full recipe.



#7 - Healthy Chicken Salad

Turn leftover or rotisserie chicken into a delicious chicken salad with the help of walnuts, dried cherries (or cranberries), celery, and mayonnaise or Greek yogurt. Click [here](#) to get the full recipe.



#3 - Chickpea, Avocado, and Feta Salad

Thanks to protein-packed chickpeas and avocado, this seemingly simple salad will fill you right up. Click [here](#) to get the full recipe.



#8 - Egg White Frittata

Frittatas are a great way to use up whatever veggies are left in your fridge. Plus, you can make a bunch and freeze the individual slices for an easy lunch on the go. Click [here](#) to get the full recipe.



#4 - Chicken Guacamole Taquitos

Make the chicken filling at the beginning of the week and keep the tortillas separate. When you need lunch in a hurry, just roll up your taquitos and pop them in the microwave. Click [here](#) to get the full recipe.



#9 - Sweet Potato, Spinach, and Quinoa Salad

Sometimes the best salads are made from simple ingredients. Take this recipe made with roasted sweet potatoes, quinoa, and spinach, topped in a simple dressing of olive oil, lemon juice, salt, and pepper. Click [here](#) to get the full recipe.



#5 - Sweet Potato Black Bean Chili

The base of this vegetarian soup is made with onion, sweet potatoes, salsa, black beans, and vegetable stock. You can dress it up with whatever is in your kitchen like avocado or tortilla chips. Click [here](#) to get the full recipe.



#10 - Vegetable Fried Brown Rice

Start with rice and whatever vegetables are in your fridge. Add a scrambled egg or two and toss everything in soy sauce. Click [here](#) to get the full recipe.

If you have any trouble with the links to the recipes they are all located here:
 \\ZEUS\Common\InformationServices\NEWSLETTERS\RECIPE INFORMATION\PACKABLE LUNCH IDEAS

The Pet Parade

We've all heard people who say that pets are just animals, as though somehow they're not important in our lives. Well, the employees in the Information Services Division know how wonderful it is having the companionship of animals and how beautiful the bonds between us and our fur babies can be. Come on in and meet the pets of the Information Services Division!



TIGGER NUSSBERGER

Tigger is the three year old Australian Shepherd, fur baby of Laura Nussberger in the Field Services Unit. His Dad got him as a little puppy while working in the transportation/trucking industry and took him on the road all over the country. Laura says he's seen more of the fifty states than she has (probably 40+) and he still absolutely adores car rides (and barking at the cows when Dad cracks the windows!). He's extremely obedient and laid back however, he'll never pass up the opportunity to play some high speed fetch. He is the cuddliest dog and will get right up under your chin if you don't mind being suffocated by the fluff. He has three older human sisters and one older feline sister.



ZEUS & TITAN CHAEL

Zeus and Titan are the fur babies of Zach Chael in the ID (Ten Print) Unit. Zeus is a Great Pyrenees/White Shepherd mix who is 2 1/2 years old and loves to use you as a pillow! Zach says whenever you are in the house, he wants to be lying on you. His main source of motivation is definitely attention! Titan is a black Lab mix. He can sometimes look intimidating because he can also claim a little Pit Bull and Rottweiler heritage, but according to Zach, he is the sweetest, most loving dog he has ever been around. Where Zeus's main source of motivation is attention, Titan's is food!



FELIX MASSEY

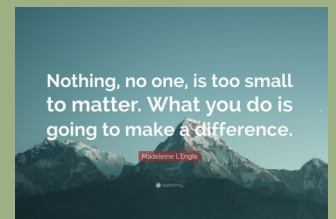
Felix is just over six months old and is the fur baby of Nicholas Massey in the Criminal History Reporting Unit. Nicholas got Felix from the Bella SPCA Rescue Center on March 5th of this year. He loves to play with his laser light and his toys and is a sweet and very loving boy! He loves being around people and likes to be wherever they are, especially when Dad gets home. And though he usually sleeps while Dad is at work, he does like to watch the birds and passersby from the safety of his window. If he thinks he's not getting the attention he is entitled to, he demands to be picked up and carried around like the royalty he is!

Name	Unit	Years of Service
April 2022		
Jessica Brence	CHMU	1
Debra Cooper	DSU	7 (+30 previous)
Kristie Edwards	BFSU	1
Kalli Kapraun	CHMU	1
Debbie Repine	DSU	40
Cheyenne Reynolds	SDA	1
Anita Wood	FSU	9
May 2022		
Zachary Chael	ID	9
Kourtney Heard	ADM	22
Sarah Kronschnabel	SDA	1
Brittany Lindsey	DSU	5
Sylvia McConnell	CHRU	30
Aubry Thompson	CHMU	18
June 2022		
Aaron Gray	FSU	20
Julie Kelly	ADM	10
Louise Myers	CHRU	13
Laura Nussberger	FSU	1
Clint Terry	CHMU	8
Kayron White	CHMU	3



Red Feathers

- Angela Avila
- Jessica Brence
- Dillon Davidson
- Trixie Eiler
- Sheridan Kahne
- Kalli Kapraun
- Julie Kelly
- Louise Myers
- Betty Stickley
- Kayron White



Happy Birthday!

April		May		June	
Kimberly Stiles	2	Teresa Goodloe	1	Nicholas Massey	2
Ginger Casler	13	Sheri Kahne	9	Annie Gilbreath	10
Clint Terry	18	Casey McCarty	9	Donna Robertson	13
Danielle Hawkins	18	Collin Woodruff	9	Jessica Brence	15
Cathy Miller	20	Kalli Kapraun	11	Cheyenne Reynolds	27
Aubry Thompson	30	Anita Wood	23	Brittany Lindsey	29
		Miriah Davis	24		



April 2022

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



State Holiday's

None



Employee Appreciation Events

- 1st - Guess How Many Game
- 15th - Random Number Drawing
- 22nd - Earth Day - Save the Bees!

Other Holiday's

- 1st - April Fool's Day
- 10th - Palm Sunday
- 15th - Good Friday
- 17th - Easter
- 18th - Tax Day
- 22nd - Earth Day
- 27th - Administrative Professionals Day
- 29th - Arbor Day



Birthday's

[See list here](#)

May 2022

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				



State Holiday's

30th - Memorial Day



Employee Appreciation Events

- 4th - May the 4th Be With You!
- 15th - Random Number Drawing

Other Holiday's

- 1st - May Day
- 5th - Cinco De Mayo
- 8th - Mother's Day
- 11th - Eat What you Want Day
- 21st - Armed Forces Day
- 29th - National Biscuit Day



Birthday's

[See list here](#)

June 2022

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		



State Holiday's

None



Employee Appreciation Events

- 6th - Donut Day (5th)
- 15th - Random Number Drawing

Other Holiday's

- 1st - Global Running Day
- 4th - Hug Your Cat Day
- 5th - Donut Day
- 11th - National Corn on the Cob Day
- 14th - Flag Day
- 18th - Sushi Day
- 19th - Father's Day
- 30th - National Handshake Day



Birthday's

[See list here](#)



Wishing a very **Happy Birthday** to all Birthdays! See birthday list [here](#).

Behind the Scenes

The Oklahoma Violent Death Reporting System (OKVDRS) is Oklahoma's contribution to the National Violent Death Reporting System (NVDRS). Since 2019, all 50 states, the District of Columbia and Puerto Rico, contribute data to this state-based surveillance system. Oklahoma has been a contributing state since 2003.

Data is collected on the following violent deaths: suicides, homicides, legal intervention (including commissioned law enforcement officers and armed security guards), unintentional firearm deaths, violent deaths of an undetermined manner, and terrorism-related deaths; and organized into usable, anonymous information.

The OKVDRS is a collaborative effort with the OSBI, the Oklahoma State Department of Health (OSDH), and the Office of the Chief Medical Examiner. Information is abstracted from a variety of documents;

- Law enforcement reports
- Death certificates
- Medical examiner reports
- Toxicology reports

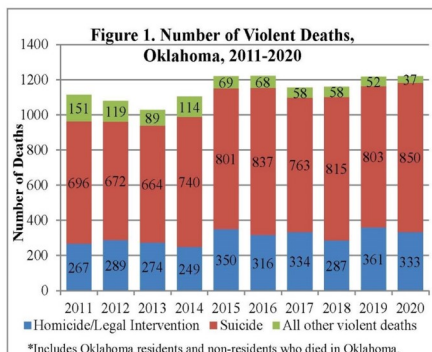
The NVDRS provides users with information to aide in developing, guiding, and evaluating violence pre-

Loma Beckloff, Administrative Programs Officer for the OKVDRS Unit



vention efforts.

According to the OKVDRS, from 2011-2020 the number of homicides, including legal interventions, in Oklahoma rose by 25%, and the number of suicides rose by 22%. Based on preliminary data, there was an 8% decrease in homicides from 2019-2020. However, data indicate that suicides increased by 6% during the same time (Figure 1).



LINKING DATA TO SAVE LIVES

How CDC's NATIONAL VIOLENT DEATH REPORTING SYSTEM data can help prevent violent deaths.

Violence is a major PUBLIC HEALTH PROBLEM.

In 2017, more than **19,500 PEOPLE** DIED BY **HOMICIDE**

In the US, **SEVEN PEOPLE PER HOUR** die a violent death

In 2017, more than **47,000 PEOPLE** DIED BY **SUICIDE**

These deaths cost the economy nearly **\$90 BILLION** IN MEDICAL CARE AND LOST WORK ALONE.

The TRUE TOLL of violent deaths

the burden on the criminal justice system, erosion of entire communities, and the long-term physical, psychological, and emotional consequences on victims and their families

is immeasurable.

OKVDRS

Currently ranked #5 in data quality. We have an Excellent rating in the Performance category (among all 50 states, DC, PR) which is the highest attainable.



Please welcome the newest members to the ISD Team! We are excited for them to join us. We know they are going to be valuable assets to the OSBI and can't wait to see what they accomplish here.

On behalf of the entire division, welcome aboard!



Danielle Hawkins
Admin Tech
SDA



Emily Proc
Admin Tech
DSU



Shondreya Toomey
Admin Tech
CHMU

eat here?

Yo! Pablo ★★★★★
6728 N. Ollie, OKC (by Julie Kelly)

The only reason I didn't give this place a full 5 stars is I think they may need to add more servers during the lunch rush, or maybe we just went on a day where they were short, and it's a little too noisy for my taste (but to be fair, it is more of a "bar" than a sit down restaurant). The available service was good however, and the food was excellent! I got the \$12 Carne Asada Cheese Fries, which is actually classified as an appetizer, but I got about 2 1/2 meals out of it. And when you think about it, the price isn't so bad for 2.5 meals! I would definitely recommend but maybe try later in the day if you're not a fan of noisy places!

The OSBI Correlation Project Team - What they do

There are currently five (5) grant employees working on the project with one (1) additional open position. Led by Trixie Eiler, the CHMU Supervisor, they are:

- ▶▶ Jessica Brence
- ▶▶ Sheridan Kahne
- ▶▶ Kalli Kapraun
- ▶▶ Shondrea Toomey
- ▶▶ Kayron White

The team is tasked to:

- Review criminal history records, identifying felony offenses, as well as misdemeanor domestic abuse offenses that do not have final dispositions.
- Perform necessary research, using all available databases, and if necessary, reach out to court clerks and district attorneys to obtain missing dispositions. Whenever dispositions are obtained, updates are made to the criminal history data base.
- For misdemeanor domestic abuse offenses, research is conducted to determine whether or not the relationship between the offender and the victim meets the federal definition of 'domestic'. If it does, a 'domestic abuse' flag is added.
- Once the state's record has been updated, it is compared to the FBI record. If the necessary requirements are met, the team takes possession of the record, allowing Oklahoma to maintain and automate the record. This ensures that the most up-to-date record is readily available to all authorized requestors, such as Federal Firearm Licensees (FFLs), including FBI NICS checks.
- Lastly, if unable to take possession of a record, all felony convictions, as well as misdemeanor domestic abuse convictions, are added manually to the NICS data base.

CORRELATION PROJECT

NICS Record Improvement Program Grant (NARIP)

Purpose

The Oklahoma State Bureau of Investigation (OSBI) is the repository of criminal history records for the state of Oklahoma. Criminal history records are maintained in a permanent, automated database accessible to law enforcement and criminal justice agencies at all levels of government.



The Brady Handgun Violence Prevention Act requires that background checks be conducted through the National Instant Criminal Background Check System (NICS) to determine the suitability of potential firearms purchasers.

A data base search conducted in February 2018 identified 299,592 criminal history records in the federal data base that were non-Triple I records. These are Oklahoma criminal history records in the federal data base that are currently not maintained by OSBI. As such, the federal records are often disseminated with missing arrest and/or dispositional data that is available in the OSBI data base, but not in the federal data base. These omissions can include prohibitors for firearms purchases, such as felony convictions and/or misdemeanor domestic abuse convictions.

The OSBI's Correlation Project was implemented in 2019 specifically for the purpose of improving the accuracy, completeness and accessibility of those non-Triple I criminal history records.

OSBI's Criminal History Research Specialists (CHRS) dedicate their time exclusively to this task. The primary goal is to significantly reduce the number of non-Triple I records in the federal data base through a correlation and automation process. CHRS employees perform necessary research and take possession of the records, automating them whenever possible.

Efforts are focused on identifying, flagging, and making immediately accessible to NICS the records of persons prohibited from purchasing or possessing firearms due to domestic violence convictions and/or felony convictions.

The completeness of a criminal history record relies heavily upon the availability of the final disposition. The quantity and quality of criminal history information maintained in the state repository requires the participation of arresting agencies, district attorneys, municipal and district courts, and other law enforcement agencies across the state. We depend on these agencies to provide us with this critical information.

Research is conducted whenever necessary to obtain missing final dispositions. Potential domestic abuse offenses are researched to determine the relationship between the victim/s and the offender, in order to determine whether or not the criteria meets the federal definition of "domestic". If all criteria are met, domestic abuse convictions, as well as felony convictions are entered into the NICS Index for instant access.

As of February 28, 2022, the OSBI's Correlation Team has completed the review of approximately 40,000 records and of those reviewed, has taken control of approximately 95%. Approximately 13,000 prohibitors for firearms purchases have been added to data bases available to NICS checks.

The Correlation Project has been instrumental in the development of more complete records being readily available to NICS checks, as well as all other requestors of the records, including law enforcement, the public, and organizations for purposes of determining suitability for housing, fostering, adopting, employment, various licensing, etc.

Ultimate Goal

The ultimate goal of the Correlation Project is to improve the quality of the records in the Oklahoma repository and to make the records more readily available to NICS checks, as well as all other requestors of the records, including law enforcement, the public, and non-criminal justice agencies, for purposes of determining suitability for housing, fostering, adopting, employment, various licensing, etc.

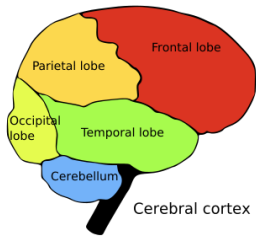


By taking possession of non-Triple I records, automating them, and updating prohibiting offenses with final dispositions, individuals who have been convicted of felony offenses and misdemeanor domestic abuse offenses are prohibited from possessing or receiving firearms under state and federal law.

If you'd like to know more about the Correlation Project, feel free to ask one of the team members.



Sharp Brains - Cognitive Skills



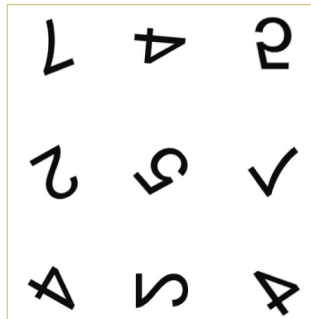
Visuospatial skills are used everyday in many ways, ranging from going from one room to another in your house to navigating in a new city. Let's take an example. Can you picture in your mind an arrow pointing to the right? Now, turn this arrow so it points to the left. Done? You have just performed a mental rotation, a key ability to read maps, play chess, arrange furniture, etc. Mental rotation relies mostly on the parietal areas towards the back of your brain (orange section in the brain image to the left).

Here is a brain teaser to stimulate your mental rotation cognitive skills. For each number in the matrix below, decide whether it is a normal or reversed number, as in this example:

For each number in the matrix below, decide whether it is a normal or reversed number, as in this example (right):

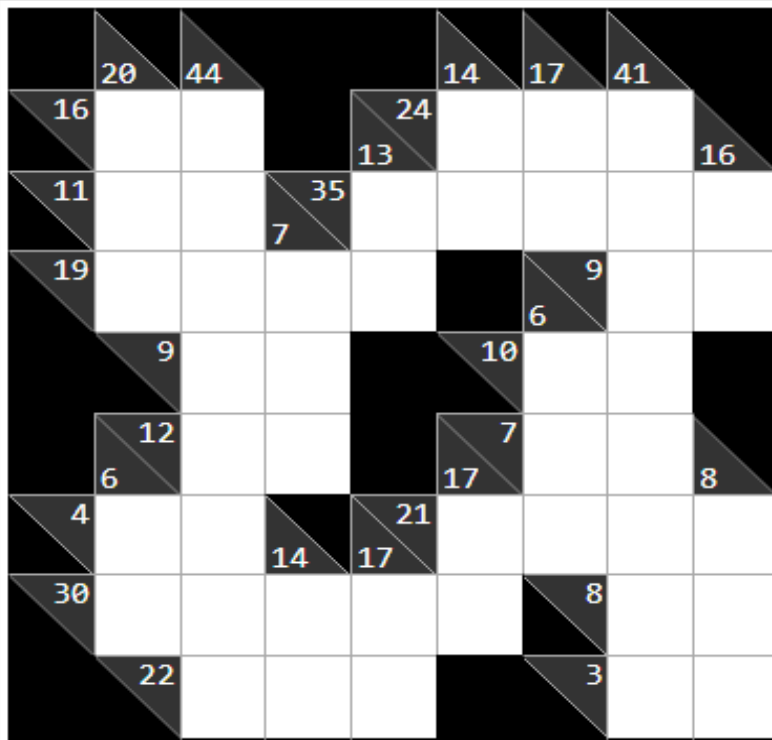


Ready. Set. Go! (and please don't rotate your device, or your head):



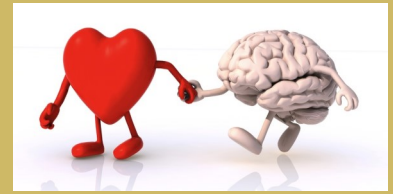
Kakuro Puzzle - Easy

Kakuro is a popular logic based math puzzle that is fun to solve, easy to learn, but difficult to master. The object is to place the numbers 1-9 into each white square such that the sums of each horizontal or vertical entry matches the clues given at the start of each column or row. No number may be repeated in any entry.



[Back to Home](#)

Click [here](#) for the all puzzle and riddle solutions



10 VITAMINS and MINERALS

That Boost Brain and Heart Health



Vitamin Name	Foods	Benefit
Vitamin B-1 (Thiamin)	Sunflower seeds, beans, pork and whole grains	Helps nerves and brain communicate
Vitamin B-2 (Riboflavin)	Lean meat, eggs, almonds, milk and leafy vegetables	Prevents build-up of plaque in the heart, eases certain types of headaches and supports energy production
Vitamin B-9 (Folic acid)	Leafy vegetables, beans and orange juice	Helps preserve brain health, boosts mood, and may help fight heart disease
Vitamin B-12	Meat, fish and dairy	Reduces risk for heart disease, boosts mood, and maintains nerve and blood health
Vitamin D	Fish, cheese and eggs	Helps regulate blood pressure and maintain nerve health
Vitamin C (Ascorbic acid)	Citrus fruits, broccoli and kale	Supports the immune system, reduces inflammation, helps the body make collagen and improves blood pressure
Omega-3 fatty acids	Fish and flaxseed	Promotes brain health, combats inflammation, and improves blood pressure and cholesterol
Magnesium	Fruits, dark chocolate, beans and nuts	Supports bone health and energy, keeps heart rhythm healthy and helps the nervous system function smoothly
Zinc	Oysters, shellfish and legumes	Supports the immune system and eye health, has antioxidant properties that protect against heart disease
Coenzyme Q10	Organ meats, fatty fish and cruciferous vegetables	Has antioxidant properties that protect the brain, may help treat heart failure

Sources: ncjgpedia.nlm.org/3,84526 medicalldaily.com/8-vitamins-and-minerals-boost-brain-power-39609/



Click [here](#) for printable version of infographic above



Good Eats



Pineapple Crisp

Submitted by: Julie Kelly



Ingredients

- 1 (20 oz) can pineapple chunks, drained
- 1 (20 oz) can crushed pineapple, drained
- 1/2 cup brown sugar
- 1/2 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 tsp ground cinnamon
- 1 stick butter, melted
- 1/2 cup shredded coconut
- 1/2 cup whopped walnuts or nuts of choice

Instructions

1. Preheat oven to 350 F.
 2. Spray a 9 x 9 baking dish with cooking spray.
 3. Spread the drained pineapple chunks and crushed pineapple in the bottom of baking dish.
 4. Combine brown sugar, oats, flour, cinnamon, melted butter and coconut in a bowl. Stir until all ingredients are wet.
 5. Spread over pineapple and top with nut pieces.
 6. Bake in preheated oven 35 to 40 minutes until brown and crisp on top.
- Makes 6 to 8 servings.

Click [here](#) for recipe nutrition information

Lemon Chicken with Asparagus

Submitted by: Julie Kelly

Ingredients

- 1 lb. boneless skinless chicken breasts
- 1/4 cup flour
- 1/2 teaspoon salt and pepper, to taste
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1-2 cups chopped asparagus
- 2 lemons, sliced
- 2 tablespoons honey + 2 tablespoons butter (optional)
- parsley for topping (optional)

Makes 3 - 4 servings

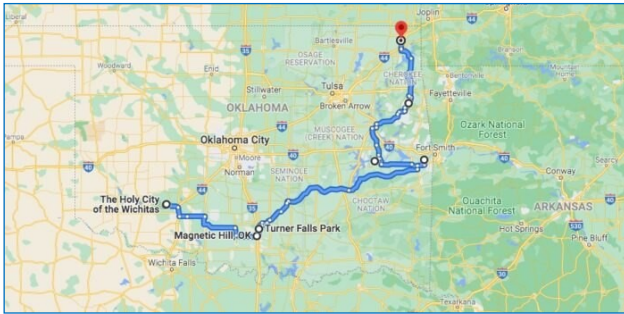
Instructions

Chicken: Cover the chicken breasts with plastic wrap and pound until each piece is about a 3/4 of an inch thick. (NOTE: If your chicken breasts are really thick, you can just cut them in half horizontally to make thinner pieces rather than pounding. Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate.

Asparagus and Lemons: Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they caramelize and pick up the browned bits left in the pan from the chicken and butter. (NOTE: adding a tiny pat of butter in with the lemons also helps prevent sticking and promotes browning.) Remove the lemons from the pan and set aside.

Honey Butter Sauce (optional): For the honey butter sauce, melt the butter and honey in the hot pan after caramelizing the lemons, transfer to another container then pour it over the chicken once assembled back in the pan. This mixture definitely picked up some of the residual caramelize-lemon flavor from the pan, so if that isn't your thing, just melt the butter and honey in a separate pan.





#1 - The Holy City of the Wichitas, Cache

One unique place to visit in the Sooner State is The Holy City of The Wichitas, which is located just outside of Lawton. It was built in 1926 as the set for an Easter Passion Play and is now listed on the National Register of Historic Places. On the grounds of this extraordinary place, you'll find a little church and several structures that are an absolute work of art. It was built to resemble Israel during Biblical times.



#2 - Parallel Forest, Wichita Mountain Wildlife Refuge near Lawton



Travel just down the road to the haunted Parallel Forest - a uniform forest that looks like something out of a horror movie. The Parallel Forest has over 20,000 trees, planted exactly six feet apart in every direction, and it's rumored to be haunted. It was built by the federal government as an experiment to deal with the effects of the Dust Bowl.

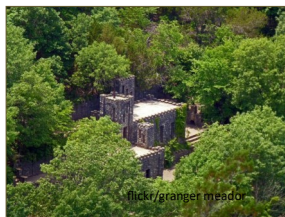
#3 - Magnetic Hill, Springer

In the small town of Springer (near Ardmore) lies an ordinary hill with a strange phenomenon. If you put your vehicle in neutral at the bottom of the hill, it will suddenly appear to defy gravity as it rolls backward, uphill. It's a fun place to visit, so be sure and check it out.



#4 - Collings Castle, Davis

Next, travel to Turner Falls Park to Collings Castle. The waterfall is very popular but most people don't know there is an old castle hiding in the mountains that you can hike to. The building was abandoned in 1980 but still stands today in the park. Collings Castle is just a short hike down the path from the falls. It's included in the admission to the park and is a must-see historic attraction.



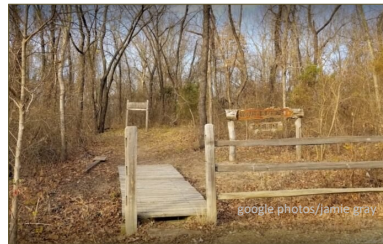
To expand on our last *In Our State* article, if you're looking to get away for a weekend trip to discover new places in Oklahoma and want a planned road trip, check out the **Hidden Gems Road Trip** put together by the people on the [Only in Your State](#) website. At just over 500 miles, you'll spend two days exploring some cool and fascinating places. Follow along below, gas up your vehicle and check them out for yourself!*

#5 - Spiro Mounds Archaeological Center, Spiro



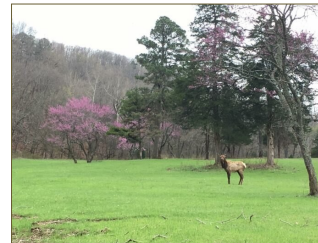
Did you know Oklahoma is home to one of the most important American Indian sites in the nation? It's true. Spiro Mounds is known worldwide for its vast collection of artifacts that were dug from one of the dozen mounds on the land. It's the only prehistoric Native American archaeological site open to the public in Oklahoma, and you can take an easy walk along a trail to see these magnificent treasures.

#6 - Younger's Bend Trail, Stigler

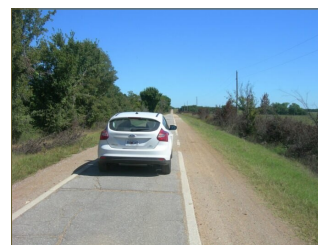


Take a trip to Younger's Bend and see the final resting place of Outlaw Belle Star. This lawbreaking legend was shot in the back in this area and laid to rest here in front of her cabin. It's a cool place to hike and imagine all the outlaws that once walked the land.

#7 - J. T. Nickel Family Nature and Wildlife Preserve, Tahlequah



The J.T. Nickel Preserve is located near Tahlequah in the Ozarks and comprises 17,000 acres of astounding beauty and environmental protection areas that are filled with spring-fed creeks, forests, woodlands, prairies, wildlife species and so much more.



#8 - Ribbon Road/Sidewalk Highway, Ottawa County

Sidewalk Highway was completed in 1922; and, at nine feet wide, it's only a little wider than your average sidewalk. There is now only a three-mile section remaining of the original 15 miles on Historic Route 66. Look for the historical marker on E. 140 Road near Miami.

The total length of the trip is 511 miles and almost 10 hours of driving time. It is recommended that you split it up into two days, to allow extra time at each attraction. Whatever your destination, feel free to use [this interactive map](#) for the exact route or to change it up. Have fun! *If you take this road trip, please let us know how it was!



L-R: Topher Garrett; Logan Ashford



Topher Garrett, (in the red shirt) grandson of Sue Garrett (BFSU) placed third at the *High School National Recruiting Showcase Missouri Qualifier* tournament in mid-March. Topher is now qualified to compete in Ohio at the *USA Wrestling Folkstyle Nationals and High School Recruiting Showcase* in April 2022.

At this tournament he will compete against all regional qualifiers in the nation. These tournaments were created to assist high school athletes in potentially gaining the attention of college recruiters throughout the nation.

Topher is a 9th grade wrestler for Moore High School. He transferred to MHS so he could wrestle for Coach Robert Washington, his dad's former coach.

Topher's wrestling buddy, Logan Ashford, placed 6th in this tournament as well. I'm quite sure his qualifying has enabled him to compete in the April tournament as well.

Congratulations Topher and Sue!!

#life.



DEPARTMENT OF
CRIMINOLOGY AND
CRIMINAL JUSTICE

Alexandra (Xandie) Wood, temporary student employee in the Criminal History Management Unit, was recently accepted to the Criminology and Criminal Justice Ph.D. program at the University of Maryland, College Park (the top, #1 ranked criminology Ph.D. program in the country!). Xandie has committed to attending and in August will begin her schooling after graduating from the University of Oklahoma in May with a master's degree in Sociology. We're very impressed Xandie and will miss you when you go! Congratulations and good luck!





Erin's Corner

"I would like to thank each of you for your continued hard work and dedication to the OSBI and our mission. Our agency would not be successful without the contributions of each and every one of you!!"

Wow! Well, we've made the jump from the holiday season to the legislative season! As all of you are aware, SB 1612 proposes creating a unified Oklahoma Department of Public Safety (ODPS) which would include the current DPS, OSBI, and Oklahoma Bureau of Narcotics and Dangerous Drugs (OBND). If this bill becomes law, a new Commission would be established to appoint a single Director who would appoint or affirm the head of each current agency. Initially, each agency would maintain their legislatively mandated functions, but over time the new ODPS Director would have the authority to re-structure the combined organization as appropriate.

While I hope none of you are losing sleep over the potential for unification, not knowing whether this change will occur and how it will directly impact you can be a bit frightening. While I share the Director's opinion that if this bill passes it will not have any immediate impact on staff in ISD, I do still worry about the long term impacts. What type of impact is felt and how quickly it is felt will depend largely on the individuals appointed to the new Commission and who they select to serve as the ODPS Director.

I spoke to Kim Conyers, our Legal Counsel and legislative liaison, about what the next steps are for this bill. The bill must be assigned and passed out of one or more House Committees

(likely Public Safety and Appropriations) and then be heard on the house floor and approved. If that happens, the bill will then return to the Senate. This bill passed out of the Senate with "title off" which indicates the bill is still being revised and is not yet in its final version. As a result, when it returns to the Senate the author must receive permission from both Senate Committees which previously approved the bill to restore the title. If that happens, the bill would return to the Senate floor for a final vote. If the bill makes it through all of these hurdles, it will then go to the Governor's desk for his signature.

The Director continues to monitor this legislation and oversee our agency's response and will likely send out another update to employees this week. However, if you have concerns about this bill, you can also reach out to your local representative and let him/her know how you feel. You can look up your representative here: [Ok- lahoma Legislature \(oklegislature.gov\)](http://oklegislature.gov). If you do want to reach out, you should contact your State House representative since that is where the bill will be discussed next. Once you look up your representative, you can click on his/her name and it will take you to a page that will provide a link for you to e-mail him/her directly. If you do choose to e-mail/contact your representative, please do so from a personal e-mail address/phone and be sure to voice your concerns/opinions as a constitu-

ent, not as someone lobbying for the OSBI.

In the meantime, as a quick update on other matters, I am continuing to work on the functional review. In the last newsletter, I mentioned working to prioritize my time on this as well as identifying solutions to provide improved opportunities for career growth within ISD. I'm happy to report that I have made progress in both of these areas. Specifically, I have started working to revise existing or draft new Job Family Descriptions (JFDs) to create three levels of non-supervisory career progression in each unit. I will continue working on this objective as I finalize the functional review and summarize my findings for the Director.

In other news, both the NICS Act Record Improvement Program (NARIP) and National Criminal History Improvement Program (NCHIP) grant solicitations have now been posted, so we will soon begin the process of applying for funds to continue making improvements to the systems and processes we use to maintain and update criminal history records.

In closing, I would like to thank each of you for your continued hard work and dedication to the OSBI and our mission. Our agency would not be successful without the contributions of each and every one of you!!

Erin