



MINNE-strokes

Minnesota Court Reporters: On and Off the Record

Summer 2023

Volume 26, Issue 2

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President's Address

By Lynzie Zempel

Being a mentor for interns or court reporting students can be a rewarding experience. As a mentor, you have the opportunity to share your knowledge and expertise with aspiring professionals in the field of court reporting. Here are some tips on how to effectively mentor interns or court reporting students:

1. Establish clear goals: Begin by setting clear goals and expectations for the mentoring relationship. Discuss with the intern or student what they hope to achieve during their internship or training period. This will help guide your mentoring activities and ensure that both parties are on the same page.
2. Provide guidance and support: Offer guidance and support to help interns or students navigate their training or internship successfully. Share your experiences, insights, and best practices related to court reporting. Be available to answer their questions, provide feedback on their work, and offer suggestions for improvement.

(Cont'd on page 2)

President's Address

(Cont'd from page 1)

- 3. Encourage active learning:** Encourage interns or students to actively engage in their learning process. Encourage them to take initiative, ask questions, and seek opportunities to practice their court reporting skills.
- 4. Foster a positive learning environment:** Create a positive learning environment where interns or students feel comfortable asking for help and sharing their challenges. Offer constructive feedback and praise their achievements. Provide a safe space for them to make mistakes and learn from them.
- 5. Facilitate networking opportunities:** Help interns or students build their professional network by introducing them to other court reporters, proofreaders, scopists and videographers. Encourage them to attend MAVRC conventions, join MAVRC, NCRA, and STAR, where they can connect with fellow court reporters.
- 6. Set an example:** As a mentor, you are a role model for interns or students. Demonstrate professionalism, integrity, and strong work ethic in your interactions with them. Lead by example and inspire them to strive for excellence in their court reporting career.
- 7. Monitor progress and provide feedback:** Regularly check in with interns to see how they are doing. Did they pass a speed test? Are they stuck in a speed? This is when students need the most encouragement.
- 8. Encourage professional growth:** Support interns or students in their professional growth by identifying opportunities for them to expand their knowledge and skills. Do you have a court reporter friend that has an interesting trial coming up that an intern might like to attend?

Remember that being a mentor is a two-way street. While you provide guidance and support, be open to learning from interns or students as well. Their fresh perspectives and ideas can enrich your own professional development.

I had the opportunity to have Karli Pikala, an Anoka Tech student in her 225s, intern with me. I will share some of the questions I asked her in the next President's Address.

Thank you to all of our mentors and court reporting students for all of your hard work and dedication to our profession.

MAVRC Mission Statement:

The mission of Minnesota Association of Verbatim Reporters & Captioners (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.

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Many thanks to Blythe
Warwas for dedicating
her time serving on
MAVRC's *MINNE-
strokes* Publications
Committee. We wish
her all the best in her
new career as an
official up in the Sixth
District!

Current Job Openings:



- Court Reporter, Hennepin County, Court Reporter Unit
- Court Reporter - Part-Time, Dakota County, Honorable Dannia Edwards
- Court Reporter, Itasca County, Honorable Sarah McBroom
- Court Reporter, Dakota County, Honorable Timothy McManus
- Court Reporter, Beltrami County, Honorable Shari Schluchter
- Court Reporter, Ramsey County, Honorable Sophia Vuelo
- Court Reporter, Dakota County, Honorable Richelle Wahi

For more information, go to:

<https://www.governmentjobs.com/careers/mncourts>



SAVE
THE DATE

ARROWWOOD LODGE
AT BRAINERD LAKES

**MAVRC'S FALL CONVENTION
SEPTEMBER 29-30**

REMEMBERING MARK HEGLE

IN MEMORIAM

October 28, 1955 – April 4, 2023



Before Mark's very first deposition in 1976.



Mark in May 2019.

By Susan Schwaller, Mark's sister

Mark was one of the good ones. If you'd ever met him, he would remember your name and consider you a friend.

After graduating from Northern Technical School of Business in 1976, Mark went on to a 47-year career in freelance court reporting. He began at Ray J. Lerschen & Associates, eventually becoming a senior partner, before launching his own firm, Hegle Court Reporting, in 2008 alongside his wife, Kelly. Mark was an icon in the Twin Cities reporting community.

Mark had the biggest heart and was a devoted husband and father. He was hilarious, fun-loving, compassionate. He adored every Minnesota sports team, fishing, hunting, his dogs. He was a master at the barbecue and king of cribbage. He loved his family fiercely, and his sons Joe and Jack were his pride and joy.

Everyone he's left behind is heartbroken that he's gone but so grateful to have known him and to know that he is at peace.

Mark – we love you so much. We'll miss you until we can meet again. Hope you're playing baseball with Kirby Puckett right this minute.



OF JILL GARRISON

Compiled and submitted by Rhonda Franken, MINNE-strokes Editor

Partial reprint from the Star Tribune: "Jill passed away on April 7, 2023, surrounded by her family after valiantly fighting a 2.5-month battle with non-smokers lung cancer. Her bright personality and radiating smile will be deeply missed by her husband of 40 great and happy years, Steve; their three children, Kelly Swenson (Brad), Will Garrison (Caitlin), and Tim Garrison (Alexa); and three grandsons, Sullivan (5), Bowen (4), and Ryan Swenson (1.5). Jill loved her family deeply and never strayed from placing them at the very top of her priority list. She was a bright light and made everyone around her smile. Jill loved working in the Minnesota courts in St. Paul, Ramsey County for 37 years. All the wonderful people she met and knew there meant so much to her. She was passionate about her work and those she did it with."

Editor's comments: It was greatly evident how much Jill touched the lives of her fellow reporters when I reached out to Ramsey County reporters for tributes to Jill. Jill's judge upon retirement, Judge Thomas Gilligan, responded with a flood of comments from reporters that were sent to him for a retirement tribute. Below are excerpts from the tributes from those many fellow reporters and Judge Gilligan.

From Lora Kohan, Court Reporter for Judge Olmstead, Ramsey County:

"Jill was someone that I could always count on for lunch, happy hour, or an ear for advice or a vent, even after retirement! When we'd have a meeting, we were often the last ones to leave. We could sometimes text for hours, much to the chagrin of others in the text thread. Not a lot of people know this, but before the pandemic, a few of us would regularly meet for lunch in a courthouse location we dubbed the 'batcave.' Often, I'd get a message in chat from her (or vice versa), 'Meet in the batcave today?' The answer was always yes! Jill was a passionate advocate for the court reporting profession and cared about the integrity of the record more than anyone I've known. She worked tirelessly on our behalf until the day she retired, and the loss we felt with her departure was profound. I will miss her terribly."

From Julie McArdle, Court Reporter for Judge Grewing, Ramsey County:

"Jill was always quick to smile and had such a positive attitude. She was a great union steward and was always promoting the profession. She was excited to retire to spend more time with her grandchildren. She was a lovely soul who was taken from this world too soon."

From Elizabeth Tremmel, Court Reporter to Judge Gordon, Ramsey County:

“For everyone who, like me, didn’t get the chance to meet her or see all the work she did: She testified before the legislature in favor of increased funding for transcripts for public defenders in 2007. She served as MAVRC president from 2008 to 2009. She testified in favor of HF 2455 in 2014. Per a 2015 MAVRC newsletter, she made ongoing contributions to the Legislative/Government Affairs Committee and spent years diligently monitoring possible actions by court administration and potential changes to legislation with regard to the record and reporters. Her work in the Court Record Workgroup still affects us to this very day; you can see it in the fact that the IFP pilot was not extended. It was in that workgroup in February 2017 that a precursor to that project was first voted down. If you go back and watch recordings of the Judicial Council meetings where the pilot is discussed, everyone continues to reference that workgroup’s efforts.”

From Jean Whalen, Court Reporter to Judge Hilgers, Ramsey County:

“Jill was an amazing person. Nobody advocated more on behalf of the integrity of the record than she did. Jill was incredibly articulate and intelligent, and it was a pleasure working with her. She handled everything with grace and a smile.”

From Mary Briody, Court Reporter to Judge Starr, Ramsey County:

“When I think of Jill, I automatically think of her as our go-to person and the reporter that was always in the know. When I was new with the district, Jill was always available to answer questions. She never acted like it was an inconvenience. When we would have our court reporter meetings and Jill was our union steward, she was always on top of everything and had so much information to pass along. I often wondered how she always knew so much about what was going on, not only in our district, but throughout the state. We were all very sad to see Jill go when she retired. She is truly going to be missed.”

From Patricia Kinning, Court Reporter to Judge Guthmann, Ramsey County:

“My very first job out of court reporting school was covering for Jill while she was out on a four-month maternity leave. Judge Lynch and their law clerk Lisa adored Jill!! She was a wonderful mentor and colleague and always a zealous advocate for court reporters. Her contribution over her time with Ramsey County was immeasurable. She will be missed, both personally and professionally. Such a loss...”

From Colleen Maloney, Court Reporter to Judge Castro, Ramsey County:

“Jill was one of the kindest and passionate people I’ve ever had the pleasure of knowing. Having her as my floormate for ten years, especially when I was a newer reporter was invaluable. Jill always had time for people, and even when she technically didn’t, she’d make the time. She was our powerhouse as a union steward for years and years.”

From Debbie Peterson, Court Reporter to Judge Ehrman, Dakota County:

"Jill was an extraordinary person! She was calm, cool, and collected at all times. Jill had a true passion for the court reporting profession, spending numerous hours working on issues that affected court reporters. She served on the MAVRC Board and served as a statewide union steward. She was involved with the Anoka Technical College Judicial Program and was a mentor for new students for years. We all benefited from Jill's service on several statewide committees and workgroups. The court reporting profession was truly better because Jill was a huge part of it! She will be forever missed by all who knew her!"

Partial reprint from Judge Thomas Gilligan, Jill's judge up to retirement:

"About five minutes after the news of my appointment to the bench was made public, I received a call from Judge Gregg Johnson. He gave me a quick congratulations but said the real reason he called was to tell me that the first thing I needed to do was hire Jill Garrison. He said that he would be retiring soon and that he wanted to make sure that Jill was going to end up in a good place. He also told me that she would help me become a judge. He was so right. My best judicial decision was to hire Jill.

"Judicial chambers are a tight space. If the chemistry between the three of us is not right, or if one of us is having a bad day, it can be a tough place to work. Jill didn't have bad days (or so she led us to believe) – no matter what was going on in the world or the courtroom. She was steadfast and tough. She continued reporting through the courtroom chaos that ensued when a defendant threw a computer monitor after he was sentenced. Deputies flying, attorneys running, clerks ducking – Jill just closed her eyes and kept going. She even reported a court session with a broken ankle. Judicial teams also serve people who are angry, frustrated, or in crisis. We indirectly witness the unspeakable things that people do and the pain and trauma their actions cause. Internalizing the things that we hear and see daily could be disruptive and debilitating. But Jill's sense of humor back in chambers could get us talking and laughing again and pulled us out of the darkest spots in the day. After working with Judge James Lynch for eight years and Judge Johnson for 22 years, Jill knew everyone and had seen everything. This made her the perfect person to help teach me to be a judge for seven years. She was my mentor, my confidant, my interpreter for all the things that I didn't understand about the court system, and my cheerleader. Most important, she was my friend.

"Jill was a tireless advocate for court reporters in Minnesota and caused good trouble. She testified before the legislature several times to support increased funding for public defender transcripts and for revisions to laws concerning court reporter duties and compensation. Jill was invested in the next generation of court reporters and developed relationships with the faculty at Anoka Technical College. She helped many on their path to working in the field by mentoring students and training new reporters. These relationships helped to channel graduating students to the entire judicial branch. She was the welcoming smile and the arm around the shoulder to new court reporters." The Jill Garrison Scholarship Fund for the Judicial Reporting Program at the Anoka Technical College was graciously started by fellow Second District court reporters, headed by Jean Whalen, and it is said to have "grown so much in one day, a testament to how admired Jill continues to be." If you wish to make a donation in Jill's name, please go to: anokatech.edu/giving/foundation. Click "Make a Gift Online"/Select "This gift is in honor"/Write in: Jill Garrison/Where to Donate: "Scholarships" in drop down.

Spring Seminar Recap - Legislative Presentation

Submitted by S. Ryan Ziegler, RPR, CRR

MAVRC's Spring Seminar was held at Anoka Technical College on April 22nd. Our first presentation was by our three board members who attended NCRA's Leadership and Legislative Boot Camp: RandiAnn Harvey, Deanna Oaks, and Lynzie Zempel. They explained the process they went through to gain training on issues of how to successfully work with congressional powers to effect positive change for our industry. Specifically during their time in D.C., they were working to lobby for the Training for Realtime Writers Act, which has a goal of obtaining funding for more realtime stenographic writers. They shared many pictures and stories of their trip.

After arriving back in Minnesota, the group focused their new skills on our state legislature and have worked with our lobbyist to create similar legislation to fund stenographic realtime training here in Minnesota. Please read the full text of the bill below.

Joel Carlson, our association lobbyist, also came to speak about the legislative session in general and also specifically about the proposed legislation. Mr. Carlson works with two attorney members who are also legislators, Sen. Judy Seeberger and Rep. Matt Norris, to introduce the bill. We will continue to work with him and other stakeholders as we work to pass the bill during the 2024 legislative session.



A bill for an act relating to higher education; creating an institutional grant program for realtime stenographic writer training; requiring reports; appropriating money.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF MINNESOTA:

Section 1. REALTIME STENOGRAPHIC WRITER TRAINING GRANT.

Subdivision 1. Establishment and application.

(a) The commissioner of the Office of Higher Education must establish a grant program for eligible institutions under Minnesota Statutes, section 136A.103, to promote the training and job placement of realtime stenographic writers, including court reporters and closed captioning.

(b) The grant application must include (1) a description of the training and assistance to be funded using the grant amount, including how the training and assistance will increase the number of realtime stenographic writers, and (2) a description of how the eligible institution intends to continue providing the training and assistance to be funded by the grant after the end of the grant period. The commissioner may determine additional application requirements and establish deadlines to which Minnesota Statutes, chapter 14, including Minnesota Statutes, section 14.386, do not apply.

(Cont'd on page 10)

Subd. 2. Awarding grants.

- (a) The commissioner must award two grants of \$300,000 each year beginning the 2024-2025 academic year until the appropriation is expended. One grantee must be in the seven-county metropolitan area as defined by Minnesota Statutes, section 473.121, subdivision 2. The other grantee must be outside of the seven-county metropolitan area.
- (b) The commissioner shall give a priority to eligible institutions that:
 - (1) possess the most substantial capability to increase their capacity to train realtime stenographic writers;
 - (2) demonstrate the most promising collaboration with educational institutions, businesses, labor organizations, or other community groups having the potential to train or provide job placement assistance to realtime stenographic writers; or
 - (3) propose the most promising and innovative approaches for initiating or expanding training or job placement assistance efforts with respect to realtime stenographic writers.
- (c) The first grants must be awarded for the 2024-2025 academic year.

Subd. 3. Individual grants and scholarships.

- (a) If an eligible institution uses any of the grant money under this section for individual grants or scholarships, the grant or scholarship must comply with this paragraph. The amount of the grant or scholarship must be based on the amount of need of the scholarship recipient for financial assistance. To be eligible to receive a grant or scholarship under this section, a recipient must enter into an agreement with the enrolling school to be employed as a realtime stenographic writer for six months for each semester or equivalent in which the person receives a grant or scholarship.
- (b) The commissioner must establish requirements for employment for recipients of grants or scholarships under paragraph (a), including requirements for repayment of grant or scholarship amounts in the event of failure to meet the requirements for employment. The commissioner may waive, in whole or in part, the requirements for repayment of grant or scholarship amounts on the basis of economic conditions which may affect the ability of scholarship recipients to find work as realtime stenographic writers. The requirements and waivers under this paragraph are not subject to Minnesota Statutes, chapter 14, including Minnesota Statutes, section 14.386.

Subd. 4. Reporting.

- (a) By January 15 in any fiscal year an eligible institution receives a grant, the institution must submit a report to the commissioner of the Office of Higher Education. The report must include:
 - (1) an assessment by the institution of the effectiveness of activities carried out using such funds in increasing the number of realtime stenographic writers; and
 - (2) a description of the best practices identified by the eligible institution for increasing the number of individuals who are trained, employed, and retained in employment as realtime stenographic writers.
- (b) In any year the commissioner of the Office of Higher Education receives a report under paragraph (a), the commissioner must report to the legislative committees with jurisdiction over higher education the results of the reports under paragraph (a) and recommendations for the program.

EFFECTIVE DATE. This section is effective the day following final enactment.

Sec. 2. APPROPRIATION.

\$3,150,000 in fiscal year 2025 is appropriated from the general fund to the commissioner of the Office of Higher Education for purposes of section 1. This is a one-time appropriation and is available through June 30, 2029. The commissioner may use up to five percent of this appropriation for administrative costs.

S. Ryan Ziegler is a freelance reporter out of Inver Grove Heights and the *MINNE-strokes* publication designer.

Spring Seminar Recap: Dr. Mackenzie Jones, DPT

By Rhonda Franken, RMR

Mackenzie Jones, a physical therapist, gave an informative and interesting presentation to MAVRC seminar attendees at the spring seminar on April 22. Dr. Jones discussed several common repetitive stress injuries experienced in the court reporting profession, focusing on prevention, causes, and treatment. Dr. Jones also demonstrated various PT treatments and exercises for injuries specific to the court reporting profession.



Dr. Jones explained how pain is subjective - everyone experiences it differently - and it can be increased by anxiety, stress, or depression and manifested in different ways.

She discussed what's known as the "pain cycle," a continuous loop of negative issues that can develop when we sustain an injury. It is very common for one problem to lead to another, trapping you in a constant vicious cycle and making you feel that things just continue to get worse and worse.



Dr. Jones gave an overview of repetitive stress injuries and other musculoskeletal ailments as it relates to the court reporting profession. She discussed some of the more common repetitive stress injuries that court reporters suffer from and the symptoms and treatments for such as the following:



Tendonitis – happens when a tendon is inflamed. When a tendon is inflamed, it can cause swelling, pain, and discomfort.

Trigger finger - a condition affecting tendons that flex the fingers and thumb, typically resulting in a sensation of locking or catching when you bend and straighten your digits. Other symptoms may include pain and stiffness in the fingers and thumb.

Epicondylitis (tennis elbow)- swelling or tearing of the tendons that bend your wrist backward away from your palm. It's caused by repetitive motion of the forearm muscles, which attach to the outside of your elbow. The muscles and tendons become sore from excessive strain. The pain associated with tennis elbow may radiate from the outside of your elbow into your forearm and wrist. Pain and weakness may make it difficult to grip an object or turn a doorknob, for example.

Carpal Tunnel Syndrome (CTS) - a common neurological disorder that occurs when the median nerve, which runs from your forearm into the palm of the hand, becomes pressed or squeezed at the wrist. You may feel numbness or tingling, weakness, burning or pain in your hand and wrist, and your fingers may become swollen and useless.

Dr. Jones talked about the various treatments for common ailments that court reporters suffer as noted above, the treatment depending on which ailment. Some of the treatments discussed were: Rest, ergonomics, range of motion exercises, support/splinting, ice, massage, muscle release, activity modification and strengthening muscles.

Dr. Jones did demonstrations with various seminar attendees, specifically from a physical therapist's perspective with regard to court reporters and their problem areas, such as the back, neck, wrist and elbow. The demonstrations were performed using various tools that can be used for some of the ailments listed above, such as: A Thera Cane (a self-massager used to apply pressure to sore muscles) ; cupping (which is for blood flow); and a metal tool such as a hammer or what's known as the Graston technique, where a Graston instrument is used to scrape the skin or scar tissue to help break up the adhesions to release muscles and restore normal tissue mobility.

Attendees left the session with the knowledge of many useful treatments and exercises to apply during their workday to either prevent or treat repetitive stress injuries commonly experienced in the court reporting profession. We were able to make use of this information during the seminar as well, which was greatly appreciated!

Rhonda Franken is an official court reporter for the Hon. Douglas C. Bayley in Goodhue County and the *MINNE-strokes* publication editor.



Spring Seminar Recap:

Lisa Haster, JD

By Emily Lettner, RPR



The last presenter at the in-person MAVRC Spring Seminar was Probate Attorney Lisa Haster. Ms. Haster is the founder of her firm, Metropolitan Law Group PA. Ms. Haster started out early in her career not exactly sure what she wanted to do with her law degree, but after what Ms. Haster termed her “year of loss,” she decided to go into estate planning.

I would say that the biggest takeaway I had from this presentation was that estate planning is much more than having a will. Not only do you need to make decisions about who gets what, but you also need to fill out forms, deeds, and directives and take those extra steps in filing those documents and making sure your accounts are accessible by your loved ones by designating beneficiaries on death. All of these steps are to avoid the Probate Court process, which can be costly and delay your loved ones in accessing assets. As Ms. Haster explained, having just a will does not allow you to skip Probate Court, depending on your assets and debts. However, if you take those extra steps and/or have a Living Trust, then you will save money and time for your loved ones.

Emily Lettner is an official court reporter for the Hon. Christopher Neisen in Wabasha County and is a member of the *MINNE-strokes* publication.



A Day in the Life of a Traveling Federal Official

By Carla Bebault, RMR, CRR, FCRR

My dear friend Rhonda Franken from court reporting school recently asked me to share with MAVRC readers about some traveling of the Minnesota-based Federal Official Court Reporters. In February of this year, I traveled to Washington, D.C. to help colleagues in the District of Columbia District which has become severely backlogged with trials from the January 6th insurrection of the Capitol. I'm not clear on the number of criminal trials exactly, but defendants are certainly in the thousands.

I was assigned to help in a trial of six members of the Oath Keepers organization. Their case started with 22 defendants, but the other 16 had resolved their cases by the time of trial.

I ask you to imagine this scenario: Six defendants, nine defense attorneys, six U.S. attorneys, 15 jurors, the courtroom clerk, the judge and I, all in the courtroom wearing masks. The reporter assigned to the case, Bill Zaremba, handled the morning session from 8:00 to 12:30. I took over at 1:30 and finished around 5:15. We both would report in the neighborhood of 180 pages each day, which we were sending out nightly to the prosecutors and District Judge Amit Mehta.

My colleague from Minnesota Maria Weinbeck had done similar work in Washington, D.C. the previous November (a Proud Boys trial) and was a great source of information to help me prepare for what I can only characterize as very outdated electronics and sound system in the courtrooms. Nothing, however, could prepare me for trying to decipher which defense attorney was speaking when they did not bother to stand or pull their mask down for objections, oftentimes objecting with their back to the judge. Any sidebar discussions were handled by putting on white noise and the attorneys speaking into telephones at their table, again never identifying who they were before speaking. Bill knew all the attorneys' voices quite well as this was his third trial with this group of defense attorneys but, being the newbie, I was practically pulling my hair out! It was quite stressful to say the least.



(Cont'd from page 14)

The trial lasted eight weeks with four convicted, one acquitted, and one a hung jury. You can imagine why they are backlogged! The D.C. court reporters were so thankful for our help and were very kind to guide us through all the paperwork for transcripts, bringing us treats, etc. They provided us with a list of Washington, D.C. terms and terms related specifically to the Capitol and points of interest around the city which was quite helpful. I did not have Ellipse, Upper West Terrace, or Statuary Hall in my dictionary, for example.

I arrived on Super Bowl Sunday and was staying for the week at the Hyatt Capitol Hill – literally down the street from the Capitol building. It was about a 10-minute walk to the courthouse, and I was lucky to have lovely weather. Although most nights were late nights, I did have one morning where I was able to do a walkabout the National Mall and visit many monuments. There were hardly any tourists present, and I made a mental note to return in February sometime for proper sightseeing. 😊

My colleagues Lynne Krenz and Maria Weinbeck made a trip shortly after I did. Lynne's trial involved a deaf defendant who had been attending Gallaudet University, so there were also sign language interpreters in the courtroom for the duration of her stay. Lynne has also traveled to the Northern District of California (San Francisco) for a week of reporting. I think Lynne, Maria, and I would all agree we appreciate the way things are run in Minnesota with reporters being assigned to a particular judge and filling in elsewhere when we are able. The schedules of the reporters in these other districts seemed to change daily, sometimes several times, and they never really knew what judge they would be assigned to from day to day. We returned feeling thankful for our own co-workers and judges.

There is a great need for reporters in the federal system. If you are willing to relocate to another area of the country, I would highly encourage you to give it a shot. There is a salary bonus if you have your real-time certification and another for the Certificate of Merit. Please feel free to contact me if you'd like information on openings throughout the country. The Federal Family is wonderful, and we feel very valued by the judge.

The reporters who were able to participate in this coverage in other districts were very happy to help our short-handed colleagues. Poor Bill had been doing daily copy for nine months! I think we all agree, though, we were excited to have a place in our nation's history that was fascinating to listen to.

Carla Bebault is a federal court reporter in Minnesota.



Sitting for Hours: A Court Reporter's Battle Against the Effects of Sedentary Living

By Brandi Bigalke, RPR, RSA, CSR

Hello fellow Court Reporters! We all know how our job keeps us glued to our seats for hours on end. While it's unavoidable given the demands of our profession, it's crucial to understand the long-term consequences of this sedentary lifestyle on our bodies. In this article, let's dive into the effects of sitting for a living, discuss the negative impacts on our physical health, and explore practical ways to combat these challenges together.

Sitting for most of our working day takes a toll on our bodies. We've probably experienced it firsthand—poor posture, stiff neck and shoulders, and even back pain. Prolonged sitting can cause muscular imbalances, reduced flexibility, and lead to chronic conditions. Additionally, it contributes to weight gain, obesity, and metabolic disorders like type 2 diabetes and heart disease. Our cardiovascular health may also be at risk, as excessive sitting is associated with higher blood pressure, elevated cholesterol levels, and an increased likelihood of heart disease and stroke. And let's not forget the discomfort of swollen feet, the risk of blood clots, and poor circulation caused by sitting for too long.

While all this sounds very dire, there are many things we can do to offset these potential negative side effects. Let's discuss some strategies to fight back and minimize the impact of sitting for a living.

1. **Embrace Regular Physical Activity.** Our sedentary work demands an active lifestyle outside the office. Make time for exercise—brisk walking, jogging, cycling, strength training, yoga, pilates, and daily stretching—to counterbalance the hours spent sitting. Most of us have heard of the “recommendations” of getting in 10,000 steps a day or aiming for at least 150 minutes of moderate-intensity aerobic activity per week, coupled with muscle-strengthening exercises.

Making conscious choices to stay active beyond the office will also help offset the impacts of sitting too long. Take the stairs instead of the elevator, walk or bike to run errands if feasible, and engage in active hobbies during our free time. Small adjustments in our daily routines can add up to significant improvements in our overall health.

Simply put, we **MUST** move as much as possible to combat the hours of sitting.



(Cont'd on page 17)

2. Take Frequent Movement Breaks. As Court Reporters, we may face challenges in securing regular movement breaks due to the demands of our profession. However, it is crucial that we advocate for ourselves and prioritize our physical well-being. Even within the constraints of our work environment, we can find ways to incorporate movement breaks, seize opportunities to stretch and walk, and make the most of our lunch breaks. By actively integrating movement into our routine and communicating our needs, we can combat the negative effects of prolonged sitting and nurture a healthier work-life balance. Remember, we are professionals who deserve to prioritize our own health while carrying out our duties with excellence.

3. Optimize our Workspace Ergonomics. Creating an ergonomic setup can make a significant difference. Ensure our chairs provide proper lumbar support, position our computer screens at eye level, and adjust our keyboards and mice to minimize strain on our wrists and shoulders. Let's prioritize our comfort and long-term well-being while we work.



4. Mindful Posture. While we're seated, let's maintain good posture. Sit with our backs straight, shoulders relaxed, and feet flat on the ground. Adding a lumbar roll or cushion can provide additional support and reduce the strain on our backs. I have added yoga blocks at my feet for added comfort and to combat short legs. The small adjustments really do make a big impact.

As Court Reporters, we understand the challenges of sitting for long hours, but it's crucial to prioritize our physical health. By adopting strategies such as regular exercise, frequent movement breaks, ergonomic adjustments, and an active lifestyle, we can combat the negative effects of sedentary living. Let's support each other in implementing these changes and remember that even small modifications to our routines can make a significant impact on our well-being. Together, we can tackle the perils of sitting for a living and strive for a healthier future.

Brandi Bigalke is a freelance reporter out of the Twin Cities.

Pro Bono



*If you are interested in providing pro bono reporting services,
contact: Christine Clark, MAVRC's Pro Bono Coordinator.
Phone: 952.250.4030 chriselarkzimm@gmail.com*

In the Fall of 2022 edition of MINNE-strokes, we included an article on past recipients of the Willard I. Braun Outstanding Student of the Year Award. We'd now like to highlight and get to know a few of those students (then reporters) in the next few editions.

Students of the Year - Where Are They Now?

By Nancy J. Meyer, RDR, CRR

Amy Stoltenberg Schmidt attended Southwestern Technical Institute in Jackson, Minnesota, and received the Student of the Year Award in 1988. Thank you, Amy, for taking the time to answer some questions about what you have been up to since court reporting school.

Currently resides in: **Windsor, Colorado**

Certifications: **RPR, CSR (Utah),
CRCR (Colorado Realtime Certified Reporter)**

Theory: **I only remember it was one of the first classes in CAT theory.**

Favorite Brief: **TKPHA for DNA, TKPHA* for deoxyribonucleic acid. I use this method with all acronyms that come up often. It is quick and easy for me to remember.**

How did you learn about a career in court reporting?

My on-the-job training in high school was at Southwest Reporters in Marshall, Minnesota, owned by Charles Lehman. I answered phones, handled exhibits, processed transcripts, plus other various office duties. He encouraged me to go to court reporting school and let me borrow an extra machine he had. He allowed me to continue to work in the office on weekends while going to school. He then hired me as a freelance reporter when I got out of school. I was very fortunate to have that experience and support.

Chuck Lehman, who encouraged you to go to court reporting school, had a very prominent court reporting firm in the southwestern Minnesota area. Do you know what he is up to in his retirement years?

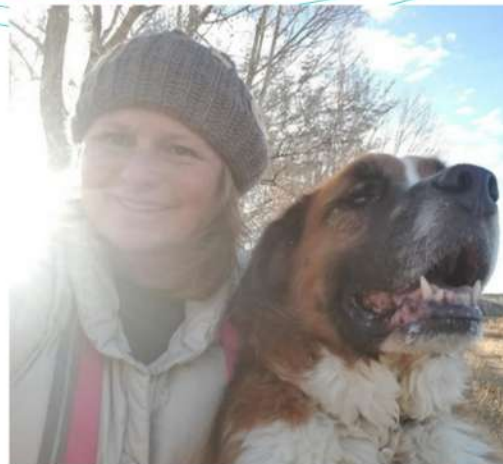
His stepdaughter, Aimee Dero Goldberg, took over the firm and eventually moved to Minneapolis as Benchmark Reporting Agency, which has now been acquired by Lexitas. Chuck and his wife, Sandy, retired in Peoria, Arizona, but that is as much as I know.

What's your favorite memory while in court reporting school?

My instructors were Mr. Walker, who was quite serious, and Ms. Peters, who was quick to giggle. They would be trying to dictate to us, and she inevitably would start giggling about something and they would have to start over.

You attended Southwestern Technical Institute in Jackson, Minnesota. Tell us about the school.

Southwestern Technical Institute was a trade school that offered court reporting as one of their many programs. My class size for court reporting was approximately 20 but dwindled down over time. At the time I chose to go to Jackson, I think there were three options in Minnesota. I also chose to attend Jackson because it was closer to home and affordable. I think Chuck had a connection with the teachers there at the time and also recommended it.



What was your best advice you received in court reporting school?

I remember enjoying the stories and experiences that our instructors had had when they were court reporters. It was also helpful to hear about past students that struggled with certain speeds or the hurdles they overcame and went on to graduate.

After graduating from school, what was your career path?

I freelanced in Minnesota from 1988-1992. I moved to Utah in 1992 and freelanced there from 1992-2008. I moved to Colorado in 2008 and freelanced until 2012, at which time I took my current position with the State of Colorado in district court. I started in Greeley, Colorado, and then transferred to Fort Collins, Colorado.

What surprised you most about court reporting?

It surprised me how much there was to still learn after school and how long it took to completely feel confident when going into a job. It also surprised me how much you learn about so many interesting things that you have never even thought of.

What has been your greatest professional accomplishment?

I am currently serving as a board member for the Colorado Court Reporters Association, as well as serving on the officials' committee, student committee, and Colorado Realtime Certified Reporter committee. Colorado gives the CRCR exam, which mirrors NCRA's CRR exam, twice yearly to help official reporters become realtime certified.

Do officials get rewarded monetarily for passage of the CRCR or CRR exam in Colorado?

Yes, you automatically receive a pay increase upon passing the CRCR at 94 percent, slightly more if you pass at 96 percent or pass the CRR.

Any particular case that stands out to you that you can share?

In 2020, I was invited to participate in the Keystone Symposia on Molecular and Cellular Biology in Boulder, Colorado. This is a conference that convenes to discuss diverse life-science topics. Subjects bridge basic and clinical research across academic, industry, and global health sectors to promote advances with medical impacts. Most conferences are held in mountain venues across the American and Canadian West, with some events held globally across six continents. Scientific programs are dictated by field experts, with guidelines from Keystone Symposia to encourage fresh perspectives and diverse participation.

The meeting format is designed to maximize informal networking among field leaders and students alike to drive innovative and cross-disciplinary discussions and collaborations. This was extremely technical and one of the hardest reporting experiences I have ever participated in. They were very thankful for court reporter participation and supportive of whatever we needed, which was fantastic. It was a truly fascinating experience and very interesting.

Your work at the Keystone Symposia sounds fascinating. You were on the cutting-edge of science. How did you prepare for the conference?

It was fascinating. There was no preparing. You didn't know what group and what topic you would be assigned to until you got there, but they were so gracious about having real reporters that they did whatever they could to be helpful. They audio-recorded the sessions and gave you a copy afterwards to help since you were in a larger room of people and didn't necessarily want to interrupt. It was highly technical but really interesting and great to be a part of. It paid really well, so that was part of the encouragement to try it!

What do you do when you aren't working?

I love spending time with my kids and family. I love being outside and traveling. I love scuba diving and snorkeling. I also work with a local dog rescue fostering dogs until they are adopted.

Do you have any advice for current court reporting students?

Just compete against yourself and try not to gauge your progress against fellow students. I think every student struggles in at least one speed.

When students are thinking of their different career paths as a court reporter, since you've been both a freelancer and official, which direction would you encourage them to go?

I think both professions are great for different reasons. I think it really depends on your life circumstances, your personality strengths, and what your personal needs and goals are. For example, health insurance, paid time off, flexibility, career goals. When I freelanced, I loved going somewhere different and seeing different people, different kinds of work. I work with people as an official that absolutely hated that part of freelancing and love the stability and predictability of being an official. I always volunteer to cover civil cases because of my freelance background, and some of those same coworkers hate civil and just want to stick with what they are familiar with in criminal.

Anything else you'd like to share?

In the future, I would love to have some court reporting experiences internationally. I have always really enjoyed seminars that share information on this. Some of my favorite reporting experiences in Colorado have been traveling to different districts to cover trials. I bring along my dog, Bailee, and getting to take her into the courthouse with me is a joy. Colorado is very dog-friendly so she is always invited to come along. We both love every minute of it.

Nancy J. Meyer is a court reporter for the United States District Court for the District of Columbia and previously worked as a freelance reporter in Minnesota and as an official court reporter for the Honorable Kathryn Messerich in the First Judicial District, State of Minnesota.

Prior Lake School Event

By Debbie Peterson, RPR

On March 23, 2023, Judge Sorensen Green, Anna Winzenburg from court administration, Alex McDonald from the Scott County attorney's office, and Debbie Peterson (and her steno machine) attended a Career Fair at the Prior Lake High School. There were several students that were very interested in the "cute little thing" (the steno machine).



We had several students test it out. Information was given to students about the Judicial Reporting Program at Anoka Technical College and information regarding the benefits of working for the Minnesota Judicial Branch. Thank you so much to Judge Sorensen Green, Anna, and Alex for helping make the career fair a success



Court Careers Info Session

On March 31, 2023, reporters participated in the Careers in the Court, Opportunities in Court Reporting Informational Session, presentation with Amanda Prohaska from State Court Administration and Destinee Yang from Human Resources. Information was given to participants regarding the Judicial Court Reporting Program at Anoka Technical College and other opportunities offered by NCRA. Reporters discussed the "day in the life of a court reporter." The following topics were discussed as well: Training and education requirements, what other skills may help someone in the role of a court reporter, who do we work with, what the favorite part of the job is, who we would recommend pursue this career and why, and information on the application process.

We answered many questions by the people in attendance. Hopefully we sparked some interest in some new reporting students for Anoka Technical College 😊.

Debbie is an Official Court Reporter for the Hon. Bryce Ehrman in Dakota County.

Profile of a Student

NAME: Kacie Elijah
SCHOOL: ATC

SPEED: 180 spm
HOMETOWN: Lisbon, ND

Tell us a little about yourself.

I grew up in a small town in North Dakota. I graduated from high school in 2018 and then attended the North Dakota State College of Science in Wahpeton, ND. I received my Criminal Justice Liberal Arts degree. While living in Wahpeton, I worked as a manager at a small grocery store. I am in the process of moving to Fargo and will work at Lowe's part-time while I finish school.



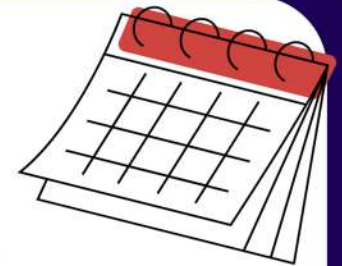
What made you decide to pursue a career in court reporting?

After graduating from NDSCS I was unsure what I wanted to do. I've played piano since I was little and enjoyed typing on a computer keyboard. I had heard of court reporting but did not know very much about it. With the help of my advisor at NDSCS, we found out more information about the career, and he told me about Anoka Tech. I emailed Jennifer and received some more information, got registered, and have loved every aspect of it so far! I have completed the program so far via Zoom classes.

What area of reporting interests you the most currently: Official, freelance, or captioning/CART? I love that there are so many different paths you can take with this skill! Currently, I am the most interested in official reporting. I think after working as an official and getting some good experience and getting my dictionary built up more, I would then be very interested in pursuing freelance.

(Cont'd on page 23)

Dates to Remember:



July 27-30: NCRA Convention & Expo (Houston, TX)

September 29-30: MAVRC Fall Convention (Brainerd, MN)

What's been the most challenging or rewarding part of your schooling thus far?

The most challenging part so far for me is trying to get all my practice hours in each week. However, all those practice hours help to reach the most rewarding part, which is passing a speed test! Passing speed tests and moving up to the next class has been the most rewarding part of my schooling so far.

Do you know any working reporters or is there anyone that's been an influence on you?

All my teachers at Anoka Tech have been a big influence on me. Hearing about their real-life experiences in the career and their support for us all to succeed has been so helpful. I was so nervous to start this program, and the instructors and students have all been so welcoming and kind. Everyone cheers on everyone, and I really enjoy getting to be a part of this awesome program.

If you had an hour of free time, what would you be doing (besides practicing on your steno machine)?

In my free time I love to spend time with my family and friends. I also enjoy taking my two cats, Milo and Ollie, for walks.

What is your favorite band or type of music?

I enjoy almost all types of music. Recently I've been listening to Taylor Swift, Jessie Murph, Machine Gun Kelly, and Zach Bryan.

What is your favorite food or restaurant?

My favorite restaurant is Nine Dragons in Fargo, ND.

Where is a place you would like to visit?

I have already visited New York City once when I was younger, but I would love to go back and see it again!

What is the last book you read?

***Verity* by Colleen Hoover**

What is the last movie you watched?

Peppermint.



Congrats, Graduates!

Carly Geissler and Elizabeth Peterson both recently graduated from Anoka Tech. Carly plans to work as an official in Minnesota.

From Elizabeth: I'm so excited to have finished school and am looking forward to freelancing in Minnesota.



Congratulations to Ryan Ziegler, RPR, CRR, Inver Grove Heights, who recently passed the CRR (Certified Realtime Reporter) exam to earn her certification!

Distinguished Service and Volunteer of the Year Award Nominations

The MAVRC Distinguished Service Committee is accepting nominations for those outstanding reporters who have dedicated countless hours assisting MAVRC and advocating on behalf of our profession.

Simply state your reason(s) for believing that a member of MAVRC has been a spectacular volunteer or would be a worthy recipient of the Distinguished Service Award. Include your contact information (name, address, phone number and email address).

Please send your nominations to: Jeanna Zunker at jeannazunker@gmail.com. The deadline for nominations is August 25, 2023.

Give us a chance to shine the spotlight on someone who has worked hard on behalf of court reporters. Nominate someone today! Forms are available on the next two pages as well as on our website.



**MAVRC'S DISTINGUISHED SERVICE AWARD
NOMINATION FORM**

Nominee's Name: _____

Please provide the following information, if known:

Education Post High School: _____

Number of Years Reporting: _____ **Certifications Held:** _____

MAVRC Offices and/or Positions Held: _____

MAVRC Committee Chair/Member: _____

Other State Association Offices and/or Positions Held: _____

Awards and Honors Received: _____

Publications and/or Seminar Presentations Given: _____

Why do you believe this person should receive the MAVRC Distinguished Service Award?

Submitted by: _____ **Phone #** _____

Send to the MAVRC DSA Committee: Sarah.L.Anderson2134@gmail.com;
Michelle.Pecharich@courts.state.mn.us;
JeannaZunker@gmail.com

***DEADLINE FOR SUBMITTAL: AUGUST 25, 2023**

**MAVRC'S VOLUNTEER OF THE YEAR AWARD
NOMINATION FORM**

Nominee's Name: _____

Please provide the following information, if known:

Education Post High School: _____

Number of years reporting: _____ **Certifications held:** _____

MAVRC Offices and/or positions held: _____

MAVRC Committee Chair/Member: _____

Other state association offices and/or positions held: _____

Awards and honors received: _____

Publications and/or seminar presentations given: _____

Why do you believe this person should receive the Volunteer of the Year Award?

Submitted by: _____ **Phone #** _____

Send to: Sarah.L.Anderson2134@gmail.com;
Michelle.Pecharich@courts.state.mn.us;
JeannaZunker@gmail.com

DEADLINE FOR SUBMITTAL: August 25, 2023

MAVRC SUMMER WEBINAR: MAY 20, 2023 SCOPISTS AND PROOFREADERS

Presenters: Rachel Artis and Julie Corbett

By Lori Morrow, RDR, RMR, RPR, CRR, CBC

Court reporters, official and freelance alike, greatly value our scopists and proofreaders. We know the difficulty of finding good ones. When we finally find that one, we keep them... if they will have us, that is. Today's presenters, Rachel Artis, scopist and owner of Sopherin & Associates, and Julie Corbett, proofreader and owner of On-The-Dot Proofreading and The Proofreader Greenhouse, are just that, the keepers, the kind of scopist and proofreader that we hold on to. They both talked about what they are looking for in court reporter clients and what we can do from our end to ensure a good working relationship.

Rachel presented from Lagos, Nigeria, where she is currently teaching. Julie presented from Winston-Salem, North Carolina. Their individual presentations were rich with valuable and detailed information about their professional lives and what kinds of things they deal with in their jobs working as a scopist and a proofreader for a variety of court reporters (officials and freelancers) who come to them with all levels of experience and backgrounds.

The following is a brief recap, a short snippet of some of the information we learned at the seminar.

The words of the day were communication, expectations, prioritization, feedback, and relationship. Our scopists and proofreaders need to know each of their individual client's preferences at the start of their professional relationship so they can create a user for that court reporter with his/her unique formatting and grammatical preferences, i.e., usage of by lines, personal global tables, margins, comma usage, Speaker Pane, et cetera. The more information we share with them up front, the more efficiently they can work and more quickly they can complete and return an excellent transcript. It is important to include a list of speakers, proper names and terms of art, cities, any jargon specific to that job.

When onboarding a new scopist, send them a short transcript so you can see how they work and so they can decide if you are a good fit. Communicate regarding workload, how they handle high volume or last-minute expedites, daily life stressors; do they work nights or weekends or only during the workday?

These treasured proofreaders and scopists want us to know that we are not their only client. They might be juggling several transcripts from other clients at the same time, and they need to prioritize to get them all done timely and to do the best job they can. This is where good communication about expectations comes in. Give them a precise date/time you will need the completed transcript back.

Feedback is important, and a "thank you" when you are happy with their product is greatly appreciated.

We learned from Rachel, among lots of relevant information, the factors to consider when deciding whether to use a scopist. A scopist is an investment. Think about how much of your profit margin you want to part with; maybe you only want to use a scopist for 50 pages a week instead of 400. Take into account how much time you want to spend on the transcript once you get it back from the scopist. Depending on our workload, our translation rate, or speed of the scopist, we might need two scopists.

We learned from Julie about an organization tool called Airtable and a job board called Stenovate. These are tools that help to maximize your time so you can be as efficient, effective, productive, and profitable as you want to be.

Thank you to MAVRC and to Rachel and Julie for this enlightening and highly informational seminar!

(Cont'd on page 28)

**Is this worth it?
Let's see.**

- How many pages can you edit of your own work per hour?
- How much time do you want to spend when it's returned?
- What's your turnaround time?
- What is your own scoping, proofing, and finalizing process?
- How much of your profit margin are you comfortable parting with?

Meeting chat

MT Maria Taylor (Guest) 10:06 AM
Always

10:06 AM
Me

AR Anna Casper Court Rep... 10:06 AM
yes

SB Shelby Brown 10:07 AM
maybe you're just THAT good Rachel!

EY Evelyn Young (Guest) 10:07 AM
I WOULD RE-READ ...

J Janell (Guest) 10:07 AM
I've never used a scopist

SB Shelby Brown 10:07 AM
and this is when we need Julie!

Type a new message

FEEDBACK

HOW TO GIVE IT

ASK QUESTIONS

FIND SOLUTIONS TOGETHER

Your feedback matters!

Meeting chat

10:06 AM
Me

AR Anna Casper Court Rep... 10:06 AM
yes

SB Shelby Brown 10:07 AM
maybe you're just THAT good Rachel!

EY Evelyn Young (Guest) 10:07 AM
I WOULD RE-READ ...

J Janell (Guest) 10:07 AM
I've never used a scopist

SB Shelby Brown 10:07 AM
and this is when we need Julie!

J Janell (Guest) 10:09 AM
Good advice!

Type a new message

REPORTER METHODS

- 1 Globalled Steno
- 2 EZ Speakers
- 3 Scan Stops

Meeting chat

10:06 AM
Me

AR Anna Casper Court Rep... 10:06 AM
yes

SB Shelby Brown 10:07 AM
maybe you're just THAT good Rachel!

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I've never used a scopist

SB Shelby Brown 10:07 AM
and this is when we need Julie!

J Janell (Guest) 10:09 AM
Good advice!

Type a new message

DO YOU HAVE A USER NAME ON YOUR SCOPISTS' SOFTWARE?

PERSONAL GLOBALS

BY LINE SETTINGS

REPORTER IDENTIFICATION

Meeting chat

10:06 AM Me

AR Anna Casper Court Rep... 10:06 AM yes

SB Shelby Brown 10:07 AM maybe you're just THAT good Rachel!

EY Evelyn Young (Guest) 10:07 AM I WOULD RE-READ ..

J Janell (Guest) 10:07 AM I've never used a scopist

SB Shelby Brown 10:07 AM and this is when we need Julie!

J Janell (Guest) 10:09 AM Good advice!

Type a new message

Meeting chat

LS It can vary from 300 pages to 3,000

MT Maria Taylor (Guest) 10:25 AM 1200-1700 a month

RH Harvey, RandiAnn (CR... 10:25 AM for me, it's so random. 0 to 800

LS Lori S. (Guest) 10:26 AM Thank you - that was helpful.

RH Harvey, RandiAnn (CR... 10:28 AM yes, thank you

SB Shelby Brown 10:29 AM here is rachel's website:

<https://www.sopherimandassociates.com/about>

Type a new message

Meeting chat

REQUIRED FUNDING LINE, I.E., ...

See more

RZ Ryan Ziegler, RPR (Gue... 10:31 AM Thank you!

LT Linda Tarr (Guest) 10:31 AM This really was a great session. Thank you.

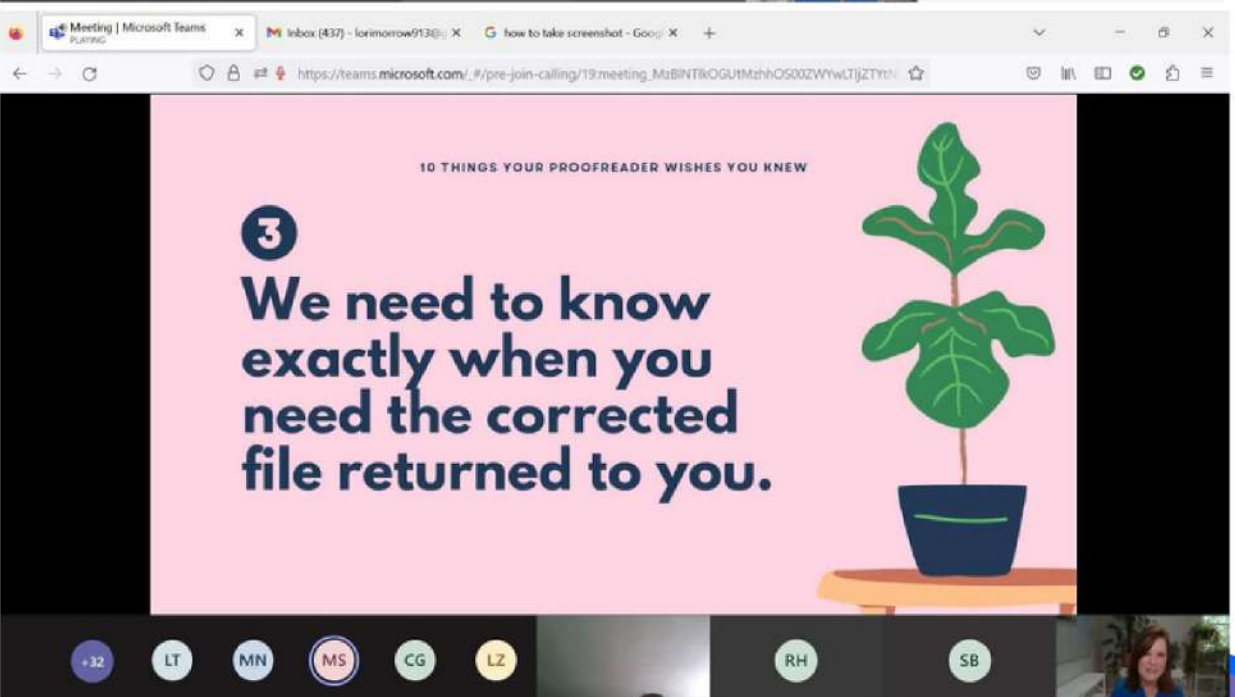
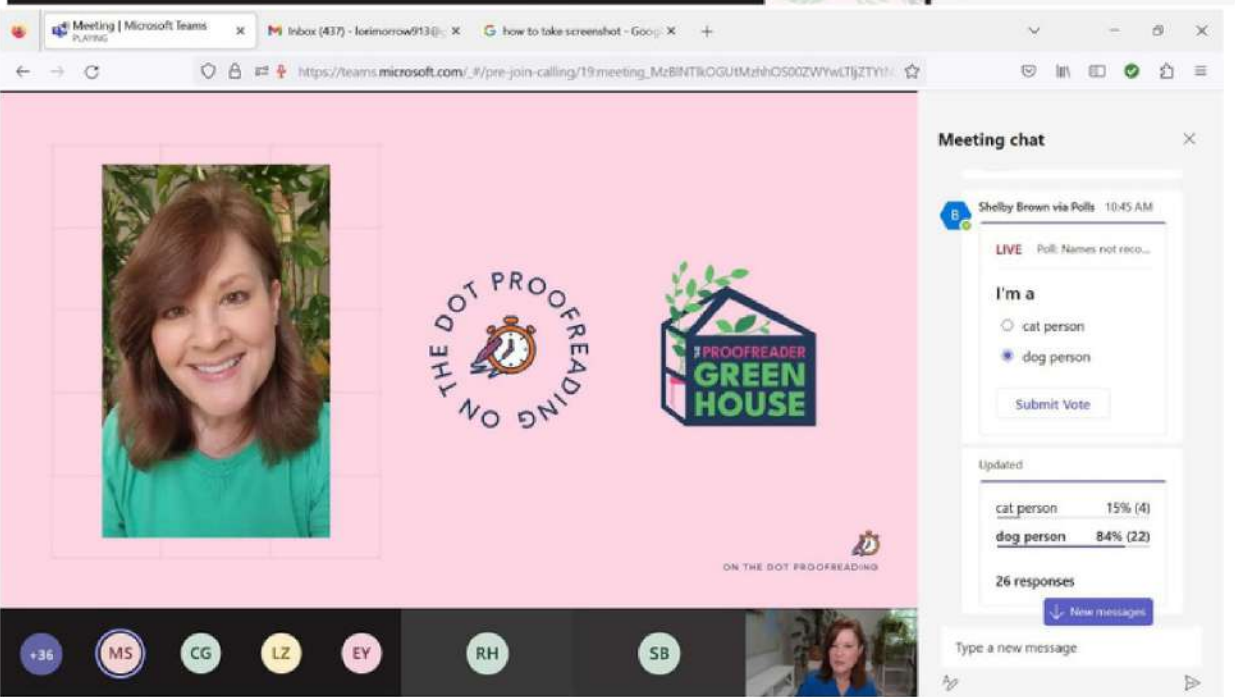
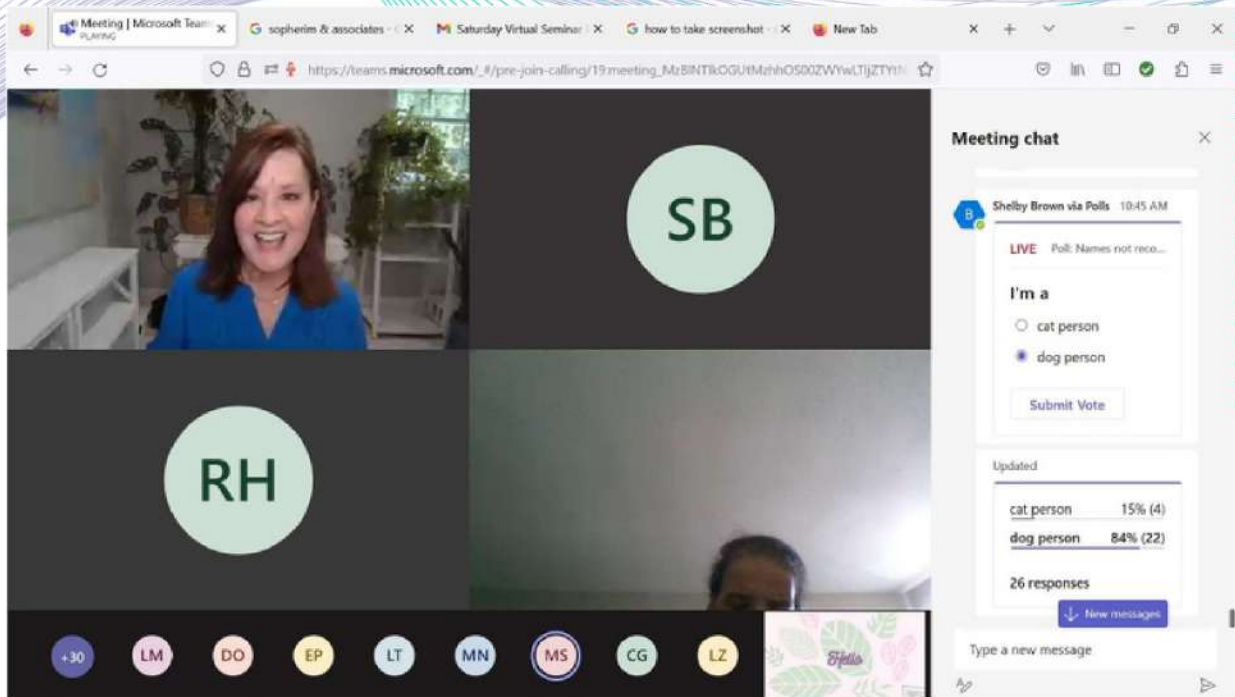
MS Marie Schutz (Guest) 10:31 AM Thank you!!

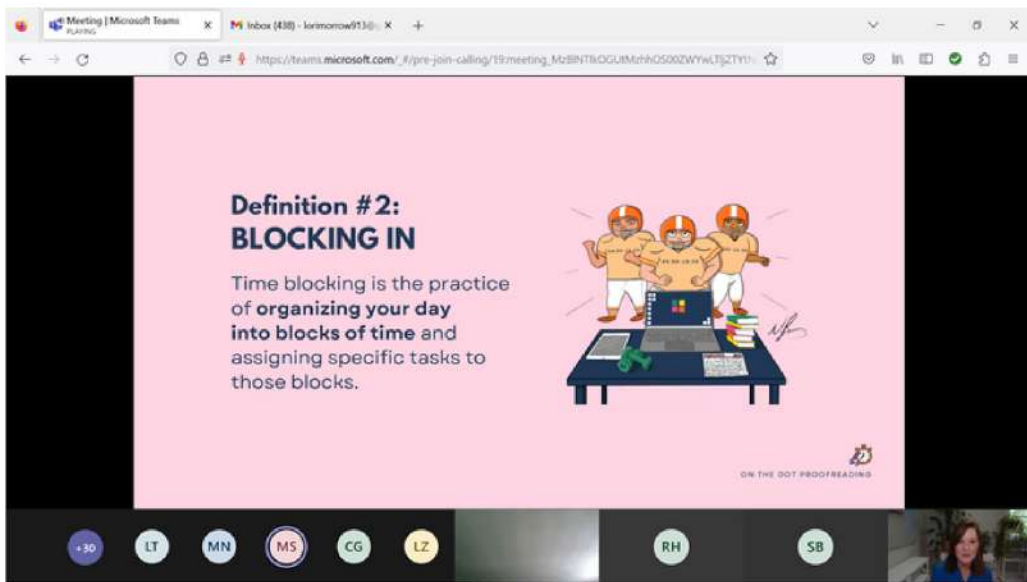
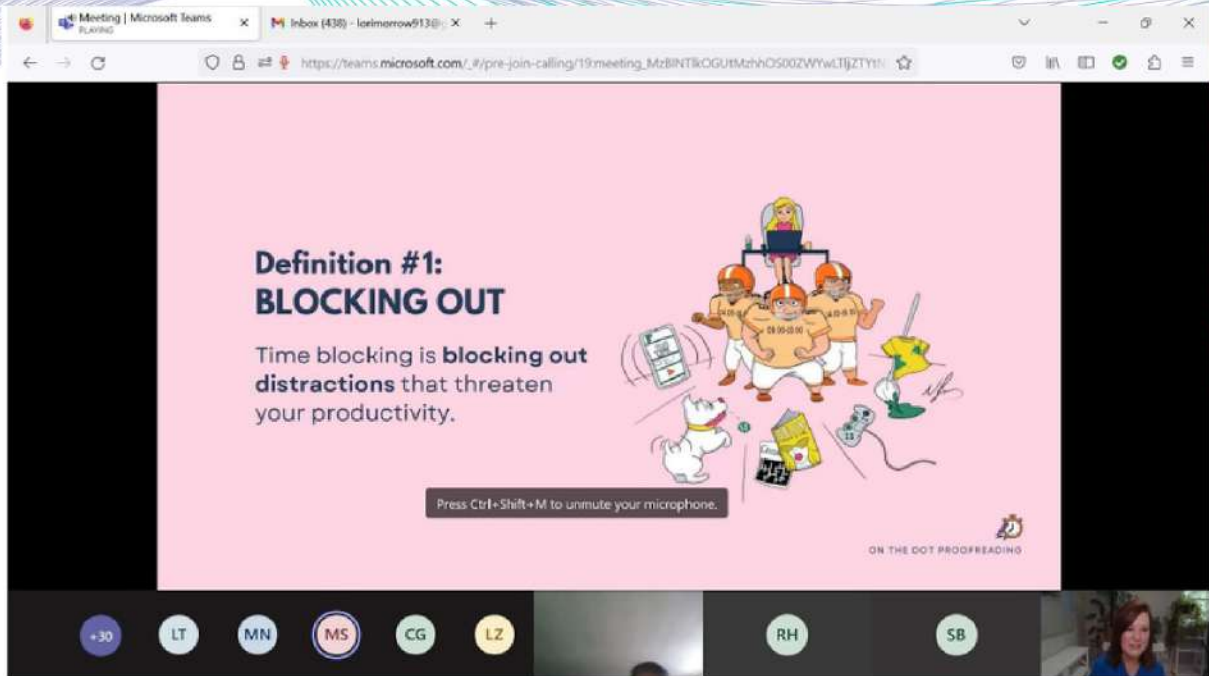
VP Vicki Pierce (Guest) 10:31 AM Thank you!

MC Melissa Chamberlin (G... 10:31 AM Thank you. Great information.

LM Meissen, Luanne (Guest) 10:31 AM Thank you!

Type a new message





Lori Morrow is an official court reporter for the Hon. Mark Vandelist in Scott County.

BRIEF FORMS FOR PROPER NOUNS – FIRST NAMES (A-J)

Compiled by Rhonda Franken, RMR, *MINNE-strokes* Editor

As a rule, use an asterisk with proper nouns, if possible. For example, J*IL for Jill, JO*EN for Joan. Even if it is not a conflict with another word (such as is the case with J*IM for Jim and JIM for gym), then depending on preference use the asterisk for consistency or omit the asterisk. When it is not possible to write with an asterisk, then disregard the asterisk if it doesn't create a conflict (for example, LAER for Larry), or get creative 😊. The following list is somewhat abbreviated (N for TPH, Y for KWR, etc.)

Aaron	A*IRN	Debbie	D*IB
Abby	A*IB	Debra	DRA*
Adam	DA*MD	Deborah	DRAO*
Adrian(ne)	DRA*IN	Dean	DA*EN
Alec	LA*EK	Deena	DAO*EN
Alex	LA*EX	Derek	D*ERK
Alexander	KPA*ERND	Devin	D*EFN
Alexandra	KPRA*ND	Diane	DAO*IN
Alexandria	KPRA*IND	Don	DO*N
Ali	LA*I	Donald	DO*NLD
Alice	A*LS	Donna	DAO*N
Al	A*L	Dorothy	DO*IRGT
Alan	LA*N	Doug	DO*UG
Allan	LA*NL	Douglas	DLA*S
Allen	LA*ENL	Drew	DRAO*U or DR*U
Allison	SL*ON	Duane	DAO*UN
Alyssa	LA*IZ	Dwayne	DWA*IN
Amanda	MA*ND	Dylan	DLA*N
Amber	BA*ERM	Edward	DWA*RD
Arianna	A*RN	Eleanor	NO*ERL
Arnold	A*RNLD	Elijah	LAO*IJ
Arthur	THUR	Elizabeth	L*EGT
Austin	ST*IN	Ella	LA*EL
Barb	BA*RB	Ellen	*ENL
Barbara	BRA*B	Elliott	*ELT
Barry	BA*ER	Emily	*EM or L*EM
Beau	BO*E	Emma	MA*EM
Ben	B*EN	Eric	*ERK
Beth	B*EGT	Erica	KA*ERK
Bob	B*OB	Ethan	THA*EN
Brad	BRA*D	Evan	*EFN
Bradley	BLA*ID	Everett	*EFRT
Brady	BRA*ID	Faith	FA*IGT
Brandon	BRAO*ND	Floyd	FLO*ID
Brandy	BRA*IND	Fred	FR*ED
Breanna	BRAO*EN	Frederick	FR*IK

Brenda	BRA*END	Gabby	GA*EB
Brent	BR*ENT	Gabe	GA*IB
Brett	BR*ET	Gabriel	GA*IBL
Brian	BRAO*IN	Gabriella	GRA*BL
Bridget	BR*IJT	Gail	GA*IL
Brittany	BR*INT	Gary	GA*ER
Brock	BR*OK	Gavin	GA*FN
Bruce	BRAO*US	Gene	JAO*EN
Burt	B*URT	Glen	GL*EN
Caleb	KL*EB	Gordon	GO*RN
Carlos	KAO*RLZ	Grace	GRA*IS
Carol	KA*IRL	Grant	GRA*NT
Carolyn	KA*IRNL	Gray	GRA*I
Carrie	KA*ER	Greg	GR*EG
Carter	KA*ERT	Gwen	G*EN
Cassandra	SDRA*ND	Hal	HA*L
Cassie	SK*I	Harper	HAERP
Cathy	KRA*EGT	Hayden	HA*IND
Cecelia	SAO*EL	Heather	HA*ET
Chad	KHA*D	Heidi	HAO*ID
Charles	KHARLS	Henry	H*IN
Chase	KHA*IS	Holly	HO*IL
Chelsey	KH*ELS	Ingrid	GR*IND
Cheryl	KHERL	Isabella	SBA*EL
Chris	KR*IS	Isabelle	SB*EL
Christie	KR*ITS	Jacob	JA*IB
Christina	KRA*IN	Jada	JA*D
Christine	KRAO*ENTS	Jade	JA*ID
Christopher	KROFR	Jamie	JA*IM
Cindy	KR*IND or SD*I	Jan	JA*N
Claire	KLA*IR	Jane	JA*IN
Clayton	KLAO*INT	Janelle	JA*NL
Clint	KL*INT	Janet	JA*NT
Clinton	KLO*INT	Janice	JA*NS
Collette	KL*ET	Jason	JAIFN
Collin	KL*IN	Jean	JA*EN
Colton	KO*ENLT	Jen	J*EN
Cooper	KAO*RP	Jennifer	JIFR
Corey	KO*IR	Jenny	J*IN
Craig	KRA*IG	Jeremy	JAIRM
Cynthia	STHA*	Jerome	JOERM
Dale	DA*EL	Jess	J*ES
Dan	DA*N	Jesse	J*EZ
Daniel	DA*NT	Jessica	JA*
Danielle	DA*INL	Jesús	HAO*UZ
David	DA*IFD	José	HO*EZ



ANOKA

TECHNICAL COLLEGE

Judicial Reporting Program at Anoka Technical College

August and January theory starts!

A program that provides the learning flexibility students need with the structure and guidance to successfully reach program outcomes and begin an exciting career as a stenographic court reporter or captioner.

Program courses are either completely online OR offer the student choice of three deliveries.

Student-Choice Delivery Options (interchangeable within the semester)

- Completely online (asynchronous)
- Live remote via Zoom (synchronous)
- Live "in person" (on campus)

For more information, visit our website at www.anokatech.edu/programs/judicial-reporting/ or contact Jennifer Sati at Jsati@anokatech.edu for questions.

Help spread the word about our updated flexible program opportunities!

A to Z Intro to Steno Program

(Hosted by Anoka Tech)

Meeting Thursdays

September 7 - October 12

6 to 8 p.m. - via Zoom

Please contact Jennifer Sati at Jsati@anokatech.edu or 763-576-4064 for more information or to register. We need your help getting the word out! Please share the six-week introductory course information with anyone you think may be interested in training to become a stenographic court reporter or captioner.

Hold the Date!

Realtime Class

Meeting on Thursdays via Zoom

6 - 8 p.m.

September 14 - October 19

Core realtime principles will be covered and practice tests will be given and graded. The Realtime Principles class is intended for stenographers who want to learn or improve their realtime writing skills. Beginning to advanced principles are covered. Look for the detailed flyer coming out soon! To reserve your spot, please email Jennifer Sati at Jsati@anokatech.edu.

Committees and Board Liaisons

AUDITING COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

Works with the Treasurer in reviewing the financial records of the Association.

CAREER ADVANCEMENT/CONTINUING ED.

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

Assists in the coordination and facilitation of the various NCRA certifications.

PRO BONO COMMITTEE

Board Liaison: Jennifer Sharp
Contact: Christine Clark
(Christine is no longer on the board but is still running the pro bono program)
chrisclarkzimm@gmail.com

Facilitates services to people who are low income.

PUBLICATIONS COMMITTEE

Board Liaison: Rhonda Franken
rhonda.franken@courts.state.mn.us

Prepares and issues the official publication of the Association.

PUBLIC RELATIONS

Board Liaison: Shelby Brown
shelby.delta@gmail.com

Represents MAVRC in forming relations with legal associations to further the interests of the Association.

STUDENT INTERNSHIP & SCHOOL

Board Liaison: Jeanna Zunker
jeannazunker@gmail.com

Assists with student internships and administers a mentoring program.

TECHNOLOGY COMMITTEE

Board Liaison: Shelby Brown
shelby.delta@gmail.com

Stays abreast of technological advances in the court reporting field.

OFFICIAL COMMITTEE

Board Liaison: RandiAnn Harvey
randiann.harvey@courts.state.mn.us

Deals with issues affecting official court reporters.

CART & CLOSED CAPTIONING

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

Handles issues affecting CART providers and broadcast captioners.

CONSTITUTION & BYLAWS

Board Liaison: S. Ryan Ziegler
srziegler@gmail.com

Reviews and suggests necessary changes to the bylaws of the Association.

ETHICS COMMITTEE

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

Helps promote and monitors ethics among court reporters.

FREELANCE COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

Deals with issues affecting court reporters in the freelance field.

FUNDRAISING COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

Helps raise funds for the Association.

LEGISLATIVE/GOVERNMENT AFFAIRS

Board Liaison: S. Ryan Ziegler
srziegler@gmail.com

Acts as a liaison on behalf of both official and freelance reporters with the state legislature, judicial districts, SCA's Office, and others.

MEMBERSHIP COMMITTEE

Board Liaison: Shelby Brown
shelby.delta@gmail.com

Works to increase the membership of the Association and assists in developing an annual membership directory.

ADVISORY COMMITTEE

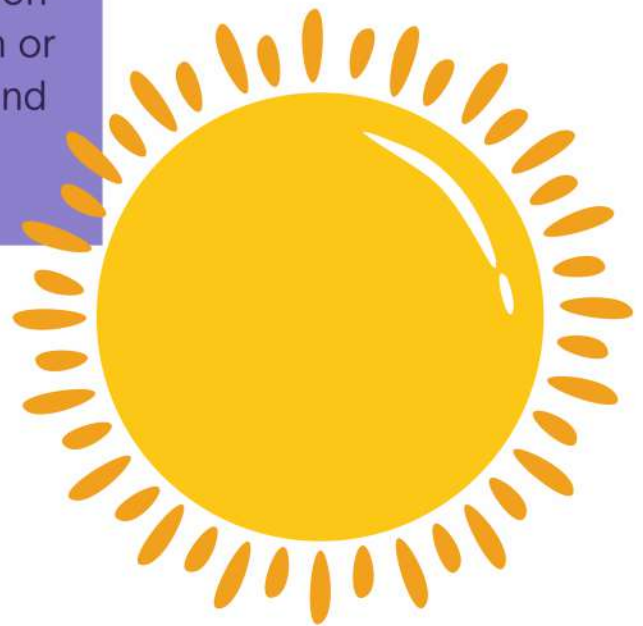
Board Liaison: RandiAnn Harvey



Are you retired or retiring soon? Lucky YOU! Please keep in contact with MAVRC!

Did you know you can apply for “RETIRED LIFETIME” status with MAVRC? Your status will be changed in MAVRC’s database to “retired,” and you will keep up to date with what is happening in the organization and your profession. Best thing: **It’s free!**

So MAVRC can stay in touch with you when you retire, email your contact information or any questions to MAVRC@MAVRC.org, and your information will continue to be in MAVRC’s database.



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MINNE-strokes is the official publication of MAVRC, the Minnesota Association of Verbatim Reporters & Captioners. MINNE-strokes is published quarterly. Statements of fact and opinion within this newsletter are the responsibility of the individual writers and do not necessarily reflect the opinion of the officers or members of MAVRC. All advertisements are the sole responsibility of the advertiser alone and do not express the opinion or endorsement of MAVRC. Articles submitted are subject to editorial revisions.

**To submit articles, send to:
Rhonda Franken, Minne-strokes Editor
Rhonda.Franken@courts.state.mn.us**

NEXT NEWSLETTER PUBLICATION DEADLINE FOR SUBMISSIONS: August 1, 2023

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Questions may be addressed to the board of directors at MAVRC@MAVRC.org or call 651.998.9119. Thanks for your support!

www.mavrc.org