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**PLAN TO ATTEND
THE ANNUAL
MAVRC FALL
CONVENTION**

SEPTEMBER 6 - 7, 2013

**MINNEAPOLIS MARRIOTT SOUTHWEST
5801 OPUS PARKWAY
MINNETONKA, MN 55343**

**REGISTRATION AND
HOTEL INFORMATION
ON PAGES 8-12**

**A SILENT AUCTION
WILL BE HELD
PLEASE CONSIDER A DONATION**

**JOIN YOUR PEERS AND
EARN CE CREDITS**

2012-2013 MAVRC BOARD OF DIRECTORS

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IMMEDIATE PAST PRESIDENT	Jeanna Zunker, St. Cloud (800) 255-1685 jeannazunker@charter.net
ADMINISTRATIVE ASSISTANT	Jolene Carrow (507) 532-0676 www.mavrc.org jcarrow_mavrc@hotmail.com

If you have any suggestions for the Minne-strokes newsletter or stories to share about your court reporting experiences or something that would be of interest to the MAVRC membership, please submit to:

Jackie Young
Incoming Editor MINNE-strokes
2575 Nelson Road
Delano, MN 55328

rite2jackie@frontiernet.net

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
P.O. Box 375
Marshall, MN 56258

Advertising with MAVRC guarantees communication with your court reporting peers.

PRESIDENT'S ADDRESS

By Tracy Bennett, RPR, CRR

By the time you read this, my term as MAVRC's president will be quickly coming to an end. At MAVRC's annual fall convention held at the Minnetonka Marriott on September 6-7, I will turn over the reins of this amazing Association to the capable hands of Hart Erickson. I know Hart will lead MAVRC through the next year with his usual sense of calm and determination.

This past year has gone by so quickly and I cannot stress enough how rewarding my time on the MAVRC Board has been. The Board that I have worked with this past year – and previous years, as well -- has been very hardworking. I personally appreciate the dedication and enthusiasm that they have given and continue to give to MAVRC. In fact, this entire Association has many talented members that are willing to step up whenever called upon. Whether it's the Publication Committee, putting together the quarterly newsletter *Minne-Strokes*; the Fundraising Committee, coming up with money-making ideas for MAVRC that are fun and yet profitable; the Legislative Committee, working with Joel Carlson, our lobbyist, advocating for steno reporters at the Legislative level; or the recent additions to the Continuing Education Committee, putting on our two seminars per year, the number of volunteers is quite impressive. MAVRC functions on volunteers and can always use more volunteers for any of its committees. Please seriously consider joining a committee or even becoming a member of the MAVRC Board in the future and I trust you would find it as rewarding as I have.

As I reflect back on this past year,

I think about Governor Dayton declaring February 17-23, 2013, Minnesota Court Reporting and Captioning Week and the news coverage that we had throughout the State of Minnesota. It was a chance to get the word out about our amazing profession and maybe open the door for people to ask questions about this profession that many people are unaware of. Maybe it inspired someone to consider changing careers or perhaps encouraging a child, niece, nephew, friend or neighbor to attend a court reporting school.

Speaking of schools, as we've all said many times before, our students are the future of this profession. The education program we have in Minnesota is used as a model in other states. During the past year, I have had personal contact with two students that have graduated. One I had a chance to mentor for the past two years and who also interned with me and another who interned with me. I know their graduations are due to the hard work they put into studying and practicing, but I hope my emails offering encouragement helped them through a speed plateau or gave them the nudge needed to press on. I hope each and every graduate will find the job they are looking for and they will be as happy with this profession as I have been. I understand enrollment for the fall semester is lower than in the past couple of years, so make sure you tout your amazing career to anyone who will listen.

When I joined the MARVC Board in the fall of 2009, I really didn't know what I was getting into. I had never served on a board of



*Tracy Bennett
MAVRC President*

any kind. Court reporting has been a great career choice for me and I never regretted the decision to go into it as a profession, but I had no idea that being on the MAVRC Board would be such a rewarding experience. I have met so many other steno reporters that feel the same way I do about steno reporting and are willing to volunteer their time and energy to make MAVRC the Association it is today. I look forward to my role as Immediate Past President and to continue my advocacy for my profession.

Tracy Bennett is an official reporter in Duluth, Minnesota. ■



REPORTING THROUGH THE DECADES

By Don Hessburg

“What does a court reporter do?” That’s the question I asked my brother when he told me I didn’t have the patience to go to school six more years to become a lawyer and that I should try court reporting. He was about to graduate from law school and I was just finishing my first year of pre-law. Less than two years later, I was acting as a pro tem at the old Hennepin County Courthouse, reporting labor disputes in smoke-filled rooms and condemnations of property that the government was taking for freeways throughout Minneapolis.

It was the evolving time of discovery. When I first met Ray Lerschen, who even at that time was a legend in the field of court reporting, I called him Mr. Lerschen. He was an official and had several reporters working with him, all pen writers, taking statements and the few depositions that were around. I would go to his office every week and ask if he had anything for me to report. Maybe just to get me off his back, he gave me a job reporting the International Ship Masters Convention in Duluth in January of 1958. It was for three days, and I was excited. I was asked to sit next to the secretary of the organization. When the first speaker took the podium, I began writing. The secretary nudged me, told me to stop writing and only commence when he told me to. I ended up reporting just the motions and any ensuing discussions regarding them. I wrote less than 40 pages in the three days. The good news was I sent copies to a lot of people and ended up making \$300, a lot of money in those times.

In March I received a call from a classmate who had taken a job in Portland, Oregon. He said they were looking for more reporters and would I be interested in applying. My bride and I took the train out the next week. I passed the tests and was asked when I could start. For the next year and a half, while living in Portland, I reported in state and federal courts, took statements and depositions and got comfortable with the life of being an active reporter. In September of 1959, I received a letter from Mr. Lerschen asking me to return to Minnesota; that he was starting up a firm and I would be their first machine writer with a firm to be known as Ray Lerschen & Associates.

The deposition business had picked up and as a freelancer, I reported everything that came my way. I made friends with the attorneys I reported for and they kept me pretty busy. Then in the spring of ‘69, I was asked if I would help Iris Stafford, the official for a federal judge, Earl Larson, to do daily copy for a trial entitled *Honeywell vs. Sperry Rand Univac*. It had to do with computer technology dating back to the 1940s, the technology that was used in the atomic bombs that were dropped on Hiroshima and Nagasaki. The trial lasted for nine months. We dictated and had two excellent typists. I was then asked by another federal reporter to take daily copy depositions in a case of *Control Data Corporation vs. IBM*, most of which were in IBM’s offices in Armonk, New York. For the better part of a year, I flew out every other week, my wife, three young kids, and a dog driving me to and picking me up from the airport.

It was at this time that I became better acquainted with James L. Fetterly, an

attorney with what was then called Robins, Davis & Lyons. I had taken depositions with Jim in Minneapolis back in the 1960’s. I saw him one night at the Richfield Racquet Club. Neither one of us knew that the other played tennis, a game I’ve played since high school. He told me he had upcoming fire loss cases involving non-treated polyurethane foam with PPG, Dow Chemical, and Cook Paint & Varnish. There were going to be a lot of depositions involved in various states. We would spend the days taking them and get some tennis in afterwards, if I was interested. Talk about a no-brainer. Jim and I became close friends, as we remain to this day.

In the summer of 1975 or ‘76, I believe, I was asked to report the Players Association vs. NFL trial before Judge Larson. Again, it was with Iris Stafford and daily copy. It lasted about three months and obviously was replete with the names of athletes, not only in football but other sports.

Mr. Fetterly had a fire case in Albert Lea in the middle 70’s where 600 pigs were killed in a brand-new state-of-the-art hog confinement building. I took depositions on and off for a year and a half in that case, two of the depositions lasting two weeks. Before that case went to trial, he was asked to represent the Sunshine Mine, the biggest silver mine in North America located in Kellogg, Idaho, which had a fire in 1972 and killed 93 miners. During the deposition phase of the case, he had to leave to try the fire loss case in Albert Lea. This was a landmark case that he won after nine and a half months of trial. It was the first case in Minnesota with a punitive damage award in a products liability

case. The discovery in the Sunshine Mine case was over for me, at least that's what I thought.

One day I received a call from one of the seven defendants in the case. I was asked if I would be their reporter in a multitude of depositions they were about to take, including experts. I said I would. The attorneys represented The Bureau of Mines, Dow Chemical, and Mobay Chemical, among others. One night I asked why they didn't use reporters from their own towns, Denver, Salt Lake City, Boise, and D.C. They said turn-around time. They weren't getting their transcripts until four to six weeks. My turn-around time, I don't care how many pages are involved, is and always has been a week to 10 days. The attorneys in this case even took me to Manchester, England, for close to three weeks to take an expert at the Safety in Mine Research Establishment, the plaintiffs' expert

regarding the Bureau of Mines alleged non-inspections of the mine's worked-out areas. On an off weekend, six attorneys, a scientist, and myself took a train up to Scotland and played golf at St. Andrews. I ended up replacing the federal reporter for Judge Ray McNichols for the six-month daily copy trial that started in January of 1978.

I bought my first computer equipment, data writer, and software from Stenograph in 1981 for \$22,000. It was slow and tough to get used to. My son, a future robotics engineer, said, "Dad, this is our future and you've got to stick with it." Some years later, when I was taking a deposition of a professor at Berkeley, where he was going to school, we had a chance to review the sound advice he gave me.

The MGM Grand Hotel in Las Vegas had a fire in 1980 that killed 84

people and injured several hundred. Jim Fetterly was called upon to represent their heirs as well as the injured complainants. He asked me to accompany him to John Gardner's Tennis Ranch in Scottsdale, Arizona, during the settlement negotiations with MGM's lawyer and report the agreements made as to each of the complainants. I had to be available at a moment's notice so I had to keep him aware of which court, that is tennis court, I would be on. We were there for three weeks and 306 cases were settled. During that time, Gardner's put on the first Senator's Cup, in which a lot of celebrities attended, one of them being Clint Eastwood. Coincidentally, Jim and I had our teenaged daughters come down to Scottsdale to join us. The closing night festivities involved, among other things, dancing. To this day, my daughter accuses me of

(Continued on Page 6)



Don Hessburg

(Continued from Page 5)

intentionally twirling and throwing her in the direction of Clint and his friend Sondra Locke. **Would I do that?** It was worth it to hear him say in his *Two Mules for Sister Sara* voice, "Excuse me."

The Hilton Hotel fire in Las Vegas occurred in 1981. I'm sure as a result of the good settlement Jim received for his clients in the MGM case, he was called to represent the heirs of the seven people killed and the many people injured. There were a series of depositions to be taken in Las Vegas. I rented an apartment. At the beginning of the second day of depositions, I was questioned by one of the defendant's attorneys as to my residence qualifications to take depositions in the state of Nevada. I didn't know but was soon to find out that I had to be a resident of Nevada to take depositions in that state, forget about the fact that I had been a member of National basically since I began reporting. Susie Fowles, the head of the Depository, called me soon thereafter and said although they wouldn't let me take depositions in Nevada, she would call me for all expert depositions, which she did.

A disastrous fire occurred at the San Juan Dupont Plaza Hotel on December 31, 1986, killing 97 people and injuring many others. The next day, the owners of the hotel and their lawyer called Jim Fetterly to represent them. Jim called me in a matter of days and told me to brush up on my Spanish. We soon learned that the Federal Court in Puerto Rico was part of the First District and, thus, an English-speaking court. All depositions in the case, and there were hundreds of them, would be through an interpreter, if necessary. I took the first two weeks of depositions in November of 1987. The multiple tracks of depositions would start in February and March

of '88, some of them in California and New York City. I rented a two-bedroom apartment, which at times accommodated five reporters I had working in Puerto Rico at one time. The housing conditions were, one might say, cozy but fun.

The hotel was located on the beach. At the time, there were contentious negotiations going on between the hotel and the Teamsters Union. It was determined that the fire started or was intentionally set by disgruntled employees in uncrated pieces of furniture which were placed in a two-story ballroom. The fire quickly spread and traveled up an open staircase to the first floor of the hotel and into a casino overlooking the beach. Most of the deaths and injuries occurred to people within the casino. It was New Year's Eve and the place was crowded. The elevator company became a defendant when one of its elevators designed not to stop at a floor where there was undue heat did, indeed, stop on the first floor and torched several people. The employee of the elevator company was knowledgeable about the operation of the elevators at the hotel now resided in London, so his deposition was noticed to be taken there. Since there were also depositions in Madrid and Zurich of injured people, Jim's office set up a schedule and we were off to Europe in the early fall of '88.

In the late fall of the year, we had four tracks of depositions. I reported Jimmy Hoffa's lookalike, the head of the union in San Juan. The attorney taking the deposition was from Jim's co-counsel firm in Old San Juan. The deposition became increasingly loud and belligerent. It was obvious to me, sitting between the witness and the taking attorney, that the witness had a shoulder-holstered gun under his sport coat. There was no doubt in my mind that the attorney

was also carrying. It was the first and only time in my reporting career that I slowly backed my chair away from what could have been a very dangerous situation.

I retired from Lerschen's 15 years ago. Five years later Jim became involved in a fire loss case with two deaths in upstate New York. It related to claims against a smoke detector that failed to operate. Their expert witness was somebody I had reported before and Jim said he needed me. In two months, I was back in business, I thought for just that one deposition. This summer I plan to retire for good and continue with what I started after my first retirement. I've written several mysteries and three screenplays, my protagonist in two of them being what else, a court reporter. I'm an unpublished author - for now.

Court reporting is a service that we, as reporters, provide to our clients, lawyers, or in the case of officials, the court. We have to do the best we can under, at times, very difficult situations. As reporters, we are entrusted with preserving the spoken word. It is an obligation that I've never taken lightly. There are days I look back and ask myself, should I have remained at the U and become an attorney? The answer is a simple straight-forward "No." I love what I do and thank God for the gifts He has given me.

Don Hessburg has reported for over 45 years and resides in Edina, Minnesota. ■

**Check out
MAVRC's
website
www.mavrc.org**

2013 PARADIGM SCHOLARSHIP RECIPIENTS NAMED

By Jan Ballman, RPR, CMRS

Paradigm Reporting & Captioning is proud to support Anoka Technical College's court reporting program by way of an annual scholarship program that seeks to award \$1,000 to two students who demonstrate a spirit of perseverance, discipline, educational excellence, and financial need. Students must be in their 180s or above. Candidates are asked to take us on their court reporting journey by way of an essay. Grades and instructor remarks are considered as well.

Because there is such a great need for financial support, especially at the higher speed levels (and those of us who went through reporting school can

certainly relate to this), and because of the success in general of the court reporting program at Anoka Tech, the number of applicants for the Paradigm scholarships continues to grow each year. Because of the high quality of the candidates Jennifer Sati and her team are training, the selection process has grown exceedingly painstaking as well! A number of years ago, in an attempt to ease some of the difficulty we were experiencing in choosing only two recipients, we added another phase to the selection process: Personally interviewing the finalists. I'm here to tell you that did NOT make the selection process easier. In fact, it only made it

more difficult meeting these hard-working, dedicated students who are struggling to make tuition while scrapping to get that last test at their current speed, all the while vividly visualizing graduation day.

Having said all that, Paradigm is pleased to announce our 2013 scholarship recipients: Congratulations to Sarah Anderson and Lynnel Bruemmer! We wish you the best of luck in your promising futures!

Jan Ballman is the owner of Paradigm Reporting & Captioning in Minneapolis, Minnesota. ■



Sarah Anderson



Lynnel Bruemmer

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.

2013

MAVRC Annual Convention
Minneapolis Marriot Southwest
5801 Opus Parkway
Minnetonka, MN 55343
(952) 935-5500
September 6-7, 2013

Friday, September 6

12:30 – 1:00 Registration

1:00 – 2:00 **Mix it up with Briefs – Jolene Carrow and Katrina Hendrickson**
.1 CEUs **What a way to start the weekend! During this session, not only will you be able to share your own brief forms and take home new brief forms to incorporate into your writing, but you will have an opportunity to become acquainted with other reporters from Minnesota in the reporter mixer forum.**

2:00-3:00 **Hypnosis - Marc Aymar**
.1 CEU* **This session will explain what hypnosis is and is not, discuss some of the rules of the mind, discuss problems that hypnosis can help someone overcome, and provide a stress reduction demonstration. There will also be time for Q & A if you have questions about hypnosis.**

3:00 – 3:30 **Break**

3:30 -5:00 **NCRA Town Hall – Director Michele York**
.15 CEUs **Michele will take this opportunity to provide you with an update as to the court reporting and captioning profession on the national level, and how MAVRC, NCRA, and you personally can align resources for the betterment of the profession.**

5:00-6:00 **Delicious plated dinner**

6:00-8:00 **MN State Patrol – Controlled Drinking Session**
.2CEUs **This presentation involves training in the effects of alcohol on mental and physical impairment, enhanced with the use of volunteers who will consume measured quantities of alcohol and submit to Standardized Field Sobriety Tests administered by trained law enforcement personnel. See firsthand how the DataMaster breathalyzer works. We will be looking for volunteers to submit to the testing!**

Saturday, September 7

7:30-8:30 **Continental Breakfast and Registration**

8:30 – 10:30 **Windows 8, Office 2013, Apps for iPads, and more! – Casey Gordon**
.2 CEU*
Casey Gordon, Technology Support Services Manager, will give an overview of current and upcoming technologies that can be used to assist you in the workplace. This session will cover new software, such as Windows 8 and Office 2013, as well as apps for iPads and Android devices. In addition, we will discuss ways to back up and secure your files, such as cloud storage. I will also provide time for you to ask individualized questions about technology.

10:30 – 11:00 **Break**

11:00 -12:00 **Assassination of John F. Kennedy: Opening Its History for Public Review**
.1 CEU*
Federal District Judge John R. Tunheim
From 1994 to 1998, Judge Tunheim served as chair of the U.S. Assassination Records Review Board. The Board concluded that federal agencies "needlessly and wastefully" kept documents about President Kennedy's assassination secret for decades. As a result, the Board made over 4 million pages of material open to public review. Judge Tunheim will discuss the legal, procedural, and practical obstacles faced by the Board in its efforts to pry documents from our nation's intelligence and law enforcement agencies, as well as the Board's accomplishments of collecting and releasing records previously held by state and local governments and records remaining in private hands, and the many issues in the Kennedy assassination that continue today.

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

1:30-2:30 **Building Comprehensive Financial Security – Pete Kramer**
.1 CEU*
We will focus on helping everyone better understand all of the basic components of financial planning, including both risk and investment-based products. In addition, how and why to focus on some core planning fundamentals, such as tax efficiency, asset allocation strategies, effective retirement strategies, more flexible distribution strategies, and so on. We will also allow time for more specific questions.

2:30-3:15 **Awards**

3:15-4:15 **Fight like a girl - Angela Champagne-From**
.1 CEU*
On April 19, 2012 at 4:00 p.m., Angela Champagne-From was attacked by a stranger as she was getting into her car after work in downtown Minneapolis. During the assault, she was able to fight off her attacker, a convicted sex offender, despite sustaining a life-threatening stab wound to her abdomen. Angela has made it her mission to raise awareness in the community by sharing her story to empower and educate women and children about the importance of fighting back. Her presentation covers attack details, injuries and recovery, criminal investigation, prevention, self defense, and much more.

4:15 – 4:45 **Break**

4:45 – 5:45 **Unarmed: The Mindset for Safety – Anne Yatch**
.1CEU*
Anne Yatch, owner of Sealed Mindset, provides an interactive presentation on the top 10 personal safety lessons learned from her counterterrorism background and her Navy SEAL husband, to help individuals continue living their lives safely by being better prepared, more observant and having a plan.

2013

MAVRC Annual Convention
Minneapolis Marriott Southwest
5801 Opus Parkway
Minnetonka, MN 55343
(952) 935-5500
September 6-7, 2013

NAME: _____ OFFICIAL _____ FREELANCE _____

ADDRESS: _____

CITY, STATE, ZIP: _____ TELEPHONE: _____

E-MAIL _____ NCRA ID# _____ CERTIFICATIONS: _____

All day Friday (11:00-7:00) \$165 _____ \$ _____

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

Friday and Saturday \$315 (\$25 savings) _____ \$ _____

Friday night plated dinner choice: Italian Marinated Roasted Chicken _____

OR Mushroom Rigatoni with Sautéed Spinach, Grape Tomato, and Fresh Parmesan Cheese _____

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 \$130 (2 days) or \$65 (1 day) _____ \$ _____

Sponsor a student _____ \$ _____

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

Are you interested in volunteering for the controlled drinking experiment as a subject or a monitor?
(If volunteering, you must be staying at the hotel for the night and not driving) Subject _____ Monitor _____

Registrations must be received by Monday, September 2, 2013

CANCELLATION POLICY: A full refund will be made if your cancellation is received on or before September 2, 2013. If your cancellation is received after that date, 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.

Mail registration form and payment to:
MAVRC
P.O. Box 375
Marshall, MN 56258

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

Minneapolis Marriott Southwest

5801 Opus Parkway · Minnetonka, Minnesota 55343
(800) 228-9290



Experience a re-energized hotel near Minneapolis offering an ideal location, nestled amongst walking paths and perfect for outdoor excursions, yet close to highways and attractions. Explore exciting amenities at this deluxe Minnetonka hotel, including a health club and heated indoor pool, or enjoy a bite to eat at Stacy's Grille, featuring eclectic regional cuisine for breakfast, lunch and dinner.

MAVRC has reserved a block of 30 standard rooms at a discounted rate of \$89.00 for Friday night (plus taxes)

**ASK FOR MAVRC'S BLOCK ROOM RATE (800) 228-9290 or (952) 935-5500
(Rates offered through August 16, 2013)**

**MAVRC Board of Directors/Officers
Slate of Nominees
2013-2014**

President – Hart Erickson

President-Elect – Monica Christensen

Vice President Freelance – Carolyn Taylor Pekas

Vice President Official – Ryan Ziegler

Secretary – Katriina Hendrickson

Treasurer – Melissa Keute

Director-at-Large A (Official) – Sarah Goebel
(Serving second year of 2-year term)

Director-at-Large B (Freelance) – Rachel Erickson
(Serving first year of 2-year term)


Director-at-Large B (Official) – Michelle Foley
(Serving first year of 2-year term)

Remaining on Board for 2013-2014

Immediate Past President – Tracy Bennett

Director-at-Large A (Freelance) – Jolynn Graham
(Serving second year of 2-year term)

MAVRC 2013 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, September 7th.

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 [jgreporting @comcast.net](mailto:jgreporting@comcast.net).

Your participation is appreciated.
Thank you.

THIS CHANGES EVERYTHING

By James A. Weitalla, RDR, CRI

We're all familiar with realtime setup. You get a set of cables or StenoCast or a router, set up the output in your CAT system, have the attorneys start the software or browser on their end, and off you go. That used to be it. No stream to your scopist to edit, and you'd have to use a third-party service to stream offsite if you didn't have Total Eclipse and TeleView.

That's all changed with Total Eclipse 6 from Advantage Software. They've introduced Connection Magic, giving you more options for realtime at low cost, and then they've added collaborative realtime.

Collaborative realtime is the latest twist in providing realtime services and expedited or instant copy. With Connection Magic, you first make sure you have an internet connection, either via hardwired connection or mi-fi, hotspot, whatever you decide works best for you. Set up an output for Bridge, and the comm device will be Connection Magic. When you start your realtime in TE6, you'll be prompted to give it a password and the option to make it publicly visible, and you're set. At this point, attorneys with Bridge Mobile can join the session, as well as your scopist and proofreader, at the address <http://connect.eclipsecat.com:8880/> from any device that supports an internet browser: Android, Windows, IOS, etc. That includes things like web-capable Kindles, Nooks, etc. If it runs an internet browser, you can use it to view realtime anywhere in the world.

What's happening is you're connecting to a secure server and everyone else is connecting to the same server, allowing them to view the realtime.

A scopist with Total Eclipse 6 can also use their software to connect to your session and edit your transcript live, no need to use Division Interval and Dropbox and then assemble the puzzle pieces later, this is all happening live. The huge benefits are that the scopist and proofreader can start instantly with you, and any editing changes made apply to the document on everyone's computer. This means realtime that gets cleaned up continuously, allowing you to give the parties a "draft" at the end that's almost spotless.

Your scopist and proofreader can leave you comment lines that the viewers don't see, so you can scan to those on a break and decide what edits to make or not. You can see where everyone else is working in the document, so if you have two scopists on that daily, they can see where one another are, and you won't get overlapping in the editing.

But say you don't want to have an internet connection, but you still want your onsite scopist to work with you. You can do that too. You can get a router and run Connection Magic as a local program from your computer. As long as your scopist is in range of your wi-fi network, just like the attorneys are, they can receive and work on the wireless feed you're providing. It's not as convenient for them as working remote, but you can still get the benefits of the cleaned-up realtime feed by having the scopist on site.

So are you "not realtime ready"? Now you can be...mostly. Just add a remote scopist to the equation, and you'll be able to have a cleaned-up realtime feed with expedited transcript delivery. Your scopist will build your main and job dictionaries

while you're working together. Just wait for them to receive the entire document and audio before you stop translation, and you're all set.

Other benefits are that anyone joining the session will get the whole session, something you don't get with cables. With the new StenoCast, it stores the session in the send module, and new joiners can get the whole transcript that way too. But with Connection Magic, you get the benefit of adding either a local or remote scopist.

Yes, this changes everything. This makes it easier for you to deal with expedites, rushes, dailies, without really breaking a sweat. All you need to concentrate on is writing fast and clean, and let your behind-the-scenes staff take care of the rest.

Does wi-fi have a cost associated with it? Yes. But Verizon is offering a free mi-fi box with a two-year contract. How many expedites or dailies do you do in two years? How many multiple-day jobs do you do that you wish you could deliver faster? How many times have you gotten the 10:30 break tip: "Oh, by the way, we need this right away"? How many times have you turned down realtime jobs because you don't write clean enough? Sometimes **cost** isn't a factor when you consider what it **makes** for you. And the growing trend has been for the court reporter to bring the internet to the deposition, along with realtime. The technology has now evolved to the point where seamless edited realtime can be provided, making you look like a superstar, and making expedited delivery easier. You just need to pick up the tools and use them.

James Weitalla is a freelance reporter in Minneapolis, Minnesota. ■

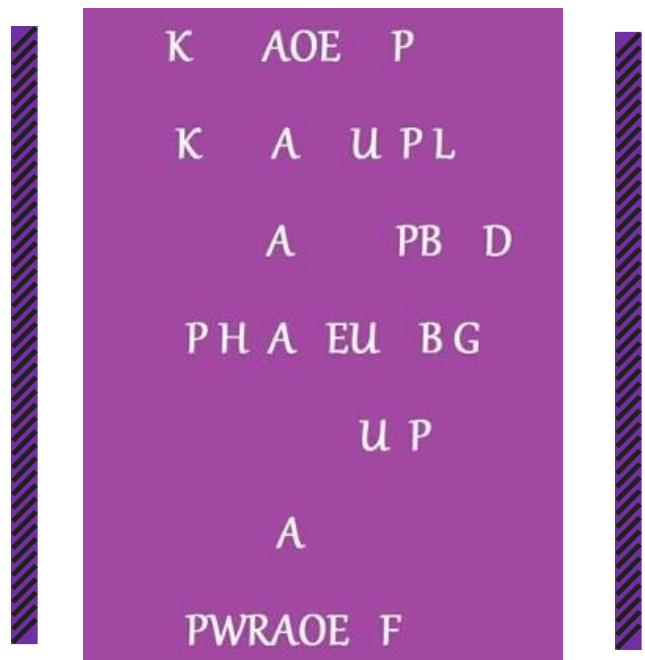
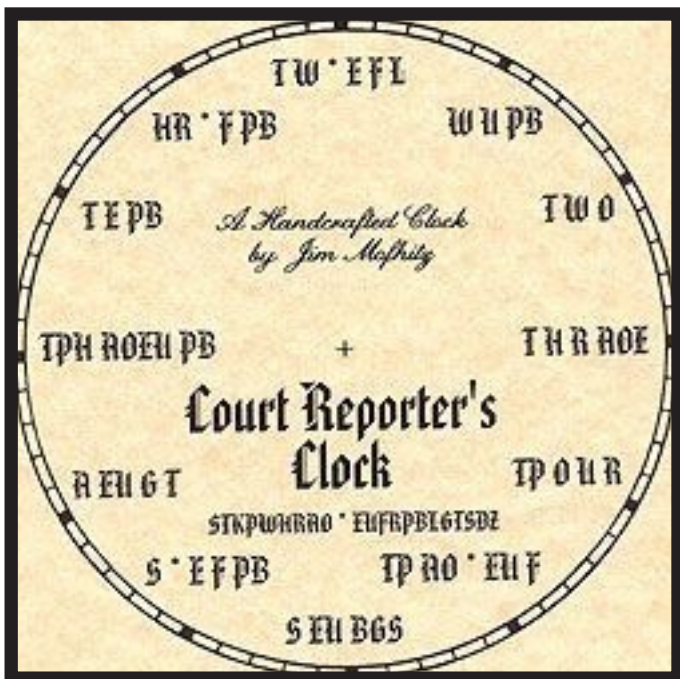
MAVRC SUMMER GET-TOGETHER

By Jolynn Graham, RPR



Uptown Tavern & Rooftop was the setting for the summer get-together in June . The weather was perfect for rooftop dining and spending the evening with peers.

Reporters pictured above left to right are Hart Erickson, Jonathan Wonnell, Rachel Erickson, Shannon Forester, Kelli Aslesen, Jolynn Graham and Sandy Burch.



CART PROVIDERS ADDED TO STATEWIDE INTERPRETER ROSTER

By Jean Whalen, RDR, CRR, CCP, DSA

Background: Historically, B parties who need to hire the services of a Communication Access Realtime Translation (CART) provider sometimes do not understand that there is a difference between realtime and CART; they tend to think that realtime is CART. I certainly don't fault people for this confusion. Sometimes even court reporters, including realtime reporters who are not CART trained, do not fully appreciate the difference.

Although realtime reporters possess the writing skills necessary for CART, they do not possess the knowledge necessary for CART unless they have been through the National Court Reporters Association's Certified CART Provider (CCP) training. To quote Lisa Richardson of Paradigm Reporting & Captioning, "writing is the EASY part."

Last February, Lisa and I met with Polly Ryan, who is a court operations analyst with the State Court Interpreter's Office at the Minnesota Judicial Center. We had a good discussion about CART and the differences between CART and realtime. Polly was very interested in learning about CART and open to the idea of adding CART providers to the Minnesota court interpreter roster.

That meeting set the wheels in motion. For the first time, beginning in the spring of 2013, the State Court Interpreter's Office opened their Minnesota court interpreter training to CCPs and will include them on their statewide interpreter roster. Not only does the state court system draw from this

online list of interpreters, but private parties who are looking for non-court interpreters draw from the list as well.

The State Court Interpreter's Office's interpreter training is held as a two-part series on two Saturdays, approximately two months apart, in the spring and fall. It is mandatory to attend both sessions. The first session is devoted to learning about ethics in the court system. Immediately following the first three-hour session, an ethics test is administered to the participants. Those who receive a passing score on the ethics exam are invited back for the second session of training. The second session focuses on courtroom procedures and etiquette. After the second session is completed, the CCP is eligible to be on the first tier of the court interpreter roster.

The next training is being offered September 14 at William Mitchell College of Law in St. Paul. Registration is now open. The second session, assuming one passes the ethics exam, is scheduled for Saturday, November 16. Information on how to register, as well as additional information, can be found at www.mncourts.gov/?page=447.

The Minnesota court interpreter roster is broken down into language categories, and CART providers fall under the category of Deaf and Hard-of-Hearing Services. The Statewide Interpreter's Office is currently revamping their website. As of the writing of this article, the changes to their website have not yet taken place. However, when the changes do take place, the CART category will be further broken down into the following tiers:

The first tier consists of CCPs who have been through the ethics training sponsored by the State Court Interpreter's Office, passed the ethics exam, and taken the second day of training.

The second tier consists of CCPs who have not yet completed the training.

Each state district court's interpreter's office in Minnesota is asked to hire people from the first tier of names, if possible. If no one from the first tier is available, they may draw from the second tier. In other words, it is well worth your while to go through the interpreter training and take the exam because you will be given preference in hiring.

I thought it was really interesting to sit through both days of interpreter training. Because I have been an official reporter for over seven years, some of the training was review; however, a little review never hurts anyone. I am sure freelance CCPs will be able to pull some valuable information out of the training if they have not worked in a courtroom setting. We attended the training alongside language interpreters from many different countries who spoke many different languages. It really brought home the idea that, as CART providers, we are not court reporters - we are oral-to-text interpreters even though we are working within the parameters of the English language.

So far, five CCPs have attended the ethics training and passed the ethics exam. Two of the five have also attended the second day of training
(Continued on Page 17)

BRIEFS, BRIEFS AND MORE BRIEFS

PERSONAL INJURY BRIEFS

By Jennifer Sharp

K-X - car accident

AOX - automobile accident

MAOX - motor vehicle accident

M-V - motor vehicle

SDAOEN - accident scene

SKAOENT - scene of the accident

PED - pedestrian

PEDL – pedal

SLORT – accelerator

SLERT – accelerate

R-FT – right foot

L-FT -- left foot

L-NS – license

REUBGS – restriction

WREUBGS – work restriction

JAOUT – job duty

JAOUTS – job duties

STREMT – extremity

BOEP (s) – body parts

BAIN – back pain

SLAUL – slip-and-fall

DR-R – doctor

W-K – workers' compensation

WOP – work comp

EUBGS – intersection

SAEBLT – seat belt

SHARNS – shoulder harness

TROIZ – traffic control device

A*RB or AERB - air bag

MORDS – medical records

MAOEMT – medical treatment

Jennifer Sharp is a freelance reporter in Minneapolis, Minnesota, and a member of MAVRC's Publications Committee. ■

(Continued from Page 16)

and are now qualified to be on the first tier of CCPs. The other three are planning to take the second day of training this fall. It is a good start.

If you are a CCP, I hope you will take the Minnesota court interpreter training and join us on the first tier. It is well worth your time. You can receive NCRA credits for completing the training. You will be not only boosting your knowledge of the Minnesota court system, but most likely boosting your income as well!

To use a multi-lingual idiom I learned during interpreter training, I think you will find the training not only useful and informative, but also:

“like drinking water.” (Somali)

“like boiling a turnip.” (Russian)

“like gathering banana leaves.” (Yoruba)

“a piece of cake.” (English)

Jean Whalen is an official reporter in St. Paul, Minnesota. ■

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Sandra Voorhees
Freelance Reporter
St. Paul, Minnesota

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BILL CLINTON 2012 ELECTION RALLY SPEECHES IN THREE MINNESOTA CITIES REPORTED BY THREE MINNESOTA REPORTERS

By Nanette Corbett, RDR

(Article and Interviews by Nanette J. Corbett, RDR, a member of your MAVRC Publications Committee.)

Remember last year's presidential race between Barack Obama and Mitt Romney? Last fall's presidential election date was Tuesday, November 6, 2012. In the week before election day, as President Obama suspended his own campaigning to monitor Superstorm Sandy, the Obama campaign sent former president Bill Clinton to Minnesota for election rallies in Minneapolis, Duluth, and St. Cloud in an effort to rally support for Obama, to sign up more campaign volunteers, and to motivate voters to go to the polls on election day. All three Clinton speeches were reported by Minnesota reporters.

The Clinton rally speech in Minneapolis at the University of Minnesota's McNamara Alumni Center on Tuesday, October 30, 2012, was reported by Lori Morrow, RPR, CRR. Clinton's speech later that same day in Duluth at the University of Minnesota-Duluth's Kirby Center was reported by Karen Macaulay, RDR. On Sunday, November 4, 2012, Dawn Workman Bounds, CSR, CLR, reported Clinton's speech in St. Cloud at St. Cloud State University's Atwood Memorial Center.

I had a chance to interview Lori and Dawn about their experience, and here's what they had to say:

Clinton Rally Speech Interview with Lori Morrow, RPR, CRR

Who contacted you or your firm to report the Clinton speech? Obama for America contacted our firm, Paradigm

Reporting & Captioning Inc., here in Minneapolis to do this job.

Did you have much advance notice? I can't really remember how much advance notice we had since this was a while back. I kind of remember that we knew maybe a week in advance, but I'm not sure. I did a different President Clinton event only a few weeks before this one, and I know one of them we had more notice than the other.

What did you have to do to prepare? We were not provided with any words or spellings or his speech or anything in advance. I had a pretty good idea of who the other speakers were going to be that day, and so I had their names prepared, and of course President Obama, PO*, Barack Obama, BO*, Mitt Romney, M*R, and Paul Ryan, P*R.

Did you have to be cleared by security in advance or at the event? My instructions were: "Use Press Entrance on Walnut & Beacon - let them know you are the reporter." There was a table of security people near a side door letting the press in. They brought me right in. As I approached the building that day, there was a HUGE line of people all the way down the sidewalk waiting to be let in. I was a little worried. I had to make my way through and around them to the side door.

Were things set up with a court reporter in mind as far as what you needed to do your job well? YES! This event was inside the McNamara Alumni Center at the University of Minnesota. The I.T. staff there is

super helpful and super experienced. I was led right to their sound table. They had a chair set up for me and some sound canceling headphones. They plugged me directly into the system so I had President Clinton's voice fed directly to my ears. With all the cheering, whooping, hollering, and clapping starting in the middle of each statement he made, there is no way I could have heard him without this setup.

I understand there were other speakers. Did you only report Mr. Clinton's speech? Right. I was told to only take down President Clinton's speech.

How long did Mr. Clinton speak? He was late. He apologized, saying that he had spent all the morning hours talking to a couple of folks in the President's campaign trying to finish an editorial he was writing for the Des Moines Register on why the President should be re-elected. Once he got there, he spoke from 11:13 to 11:47.

Was it a difficult assignment? If so, what was difficult about it? This was a pretty easy assignment. President Clinton speaks at a nice pace. He was easy to hear with the headphones.

Approximately how many pages was your transcript? The transcript was 21 pages.

How quickly did you have to get your transcript out? We were asked to get them the transcript "rush - ASAP." I sent the final copy to Paradigm's production team about an hour after I got home. They produced it and sent it that day.

Were there any restrictions on your work product? There were no stated restrictions on my work product. It was a public speech. However, I would never send the transcript to anyone or use it in any way. It belongs to the Obama for America campaign.

Were you paid for your work or was it pro bono? We were paid.

deal with news reporters? Have you done this type of reporting before? Anything you would have done differently? Would you do it again? Any advice for reporters presented with a similar opportunity?) I have worked at events similar to this in the past, one which stands out in my mind where the event workers and I.T. people were either disorganized or didn't

Clinton Rally Speech Interview with Dawn Workman Bounds, CSR, CLR

Who contacted you or your firm to report the Clinton speech? Paradigm Reporting & Captioning. Jeannette Cleland was the Obama rep. I was told she was Michelle Obama's assistant.

Did you have much advance notice? No, just one day.

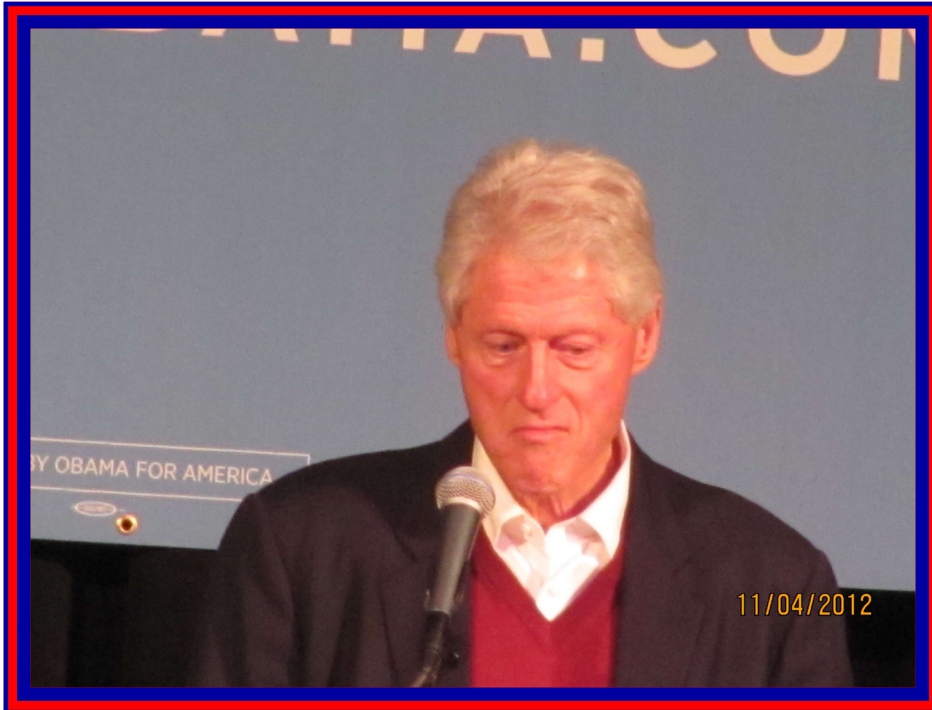
What did you have to do to prepare? There wasn't a lot of time to prepare. I did have my husband drive me, though, because I knew it would be late getting home, and it was an overnight rush. I also used his really good recording headphones. (My husband is a musician and has a recording studio in our home, so he has top-of-the-line headphones.)

Were you provided a draft of the speech/spellings in advance? No.

Did you have to be cleared by security in advance or at the event? Security was a huge deal. In fact, my husband went to get some popcorn too close to when the speech started, and they had locked down the building, so I had to beg a security person to let him back into the room we were in. They had hundreds more people show up than they thought and had to open an extra two rooms for the crowd where they provided a screen so people could see Clinton during the speech.

Were things set up with a court reporter in mind as far as what you needed to do your job well? Not really, but the sound people were very accommodating and set me up with a direct feed to his mic. The problem was that it didn't work at first -- probably the first minute or

(Continued on Page 20)



Former President Bill Clinton

Did you get to personally meet Mr. Clinton? President Clinton walked past me on his way out. However, I could barely see him even though he was only about ten feet from me because he was on the other side of a black curtain.

Do you have any photos of yourself from the event? If so, can you provide some to Minne-Strokes? No photos. I was very much in the background.

What else can you tell us about your experience and your memories from that day? (What did you wear? Were you nervous? Was the crowd a problem? Did you have to

want to help me out at all. They were not willing to plug me into the sound system. They seemed annoyed and stressed out. I sat in front of a speaker. The sound system in the room was very poor (as complained about by lots of people all over the room), and people were cheering and clapping throughout all the speeches. I had a very bad experience. This one was obviously not at the U of M.

We all know as court reporters we can do a great job if we can hear. I would rather have an extremely fast talker with technical vocabulary than not be able to hear. If we can hear it, we can type it, and that's what it's all about.

(Continued from Page 19)

two -- and I had to really strain to hear through all the applause, etc.

I understand there were other speakers. Did you only report Mr. Clinton's speech? Yes. I was only supposed to report Clinton.

How long did Mr. Clinton speak? He spoke for approximately 30 minutes.

Was it a difficult assignment? If so, what was difficult about it? No more difficult than other assignments I've had like this throughout my career. I really enjoyed it, actually.

Approximately how many pages was your transcript? 28 pages.

How quickly did you have to get your transcript out? Next day.

Were there any restrictions on your work product? No.

Were you paid for your work or was it pro bono? I was paid...FAST☺.

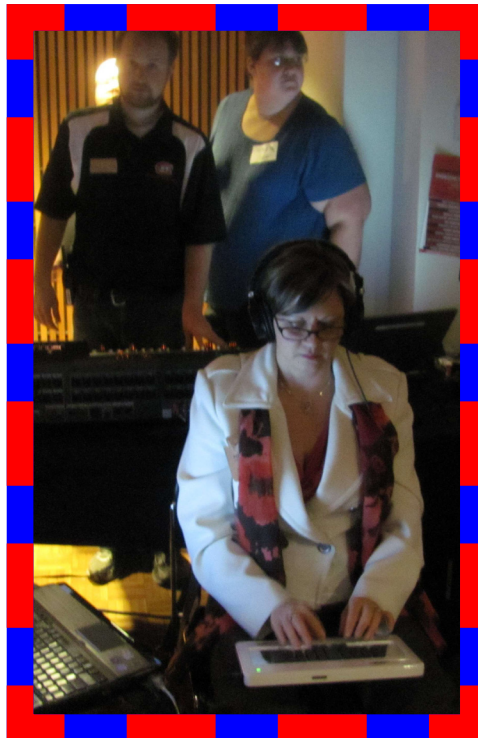
Did you get to personally meet Mr. Clinton? No, but I would have liked that.

Do you have any photos of yourself from the event? If so, can you provide some to Minne-Strokes? I have a pic that my husband took of Clinton and a pic he took of me reporting. I will send those to you.

What else can you tell us about your experience and your memories from that day? I enjoyed it, and I thought it was kind of an honor, actually, to be involved using my skills in the political process.

What did you wear? See pic.

Were you nervous? No.



Dawn Workman Bounds

Was the crowd a problem? No, just really loud, and then the fact that the sound guy didn't have me hooked to the right mic at first.

Did you have to deal with news reporters? No, but my husband made friends with one camera guy (they were all on a small raised stage right near us.)

Have you done this type of reporting before? I've done some convention work.

Anything you would have done differently? Can't think of anything. Any type of work I've ever done like this always feels like I'm winging it to some degree. You can never anticipate what speakers will do or what will happen in a room full of people.

Would you do it again? Yes, definitely.

Any advice for reporters presented with a similar opportunity? Take it!

**PRO BONO
Kudos to:**

Jolene Carrow for covering a deposition on June 5 in Olivia, Minnesota

Jolynn Graham for covering a hearing on June 20 in Minneapolis. This event was at the Minnesota Indian Women's Resource Center involving ideas on ways to end sex trafficking of Native American women

If you are interested in providing pro bono reporting services, contact:

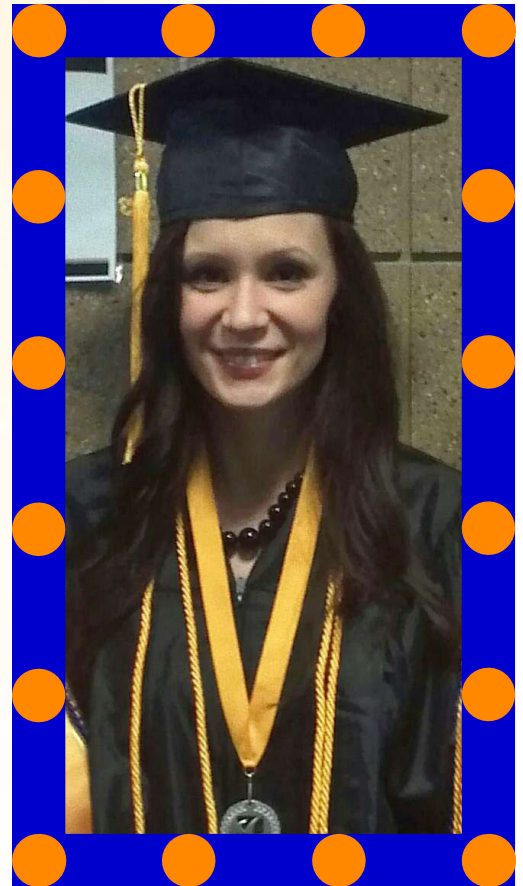
**Jean Whalen, RDR, CRR
MAVRC Pro Bono
Coordinator
Juvenile and Family
Justice Center
25 West Seventh Street,
Ste. B304
St. Paul, MN 55102
Phone: 651-266-5170
Jean.whelen@courts.state.mn.us**

CONGRATS REPORTING STUDENTS



The next step for me will either be an officialship in Ramsey County or a job with a freelance firm in Minneapolis. I am registered to take my RPR in August and wish to get as many certifications as I can while continuing to improve my realtime and learn about other technological advancements in the court reporting profession.

-Caitlin Albrecht



The next step in my court reporting career is to apply for available reporting positions, official and freelance, and find employment that is a good fit for me and my employer. I also plan to continue to sit for certification exams. Throughout my court reporting career, I hope to obtain my RPR, CRR, RMR, and RDR.

-Marie Schutz



I'm proud to be a graduate of Anoka Tech. I've already begun freelancing for Benchmark Reporting Agency as the first step in my career.

-Kelli Aslesen

THE ABCS OF COMPUTER ERGONOMICS

By Jackie Young, RPR, DSA

As we were growing up, I am sure we all heard our mothers and dads utter the words “sit up straight” or “don’t slouch.” While we may have ignored those words of advice when we were younger, they take on new meaning as the years go by. For anyone hoping to enjoy a long, successful career as a court reporter, proper steps should be taken now to prevent unnecessary wear and tear on your body. If you are not careful, the highly repetitive movements of using a steno machine or computer can cause neurological, musculoskeletal or circulatory conditions, and you could end up looking like the poor guy sitting at his desk in the picture below.



People who are frequent users of computers can suffer from Repetitive Motion Injuries (RMI, also known as RSI, CTD, CTS). RMIs are a class of injuries and illnesses that result from weeks, months or years of overuse of human joints. Connective tissues can become sore and sometimes unusable from repeated exposure to micro-trauma. Because of the slow onset of symptoms, people sometimes ignore the condition until the symptoms become chronic and permanent injury occurs.

There are several factors that can increase the probability of developing an RMI. The more factors that are involved, as well as the greater frequency of the exposure to each, the higher the likelihood you will develop an injury. The primary RMI risk factors

are:

Force — forceful exertions that do not cause harm with one motion but which can build up micro-trauma over time. For example, having unnecessary force between your thumb and fingers or using excessive force while typing and using the mouse are RMI risk factors.

Frequency — too much repetition or too little movement can contribute to micro-trauma. For example, highly repetitive motions such as using a mouse are RMI risk factors, as is prolonged sitting without taking a break to stand or change position.

Posture — there are certain postures in which we are more susceptible to injury, especially at the outer limits of our range of motion. For example, cradling the phone between the shoulder and neck or reaching to a device located in a poor position are RMI risk factors.

There are also personal risk factors that contribute to the likelihood of developing an RMI. These include obesity, lack of exercise, diseases such as hypertension and diabetes, and the regular use of oral contraceptives, alcohol or cigarettes. The typical RMIs associated with computer use and methods of strengthening our bodies will be covered in the next issue of *MINNE-strokes*.

One way to help combat RMIs, of course, is through the use of good posture, proper equipment placement, and healthy work habits. Good ergonomics is not simply practicing good posture while we are sitting or standing, but it also involves taking a closer look at the type of setup we have at our desk or office and modifying that setup when necessary. Even if you are not experiencing

muscle aches or stiffness at the present time, I would still encourage you to evaluate your situation now to see where improvements can be made because, trust me, at some point down the road it is highly likely your body will be experiencing some aches and pains. And also please remember that our bodies are all a little bit different, so what may work for one person may not work for another.

There are four main areas that a computer user interfaces with: the chair, the monitor, the keyboard and mouse, and the lighting. At an improperly designed computer station, such as shown below, stress is placed on your body and is depicted by the areas highlighted in red.



To avoid placing unnecessary stress on your body, follow these tips:

YOUR DESK: DO NOT settle for a desk without a keyboard tray or some other way to set the keyboard height and angle correctly.

YOUR CHAIR:

- Use a comfortable chair with adjustable, padded arm rests.
- Place the lumbar support slightly below the waistline.
- Adjust the height of the chair so your

feet can rest completely on the floor.

- Allow 1 – 3 inches between the edge of the seat and the back of your knees.
- Use a high-back chair that supports your shoulder blades if at all possible.

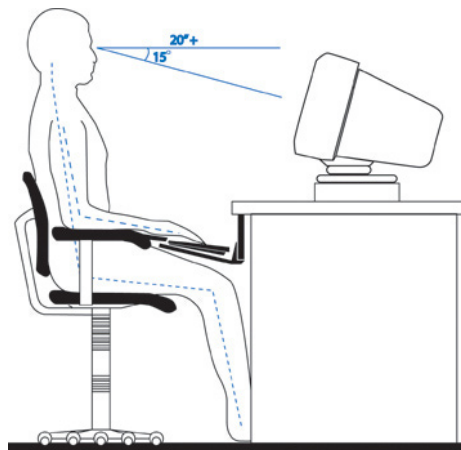
YOUR POSTURE:

- Position your hips so that they are slightly higher than your knees while your feet are flat on the floor.
- DO NOT keep your feet flat on the floor the entire time you are seated.
- Move your feet around periodically.
- Use a footrest if you have one, but only part of the time.
- DO NOT cross your ankles. (I found myself doing that more than once in the short time I have been writing this article so I know what I have to work at.)
- Lean back slightly. By leaning back slightly, you will open up your hips and ease pressure on the pelvis.
- Hold your head up slightly so that it is roughly perpendicular to the floor.
- Let your upper arms hang naturally from your shoulders.
- Let your lower arms rest on the armrests of your chair either parallel or slightly below to the floor.
- Take frequent breaks whenever possible and stretch.
- Change your position frequently. While at a deposition or in court, *subtly* move your feet, lift your arms, or adjust your hips and back.
- The curve of your back should be supported by the chair or a cushion.

YOUR MONITOR:

- Position the monitor directly in front of you – not to the right or left.
- If you wear bifocals, tilt your monitor back.
- Place the monitor as far away from you as possible while maintaining the ability to read without consciously focusing. Keep a minimum distance of 20 inches.
- Place the center of the screen at a 15-degree downward angle from your eyes with your neck only slightly bent, holding your head perpendicular to the floor.

- Align the monitor and the keyboard/mouse.
- Set the refresh rate at a minimum of 70 Hz to limit flicker.
- Your eyes should be level with the top of the screen.



(Proper ergonomic setup of a computer monitor)

YOUR KEYBOARD:

- Position the keyboard slightly below the elbow and at a negative angle to allow the wrists to remain straight when you sit in a slightly reclined posture.
- DO NOT use a wrist rest while actively typing. It is meant to rest on – not to lean on when working. Hold your hands and arms off of any supports while typing.
- DO NOT use the keyboard supports to raise your back up.
- DO NOT tilt the keyboard tray so that the back of the keyboard is higher than the front.

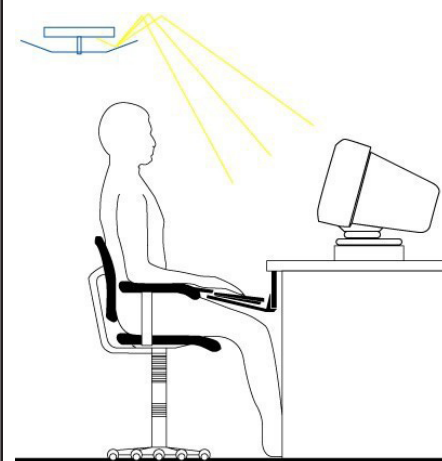
YOUR MOUSE:

- Place the mouse on the same level and immediately next to the keyboard tray.
- Keep the mouse in the arc line of the keyboard so you can reach it when rotating your arm from the elbow.
- DO NOT use a wrist rest while using the mouse. Your forearm needs to be free to move so you do not strain the wrist.

LIGHTING:

- The lighting in your office should be moderately bright.

- Do not use task lighting for computer work.
- A mix of incandescent and fluorescent lights reduces flicker and provides good light color.
- The lighting should also be positioned behind and above your head.



(Proper ergonomic setup of lighting)

How to ergonomically set up your laptop as a desktop:

While laptops are wonderful pieces of technology and many people use them as a desktop computer, unfortunately certain ergonomic features are compromised for the sake of portability. The main ergonomic issues deal with the keyboard spacing, monitor size and placement, and small pointers.

The best ergonomic solution is to purchase a laptop docking station, which will cost anywhere between \$100 to \$200. This device allows you to plug in your laptop to a base station that has a monitor, keyboard and mouse already connected by simply plugging in one cable. The downside to this is that in addition to purchasing a laptop and a laptop docking station, you must buy a monitor, keyboard and mouse unless you already have them laying around.

The next best solution is to utilize

(Continued on Page 25)

PROFILE OF A COURT REPORTING STUDENT

By Sarah Colberg

Name: Sara Borchardt
School: Anoka Technical College
Speed: 100 wpm
Hometown: St. Michael, Minnesota

Tell us a little about yourself. I am a down-to-earth person who loves to meet new people. I am almost done with my third semester of court reporting school. I am an outdoor enthusiast who loves to mountain bike, hike, kayak, and camp. I take the time to go on an adventure or explore a new place whenever possible. My friends and I go on a road trip to Colorado, Utah, and Arizona to bike and hike for two weeks every December.

What made you decide to pursue a career in court reporting? I was unhappy with my career path as a mass communication graduate of Bemidji State University. I had a steady job as a video producer for a small company that didn't give me the opportunity to flourish within the broadcasting field. I saw a court reporter typing during an Aaron Schaffhausen news story on KARE 11. I thought to myself, "Hey, I could do that." I researched how long it would take to achieve a court reporting degree, which schools had the program, and enrolled at Anoka Tech a week later.

What area of reporting interests you the most at this time - official, freelance, or captioning/CART? Broadcast captioning interests me the most. I love working behind the scenes within the broadcasting field. Captioning helps many hard-of-hearing people watching television understand what is going on, on television. I would love to know I am helping someone feel more connected to the world through my captions.

What's been the most challenging or rewarding part of your schooling thus far? The most challenging and rewarding part of schooling thus far has been the speed tests. It is very tough to go from one speed to the next. Some days I type "super fast" and accurate; the next day I fall behind and have many words untranslated. Speed tests are intimidating but eventually my nerves calm down.

Do you know any working reporters or anyone that's been an influence to you? I do not know any working reporters. I went into this major blind.

If you had an hour of free time, what would you be doing (besides practicing on your steno)? Exercising, biking, or playing fetch with my four-year-old golden retriever/Chesapeake Bay dog named Brewer.

What is your favorite band or type of music? James Taylor is one of my favorite singers. My favorite type of music, though, is reggae.

What is your favorite food or restaurant? My favorite thing to eat in the entire world is sesame chicken! Yum!

Where is a place you would like to visit? I would love to visit New Zealand because of its beautiful landscape.

The last book you read? The last book I read was [Bossypants](#) by Tina Fey. If you like short, funny stories, I would recommend this book.

The last movie you watched? The last movie I watched was "Now You See Me." It was better than I thought it was going to be. ■



Sara Borchardt

(Continued from Page 23)

a separate keyboard and mouse while you are sitting at your desk rather than your laptop keyboard and mouse. This will allow you to place the laptop at the correct monitor position and have a comfortable keyboard and mouse at their proper locations.

If you are not in a position to have a separate keyboard and mouse, there are a few things you can still do to make it more ergonomically correct. First, determine what you will be doing with the laptop. If it is reading, set your laptop up in a proper ergonomic monitor position. If it is typing, then set the laptop in a proper ergonomic keyboard position. If it is a mix, set the laptop up in a proper ergonomic keyboard setup. The large muscles of the back and neck can endure more

stress than the arms and wrists, which means that bending of the head is better than bending at the wrists.

If you continue to experience problems after adjusting the height of your chair and computer equipment, there are a number of different products out there that might be worth considering. Depending upon the area of your pain, you should consider purchasing an adjustable footrest, a keyboard tray, a mouse platform, a "Natural" style keyboard, a wireless keyboard and mouse for your laptop, or an antiglare screen.

One key element to also keep in mind is that by improving our comfort level on the job, we will also be maximizing our productivity. And, best of all, by incorporating

a more ergonomically correct workstation and proper work habits into our lives, we hopefully will stave off some of those "aches and pains" until we are well into our retirement.

Jackie Young is a freelance reporter from Delano, Minnesota, and a member of MAVRC's Publications Committee. ■



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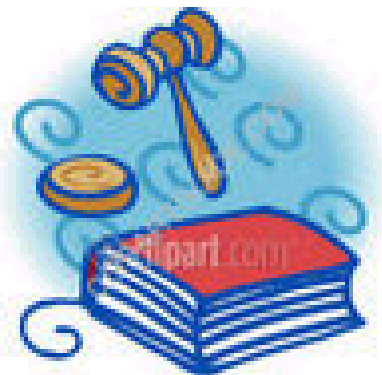
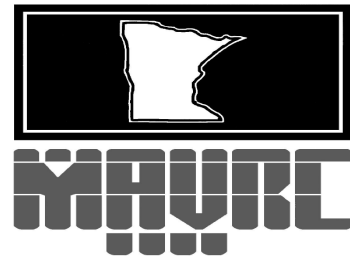
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MAVRC MINNE-strokes STAFF

EDITOR: Angie Sundell

EDITORIAL STAFF: Nanette Corbett
Patty McLean
Jennifer Sharp
Jackie Young

ADVERTISING: Jolene Carrow
P.O. Box 375
Marshall, MN 56258

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To submit articles, send to Incoming Editor:

Jackie Young
MAVRC Editor MINNE-strokes
rite2jackie@frontiernet.net

UPCOMING EVENTS

August 17 NCRA RPR/CRR Skills Tests
Anoka Technical College

September 6-7 MAVRC Annual Convention
Minneapolis Marriot Southwest
5801 Opus Parkway
Minnetonka, MN 55343

October 7-19 NCRA RPR/RMR/CCP/CBC
Written Knowledge Tests
Various Locations

November 2 NCRA RPR/RMR/CRR/CCP/CBC
Skills Tests
Anoka Technical College



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