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PRESIDENT'S ADDRESS

By Tracy Bennett, RPR, CRR

As I write this, the Minnesota winter is being . . . well, a Minnesota winter! One day it's snowing, the next day it's raining or, even more troubling, sleeting. One week it's below zero, the next week it's above freezing. I guess we wouldn't be Minnesotans if we didn't talk about the weather, right? I can't wait for spring and all that it entails.

I would like to welcome Kati Hendrickson to the MAVRC Board. She will be filling the Secretary position that was vacated by Lisa Blanks. Kati is experienced as both a freelance and an official court reporter. But MAVRC still needs your help. There is an open VP-Freelance position, vacated by Pam Kubes, that needs to be filled. If anyone is interested in that position or has any questions regarding the duties associated with it, please contact Jeanna Zunker, the Board liaison for the Nominations Committee, and she will take your information. The time commitment for being on the Board is not substantial, but the rewards are plenty, among them, the satisfaction of giving back to the profession that has been so good to us. So please think seriously about it. I personally wish to thank Lisa and Pam for their



*Tracy Bennett
MAVRC President*

service on the Board in the past. It is very much appreciated.

In March, Hart Erickson, MAVRC's President-Elect, will be attending NCRA's Legislative Boot Camp in the state of Virginia and will also be visiting Capitol Hill. I went last year and found it exhausting but very rewarding.

The Board has recently voted to acknowledge the member reporters of MAVRC who donate for annual student memberships and the member reporters of MAVRC who donate for student members to attend seminars.

(Continued on Page 3)



2012-2013 MAVRC BOARD OF DIRECTORS

PRESIDENT	Tracy Bennett, Duluth (218) 726-2476 tracy.bennett@courts.state.mn.us
PRESIDENT-ELECT	Hart Erickson, Burnsville (952) 890-0265 ecr0202@comcast.net
VICE PRESIDENT-FREELANCE	OPEN
VICE PRESIDENT-OFFICIAL	Monica Christensen, Bemidji (218) 333-4212 monica.christensen@courts.state.mn.us
SECRETARY	Katriina Hendrickson, Zimmerman (763) 772-3992 katihendrickson@hotmail.com
TREASURER	Brenda Vanderveur, Alexandria (320) 762-3885 brenda.vanderveur@courts.state.mn.us
DIRECTOR-AT-LARGE A	Mary Boom, Little Falls (320) 632-0315 mary.boom@courts.state.mn.us
DIRECTOR-AT-LARGE A	Jolynn Graham, Brooklyn Park (763) 493-4478 jgreporting@comcast.net
DIRECTOR-AT-LARGE B	Rachel Erickson, St. Louis Park (320) 469-0642 rachel.c.erickson@gmail.com
DIRECTOR-AT-LARGE B	Laura Johnson, Detroit Lakes (218) 846-7200, Ext. 7280 laura.johnson@courts.state.mn.us
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

2012 END-OF-THE-YEAR TREASURER'S REPORT

Prepared by Jolene Carrow/Approved by Brenda Vanderveur

Year-end balances in MAVRC's accounts:

CHECKING ACCOUNT

Beginning Balance	\$ 2,386.55
Deposits	45,713.00
Misc. Deposit	
Expenses	46,011.92
Balance	\$ 2,087.63

SAVINGS ACCOUNT

Beginning Balance	\$ 46,026.72
Deposits	43,368.35
Earned Interest	59.89
Withdrawals (to checking)	45,713.00
Expenses	--
Balance	\$ 43,741.96

Breakdown of Income & Expenses:

Administration:

Deposits	\$ --
Expenses	17,068.98

Fundraising:

Deposits	1,512.00
Expenses	--

Membership:

Deposits	19,265.35
Expenses	102.63

Spring Seminar:

Deposits	4,585.00
Expenses	1,325.99

Fall Seminar:

Deposits	14,715.00
Expenses	11,191.11

Newsletter:

Deposits	2,500.00
Expenses	20.45

Directory:

Deposits	--
Expenses	--

Certification:

Deposits	236.00
Expenses	--

Technology:

Deposits	--
Expenses	--

Legislative:

Deposits	290.00
Expenses	14,538.20

Public Relations:

Deposits	--
Expenses	1,694.93

Golf Tournament:

Deposits	--
Expenses	--

Student Relations:

Deposits	265.00
Expenses	69.63

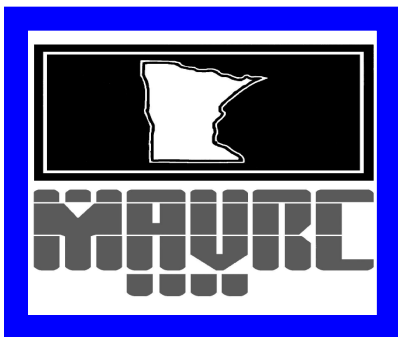
Miscellaneous:

Deposits	--
Expenses	--

(Continued from Page 1)

I know the student members really appreciate it. It gives them the benefits of a MAVRC membership and the ability to attend MAVRC seminars, even when their budgets are tight. Thank you to all members that have sponsored a student membership or student attendance at a seminar in the past or plan to in the future.

Spring is just around the corner, which means that the spring seminar is too. Save the date of April 6, as MAVRC will be holding its annual spring seminar at Anoka Technical School. Anoka Tech is an excellent venue for our seminar as it encourages students to attend. Not only will lots of new contacts be made, the students can possibly begin lining up their internships with official reporters, freelancers, CART providers, and captioners. The seminar has a variety of topics lined up, so watch for your registration materials. Early-bird registrants will be rewarded with a discount, so please don't procrastinate. ■



Mark Your Calendar to attend the MAVRC Spring Seminar

April 6, 2013

Seminar Info and Registration Form

Pages 8 - 10



TECHNOLOGY CORNER - THE WAVE OF THE FUTURE

3-D TECHNOLOGY

By Jackie Young, RPR, DSA

While 3-D technology in primitive form has basically been around since the beginning days of photography, it recently has started to stage a comeback of sorts. Over the past couple of decades, we have seen a number of films released using 3-D technology. Many of us are familiar with the IMAX theatre, which utilizes 3-D technology in some of their films. The use of 3-D technology in film and other applications has continued to expand during the 2000s and is expected to be utilized more and more by the average household in a number of different products.

3-D technology is basically the illusion of depth. It is a system that employs complex synchronization of two separate images in such a way that the brain interprets both images as one, thus creating an illusion of depth. I know everyone totally understood that, but put another way, hopefully simpler, is that your brain and eyes, in attempting to make up for the fact that you are getting two different perspectives of the same thing from the eyes, creates a 3-D image of the object. This occurs because your eyes are separated slightly by your nose and, as a result, each eye sees a slightly different part of whatever you are viewing. While your eyes and brain can easily figure out the disparity between images and then syncs them, the difficult part with 3-D technology is getting what the 3-D camera has captured to display properly to your brain.

In the “old days,” the use of blue/red lenses, or cellophane paper in glasses, helped create the 3-D images. This form of technology is called **Anaglyph 3-D**. By projecting a film in those two different colors, each eye receives a different perspective and your brain then creates the 3-D effect. The problem with this type of 3-D was that the person viewing the images tended to lose the colors in the image and it quickly lost its popularity. In addition, the glasses were just downright ugly.



Polarized or passive 3-D uses a polarizing filter on the image so the left and right images each have a different polarization. Since light is a transverse electromagnetic wave, it can vibrate up and down in the vertical plane, from side to side in the horizontal plane, or in an intermediate direction. Ordinarily a ray of light consists of a mixture of waves vibrating in all the directions perpendicular to its line of origin. If, for some reason, the vibration remains constant in direction, the light is said to be polarized. By using passive glasses that filter the image for each eye, you can create a 3-D image. This technique is popular in the film industry and is accomplished by utilizing two synchronized projectors. The main disadvantage with this technology is that you must keep your head still or else the light waves going to your eyes will be distorted.

One of the new waves of 3-D TVs and projectors involve displaying images for the left and right eye alternatively. By wearing “RoboCop” glasses that block each eye from being in sync with each other, you can achieve 3-D images. This type of technology is known as **Active-Shutter 3-D**.



It remains relatively expensive at this point and is basically only found on high-end television models. The glasses will range in cost anywhere from \$130 to \$150 per set, they can be heavy, and typically require batteries.

Since 3-D is basically a new feature available on a TV, the TV will function like any standard high-density TV with regular high-density programs in 2-D, but it can be switched into a special 3-D mode when you want to watch 3-D content. Many of the major TV manufacturers already have 3-D-capable sets, including LG, Panasonic, Samsung, Sharp, Sony, Toshiba, and Vizio. Prices have already dropped, now ranging from less than \$1,000, for smaller models, to \$3,000 or \$4,000 for the largest screens. Continued price drops are likely.

One word of caution, however, before rushing out to purchase a brand-new television capable of 3-dimensional viewing. At the present time there is a limited amount of movies you will be able to watch in 3-D. As technology improves and demand rises in the next few years, expect to see more and more movies and shows made with 3-D technology. Since 3-D

is basically a new feature available on a TV, the TV will function like any standard high-density TV with regular high-density programs in 2-D, but it can be switched into a special 3-D mode when you want to watch 3-D content.

Probably the technology that is showing the most promise is known as **auto-stereoscopic**, which does not require the use of special glasses to experience the 3-D image. Three-dimensional imaging that does not require glasses would allow media companies to re-master and resell their vast film libraries. The main disadvantage to this technology is that the television screen is limited to one location from where you can view the 3-D images. If you want to add more viewpoints, your television set will require a tremendous amount of pixels, which is very costly at this point. While auto-stereoscopic technology is starting to emerge commercially, it will likely be a few more years before it is affordable for the average consumer.

Another very promising form of 3-D is known as **volumetric displays**. This is where the images are actually created in 3-D and involves the use of lasers and rotating or vibrating mirrors. The main disadvantage to this is that you have to shoot the same scene from two different cameras, ensure they are in sync, and have a fixed distance between them. To help overcome this, several companies have developed a professional 3-D movie camera that has two lenses built into the same camera, which would obviously simplify the entire process. In 2009, Fujifilm released the first digital camera to be sold to average consumers that can shoot photos in 3-D.



3-D camera by Fujifilm

Advances in computers have also made 3-D possible in a number of handheld and consumer products. 3-D technology is primarily available on video gaming systems at the present time. The Nintendo 3-DS XL is one such device but is only designed for one user at a time. Sony, Panasonic and others are promising that in the coming year or two they will have more affordable 3-D televisions on the market that do not require the use of 3-D glasses.

In the meantime, a number of companies have begun using 3-D technology in their manufacturing processes. **Additive manufacturing**, or 3-D printing, is the process of making three-dimensional solid objects from a digital model created by a CAD program and then applying successive layers of material in order to “print” that object. These layers, which correspond to the virtual cross-sections from the CAD model, are joined together or automatically fused to create the final shape.



3-D printer by MakerBot

The primary advantage of this technique is its ability to create almost any shape or geometric feature. Other benefits are that additive systems can typically reduce the amount of time it takes to manufacture a specific model, it can utilize a wide variety of materials, and can be less expensive when producing smaller quantities of parts. Since the start of the 21st Century, there has been a large growth in the sales of these machines and the prices for 3-D printers have dropped substantially.

In addition to the numerous applications that can and are being utilized by architects, scientists, and engineers, just to name a few, 3-D technology is also starting to make a foothold in the medical industry through its use in different scanning techniques. Some rather interesting research being conducted by start-up company Organova is to see whether actual body organs and tissues can be printed utilizing a 3-D printer. This type of technology is known as **bioprinting**. Organova is currently developing 3-dimensional human-tissue printing technology to create tissue on demand for research and surgical applications. While the development of “printing” whole human organs is still a number of years away, at this point Organova has been able to print small pieces of human tissue and the technology is showing some exciting promise. Two major advantages to bioprinting are that it would allow organs to be printed from a patient’s own cells, which would minimize the chance of rejection and eliminate the need for donors.

Up until the present time, 3-D has been used mostly for kids’ movies and action/adventure movies. Before 3-D technology will be able to gain widespread acceptance by the average person, the technology must move from the notion that it is a novelty item to mainstream use. As more and more companies expand their research and development of 3-D into numerous different applications, expect to see this exciting technology move into the mainstream over the next few years.

(Continued on Page 6)

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TECHNOLOGY TIDBITS:

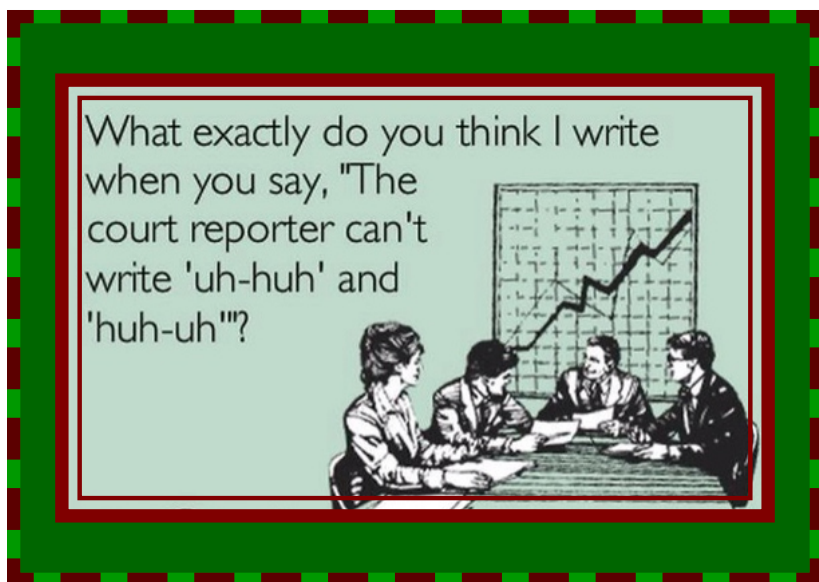
Password protection tip: Here's an easy way to remember a complicated password: Create a sentence utilizing each of the letters and/or numbers in your password. Example: "I drive a 1978 Volkswagen!" which could then become IDA78VW!

The Fitbit Flex: If you are trying to lose weight or stay fit and trim, the Fitbit Flex is a small wristband that you wear similar to a watch or bracelet. It will keep track of your steps, distance traveled, calories burned, and how much sleep you get. The device is water and sweat resistant so users can wear it anywhere. It also comes with a silent alarm that gently vibrates users awake and can be paired with smartphones via Bluetooth. The new Fitbit Flex retails for \$99.95 and is currently available for pre-order. It will ship in the spring in five different colors.

ioSafe Solo: Described as a "virtual fortress for your data," the ioSafe Solo is designed to survive both fire and flood. In addition,, it can be bolted down to protect against theft. Retail price starts around \$149.



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



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.

PROFILE OF A BOARD MEMBER

By Jolynn Graham, RPR

Hi.

My name is Jolynn Graham. I will be serving on the MAVRC Board for the next two years as a Director-at-Large. Hope that doesn't have anything to do with my size! I'm a liaison for the freelancer reporters, so please feel free to contact me with any questions or concerns.

I have been a freelance reporter for 30 years. I attended Minnesota School of Business in the dinosaur ages; and by that I mean before computers! In theory we were taught to write two, too and to the same; their, there and they're the same; you get the point.

I moved to Cincinnati, Ohio, when I graduated and worked for a firm that audiotaped everything, so I rarely had to dictate my notes. We had a bunch of typists that just transcribed from the tape and then we would proofread the transcript.

My first depo was of a pulmonologist at the University of Tennessee in Knoxville. It was about the effects of smoking on lungs. Well, I could hardly understand a word he said! Good thing I only got about 20 pages. My second assignment was in Federal Court in Lexington, Kentucky. Well, the one attorney was from Alabama and, again, I couldn't understand him! Also, per a requirement to work in Federal Court, I was supposed to have been a reporter for a minimum of four years. I don't think I qualified with one 20-page depo under my belt.

Fast forward to 1984. I was eight months pregnant and just starting to write on the computerized steno machine. Since my employer thought I wouldn't have to EVER transcribe

the court hearings, I was assigned to Boone County Courthouse where we had a cute little judge that looked like Colonel Potter from MASH. By the way, why do we pronounce colonel as kernel? It was a nightmare. I couldn't hear the attorneys because they spoke with their backs to us. The judge told me I could get it off the tapes later. Hopefully I would never have to do that! Well, the judge overturned both decisions, and there I was, still in the hospital after delivering my first child, when I got the news and I had 30 days to complete the first transcript.

At that time we had one HUGE mainframe computer in the office and we had to sign up for time in two-hour increments. I had to build my dictionary off of these hearings, and so I was only able to do about two pages an hour -- because I had to listen to the tapes! It really is amazing that I'm still in reporting☺.

Enough of that. I know we all have our horror stories.

I love reporting and learning a little about so many things. I have had my own firm for 12 years and enjoy working with many solo reporters.

In my spare time I love spending



Jolynn Graham

time with my children, taking Mozart and Sadie to the dog park, gardening and more gardening, as I've planted more than 400 perennials in the last four years, golfing and traveling.

I look forward to serving on the board. ■



2013

MAVRC Spring Seminar at Anoka Technical College April 6, 2013

1355 West Highway 10
Anoka, MN 55303
763-576-4700

8:00 – 8:30
8:30 – 10:00
.15 CEU*

Registration

CART/Captioning Panel - Lisa Richardson, Suzanne Hagen, Kristi Arntzen, Rachel Erickson, Janell Gruber and Angie Sundell as Moderator

If you are thinking of getting into the CART and/or captioning arenas or are interested in learning more about providing CART and captioning, then this expert panel, consisting of five CART providers and captioners, is the session for you. They will be providing first-hand knowledge and actual experiences that they have encountered through their careers. They will also discuss the route they took to become CART providers and captioners. Come and learn more and bring your questions about CART and captioning.

10:00 – 10:30
10:30 – 12:00
.15 CEU*

Refreshment Break

Alternative Health - Stasia Johnson Steinhagen

This session covers the major complimentary healing modalities such as chiropractic, acupuncture, cupressure, massage, rolfing (structural integration), herbalism, healing with whole foods, osteopathy, energy work, and naturopathy. Combining lecture and Q & A, wellness educator and coach, Stasia Johnson Steinhagen, MA will help you consider where best to start to meet your family's health goals, beliefs, and budgets and will give you tips on incorporating complimentary care with conventional medicine.

12:00-1:00

Boxed Lunch

1:00-2:00

Tips and Procedures for Taking an NCRA Certification Skills Test - Janell Gruber, Jennifer Sati, Tracy Bennett

.1 CEU*

"Ready! Begin!" Do those two words make you start to sweat and forget to breathe? Is one of your goals to pass one of the following NCRA skills tests: RPR, RMR, CRR, CCP and CBC? If so, this is the session for you. This panel of NCRA test proctors will give tips on how to build your skills to prepare for the exams and techniques for handling anxiety during the tests. Come with questions and bring your machine and laptop to do some practice takes to be better prepared when test day comes.

2:00 – 3:00

.1 CEU*

Finances- Lisa Blanks and Nadene Fruen, CPA

This workshop is designed to be a candid dialogue about ways to become equally accomplished in money management...one page at a time. The consequences of poor money management are no laughing matter, especially when the letters "IRS" are in the conversation. Learn from Lisa's missteps and hear from her co-presenter, accomplished CPA Nadene Fruen, about ways to make your court reporting career as financially rewarding as possible.

3:00 – 3:30

Refreshment Break

3:30 – 4:30

.1 CEU*

2013 Legislative Update – Joel Carlson

A discussion of the current legislative session regarding court funding and policy changes that may impact court reporters.

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

**MAVRC's 2013 SPRING SEMINAR
REGISTRATION FORM**

NAME: _____ OFFICIAL _____ FREELANCE _____

ADDRESS: _____

CITY, STATE, ZIP: _____ TELEPHONE: _____

E-MAIL: _____ CERTIFICATIONS/NCRA ID# _____

Early Bird Registration (Payments postmarked by March 11) - \$95.00.....

Registration (Payments postmarked after March 11) - \$110.00.....

Student Registration - \$15.00.....

Professional membership - \$120.00.....

Student membership - \$40.00.....

Associate membership - \$70.00.....

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

Sponsor a student.....

MAVRC would like to acknowledge your gift. If you wish to remain anonymous, please indicate _____ Yes, I wish to remain anonymous.

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

REGISTRATIONS MUST BE RECEIVED BY MONDAY, APRIL 1, 2013

CANCELLATION POLICY: A full refund will be made if your cancellation is received on or before April 1, 2013. If your cancellation is received after April 1, 2013, a \$75.00 administrative fee will be deducted. No refunds for no-shows.

Questions? Contact Jesma Zunker at jessmazunker@charter.net or 320-203-1409

Mail registration form and payment to:

**MAVRC
P.O. Box 375
Marshall, MN 56258**

HOW TO FIND ANOKA TECHNICAL COLLEGE

From the West

Travel north on Hwy 169 to Hwy 10 west. At this point, you're only one mile from campus. Turn north at Thurston Avenue (It isn't marked well. It is a controlled intersection). Take an immediate left at the first stop sign. Follow the frontage road north (left). The frontage road will take you directly to the parking lot.

From the East

Travel north on Hwy 35E. Go west on Highway 694. Take the Highway 10 exit to Anoka (Remain in the right lane because the road will "Y"). Remain in the right lane for another five minutes, because Highway 10 will veer to the right again and ultimately make a big swing to the west. Turn north at Thurston Avenue (It isn't marked well. It is a controlled intersection). Take an immediate left at the first stop sign. Follow the frontage road north (left). The frontage road will take you directly to the college parking lot

From Twin Cities

Travel west on Interstate 94. Take Hwy 252 North. Choose East Hwy 610. Minnesota Highway 610 intersects with Highway 10. Take Highway 10 West to Anoka. Turn north at Thurston Avenue (It isn't marked well. It is a controlled intersection). Take an immediate left at the first stop sign. Follow the frontage road north (left). The frontage road will take you directly to the college parking lot.

HOTEL INFORMATION

Regency Inn & Suites
1129 West Highway 10
Anoka, Minnesota
763-422-8000

Country Inn and Suites
155 Coon Rapids Blvd NW
Coon Rapids, MN 55433
763-780-3797

Comfort Suites
6440 West Highway 10
763-323-4800



**AN
INVITATION!**

**Join fellow reporters
at an informal**

**MAVRC
Get-Together**

PLACE: Figlio

The Shops at West End
5331 West 16th Street
St. Louis Park, MN

952-345-2400

DATE: Thursday, March 14

TIME: 5:00 p.m.

R.S.V.P. by March 10th to: Jolynn Graham
jgreporting@comcast.net
763.493.4478 or 612-709-6832



Submitted by Patti Tschida

Chicken Lasagna

Note: You will need to cook and cut the chicken before starting the recipe. I either bake it or you can use a rotisserie chicken

- 10 uncooked lasagna noodles
- 2 (16oz) jar white alfredo pasta sauce (you will only use 1 and 1/2 jars)
- 1/4 C milk
- 1 1/2 tsp oregano leaves
- 3 C coarsely chopped cooked chicken (one package)
- 1 (14oz) can artichoke hearts in water, drained and chopped
- 1/2 C chopped red bell pepper (just use the whole darn thing)
- 1/4 C finely chopped onion (once again feel free to use the whole thing)
- 1-2 garlic cloves, minced
- 3 C shredded mozzarella cheese
- 1 (4oz) feta cheese
- 2 C fresh packed spinach leaves



1. Preheat oven to 375 degrees. Cook noodles according to package. In small bowl combine Alfredo sauce, milk and oregano. Whisk until blended, set aside.
2. Chop chicken, artichokes, bell pepper and onion, place in a large bowl. add garlic, mozzarella and feta cheeses, mix well.
3. To assemble lasagna, spread 2/3 C of Alfredo sauce mix over bottom of pan. Top with half of noodles, overlapping to fit. Layer half of the spinach leaves over noodles, top with half of the chicken mixture. Repeat layers, starting with half of the remaining sauce. After layering, pour remaining sauce over top*.
4. Cover with foil. Bake 45 minutes. Remove foil. Continue baking 10-15 minutes or until bubbly. Remove and let stand 10 minutes before serving. (if refrigerated before baking, increase baking time to 55 minutes then continue as directed).

* If you are a visual person, this is how the layers will look, starting from the bottom.

- rest of sauce
- rest of chicken
- rest of spinach
- rest of noodles
- 1/2 remaining sauce
- 1/2 of the chicken mixture
- 1/2 of the spinach leaves
- 1/2 of the noodles
- 2/3 C Alfredo sauce mixture

REPORTER RECIPES

Submitted by Patti Tschida

PUMPKIN PIE DIP and HOMEMADE PUMPKIN SPICE BLEND

Pumpkin Pie Dip

15 oz can pumpkin
3/4 cup brown sugar (Splenda would work too)
1 tsp vanilla
1/8 tsp cinnamon
1/8 tsp pumpkin pie spice (or more to taste)*
6 oz fat free Greek yogurt
8 oz Cool Whip (I used fat-free)
cut up apples, bananas, ginger snaps, and other fruits/crackers/
cookies to dip

Mix pumpkin with brown sugar, vanilla and spices, blend well. Mix in yogurt. Fold in cool whip and chill in refrigerator until ready to eat.

Makes about 6 cups (12 servings). A serving size is 1/2 a cup and it only has 100 calories!



Homemade Pumpkin Pie Spice Recipe

1 1/2 Tbsp cinnamon
1 tsp ground ginger
1 tsp ground cloves
1 tsp allspice
1 tsp nutmeg

Place all ingredients in small, sealable container and mix together. Use as directed in recipes that call for pumpkin pie spice. Store in a dry place, up to 6 months. Makes about 3 Tablespoons

Patti Tschida is a reporter in Willmar, Minnesota, covers central Minnesota doing freelance reporting, is married to Darrell, enjoys going to son Trevor's sporting events, trying new recipes, spending time on area lakes, walking..... reporting since 1982 - 30 years. ■

Have a favorite recipe you would like to share?

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

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

JoleneCarrow@gmail.com

BRIEFS, BRIEFS AND MORE BRIEFS

WORD PAIRING, TAMARA BROWN

Originally published in the October, 2010, JCR

Word pairing is easier to implement in groups. That is to say, the larger number of combinations using a theory, the easier it is to remember it on the fly. For instance, pairing (S-) for dis and mis in a single stroke can be applied to a very large group, and once you start using it, it opens up possibilities for others. It's easy to remember because of the frequency with which you write it.

agree	GRAE, GRAED GRAEG, GRAEMT GRAEZ
disagree	SGRAE, SGRAED SGRAEG, SGRAEMT
appointment	POIMT, POIMTS
disappointment	SPOIMT
characterize	KRAOIKTS, KRAOIKTD KRAOIFRG
mischaracterize	SKRAOIKTS SKRAOIKTD SKRAOIFRG
characterization	KAIRGS
mischaracterization	SKAIRGS
close	KLOES, KLOEFD KLOEFG, KLOESZ
disclose	SKLOES, SKLOEFD SKLOEFG, SKLOESZ
communicate	KMAOUKT, KMAOUGT KMAOUNGS
miscommunicate	SKMAOUKT, SKMAOUNGS SKMAOUGT
inform	FOERM, FOERMG FOERMD, FOERMZ
misinform	SFOERM, SFOERMG SFOERMD, SFOERMZ
misinformation	SFOERGS

interpret	TERPT, TERPTD TERPGT, TERPGS
misinterpret	STERPT, STERPTD STERPGT, STERPGS
understand	NAND, NANGD NANDZ
misunderstand	SNAND, SNANGD SNANDZ
understood	NUND
misunderstood	SNUND

Another common word that is paired with others frequently is *sales*. Pair (S-) with outlines for phrases, including sales.

sales force	SFORS
salesman	SMAN, SMEN
sales call	SCAUL, SKAULZ
sales and marketing	SMARG
sales manager	SMERJ
sales material	SMERLT
sales meeting	SMAOEGT, SMAOEGTS
salespeople	SPAOEPL
salesperson	SPERN, SPERNZ
sales plan	SPLAN
sales rep	SREP, SREPZ

You can also pair (S-) with outlines for sub.

committee	KMAOET
subcommittee	SKMAOET
paragraph	PRAF
subparagraph	SPRAF
part	PART, PARTS
subpart	SPART, SPARTS

Pair (S-) or (SH-) in phrases that start with the word *insurance*.

insurance agency	SHAEGTS
insurance agent	SHAIGT
insurance benefits	SHIBTS
insurance broker	SBROERK
insurance carrier	SKRAER
insurance company	SKPAEN
Insurance Company	SKPN
insurance coverage	SKOFRJ
insurance department	SHURPT
insurance policy	SPOLS
insurance premium	SPRAOEMG

Pair (URNS) with phrases that end with the word *insurance*.

auto insurance	AURNS
disability insurance	SDURNS
flood insurance	FLAORNS or FLURNS
liability insurance	LIRNS
life insurance	LURNS
health insurance	HURNS
department of insurance	DPURNS
property insurance	PRURNS

Pair the word Exhibit using (-BT)

Company Exhibit	C-BT
Defendant's Exhibit	D-BT
Deposition Exhibit	DOBT
Joint Exhibit	J-BT
Plaintiff's Exhibit	P-BT
State's Exhibit	ST-BT
Union Exhibit	U-BT

To auto-include exhibit parentheticals, use (-Z) instead of (-S). ■

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:

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HAVE YOU
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Dear Nancy

By Nancy Varallo, RDR, CRR, FAPR

Dear Nancy: I recently moderated a discussion among court reporters about the future of court reporting. I had anticipated a positive discussion about our future. Instead, I heard nothing but complaints: fast-talking attorneys, mumble-mouth witnesses, incessant demands, short lunch breaks, long hours, too many exhibits to lug home. And I agree: sometimes the demands seem overwhelming. But my view of our profession isn't so negative. I failed when I tried to keep the discussion positive. What would you suggest I do next time? **Signed, Upbeat in a Downbeat World**

Dear Upbeat in a Downbeat World: First, don't give up! We need committed volunteers. So steady yourself and get back out there. Court reporters work alone and have little face time with fellow reporters. So when we do get together with folks who actually understand us, it's a great chance to vent. Some reporters say we go into court reporting because we don't like to be noticed. Hah! No way. All the world's a stage and reporters, like most folks, love to perform.

I get their frustration. "You want it when?" And we're supposed to smile! RPR certification speed of 225? "Oh, yeah, I talk fast, 260 wpm or better, the reporters tell me." It's not fair. Then again, life's not fair, so we have to keep perspective. Everybody's under pressure. People talk fast these days because people talk fast these days, not because they are trying to make our job difficult. And lawyers, judges, and businesspeople try to cram too much work into each workday. Once, at an NCRA convention, I

reported the fast-talking keynote speaker, a futurist. Seeing me struggle, someone asked him how the court reporter was possibly supposed to keep up with him. His answer: The world won't wait for you. Alas, he's right.

Next time you're fielding a stream of negative comments, inject some perspective. You had a long day and a short lunch? How inconsiderate of them! Makes the job tougher, no doubt. But it is better than a long day and no lunch. Of course, knowing how to respectfully but firmly communicate our needs to the attorneys is part of the required skill set. What's this? You're complaining that the lawyers want the draft tonight or expedited delivery? That's great! How many ways are there for us to enhance revenue on a day's work? If you see such a demand as an undue burden on you, perhaps you should step back and assess your realtime skills. We live in a fast-moving, realtime everything world. And that's what lawyers expect of us. NCRA and state associations offer multiple resources to help you bring your realtime skills up to snuff. Take advantage of them. Then demands for quick drafts or expedites won't look onerous; they will look like money in the bank!

When you are moderating again, let people complain. Let them give voice to their frustrations. Helps to get rid of the negativity. But we are all professionals, and we need a grown-up perspective. Meeting our clients' demands is what we are in business to do. If we stop doing



Nancy Varallo

that or complain about it, our clients will go elsewhere. With careful stress management, a moderator can turn the tide. And if the sea of negativity can't be calmed? Well, you have my permission to wail -- or bail!

Dear Nancy: I attended my first NCRA convention in Philadelphia this August and I met you and other board members at the First-Timers Reception. You were all so friendly and welcoming, so professional, so well-dressed. It really motivated me! But it was a letdown to see so many court reporters, even those serving as seminar panelists, not well-dressed. My father taught me to dress to suit the occasion. Well, this was a national convention of court reporting professionals. Can you tell me, what's the dress code for today's professional meetings? **Signed, Not So Frilly in Philly**

Dear Not So Frilly in Philly: Clothes may not make the man (or woman), but they do make an impression.

We are professionals and we need to project a professional image. The right attitude conveys the right impression. So do clothes. On the other hand...

Our board was in Philadelphia several days before our convention started. Also in the hotel were 2,500 Honda salesmen and women. We saw them everywhere -- on the elevators, in the hallways and restaurants, outside meeting rooms. I always reacted positively to them because they looked great. No T-shirts, no jeans, no golf shirts or (heaven forbid!) sweatshirts. They were dressed like pros: classy business suits for both men and women. Every one of them. They projected the right image. They got my attention and my respect.

Your dad was right. If it's important, dress like you know it's important. Our job is important. Every day we interact with other professionals, lawyers, judges, doctors, businessmen and women. They size us up, taking cues from how we comport ourselves and our attitude. And how we dress is part of the picture. We should always dress in business attire on the job, not "mall casual," and that's how we ought to present ourselves at a meeting or convention. It's not a vacation on the beach, it's a meeting of professional colleagues and friends.

This year NCRA will work to fortify our StenAdvocate program. Are you a good advocate for our profession? Does your conduct enhance the image of the professional court reporter or not? Trust me, people notice. I noticed the Honda folks. And I'm sure they noticed us.

You make an impression everywhere you go, so make sure it's the right impression. Dress for success! Smile! And show up on time. People will notice.

Dear Reader: Usually I'm answering questions you ask, but this time I wanted to share a thread from Facebook that caught my eye. I feel it's worth reading to bring awareness to a sensitivity issue, so I'm reprinting some answers to an original post by Rich Germosen (with his permission).

The question: Should we wear colognes or perfumes on the job?

My answer: Think of a whisper when you wear perfume and cologne. Like a whisper, an intimacy saved for those folks who come within a foot of you. There's no need to "shout" out to everyone in the room. But these folks say it better.

- I LOVE wearing cologne... but in the work environment it is definitely frowned upon.
- I had an experience one time where an elderly lady complained about my perfume. (I did not have a lot on.) And she sat at the opposite end of a very long conference table while I took her dep. Since then I am very careful never to apply too much.
- I'm very sensitive to colognes and perfumes. This is a new development within the past ten years. Before that, I could wear anything. Better to just be clean and smell like nothing than potentially give someone a migraine. I wish perfumes and colognes would be outlawed completely.
- I have a very hard time with colognes and perfumes. I get an instant headache from them. It's tough at conferences, plays, concerts, when I end up sitting next to someone with fragrances. My office is a fragrance-free office, and we all seem to like it better. I say no to

fragrances on the job!

- I also have a tough time with colognes and perfumes. I can actually get an asthma attack from some of them. I really suffer when someone who wears strong perfume is near me. Years ago, we had a reporter who was actually sent home because so many people at the courthouse had been complaining about his cologne. He was told to come back scent-free. I say no to fragrances as well!
- Big allergy/asthma trigger for many. And, in general, you don't want to create a distraction for anyone.
- I have met a few folks with chemical allergies, so sometimes even shaking hands with a person who has lotion on can trigger a big allergy attack. I always refrain from fragrance as much as possible.

Rich had the final comment on the post: Wow...who knew? This is VERY interesting to hear how others feel about cologne/perfume in general. I'll definitely keep it to just "one" spray from now on in a social setting. As I mentioned before...I don't know where I learned it... but I never wear it in the work environment.

Nancy Varallo, FAPR, RDR, CRR, owner of The Varallo Group, offers customized business development and administrative services to court reporters and reporting agencies. Nancy has been a court reporter since 1979, has trained hundreds of court reporters, and has fielded thousands of questions from reporters. Please ask your question at www.dearnancy.com. ■



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STUDENT'S CORNER - INCORPORATING PUNCTUATION INTO YOUR WRITING

By Jackie Young, RPR, DSA

One of the most important aspects of being an excellent court reporter is the ability to produce a near perfect transcript at the time of writing. Creation of a transcript that is as flawless as possible at the time of the deposition or court hearing should be the goal of every stenographer. Not only does this make us better realtime writers, but it also reduces the time involved later in preparing a final transcript, which means you will have more time on your hands to take other jobs or enjoy some well-deserved leisure time.

Given the wonderful computer technology that is now available to court reporters, it is possible to program our computers to translate any number of strokes that will help create that near perfect transcript and cut down on the amount of writing required. Listed below is a sampling of the strokes and computer inputting that can help you achieve faster writing and incorporate some frequently used punctuation as well as some common words used at the beginning of a question and answer. Prior to incorporating any of these suggestions or shortcuts that you may develop on your own into your personal dictionary, always make sure they do not create a conflict!!!

By combining the Q symbol with one letter on the right-side of the keyboard, you can come up with a whole series of shortcuts for frequently occurring words. I have begun doing this over the past couple of years and have found that it saves me a ton of time when I have a fast-talking attorney or witness. Whenever the word has a period or comma following it, be sure to program that particular punctuation in with the word to avoid the need to write it separately.

Q plus -BG = Q. Okay.
Q plus -S = Q. Sir,
Q plus -Z = Q. Sure.
Q plus -RT = Q. All right.
Q plus -M = Q. Ma'am,
Q plus -R = Q. Right.
Q plus -D = Q. Doctor,
Q plus *-D = Q. Dr.
Q plus -DL = Q. Dr. Larson,
Q plus -DS = Q. Dr. Samuelson, (and so on)
Q plus -L = Q. Let's

Q plus -LE = Q. Let me
Q plus -LS = Q. Let's see.
Q plus -UD = Q. Did you
Q plus -UPBD = Q. did you know
Q plus -UDZ = Q. Did you see

The same is true for the A symbol:

A plus T = A. True.
A plus R = A. Right.
A plus S = A. Sure.
A plus KR = A. Correct.
A plus K = A. Okay.
A plus DRI = A. I don't remember.
A plus THA = A. That's correct.
A plus THR = A. That's right.
A plus TPHO = A. No, (I have programmed the comma into my dictionary with this stroke since most software programs will override it and put a period there if you hit the Q symbol.)
A plus KWRE = A. Yes,

The following are examples of words that can be written with the punctuation incorporated into the stroke:

Well, = W-ELGS
Sir, = SEURBGS (If this conflicts with circumstance, you can write circumstance SERBGS or use the asterisk)

Now, = TPHOURBGS
However, = HOUFRBGS
Doctor, = TKR-RBGS
, for instance, = TPOERPBGs
for instance, = TPORPBGS
, for example, = TPOERBGS
for example, = TPORBGS

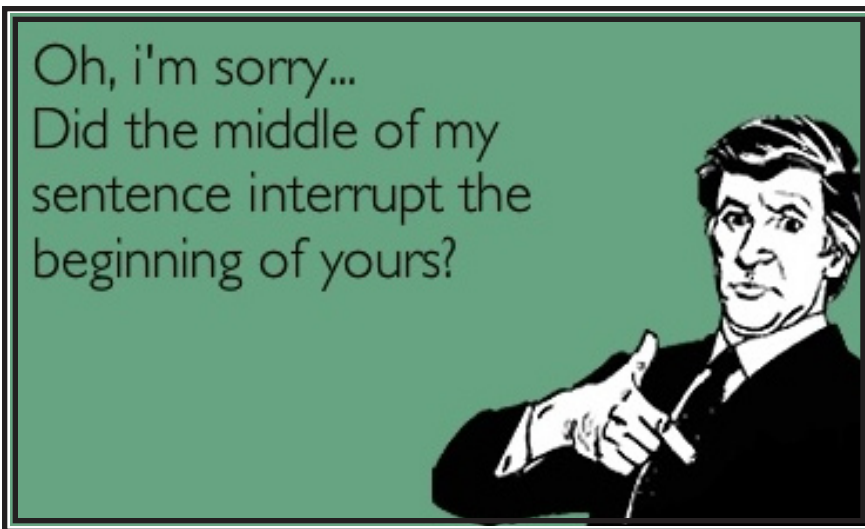
Punctuation near the end of the sentence can also be incorporated into the word you are writing. I use the beginning S key for my semi-colon, and here are a few examples:

; is that correct = S-*BG (If this conflicts with South Carolina, you can leave the asterisk out for either word)
; correct = SKRE*BG
; is that true = STRAO*U

; true = TRAO*U
 ; is that fair = STPA*EUR
 ; fair = STPA*ER
 ; am I correct = SA*EUBG

As you can see, the possibilities are numerous. By analyzing your writing, you can create all kinds of shortcuts that will cut down on the number of strokes necessary and help you create that almost perfect transcript as you are writing. It will also help eliminate the stress you may find yourself under when you have a fast talking witness or attorney. A word of caution, however: Don't overwhelm yourself and attempt to incorporate all of these into your writing in a matter of a few days. Work on one to three of these each week and you will soon find yourself on the path to perfection!

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



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COURT REPORTER STUDENT GRADUATES

By Jennifer Sharp



Congratulations, Jaclyn Linsk! Jaclyn, a recent spring graduate, has been offered her first job as an official for Burnett County, Wisconsin.



Jaclyn Linsk



Kelly Nelson



After graduating in July of 2012, Kelly Nelson freelanced for a few months. She recently was hired to work as an official court reporter for Judge Joy D. Bartscher in Ramsey County, Minnesota. Congrats, Kelly!





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COURT REPORTING STUDENT PROFILE

By Sarah Colberg

Name: Sarah Colberg
School: Anoka Technical College
Speed: Theory
Hometown: Blaine, MN

What made you decide to pursue a career in court reporting? When deciding on what I wanted to go for, I thought about what I was good at, and what I enjoy doing. Typing fast on the keyboard always came pretty natural to me. I also love listening to people. When I put the two and two together and researched, I found court reporting. I would see court reporting on television shows as well, and thought it was really neat. I love that it's different and unique from other jobs.

What area of reporting interests you the most at this time - official, freelance, or captioning/CART? At this time I am interested in official reporting. I hope to try captioning later on.

What's been the most challenging or rewarding part of your schooling thus far? I think the most rewarding part of my schooling thus far would be all of the new knowledge that I am obtaining. It's also very rewarding to see the positive results in the work I have been putting into it all.

Do you know any working reporters or anyone that's been an influence to you? I do not know of any court reporters personally, besides my instructor Jennifer Sati. She is a big inspiration to me and I hope to be like her some day.

If you had an hour of free time, what would you be doing (besides practicing on your steno)? I would spend my time with my family and friends.

What is your favorite band or type of music? My favorite type of music is country. Eric Church is my favorite country singer.

What is your favorite food or restaurant? I love food. My absolute favorite restaurant would be Olive Garden.

Where is a place you would like to visit? I would love to visit Rome some day. It looks absolutely beautiful!

The last book you read? *Heaven is for Real.*

The last movie you watched? *Eat, Pray, Love.* ■



Sarah Colberg

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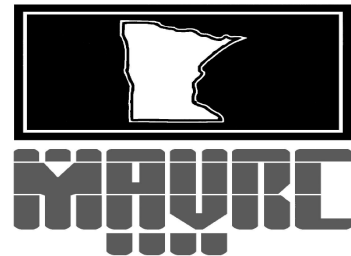
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ASSOCIATION OF VERBATIM
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P.O. Box 375
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UPCOMING EVENTS

February

18-22 National Court Reporting
and Captioning Week

March

3-5 NCRA Legislative Boot Camp
Tyson's Corner, VA

March

12 MAVRC Board Meeting

March

14 MAVRC Get-Together
Figelo
The Shops at West End
5331 West 16th St
St. Louis Park, MN
5:00 p.m.

April

6 MAVRC Spring Seminar
Anoka Technical College
Anoka, MN

August

8-11 NCRA Annual Convention
Nashville, TN

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Articles submitted are subject to editorial revisions.

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