# OCTOBER 1, 2022 - VOLUME 5, ISSUE 1 - OCTOBER - DECEMBER



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tate Bureau of I rin.henry@osbi.ok.go 105-879-2504

# by Kristie Edwards EMPLOYEE SPOTLIGHT

The ISD Employee Spotlight this guarter is on Ginger Casler, the Self-Defense Act Licensing Unit (SDA) Supervisor.

Ginger was raised in San Diego, California and served in the U.S. Navy which is how she landed in Oklahoma

Ginger started her career with OSBI in the Criminal History Management Unit (CHMU) and is now the supervisor to the great individu-



als in SDA. The primary function of the SDA Unit is to process handgun licensing applications. When asked if she could do any other job, she replied "anywhere I could spend my time on the beach."

When she's not at work she dedicates most her time to her family. Ginger and her husband have been married for



half of her life and they have three boys - Dillan. Brendan and Landan. They also have two dogs, Bella and Stella, who are Tony Australian Shepherds who love to cuddle.

# **Ginger Casler** SDA Unit Supervisor



The boys have all played soccer so the family has spent a lot of time on the soccer field. Ginger was also a soccer referee which she said was the "craziest and most fun job" she has ever had.

A few fun facts about Ginger are that if she was stranded on a deserted island, she wouldn't be able to survive without her family and a COLD Pepsi. She loves to read teenage fantasy novels. She also enjoys In-N-Out burgers and Mexican food. She loves traveling to new and interesting vacation spots, going to Disney and having family

game night. If Ginger could talk to one person, she said she would love to have one more conversation with her grandmother. The three traits that most define Ginger are "family first all the time, integrity, and dedication to my commitments." And lastly, she would like to cross off "seeing the Northern Lights" of her bucket list.

**Ginger's personal** philosophy - "Do the right thing all the time"

# **Stress and Burnout**

2

After sending out my request for ideas, articles, etc. for this issue of the ISD Newsletter, I received an email from one of our employees with a link to this article. After reading it, I thought, "What a perfect time of year for this message!" It's from a post written by Brené Brown back in 2009, however, I think it still applies to today, well, any day to be honest. She wrote a message in 2014 talking about the stress she was under during the holiday season and remembered that old 2009 post that she wrote. She reminded herself..."Researcher, heal thyself" and decided to re-post it as she says, she "clearly needed the reminder". Read on below.

# The Show Must Go on. But at What Cost?

by Brené Brown

# **REPOST FROM NOVEMBER 2009**

I have a terrible memory from last Christmas that I'm planning to use as a touchstone to help us create a merrier holiday this year.

I was sitting at my kitchen table addressing 225 Christmas cards, Charlie was crying in his room because I told him that I couldn't read "the reindeer book" to him until I finished the cards, and Ellen was upset and sitting alone in the dark living room because it was once again too late to start a *Polar Express* family movie night. I don't remember the detail of Steve's whereabouts, but I think he was out doing last-minute teacher gift shopping.

At some point the sulking and crying was too much so I stood up and yelled, "I'm sorry. I HAVE to finish these cards! They're not going to address themselves! Everyone wants to send them but I'm the one who has to make it happen!"

The house got very quiet.

I wish I could tell you that wisdom washed over me and I put the cards away. I'd love to end the story by writing, "I gathered my children in my arms, we drank hot cocoa, and I read from one of our lovely Christmas books."

Nope. I was like, "Thank God. It's quiet."

I remember telling myself, "Oh, well. The show must go on."

And it did. The cards went out. The presents were wrapped. The cookies baked. We were at everyone's houses as scheduled.

It was exhausting and I was just waiting for it to be over.

Don't get me wrong—I wasn't the victim of this holiday circus, I was the ringmaster.

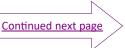
We live in a world where life can easily become pageantry, and the best performers make it look balletic and effortless. Of course, there's no such thing as an effortless holiday show. If you sneak a peek behind most people's red velvet curtains at holiday time, you'll often see houses brimming with anxiety, maxed-out credit cards, crying children, and marriages that make the cold war look warm and fuzzy.

I'm convinced that the only way out of this is by canceling the show. Not canceling the holiday, but giving up the show.

For us, that means making some changes. We do love our holiday cards, but this year we'll make a party out of addressing envelopes and I won't insist on doing it myself so it's "right." P.S. If you're on our list, your cards will arrive sometime between mid-December and Valentine's Day.

After 20 years of drawing names at our big family holidays, we've decided to only buy for the kids and to keep the gifts small and meaningful. We're also going strictly homemade (us or Etsy) for teacher and neighbor gifts. And, most importantly, we will make a list of all of the holiday family things that we want to do together and those will take priority.

Rather than always insisting that "The show must go on!" I'm going to ask these two questions: Is this a part





# Inexpensive (Fairly) Places to Eat AFTER you leave the Office

| Restaurant & Location  | Туре   | \$\$\$\$ | Online<br>Rating<br>(out of 5) | Dine-in • Takeout • Delivery                |
|--|--|----------|--------------------------------|---|
| <b>Cal's Chicago Style Eatery</b><br>7005 NW Expressway, OKC                                   | Hot Dogs, Sandwich-<br>es, Traditional Ameri-<br>can | \$       | 4.5                            | Dine-in, takeout, delivery                  |
| Chuck House Restaurant<br>4430 NW 10th St, OKC   | Traditional American                                 | \$       | 4.0                            | Dine-in, takeout                            |
| Tandoor Restaurant<br>1900 E Reno, OKC (Inside gas station)                                    | Indian   | \$       | 4.5                            | Dine-in, takeout                            |
| <b>Lee's Sandwiches</b><br>3300 N Classen Blvd, OKC  | Sandwiches, Vietnam-<br>ese, Coffee/Tea              | \$       | 4.0                            | Dine-in, takeout                            |
| <b>Stray Dog Café (closed Monday's)</b><br>6722 NW 39th Expy, Bethany                          | Café, Burgers  | \$       | 4.0                            | Dine-in, takeout                            |
| <b>Simply Falafel</b><br>343 S Blackwelder Ave, Edmond   | Mediterranean, Salad,<br>Sandwiches                  | \$\$     | 4.4                            | Dine-in, takeout                            |
| Matachines Authentic Mexican Food<br>180 W 15th St, Edmond                                     | Mexican  | \$       | 4.0                            | Delivery, Takeout (call to confirm Dine-in) |
| <b>Metro Diner</b><br>3000 W Memorial Rd, Ste 109, OKC   | Diner, Breakfast,<br>Brunch, Traditional<br>American | \$\$     | 4.6                            | Dine-in, takeout, delivery                  |
| Summer Moon Coffee<br>17 W 1st St, Ste 150, Edmond<br>New location just opened 4711 N May, OKC | Coffee & Tea   | \$\$     | 5.0                            | Take-out, dine-in, drive-through (OKC)      |

# The Show Must Go on. But at What Cost? (con't)

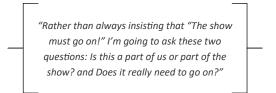
of us or part of the show? and Does it really need to go on? I think our holiday will be better for it.

When our lives become pageants, we become actors. When we become actors, we sacrifice authenticity. Without authenticity, we can't cultivate love and connection. Without love and connection, we have nothing.

The phrase "the show must go on" originated in the 19th century with circuses. If an animal got loose or a performer was injured, the ringmaster and the band tried to keep things going so that the crowd would not panic.

This year there will be no band. No ringmaster. We're going to say "yes" to small and quiet and "no" to the three-ring circus. That's not to say that there won't be panic and loose animals. That's a given around here.

- Brené Brown



# 7 Smart Strategies to Avoid Holiday Burnout



- 1) **Pick your priorities**. Most people can't do everything they wish they could, pick what is most important and LET GO of the rest.
- 2) **Pace yourself**. Don't be one of those people who wait until the last minute, shop early.
- 3) **Shop Online**. If crowds stress you out, avoid them, shop online.
- 4) **Don't overcommit yourself**. Commit to attend some events, but plan downtime and put it on your calendar.
- 5) **Delegate, delegate, delegate**. A common weakness among high-achievers is that they don't delegate enough. This puts you on a fast track to burnout. Ask for help.
- 6) **Be realistic in your expectations**. Don't expect perfection in your holiday preparations, make it simple or better yet, share the load by making it a pot luck.
- 7) **Sleep**. Obvious? Yes. Ignored in the lives of highachievers? Chronically. Sleep is restorative and lets the body replenish itself from the damage of mental stress, physical strain, etc.





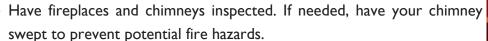
Autumn signals a return to cooler temperatures, more time outdoors, and preparations. Now is the time to make sure homes and families are ready for the upcoming holidays and winter weather both indoors and out. Check out these tips and tricks for getting your home and family ready for anything.



- Check your emergency supplies. If you don't have an emergency kit, build one. Replace any items that are expired or have been used.

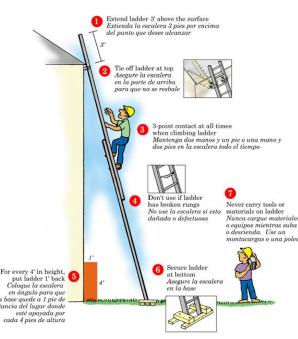
 Test your smoke alarms and carbon monoxide detectors for proper function. If needed, replace the batteries.

- Check the seals on doors and windows. Repair or replace weather stripping to prevent drafts and save energy.



Ultimate 8 Fall Home Maintenance Tips 1 Check smoke detectors, fire extinguishers & 2 Clean your chimney & fireplace 3 Check windows 4 Wrap indoor pipes 5 Inspect your Root 6 Inspect your Root 6 Inspect your heating system 7 Stock up on Supplies 8 Finish seasonal yard maintenance

Clean your gutters. Leaves and debris build up can damage roofs and homes.



lnspect your roof for loose shingles and damage.

Practice ladder safety and proper usage. Fall prevention let you and your family enjoy all seasons.

Be careful when doing yardwork. Use rakes that are the right length and wear eye and hearing protection. Hydrate and apply sunscreen. It's easy to over-exert when temperatures are moderate.

Keeping your home and family safe and healthy gives everyone the best chance at a fun and active Autumn.

Click <u>here</u> to download an emergency supply kit checklist courtesy of the City of Dallas, TX.

| Name              | Unit       | Years of Service | MAN                            |
|-------------------|------------|------------------|--------------------------------|
|                   | October 20 | 22               | Awards<br>8                    |
| Dillon Davidson   | BFSU       | П                | Recognitions                   |
| Kelsey Backry     | ID         | 2                |                                |
| Michael Bridgford | FSU        | 5                | Red Feath                      |
| Talia Lane        | FSU        | 16               | Reditedin                      |
|                   | November 2 | 022              |                                |
| Debra Cooper      | DSU        | 35+              | Emma Hood<br>Brittany Lindsey  |
| Jim Ely           | FSU        | 25               | Jarel Murphey                  |
| Jennifer Gouge    | FSU        | I                | Angela Thompson<br>Clint Terry |
| Kimberly Stiles   | SDA        | 6                | Donna Robertson                |
|                   | December 2 | 022              |                                |
| Jaime Sullivan    | CHMU       | 2                | Ó                              |

Look for the OSBI Trivia Game on page 8!

|            | October          |    | November            | December |                |    |
|------------|------------------|----|---------------------|----------|----------------|----|
| hy         | Angie Avila      |    | Christopher Cordova | 7        | Beckie Rhoades | 2  |
| Ad         | Lisa Merka       | 13 | Jackie Cruise       | 8        | Debbie Repine  | 5  |
| 3ist       | Talia Lane       |    | Anne Simons         | 10       | Erin Henry     | 5  |
| tappy Rist | Laura Nussberger | 26 | Andrew Cisper       | 18       | Emma Hood      | 19 |
| Joh        | Emily Proc       | 27 | Michael Bridgford   | 28       | <b>Ma</b> A    |    |
| #          | Lorna Beckloff   |    | Jarel Murphey       | 29       | <u>u</u>       | J. |





Ve ILESTONES In State Service

Don't forget 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!

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Link to Back Issues

# **VOLUME 5, ISSUE I**

| October 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** 3rd - Monthly Game/Event Announced 14th - Random Number Drawing

# Other Holiday's/Events

1st - National Homemade Cookie Day 4th - National Taco Day 11th - National Sausage Pizza Day 20th - National Chicken & Waffle Day 25th - Chucky, The Killer Doll Day



State Holiday's 11th - Veterans Day

24th & 25th - Thanksgiving

# Employee Appreciation Events

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

# YOther Holiday's/Events

2nd – Stress Awareness Day 6th - Daylight Savings Ends 9th - National Scrapple Day 14th - National Pickle Day 23rd - National Tie One On Day (not what you think it is...) 30th - National Personal Space Day

> Birthday's See list here



Sat

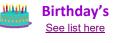
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# **Femployee Appreciation Events**

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

# Other Holiday's/Events

7th - Pearl Harbor Remembrance Day 12th - National Ding-a-ling Day (again, not what you think it is...) 21st - National Humbug Day 30th - National Bacon Day



CALENDAR OF EVENTS

| November 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 🔶 |      |      |     |  |  |  |  |  |

| j   | December 2022 |     |     |     |  |  |  |  |  |  |  |
|-----|---------------|-----|-----|-----|--|--|--|--|--|--|--|
| Mon | Tue           | Wed | Thu | Fri |  |  |  |  |  |  |  |
|     |               |     | 1   | 2   |  |  |  |  |  |  |  |
| 5   | 6             | 7   | 8   | 9   |  |  |  |  |  |  |  |

4 10 15 11 12 13 14 16 1718 2021 22232419 26 😭 27 😭 25282931 30



Sun

Wishing a very Happy Birthday to all Birthdays! See birthday list here.

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# CORRELATION SERVICES UNIT MEMBERS

## • Kayron White

 "I have learned so much since working here..., I love that each day brings new challenges that I truly enjoy tackling and solving. I love that I learn something new everyday."

### • Kalli Kapraun

 "No two records are exactly alike, just when you think you've seen it all, you open the next record." Kalli likes "feeling I am a small part of helping our community and state in a positive way."

### Shondreya Toomey

 "I have enjoyed learning about the processes that occur after an arrest...My favorite thing about working for CSU is working with other agencies to locate cases and being able to complete a record."

## Sierra Brown

 "I have learned a lot...the biggest thing is now knowing how complex the criminal justice system is...I have always wanted to work at the OSBI and when I saw this position posted I was very excited...I really like research..."





L-R: Sierra Brown, Admin Tech; Kayron White, Unit Supervisor; Shondreya Toomey, Admin Tech; Kalli Kapraun, Admin Tech

he **Correlation Services Unit** (CSU) was formed in July of 2022 out of the Correlation Project that was implemented in 2019. The project was specifically created for the purpose of improving the accuracy, completeness and accessibility of non-Triple I criminal history records. The CSU Criminal History Research Specialists (CHRS) dedicate their time exclusively to the task defined in the project. 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.

CSU employees perform necessary research and take possession of the records, automating them whenever possible. They focus their efforts 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.

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 is met, domestic abuse convictions, as well as felony convictions are entered into the NICS Index for instant access.

As of August 31<sup>st</sup>, 2022, the OSBI's Correlation Team had completed the review of **over 43,052 records** and of those reviewed, has taken possession of 40,817 of those records which is more than 95%. There were 52,003 offenses researched resulting in 34,704 dispositions being added to criminal history records

The Correlation Services Unit 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.

If you'd like to know more about what they do, feel free to ask one of the members!

WELCOME TO THE TEAM!

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!



Christopher Cordova Statistical Research Specialist SAC



lan Richey Disposition Reporting Specialist DSU

# DSP PROJECT

# Purpose

To enable Triple I (Interstate Identification Index, "III") states to update criminal history records with disposition data.

# The Plan

The DSP (**D**igital **S**ignal **P**rocessing) Update Message enables III states to update criminal history records with disposition data. DSU has been working with the FBI to send disposition data to update state records. The FBI provided a list of missing dispositions for OSBI. This list was more than 600K lines and included about 250K arrest events. DSU and IT worked together to query CCH for the missing disposition data. Additionally, the group worked together to ensure the information provided by OSBI was in the required format for the FBI to ingest. In July of 2022, OSBI submitted a test file to the FBI. This was successful! In August, OSBI processed the original file into 52 files and uploaded them to LEEP for ingestion. FBI estimated about two months for completion. As of today, rejection rate has been less than 2%.

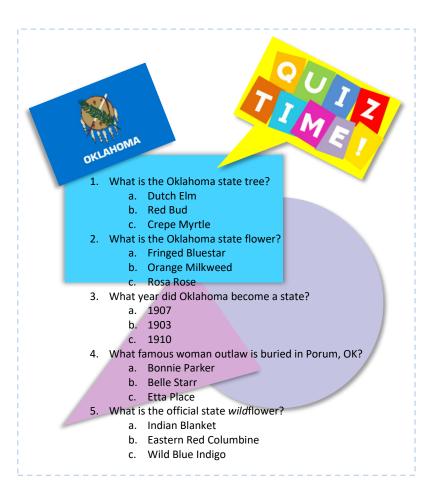


# Game Announcement! Who is that?

Send us your baby pictures for the '*Who is that*? game. We'll post a photo in every newsletter and the first person to email and correctly guess who the person is, wins the prize!



Click <u>here</u> or on the photo to enlarge, then if you think you know who it is email your guess <u>here</u>. The <u>first</u> correct answer received wins!



Click here for the Quiz Time solution



Click <u>here</u> to play the OSBI Trivia Game! (May download to your computer's Downloads folder, if asked click 'Allow'.)





# Sharp Braíns -Cognítíve Skílls



# Across 1. Draining effect?

- 5. Lot, perhaps
- 9. A neighbor
- **9**. A neighbo
- 14. Stead
- 15. Penetrating look?
- **16**. Singly
- **17**. Those who steal tiny clocks?
- 20. Electric fish
- 21. Ball chaser?
- 22. Fire upon
- 23. Steps to success?
- 25. Cut off
- 26. Deep sleeps
- 29. Carafe kin
- **31**. Created a web site?
- **35**. Hazards a guess
- 37. Bone-dry
- 39. Pub pint
- 40. Spiritual leader?
- 43. Writer Levin
- 44. Left on a boat
- 45. Bestowed (with "down")
- 46. Mama's name
- 48. It's earned
- 50. Jungle sounds
- Natural necklace
- 53. Mustard style
- 55. Needle locales
- 59. NFL Hall of Famer

Dawson

- 60. Schubert's "Grand \_\_\_\_"
- 63. Weigh-in for a
- heavyweight bout?
- 66. It may have a liner on it
- 67. Lying on
- 68. Pelvic bones
- 69. Drudges
- 70. It's breaking, at times
- 71. Feel sorry for

| 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 | 32 | 33 | 34 |
| 35 | +  | +  | +  |    | 36 |    | 37 |    |    | 38 |    | 39 | +  | +  |
| 40 | +  | +  | +  |    | +  | 41 |    | +  |    | +  | 42 |    | +  |    |
| 43 | +  |    |    | 44 | +  |    | +  |    | 45 | +  | -  | +  | +  |    |
| 46 | +  | +  | 47 |    | 48 |    | +  | 49 |    | 50 | +  | +  |    | +  |
|    |    |    | 51 | 52 |    |    | 53 | +  | 54 |    |    |    |    |    |
| 55 | 56 | 57 |    | +  | +  | 58 |    | 59 | +  |    |    | 60 | 61 | 62 |
| 63 | +  |    | +  |    | +  |    | 64 |    |    | +  | 65 |    | +  |    |
| 56 | +  |    | +  | +  |    | 67 | +  | +  | +  |    | 68 | +  |    |    |
| 59 | -  | -  | -  |    |    | 70 |    | -  |    |    | 71 | -  | -  | +  |

# Down

- 1. "So what \_\_\_\_ is new?"
- 2. Price of a dozen?
- 3. Give a hand?
- 4. Actor Brynner
- 5. Country singer Hoyt
- Recoil
- Southdown male
- 8. Baby blues
- 9. Von Steuben's title
- 10. Annual Nile
- occurrences
- Heist haul
- 12. "Lonely Boy" singer
- 13. Assay
- 18. Bungle

- **19**. Cling to
- 23. Asian royal
- 24. Hit big flies?
- 26. "Cathy" or "Blondie"
- 27. Dvorak's "Rusalka,"
- e.g.
- **28**. One with a golden touch
- 30. Baseball stat
- 32. Chinese mammal
- Peptic problem
- 34. Requires
- 36. Appalachian range
  - 65. Dignitary, for short

47. Catch phrase

58. Read hastily

60. Frank server

**61**. Condo, e.a.

**64**. Broke bread

fiaht

55. Goo

49. Word with talk or

**52**. Odds alternative

**54**. Military transports

56. Beat fast, as a heart

**57**. Double Delight snack

62. Buckwheat's assent

- 41. Exist
- 42. Soon, to a poet

**38**. Honeybunch

Click here for the solution



# Cashew Chicken Casserole

Submitted by: Julie Kelly

# Ingredients

- Nonstick cooking spray
- 1 cup reduced-sodium chicken broth
- ¼ cup hoisin sauce
- 2 tablespoons grated fresh ginger
- 4 teaspoons cornstarch
- 1/2 teaspoon crushed red pepper
- ½ teaspoon ground black pepper
- 1 pound skinless, boneless chicken breast halves, cut into 1 -inch strips

# Another casserole recipe

Just what we all need

- 2 medium onions, cut into thin wedges
- 2 cups sliced bok choy
- 1 cup sliced celery (2 stalks)
- 1 cup sliced carrots (2 medium)
- ¾ cup chopped green sweet pepper (1medium)
- 6 cloves garlic, minced
- 2 cups cooked brown rice
- 1 cup chow-mein noodles, coarsely broken
- 1/2 cup cashews
- ¼ cup thinly sliced green onions
   (2)

# Instructions

- 1. Preheat oven to 400 degrees F.
- 2. Lightly coat a 2-quart rectangular baking dish with cooking spray. Set aside.
- 3. For sauce, in a medium bowl whisk together broth, hoisin sauce, ginger, cornstarch, crushed red pepper and black pepper; set aside.
- Lightly coat an extra-large skillet with cooking spray; heat over medium-high heat. Add chicken to skillet; cook until lightly browned. Remove from skillet.
- Add onion wedges, bok choy, celery, carrots and sweet pepper to the skillet. Cook for 3 to 4 minutes or until vegetables start to soften.
- 6. Add garlic; cook for 30 seconds more. Stir in the sauce. Cook and stir about 3 minutes or until sauce is thickened and bubbly.
- 7. Stir in cooked rice and browned chicken.

Spoon chicken-rice mixture into the prepared baking dish. Cover with foil and bake about 20 minutes or until casserole is bubbly and chicken is no longer pink (165 degrees F).

8. Sprinkle chow-mein noodles and cashews over. Bake, uncovered, for 4 to 5 minutes more or until noodles and cashews are golden brown. Sprinkle with green onions.

Prep Time: 35 minutes Total Time: about 1 hour Servings: Yield: 6 servings Source: https://www.eatingwell.com/recipe/263004/garlic-cashew-chickencasserole/

# Nutrition Facts - Per 1 1/3 cup Servings:

340 calories; protein 22.9g; carbohydrates 40.4g; dietary fiber 4.2g; sugars 7.5g; fat 10.1g; saturated fat 2.2g; cholesterol 48.7mg; vitamin A iu 4687.8IU; vitamin c 33.8mg; folate 67.3mcg; calcium 79.4mg; iron 2.4mg; magnesium 102mg; potassium 718.4mg; sodium 480.4mg.

# Exchanges:

2 1/2 lean protein, 2 starch, 2 vegetables



# Good Elats

# Oreo Cheesecake Bars Submitted by: Julie Kelly



# Ingredients

- I (16.5-oz.) log refrigerated chocolate chip cookie dough (such as Pillsbury)
- 20 Oreo cookies, plus more for topping
- 2 (8-oz.) blocks cream cheese, softened
- I/2 c. granulated sugar
- 2 large eggs

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WEBSITE: We use cookies to improve performance.

ME: Same.



- I/2 tsp. pure vanilla extract
- Pinch of kosher salt
- Warm caramel, for drizzling

# Instructions

- Preheat oven to 325°. Line an 8"-x-8" baking dish with parchment paper with a 2" overhang. Press cookie dough into bottom of baking dish.
- 2. Top with a single layer of Oreos, breaking them up to fit, if necessary, and set aside.
- 3. Make cheesecake layer: In a medium bowl using a handheld mixer or stand mixer with the paddle attachment, beat cream cheese until

smooth. Beat in sugar, eggs, vanilla, and salt until fully combined. Pour over Oreo layer and smooth top.

- 4. Top with broken Oreo pieces and bake until the center is only *slightly* jiggly, 30 to 35 minutes.
- 5. Refrigerate until completely chilled, at least 3 hours and up to overnight.
- 6. Remove cheesecake bar from baking dish and slice.
- 7. Drizzle with warm caramel before serving.

Prep Time: 10 minutes Total Time: 3 hours 55 minutes Servings: Yield: 9 servings

# eat where? <sup>L</sup>

Lido's Restaurant (by Julie Kelly) 2518 N Military Ave, Ste 101, OKC



I am always on the lookout for a decent Asian restaurant. I could eat Chinese, Vietnamese, Asian foods 24/7, 365 days a year, breakfast, lunch and dinner. Not joking! Had heard good things about this place. That it had good food, was clean, etc. Did NOT disappoint! The lunch portions were huge and the service was excellent. The place was pretty much spotless, and best of all my utensils were sparkling clean (a pet peeve of mine, dirty utensils)! My dish of Chicken Io mein was good, but the star of the meal to me was the egg drop soup and the egg rolls. Apparently, they've been in business for over 30 years and recently retired and sold to another family that is dedicated to carry on the tradition. Will definitely return again and again! Give them a try, worth every bite!



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**6** klahoma has long been the center of paranormal investigations. Our state is full of haunted places that would terrify even the bravest of thrill seekers. So for those daring enough, and since it will soon be **Halloween**, here's an ultimate road trip that will plunge you into the heart of the creepiest places in Oklahoma.

# #I - Timber Ridge Cemetery, Catoosa

Locals have nicknamed this place Haunted Hollow. Legend has it that a Native American boy who was hit by a car and killed while riding his



bicycle in 1989 is buried here. Witnesses say that his spirit, along with his bicycle, can be seen along the roadside. Some say they have felt as if they hit something, but on getting out of the car and taking a look, found only a bloody hand print on the front of their car. Others say

that those who walk past the graveyard may get sudden nosebleeds or see orbs above the graves. Also, the cemetery gate has been reported to open by itself. The drive from Timber Ridge Cemetery to your next destination- Gilcrease Museum- is approximately 25 minutes. Address: 30356 S 4130 Road, Catoosa, OK, 74015

### #2 - Gilcrease Museum, Tulsa (temporarily closed for construction)

Next stop is Gilcrease Museum - one of Tulsa's most haunted places. After the death of its owner, Thomas Gilcrease, in 1962, the philanthropist's ghost has been seen and heard haunting the museum. Seen



all over the estate, his ghost often spends time in the gardens, which was his favorite place during his lifetime. Other reports tell of ghostly children that continue to roam upon these historic grounds. Ghost investigators have obtained electronic voice recordings of a woman singing, the sounds

of men arguing, and strange whispers. Other phenomena reported by staff and guests include loud banging noises coming from the second floor of the museum, major temperature fluctuations, doors slamming by themselves, unexplainable technical malfunctions, and items that mysteriously disappear only to show up later in a strange place that it obviously does not belong. The drive from Gilcrease Museum to your next destination - Hillside Mission Cemetery - is approximately 25 minutes. Address: 1400 N Gilcrease Museum Road, Tulsa, OK, 74127

### #3 - Hillside Mission Cemetery (Witch's Grave), Skiatook

In the rolling hills of northeast Skiatook sits a witch's grave in Hillside Cemetery. The story goes that a woman (the witch) was devoted to her husband beyond the day of his death. After her husband passed away she kept his body in their house, attempting to use spells to



bring him back to life. The local people attempted multiple times to bury the witch's husband in vain, because

after they would bury his



body, the witch would dig his body back up and return him to their home. Finally, the residents buried the witch's hus-

band, but this time they covered the coffin with concrete, to entomb it for the rest of time. The witch is said to haunt the grave to this day. Reports of shrieks and screams, footsteps, and rocks being thrown whenever someone approaches the grave are extremely common. It has these words roughly carved on the top of the concrete tomb: "If I can't go to him, I will bring him back." To find the tombstone (pictured above) look under an oak tree in the back section of the graveyard. The drive from Hillside Mission Cemetery to your next destination -Gravity Hill - is approximately 25 minutes. Address: E0410 Road, Skiatook, OK, 74070

### #4 - Gravity Hill, Bartlesville

Now you get to experience one of the strangest phenomenon's in Oklahoma. 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.



Many theories exist about why things roll uphill instead of downhill. Whether caused by ghosts, a magnetic force, alien contact or an optical illusion, this is something you have to see for yourself. Directions to Gravity Hill : Go to Gap Road in Bartlesville - then go straight until you come to

a curve that curves left. Don't take the curve, turn around and go up a few feet. Turn off your car, put it in neutral, wait a few seconds and you will feel the pull moving you up the hill. The drive from Gravity Hill to your next destination - Stillwater - is approximately 100 miles. Address: Gap Road, Bartlesville, OK, 74003





### #5 - Oklahoma State University, Stillwater

13

By the time you arrive in Stillwater, you'll be ready to enter one of the most haunted colleges in the Southwest. Many buildings are said to be haunted on campus, especially the Student Union and Cordell Hall.



Legends say that a woman committed suicide by hanging herself and her ghost haunts the buildings, along with several others. Visitors have reported seeing shadows or mysterious glows, and lights will turn on by themselves. Doors lock or unlock by themselves, and cold breezes may be felt.

The drive from Stillwater to your next destination - Stone Lion Inn - is approximately 35 miles. Address: 100 S Hester Street, Stillwater, OK, 74078

### #6 - Stone Lion Inn, Guthrie

Guthrie's Stone Lion Inn is nationally known for its murder-mystery weekends. It is a stately Victorian mansion that serves as a bed and



breakfast. It was once a funeral home that now has many spirits roaming the Inn. One of those is from a former resident who died at the age of 8. Noises can be heard from kids playing, toys get pulled out at night with no explanation and footsteps can be heard at odd times and places. This would be a

great place to spend the night - especially if it was during a murdermystery weekend. The drive from Stone Lion Inn to your next destination - Kitchen Lake - is approximately 50 miles.

### **#7** - Kitchen Lake Bridge (Witch's House), Oklahoma City

The legend of the bridge past Kitchen Lake is that years ago, a witch lived in a wooden house with a stone chimney right before the inter-



section of 119 and Air Depot. The house burned down mysteriously and only the fireplace and chimney are left standing. There have been several occurrences of smoke seen coming out of the chimney. There are things hanging from the trees and animals with heads missing

have been seen out there as well. Witnesses report even seeing the different piles smoldering at times. Legend has it the witch died in a

fire and her soul still burns anything that is near her property with a vengeance. Some people have reported vehicular problems. Cars don't start. Headlights go out. Windshield wipers come on unexpectedly. Footsteps follow people who get out of their cars to walk in the area. The drive from Kitchen Lake to your next destination - The Skirvin Hotel - is approximately 30 minutes. Address: SE 119th Street, Oklahoma City, OK 73165

### #8 - The Skirvin Hotel, Oklahoma City

Rumors of a haunting in the hotel persist, and have even been cited by National Basketball Association (NBA) teams. The most notable



examples occurred in 2010, when the New York Knicks famously blamed their loss to the Oklahoma City Thunder on the haunting and when the Chicago Bulls reported doors slamming shut on their own and strange sounds outside their rooms. As the story goes, the hotel's original owner, W.

B. Skirvin, had an affair with a maid named "Effie," which led to a pregnancy. To protect his reputation and avoid a scandal, Skirvin locked the maid on the 10th floor. The maid became depressed and even after the birth of her child, she was still not let out of her room. She eventually jumped out a window killing herself and the baby. This maid is described as "a woman of loose morals," and would often go around seducing male guests in the hotel. Over the years, hotel staff say they have seen objects moving by themselves and have heard strange noises at night. The drive from Skirvin Hotel to your next destination - Fort Reno - is approximately 35 minutes. Address: 1 Park Avenue, Oklahoma City, OK, 73102

### #9 - Fort Reno, El Reno

You'll end your road trip in El Reno's historic Fort Reno - a former military camp established in 1874. You can take a professionally guid-



will then relay tales of paranormal activity reported at the fort consisting of footsteps, doors mysteriously opening and cold spots throughout the property. Address:

7107 W Cheyenne Street, El Reno, OK, 73036

ed ghost tour of the grounds to get the full story of all the ghost stories. A local paranormal investigation team







# **THE OSBI NEWS**

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# **OSBI Employee Named Student Ministry Director**



Betty Stickley, Administrative Technician III Criminal History Management Unit

#life.

Betty Stickley, CHMU Employee, has always had a heart to serve Christ and share His message. Her passion is to reach the youth of today. In recent weeks, she was nominated and approved to be the Student Ministry Director at the First Southern Baptist of Arcadia. She is very excited to grow the student ministry. She has some really great ideas for the students to have fun, grow in their faith and serve the community. **Congratulations Betty!** 





Meet the new fur-babies of Kourtney Heard, CIS Manager

# **Iris and Aslan**

Kourtney says that Iris is very sweet and gentle, and always has sad eyes. She is the opposite of Aslan who is a ball of energy and is usually the instigator, looking at you with an almost mischievous little smile. Both babies are learning to walk on a leash and they love playing together. Looks like they love cuddling together as well!





### **VOLUME 5, ISSUE I**



success as we complete each project!"

As Director Adams said on more than one occasion, "the only thing constant is change." This is actually a paraphrase of a quote from the Greek philosopher, Heraclitus, but it seems especially appropriate now. Between the implementation of Workday, the change in agency leadership and a plethora of other current and coming projects it feels like we are swimming in change! While some changes may bring a lot of frustration, other changes can bring a lot of excitement for the future.

Thankfully, despite all the changes, one thing remains the same – the focus will remain on Information Services for the coming legislative session. Director Spurlock, Kim, Brook, and the rest of the administrative team are already laying the groundwork for a successful legislative session and I will be working with them closely over the coming months to explain our needs to the appropriate individuals at the Capitol.

In addition, Director Spurlock has already started the process of strengthening the implementation of the "One Team, One Mission" mindset. She has enthusiastically embraced opportunities to get to know the Information Services division better and to express her appreciation and support for what we do. I hope you will assist her and Deputy Director Fielding as they work to learn the details of our division so they can advocate for us effectively.

With respect to the plethora of other changes happening or coming soon, here is a brief update:

- The file room renovation is on-going. By the time of publication, the demolition in the file room should be complete and work will be starting soon on modifications to the admin hallway and copy room. A purchase order has been issued for the modular furniture that will go in the file room. While the project got off to a slower start than expected, they are making steady progress.
- NARIP grant As Kourtney recently e-mailed, we've received preliminary notification that we will be receiving an award for the full
  amount of our 2022 NARIP application. This grant will fund:
  - Continuation of all existing projects, including two years of funding for existing grant-funded positions in BFSU, DSU, CSU, and CHMU.
  - Developing interfaces and automation for disposition reporting, including interfaces with ODIS, DAC, DOC, etc...
  - Ontinued work on CCH enhancements.
  - ♦ Training.
  - ♦ Overtime.
- NCHIP grant At the CJIS Task Force meeting, I was notified verbally that DAC had received an award for the full amount of our 2022 NCHIP application. This will fund:
  - ♦ Year one expenses of an update to AFIS, converting to a Cloud-based deployment.
  - ◊ A re-write/update of the CCH language to enable the database to be moved to a supported version of Oracle.
- JFD Revision The draft Criminal History Specialist JFD was sent to HCM/OMES on August 16<sup>th</sup> after Workday deployed. The last update received indicated they would review this JFD as part of a JFD harmonization project that was a priority for their agency. However, Workday has definitely delayed this process. DeAnna continues to nudge her contact periodically to be sure this is not forgotten or overlooked.

I appreciate all of your patience as we work through these changes together and I look forward to bragging on our success as we complete each project!



