

DPS WEEKLY

January 24th, 2022



Help us welcome this new member to the DPS Family:

Riley Roth



**Position: Arkansas State Crime Lab
Forensic Toxicologist**

Riley is excited to pursue a career that uses her degree and builds relationships with new co-workers! She is new to the Little Rock area, and looks forward to exploring the city! Riley was a collegiate volleyball player, and loves staying active and being outdoors! Welcome Riley to DPS!

5 CRUCIAL COLD WEATHER TIPS TO PROTECT YOUR HOUSE THIS WINTER:

- Insulate Windows. Winter drafts can drive up your energy bill – and detract from the cozy vibe you want inside your home when it's cold outside – if your windows have any air leaks.
- Trim Tree Branches.
- Inspect Your Fireplace.
- Clear Out Gutters and Downspouts.

DID YOU KNOW?

The Arkansas Crime Information Center (ACIC) was created by Act 286 of 1971 with the name of Criminal Justice and Highway Safety Information Center.

Four years after its creation, the Criminal Justice and Highway Safety Information Center was transferred from the Department of Finance and Administration and underwent a name change. Act 742 of 1975 transferred the agency to the Department of Public Safety. Act 375 of 1979 changed the name of the agency to the current Arkansas Crime Information Center. Act 45 of 1981 abolished the Department of Public Safety, leaving ACIC as a separate agency with all the same functions, powers and duties. Act 1109 of 1993 expanded the authority of ACIC to administer the Computerized Criminal History Record System. This includes arrest records for all felony and Class A misdemeanor offenses, plus the judicial disposition of each record. This is the source file for all criminal history background checks.

Act 989 of 1997 expanded the authority of ACIC to administer the Sex and Child Offender Registry. This registry of sex offenders is accessible in Arkansas and by the other 49 states for authorized purposes. Act 1250 of 1997 expanded the authority of ACIC to administer the Crime Victim Notification System. This system, commonly referred to as the VINE system, provides offender status information from all county jails and prosecuting attorneys to the victims of crime.

Act 508 of 2007 expanded the authority of ACIC to administer the electronic notebook for sales of ephedrine and pseudoephedrine. Act 749 of 2007 expanded the authority of ACIC to administer the scrap metal recycling log. Amendment 51 to the Arkansas Constitution authorized ACIC to provide felony conviction information to the Secretary of State for voter registration purposes.

 THIS WEEK'S
WELLNESS TIP!**Avoid bright lights before bed and while sleeping:**

When preparing for bed, keep your lights dim. Using a small, low-power lamp can help transition to bedtime and pitch darkness. Low illuminance and warm color temperature may help with relaxation and getting into the right mindset for sleep.

Another step is to reduce or eliminate technology in your bedroom. Screen time can keep your mind stimulated, delaying bedtime, and, at the same time, the light can disrupt circadian timing, melatonin production, and overall sleep. If possible, keep electronic devices out of the bedroom entirely, to remove the impulse to remain connected and to avoid notifications. If you can't get electronics completely out of your bedroom, turn their brightness down as far as possible, try not to use them for an hour before bedtime, and keep them silenced during the night.

If you keep electronics in the bedroom, you may benefit from tools that block blue light. Special glasses can filter blue light to keep it from reaching your eye, which may cut down on the effect of blue light on your sleep. Many phones and tablets have a "night mode" to reduce blue light, although the stimulation from screen time may still affect sleep.

As a general rule, it is best to sleep in as much darkness as possible. Pitch darkness reduces potential distractions and disruptions to sleep. Sleeping with a light on interferes with sleep cycles and causes more fragmented sleep, and these downsides may be greatest in the few hours before waking up. Research demonstrates that closing your eyes isn't enough: your eyelids can't block sufficient light. The effects on circadian rhythm can occur even with low levels of indoor light and closed eyes.



Protect yourself from blue light at night:

1. Use dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin.
2. Avoid looking at bright screens beginning two to three hours before bed.
3. If you work a night shift or use a lot of electronic devices at night, consider wearing blue-blocking glasses or installing an app that filters the blue/green wavelength at night.
4. Expose yourself to lots of bright light during the day, which will boost your ability to sleep at night, as well as your mood and alertness during daylight.



COVID-19 IN ARKANSAS

DPS Mission:

You can [click here](#) to visit to the Arkansas Department of Health website, where you can find out about the latest numbers, cases, and CDC guidelines for Covid-19. On the ADH website you can also follow the latest updates and alerts throughout the state.

To protect yourself and others, the Arkansas Department of Health recommends:

- Get the COVID-19 vaccine.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer when soap and water are not available.
- Practice physical distancing. Avoid close contact with others, especially those who are sick, by keeping at least 6 feet between you and others.
- If you think you have been exposed to COVID-19 or develop a fever, cough, or shortness of breath, seek testing. Testing is available in many locations, including ADH Local Health Units.
- It is recommended to wear a face-covering in all indoor public settings in areas of substantial or high transmission, whether you are vaccinated or not vaccinated. All areas of Arkansas currently have substantial or high transmission.



WORD SEARCH

ACIC	W	R	C	U	S	T	O	M	E	R	S	E	R	V	I	C	E	X	X	K
ADEM	A	T	F	O	R	E	N	S	I	C	S	O	P	O	N	P	W	X	E	D
ARKANSAS	P	V	P	Y	X	N	N	T	S	I	Y	L	M	G	O	B	K	N	A	I
ASCL	H	B	T	O	R	Q	Y	H	B	P	O	Q	B	X	I	W	A	J	Q	B
ASP	I	K	I	N	D	N	E	S	S	H	G	E	L	Y	S	F	A	U	B	X
COMPASSION	B	E	I	N	T	E	G	R	I	T	Y	U	Y	Z	S	U	U	R	G	P
CUSTOMER SERVICE	G	N	I	U	T	W	J	D	P	S	N	K	C	Y	A	P	F	F	R	U
CVRB	J	N	U	F	Q	Q	U	M	A	P	Y	R	N	F	P	A	L	I	Y	S
EMERGENCY MANAGEMENT	F	I	I	P	S	A	F	T	E	Y	C	O	H	X	M	R	D	N	A	E
FORENSICS	E	K	P	W	O	S	A	Y	H	F	X	W	Q	W	O	E	A	R	X	J
INTEGRITY	P	R	I	F	I	C	Y	T	U	P	V	M	Q	H	C	S	C	T	T	S
KINDNESS	P	R	T	C	F	L	D	S	J	A	U	A	X	M	L	I	U	O	D	R
LEADERSHIP	U	V	H	U	Q	C	A	L	X	J	I	E	A	F	C	X	K	N	H	E
PRIDE	B	G	T	O	M	E	D	A	Z	B	X	T	S	A	Q	B	J	T	T	P
PUBLIC	L	W	O	Q	U	X	U	S	A	S	N	A	K	R	A	J	Z	S	V	O
RESPECT	I	A	K	A	S	P	O	W	T	C	E	P	S	E	R	V	I	C	E	O
SAFETY	C	F	N	E	N	X	L	Z	Q	H	A	D	U	O	N	X	B	T	M	R
SERVICE	O	J	C	G	A	P	I	H	S	R	E	E	D	A	E	L	A	R	E	T
TEAMWORK	P	O	V	Y	J	H	I	J	G	U	R	D	I	Z	I	H	K	X	V	Z
TROOPERS	T	N	E	M	E	G	A	N	A	M	Y	C	N	E	G	R	E	M	E	C

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**

