

THE GUARDIAN

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2016 NATIONAL COURT REPORTING & CAPTIONING WEEK

The National Court Reporters Association (NCRA), the country's leading organization representing stenographic court reporters, broadcast and CART captioners, and legal videographers, has designated **Feb. 14-20 as the 2016 National Court Reporting & Captioning Week.** The week-long event is designed to celebrate the court reporting and captioning professions and to help raise public awareness about the growing number of employment opportunities the career offers.

Court reporters, captioners, CART providers, state court reporter associations, and court reporting schools around the country will participate in the week-long event by hosting an array of activities such as visits to high schools to showcase the profession, open houses, Veterans History Project interviews, media outreach, and more. To help celebrate the week, NCRA has made available a vast collection of resources including informational and marketing materials developed for its Take Note campaign that was launched in response to an industry-wide outlook report that determined a need existed to fill jobs in the field.

Additional resources include tips on presenting the benefits of the profession to potential new students, press release templates, social media-appropriate logos and banners, advertisements, and ideas for hosting special activities. NCRA will also support an official legislative recognition of National Court Reporting & Captioning Week and rely on its social media outlets including Facebook, Twitter, and blogs to reach thousands of people throughout the week.

"National Court Reporting & Captioning Week is an opportunity to showcase the valuable work our members do to preserve vital records for historical purposes," said NCRA President Stephen A. Zinone, RPR, an official court reporter from Canandaigua, N.Y.

"Our profession dates back to 3500 B.C. with the Sumerians who recognized the importance of preserving thought and created written literacy. Then in 63 B.C., the time of Cicero and Tiro, the scribes developed the first shorthand system to record official Roman Senate proceedings, ensuring that the times of the Roman Empire were recorded for

QUOTE OF THE MONTH

"Without a struggle, there can be no progress."
-Frederick Douglass

Hello February.

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STUDENTS OF THE MONTH

Megan Reeves

Megan has worked tirelessly to complete all of her graduation requirements. She has been a wonderful student to have in class with a great attitude. You are a hard-worker, Megan. Keep it up!

Katelyn Berch

Katelyn has been very diligent about taking SAPs, and her hard work has paid off. She has a tremendous work ethic and will be a great court reporter soon! Keep working hard, Katelyn!

Cassidy Johnson

Cassidy is a very hard worker. She is faithful about getting in her assignments on time and always has a great attitude. You're a great student, Cassidy, and will make a great reporter!

(continued from pg. 1)

future centuries. Just like the history of our great country is worth celebrating, so too is the history of our time-honored profession," Zinone said.

"Today we work to preserve thought, preserve history, and support the cornerstone of our justice system, as well as serve the deaf and hard-of-hearing community through providing captioning and CART services. That's powerful. That's what we do. I'm very excited about 2016 Court Reporting & Captioning Week and urge everyone in the court reporting and captioning professions to take this opportunity to share with someone more about what they do and help raise the

public's awareness about this wonderful and unique career path," Zinone added.

To celebrate National Court Reporting and Captioning Week, CCR will be conducting a spirit week in order to raise awareness for the profession! We will be the host for numerous guest speakers and promoting fun projects for our students to do throughout the week. To stay connected with what is going on at CCR during the week of February 14-20, make sure to check out our Facebook, website, Twitter, and other social media outlets.

Re-printed from NCRA.org

GRADUATE SPOTLIGHT

Graduate Angela McCullough had the privilege of reporting for the U.S. Senate last month. This profession can really take you anywhere!



Word Trippers By: Barbara McNichol

Rife, ripe – “Rife” means full, teeming, brimming. It often references something unpleasant or dangerous such as saying rife with crime or disease. “Ripe” means ready, suitable, or full grown. That includes tangibles such as mature fruits or vegetables and intangibles such as opportunities or promises. “The field was *rife* with squash and the *ripe* ones were ready to be picked.” – Bobbie Bookhout

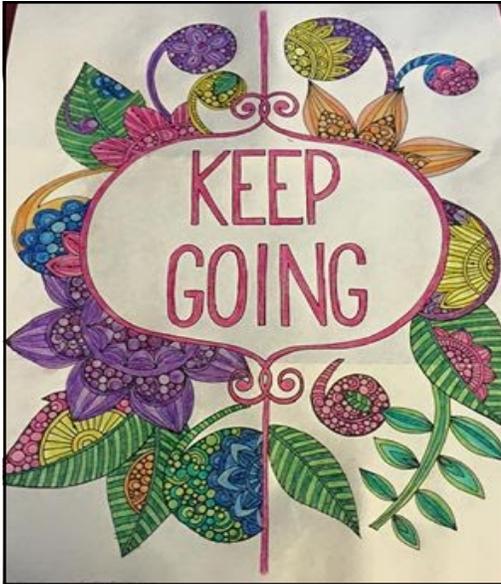


“Theater history is *rife* with examples of overly *ripe* vegetables being tossed at unskilled actors.”
– Randy Harris

DECEMBER EVALUATIONS PASSED

These students have all passed one or more SAP evaluations during the month of December.

<u>10 SAPs</u>	Jamie Johnson	Jessica Vanatta	Christine Obermeyer	Sindee Baum
Jamie Bracher	Jessica Frizzell	Katelyn Berch	Christine Vandam	Stephanie McGinnis
<u>9 SAPs</u>	Katherine Evangelou	Kathleen Steadman	Clara Brooks	Susanne Gorman
Erica Jenkins	Kimberly Wilkerson	Kathy Bruner	Darby Valle	Taylor Behnke
<u>6 SAPs</u>	Kristen Stegeman	Kolby Garrison	Heidi Masters	Tyler Adkins
Brette Dardeau	Martha Obstalecki	Kristine Edland	Jennifer MacDonald	Valerie Melkus
Jessica Williams	Melissa Hicking	Laura Beasley	Jennifer Wesner	Veronica Stewart
<u>5 SAPs</u>	Nicole Miller	Lindsey Heaton	Jessica Wills	
Elise Townes	Paulina Alanis	Lindsey Young	Karina Hannah	
Julie Domanico	Thomas Herman	Melanie Segalla	Katie Jaraczewski	
Mackenzie Smith	<u>2 SAPs</u>	Nicole Wicks	Kelly Garland	
<u>4 SAPs</u>	Alisa Church	Robin Willey	Kelsey Kerwell	
Amanda Vernon	Angela Viray	Shivone Latortue	Kirstie Anderson	
Holly McKay	Ashleigh Huston	Taisha Herr	Kristine Rebar	
Kiana Luke	Ashley Guillermo	Victoria Huntley	Linda Hawkins	
Lexi Klasing	Christil McAllister	Yvette Granados	Brown	
Madeline Lauer	Erin Claybrook	<u>1 SAPs</u>	Lisa Major	
Sheila Sinclair	Holly Harris	Amanda Olivares	Megan Reeves	
<u>3 SAPs</u>	Jamie Dorgan	Ashley Wilson	Najah Danner	
Barbara Ufer	Jennifer Hall	Brandi Smith	Nicoline Dominguez	
Carol Casstevens		Brett Schatzle	Rob Leifer	
Daisy Tamez		Carolyn Collins		
Debra Selsavage		Cassidy Johnson		
Geneva Wildcat				



“My school, CCR, sent a coloring page to students. Here is my finished product.”
-Jennifer MacDonald

CCR Helps Students De-Stress!

Coloring books for adults became increasingly popular in 2015, and many people find coloring intricate designs and patterns to be great stress relievers. It's an excellent way to unwind after a stressful day on your steno machine. CCR recently sent out a motivational coloring page to all of its students as a way to relax and de-stress before finals began. One of our students, Jennifer MacDonald, recently shared her finished project on social media.

JOB OPENINGS

Job Title: Part-Time official Court Reporter

Salary: \$21.59-\$34.77/Hourly

Location: First Judicial District, Minnesota

- * The First Judicial District seeks a **Part-Time (16 hours per week/.40 FTE) Official Stenographic or Electronic Court Reporter** for the **Honorable Janet L. Cain and Honorable Michael A. Fahey**. This is a part-time position (.40 FTE), combined job share with two Official Reporters. The days of the week will be determined based on business needs and availability of the reporters. This position is responsible for the verbatim recording of testimony from judicial proceedings, hearings and conferences in compliance with all applicable statutes and court rules or as directed by the appointing authority.
The First Judicial District operates on a daily calendar system, providing employees the opportunity to report many different types of court proceedings throughout the First Judicial District. The First District consists of seven southern metro counties including Carver, Dakota, Goodhue, Le Sueur, McLeod, Scott and Sibley. **Judge Cain is chambered in Carver County (Chaska) and Judge Fahey is chambered in Scott County (Shakopee), however can be assigned throughout the district.** The reporter will be a member of the judge's staff "team" and will also have the opportunity to work with other judges throughout the district.

Position: Court Reporter

Location: In Baltimore, all of Maryland and Washington, D.C. Court Reporting Offices

- * Experienced RPRs, CMRs and CSRs are needed for full or part-time association with our very busy Baltimore, Maryland and Washington, D.C. court reporting offices.

THE ART OF AVOIDING CARPAL TUNNEL

Spending eight hours a day sitting at a desk with your eyes glued to a computer screen and your fingers hovering over a keyboard can, without a doubt, put definitive strain on your eyes, back, shoulders, hands and wrists. Because of this, Carpal Tunnel Syndrome (CTS) is an obvious occupational hazard that has found itself right at home in corporate America. Now, if you are a court reporting student like me, you are lucky enough to follow these eight hours of strain and discomfort with an evening full of practice, hovering over yet another set of keys. Yes, it is no surprise that court reporters are just as susceptible to CTS as the next office professional. Fortunately for me, I get a double dose of risk thanks to my full time work coupled with my full time school schedule. It should come as no surprise that avoiding this pesky little problem is and should be a priority. So what to do about it?



For starters, take care of your body, especially if you hope to have any kind of longevity in the court reporting profession. It is best to wise up quickly and start practicing good habits now that can help to ward off this nasty little pest. I, myself, have finally starting heeding the wisdom of other court reporters and practice regular exercise, massages, and finger stretches and exercises. Given that court reporting is actually quite physical, you won't regret it. I happen to be a devoted fan of walking and yoga. Both are obviously great for the body, but also the mind. (FYI: Relaxing and clearing the mind is by no means overrated. We don't want to be a bunch of crazies now, do we?!) There are also some fantastic yoga poses that can really help specifically in the area of CTS. I recommend using the power of Google if you are not familiar with them. I have also FINALLY started to do regular massages focusing primarily on my arms, hands, neck and shoulders. I must admit, it's rather nice being able to condone this as a "professional necessity". I back this up with the story of an ex-court reporter I met a couple of years back who is actually no longer able to work as a CR due to this very problem. Ironically, his wife is also a CR and she has been working as one for the past 30 years. Then again, he reminded me that she has also been getting monthly massages for the past 30 years. (Just saying!)

I also try not to neglect my hand and finger stretches. My latest and greatest new favorite finger exercise actually comes by way of my masseuse:



Simply place a rubber band around the tips of your fingers and then open and close your fingers.

This super easy exercise helps to stretch out the backside of your hand. With any kind of typing or writing you are really only working the muscles on the inside of the hand. So it makes good sense to work out and stretch out. While the verdict is out on whether or not all these habits will ultimately help one avoid Carpal Tunnel or not, they certainly can't hurt. My own conclusion, however, is that the real art comes in

being proactive about taking care of yourself and developing good habits now.

"First we make our habits, then our habits make us."

Re-printed from <http://stenodiva225.blogspot.com/>

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“Work for yourself...Work for the world!”

WE'RE ON THE WEB!

WWW.CCR.EDU



Birthdays are in bold print! Happy birthday, CCR students and faculty!

Question of the Week from the JCR

What type of court reporting school do/did you attend?

Answers...

3.5% - I attend/attended an online program.

94.5% - I attend/attended a brick-and-mortar program

1% - I am self-taught

1% - Other

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1	2 Ground Hog Day Kelly Garland	3 Nicky Rodriguez	4	5	6 Kim Prebstle Ronald Pacana
7 Kara Geideman	8 Semester Starts	9 Mardi Gras/ Fat Tuesday	10 Ash Wednesday	11	12 Abraham Lincoln's Birthday	13 Nadine Golden Cheyenne Smith
14 Valentine's Day Jeff Moody 	15 President's Day	16 Carol Casstevens Robin Willey Julia Haven	17 	18 Faculty Meeting 	19 	20 
21	22 George Washington's Birthday 180/200 Multivoice	23	24 Marco Rodriguez Kelsey Michael	25	26 Bonni Shuttleworth Brittany Moore	27
28	29 140/160 Multivoice					1