



EMPLOYEE SPOTLIGHT

by Anita Wood



Christmas presents from Derek's Dad for his new house!

The ISD Employee Spotlight this quarter falls on **Derek Still** in the Statistical Analysis Center (SAC). Derek came to Oklahoma in 2014 for college 'straight outta' of Barnwell, South Carolina, where his father lives. Most of Derek's family is in Florida where his mom lives.

As a Statistical Research Specialist, Derek gathers and prepares crime data for the state of Oklahoma, a job he has done since August 2020. Derek first heard of the bureau while going to school at UCO from where he graduated college. Just for one day, Derek would like to be an agent. He says he "has always been interested in investigations and learning weird details of cases." One person he would like to interview is Albert Einstein to "get his perspective with looking at and understanding science." Derek's personal philosophy is "Just do it. It is going to suck but it sucks more worrying about it. So just do it." Three traits that define Derek the most are—active, reliable and integrity.

In his time away from the office, it might surprise Derek's work associates that he has, and will continue, to compete in Strongman competitions. He likes to work out 4-5 times a week. Particularly with strength training. His goal is to either squat/dead lift 600+ lbs., but says he still has a long way to go before reaching that goal. When he is not training, Derek enjoys playing video games, reading manga and sometimes watching TV and movies, horror is his favorite genre. He likes to toss in some Metal and Hard-Rock, Dungeons & Dragons and a really good burger occasionally. If the temperature outside is not 100 degrees, he enjoys a hike. Derek has two pet peeves that frustrate him equally: people who waste his time and people who go too slow on the highway.



Some of things Derek would like to do in the future is to learn how to build his own computer. Learn how to ride a motorcycle and ride it down to see his dad in South Carolina. Acquire a house with a yard and get a Great Dane. The one thing

Derek could not live without is WIFI and the Internet. He said he has not had many weird jobs but he did have a job where he had to clean excrement off of walls! Ewwwwwww.

"Be ready to learn and come in with an open mind" is the advice Derek has for prospective OSBI employees. "There are trials and tribulations that go into ensuring crime data is accurately calculated" and this job has given Derek a "new perspective on crime data."

When he retires, Derek hopes to hear people say positive things and that he was fun to work with. He would actually like to "roast getting roasted" at his own retirement party.

Derek says the only thing he would change about working at OSBI is he would add a soda fountain!



MEET WELCOME DEREK! DEREK STILL

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ONE TEAM, ONE MISSION

Erin Henry, Division Director
Information Services Division
Oklahoma State Bureau of Investigation
erin.henry@osbi.ok.gov
405-879-2504

BREAKING NEWS

ICYMI: There is now a 'Snackgestions' box by the ISD Snack Table. If there is a snack you'd like considered for the options, please fill out a *snackgestion* slip and place it in the box!

Whether you are a man or a woman, if your job requires hours of sitting at a computer and maintaining a high level of mental focus, office yoga is the perfect way for you to recharge midday so that you can tackle your afternoon with a little more clarity and enthusiasm. Sitting for long periods of time can cause tight hips, lower back pain, and even mental foggy. Taking a break to get up and move your body has the power to change your entire mood. So if you're feeling exhausted by the afternoon at work, skip the extra coffee or sugary snack and try these yoga poses instead! The following yoga poses are perfect to practice during your lunch break. They can help clear your mind and give you a physical and mental reset for the rest of your work day. All of these poses really focus on engagement through the leg muscles to increase energy and mental stamina. Combine them with some deep breaths and you've got yourself one stress-reducing lunch break.

Practice These 5 Office Yoga Poses for a Mid-Day Reset

by Amanda Christian

Chair Pose (Utkatasana)

If you're using these office yoga poses as a way to get up and move during your lunch break, it might seem ironic that we're kicking things off with chair pose. Trust me, this pose is very engaging through the legs and is quite a challenge to hold!

How to Practice Chair Pose:

- Stand with your feet together so that your big toes and heels touch
- Reach your arms up overhead
- Bend your knees and lower your hips
- Align your knees over your ankles
- Elongate your spine
- Ground your heels into the floor
- Take five breaths



Chair Pose Twist (Parivrtta Utkatasana)

This office yoga pose builds upon the previous one by adding a gentle twist to stimulate digestion and circulation. It's also a great yoga pose to test your balance. But, be warned, I definitely recommend that you eat your lunch after this pose – not before!



How to Practice Chair Pose Twist:

- Start in Chair Pose as outlined above
- Bring your hands to your heart and press your palms

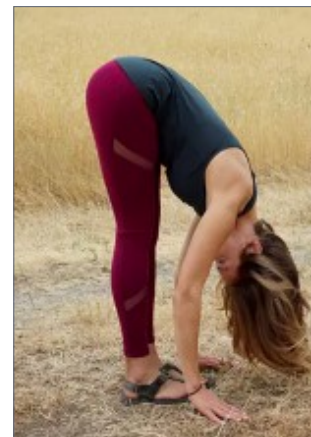
together

- Elongate your spine
- Twist toward your right
- If possible, hook your left elbow over your right thigh
- Hold for a few breaths and then switch sides

Standing Forward Fold (Uttanasana)

A standing forward fold is the perfect way to get a fresh perspective on your day. After all, your head is below your hips! After feeling the burn from the two yoga poses above, this pose will stretch the hamstrings, calves, and back while allowing you to relax. Whenever I'm feeling mentally stagnant, I like to hang out in this forward fold.

How to Practice Standing Forward Fold:



- Stand with your feet together and your knees slightly bent
- Fold your torso over your legs, bending from your hips
- Either place your hands on the ground next to your feet or hold opposite elbows
- Lengthen your spine and your neck
- Hold for at least five breaths

Wide-Leg Forward Fold (Prasarita Padottanasana)

This is another forward bend that will release your back muscles and lengthen your hamstrings. It will feel amazing if you've been sitting for a while! This pose can also help relieve tension in the neck and shoulders and stimulate circu-

[Back to Home](#)

*Consult with your doctor before beginning any exercise program. Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

By Amanda Christian from <https://www.yogaproved.com/office-yoga/>

[Continued next page](#)

Inexpensive Places to Eat around the Office - Volume 2

Restaurant & Location	Type	\$\$\$\$	Online Rating (out of 5)	Dine-in • Takeout • Delivery
Empire Slice House 1125 NW 63rd St.	Pizza	\$	4.7	Dine-in, takeout, no delivery
Ray's Cafe 2727 NW 50th ST	Diner	\$	4.3	Dine-in, curbside pickup
Good Gravy! Diner 8014 N Western Ave (7 am - 1 pm - Closed Monday's)	American Comfort-food	\$	4.6	Dine-in, drive-through, delivery
The Fried Taco 308 NW 10th St (In the Collective Kitchens)	Tacos	\$	4.7	Dine-in, takeout, delivery
Hacienda Tacos 1120 N. Classen Blvd.	Tacos	\$	4.2	Dine-in, takeout, no-contact delivery
Papa Dino's Pizza & Grill 728 / 730 Culbertson Drive	Pizza/Italian	\$	4.4	Curbside pickup, delivery
Basil Mediterranean Cafe 211 NW 23rd St.	Middle Eastern	\$	4.6	Dine-in, drive-through, no-contact delivery
El Dicho 3409 NW 23rd St.	Mexican	\$	4.6	Dine-in, takeout, delivery
Quoc Bao Bakery 2501 N. Classen Blvd	Sandwich Shop	\$	4.8	Take-out, no dine-in, no delivery

Please submit any restaurant recommendations here: julie.kelly@osbt.org

Practice These 5 Office Yoga Poses (con't)

lation. Make sure you coordinate your breath with the movements in this posture – exhaling as you fold down and inhaling as you come up.

How to Practice Wide-Leg Forward Fold

- Begin standing
- Stretch your arms out into a “T” shape
- Walk your feet apart from each other until they are about as wide as your outstretched arms
- Bring your hands to your waist
- Bend forward at your hips
- Either place your hands on the floor in line with your toes or hold opposite elbows
- Relax your neck
- Draw your abdomen in for support to lengthen your spine
- Take five deep breaths

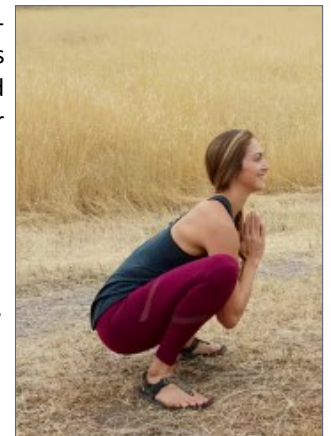


Garland Pose (Malasana)

As I mentioned earlier, tight hips are one of the negative side effects of sitting for long periods of time. This office yoga pose is one of the best for releasing tightness in the hips. So after moving through the poses above that really engage the leg muscles and energize the body, this pose is a bit more restorative and a great way to end your lunchtime yoga session.

How to Practice Garland Pose:

- Stand with your feet a little bit wider than your hips
- Bend your knees and squat low to bring your torso in between your legs
- Sink your hips toward the floor
- Draw your hands to your heart
- Draw your shoulder blades down your back
- Engage your core to elongate your back
- Take at least five deep breaths



Tips to Stay Safe in the Summer Months

The **HOT, HUMID**, Oklahoma summer is here! Remember that hot, humid weather can be a hazard to your health. In fact, hot weather causes more deaths than any other weather-related hazard. In hot and humid conditions, your body must work harder—just to maintain a normal temperature. Older adults and those with illnesses are at greater risk. The good news is that heat-related illness and death can be prevented. There are simple steps you can take to keep from falling ill.

Stay Hydrated

- Drink plenty of fluids, even if you don't feel thirsty.
- If you are on a special diet or if you have end-stage renal disease or advanced congestive heart failure, ask your doctor how to stay hydrated.

Stay Protected

- Avoid strenuous or high-energy activities.
- Wear loose and lightweight, light-colored clothing.
- Wear sunscreen.
- When outdoors, stay in the shade and wear a hat with a wide brim.

Watch for Signs of Heat Stress

On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion and heat stroke are possible on hot days. Signs of heat-related illness include:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness, headache nausea or vomiting
- Confusion, fainting or unconsciousness
- High body temperature (over 103 degrees) with dry skin (not sweating)
- Rapid pulse

Stay Cool

- Stay in air-conditioned locations as much as possible. If your home is not air conditioned find places in your community that are air conditioned. Find out if your community has a cooling center available during hot months.
- Don't stay in a hot car (and don't leave pets in a hot car).
- If you are outdoors, take breaks from the heat, especially during the hottest part of the day.
- Take cool showers or baths to cool down.
- Cover your windows with drapes to keep out the hot sun.
- Consider using attic fans to clear hot air from your house.

Note: When the temperature outside is over 95 degrees, don't use electric fans to try to stay cool. At this temperature, fans create a false sense of comfort, and do not reduce body temperature.

If you feel sick and suspect it may be heat-related, sip a sports drink. Get medical help if you still don't feel better. **If you experience very high body temperature, rapid pulse, or dizziness it can be an emergency. Get medical help immediately.** By following these tips, you can reduce your risk of heat injury. Have a safe and enjoyable summer!

4 Tips for a Healthy Summer



Name	Unit	Years of Service
July 2022		
Emma Hood	DSU	5
Misty Jeter	FSU	3
Rebecca Rhoades	CHMU	3
Anne Simons	ADM	21
August 2022		
Angie Avila	ID	24
Lillian Dufner	CHRU	2
Alaric Fierro	BFSU	2
Erin Henry	ADM	25
Kara Miller	SAC	6
Donna Robertson	CHMU	18
Derek Still	SAC	2
September 2022		
Trixie Eiler	CHMU	13
Sue Garrett	BFSU	21
Teresa Goodloe	BFSU	22
Cathy Miller	DSU	16
Ashley Rodriguez	SDA	2
Angela Thompson	CHMU	16

Stay tuned for the OSBI Trivia Game!

Happy Birthday!

July		August		September	
Trixie Eiler	3	Dillon Davidson	1	Lesley Chu	7
Lillian Dufner	7	Ashley Rodriguez	9	Sierra Brown	14
Debra Cooper	9	Jaime Sullivan	13	Julie Kelly	22
Kristie Edwards	10	Louise Myers	17	Jim Ely	24
Aaron Gray	15	Sue Garrett	25		
Dave Wood	15				
Zach Chael	26				



Red Feathers

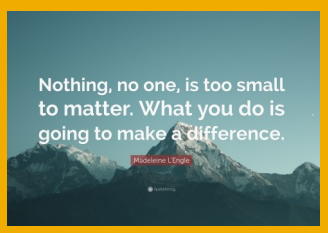
Miriah Davis
Donna Robertson
Aubry Thompson
Kalli Kapraun

Awards



Team Award
Kelsey Backry
Stephanie Burton
Zach Chael
Lesley Chu
Casey McCarty

Employee Commendation
Julie Kelly



July 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

4th - Independence Day



Employee Appreciation Events

1st - Monthly Game/Event Announced
(6/30)- Appreciation Gift for the 4th
15th - Random Number Drawing

Other Holiday's

6th - National Fried Chicken Day
11th - All American Pet Photo Day
12th - Cow Appreciation Day
17th - National Ice Cream Day
20th - National Hot Dog Day
30th - International Day Of Friendship



Birthday's

[See list here](#)

August 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

None



Employee Appreciation Events

1st - Monthly Game/Event Announced
15th - Random Number Drawing

Other Holiday's

2nd - Ice Cream Sandwich Day
6th - National Root Beer Float Day
9th - Book Lovers Day
13th - International Left-Handers Day
16th - National Tell A Joke Day
26th - National Dog Day



Birthday's

[See list here](#)

September 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

5th - Labor Day



Employee Appreciation Events

1st - Monthly Game/Event Announced
15th - Random Number Drawing

Other Holiday's

5th - National Cheese Pizza Day
9th - Star Trek Day
11th - Grandparents Day
19th - Talk Like A Pirate Day
29th - National Coffee Day



Birthday's

[See list here](#)



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

Behind the Scenes

By Lisa Merka

The **BIOMETRIC FIELD SERVICES UNIT (BFSU)** is comprised of a supervisor (Teresa Goodloe), four Crime Reporting Field Representatives (Sue Garrett, Lisa Merka, Dave Wood, Dillon Davidson) that train law enforcement personnel on all things Livescan, Ink Prints, Data, Two-Finger Ident systems, and DNA Collection and Submissions. *They have also been called upon to assist multi-jurisdictional agencies with local mass arrests in the southern part of Oklahoma.*

In addition, BFSU has two Crime Reporting Field Representatives (Alaric Fierro, Kristie Edwards) that conduct audits and meet with all levels of the Criminal Justice Network, through a Grant program, to explain the criminal justice system in Oklahoma.

BFSU staff has a combined **126 years** of civilian law enforcement experience, plus Dave proudly served the country for 28 years in the military with seven of those years in the Oklahoma Army National Guard.

Dave, Dillon, Lisa and Sue work directly with every sheriff's office and many police departments in the state to provide assistance with charges, fingerprinting, and arrest submissions. Quarterly audits are conducted to ensure compliance with state statutes.



Left to Right: Dillon Davidson, Dave Wood, Kristie Edwards, Alaric Fierro, Teresa Goodloe, Sue Garrett, Lisa Merka

Training is scheduled on an as-needed basis for any agency within the state and BFSU staff travel at all hours of the day to complete and assist these agencies, often being out of the office 2-3 days per week.

Alaric and Kristie conduct audits for the disposition side of the arrests to ensure that courts are complying with state statutes. Once their audits have been completed, District Attorney's Offices, Municipal Courts, Jail Administrators, and Chiefs and/or Sheriffs are invited to an area-wide meeting to discuss the entire process from arrest submission to dispositions. The importance of accurate and compliant information is explained to each agency and how it affects the outcome of CCH's data.

Not only does BFSU work with outside agencies, they work diligently to provide assistance internally as well, working with all units but especially close with the CHMU, DSU, and ID units as well as Jack Keisorn in the IT Division.

If you have any questions about what BFSU does, feel free to ask one of the team members!



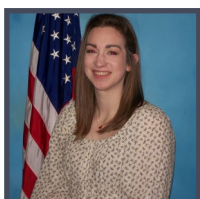
Being a little older doesn't mean you miss out on Date Night! The husband and I did a double date with our daughter Kelly and her husband Ryan for Top Gun's opening weekend. Tony and I had to get to Moore before the Dive Shop closed so we shopped and then decided to have dinner. I have seen Hidalgo's from 135 along my travels and wondered if it was good so I mentioned it to him. Off we went, it was around 4:45 when we arrived and they had several tables full, but not completely bustling. We looked over the menu and placed our orders and around 5:30 the lobby was full of anticipating hungry people. Thankful that we arrived early, we were enjoying the salsa and cheese sauce when our plates finally arrived. It didn't take them long at all and the food was delicious! I enjoyed bites of my Hidalgo's Special Mexican Dinner and I say Bites because it was a huge portion! I had left overs after the movie and again the next day! I had 2 Ground Beef Enchiladas, Beef Tamale and Crispy Taco, Rice and Beans and delicious Guacamole that tasted like what I made in Cozumel. Tony enjoyed a Low Carb Chicken Veggie Wrap. It looked delicious but we didn't understand why it wasn't "wrapped". It's low carb because there's no tortilla but should come wrapped in a huge lettuce leaf. Sadly, they were out of the large leaves that day but he said it was still delicious. Again, so much more than we could finish. If you're in for a new place give Hidalgo's a try! Oh, the movie was Fantastic too!

eat where? Hidalgo's (by Lisa Merka)
2713 S. 1-35 Service Road, Moore

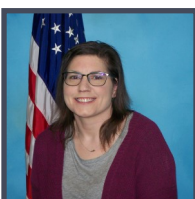


Please welcome the newest members to the ISD Team! We are excited for them to join us. We know they are going to be valuable assets to the OSBI and can't wait to see what they accomplish here.

On behalf of the entire division, welcome aboard!



Bailee Martin
Temp Employee
SDA



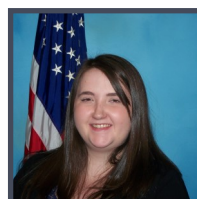
Jessica Moseley
Admin Tech
DSU



Jarel Murphey
Crime Reporting
Field Rep - DSU



Misty Jeter
Crime Reporting
Field Rep - FSU



Sierra Brown
Admin Tech
CHMU

FILE ROOM RENOVATION PROJECT

Purpose

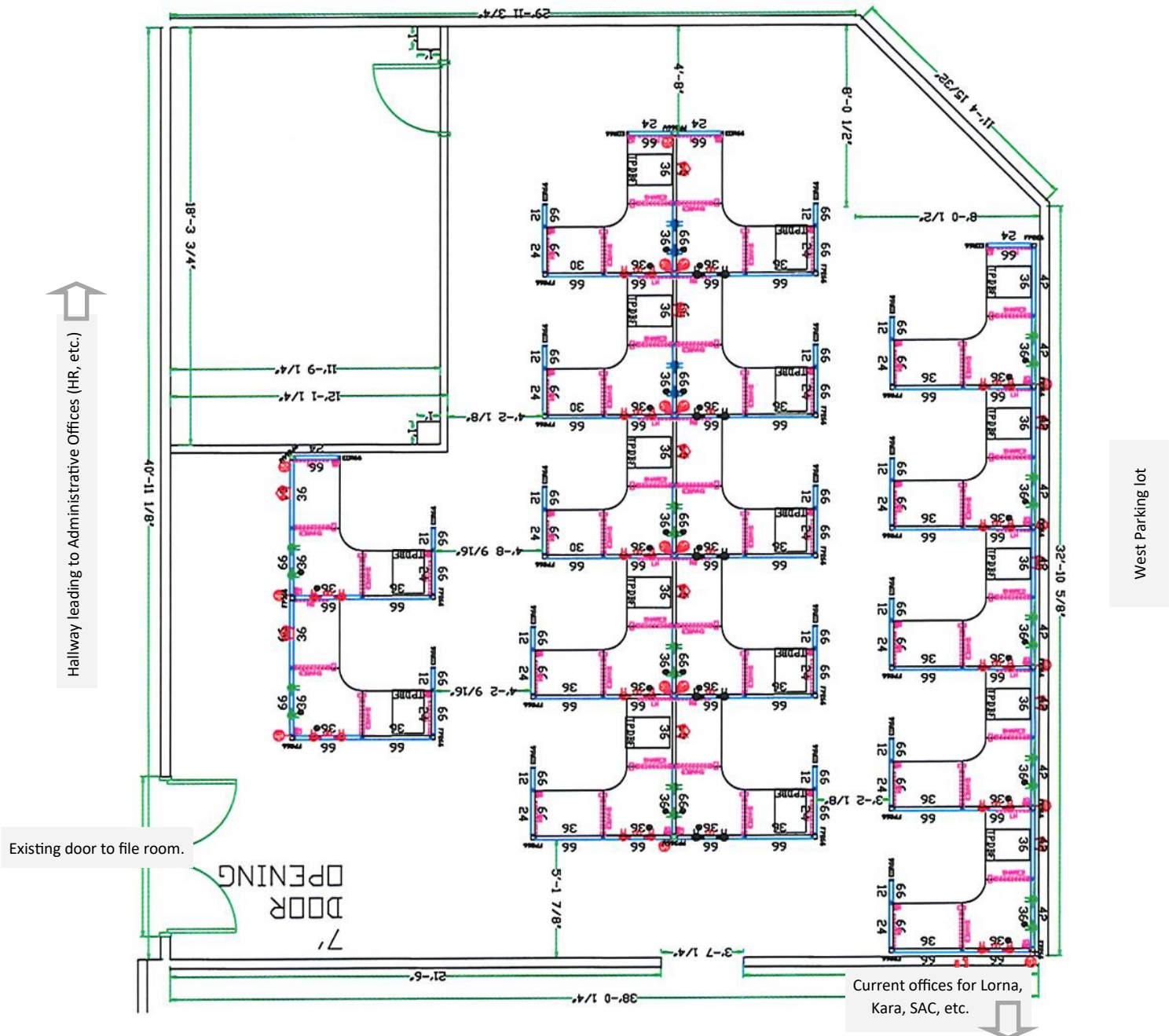
In case you were wondering what was going on in the old ISD file room on the first floor (where fingerprint cards used to be stored), the main purpose is to re-house the ISD Field Services Unit (FSU) due to the Investigation Division needing to utilize those offices for ICAC.

The Plan

All of the fingerprint card jackets that were stored there have already been removed and imaged. Next will be the removal of the old rolling files and opening up the space. In the southeast corner a large office will be built to house ODIS Support. The rest of the space will hold seventeen cubicles: five along the windows, ten in the middle section and two more on the east side. There will be room for storage shelves along the east wall. The copier and shredder will be in the southwest corner. The Field Services Unit (FSU) and the Statistical Analysis Center (SAC) will be housed in this space. There is space for another unit to potentially be moved to this area.

The hallway by the existing administrative offices (by Anne, Julie, etc.) will be extended straight through Erin's office and connect to the hallway on the other side (by Lorna and Kara's existing offices) with the remaining portion of Erin's office becoming another office with a door into the new hallway. The current copier room will be divided into two offices. Erin will move into the corner office by Kara's existing office (where the SAC is now housed). To help you orientate yourself, existing hallway's and offices have been noted.

The project is tentatively scheduled to be completed by the end of 2022. If you have any questions about the project, feel free to ask Anne or Erin.





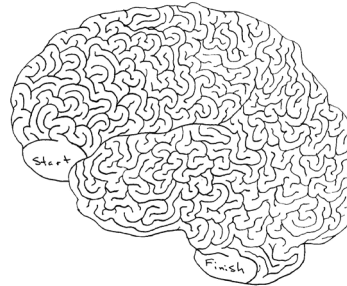
Sharp Brains - Cognitive Skills

Ah-MAZE-ing Brain Games

Mazes have been a part of human culture for thousands of years, although their nature has changed significantly over time. They were originally designed to guide the visitor on a long, circuitous but crucially *not* confusing route. As mazes became larger and more complicated, visitors frequently became lost in them and realized that becoming lost could be an enjoyable aspect of the experience. Thus, the idea of the maze as a puzzle was born.

Navigating a maze makes use of a range of key cognitive skills including spatial learning and memory, working memory, decision making, and general reasoning ability. Human beings differ in their level of cognitive skill, and hence also in their ability to solve mazes. So get an aMAZEing brain workout and follow those twists and turns!

Click the brain maze picture or [here](#) to download a full-size puzzle



13 Brain Exercises to Help Keep You Mentally Sharp

1. Working on a jigsaw puzzle.
2. Play a game of cards.
3. Build your vocabulary.
4. Learn new dance moves.
5. Use all your senses simultaneously.
6. Learn a new skill.
7. Teach a new skill to someone else.
8. Listen to or play music.
9. Take a different route to work.
10. Meditate.
11. Learn a new language.
12. Take up tai chi.
13. Focus on another person - take note of four things about them and try to remember them later.

Cognitive Skills, What are They and What do They do?

Cognitive skills are the core skills your brain uses to think, read, learn, remember, reason, and pay attention. Working together, they take incoming information and move it into the bank of knowledge you use every day at school, at work, and in life. Brain training trains the cognitive skills the brain uses to think and learn.

Each of your cognitive skills plays an important part in processing new information. That means if even one of these skills is weak, no matter what kind of information is coming your way, grasping, retaining, or using that information is impacted. In fact, most learning struggles are caused by one or more weak cognitive skills.

Here's a brief description of each of your cognitive skills, as well as struggles you may be experiencing if that skill is weak:

Attention/Sustained

- ◆ **What it does:** Enables you to stay focused and on task for a sustained period of time.
- ◆ **Common problems when this skill is weak:** Lots of unfinished projects, jumping from task to task.

Attention/Selective

- ◆ **What it does:** Enables you to stay focused and on a task despite distractions.
- ◆ **Common problems when this skill is weak:** Easily distracted.

Attention/Divided

- ◆ **What it does:** Enables you to remember information while doing two things at once.
- ◆ **Common problems when this skill is weak:** Difficulty multitasking, frequent mistakes.

Memory/Long-Term

- ◆ **What it does:** Enables you to recall information stored in the past.
- ◆ **Common problems when this skill is weak:** Forgetting names, doing poorly on tests, forgetting things you used to know.

Memory/Working (or Short-Term)

- ◆ **What it does:** Enables you to hang on to information while in the process of using it.
- ◆ **Common problems when this skill is weak:** Having to read the directions again in the middle of a project, difficulty following multi-step directions, forgetting what was just said in a conversation.

Logic & Reasoning

- ◆ **What it does:** Enables you to reason, form ideas, and solve problems.
- ◆ **Common problems when this skill is weak:** Frequently asking, "What do I do next?" or saying, "I don't get this," struggling with math, feeling stuck or overwhelmed.

Auditory Processing

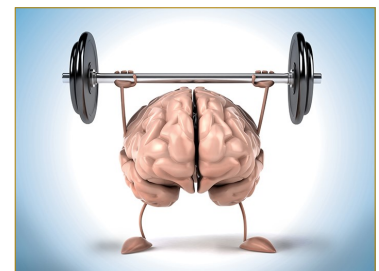
- ◆ **What it does:** Enables you to analyze, blend, and segment sounds.
- ◆ **Common problems when this skill is weak:** Struggling with learning to read, reading fluency, or reading comprehension.

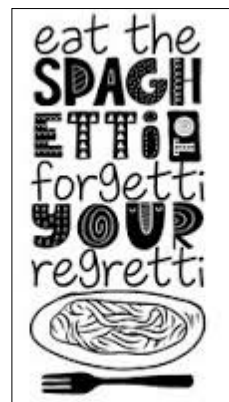
Visual Processing

- ◆ **What it does:** Enables you to think in visual images.
- ◆ **Common problems when this skill is weak:** Difficulties understanding what you've just read, remembering what you've read, following directions, reading maps, doing word math problems.

Processing Speed

- ◆ **What it does:** Enables you to perform tasks quickly and accurately.
- ◆ **Common problems when this skill is weak:** Most tasks are more difficult. Taking a long time to complete tasks for school or work, frequently being the last one in a group to finish something.





Italian Sausage Pasta

Submitted by: Erin Henry



Ingredients

- 1 lb. Italian Sausage
- 1 small onion finely chopped
- 3 cloves garlic minced
- 1 teaspoon dried marjoram
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon crushed rosemary
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon crushed red pepper
- 12 ounces uncooked rigatoni
- ¾ cup chicken broth
- 1 ½ cups heavy whipping cream
- ¾ cup fresh grated Parmesan cheese
- ¾ cup sun-dried tomatoes packed in oil (drained)
- 3–4 cups baby spinach
- Salt to taste

Prep Time: 5 minutes **Cook Time:** 35 minutes **Servings:** Yield: 4 servings
Source: smalltownwoman.com

Instructions

1. Start browning the Italian Sausage. After 3-4 minutes add the onion and continue cooking until the sausage is browned and the onions are soft. Reduce the heat to low. Add the garlic, marjoram, black pepper, rosemary, thyme leaves, and crushed red pepper cooking for 1 minute while stirring constantly. Plate the sausage mixture and cover with foil.
2. Meanwhile cook the pasta according to package instructions and drain well.
3. Add the chicken broth to the skillet working to deglaze the bottom and collect all the brown bits. Add the heavy cream to the skillet. Bring to a boil and then reduce to a simmer. Let it reduce by about half.
4. Turn the heat to low and stir in the parmesan cheese, sundried tomatoes and spinach. Continue cooking until the cheese is melted and the spinach is wilted. Add the sausage mixture and pasta to the skillet. Stir to coat. Season with salt and pepper to taste. Continue cooking over low heat until the pasta dish is heated through.

Notes

- Several shapes of medium pasta will work with this dish including penne, ziti, rotini, elbow, medium shells, and cavatappi.
- Use a spoon to break up the Italian sausage so you have some small pieces and a few larger pieces. Variety is good.
- The cream and chicken broth mixture can take up to 20 minutes to reduce so plan accordingly. Reduce by about 50%.
- Drain the oil from the sundried tomatoes.
- Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or in the microwave.
- Because of the amount of cream I do not recommend freezing this dish. It would not harm you. It just would not be as appetizing or aesthetically appealing.

Click [here](#) for recipe nutrition information



Jack'd Up Smoked Meatloaf

Submitted by: *Lisa Merka*



Prep Time: 15 minutes **Cook Time:** 4 hours **Servings:** Yield: 6 servings **Source:** [HEYGRILLHEY](#)

Ingredients

- 2 pounds ground beef
- 1/2 cup panko bread crumbs
- 1/2 medium red onion (grated)
- 2 cloves garlic (minced)
- 2 eggs (lightly beaten)
- 1 Tablespoon Worcestershire sauce
- 2 Tablespoons Jack Daniels whiskey
- 1 Tablespoon homemade

steak rub (recipe [here](#)) (or your favorite steak rub)

- 1/4 cup milk
- 6 oz pepper jack cheese (cut into strips)

FOR THE SAUCE

- 1/2 cup ketchup
- 1/3 cup brown sugar
- 1/4 cup Jack Daniels whiskey
- 1 Tablespoon homemade steak rub
- 2 teaspoons crushed red pepper flakes

Instructions

1. Preheat your smoker to 225 degrees F for indirect smoking. This meatloaf is awesome with hickory or oak wood.
2. In a large mixing bowl, combine the ground beef, bread crumbs, red onion, garlic, eggs, Worcestershire sauce, Jack Daniels, and milk. Mix gently with your hands until just combined. Don't overwork the meat or your meatloaf will be tough and chewy, just gently mix.
3. Spread half of your meatloaf mixture on the bottom of a grill basket. Layer on the pepper jack cheese, leaving about an inch of meatloaf on all sides. Top with the remaining meatloaf mixture and press the edges together to seal completely. Any exposed holes and the cheese will leak out while cooking.
4. In a small bowl, combine the ingredients for the sauce and then pour over the top of the meatloaf, letting it run down the sides a little bit.
5. Place the meatloaf on the smoker, close the lid, and smoke for 4 hours or until the internal tem-

perature reads 165 degrees F. Let the meatloaf rest for a few minutes before slicing and serving.

Serve with suggestions

Lisa usually serves this with boiled seasoned corn on the cob and a garden salad of :

- 1 head broccoli trimmed to bite size pieces
- 1/2 half red onion diced
- Double hand full cherry tomatoes
- 1 large zucchini squash peeled and diced
- 1 large cucumber peeled and diced
- Small bag of sliced carrots or mini carrots cut in half
- Black pepper to taste
- Tossed in Zesty Italian Dressing
- ***cubed cheese optional***

Let set for 1/2 hour in refrigerator.



This new “In Our State” series starts with cool, hidden, and unusual things to do in Oklahoma. And since gas prices have hit record highs, driving all over the state at this time isn’t really cost effective, so we’ll keep it fairly local and start with 13 things to do in Oklahoma City*! *Links to websites (if available) are provided in the titles.*

13 Cool, Hidden, and Unusual Things to Do in Oklahoma City

#1 - [Factory Obscura Mix-Tape](#)



An immersive art experience built by local arts collaborative, Factory Obscura, in the building formerly known as The Womb, a psychedelic arts center founded by the front man of the Flaming Lips.

#2 - [Oklahoma City Underground](#)



Travel through the hidden underbelly of the city in colorful tunnels filled with art and history exhibits. The underground of Oklahoma City covers over 20 city blocks, filled with art and history exhibits that illustrate the individuality of the state and its residents.

#3 - [Museum of Osteology and Skulls Unlimited](#)



A collection of skeletal systems from the “world’s leading supplier of osteological specimens.” In 2010, Skulls Unlimited opened some of its extensive collection to the public with the Museum of Osteology. In the cases around the wall are hundreds of skulls and skeletons from around the world.

#4 - [99s Museum of Women Pilots](#)



The only museum dedicated to women pilots, with personal artifacts from Amelia Earhart and other aviatrixes.

#5 - [American Banjo Museum](#)

Containing more instruments on public display than any other collection in the world, the American Banjo Museum is a thoroughly modern facility devoted to a historically analog instrument. And very likely the only museum in the world that celebrates the glory of the humble banjo.



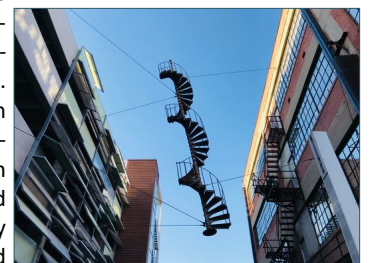
#6 - [The American Pigeon Museum](#)

Celebrate the history of the rich and truly misunderstood relationship between man and pigeon. Pigeons are incredibly intelligent and the relationship between humans and these often shimmering birds is extensive. The American Pigeon Museum honors this long-standing interaction and the simple majesty of the birds themselves.



#7 - [Architectural DNA](#)

A rusted spiral fire escape dangles between two buildings in Midtown Oklahoma City. It’s a surreal, bizarre sight to stumble upon. Originally built in the early 20th century, the staircase was salvaged from the nearby Marion Hotel. It was then suspended between two buildings as a quirky piece of public art and named after the double helix it resembles.



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13 Cool, Hidden, and Unusual Things to Do in Oklahoma City (con't)

#8 - [National Cowboy & Western Heritage Museum](#)



Sitting in the arguable birthplace of the Wild West, this museum holds the largest collection of bronco busting bric-a-brac in the world.

#9 - [Wheeler Ferris Wheel](#)



For years this classic Ferris wheel was the most recognizable feature of the iconic Santa Monica Pier. The famous amusement ride backdropped dozens of Hollywood movies including megablockbusters like "Titanic" and

"Forrest Gump," before being transplanted and reassembled just south of the Oklahoma River.

#10 - [45th Infantry Museum](#)

The 45th Infantry based in Oklahoma City was one of the first National Guard units to be activated for World War II, and after an extensive tour of Europe from the shores to Berlin to the liberation of Dachau, they later served in the brutal Korean War. The 45th Infantry Museum honors not just their



service, but that of all Oklahomans.

#11 - [Rodeo Animal Cemetery](#)

In the garden behind Oklahoma City's National Cowboy and Western Heritage Museum (formerly the Cowboy Hall of Fame) is a small burial ground for a cavalcade of rodeo horses, a bull, and the former museum mascot.



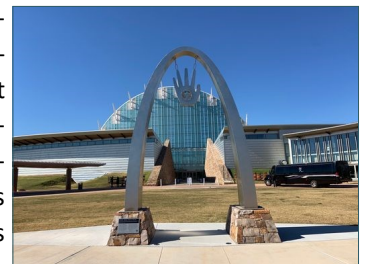
#12 - [Oklahoma State Firefighters Museum](#)

This museum holds not just a world class collection of firefighting artifacts and gear but even the region's first fire station itself.



#13 - [Thirty Nine](#)

Oklahoma is home to 39 different Indigenous tribes. Some of those groups have always lived in the region, but others arrived as part of the U.S. government's deadly displacement campaigns. The First Americans Museum of Oklahoma City honors their resilient history in its exhibitions and performances, and at its on-site restaurant.



If you are looking for something to do, whether it is tried and true or something unusual, these 13 places around Oklahoma City should do the trick. Click the link [here](#) and scroll down to the bottom of the page for a map to help you explore. And if you do visit any of these places, please let us know how they were!



Lisa Merka's granddaughter **Katherine** danced in her 2nd ballet recital the first part of June 2022. She loves dancing and is going to try her luck at Hip Hop coming up later this year. She has two fur-siblings who she loves. Katherine also loves to swim and draw. Her Aunt KK is her most favorite person ever!



Lisa Merka's Granddaughter, Katherine, aged 4 1/2

Lisa and Katherine

#life.



Kolt Brian Amburn
Great-Great nephew of Julie Kelly

Julie Kelly, ISD Secretary and newsletter editor, was promoted to the status of **GREAT-GREAT Aunt** (yes, two greats!) in September of 2021. Recently it was announced she will be once again promoted to that status with the arrival of Kolt's baby brother, Kash, in December of 2022. Just look at those dimples! Congratulations!

Promoted ^{again} To

Great, Great Aunt

2022





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!!"

I learned a new acronym from our Deputy Director recently: BLUF (bottom line up front). So, here it is: I wish that the agency could have given each of you a more significant raise this year. However, I understand the difficulty the Director faces in ensuring our agency can complete our mission, and I do not envy him that task. I'm grateful he made the commitment to give the Information Services Division (ISD) FTE's an extra raise this year on top of the performance-based raises. In the meantime, I'm updating job descriptions in our division to support higher pay and increased opportunities for career progression.

My goal is to create a new job family description (JFD) for Criminal History Specialists and revise the JFD's for Crime Reporting Field Representatives (CRFR's), Fingerprint Specialists, and Statistical Research Specialists, so each consists of three non-supervisory levels of career progression. I hope the updated JFD's are assigned salary ranges consistent with those for CRFR's and Fingerprint Specialists. If successful, I will then reclassify Administrative Technicians and Administrative Assistants who work in CCH related units as Criminal History Specialists. The level each employee is re-classified as will depend on what level they qualify for based on their level of education, experience, and assigned responsibilities. After that, my goal is to see employee salaries raised to the mid-point of their

assigned pay band.

I do need to stress this is a long-term plan and there are many steps involved in achieving it. First, each new or revised JFD will have to be sent to OMES Human Capital Management (HCM) for approval. I've sent the first JFD to HCM, only to learn they will not review any JFD's until after the new Workday/Brightpath system goes live in August. However, I'm optimistic I can have all the JFD paperwork submitted and reviewed by the end of FY23.

Of course, the next challenge will be even bigger – finding funding for these proposed changes. I do not expect there to be funding for these changes during FY23, but I'm optimistic we will have funding for at least some in FY24 based on the outcome of the recent Staff Planning Conference (SPC).

Agency leadership meets every June at the SPC and discusses what needs to be in the upcoming revision of the Strategy for Excellence (SFE) and what agency legislative priorities will be (listed on the last page of SFE). When SFE v 4.0 is released, you may note a modification to the vision statement, which focuses on striving to "set a new standard of excellence" in our respective areas. For ISD, to reach this vision, we need to modernize our criminal history and crime reporting systems, so data is received and processed automatically. This will require heavy investments in both the systems we use

and our staff. I'm excited to let you know the Director supports making this investment and has decided to make Criminal History and Crime Data Modernization a top legislative priority next year! This legislative request will help generate the revenue needed to accomplish my goal for JFD modification and raises. In addition, the request will include added positions for ISD to ensure we have adequate staff to lead these modernization projects.

I'll be keeping your supervisors informed of developments as we continue refining our request, but I want to emphasize I will need help from each of you. In order to update our systems, I need the experts who interact with these systems daily to help develop specifications, conduct testing, and train other users. You may not think of yourself as an expert and these duties may seem outside your comfort zone, but I encourage each of you to learn as much as you can about the systems you use, the laws governing it, and develop skills to help you grow. Training on communication (oral and written), team building, and project management will all help prepare you for future opportunities as we work to modernize our criminal history and crime reporting systems. I know we have a lot of work ahead, but I'm confident that with your help we can make Oklahoma's information systems the best in the country!

Erin