



PRESIDENT'S ADDRESS

By Jeanna Zunker, RPR

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It seems like just a short while ago when I stepped in front of my peers, knees shaking, and took an oath to represent MAVRC's interests as the incoming president. I am astounded by how fast the time has gone. Serving on the Board has been a very rewarding experience, and I thank you for the opportunity to do so. One of the things that impressed me the most during the last year was how dedicated and hard working the volunteer board members are. They graciously give of their time for the benefit of us all. I want to say thank you to each of them for all they are doing at the meetings and on their various committees.

On that note, we have four board positions that are opening up in October; so we need more volunteers to guide MAVRC in the future. As I have said in the past, many hands make light work; and that is true in this association as well. When we join together, the job becomes easier for all. We need YOU! Please consider joining the fun!

MAVRC works on many different projects throughout the year and recently has joined the Ethics First campaign through NCRA. This campaign is our commitment as an association to support, abide by, and promote the rules of the Code of Professional Ethics as set out by NCRA.

Ethics First seeks to positively educate court reporters, firms, and clients that the impartiality and neutrality of the court reporter is of utmost importance in maintaining an unbiased legal system. Getting the word out to attorneys, legal staff, and other consumers of court



*Jeanna Zunker
MAVRC President*

reporting services about the perils of accepting free gifts from court reporting firms is also one of the Ethics First committee charges. You will now see the Ethics First logo proudly displayed on our website.

As our fall convention nears, I want to remind you that our continuing education committee is always looking for new speakers and locations. Fresh ideas and help lining up a well-rounded assortment of speakers and topics to interest those in our association are always welcome. If you have suggestions, please give me a call or drop me an email.

The preparations for our fall seminar are going great. We have an exciting group of speakers and a really fun location. I hope to see you all there. Please remember to join us at Treasure Island Resort and Casino on October 5-6 for networking, information and fun!

2011-2012 MAVRC BOARD OF DIRECTORS

PRESIDENT	Jeanna Zunker, St. Cloud (800) 255-1685 jeannazunker@charter.net
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MAVRC ADVERTISING

For Sale, For Rent, Need Help!

Interested in placing an ad in MAVRC's *Minne-strokes* newsletter and/or in a News Flash e-mail message to the MAVRC membership?

For just \$50, your ad can be placed in one issue of MAVRC's *Minne-strokes* newsletter and it also includes a one-time News Flash e-mail message to MAVRC's membership.

Just compose your advertisement and e-mail it to: jolene.carrow@gmail.com

Payment of your \$50 check can be mailed to:

MAVRC
PO Box 375
Marshall, MN 56258

Advertising with MAVRC guarantees communication with your court reporting peers. ■

FOR SALE:

**Diamante Stenograph Machine
bought in October of 2009**

**Includes carrying case, tripod and
user's manual**

Excellent condition

Asking price: \$2,850 or best offer

**CONTACT: Linda Trondson -
[763-588-7986](tel:763-588-7986)**

WILL EUROPE'S DEBT CRISIS AFFECT YOUR INVESTMENT STRATEGY?

By RBC Wealth Management and Scott Kellett

Europe's debt problems have shaken up the financial markets in recent months. As an individual investor, how should you respond?

First, let's look at some background. The troubles in Europe are actually rooted in the eurozone, the economic and monetary union consisting of 17 of the 27 European Union member states. Several eurozone countries ran up sizable debts before the 2008 U.S. financial crisis, and now they are unable to support this debt. As a result, several eurozone governments are being forced to push up the interest rates on their bonds to attract investors. Higher interest rates on government debt means higher borrowing costs for companies and businesses — and tight credit can slow economic growth and even lead to a recession.

European government leaders and central banks have taken several steps to address this problem. But at this point, no one can predict the extent to which these actions can ease Europe's debt crisis, and, by extension, the possibility of a recession and the accompanying market volatility.

Despite these uncertainties, you are not powerless to control the fate of your investment portfolio. Here are a few suggestions for these challenging times:

- *Look for buying opportunities.* During periods of heightened uncertainty in the financial markets, many investors will sell assets at any price. When this happens, these assets become cheap. So, keep looking for quality investments that

are attractively priced — because it's likely that you will find some.

- *Avoid being forced to "sell low."* The eurozone debt crisis may continue to rattle the financial markets in the months ahead. Still, as mentioned above, good investment opportunities will exist, so you'll want to take advantage of them — but only with money that you won't need to touch for a while. By keeping enough money in liquid accounts to meet your cash-flow needs, you won't be forced to sell investments when their price is down.

- *Consider income-producing investments.* If income-producing vehicles are appropriate for your portfolio's diversification needs, you may want to consider high-quality municipal bonds and investment-grade corporate bonds. These investments carry their own risks, but they may be good choices in an unsettled financial environment.

- *Invest globally.* It's usually a good idea to own some international investments. While Europe's debt crisis may cause problems for that region, and may even spread beyond Europe's borders, it will not, by itself, derail the growth potential in emerging markets — countries such as China, Brazil and Mexico.

- *Rebalance your portfolio.* Review your portfolio to see if it's still appropriate for your goals, time horizon and risk tolerance. You won't want to throw out your long-term investment strategy just because of market volatility, but you may need to rebalance your holdings to make sure you're not taking on any unnecessary risks, either.

The world's financial markets have survived traumas in the past, and they will survive the European debt crisis, too. As an investor, your best moves are to stay calm, make whatever shorter-term adjustments are necessary — and stay focused on your long-term goals.

This article is provided by Scott Kellett, a Financial Advisor at RBC Wealth Management in Duluth, MN, and was prepared by or in cooperation with RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions nor should it be construed as a recommendation to buy or sell any specific security. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance. RBC Wealth Management does not provide tax or legal advice.

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PRO BONO

**Kudos to
Nanette Corbett
for performing
pro bono
reporting services.**

PROFILE OF A BOARD MEMBER

By Monica Christensen, RMR

Having been on the Board for several years in the past and “reenlisting” last year, I figured it was about time that I introduce myself to all of you. I’m Monica Christensen, and I have been your MAVRC president for two terms, as well as holding the office of President-Elect and VP-Official, the office I currently am in. I am also a union steward of Local 320, representing the official court reporters in the Ninth Judicial District.

I was born and raised on the Iron Range, spending most of my childhood years in Tower-Soudan. I graduated from high school in 1978, and then went on to college at the University of Minnesota’s Crookston branch. I really wasn’t sure of exactly what education path I wanted to follow at that time, but I knew that my interests were in some legal field. Well, needless to say, after two years of college and millions of folds of steno practice notes, I graduated with an Associate Degree in Court Reporting in 1980.

Being a young college grad, I had visions of landing a job in some faraway big city, so I found myself interviewing and landing a job in Sante Fe, New Mexico. Unfortunately, the promises were many and the reality of the working environment far different than expected, so after several months, I, like Dorothy of the Wizard of Oz, came to the conclusion that “there’s no place like home,” so moved back to Minnesota. I started working for a small freelance firm in Grand Forks, North Dakota and was employed in that position for two years. I still remember my first “big” purchase of court reporting equipment back then, my trusty IBM Selectric typewriter,

which sold for something like \$1,400. Today, I could have bought an iPhone, an iPad, and a laptop computer all at once for that price! I still can’t seem to part with that old blue beauty! Perhaps because it is now so obsolete. But nowadays it sits quietly on a shelf in my garage, no longer being put to the test at all hours of the day and night.

Three days after my 21st birthday, my father passed away. With my mom being alone, I tried to find employment closer to home and found myself planting roots in the Bemidji area in 1982. Little did I know at that time that I would be calling Bemidji home for the next 30 years, and still do today. I again worked as a freelance reporter with Jacobson Reporting & Video Services, traveling throughout northern Minnesota, mainly doing deposition work. I had a particular interest in medical depositions, and although the content was often complex and the terminology way beyond anything I had heard before, I found the work to be challenging and looked forward to that challenge. I remained in the employment of Jacobson Reporting as an independent contractor until I transitioned into the official arena in 1996. Making the switch from an independent freelance reporter to an official reporter in the court system was a tough decision for me, but it was one of those opportunities that don’t come along every day. I had the pleasure of working under the late Judge James Preece during the last six months before his retirement and was mentored by his long-time reporter, Kathleen Cundy, who then began employment with a different judge.



Monica Christensen

For the last 15 years, I have worked for the Honorable Paul T. Benshoof, who became the predecessor to the late Judge James Preece, being appointed by Governor Arnie Carlson in 1997. I have been challenged by his need for a real-time reporter and find that every day is filled with new steno outlines and entries to the dictionary. And yes, I’m still trying to get rid of conflicts!

Putting up with me through most of my court reporting career is my husband of 29 years, Charlie. We had met in 1981, during my first year as a reporter, and married in ‘83. We have one son, also named Charlie, who now resides in St. Cloud. But our nest is not quite empty! We had adopted two female Chihuahuas shortly before my son went to college, and they certainly know how to keep us entertained with their playful antics.

When I have spare time, I like to spend it with my family. I enjoy boating, camping and traveling – especially to my favorite city, Las Vegas!

During my career, which has now spanned three decades, I have

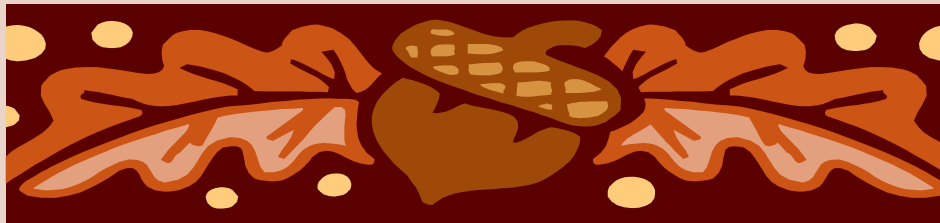
experienced just about everything from dictating for a typist from raw notes, typing an original and carbon copies on an electric typewriter, to learning several different CAT software programs and transitioning from a Baron Oz to a StenoCAT system and currently Case Catalyst. Those carbon copies have gone by the wayside, along with the 5 1/4" floppies and the non-computerized steno machines. Although I haven't reported the testimony of any Hollywood stars, Presidents or Royalty, I can say that I have reported testimony from the seat of a pickup truck parked on a logging trail, while walking along lakeshore property, in barren warehouses and tiny doctors' offices. I've even proofed transcripts and dictated from my hospital bed after major surgery. And through it all, I have been proud to be one of those reporters who had made all of those transitions and advancements in technology, although often I was too stubborn to embrace the change and preferred to ease myself into that change slowly. Oh, yes, it's all just another day in the life of a court reporter!

Monica Christensen, RMR, is the current Vice President Official and resides in Bemidji. ■



Check out
MAVRC's
website
www.mavrc.org

FALL CONVENTION FUNDRAISING



MAVRC is currently seeking donations for the Silent Auction to be held at the fall convention.

Have some fun with your co-employees, friends, or fellow students putting together a theme basket or contributing a gift certificate or whatever you creatively come up with!

The Silent Auction will be held on Saturday, October 6th.

If you would like to donate an item, please bring your donation to the sign-up table at the convention AND please email in advance a description of the donation, its value, and the name of the donor to pjkubes@gmail.com.

Your participation is appreciated.
Thank you.



MAVRC needs YOU! Open Board of Directors' Positions

MAVRC will have four board positions open this October, and we're looking for names of potential candidates to fill the positions. As a MAVRC Board Member, you will be stepping into a role to help shape the direction and policies of MAVRC.

President-Elect – Freelance: As President-Elect – Freelance, you will spend the first year (2012-2013) working with the president (Tracy Bennett), as well as the entire Board of Directors, discussing ideas, issues, and policies. After that year, you will step into the role of President and spend 2013-2014 as the leader to help guide MAVRC.

Vice President – Freelance: As Vice President – Freelance, you will have a longer track to observe and work with the President and Board of Directors. You will spend two years as Vice President – Freelance to become comfortable with the inner workings of what it means to be a MAVRC Board Member before transitioning to the President-Elect position for one year and then finally to becoming President.

As a benefit to those who are willing to step up to the plate and become a MAVRC Board Member contributing your time, ideas, and talent, all current and incoming board members are allowed to attend the fall conventions and spring seminars without having to pay the registration fee. Board members also can earn CEUs by serving on the board.

Please consider joining a talented and caring group of people. It's as simple as submitting your name and the position you're interested in, or submit the name of a potential candidate to the Nominating Committee Chairperson, Janell Gruber, at Janell.Gruber@courts.state.mn.us. Thank you for your consideration!

MAVRC Mission Statement

The mission of the MAVRC is to promote the use of stenographic reporters to capture the record in depositions and courtrooms and to provide closed captioning and CART services.



Calling all Reporters!
MAVRC's
FALL Reporter Get-together

September 12, 2012
7:00 p.m.

Park Tavern
3401 Louisiana Avenue
St. Louis Park, MN
(952) 929-6810

*Gather your peers and meet friends for
an evening of fun, food & beverage.*

RSVP by September 10th to:
Myrina Kleinschmidt
myrina@myrina.com or
(952) 449-4884

REFLECTING ON THE JOURNEY TO BECOMING A COURT REPORTER

By Jay Ward

Jay Ward is a MAVRC member and recently graduated from the College of Court Reporting. Since graduation he has worked as a freelance court reporter for Merrill Corporation and just recently was hired as an official court reporter for the Honorable Alan Pendleton in Anoka County. Following is the essay Jay wrote as part of his graduation requirement.

ESSAY – JAY WARD

My time at the College of Court Reporting in Hobart, Indiana, ends at the Anoka County Courthouse in Anoka, Minnesota; seems strange. I came to Anoka County in March to start my first experience following an official reporter. One of my instructors, Janet Noel, set me up with a dear friend of hers who just happens to work there.

Honestly, it seems like I have waited forever for this opportunity and now that it is here, I just want to turn my car around and drive back home to the comfort of my own home and announce that I have changed my mind; that I have decided a career in accounting would suit me better.

Then I start thinking.

I think about my wife who went back to school full-time with three kids running around the house and graduated Magna Cum Laude; how the hell did she do that? I whined at her and cried at her and told her I was never going to graduate, and she just listened and lovingly told me the exact right things I needed to hear. She's so smart. I love her.

I think about my mom. She decided to go back to school for court

reporting when she was my age. I really admired her for that decision. She quit after an instructor (a really bad one) told her that she was too old and would probably never make it. She was crushed, which, in turn, crushed me. That school is no longer open. I love my mom. I would *really* like to meet that instructor someday.

I think about my Dad. He died two years ago. While I was struggling with my 140/160 speeds, he was struggling through the last stages of his cancer. I would complain that I would never get it, and he would simply say, "It'll come." He was right. He always was. He would be so tickled right now. I really miss him.

I think about my kids who have all gone through college. For a time, I was in school at the same time my daughter was. She graduated before I did. I am graduating now and she is enrolled in a master's program. When things got tough for them, their mother and I would always say, "It'll come." And it always did. We were always right. My kids are so awesome.

I think about my grandkids and the looks on their faces when they asked me about my education. I am sure they were wondering why their grandfather was still in school. I remember reading from my paper notes to my grandson and struggling with a particular section. He was 5 at the time. He listened patiently and said, "That's okay, Gunca, I have a hard time sometimes, too." He was learning to read the same time I was. The grandkids call me 'Gunca.' I love that. My grandkids are as awesome as their parents.

I think about my uncle who is a retired official court reporter from the state of

South Dakota. At a particularly tough moment in his education, he packed up his belongings, got into his car, drove 150 miles to his older brother's house (who was also a reporter), and announced that it was too hard. He was quitting. His older brother made him a sandwich, shoved him back into his car, and told him to get his behind back to school. He's retired now but still writing. I really admire him and aspire to be my own version of him one day.

I think about my instructors at CCR who never once doubted that I would be a court reporter. They never said to me that I was too old and would never make it. They encouraged and fostered me unceasingly and without anger or aggravation, and at times they really had a perfect right to. I really appreciated that. I am so glad the College of Court Reporting is my alma mater.

I think about my mentor, Vikki, who blindly and trustingly came to a strange man's house. He claimed to be a court reporting student. She patiently waited while he finished taking his mentored exams; such a huge thing to ask and for nothing more than a thank you in return. She answered my questions and handled my neuroses with patience and kindness. She answered every question and she always sympathized by telling me her horror stories. Somehow those stories always made me feel better. She understood that her time spent with a newbie like me would help perpetuate a profession that was good to her. I know that I have made a new life-long friend and colleague.

By the time I am done thinking all

these things, I have arrived at the courthouse.

The reporter meets me in the hallway outside her office. "Hi, I'm Sharon," she says, smiling and extending her hand. I know that she has a million things to do and prepare, but she takes her time with me and welcomes me and makes me feel like I absolutely belong there.

I meet the judge. She is so nice and real and down to earth. She jokes that I will be responsible for any readback that should occur during the day. The thought of it creates a panic and I suffer a mini stroke. I really appreciated the levity at that moment, and I appreciated her allowing me into her courtroom.

Here come the cases. We are seeing a variety of things today: First

appearances, parole violations, etc. One after another the people come. Everyone but the defendants and I seem to really know what's going on.

Sharon was so great about explaining things, and I really started to believe that I could do this for a living. She gave such good advice and answered my questions before I asked them. It was like she was reading my mind. I have officially added her to my list of people that I admire and helped to keep me motivated.

When the day is done, I am vibrating with excitement. And, other than my paper coming out of its tray and pooling around my feet, I haven't done or said anything too embarrassing.

I call home immediately. I have to decompress. I blather to my wife

incoherently and in fragmented sentences everything that happened. My first experience was finished and I survived it. Not only did I survive it, but I really enjoyed it. The day went by so fast and Sharon was so nice. I kept going to the courthouse week after week and eventually got to sit in on a criminal trial from jury selection to the verdict. It was so exciting.

And now, here I am. I did it. Much to the chagrin of that incessant little voice in my head that kept telling me I couldn't, I am completely finished with my internship and, consequently, my education. They were all right. All those people that knew I could do it even when I didn't. It did come. I will carry that with me to every job I take and put it in every transcript I write. I am thankful and forever in their debt. ■



OFFICIAL'S CORNER

By Monica Christensen, RMR

Teamsters Local 320

The union stewards for the official court reporters have been busy this year with preparing a proposal for the Judicial Council regarding a transcript page rate increase of 25 cents for original transcripts.

Although this may seem like a minimal amount, it was felt that it was a reasonable request with the current financial situation in the court system. A PowerPoint presentation was created by Jean Whalen, with input from all stewards.

On March 15 of this year, several union stewards, along with our business agent, Kari Seime, appeared before the Judicial Council to request the rate increase and provide the Council with information in support of our request.

The Judicial Council had allowed a comment period to solicit input from other court employees, most of whom would have no interest in the outcome of our request.

As of the writing of this article, we are still awaiting a decision on the rate increase.

The federal reporters (featuring Minnesota) have released a video featuring the advantages of realtime reporting.

Kudos to them.

Check it out at:

<http://www.youtube.com/watch?v=H-r0C9tgcPc>



*** **WANTED** ***
BRIEFS



If you wish to continue to see
"Briefs, Briefs and More Briefs"
 in MAVRC's Minne-strokes,
 please share your favorites!



Please submit to:
 Jolene Carrow
jolene.carrow@gmail.com



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REPORTER RECIPES

Submitted by Diane Kennedy

Berried Delight

1-1/2 cups graham cracker crumbs
1/2 cup sugar, divided
1 stick (1/2 cup) butter or margarine, melted
1 package (8 ounces) cream cheese, softened
2 tablespoons milk
1 tub (8 ounces) Cool Whip
2 pints strawberries, hulled, halved
3-1/2 cups cold milk
2 packages (4-serving size) Jell-o Vanilla Flavor Instant
 Pudding & Pie Filling



MIX crumbs, 1/4 cup of the sugar and butter in 13 x 9 inch pan. Press firmly onto bottom of pan. Refrigerate until ready to fill.

BEAT cream cheese, remaining 1/4 cup sugar and 2 tablespoons milk until smooth. Gently stir in 1/2 of the Cool Whip. Spread over crust. Top with strawberry halves.

POUR 3-1/2 cups milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes. Pour over cream cheese layer.

REFRIGERATE 4 hours or until set. Just before serving, spread remaining whipped topping over pudding. Enjoy.

I use the lite or low fat products for everything I can, including the graham crackers. Then I only use 1 tablespoon of milk with the lite cream cheese. Also one of the little packages of the graham crackers works perfect, no need to measure!

Diane Kennedy has been a freelance reporter based in Winona, Minnesota, for 31 years, and also worked as an official at the Winona County Courthouse for three years prior to freelancing and LOVES food in general.

Have a favorite recipe you would like to share?

***How about that great holiday dish or dessert
you prepare year after year?***

Please e-mail your favorites for inclusion in the MAVRC Winter newsletter to:

Jolene Carrow@gmail.com

MAVRC 2012 FALL CONVENTION LINEUP OF SPEAKERS



MAVRC Annual Convention Treasure Island Resort and Casino October 5-6, 2012

Red Wing, MN
800-222-7077

Friday, October 5

12:30 – 1:00 Registration

1:00 – 3:00 **Court Security – A Judicial System Approach -Steve Swensen, Director of the Center for Judicial and Executive Security**
.2 CEU*
Making the Courthouse Safe, to enhance the knowledge, skills and abilities of our judicial partners related to courthouse, courtroom, judicial and public building security, weapons in the courtroom, awareness of verbal and non-verbal cues from defendants & public, and tactics for de-escalation

3:00 – 3:30 Break with snacks

3:30 -5:00 **SILENCE IS NOT GOLDEN: Hearing impairment in the courtroom- Judge Paul T. Benshoof**
.15 CEU*
This presentation will heighten awareness of the prevalence of hearing loss, present information about hearing loss that will help the attendees better understand hearing impairment and the difficulties faced by the Hard-of-Hearing in the courtroom, allow attendees to hear speech like a Hard-of-Hearing person might, discuss suggestions on how to accommodate the Hard-of-Hearing in court, and warn about the realities of the Americans with Disabilities Act and Minnesota Human Rights Act.

5:00-6:00 Delicious dinner buffet

6:00-7:00 **eCourtMN – The Foundation for our Future – Michael Upton, Second Judicial District**
.1 CEU*
In this presentation, you will learn about the vision for eCourtMN, Minnesota's electronic court and discuss the technologies for electronic court services. There will be a demonstration of eFiling to show the potential benefits from the perspective of court reporters and to get answers to questions that you may have about eCourtMN.

MAVRC 2012 FALL CONVENTION LINEUP OF SPEAKERS



MAVRC Annual Convention Treasure Island Resort and Casino October 5-6, 2012

Saturday, October 6

Featuring Mark Kislingbury – Bring your machine and laptop if you can!

7:00-8:30 Continental Breakfast
8:00 – 8:30 Registration

Mark Kislingbury will share his many "secrets" that contributed to his phenomenal success in court reporting contests and his Guinness World Record of 360wpm. He will show you how you can quickly become faster, more accurate, while at the same time less stressed and an altogether happier court reporter, with renewed love for your job.

Mark's six-hour seminar will thoroughly cover his two pillars of writing and realtime excellence for court reporters: writing short, and practicing at high speeds. He will demonstrate with numerous interesting and compelling proofs how these two pillars contribute directly to speed, accuracy, comfort, health, money, time, and job satisfaction. His entertaining and informative presentation relies on a thorough PowerPoint presentation as well as stories and anecdotes relating to his 29-year court reporting career involving high-level realtime jobs and 11 NCRA contest wins in speed or realtime.

8:30 – 10:00 **Introduction to the Basic Principles of Reporting Excellence**
.15 CEU*

10:00 – 10:30 Break with snacks

10:30 -12:00 **Intermediate Writing Principles and Methods**
.15 CEU*

12:00-1:30 Luncheon buffet and Annual Business Meeting

1:30-3:00 **Advanced Writing Principles and Methods**
.15 CEU*

3:00 – 3:30 Break with snacks

3:30 – 5:00 **Maximized Speed Building**
.15 CEU*

*1.05 CEUs have been applied for and are pending approval from NCRA

MAVRC 2012 FALL CONVENTION REGISTRATION FORM



MAVRC Annual Convention Treasure Island Resort and Casino October 5-6, 2012

REGISTRATION FORM

NAME: _____ OFFICIAL _____ FREELANCE _____

ADDRESS: _____

CITY, STATE, ZIP: _____ TELEPHONE: _____

E-MAIL _____ CERTIFICATIONS/NCRA ID# _____

All day Friday (1:00-7:00) \$155 _____ \$ _____

All day Saturday (8:30-5:00) \$175 _____ \$ _____

Friday and Saturday \$300 _____ \$ _____

Nonmember fee - \$120 _____ \$ _____

(Nonmember fee must be paid in addition to the registration amount if you are NOT currently a member of MAVRC)

Student or retired member \$120 (2 days) or \$60 (1 day) _____ \$ _____

Sponsor a student _____ \$ _____

TOTAL AMOUNT ENCLOSED (Payable to MAVRC)..... \$ _____

Registrations must be received by Monday, October 1, 2012

CANCELLATION POLICY: A full refund will be made if your cancellation is received on or before October 1, 2012. If your cancellation is received after October 1, 2012, a \$75.00 administrative fee will be deducted. No refunds for no-shows.

Questions? Contact Jeanna Zunker at Jeannazunker@charter.net or 320-203-1409.

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LEADERSHIP CONFERENCE AND NCSA ANNUAL MEETING

By Tracy Bennett, RPR, CRR

Early in August, in Philadelphia, Pennsylvania, state leaders from around the country gathered together at the Leadership Conference put on by the National Court Reporters Association (NCRA) at their Annual Convention. The one-day workshop consisted of sessions presented by various members of NCRA's Board of Directors and staff.

The Session topics included: Vision for NCRA's Future, by Jim Cudahy, NCRA's new Executive Director and CEO; Fear of Public Speaking, by Dave Wenhold, formerly NCRA's Government Relations Specialist; State Finances, by Bruce Matthews, NCRA Secretary-Treasurer and Wendel Stewart, NCRA Director of Finance; TRAIN, Taking Realtime Innovation and Innovation Nationwide, by various NCRA Directors; Creating Strategic Alliances; Adam Finkel and Brandon Schall, Government Relations; and, finally, an Ask the Expert Panel of NCRA Staff and Board Members, which really was a brainstorming/idea-sharing session.

At the Leadership Conference, there were representatives from many states. It was informative hearing about the issues that other states are dealing with that are similar to MAVRC's. Third-Party Contracting is one issue that many states are dealing with. NCRA is working on coming up with boilerplate language as a starting point for states who want to bring legislation regarding this issue. Also another big issue is membership retention in state organizations.

The National Committee of State Associations' (NCSA) Annual Meeting was also held in Philadelphia during NCRA's National Convention. NCSA consists of delegates and alternates from State affiliates around the country. NCSA provides information and guidance to the NCRA Board of Directors through submissions and position statements. It is really a very powerful association because individual states can bring resolutions to NCSA, where the delegates vote on whether to submit the resolution to NCRA for formal adoption.

This year there were 10 resolutions

proposed by the Affiliated States and the NCSA Board itself. The process of adopting or not adopting a resolution is as follows: The state that is proposing the resolution reads the resolution and gives a short explanation of why they think it should be adopted; then there is a discussion period where questions and comments can be shared; then the resolution is brought to a vote. If the majority vote is in favor of adopting the resolution, then the resolution is presented to the NCRA Board of Directors. The Board of Directors is not obligated to act on the resolutions but does review and comment on all NCSA Resolutions.

It is invigorating to go to the National Convention. You get to see old friends and meet new friends, all with the single goal of promoting the profession of Court Reporting. I would encourage everyone to go to at least one National Convention during their career.

Tracy is President-Elect of MAVRC and is an official reporter for the Honorable Shaun R. Floerke in Duluth.

**WELCOME
NEW MAVRC MEMBER**

**Jonathan Wonnell
Bloomington, MN**



NCRA ANNUAL CONVENTION

EXPLORING PHILLY ON FOOT

By Jennifer Sharp

Jennifer Sharp had the opportunity to attend the NCRA National Convention in August, 2012. Photos shared with MAVRC are from the Historic Walking Tour of Philadelphia, Pennsylvania.



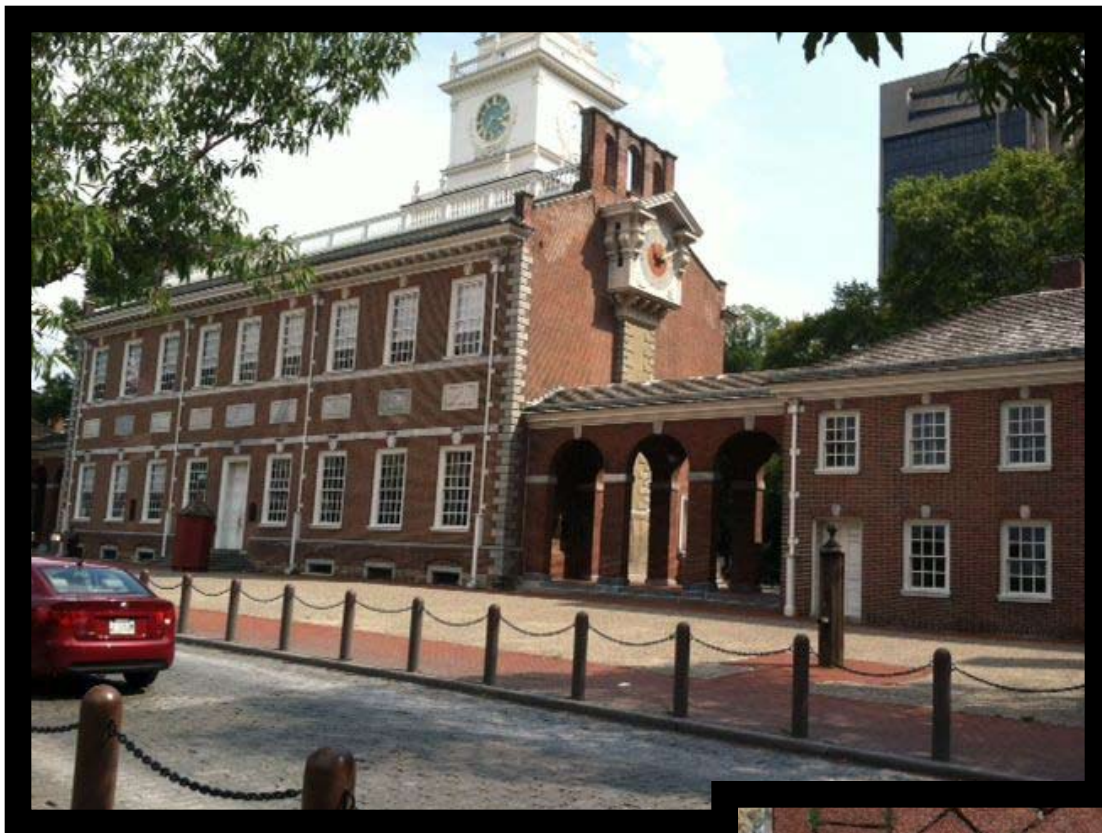
Pictured is the Liberty Bell commissioned from London in 1752 and was cast with lettering "Proclaim LIBERTY throughout all the land unto all the inhabitants thereof." It cracked when first rung in Philadelphia and was twice recast by local workmen John Pass and John Stow, whose names appear on the bell.



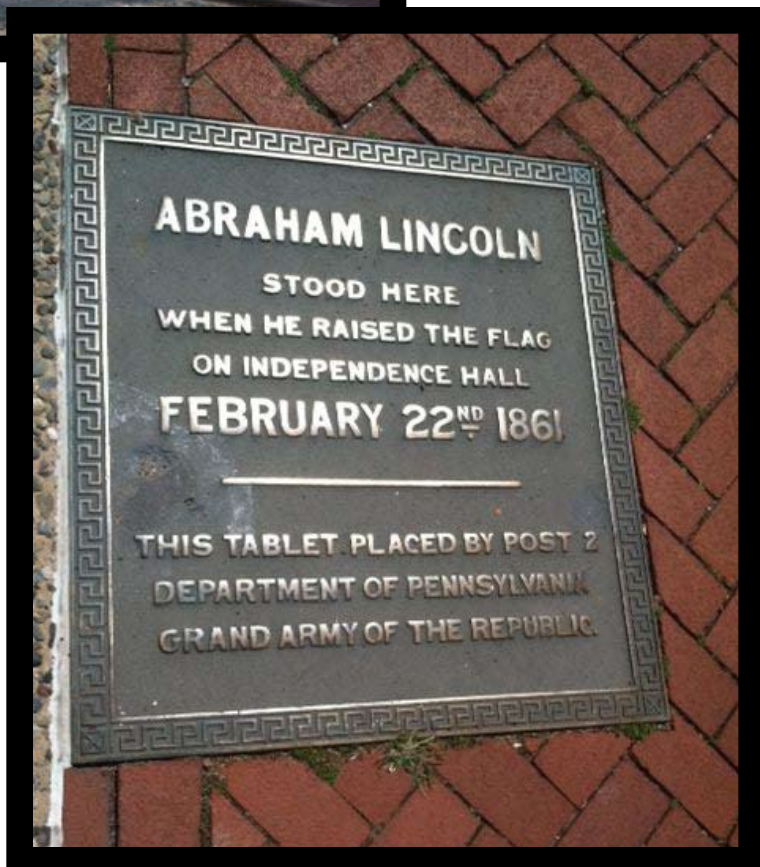
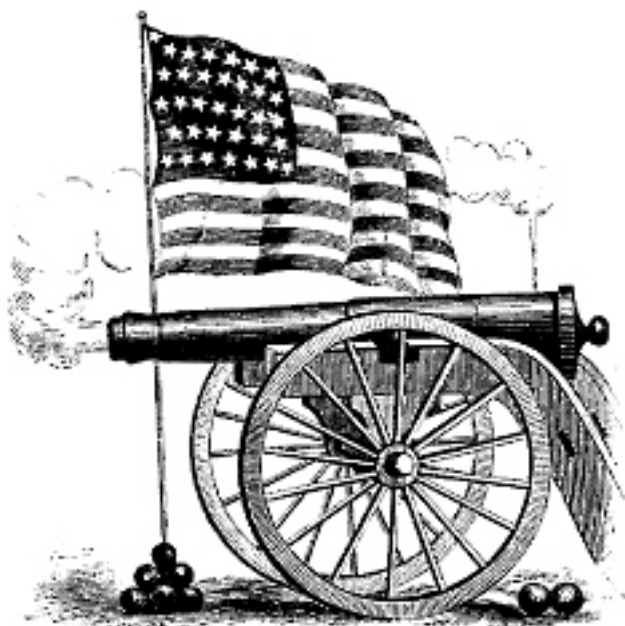
NCRA ANNUAL CONVENTION

EXPLORING PHILLY ON FOOT

By Jennifer Sharp



Congress Hall served as the seat to the U.S. Congress from 1790 -1800. During its duration as capitol of the United States, it oversaw the Presidential inaugurations of George Washington and John Adams.



NCRA ANNUAL CONVENTION

EXPLORING PHILLY ON FOOT

By Jennifer Sharp

Assembly room in Independence Hall where in 1776 the Declaration of Independence was signed.



Independence Hall, in historic Philadelphia, is where the Declaration of Independence, U.S. Constitution, and Bill of Rights were adopted.



STUDENT'S CORNER - UNDERSTANDING MEDICAL TERMINOLOGY

By Jackie Young, RPR

Fear not - those dreaded medical depositions are very manageable with some brief/short forms and an understanding of a few basic concepts regarding medical terminology.

The key to understanding medical terms is by focusing on their components (prefixes, roots, combining vowels, and suffixes). The same components tend to be used in many medical terms, so by understanding the meaning of a small number of components, the easier it is to comprehend the word and write it quickly and easily.

Most medical and anatomical terms will contain at least one or more root words. The root word typically appears in the middle of the term and signifies its principal meaning. For example, in the word pancreatitis, the root would be the word pancrea, which refers to the pancreas. The prefix, of course, appears before the root word and can sometimes represent the location or area of the body. In the previous example, of course, the word was formed without a prefix but by simply adding a very common suffix. The suffix, found after the root word, modifies the central meaning of the term. Some prefixes and suffixes, however, can also be root words, so do not let this throw you!

The following is a list of common prefixes and suffixes with their combining vowels, a definition of the word, and some possible short forms that can be used. As always, before incorporating the short form, be sure it does not cause any conflicts in your dictionary!

COMMON PREFIXES WITH COMBINING VOWELS:

adeno = gland
Angio = vessel
anti = attacks (AENT)
brady = slow
cardio = heart
contra = against (CRA*)
derm, derma = skin
dia = complete or thorough
dis = removal or reversal
dys = abnormal
endo = inside
erythro = red
gastro = stomach
glycol = glucose

hemato = blood
hepato = liver
hyper = high, elevated (HAOIRP)
hypo = below/deficient (HOIP)
infra = beneath (FRA*)
inter = among, between
intra = within
leuko = white
lipo - fat
mal = bad, poor (MA*L)
megalo = large
myo = muscle
neuro = nerve
osteo = bone
pan = all or total
per = through
peri = around
pseudo = false (SAO*UD)
psycho = mind (SAO*IK)
poly = many (PO*EL or POIL)
sclero = hard
sub = under
tachy = fast/rapid
trans = across or over

COMMON SUFFIXES WITH COMBINING VOWELS:

algia = pain
cyte or cyto = cell(s)
ectomy = excision or removal
emia = in the blood
emesis = vomiting
eous = pertaining to
genesis = origin, new
graph = recording instrument (GR-F)
ism = state of
itis = inflammation
lysis = break up
ology = study of (OELG)
pathy = disease
penia = deficiency
pepsia = digestion
plasty - plastic or surgical repair
plegia = paralysis
rrhapy = to stitch or suture
rrhea = discharge
scope = instrument
stomy - making an opening (STO*IM)

therapy = course of treatment (THAERP)
tomy = incision (TO*IM)
trophy = growth or development (TRO*IF)

COMMON ROOT WORDS:

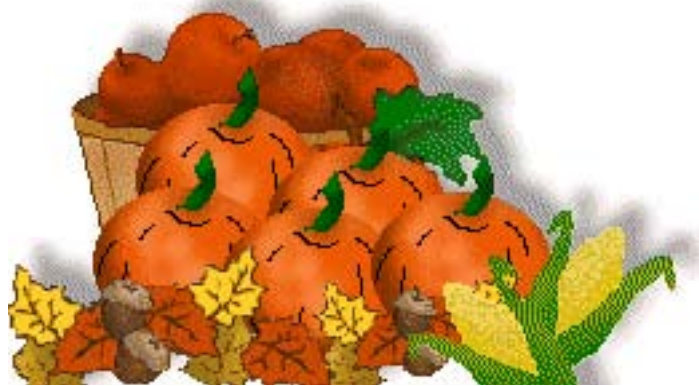
arterio = artery
angio = blood vessel
brachio = arm
cardio = heart
cephalo = head
cranio = skull
cysts = bladder
dorsi = back
encephalo = brain
hema = blood
hepato or hepatic = liver
mammo = breast
nephro = kidney
ophthalmo = eye
osteo = bone
pathy = disease
pepsia = digestion
phagia = eating
pharyngo = throat
pneumon = lungs
rhino = nose
stetho = chest
thoraci or thoraco = rib cage
thrombo = blood clot

To give you a better understanding of how prefixes and suffixes are added to root words, an example would be using the prefix per, the root cutan, and the suffix eous. By combining these three words, you will form the term percutaneous, which is defined as something through the skin. Other examples include the following: intra/ven/ous, peri/card/itis, hypo/glyc/emia, and cyt/ology, and on down the list.

Hopefully things have improved since the time that I attended court reporting school, but the one thing I found lacking in my schooling was a comprehensive list of briefs or short forms for common medical terms. As I have gotten older and wiser, I have slowly been incorporating more and more of them into my writing, and I would strongly suggest that you either incorporate some or all of the short forms that are listed on the following page. Or, better yet, you can take matters into your own hands and create some short forms of your own that best fit with your writing style.

As with all new learning experiences, in the beginning stages of understanding these medical terms, they may seem strange and difficult to learn, but do not lose hope! It will become easier and easier to write difficult medical words if you comprehend how they are created and then take the time to become proficient at writing the frequently used words. Then, before you know it, you will have developed the skills and confidence necessary to write quickly and accurately!

Jackie Young is a freelance reporter in Delano, Minnesota, and a member of MAVRC's publications committee. ■



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MEDICAL BRIEF/SHORT FORMS

By Denise Drill, RPR

right leg - ROIL
left leg - LOIL
right arm - RARM
left arm - LAM
upper extremity - UX
left upper extremity - LUX
right upper extremity - RUX
right shoulder - ROURLD or RAOEUTS
left shoulder - LOURLD or LEFTS
right side - ROITS
left side - LOITS
back pain - BAIN or BAEN
low back - LOEB
lower back - LOERB
left-hand - L-N
right-hand - R-N
left-hand side - L-NDS
right-hand side - R-NDS
neck pain - NEP
back pain - BAP
leg pain - LEP
chest pain - KHEP
knee pain - NAOEP
shoulder pain - SHOEP
headache - HAIK
neck ache - NAIK
back ache - B*AIK
stomach ache - SAIK
migraine headache - MA*IK
primary care - PRAIR
primary care physician - PRAIRP
primary care doctor - PRAI*R
trauma - TRAUM
traumatic - TRAUK
traumatically TRAUL
ankle - APBL
right ankle - RAPBL
left ankle - LAPBL
active range of motion - AUR
anesthesia - STHAI or AEZ
anesthesiologist - STHOLGT
anesthetic - STHIK
ACL - KA*L
anterior cruciate ligament - KA*L/W-RDZ

antibiotic - AEB
antidepressant - AED
anti-inflammatory - AEFM
aorta - AORT
aortic - AORK
arthritic - THRIKT
arthritis - THRAOITS
arthroscopic - THROP
arthroscopy - THROEP
bilateral - BLAEL
bilaterally - BLAERL
carpal tunnel - K*T or KUNL
carpal tunnel syndrome - K*TS or KUNLS
cartilage - CARJ
degenerate - D-J or DAOEJ
degenerated - DAOEJD
degenerates - DAOEJZ
degeneration - DAOEJS
degenerative - DIF or DAOEFJ
degenerative disk - D-D
degenerative disk disease - D-DZ
diagnose - D-G
diagnoses - D-GZ
diagnosis - D-GS
examination - X-GS
fracture - FRAKT
herniated - HERN or HERNT
herniated disk - H-D
herniation - HERNGS
impingement - PINMT or PIMT
inferior - FAUR or FAO*R
inflammation - FLAIMGS
intestinal - STINL
kneecap - NAOEP
ligament - LIGT
lower extremity - LOEX
lumbar - BLAR or LUB
lumbar spine - LUBS or BLARS
lumbosacral - LUFRL
manipulate - MIP
maximum medical improvement - MI*M
medical - MAOELD
medical center - M*LS

medical records - MORDS
medical reports - MORTS
meniscus - NIS/CUS
myelogram - MAOILG
nerve root impingement - NIMP
nonsteroidal - NOILD
orthopedic - ORP
orthopedic surgeon - ORPS
orthopedic surgery - ORPG
patellofemoral - PLAF
physical exam - FLAM
physical examination - P-GS or FL-GS
physical therapist - FAIRPTS
physical therapy - FAIRP
physician - F-GS
Posterior - PAUR or POER
prognose - PR-G
prognoses - PR-GZ
prognosis - PR-GS
psychiatric - SKAOIKT or SKRIKT
psychiatrist - SKAOITS or SKRIFT
psychiatry - SKAOIT or SKRAOE
radicular - ROIK
radiculopathy - ROIP or ROP
range of motion - ROEGS or ROM
rheumatoid arthritis - ROITS
right upper - RUP
right upper extremity - RUX
spondylolisthesis - SPAOESZ
spondylolysis - SPOESZ
spondylosis - SPISZ
standard of care - STAIRBG
surgeon(s) - S-RN(S)
surgery - S-RJ(S)
tender - TERN
tenderness - TERNS
therapy - THAERP
thoracic - THRAFK
thoracic spine - THRAFKS
upper extremity - UX

Denise Drill is a freelance reporter in Mankato, Minnesota. ■

PARADIGM AWARDS TWO STUDENT SCHOLARSHIPS

By Jennifer Sharp

This May Paradigm Reporting & Captioning awarded two court reporting student scholarships each in the amount of \$1000. Judicial reporting students Heather Eckstein, who has since graduated the reporting program, along with Melinda Oldenburg, who is now in her 225s, were this year's recipients.

The Paradigm scholarship, which was instituted in 2005, is earmarked to recognize a student's overall accomplishments as well as give them a little financial stipend to be applied towards summer tuition. In order to submit a scholarship application, students must have passed at least one speed test of 200 WPM.

"I cannot believe there are 80 people in the program and the type of graduates who are turning out. It's amazing," says Paradigm Reporting and Captioning CEO Jan Ballman. "It's very good for our profession. We

need good schools like Anoka Tech, and we need to support the students. It feels good to do it and allows us to support them in any way we can."

This year, Ballman and her daughter Angie, traveled to Anoka Tech to personally interview the top four finalists in order to make their selections. Ballman says meeting the applicants made a difficult decision even tougher.

"This was the first year we met the students face-to-face. It was surprisingly much more difficult. They had such great stories. We had four great candidates. "

Along with a student's application, a scholarship candidate is required to write an essay reflecting on their journey in school. Topics can include significant events that have influenced their decision to become a court reporter or captioner, career goals and

how ATC has helped them reach those goals, financial needs and/or obstacles, and/or a most meaningful experience at ATC.

"I am so pleased the scholarships can be used over summer semester because that's always a difficult time for students to come up with the necessary tuition funds. I'm very appreciative," says Judicial Reporting Program Director Jennifer Sati.

Ballman says, "For us it's great because it allows us to keep in touch with the students. We wanted to choose someone who was going strong in the program, well on their way, and deserving of a little financial help and encouragement to see them through the program."

Congratulations Heather and Melinda! ■



Heather Eckstein



Melinda Oldenburg



COURT REPORTING STUDENT PROFILE

By Carol Huard

Name: Carol Huard

School: Anoka Technical College

Speed: 160

Hometown: Apple Valley, MN

What made you decide to pursue a career in court reporting? I have always been interested in the legal system, and I thought this would be an up-close way to be involved in it without becoming a lawyer.

What area of reporting interests you the most at this time; official, freelance, or captioning/CART? Right now freelance appeals to me the most because of the flexibility it allows. I still have two boys at home going into sixth grade this fall. After that, I might like official for the rest of my career.



Carol Huard (center) with two of her sons

Do you know any working reporters? I know some great ones that I've gone to school with!

If you had an hour of free time, what would you be doing (besides practicing on your steno)? Only an hour? I love reading, bowling with the kids, and bike rides. If all else failed, I suppose I could catch up on laundry or shopping.

What is your favorite band or music? I listen mostly to hard rock, but my iPod ranges from jazz to metal to easy listening; it really depends on my mood.

What is your favorite food or restaurant? There's a newer restaurant in Apple Valley called The Valley Tap House, they have some great food.

Where is a place you would like to visit? I've always wanted to head east and visit the historic aspects of those states.

Who is the celebrity you would most like to meet? Sandra Bullock

The last book you read? I'm currently reading *The Stand*, by Stephen King, for the second or third time. It's my all-time favorite.

Favorite TV show? My guilty pleasure since childhood has been General Hospital.

The last movie you watched? *Committed*, starring Heather Graham, Casey Affleck, and Luke Wilson. ■

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Questions may be addressed to MAVRC's Administrative Assistant, Jolene Carrow, at the MAVRC website or by calling her at (507) 532-0676.

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To submit articles, send to:

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UPCOMING EVENTS

September
12 MAVRC Reporter Get-Together
Park Tavern
3401 Louisiana Avenue
St. Louis Park, MN

October
5-6 MAVRC Fall Convention
Treasure Island Resort/Casino



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