

DPS WEEKLY

January 17th, 2022



DID YOU KNOW?

All Law Enforcement Instructor's must go through - and pass - a 44-hour Instructor Development Course, required by CLEST.

Last week the Central Arkansas Law Enforcement Training Academy and the Northwest Arkansas Law Enforcement Training Academy partnered together to host a 44-hour Instructor Development Course in Heber Springs, AR!

The Instructor Development course is offered to multiple area Arkansas Law Enforcement officers with a minimum of 3-years law enforcement experience with their agency approval. The course is a requirement through CLEST in order to be able to teach law enforcement officers in the State of Arkansas.

Instructor Development is designed to teach new law enforcement instructors on how to develop, write and submit a lesson plan, develop teaching objectives, learn multiple methods of instruction, how to present classes to other law enforcement officers through professional presentations and much more.

At the conclusion and successful completion of the course, students receive their Law Enforcement Professional Instructor Certification by submitting their request through the Office of Law Enforcement Standards. All LE Professional Instructors must meet criteria each year in order to keep their Instructor Certification active.

HAPPY RETIREMENT TO ADEM'S WANDA COOK



Wanda Cook has been a duty officer with the Arkansas Division of Emergency Management's Response and Recovery branch for 10 years. Her job includes answering phones and gathering information from different sources regarding disasters or emergency situations and relaying it to the necessary agents. As a duty officer, she also works hand in hand with local and area coordinators throughout the state. On January 31, 2022, Wanda will step away from the phone and trade in her ADEM credentials for quilting needles and a bit of relaxation as she settles into retired life.

Wanda says the most rewarding part of her job has been helping those affected by storms, whether it's pointing them to places where they can get assistance, helping people find lost loved ones and working with the National Guard on occasion. For Wanda, this job has been a great learning experience, "I have learned so many different things working at ADEM. I have been to continuing education classes in and out of state."

Wanda has her plan for retirement mapped out already. She will make a few quilts, travel a little, sleep in a lot and just do whatever she wants, whenever she wants with no schedule. Wanda, thank you for your dedicated service to ADEM and the people of Arkansas, it's appreciated. You have left a great legacy that you should be proud of. Walk into this new season of your life knowing what you did make a difference. Job well done!



THIS WEEK'S WELLNESS TIP!

SMILE MORE! :

Ever had someone tell you to cheer up and smile? It's probably not the most welcomed advice, especially when you're feeling sick, tired or just plain down in the dumps. But there's actually good reason to turn that frown upside down, corny as it sounds. Science has shown that the mere act of smiling can lift your mood, lower stress, boost your immune system and possibly even prolong your life.

It's a pretty backwards idea, isn't it? Happiness is what makes us smile; how can the reverse also be true? The fact is, a smile spurs a chemical reaction in the brain, releasing certain hormones including dopamine and serotonin. Dopamine increases our feelings of happiness. Serotonin release is associated with reduced stress. Low levels of serotonin are associated with depression and aggression. Low levels of dopamine are also associated with depression.

In other words, smiling can trick your brain into believing you're happy which can then spur actual feelings of happiness. But it doesn't end there. The science of psychoneuroimmunology (the study of how the brain is connected to the immune system), shows "over and over again" that depression weakens your immune system, while happiness on the other hand has been shown to boost our body's resistance.

What's crazy is that just the physical act of smiling can make a difference in building your immunity! When you smile, the brain sees the muscle [activity] and assumes that humor is happening. In a sense, the brain is a sucker for a grin. It doesn't bother to sort out whether you're smiling because you're genuinely joyous, or because you're just pretending.

Even forcing a fake smile can legitimately reduce stress and lower your heart rate. A study performed by a group at the University of Cardiff in Wales found that people who could not frown due to botox injections were happier on average than those who could frown.

And there are plenty more studies out there to make you smile (or at least, serve as reference for why you should). Researchers at the University of Kansas published findings that smiling helps reduce the body's response to stress and lower heart rate in tense situations; another study linked smiling to lower blood pressure, while yet another suggests that smiling leads to longevity.



DPS Mission:

The Department of Public Safety’s mission is to enhance the safety and security of all Arkansans through ethical, character-driven behavior that promotes professionalism, clear communication, and accountability while serving as the state’s premier public safety agency.

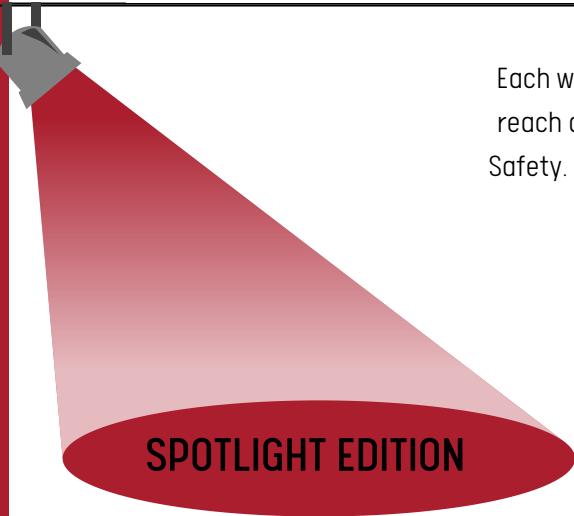


DPS Core Values:

- **Respect** for everyone
- **Integrity** in everything we do
- Providing **excellence** in customer service
- Performance through **teamwork**
- Commitment to **servant leadership**
- Pursuit of **continuous improvement**

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Each week our Mission Moment will celebrate DPS employees who reach above and beyond the mission of the Department of Public Safety. We honor these individuals for their hard work, dedication, and commitment to public service.



MISSION
Moments

Name: Dianne Smith
Division: CLEST
Admin. Specialist
Length of employment: 17 years

Dianne Smith has served as the Administrative Specialist III for Northwest Arkansas Law Enforcement Training Academy (a Division of CLEST) since January 2005. Dianne has worn many hats over the years and has been integral in the continued growth and success of the NW ALETA Academy.



In 2018, The U.S. Department of Justice, U.S. Attorney’s Office, Western District recognized Dianne for her outstanding assistance in facilitating the administrative needs of quality training for local, state, and federal law enforcement officers. Dianne prioritizes exceptional customer service and always strives to identify and implement new, innovative, ideas. Dianne’s dedication and commitment to excellence exemplifies the core values of CLEST and DPS. Thank you, Dianne, for everything you do for DPS, CLEST, and the Arkansas law enforcement community!

Dianne enjoys spending time with her husband Tom, their shared 6 children, and 7 grandchildren. She loves to cook, bake, take road trips, and attend live music events. Her daily goal is to serve and support others with a smile and positivity.