



MINNE-strokes

Minnesota Court Reporters: On and Off the Record

SPRING 2015
VOLUME 18 NUMBER 1

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SAVE THE DATE: April 18, 2015

MAVRC'S Spring Seminar

will be held at
Anoka Technical College
Anoka, Minnesota



Watch for Registration Info Coming Soon!

Minnesota Association of Verbatim
Reporters & Captioners

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2014 END-OF-THE-YEAR TREASURER'S REPORT

Prepared by Jolene Carrow/Approved by Melissa Keute

Year-end balances in MAVRC's accounts:

CHECKING ACCOUNT

| | |
|-------------------|-------------|
| Beginning balance | \$ 2,776.76 |
| Deposits | 45,200.00 |
| Expenses | 45,594.65 |
| Balance | \$ 2,382.11 |

SAVINGS ACCOUNT

| | |
|---------------------------|--------------|
| Beginning Balance | \$ 43,217.76 |
| Deposits | 47,663.49 |
| Earned Interest | 56.99 |
| Withdrawals (to checking) | 45,200.00 |
| Expenses | -- |
| Balance | \$ 45,738.24 |

Breakdown of Income & Expenses:

Administration:

| | |
|----------|-----------|
| Deposits | \$ 118.96 |
| Expenses | 17,034.00 |

Fundraising:

| | |
|----------|----------|
| Deposits | 2,544.53 |
| Expenses | 980.00 |

Membership:

| | |
|----------|-----------|
| Deposits | 20,610.00 |
| Expenses | 58.95 |

Spring Seminar:

| | |
|----------|----------|
| Deposits | 6,645.00 |
| Expenses | 2,309.91 |

Fall Seminar:

| | |
|----------|-----------|
| Deposits | 14,970.00 |
| Expenses | 12,428.84 |

Newsletter:

| | |
|----------|----------|
| Deposits | 1,650.00 |
| Expenses | 14.07 |

Directory:

| | |
|----------|----|
| Deposits | -- |
| Expenses | -- |

Certification:

| | |
|----------|----|
| Deposits | -- |
| Expenses | -- |

Technology:

| | |
|----------|----|
| Deposits | -- |
| Expenses | -- |

Legislative:

| | |
|----------|-----------|
| Deposits | 320.00 |
| Expenses | 12,600.00 |

Public Relations:

| | |
|----------|----|
| Deposits | -- |
| Expenses | -- |

Golf Tournament:

| | |
|----------|----|
| Deposits | -- |
| Expenses | -- |

Student Relations

| | |
|----------|--------|
| Deposits | 805.00 |
| Expenses | 68.88 |

Miscellaneous:

| | |
|----------|--------|
| Deposits | -- |
| Expenses | 100.00 |

PRESIDENT'S ADDRESS

By Monica Christensen, RMR

Happy New Year 2015! As I write my second president's column for the newsletter, I am faced once again with thinking of something to write about. It's been a cold winter here in northern Minnesota, with **COLD** in bold letters with a double meaning. Besides the 20+ below zero temperatures, the frozen water lines and cars that just won't start, my family, co-workers, relatives and friends seem to all have been struck with some form of that nasty cold/flu! I, personally, was inflicted with the nasty ailment during the holiday season. Not a fun time! Having a cold is one of the worst times to be a court reporter, don't you agree? How does a reporter gracefully wipe their nose in between key strokes well over 200 wpm? Definitely not a stellar moment! With that said, I hope the cold and flu bugs are far away from all of you and you are enjoying the first months of 2015.

As we approach the month of February, reporters need to gear up for Court Reporting and Captioning

Week, celebrated nationally during the week of February 16 – 20. I have requested that Governor Dayton also sign a proclamation to honor court reporters and captioners in Minnesota during that week. So what will YOU be doing to celebrate? Visiting your local schools to talk about court reporting? Writing an article for your local newspaper? Giving a real-time demonstration for judges and attorneys or perhaps deaf and hard-of-hearing groups? Please get involved in any way you can! We want to let everyone know what we are all about! Once again this year, MAVRC will be joining the court reporting program at Anoka Tech in sponsoring the "Spring Fling," which is currently being planned for Tuesday, February 17, at the college in Anoka. Similar to last year's event, we will be showcasing stenographic reporters, providing real-time demonstrations, and promoting our great profession in every way possible – not to mention having some great food! So please stay tuned to our Facebook page as well as our website, www.mavrc.org, for further details.



*Monica Christensen
MAVRC President*

Another event in the planning stages is the annual MAVRC Spring Seminar. This, too, is going to be held at Anoka Technical College, on Saturday, April 18. Let's hope it will be a warm spring day with no snow! (I'm not going to hold my breath, but sometimes miracles do happen!) Although we are still in the planning stages, our committee is working hard to get an interesting speaker lineup for this event. We have a couple of speakers for our morning's agenda already, and are still putting our heads together to contact several more. I must express my gratitude to our wonderful board members and Continuing Ed Committee. Without their creative ideas and unselfish hours of volunteering their time, none of this would be possible. So again, thank you! You are appreciated!

Monica Christensen is an official reporter in Bemidji, Minnesota. ■



Court Reporting Explained

The court reporting profession is receiving national recognition as a competitive and rewarding career opportunity. For those just learning about the field, take a look at some of its notable perks.

How Court Reporting Is Done

The most common method of court reporting, stenography, uses a stenotype machine – a word processor with a modified, 22-button keyboard. Spelling words phonetically, a trained stenographer can record more than 200 words per minute.

Stenotype machine

Designed for speed

The fingers of the left hand spell out the beginning of a syllable, the thumbs type the vowels, and the fingers of the right hand end the syllable. Single keys can be pressed, but keys are commonly pressed down in groups – like chords on a piano.

Initial consonants: S T P H K W R F P L T D R B G S Z
 Vowels: A O E U
 Final consonants: A

A sample

Stenographers spell out syllables phonetically, but there aren't enough keys to cover every sound. Combinations of letters are used to create missing consonants. For Example, there is no "N" on the keyboard, so "P" and "B" are used together to represent that sound.

| | |
|-------------|----------------|
| A | A |
| K R O E R T | court reporter |
| K | can |
| W R EU | write |
| T H | this |
| TP A F T | faster |
| T H A PB | than |
| U | you |
| K | can |
| R A E D | read |
| T H | this |

Sources: U.S. Bureau of Labor Occupational Handbook; Atkinson-Baker, Court Reporters; 2020

Captioning DOUG GRISWOLD–MERCURY NEWS

Court Reporting in the News

Fingers Fly at Court-Reporting Championships (Wall Street Journal)

1 Security: 5,500 new job openings in 5 years

Court reporting students will hold more than just a piece of paper following graduation – they’ll also hold a job. At a time when unemployment rates continue to plague much of the country, this field is projecting a national surge in opportunity.

According to research conducted by Ducker Worldwide, more than 5,500 new court reporting jobs are anticipated across the U.S. by 2018. The industry specializes in shorthand and long-standing careers.

2 Earnings: Average starting salary of \$45k

Court reporters capture conversations and convert them into written form. All this listening pays off. With an average starting salary of \$45,000, this career has risen to the surface as a standout option for those interested in meaningful work with healthy compensation.

According to the U.S. Bureau of Labor Statistics, the growth rate for court reporting salaries is expected to increase by 14% through the year 2020. This is one career where talk is translating into tangible long-term earnings.

3 Challenge: Character-building career

Court reporting provides endless opportunities for those who master the art of typing characters precisely. But more than that, it’s a profession that rewards hard-working individuals focused on transcribing with speed, accuracy and ethics.

From courtroom trials to legal depositions, court reporters have a front row seat for our nation’s most confidential and meaningful conversations. As the official keeper of records, this profession demands the “type” whose character counts.

4 Flexibility: Set your own work schedule

In the world of court reporting, one size *doesn't* fit all. Career paths are versatile and practitioners have options, providing structure for those who need it and flexibility to those who don't.

Prefer a more traditional track? Make yourself official with an eight to five position. Want the freedom to dictate your weekly work schedule? Embrace the flexibility of a freelancer. The profession provides a path for every preference.

5 Reward: Lend a helping hand for closed captioning

With 2 hands, 24 keys and 225+ words per minute, your impact as a court reporter is limitless. Captioners represent an elite group of practitioners who put their fingers to the ultimate test with realtime, publicly broadcast transcriptions.

From Presidential speeches to high-profile courtroom trials, the ability to caption and provide communication access to those with hearing loss is resounding.

IRA AND RETIREMENT PLAN LIMITS FOR 2015

By RBC Wealth Management and Scott Kellett

The IRS recently announced changes to several inflation-adjusted tax items, including the 2015 federal income tax brackets and rates that will impact your 2015 tax return. The IRS also announced changes to 2015 retirement plan contribution limits and phase-outs.

Retirement plan contribution limits

The elective deferral (contribution) limit for employees who participate in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan has increased from \$17,500 to \$18,000. The catch-up contribution limit for employees aged 50 and over who participate in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan changed from \$5,500 to \$6,000.

The amount you can contribute to a SIMPLE IRA or SIMPLE 401(k) plan has increased to \$12,500 for 2015, up from \$12,000 in 2014. The catch-up limit for those age 50 or older has also increased, to \$3,000 (up from \$2,500 in 2014).

IRA contribution limits

The maximum amount you can contribute to a traditional IRA or Roth IRA in 2015 is \$5,500 (or 100% of your earned income, if

less), unchanged from 2014. The maximum catch-up contribution for those ages 50 or older remains at \$1,000. (You can contribute to both a traditional and Roth IRA in 2015, but your total contributions can't exceed these annual limits.)

Traditional IRA deduction limits

The income limits for determining the deductibility of traditional IRA contributions have increased for 2015 (for those covered by employer retirement plans). For example, you can fully deduct your IRA contribution if your filing status is single/head of household and your income ("modified adjusted gross income," or MAGI) is \$61,000 or less (up from \$60,000 in 2014). If you're married and filing a joint return, you can fully deduct your IRA contribution if your MAGI is \$98,000 or less (up from \$96,000 in 2014). If you're not covered by an employer plan but your spouse is, and you file a joint return, you can fully deduct your IRA contribution if your MAGI is \$183,000 or less (up from \$181,000 in 2014).

Roth IRA contribution limits

The income limits for determining how much you can contribute to

a Roth IRA have also increased. If your filing status is single/head of household, you can contribute the full \$5,500 to a Roth IRA in 2015 if your MAGI is \$116,000 or less (up from \$114,000 in 2014). However, if you're married and filing a joint return you can make a full contribution if your MAGI is \$183,000 or less (up from \$181,000 in 2014). (Again, contributions can't exceed 100% of your earned income.)

This is a lot of information to absorb at one time. Talk to your investment professional about how these changes impact your individual financial situations.

This article is provided by Scott Kellett, a Financial Advisor at RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

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REDUCE, REUSE, RECYCLE

"GREEN-UP" YOUR OFFICE, HOME AND LIFE



By Tracy Bennett, RPR, CRR, CCP

I am, and always have been, very passionate about the environment and finding ways to **Reduce, Reuse** and **Recycle** anything and everything. At the MAVRC convention in the fall of 2014, I presented some ideas on how I try to lower my carbon footprint in everyday life, so I thought I'd share some of these ideas.

Let's start with the phrase **Reduce, Reuse, and Recycle**. It's great that people recycle, I'm all about that, but if you can first **Reduce** or **Reuse** BEFORE you **Recycle**, that's even better. **Reduce** your consumerism by paying attention to the packaging that you get in the products that you buy.

Reuse the bags that you put your vegetables and fruits in, buy food in bulk and put in a container that you bring with you. If you are going to your favorite restaurant and you know you won't finish the meal, bring a container from home to put your leftovers in. If you get packaging from on-line orders, you can bring the peanuts, bubble wrap, paper or foam to your local UPS or Mailbox store so they can reuse it for the packages that they send out for people.

I'm sure we all **Recycle** to some degree. Most communities have a recycling program of some type. If you don't know the specifics for your community, check online. In my community, at least once a year we get a newsletter that has a pamphlet with a chart of how to dispose of everything in your house and garage appropriately.

Reduce your consumption of electricity by turning off lights when not in a room, including courtrooms. If there is a delayed timer in a room, you

can push the button on the way out, rather than have it stay on for five or ten minutes after you leave. If you have a lot of window light in your office, use that. It's easier on your body and eyes if you aren't using fluorescent lights. You can also turn off power strips over weekends or vacation times so as not to use the power for a printer or computer when it is not being used. This is true for coffee pots too. Use a timer for the heat/air conditioning so as not to heat your house/office when you aren't in it.

To **reduce** the number of catalogs you get, you can call up the company sending you the catalog and ask to not have catalogs sent to your house anymore. If you subscribe to a magazine, ask others with the same interest if they would like to read it and pass it on. There are many magazines that you can order and read online, so you wouldn't get the magazine mailed at all.

Reduce the number of paper and plastic cups in landfills by bringing your own cup to the local coffee shop. I usually have a to-go mug in my vehicle so as to always have one when needed. Oftentimes you get a discount for reusing and refilling your own cup/mug.

If you don't like the taste of the water from your tap at home, buy a filter. They are less than \$50 and you can change the filter every couple of months as needed. Then you can fill up a Nalgene or aluminum water bottle and keep in the fridge. If you think of what the cost of a bottle of water is – more than \$1 – the small

investment in a water filter will be recovered quickly.

There are many ways you can use environmentally friendly products to clean around your house and office. White vinegar is perfect to clean just about anything in your house. Mix it with baking soda and it becomes a science experiment and fantastic cleaner. It costs less than \$2 a gallon and won't cause any problems when dumped down the drain after using. Mix it with hot water to wash tile, linoleum or wood floors. Hydrogen Peroxide can also be used as a cleaning product. Put it in a dark spray bottle and spray on bathtubs and in toilets to help loosen stuck-on dirt. Both white vinegar and Hydrogen Peroxide are cheap, nontoxic cleaning products. I also use old t-shirts as rags for cleaning. That way I wash them and can reuse them many times.

These are just a few of the ways I have found to easily, and without much extra effort, **Reduce, Reuse and Recycle**. Start the conversation with coworkers and family members about ways you can **Reduce, Reuse and Recycle**. This will show your children and grandchildren that you care about the earth and their future.

***Editor's note: Please see "How to make a non-toxic home cleaning kit" on Pages 8 and 9.*

Tracy A. Bennett is an official reporter to the Honorable Shaun R. Floerke in Duluth. ■

How to make a non-toxic home cleaning kit

For a healthier home, use products free of toxic chemicals for cleaning. Below is a list of some of the simple materials you probably already have in your home that can be used to make a non-toxic cleaning kit.

- ▶ Baking soda
- ▶ Bon Ami cleanser
- ▶ Borax
- ▶ Cornstarch
- ▶ Lemon juice
- ▶ Liquid dish soap
- ▶ Vegetable oil
- ▶ Salt
- ▶ Washing soda*
- ▶ White vinegar

Be sure to label spray bottles or containers with their new contents.

All-purpose cleaner

- 1/4 cup white vinegar
- 2 tsp. borax
- 3 1/2 cups hot water
- 20 drops lemon or lavender essential oil
- 1/4 cup liquid dish soap

In a 32-oz. spray bottle, mix the vinegar, borax, and water thoroughly. Add essential oil if desired. Add dish soap last.

Floor cleaner

- 1/8 cup liquid soap
- 1/4 to 1/2 cup white vinegar or lemon juice
- 1/2 cup herb tea (Peppermint has antibacterial qualities.)

Combine ingredients in pail with 3 gallons of warm water. Swirl until it is sudsy. Wash floor, then rinse with 1 cup of vinegar in 3 gallons of cool water.

Wood floor cleaner

Use 1/2 cup vinegar per gallon of water. Wipe dry.



Carpet spot remover

Blot stain immediately. Sprinkle with baking soda, cornstarch, or borax and let dry. Wash with club soda and vacuum.

Furniture polish

- 1/2 teaspoon olive oil
- 1/4 cup vinegar or lemon juice

Mix ingredients in a glass jar. Dab soft rag into solution and wipe onto wood surfaces.

Wood cleaner

- 1/4 cup white vinegar
- 1/4 cup water
- 1/2 teaspoon liquid soap
- a few drops olive oil

Combine the ingredients in a bowl, saturate a sponge with the mixture, squeeze out the excess, and wash surfaces. The smell of vinegar will dissipate in a few hours.

Window cleaner

- 1/4 cup white vinegar
- 1/2 teaspoon liquid soap or detergent
- 2 cups water

Combine the ingredients in a spray bottle, and shake to blend.

Oven cleaner

- 1 cup or more baking soda
- a squirt or two of liquid soap

Sprinkle water generously over bottom of oven, then cover the grime with enough baking soda so surface is totally white. Sprinkle more water over top. Let sit overnight. Wipe up the grease the next morning; then with a bit of liquid soap on a damp sponge, wash remaining residue from the oven.

Soft scrubber

- 1/2 cup baking soda
- liquid soap or detergent, enough to make a frosting-like consistency
- 5 to 10 drops antibacterial essential oil, such as lavender (optional)

Place baking soda in bowl; slowly pour in liquid soap, stirring continually. Add essential oil. Scoop mixture onto sponge, wash surface, and rinse.

Rust remover for sinks and tubs

- salt
- lime juice

Sprinkle a little bit of salt on the rust, squeeze a lime over the salt until it is nicely soaked in lime juice. Leave the mixture on for two or three hours. Use the leftover rind as a handy scrubber. Rust is gone.

Unclog drains

- baking soda
- white vinegar

Sprinkle a generous amount of baking soda in and around the drain opening. Follow with a cup of white vinegar. Repeat if needed, and finally flush with very hot water.

Toilet bowl cleaner

- 1 cup borax
- 1/2 cup white vinegar

Pour into bowl and let sit for several hours or overnight. Use brush if necessary.

Basin, tub, and tile cleaner

- 1/4 cup baking soda
- 1/2 cup white vinegar

Combine and use with soft cloth for cleaning.

Bacteria, mold, and germs

A straight 5% solution of vinegar – such as you buy in the supermarket – kills 99% of bacteria, 82% mold, and 80% germs. Keep a spray bottle of vinegar in your kitchen and in your bathroom.

*What is washing soda and where can I find it?

Washing soda is not the same as baking soda. Washing soda SHOULD NOT be used in place of baking soda. Washing soda is harmful if swallowed. It releases no harmful fumes, and is generally safe. Washing soda can be found on the laundry detergent aisle of your supermarket. It comes in an Arm & Hammer 55-ounce yellow box.

If you are having trouble locating this product, ask your local store manager to order it for you, or you can call 1-800-524-1328. The UPC number is: 33200-03020 or 033200-030201.

For more nontoxic cleaning recipes, visit the www.care2.com web site.



For more information, contact the Minnesota Office of Environmental Assistance Clearinghouse at (651) 215-0232 or call 1-800-877-6300.

THE EXPANDING USE OF RFID TECHNOLOGY

By Jackie Young, RPR, DSA

The era of widespread biometric identification and microchip implants is upon us, and their use is certain to change the way in which we live. Imagine going into a grocery store, filling up your cart, and walking right out the door without the need to stand in a long checkout line. Another possible scenario that was once thought to be science fiction would be having a digital tattoo on your arm or hand and being able to access your bank account, computer, or cell phone. With the ever-increasing use of RFID technology, otherwise known as radio frequency identification, those checkout lines could one day disappear and the way in which the average consumer conducts everyday business transactions could dramatically change.

RFID technology has been around since World War II, when Britain put transponders in Allied aircraft to help radar crews distinguish them from German fighters. In the 1970s, the United States Government tagged trucks entering and leaving secure facilities. By the time the 1980s rolled around, RFID tags began to be used to track large items like cows, railroad cars, and airline baggage that were being shipped over long distances. These original tags, called inductively coupled RFID tags, were complex systems consisting of metal coils, antennae, and glass, and were powered by a magnetic field generated by the RFID reader.

After a few years, capacitively coupled tags were created in an attempt to lower the cost of this technology. These tags used conductive carbon ink instead of metal coils to transmit data and were meant to be disposable tags that could be used on less expensive merchandise. Newer RFID innovations include active, semi-

active, and passive tags. These tags can store up to two kilobytes of data and are composed of a microchip, antenna and, in the case of active and semi-passive tags, a battery. The tag's components are enclosed within plastic, silicon, or sometimes glass. Inductively coupled and capacitively coupled RFID tags are not used as often today simply because they are expensive and bulky, but the active, semi-active, and passive tags are becoming more accessible and prominent in our world since they are less expensive and can be made small enough to fit on almost any product.

The technology involved with active and semi-passive RFID tags include the use of internal batteries to power their circuits. These tags are thinner than paper and can be as small as 0.3 millimeter across. Unlike a semi-passive tag that requires a reader to supply its power for broadcasting, an active tag uses its battery to broadcast radio waves to a reader. Upon receiving a query from an RFID reader, the tag responds by transmitting its unique ID code and other data back to the reader. Active tags are typically reserved for more expensive items and can be read from 100 feet or more away. An example of an active tag would be an EZ Pass or other such device that allows a driver to pass through a toll without stopping. Semi-passive tags can be read up to 20 feet away and are applied to less expensive merchandise, such as electronics and clothing.

Each tag works basically the same way. The data stored within an RFID tag's microchip waits to be read. The tag's antenna receives electromagnetic energy from an RFID reader's antenna. Using power from its internal battery or power harvested

from the reader's electromagnetic field, the tag sends radio waves back to the reader. The reader then picks up the tag's radio waves and interprets the frequencies as meaningful data. This data can be changed, updated, and/or locked.

There are four basic RFID system categories:

1. EAS (Electronic Article Surveillance) systems, which are generally used in retail stores to sense the presence or absence of an item. Products are tagged and large antenna readers are placed at each exit of the store to detect unauthorized removal of the item. These tags are sometimes called smart labels and basically have UPC barcode information printed on the front, with the RFID chip embedded on the back side of the label. They can be found on supermarket shelves to shipping pallets to books.
2. Portable Data Capture Systems, which are characterized by the use of portable RFID readers. The portable readers enable the system to be used in a variety of settings.
3. Networked systems, which are characterized by fixed position readers. These readers are connected directly to a centralized information management system, while transponders are positioned on people or moveable items. An example of this type of RFID technology would be an employee badge that allows him/her access into a facility.
4. Positioning systems, which are used for automated location identification of tagged items or vehicles. RFID technology is also used in your car key fob and allows someone to unlock the door and start the car without removing the keys from your pocket or purse.

Given the rising demand for microchips, the price has come down substantially. A passive tag in 1999 cost nearly \$2 apiece. Nowadays the price for an RFID tag has fallen to a range of 7 to 15 cents and is expected to go as low as 2 cents per tag in the near future. As RFID tags become more and more affordable, an ever-increasing number of manufacturers and vendors will feel the need to place tags on more and more products in order to be able to track every phase of the supply chain, including from the time of purchase to the time the product ends up in the trash can.

Currently almost everything you buy from retailers has a UPC bar code printed on it. These bar codes help manufacturers and retailers keep track of inventory and provide useful information about the quantity of products being bought. As time goes on, however, the consumer will likely see more products tagged with RFIDs since this technology offers a number of advantages over the UPC bar code. For example, RFID tags can be read if passed near a reader even if it is covered by the object or not visible;

the tag can be read inside a case, box or other container; the tag can be read from a distance; and the reader can read hundreds of tags at a time.

In order for this RFID tracking system to work, each product will need to be given a unique product number. Currently MIT's Auto-ID Center is working on an Electronic Product Code identifier that could replace the UPC. Under this system, each smart label would contain 96 bits of information, including the product manufacturer, product name, and a 40-bit serial number. The smart label, or RFID tag, would then communicate with a network called the Object Naming Service. This database network would retrieve information about a product and then send that information to the manufacturer's computers.

The number of industries presently utilizing RFID tags ranges from various retailers, advertisers, the government, public transportation companies, animal tagging companies, the medical industry, and payment vendors. Oftentimes without your knowledge, RFID tags are being

embedded in such things as library books; government IDs, such as your driver's license; government-issued passports; tickets for the subway, plane, train and bus; vending machines, bank cards, and credit cards; employee and student name tags; and pharmaceuticals.

Many countries have already implemented RFID technology into their passports. If you have applied for a United States Passport in the past eight years, you may have gotten an electronic or e-passport. The e-passport's enhanced security features include a chip identification number, a digital signature by the issuing country, and a photograph that acts as a biometric identifier by recognizing the person's iris.

While these features are felt to make the passport impossible to forge and improve security, two possible forms of identity theft that could occur include "skimming" or "eavesdropping." Skimming is when someone uses an RFID reader to scan data from an RFID chip without

(Continued on Page 12)



(Continued from Page 11)

the e-passport holder's knowledge. Eavesdropping is when someone reads the frequencies emitted from the RFID chip as it is scanned by an official reader. Both of these methods can also be used to read RFID tags on other products, such as the credit card in your wallet.

To help combat those security concerns, the e-passport contains a metallic anti-skimming device, which is basically a radio shield inserted between the passport's cover and first page. When the e-passport is closed, it cannot be scanned at all, and when it is open, it can only be read by a scanner that is less than 3.9 inches away. To guard against eavesdropping, the Department of Homeland Security has mandated that all areas where the e-passport is scanned be thoroughly covered and enclosed so that signals cannot be picked up beyond the authorized RFID reader.

Corporations are also turning to animal and human chipping as a means of tracking. RFID pet recovery systems are starting to become a big business as more and more pet owners turn to this technology as a way to prevent their pet from becoming lost. These systems rely on tiny microchips the size of a grain of rice that contains the pet owner's contact information and sometimes the animal's medical history. At the present time there are a number of competing microchip technologies, but the U.S. Humane Society has been pushing for development of a universal RFID reader that veterinarians can use to read a pet's microchip no matter who its manufacturer is or when it was manufactured. One major cause of concern with these pet implants is the fact that research as far back as 1996 shows that they can cause cancerous tumors in lab rats and mice. No

definitive studies have yet proven, however, that they can cause cancer in animals other than rats and mice.

The leading human chip manufacturer is VeriChip Corporation. The VeriMed chip contains a unique identification number that links to a VeriChip medical database. The VeriChip database contains emergency contact information and medical histories. For a small fee, you can also choose to add your complete medical history. Since this technology is just emerging, not every hospital will have an RFID reader and your VeriChip could prove to be useless.

VeriChip has also implemented the Hugs Infant Protection Program. Under this RFID monitoring system, newborns in some hospitals wear ankle bracelets with RFID chips that will sound an alarm at the nurses' station and at exit doors if someone attempts to remove the baby from the hospital.

Wal-Mart and Best Buy are currently two major merchandisers that use RFID tags for stocking and marketing purposes. In addition, Wal-Mart and Tesco, a United Kingdom company, have teamed up with Gillette to test specially designed shelves that allow for realtime tracking of inventory levels. The "smart shelves" are able to monitor customers via a camera while they look at the products and read radio frequency waves emitted by microchips embedded in millions of shavers and other products. The "smart" shelf technology was also used at Wal-Mart in their cosmetics department by Procter & Gamble to enable employees of Procter & Gamble to observe customers as they interacted with RFID-tagged lipsticks – all unbeknownst to the customer!

Tire manufacturer Michelin recently began fleet testing of a radio frequency tire identification system

for passenger and light truck tires. The RFID transponder is manufactured into the tire and stores the tire identification information, which can then be associated with the vehicle identification number.

The European Central Bank has embedded RFID tags as thin as a human hair into the fibers of Euro bank notes. The tags would allow them to record information about each transaction in which the currency is used. In 1997, ExxonMobil developed the wireless payment application known as Speedpass, which is still in use today.

In addition to RFID tags, Sony and Phillips are also using Near Field Communication (NFC) in a number of their products to allow communication between PCs, handheld computers, and other electronic devices. This would allow consumers to shop online for tickets to a local event. The consumer would pay for the tickets online, download them to their PC, and then transmit them with NFC technology to an RFID tag in their mobile phone. Then, at the event, consumers would wave their cell phone near a reader in the turnstile and be automatically admitted.

The United States retail market is also in the beginning stages of implementing RFID technology that uses Near Field Communication. Some credit cards already have NFC chips embedded in them, which can then be tapped against NFC payment terminals instead of being swiped, which eliminates the possibility that someone could skim your data via the magnetic strip. Google is one company that is promoting NFC payments with Google Wallet. This system, launched in 2011, allows users to store information for their debit cards, credit cards, reward cards, or gift cards on their mobile phone. At participating stores, someone can just tap their phone to a PayPass terminal to pay for a product. Google Wallet

users can also send money through Gmail attachments. Additionally, Google announced recently that it was introducing prepaid debit cards that can be used in ATMs.

Near Field Communication technology also has the capability of reading passive RFID tags and extracting the information stored in them. This technology is currently being used in “smart” advertising. Promotional materials and advertisements are now being made that interact with an NFC phone and allow the consumer to receive special discounts by simply tapping their phone against the poster.

To give you some insight into where this technology could lead, in 2005, a patent application by American Express describes how RFID-embedded objects carried by shoppers could emit “identification signals” when near electronic consumer trackers. This system can identify people, record their movements, and send them video ads to their smartphones that might offer incentives or scents to induce them to purchase a certain brand of perfume or cologne. In 2006, IBM received patent approval for an invention it called “Identification and tracking of persons using RFID-tagged items.” IBM’s stated purpose was to “collect information about people that could be used to monitor the movement of the person through the store or other areas.” This device, known as a “sniffer,” scans all identifiable

RFID tags carried on the person and correlates that information with sales records to determine the individual’s identity. A device known as a “person tracking unit” then assigns a tracking number to the shopper in order to monitor the movement of the person through the store or other areas. This technology could be implemented in shopping malls, airports, train stations, bus stations, elevators, airplanes, and any number of public venues.

As you can well imagine with this new technology, concerns have been raised regarding privacy and the ability for someone to hack into the device and access someone’s private data. Those privacy concerns are not baseless. The American Civil Liberties Union (ACLU) has identified a number of ways in which RFID tags could threaten privacy and civil liberties. Those concerns range from hidden placement of tags without the knowledge of the individual who purchases the item; the creation of a global item registration system in which every physical object is identified and linked to its purchaser or owner at the point of sale or transfer; the creation of massive databases that could be linked with personal identifying data; hidden readers that make it impossible for a consumer to know when or if they are being scanned; identity theft; and individual tracking and profiling by the government and/or individual corporations.

Further privacy concerns are being

raised with anti-theft tags, which are now being combined with individually trackable RFID chips and placed in consumer products. This means consumers may soon be buying, wearing, and carrying products tagged with RFID. These chips, called “spy chips” by some people, will be able to silently and secretly transmit information about you to marketers, the government, corporations, and possibly even criminals. The main reason for alarm with this technology is that the tags can be made “dormant” at the store and then reactivated later.

To help alleviate some of your concerns, at the present time most RFID tags on consumer products can only be read at a distance of five feet or less and the RFID tracking system necessary to monitor an individual’s every move does not exist at this time. You should be aware, however, that there is very little legislation currently on either the state or federal level that has been enacted regulating the use of this technology and how the data that is stored on the tags is maintained or utilized. As technology in this field continues to advance, it is conceivable that the society envisioned in George Orwell’s *Nineteen Eighty-Four* will one day be at our doorsteps.

Jackie Young is the editor of MAVRC’s Minne-strokes and a freelance reporter from Delano, Minnesota. ■

HAVE YOU MARKED YOUR CALENDAR (APRIL 18, 2015) TO ATTEND THE MAVRC SPRING SEMINAR?



PROFILE OF A BOARD MEMBER

By Jonathan Wonnell, RMR

My name is Jon Wonnell. Yes, one of those J-o-n ones that you assume has an H until you've already put it in two transcripts and find it on an exhibit. Odds are even the exhibits have it both ways, right? Short for Jonathan, of course.

I've come out to Minnesota mid-career from the East Coast. I went to reporting school back in '93 (or so) in Baltimore and was fortunate enough to apprentice at a freelance firm called Salomon where I got to rub elbows with a bunch of all-star reporters, including former NCRA president E. Duane Smith. It's funny, but I got into reporting because I wanted to write stream-of-consciousness style fiction a la William Faulkner and I thought court reporting would be an ideal part-time stepping stone to an illustrious writing career. Ah, to be twenty.

I moved down to Washington, D.C., where I worked for a number of freelance firms—Alderson, Misty Klapper & Associates, Block—before getting my big

break. A large firm was opening a new branch in Washington and had only hired two office staff at the time and landed a huge assignment that involved the sale of the Washington Redskins. For whatever reason they asked my firm to loan me to them and after the first day the clients requested to keep one reporter for the whole works. This firm was later bought by Scot (yes, one T) and Chip Henderson, for whom I put in a decade of very fulfilling work with several other big assignments along the way.

Something I loved about D.C. was the variety. With all the government institutions, you could be working military one day, patents the next, EEO, EPA, IMF, agriculture, pharmaceuticals. However, there was the stress! It's in the air over there.

So what brought me out here? I'm a believer in sabbaticals, if you can at all manage them. I took one and volunteered as a house manager of a homeless shelter in Washington, which really broadened my perspectives. For my second one, I went to Thunder Bay, Canada, to a small church-run

Bible school I found online. I wanted an uninterrupted time to study the Bible with others. Long story short, I met my wife Amy there. We moved back to Washington for two more years so she could get an idea of what my life had been like, but we decided in advance we'd be moving out here.

Now we're raising three little ones (David, Sarah and Zoe) and loving our spot in Bloomington on the bluffs of the Minnesota River. As for reporting, I've become a big Mark Kislingbury fan and have devoted myself to shortening my writing. Maybe there are some speed and accuracy contests in my future! I'll recommend him to anyone who'll listen.

I thank Hart Erickson for reaching out to me to serve on the Board of MAVRC. I have a lot of gratitude built up for this profession (isn't it fun?) and hope that through it, I can find a way to give back something of value.

Jon Wonnell is a freelance reporter in Bloomington, Minnesota. ■

MAVRC Mission Statement

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HEALTH CORNER - THE WONDERFUL WORLD OF HERBS!

By Jackie Young, RPR, DSA

Herbs have captured the attention of mankind for thousands of years, and likely stashed away in our kitchen somewhere are bottles and bottles of herbs and spices that we use on a regular basis without giving them much of a second thought. All ancient systems of medicine have been based upon the use of herbs, and for untold centuries they have been used to address a wide variety of health ailments as well as being grown for their beauty and fragrance and savored for their flavor. Even in modern times, herbs play an important role in everything from foods, beverages, and cosmetics. With the rise of drug-resistant bacteria, we are once again seeing the resurgence in the use of herbs for treating and preventing various health conditions as people strive to naturally boost their immune system. In the words of Hippocrates, "Let food be thy medicine and medicine be thy food!"

Since vitamins are rich, natural sources of vitamins, minerals, and other micronutrients, their health benefits range from positively influencing blood circulation, detoxifying the body, aiding in digestion, improving our immune system, and fighting inflammation – and that is just the short list! Given all the health benefits that one can derive from eating herbs, not to mention the flavor enhancements, there is no better time than now to start expanding our use of them on a daily basis.

Due to the vast number of herbs available, this article will attempt to only address those herbs that are more commonly grown in this area, and I would encourage you to do a little research on your own if there is something that has captured your interest.

The "King" of all herbs is **BASIL**, and is originally native to India and other tropical regions of Asia. Basil is believed to bring prosperity and happiness when planted in the garden. The ancient Egyptians and ancient Greeks believed that it would open the gates of heaven for a person passing on.

Believe it or not, Basil is part of the mint family and comes in many different varieties, such as sweet, lemon, lime, African blue, and anise. While basil is very low in calories and contains no cholesterol, it is a very rich source of many essential nutrients, minerals, and vitamins that are required for optimum health and has been shown to contain compounds that have anti-inflammatory and antibacterial properties. It contains exceptionally high levels of Vitamins A and K, beta-carotene, lutein, and helps to filter harmful UV rays from reaching the retina to help slow the progression of macular degeneration. In addition, basil also contains potassium, manganese, copper, magnesium, and iron.

Consumption of natural foods rich in Vitamin A has been found to help the body protect the lungs and oral cavity from cancer. Vitamin K helps clot blood and plays a vital role in bone strengthening

CILANTRO is a Mediterranean herb and is employed in savory dishes in almost all parts of the world. The seeds (coriander) have been found in the tomb of the Egyptian Pharaoh Tutankhamun and once grew in the famous hanging gardens of Babylon. Cilantro first came to the United States in 1670 when it was planted in Massachusetts.

This herb is also very low in calories

and contains no cholesterol. Its deep-green leaves contain good amounts of antioxidants, essential oils, vitamins and dietary fiber. It is rich in folic acid, riboflavin, potassium, calcium, manganese, iron and magnesium and Vitamins A and C. Cilantro is one of the richest herbal sources for Vitamin K and is believed to help in the treatment of Alzheimer's disease by limiting neuronal damage to the brain.

An herb that some people may not be that familiar with is **LOVAGE**, which is a very aromatic plant with dark green leaves and greenish yellow flowers. Its scent and flavor is similar to celery. The herb lovage derives its name from the Latin word denoting 'Ligurian'. This is because in the ancient times, this aromatic herb thrived in Liguria - a province that comprises the Italian Riviera. After it was introduced in Europe in the Fourteenth Century, for over 600 years people thought there was some connection between the herb and love potions. They were of the opinion that lovage constituted a significant part of all major love potions, but there is no scientific data that I have found to back up that notion.

Leaves of lovage are commonly used for adding flavor and zing, particularly in soups. The underground parts of the herb, the rhizome and roots, contain therapeutic properties. The roots of lovage have been used as a diuretic, relieving gas, and in the treatment of kidney stones, jaundice, malaria, and sore throats. Lovage is near the top of the list of naturally occurring sources of quercetin, which is an anti-inflammatory, antioxidant, and anticancer agent.

Another very popular herb is **OREGANO**. The name comes from the Greek words “oros” and “ganos, which are words for mountain and joy. Oregano literally means “joy of the mountain.” Nowadays there are over 40 oregano species.

Oregano oil is an extraordinarily powerful natural antibiotic. In fact, the USDA ranks oregano’s antioxidant capacity anywhere from three to 20 times higher than any other herb. It has four times the antioxidant power of blueberries, 12 times that of oranges, and 42 times greater than apples. Oregano also contains rosmarinic acid, which has very strong cancer-fighting properties and compounds that act to reduce histamine and help airflow. **WARNING:** Do not use oregano oil or any other essential oil internally unless it has been approved for that use.

Oregano in dried form has a more potent taste than the fresh leaves and still retains most of its antioxidant capacity even when it is dry.

PARSLEY is another fragrant rich biennial herb native to the Mediterranean region. It was first grown in America by the Plymouth colonists in their gardens. There are two main groups of parsley: flat leaf and curly leaf. Flat leaf parsley is easier to grow as it is a stronger and more tolerant plant. It also has a stronger flavor than the curly parsley. Curly parsley is often used as a food garnish.

Parsley contains an oil that has been shown to prevent the formation of the type of blood vessels that carry nutrients to cancerous tumors, a process known as angiogenesis. Its leaves contain zero cholesterol and fat but they are rich in antioxidants, dietary fiber, and minerals like potassium, calcium, manganese, iron,

and magnesium. It is also rich in Vitamins A, B, C, E, and K as well as lutein and folates. A 100-gram serving provides the following RDA values: 220 percent of Vitamin C, 281 percent of Vitamin A, 1366 percent of Vitamin K, 77.5 percent of iron, and 14 percent calcium. Parsley is believed to help prevent age-related macular degeneration.

PEPPERMINT has been valued for centuries for its distinctive aroma and medicinal value. Peppermint is an excellent source of minerals like potassium, calcium, iron, manganese and magnesium. This herb helps in weight loss by ridding the body of toxins and waste as well as suppressing appetite and stress. It also aids in digestion and helps to reduce bloat.

NOTE: Individuals who suffer gastro-esophageal reflux disease (GERD) are advised to limit their peppermint use since it can aggravate their reflux condition.

ROSEMARY is believed to have originated in the Mediterranean region as a wild evergreen perennial shrub, but today it is grown in nearly all parts of the Mediterranean region and other parts of the world. This herb is exceptionally rich in B-complex vitamins and contains high levels of folates, which are important in DNA synthesis and help prevent neural tube defects in newborn babies. Rosemary also contains good amounts of Vitamins A and C, potassium, calcium, iron, manganese, copper, magnesium and iron.

Cancer research has shown that it can be used along with some drugs to make cancer cells more welcoming to chemotherapy. Rosemary oil is used externally to soothe painful ailments such as gout, rheumatism, and neuralgic conditions. When applied over the scalp, it is known

to stimulate the hair bulbs and help prevent premature baldness. It also is an effective remedy for the prevention of dandruff. Rosemary tea is a natural remedy for headaches, colds, and depression.

SAGE is a popular herb from the ancient Roman times. This legendary herb has long been recognized as the guardian of herbs and is commonly seen all over the Mediterranean and southeastern regions of Europe. Its oils are known to have anti-inflammatory, anti-allergic, antifungal, and antiseptic properties. It also helps to improve mental concentration, attention span, and quickens the senses, which has resulted in the herb being called “thinker’s tea.” Sage also contains folic acid, thiamin, riboflavin, Vitamin A, beta-carotene, Vitamin C, potassium, zinc, calcium, iron, manganese, copper and magnesium. Medicinal use of its oils improves concentration and is used externally to soothe muscle stiffness, rheumatism, and neuralgic conditions. **WARNING:** Sage, when used in large amounts, can cause nervous irritation, convulsions and death and is prohibited in known epileptic conditions.

SWEET MARJORAM is also known as knotted marjoram. It has a delicate sweet flavor and subtle pungent taste but is gentler than oregano. Sweet marjoram was used by ancient Greeks to make wreaths and garlands and was believed to be a symbol of peace, harmony and happiness.

Fresh marjoram has high levels of Vitamins A, C, and K, beta-carotene, lutein, calcium, potassium, manganese, copper, zinc and magnesium, and its leaves are an excellent source of iron. Dried marjoram leaves have more intense flavor than fresh, unlike that of other herbs like sage and thyme. In order to
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keep the fragrance and flavor intact, it generally is added at the last moment into cooking recipes.

Marjoram oil has been used to treat minor ailments like flatulence, muscular pain, rheumatism, osteoarthritis, and inflammatory bowel conditions.

TARRAGON is also known as dragon wort and is thought to have originated in the Central Asia region. There are two types of tarragon: Russian and French. French tarragon has a lot more flavor than the Russian variety but Russian tarragon is easier to grow and more hardy. French tarragon is very difficult to grow from seed and most people purchase the plant. Generally tarragon is added at the final moment in small amounts to recipes in order to retain flavor and taste.

This herb has one of the highest antioxidant food values among the common herbs. The herb is a rich source of Vitamins A and C, B-complex vitamins, calcium, manganese, iron, magnesium, copper, potassium, and zinc. Tarragon has been used in traditional medicines for stimulating the appetite and as a remedy for anorexia, flatulence, and hiccups. Tarragon tea may also help cure insomnia.

THYME is native to the southern Europe and Mediterranean regions. Its name is derived from the Greek word thumos, which signifies courage. According to legend, any place where thyme grows wild is a place blessed by the fairies. Prior to the invention of the refrigerator, thyme was also used to help keep meats from spoiling. Today there are more than 350 species of thyme across the globe and it is well-suited to growing in pots.

Similar to rosemary, it contains

terpenes, which makes it have anticancer properties, and has also been shown to be a powerful antioxidant, antiseptic, antifungal, antibacterial, and anti-inflammatory. It is a rich source of potassium, iron, calcium, manganese, magnesium, and selenium, Vitamins A, C, E, K, and B-complex vitamins. Thyme acts as an expectorant to clear the lungs of congestion and as an antitussive to calm coughing spasms. Gargling or drinking thyme tea may help relieve coughs, sore throat, and bronchitis symptoms. Thyme also encourages your body to sweat, which helps to eliminate toxins from the kidneys and liver and bring down a fever. Since thyme is antifungal, you can soak your fingers in thyme tea to help prevent damaged nails.

Fresh thyme should be added sparingly to recipes given its intense flavor and is generally added at the last moment to keep its flavor intact. Prolonged cooking results in the evaporation of its essential oils and consequently you will lose much of its health benefits. Place sprigs of thyme among clothes or linens to dispel musty odors and deter insects.



TIPS FOR COOKING WITH HERBS:

- The flavors and aromas of fresh herbs are more complex and delicate than those of dried herbs.
- Store fresh herbs in the refrigerator to slow down deterioration.
- Herbs grown in full sun generally are more flavorful than those grown in a greenhouse or shade.

- Most herbs are best added only during the last 15 minutes of cooking so their oils remain intact.

HERBAL BLENDS:

Salad blend: basil, parsley, lovage, marjoram, dill, tarragon, savory

Soup blend: basil, lovage, parsley, marjoram, thyme, savory bay laurel

Poultry blend: sage, thyme, savory, parsley, lovage, marjoram, basil

Fish blend: basil, lemon balm, dill, savory, rosemary, rue, fennel leaves

Beef and veal: basil, lovage, parsley, thyme, marjoram, savory, sage

Italian herb blend: 2-1/2 tbsp oregano leaves, 2-1/2 tbsp basil leaves, 1 tbsp marjoram leaves

Persillade: 1/2 cup fresh minced parsley, 2 cloves minced garlic or 1 large shallot, minced

(Pour over steamed or sautéed vegetables and allow to stand for a couple of minutes)

Strong herbs - winter savory, rosemary, sage

Accent Herbs - sweet basil, dill, mint, sweet marjoram, tarragon, thyme

Herbs for blending - chives, parsley, summer savory

DISCLAIMER: Please remember that although herbs are natural and generally wholesome, these herbs may react with prescriptions for anxiety, high blood pressure, or depression. Be sure to check with your doctor before using herbs in a large amount if you are on prescription medications. If you are hypotensive, these herbs may not be a good fit for you. Be sure to check with your doctor.

Jackie Young is a freelance reporter from Delano, Minnesota, and is currently serving on MAVRC's Board of Directors as President-Elect. ■

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COURT REPORTING STUDENT PROFILE

By Kevin Klein

Name: Kevin Klein

School: Anoka Technical College

Speed: 180-200

Hometown: West St. Paul



Tell us a little about yourself. Originally trained as a drummer and then switched to professional opera and theater, where I met my wife. I then became a massage therapist, which I've done for the last nine years, and have yet to make any money doing. My wife and I travel when we can and always visit a craft brewery and the zoo wherever we go. And if I'm breathing, I'm at Minnesota Irish Fair. I often go Irish ceili dancing every third Saturday of the month at Celtic Junction. Oh, and I foster a dog with BARK.

What made you decide to pursue a career in court reporting? I was always curious about it but never knew where to go. Four years ago, I was in a Black Sabbath tribute band. One night at rehearsal, the bass player said she was starting court reporting school. I saw the writing on the wall with massage and decided to make my final career change. At the time, my wife and I were trying to buy our house; therefore, I had to wait a year to start the program at Anoka Tech because at the time they didn't start a new class every semester. Figures.



Kevin Klein

What area of reporting interests you the most at this time - official, freelance, or captioning/CART? I'd prefer official, but will take freelance if I get an offer.

What's been the most challenging or rewarding part of your schooling thus far? Learning to type, and type fast, with these club hands. I've never had a desk job in my life and, therefore, this was completely new to me. It also doesn't help that my friend was one of those rare people who got done in five semesters while I'm about to start my seventh and will likely be an eighth. Then again, she didn't have to get up at 4 a.m. to clean beer draught lines before class each day. I don't see many other men in the program either.

Do you know any working reporters or anyone that's been an influence to you? Kelli Aslesen is the bass player I mentioned. I also used to work with the daughter of Tom Iffert. I talked to him before I started the program.

If you had an hour of free time, what would you be doing (besides practicing on your steno)? Hanging out in a pub either drinking, singing and playing guitar or both; hanging out in one of the various tap rooms in Minnesota; going to the zoo; practicing my guitar now that I'm almost in the 200's; do something around the house; or just take a nap.

What is your favorite band or type of music? Other than Black Sabbath, which led to at least two people going to Anoka Tech, in my youth I was into various hard rock and Heavy Metal bands and Johnny Cash. Nowadays it's Johnny Cash and mostly celtic music, especially the Tossers, Flogging Molly, the Dropkick Murphys, Pogues, etc.

(Continued from Page 20)

What is your favorite food or restaurant? Any true Irish or Scottish pub. I like the new Kierans but miss the old one. I curse whoever decided to get rid of the corned-beef poppers. Senor Wongs and Ngon are musts for me for food and beer. I get Popeyes chicken whenever possible. I have yet to visit the one near Anoka.

Where is a place you would like to visit? Ireland, Scotland, Japan, Germany, and someday see my friends in Vegas where I've never been.

The last book you read? The Last Command by Timothy Zahn, the first trilogy of the Star Wars books. The new movie is not going to be based on them, nor were the prequels, which is why they sucked. This was all by audio books on our way to my mother-in-law's. Who has time to read books while in court reporting school?

The last movie you watched? *Captain America the Winter Soldier*, though we are binge watching "Once Upon a Time" right now. Thanks to Anoka Tech, I don't get out much. ■



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CONGRATS GRADUATES



**Brittany
Blesener**

I am a recent graduate from the Judicial Court Reporting Program at Anoka Technical College. I am driven in securing my RPR certification and then will continue on for the CRR and RMR. I hope to be freelancing as soon as possible and get back to teaching ballroom and Latin dance in my downtime.



**Samantha
Goodwin**

I just started working at Ketcham & Associates, a freelance firm out of Fargo, North Dakota. I started my internship there and just began working in January.

Kimberly Morey

As a recent graduate of the Judicial Court Reporting Program from Anoka Technical College, my objective is to be an official reporter. Although there are many aspects to reporting, my desire has always been to be in the court. It has been a long road, but I am excited to begin my career in this field.



Lynzie Zempel

I am very excited to start my career as a court reporter after graduating in December of 2014 from Anoka Technical College. I am currently a production assistant at Doby Professional Reporting in Eden Prairie. I have also started interviewing for court reporting positions in the Twin Cities area. I am exceedingly grateful to the dedicated and supportive instructors in the Judicial Court Reporting Program at Anoka Technical College.



REPORTER RECIPES

Submitted by Michelle Foley

To Die For Blueberry Muffins

Prep Time: 15 minutes Cook Time: 25 minutes Servings: 8

1-1/2 cups flour
3/4 cup sugar
1/2 tsp salt
2 tsp baking powder
1/3 cup vegetable oil
1 egg
1/3 cup milk
1 cup fresh blueberries
1/2 cup white sugar
1/3 cup all purpose flour
1/4 cup butter, cubed
1-1/2 tsp ground cinnamon

Preheat oven to 400 degrees. Grease muffin cups or line with muffin liners.

Combine 1-1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1-1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven or until done.

Michelle Foley is an official reporter in St. Cloud, Minnesota, serves on MAVRC's Board of Directors, and is a member of MAVRC's Publication Committee.



Have a favorite recipe you would like to share?

Please email your favorites for inclusion in the MAVRC newsletter to:

Jolene.Carrow@gmail.com

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

**Jean Whalen, RDR, CRR
MAVRC Pro Bono Coordinator
Juvenile and Family
Justice Center**

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PRO BONO

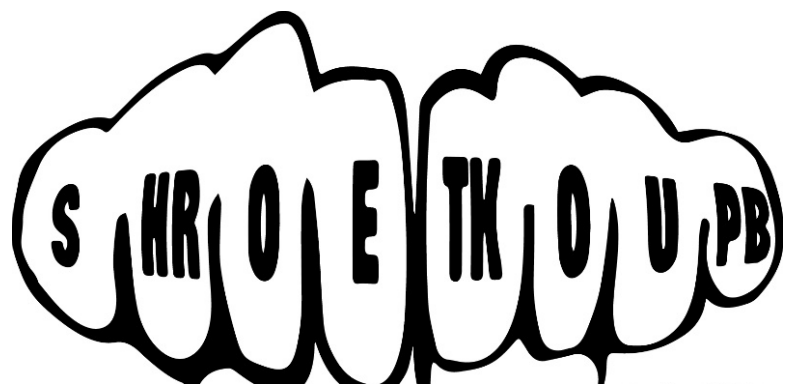
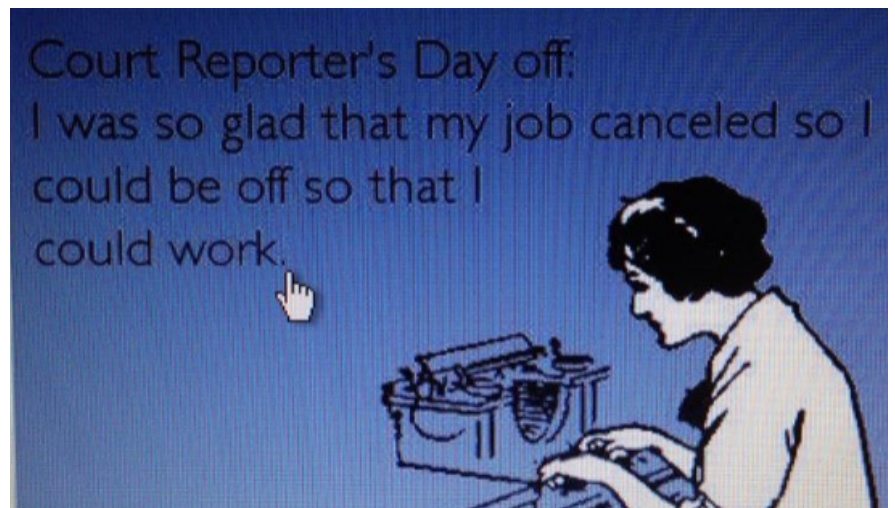
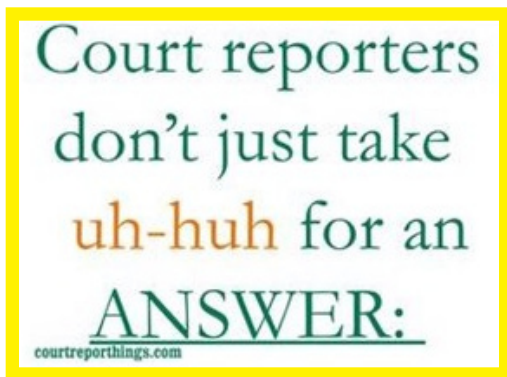
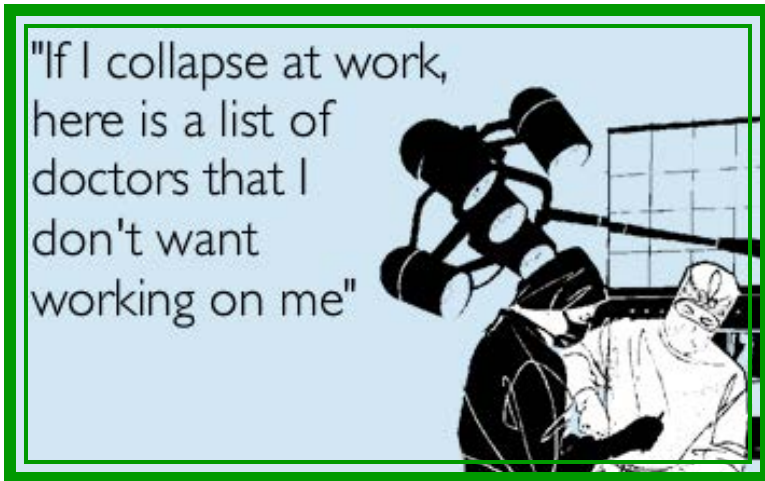
Kudos to
Sherlyn Anderson
and
Jolynn Graham
for performing pro bono
reporting services.

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
MAVRC Editor **MINNE-strokes**
2575 Nelson Road
Delano, MN 55328

rite2jackie@frontiernet.net

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MAVRC MEMBERSHIP RENEWAL /APPLICATION 2015

**Please return completed application with your payment to:
MAVRC, P.O. Box 375, Marshall, MN 56258**

Membership Type: Renewal New Member (Endorsed by MAVRC Member: _____)

Name: _____ e-mail: _____

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Reporter Status: Freelance, Official, Captioner, Student, Scopist, Retired, Transcriptionist, Associate, Firm Owner,
Federal, Vendor, CART provider

What certifications do you hold? _____

Would you like to be listed in the MAVRC Directory? YES NO

What address/phone information would you like listed in the Directory? Home Work

What services do you provide that you would like to have listed in the Directory?

Overflow Freelance Court Per Diem CART Provider Captioner

Payment of dues: All membership dues are payable on or before January 1st of each calendar year. **A \$20 discount will apply if payment is received by December 31, 2014. All members whose dues are not paid by March 31, 2015, will be suspended and dropped from the roll of membership.**

_____ \$120.00 Regular Member (\$100.00 if submitted by December 31, 2014)

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_____ \$25.00 Student Member

_____ Retired Member (Board Approved)

_____ \$25.00 - I would like to sponsor a student. **MAVRC would like to acknowledge your gift. If you wish to remain anonymous, please indicate Yes, I wish to remain anonymous.**

\$_____ I would like to contribute to lobbying efforts

\$_____ Total Amount Enclosed – Thank you for your support.

Dues payments to MAVRC are NOT deductible as charity deductions for federal tax purposes. Amounts may be deductible as a necessary business expense.

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Advertising with MAVRC offers opportunities to inform others in our profession as well as members of the legal community and the general public of the variety of services court reporters provide.

If you wish to take advantage of this opportunity, ads placed with MAVRC are published on MAVRC's website in full color. Below, **please circle your choice(s) for ad(s)** to be published by MAVRC.

| | <u>ANNUAL RATE</u> | <u>PER/ISSUE RATE</u> | Please circle issue(s) you wish ad to run | | | |
|------------------|--------------------|-----------------------|---|--------|------|--------|
| Business Card Ad | \$100 | \$30 | Spring | Summer | Fall | Winter |
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Please send this completed form, your payment, and your camera-ready ad to:

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To be included in the Summer, 2015, issue, your ad and payment must be received by May 1, 2015.

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

The MAVRC Board of Directors thanks you for your support.

MAVRC's website: www.mavrc.org

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Court Reporting as a Career???

If you know someone who is interested in court reporting, closed captioning, or CART, the contact person at Anoka Technical is:

Jennifer Sati

JSati@anokatech.edu

**Want to help out
a student?**

**Send \$25.00
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WANTED...

**Your extra steno paper, tapes, or
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**If you are willing to donate any of
these items to the students
at Anoka Tech, please contact:
Jennifer Sati at
JSati@anokatech.edu**



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UPCOMING EVENTS

February

15-21 National Court Reporting &
Captioning Week

March

3 MAVRC Get-Together
Stella's Fish Cafe
Minneapolis, MN

April

10-12 NCRA Tech Con
The Curtis, a Doubletree Hotel by Hilton
Denver, Colorado

13-14 NCRA Leadership Conference
Orlando, Florida

18 MAVRC Spring Seminar
Anoka Technical College
Anoka, Minnesota



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To submit articles, send to:

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MAVRC Editor MINNE-strokes
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numbers. This will help to ensure that you will continue to
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regarding your association and profession.

Contact Jolene Carrow at jcarrow_mavrc@hotmail.com or
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NEXT NEWSLETTER PUBLICATION DEADLINE

