

DPS WEEKLY

March 7th, 2022



Help us welcome these new members to the DPS Family:

Matthew Martinez

**Position: ADEM
IT Support**



Mathew says he has always wanted a career, not just a "job" and he believes he has found it within DPS. He is excited about what lies ahead in his role as IT support. Mathew loves traveling, playing video games and spending time with his three awesome sons.

Dolan Sharp

**Position: Arkansas State Police
Driver License Examiner**



Dolan is looking forward to work with the people in his community and learning more about the Driver License process. On his days off you will find him hunting and fishing. Although if it is softball season, you will find in at the fields watching his daughters play ball!

Scott Daniel

**Position: Arkansas State Police
Telecommunications Specialist**



Scott is returning to his home state, and excited to be back in a place that he knows. Raised by an Arkansas State Trooper, Scott previously worked as a dispatcher for Glennwood and ASP before moving out of state. Excited for a new chapter in his life, Scott is returning to the work force after being retired and has the last of 5 sons graduating high school on 2023!

Lisa Antinori

**Position: ADEM
Administration & Finance Manager**



Lisa is excited to continue her career in public service, and has been in this field since 2010. Lisa enjoys volunteering her time to assist others. Her hobbies include camping and hiking in the fall with her family and watching razorback football. She's married and has two children and five grandchildren.





THIS WEEK'S WELLNESS TIP!

Health is a Daily Decision:

Understand that being healthy or unhealthy is a choice you get to make continually through many daily decisions!! Here are a few ways that you can keep yourself on the right track:

- Switch out your morning coffee for lemon water.
- Step up your soup game. It's a meal that's easy to prepare, a great way to sneak in extra veggies and you can make large batches to have on hand for busy weeks.
- Add a veggie to every single meal. (It's easier than you might think.)
- Eat fruit instead of drinking it. An orange will fill you up a lot more than a glass of orange juice, so the calories will be constructive ones.
- Ask a friend to exercise with you. Not only will it prevent you from bailing or slacking off, it will also provide the mental benefits of social interaction.
- Instead of hiring a service to take care of household chores—raking leaves, cleaning the house, mowing the lawn—tackle them yourself. You'll net some extra burned calories, it will give your muscles some beneficial movement and you will enjoy the sense of accomplishment your hard work brings.
- If you plan to exercise after work, head to the gym or to your walking route straight from the office. When you stop at home, it's easy to get derailed by distractions.
- Fuel up on a small snack to give you an energy boost before your workout.
- Follow the one-mile rule: If you're going somewhere that's less than a mile away and the weather permits, ditch the car and walk or bike to your destination.
- Call a trusted friend or family member to catch up, commiserate and unload any burdens you've been carrying. It's free therapy and a surefire stress-buster.
- Repeat after me: Find a mantra that motivates, inspires or calms you. Words have power; use them to your advantage.
- Start planning your next vacation. Even if it's months (or years) away, looking ahead to the future and having something exciting on the horizon will help to boost your mood and reduce stress.
- The next time you're asked to try something new, and your instinct is to say "no," say "yes" instead.
- When you're asked to do something you already know you don't enjoy or that doesn't benefit you, politely decline.
- When choosing your exercise routines, shoot for a mix of strength training, endurance and cardio, and flexibility and balance.
- When you have time, always park as far away from the entrance as possible.
- When talking on the phone, walk around the block or just pace around the house or yard to burn calories as you chat.
- Before accepting an invitation to eat at a restaurant, check the menu online to make sure there are selections that support your goals.



Each year, the State of Arkansas participates in a fundraising campaign for the United Way. State employees have the opportunity to give a pre-tax donation automatically deducted from their paycheck bi-weekly, monthly, or yearly or a one-time gift. The official state campaign started on February 7, 2022. To donate:

Link: <https://littlerock.unitedwayepledge.org/arkansas>

Login info:

Username: Work Email Address

Password: StateAR2022

CELEBRATING YOU!

Congratulations to the following DPS employees on their 10-year increment anniversaries with us during the month of March! We know you have worked hard, and we truly appreciate your dedication to the state of Arkansas!

Sgt. Greg Smith (ASP) - 20 years

Jimmy Everette (DPS) - 10 years

Cpl. Jackie Stinnett (ASP) - 20 years

Marie Bjork (ADEM) - 20 years



DID YOU KNOW?

The Arkansas Crime Information Center (ACIC) receives Judgment of Acquittal by Mental Defect, Order of Commitment, Not Fit to Proceed, Order for Additional Admission and Involuntary Admission forms from various courts.

A person is adjudicated as a mental defective if a court, board, commission, or other lawful authority that a person, as a result of marked subnormal intelligence, or mental illness, incompetency, condition or disease. A few factors come in to play, such as, if the person is a danger to himself or others or have the lack of mental capacity to manage his own affair, is found insane by a court in a criminal case or found incompetent to stand trial, or not guilty by reason of lack of mental responsibility.

A person has been committed to mental institution if that person has been formally committed to a mental institution by a court, board, commission, or other lawful authority. In both cases, the individual will be prohibited under federal laws from shipping, transporting, receiving, or possessing any firearm or ammunition. Violation of this Federal offense is punishable by a fine of \$250,000 and/or imprisonment of up to ten years.

The Arkansas Crime Information Center (ACIC) receives Judgment of Acquittal by Mental Defect, Order of Commitment, Not Fit to Proceed, Order for Additional Admission and Involuntary Admission forms from various courts. Once the order has been received, we will key in the information from the document and attach a Mental Defect flag to the individual's driver's license and criminal history record. This information is also added to the National Instant Criminal Background Check System. The importance of receiving these forms is to prevent a person who has been adjudicated as a mental defective from purchasing a handgun. The Mental Defect flag is also put in place for officer safety.

