

AD INFINITUM

Winter 2013

Illinois Court Reporters Association

President's Message

CALL TO ACTION – SUPPORT OUR COURT REPORTING SCHOOLS

Nancy LaBella, ILCRA President

Have you ever wondered where life might have taken you if you had not become a court reporter? Do you think you would live in your present neighborhood or drive the same car? Would you have been able to afford to send your children to the same schools or could you still afford to pay for your children's college education? For most of us, our careers as court reporters have fueled our lifestyle and shaped our lives. And none of us would be where we are today without our court reporting schools that provided us with the foundation to become court reporters.

What kind of future awaits our profession if we no longer have viable programs to train our replacements? In this newsletter you will see a press release from John Wenclawski, the President of Stenograph, voicing his concerns about the future of our profession. John's message is not unique to Prince Institute. These same factors have been voiced to the National Court Reporters Association and the Illinois Court Reporters Association repeatedly by our reporting schools in Illinois, the Illinois Conference of Chief Judges and agency owners looking to hire reporters.

The average age of an Illinois Official Court Reporter in state court is over 50. There are circuits in Illinois that have been unable to fill vacancies when their Official Court Reporters retire because there are no applicants. Digital audio recording has already infiltrated state and federal court. This kind of void only further creates an opportunity for DAR to invade the freelance market as well. Truth be told, if we don't have the court reporters to perform the work, it gives those that use our services no

other choice but to consider other alternatives.

Illinois is very fortunate to have many reputable and well-established court reporting schools in our proximity. MacCormac College has the oldest court reporting program in the country. South Suburban College has produced many qualified students over the years. Graduates of Midstate College earn a Bachelor of Science in Realtime Reporting upon graduation. Prince Institute now has a campus in Schaumburg. Unfortunately, John A. Logan College and AIB College are no longer accepting new students into their reporting programs. St. Louis Community College offers a court reporting program for those in southern Illinois. College of Court Reporting in Hobart, Indiana, has a well-respected online program in court reporting.

I urge you to become an advocate for our profession in your daily lives. Encourage young people or someone considering a career change to become a court reporter, CART provider or captioner. The number one reason someone goes into court reporting is because they have been acquainted with or have spoken with a court reporter. These statistics that John Wenclawski speaks about are alarming, but if each and every one of us encourages one person to go to court reporting school, we will be able to replenish the ranks.

Consider familiarizing yourself with the court reporting programs in Illinois and surrounding states. Educate yourself to the success rate of online programs.

Continued on page 3



Inside this Issue

Officers & Committee Members	2
Word Ways	3, 14
ILCRA Marathon Seminar	4, 5
Amy's Briefs	7
The Future of Court Reporting	8
Veterans History Project	9
Football-Themed Terms	10
New Certificate Program	11
Unconscious Resolutions	12
Word List	14
Member Benefits	15
Member Application	16
Tech Tidbit #105	17, 18
What ILCRA Does	19
Changes in Depositions	20
Stop Multitasking	21, 22
ILCRA Dates	24

Advertiser Index

Midwest Litigation	6
Caption First	13
L&L Reporting	13
Stenograph	15
Jensen Reporting	18
Efficiency Reporting	19
Vahl Reporting	19
Sonntag Reporting	23

ILCRA Officers and Committee Members

2011-2013 ILCRA OFFICERS

PRESIDENT:

Nancy LaBella
630-267-1237; Shorewood, IL
labellaseppi@yahoo.com

PRESIDENT ELECT:

Stephanie K. Rennegarbe
618-424-7990; Addieville, IL
skrenne@frontier.com

VICE-PRESIDENT:

Vernita Allen-Williams
847-377-3751; Lindenhurst, IL
Vallen-Williams@lakecountyil.gov

SECRETARY:

Debra M. Musielak
618-539-5544; Freeburg, IL
deb@musielakreporting.com

TREASURER:

Kathleen M. Grove
630-462-0060; Wheaton, IL
kathie@groveandassoc.com

LEGISLATIVE REPRESENTATIVE:

Patrice (Pat) A. Houlf
309-672-6990; Peoria, IL
pattiann73@yahoo.com

REGION ONE REPRESENTATIVES:

Bernice E. Radavich
630-257-3040; Lemont, IL
bercaptions@sbcglobal.net

Mary A. Trezzo

630-444-3179; Elmhurst, IL
mattrezzo@aol.com

REGION TWO REPRESENTATIVES:

Rita A. Corson
217-322-6226; Macomb, IL
racorson@yahoo.com

Kathryn A. Thomas

217-273-5789; Caseyville, IL
stenoray1@gmail.com

IMMEDIATE PAST PRESIDENT:

Jill M. Layton
217-849-3871; Lerna, IL
Jill.LaytonCSR@gmail.com

EDUCATION LIAISON:

Bonni R. Shuttleworth
708-389-2006; Crestwood, IL
Blue4_belle@yahoo.com

STANDING COMMITTEES:

Auditing Committee

Lea Ruth Cohen, Chair; Tana Hess, Lyn Grooms

Award of Excellence Committee

Nancy Davis, Chair; Bonni Shuttleworth

Budget Committee

Kathleen M. Grove, Chair; Nancy Davis, Nancy LaBella, Stephanie Rennegarbe, Vernita Allen-Williams

Continuing Education Committee

Nancy C. Davis, Chair; Bonni R. Shuttleworth

Freelance Committee

Kathleen M. Grove, Denise Mills, Debra Musielak, Sarah Pazkiewicz, Cathy Rajcan, Stephanie K. Rennegarbe

Legislative Committee

Pat Houlf, Chair; Vernita Allen-Williams, Cheryl Barone, Melanie Sonntag, Dee Doubet, Lisa Ciarrachi, Jill Stevens, Kathy Nielsen, Cindy Waibel

Membership Committee

(To be activated when necessary)

Nominating Committee

Jill M. Layton, Chair; Christina Basis-Prinzi, Dee Doubet, Lyn Grooms, Joseph Rickhoff

Officials Committee

Pat Houlf, Chair; Mary Trezzo, Georgia Rollins, Joan McQuinn, Melissa Clagg, Jenny Danley, Lisa Ciarrachi, Rita Corson, Barb Cash

Webinar Committee

Bonni Shuttleworth, Chair; Nancy Davis, Lyn Grooms, Nancy LaBella, Stephanie Rennegarbe

SPECIAL COMMITTEES:

Bylaws Committee

(To be activated when necessary) Deb Musielak, Chair; Dee Doubet, Jill Layton

CART Committee

LeAnn Hibler, Chair; Jo Gayle, Janet Hamm, Cindy Jenkins, Catherine A. Rajcan, Kathryn Thomas

DSA Committee

Lyn Grooms, Chair; R. Kent Evans, Mary Beth Rollins

Elections Committee

(To be activated when necessary)

Ethics Committee:

Jill Layton, Chair; Debra Musielak (Bylaws), Pat Houlf (Legislative), Linda Chesnut, Seymour Wolfe

PR/Marketing Committee

Vernita Allen-Williams, Chair; Tracy Grott, Jill Layton, Georgia Rollins, Sharon Stuckly

Speed & Realtime Contest Committees

Bonni R. Shuttleworth, Chair; Rita Corson & Teri Gaudet, Co-Chairs; Theresa Hovick-Thomas, Terri Kisler

Student Mentorship Committee

Joni Markel, Chair

Student Scholarship Committee

Bernice Radavich, Chair; Tana Hess, Melissa Clagg, Davee Followell

Call To Action

Continued from page 1

SUPPORT OUR COURT REPORTING SCHOOLS

Contact your area reporting school and arrange a visit. Court reporting students are hungry to hear our war stories as veteran reporters. Mentor a student. Sponsor a reporting student for a convention. In the November/December issue of NCRA's JCR there is an article entitled "Can Working Reporters Impact Student Retention" by Patti Ziegler, the coordinator of the Information and Reporting Technology program at St. Louis College. I urge you to read this article and learn how much reporting students need and look up to working reporters.

If we all do a little, we can accomplish a lot. This profession has meant so much to those of us that have made it our life's work. Let's not allow it to slip away because we failed to take action.

Word Ways

Bonni R. Shuttleworth

A word about where these terms originated. I have a handout from Joe Pudlo dated March 1997, which he titled "A Court Reporter's Vocabulary." He advised reporters to write the words stenographically and become familiar with them. So using his advice, I am going to share the terms with you. I will list them here and hope you look up the meanings before you check your [answers on page 14](#).

- | | |
|-------------------|--------------------|
| 1. au courant | 11. bailiwick |
| 2. auger | 12. bailment |
| 3. augur | 13. balkanization |
| 4. auld lang syne | 14. banality |
| 5. au naturel | 15. bar mitzvah |
| 6. auspices | 16. barrister |
| 7. avant-garde | 17. bastille |
| 8. avarice | 18. Beaufort scale |
| 9. aver | 19. beaux arts |
| 10. averse | 20. bellicose |



Save the Date!

2013 ILCRA Annual Convention

September 19-22, 2013

Crowne Plaza Hotel, Springfield, IL

2013 MARATHON SEMINAR

March 23, 2013

Marriott Hotel
1401 West 32nd Street
Oak Brook, Illinois

CONTINUING EDUCATION FOR COURT REPORTERS

Time	Description	Length
7:00-7:30	Registration/Coffee/Continental Breakfast	
7:30-9:00	Seminar 1: How to Write More by Writing Less (Donna Urlaub) This seminar will show the reporter ways to make the reporter's personal life easier while maintaining the highest professional standards. Participants will learn to be better reporters by being better writers and improving their skills.	1.5 hours
9:00-10:30	Seminar 2: CART (LeAnn Hibler) In this seminar, ILCRA's CART Committee chaired by LeAnn M. Hibler continues in its efforts to educate Illinois court reporters about the field of CART. Attendees will be informed about where CART is provided, types of consumers, types of clients, technology, and the status of CART providers in Illinois.	1.5 hours
10:30-12:00	CONCURRENT SEMINARS Seminar 3: TRAIN – Part 1 (Melanie Humphrey-Sonntag) Following NCRA's model of Taking Realtime Awareness and Innovation Nationwide, Melanie Humphrey- Sonntag will moderate a two-part, hands-on realtime readiness seminar, including focus on psychological barriers and testing techniques. ILCRA Board members will be your "conductors" as small groups address topics ranging from realtimming to yourself and others via wifi, Bluetooth, or cables, artificial intelligence enhancements, and hardware setups. Bring your equipment, bring your questions, and walk away with solutions. Seminar 4: Ready, Set, Write! (CART consumers) Bring your realtime equipment and practice providing CART services during this panel discussion of actual CART consumers! Our consumer panelists appreciate their CART providers and are happy to share their experiences and answer questions.	1.5 hours
12:00-1:00	Lunch	
1:00-2:30	CONCURRENT SEMINARS Seminar 5: TRAIN – Part II (Melanie Humphrey-Sonntag) Part 2 of this TRAIN empowerment series includes writing tips and tricks and techniques to create demand for the value-added benefit of our unique realtime abilities. Breakout sessions will highlight features of CaseViewNet, Bridge, and other litigation-support programs, along with remote CART and Internet streaming alternatives. Most importantly, you'll have gathered reliable resources for your personal continuing journey down the realtime track. All aboard!	1.5 hours

Visit www.ilcra.org to register!

2013 MARATHON SEMINAR

Continued from page 5

CONTINUING EDUCATION FOR COURT REPORTERS

Time	Description	Length
	Seminar 6: ILCRA CART Panel Discussion (LeAnn Hibler, Jo Gayle, Cindy Jenkins, Catherine Rajcan and Kathryn Thomas) This panel of experienced CART providers will share stories about their good days and bad days on the job and how they handled the unexpected. Bring your questions, your fears, your what-ifs, and get suggestions on how to get through it all.	1.5 hours
2:30-4:00	CONCURRENT SEMINARS Seminar 7: Want to be a StenAdvocate? (Moderator: Kathleen Grove; Panel: Vernita Allen - Williams and Bonni Shuttleworth) This presentation will provide individual reporters with the tools to advocate for the court reporting profession and to support the benefits of stenographic reporting over digital recording. Seminar 8: THE IDHHC CART Provider REGISTRY: What does it mean for You? (Tina Dillon, Catherine Rajcan, Cindy Jenkins, LeAnn Hibler) Members from the Illinois Deaf and Hard of Hearing Commission Task Force will educate participants on the newly-created IDHHC CART Provider Registry. What is involved in the application process? What are the minimum qualifications? Is it mandatory for CART providers to register with IDHHC? What will be shown on the registry? Participate in this interactive session to get answers to these questions and more.	1.5 hours
4:00-5:30	CONCURRENT SEMINARS Seminar 9: Social Media 101 (Kathryn A. Thomas) A Guided Tour of Facebook and Twitter and How to Keep Your Daughter's Good-For-Nothing Boyfriend From Seeing Your Posts. Seminar 10: CART Potpourri (Catherine Rajcan and LeAnn Hibler) An assortment, a collection, a mixed bag – a good way to describe the assignments, locations, and clever solutions of a busy CART provider. Our venues are unlimited: school, workplace, civic, cultural, religious, and social. Also tips on working with American Sign Language interpreters. Please join us to learn and share.	1.5 hours
5:30-6:30	Seminar 11: Court Reporters: How to Handle Stress and Stay Healthy (Dr. Jeffrey Smith) In this seminar participants will learn how physical, emotional and psychological stresses can manifest as health problems. Dr. Smith will discuss what activities and exercises work best to decrease these harmful effects. Participants will learn how to prevent neck and back problems for court reporters and specifically how to decrease the likelihood of pain, numbness, tingling or weakness in the hands from repetitive motion. The presentation will be informative, upbeat and entertaining.	1.0 hours

Total: 10.0 Illinois CSR Hours/ 1.0 NCRA CEU
CART TRAINING ONLY: 6.0 Illinois CSR Hours/.60 NCRA CEU

Visit www.ilcra.org to register!



QUALIFIED COURT REPORTERS,
**WE'RE
LOOKING
FOR YOU**



MARY C. GAAL, CMRS

contact: mgaal@midwestlitigation.com

OUR COURT REPORTERS RECEIVE:

GUARANTEED WEEKLY DIRECT DEPOSIT COMPENSATION,
IN HOUSE PRODUCTION, HEALTH BENEFITS AT GROUP
RATES, CONTINUING EDUCATION, FLEXIBLE SCHEDULES,
WIDE VARIETY OF DEPOSITIONS, HIGH DEMAND FOR
REAL-TIME, ROUGH ASCII & EXPEDITE ABILITY.

DEBORAH C. WEAVER, PRESIDENT
MIDWESTLITIGATION.COM | 800.280.3376



**MIDWEST
LITIGATION**
SERVICES
COURT REPORTING
& VIDEO

WE HAVE OPENINGS THROUGHOUT
MISSOURI, ILLINOIS, AND KANSAS.

ST. LOUIS, MISSOURI

JEFFERSON CITY, MISSOURI
KANSAS CITY, MISSOURI
CAPE GIRARDEAU, MISSOURI
SPRINGFIELD, MISSOURI
COLUMBIA, MISSOURI

ROLLA, MISSOURI
SPRINGFIELD, ILLINOIS
CHICAGO, ILLINOIS
CHAMPAIGN, ILLINOIS
OVERLAND PARK, KANSAS

Volunteers Needed!

2013 8th Grade Career Conference

The 2013 8th Grade Career Conference will be held at Lake Land College in Mattoon on Thursday, April 11 and Friday, April 12, 2013. Additional information will be received in January. If any court reporter is interested in attending the court reporting booth at this conference, please contact Jill Layton at Jill.LaytonCSR@gmail.com or 217-849-3871.

Amy's Briefs

By Amy B. Quint, CSR, RMR, CRR (this issue's guest columnist)

THE ELSESES

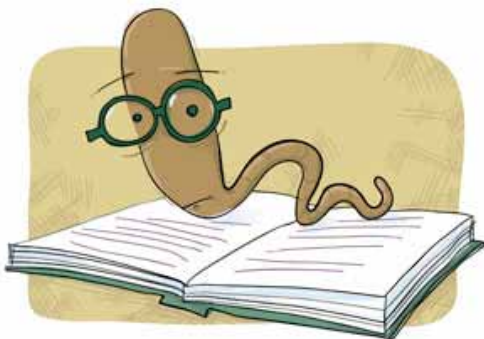
anything else	NILGS
anyone else	NINLS
anybody else	NIBLS
everybody else	FR-BLS
everyone else	FR-NLS
everywhere else	FR-RLS
nobody else	NOBLS
nothing else	NOLGS
no one else	NUNLS
someone else	SWUNLS
somebody else	S-BLS
somewhere else	SW-RLS
something else	S-LGS

A FEW RELATED BRIEFS

formulate	FLAIT
popular	PLAR
populate	PLA*IT
population	PLAIGS
speculate	SPLAIT
speculation	SPLAIGS
escalate	SKLAIT

JUST BECAUSE I NEEDED ONE

contact	KAKT
procedure	PROER
require	RAOIR
requirement	RAOIRMT
presume	PRAOUM
protocol	PROL
projectile	PR*L



November 26, 2012

SUBJECT: The Future of Court Reporting

For the past 29 years, I have enjoyed a challenging and rewarding career within the court reporting profession. Even though I was never trained as a reporter, the years of participating in the technological revolution within this market, as well as the many acquaintances that I've had the pleasure of working with has me feeling that I am part of this profession. As I look around and visit with many of the friends I've established through the years, I feel a concern for the future of this very important and wonderful career.

We all have opinions on the factors that are impacting reporting. There is a misconception in the market of the value of a court reporter, the economy, and public awareness of the future of reporting that have all played a role in reducing the number of court reporters, but in the end, the profession has changed. Today the average age of a court reporter is over 48 years old. The projected number of professional reporters has dropped from 40,000 plus to approximately 35,000. It was not that long ago when there were well over 10,000 students in court reporting school graduating over 1,000 annually. Today the 83 schools have about 7,200 students and graduate 350-400 new court reporters. The court reporting population is shrinking.

I have spoken to many professionals over the years and have heard numerous success stories. I know it is a very demanding profession, but also quite rewarding. Many have experienced financial rewards, but beyond the lucrative lifestyle, it has been a career that has made a difference in society. The transparency a court reporter creates in the courtroom is a freedom we should not take for granted.

At some point in the future, I will step out of this profession and turn the reins of Stenograph over to the next generation. To help ensure Stenograph has a place in this market, we need to ensure there are court reporters in the future. Stenograph has made difficult and significant financial decisions to help ensure this future with the establishment of our three Prince Institute campuses. One of the things that have been quickly reinforced is the difficulty in the recruitment of new students, but more importantly the value of a strong referral from a successful reporter. 58% of those students that are referred by a professional reporter to our schools enroll. I ask each of you to remember what this profession has done for you and try to help ensure the future. Please reach out to those people searching for career direction and promote a career in court reporting. With over 60% of our students online, we would be appreciative of a referral from any location to our schools. Prince has a wonderful curriculum supported by the latest technology and programs. Our graduation rate is twice the industry average.

CART, closed captioning, and court reporting have made a huge difference in many people's lives, both the providers and the recipients. Let's share those achievements of this profession, because without the word of mouth, it will disappear. I would like you to promote Prince Institute, but more importantly, let's promote a career in court reporting. Thank you for the opportunity to share my thoughts.

Kind regards,



John P. Wenclawski

President
Stenograph, LLC

Veterans History Project

Jill M. Layton, ILCRA Immediate Past President

State Celebrates Veterans' History Project

The 12-year-old Illinois Veterans' History Project, an effort to record the stories and memories of Illinoisans who served during war, was celebrated September 24, 2012 with a fittingly patriotic ceremony at the Illinois State Library.

Secretary of State Jesse White, a former Army paratrooper and Illinois National Guard member, said many words have been written about wartime, "but the most important words are those that are written by those who served."

The National Veterans' History Project, the Illinois Court Reporters Association and the Department of Illinois Disabled American Veterans are partners in the project. About a dozen veterans, including Jesse White, were interviewed for the project by volunteer court reporters.

The Macon County Honor Guard and songs - including each of the military service hymns - performed by the Glenwood High School Titan Fever Show Choir highlighted Monday's ceremony.



Left to right, front: Stephanie Rennegarbe, Kathleen Grove. Jesse White, Nancy LaBella, Nancy Davis. Back row: Lyn Grooms, Kent Evans, Deb Musielak and Carla Boehl.

Football-Themed Terms

Provided by Dictionary Jumpstart

~-yard line	crackback	in the flat	sandwich
2-minute drill	double-team	in the grasp	scatback
2-minute warning	double-teaming	look-in pass	scramble
3Com	down-and-out pattern	loss	screen
40-second play	downfield	lunge	scrimmage
Achilles	face-mask penalty	magnetic	soccer-style kicker
activate	fair-catch signal	maneuver	stick-um
AFC	first and goal	man-to-man coverage	stiff-arm
Alltel	flea-flicker	man-to-man defense	sting
arthroscopic	full-house backfield	no-huddle offense	straight-arm
associate	fumble	nullified	strategize
AstroTurf	gadget	nullify	strategy
AstroTurf-8	Gatorade	off-season	streak
behemoth	gladiator	offside	strong
belabor	go-ahead score	off-week	strong-side weak
birdcage	grid	onside	telestrate
blindside	gridiron	open-field runner	telestrating
breakaway	guard	out-of-bounds	telestrator
buttonhook	gurney	out-of-play	tendinitis
bye-week	hail	pay dirt	T-formation
cadence	Hail Mary	pay-back time	two-minute drill
check-off	halftime	play-action pass	two-minute offense
chinstrap	halfback	playbook	two-minute warning
clothesline	half-yard line	play-by-play analysis	two-sport athlete
coffin	hand-off	Plexiglass	wide-out
cornerback	Heisman	post-season play	wigwag
counterplay	hurry-up offense	red-dog blitz	wild-card team
coverage	I-formation	red-shirt year	

Dictionary Jumpstart
www.dictionaryjumpstart.com

Market Your Service

YES! Please place my name prominently before my fellow ILCRA members to market my exceptional services while showing my support for my state association. Please display my business card in the next four issues of Ad Infinitum. Enclosed is my card and a check payable to ILCRA for \$100.

Name: _____ Phone: (_____) _____

Address: _____

Mail to: Nancy C. Davis, Executive Director, ILCRA 41 SW Crescent Drive, Mt. Vernon, IL 62864



MACCORMAC COLLEGE PRESENTS: A NEW CERTIFICATE PROGRAM FOR WORKING REPORTERS: **CART PROVIDING AND CLOSED CAPTIONING**

- ◆ Class times accommodate the schedules of working reporters
- ◆ Scholarships available for all students in the certificate program
- ◆ Students may apply for CE credit for coursework completed



Photo is from the Collaborative for Communication Access via Captioning at cccaptioning.org

MACCORMAC COLLEGE AWARDED \$295,850 FEDERAL GRANT TO EXPAND COURT REPORTING PROGRAM

MacCormac College's court reporting program was one of a select few around the country recently awarded a \$295,850 federal grant from the U.S. Department of Education. The grant will enable MacCormac to create the new Closed Captioning and CART certificate program.

According to the US Bureau of Labor Statistics (20120-2020), those with training in CART and Broadcast Captioning will have the best job prospects in years to come! In addition, both of these are lucrative careers. **According to the NCRA, pay for broadcast captioners can range from \$50.00 to \$100.00 an hour (www.ncraonline.org).**

First two courses offered beginning January 2013 on Fridays:

1. Fundamentals of CART and Captioning
2. Writing for CART and Captioning

(312)922-1884

or visit us online at

www.maccormac.edu

MacCormac College, 29 East Madison Street, Chicago, IL 60602

Rewrite Your Unconscious Resolutions

Linda-Ann Stewart

In January, you may be one of the millions who write down resolutions for the coming year. Generally, these goals are to improve your life. You'll follow through on some of the declarations, the ones that are the most important to you. But have you ever wondered about the resolutions you've made unconsciously that have limited your life?

I have clients who tell me "I can't lose weight," "I can't stop smoking," "I'll never feel good about myself." In response, I say "If you accept that, you've just created a law for your mind to follow, and it will make that law true for you." We all formulate mental rules throughout our lives. Some are based on past experience, some are handed down from former generations, and then there are rules of gender.

What rules have you accepted to limit yourself? Do you believe that the only way you'll be wealthy is by winning the lottery? Do you think that you have to work overtime to earn a living wage? Are you afraid that when you become elderly, you'll be infirm? All of these ideas become firm laws by which your subconscious controls your life. It takes your ideas and resolves to make them true for you.

Have you ever heard of someone saying, "I gain weight just by walking by a bakery and smelling the goodies?" I read someplace that they did an experiment to find out if it would actually happen. To the great surprise of the researchers, the people who said that did gain weight when they passed a bakery. The subjects had created a rule for their subconscious to follow.

Are you trying to live according to some rules someone else laid on you as a child? If so, you have the right and responsibility to create standards that reflect your current values. You have a right because you have enough life experience to know what principles are appropriate for you in your current life. And you have a responsibility to form new rules because you are here to express your potential more fully. Those rules helped you to survive in the strange environment into which you were born. But you've outgrown them just as you've outgrown the bassinet.

The way to open up to your potential is to become aware of and re-evaluate the outdated laws by which you've restricted your life. Become aware whenever you say "I can't," "I'm afraid," or whenever you feel less than worthy. The subconscious takes those ideas as commands to be fulfilled. Your internal laws about not being able to have it are all that's keeping a better life from you. Rewrite the outdated rules so that your internal laws serve you in a more expanded way.

Copyright © 2009-2012 Linda Ann Stewart
All Rights Reserved

A nationally known speaker, life coach, hypnotherapist, and author, Linda-Ann Stewart empowers people to break the trance of their mindset for less stress and more success in their lives. For personal development tips and articles to inspire and motivate, sign up for her ezine, "Empowering Greater Possibilities," at www.LindaAnnStewart.com. You can contact her at LAS@LindaAnnStewart.com or 928-600-0452.

Spread the word!

You can make a difference.

Encourage someone you know to explore court reporting, captioning, and CART as a career.

Ensuring that qualified reporters are in the field is the only way to protect the profession and to fight digital technologies from taking over our industry.



Local Court Reporter Training Programs

John A. Logan College

700 Logan College Road, Carterville, IL 62918
800.851.4720 www.jalc.edu

College of Court Reporting*

111 W. 10th Street #111, Hobart, IN 46342
866.294.3974 www.ccr.edu

MacCormac College*

29 E. Madison Street, Chicago, IL 60602
312.922.1884 www.maccormac.edu

Midstate College*

411 W. Northmoor Road, Peoria, IL 61614
309.692.4092 www.midstate.edu

Prince Institute, Great Lakes

1300 E. Woodfield Road, Schaumburg, IL
847.592.6600 www.princeinstitute.edu

South Suburban College*

16333 S. Kilbourn Ave., Oak Forest, IL 60452
708.596.2000 www.southsuburbancollege.edu

*NCRA Certified



**ATTENTION REALTIME WRITERS
ARE YOU INTERESTED IN...**

Part-time Work
New Opportunities

Flexible Schedule
No Transcripts

Contact: Pat Graves 719-481-9834
pat.graves@captionfirst.com

CONFERENCE ROOM AVAILABLE



L&L REPORTING SERVICE, INC.

COURT REPORTERS

9 North County Street
Waukegan, IL 60085
(847) 623-7580

Lori A. Eder, CSR, RPR, RMR

FAX (847) 623-7597

Word Lists of Stores and Automobiles

Provided by Dictionary Jumpstart

Albertson	Haggen	Redner	Allroad
Aldi	Hannaford	Remke	Chevy Cruze
Amazon	Harris Teeter	Riesbeck	C-MAX
Andronico	Heinen	Rite Aid	Cooper Countryman
Arlan	Hilander	Rosauers	CrossCabriolet
Balducci	Houchens	Safeway	Crossover
Barnes & Noble	Hy-Vee	Save-A-Lot	dart
BI-LO	Kohl's	Schnucks	Equus
Brookshire	Kowalski	Scolari	Evo
Buehler	Kroger	Sedano	evolution
Butera	Landis	Sentry	Evoque
Cannata	Logli	Sherwin-Williams	Juke
Caraluzzi	Lowe's	ShopRite	Kizashi
Coborns	Lunardi	Straub	leaf
Costco	Lunds	Supersol	Murano
D'Agostino	Macy's	SuperValu	Optima
Dahl	Magruder	Supremo	Paceman
DeCicco	Matherne	Thriftway	Panamera
Dehoff	McCaffrey	Trader Joe's	Scion iQ
Delhaize	Meijer	Turco	Sonata
Dierbergs	Minyard	Ukrop	sonic
Fairway	Mollie Stone	Vallarta	spark
Fareway	Neiman Marcus	Wakefern	Sportback
Food Lion	Nordstrom	Walgreens	Tiguan
Foodland	OfficeMax	Walmart	Veloster
Foodtown	Petosa	Wegman	Verano
Fred Meyer	PetSmart	Wesselman	Vitara
Gelson	Piggly Wiggly	Whole Foods	volt
Gerland	Publix	WinCo	
Gristedes	Raley	Winn-Dixie	

Dictionary Jumpstart
www.dictionaryjumpstart.com

Word Ways

Answers according to Joe Pudlo

Continued from page 3

1. au courant – informed on current affairs; fashionable; stylish
2. auger – tool for boring
3. augur – to predict or foretell, especially from signs or omens
4. auld lang syne – long ago
5. au naturel – naturally; simply
6. auspices – the umbrella under which you operate
7. avant-garde – vanguard
8. avarice – an extreme desire for wealth
9. aver – allege or assert in pleading
10. averse – having a feeling of great distaste or aversion
11. bailiwick – a person's area of skill
12. bailment – a delivery of personal property to be held in trust
13. balkanization – to break up into smaller and often hostile units
14. banality – something obvious; repetitious; lacking in originality
15. bar mitzvah – a thirteen-year-old Jewish male, considered an adult and responsible for his moral and religious duties
16. barrister – a lawyer admitted to plead at the bar and undertake the public trial of causes in an English court
17. bastille – French fortress/prison
18. Beaufort scale – a scale for measuring wind velocity
19. beaux arts – the fine arts
20. bellicose – characterized by military hostility; provocatively warlike

Member Benefits

Membership with the Illinois Court Reporters Association has its privileges! As a member, you receive exclusive benefits, including:

AD INFINITUM - our quarterly newsletter containing up-to-the-minute reporting developments

Discounted **ILCRA ANNUAL CONVENTION** and Seminar registration fees

CONNECT with colleagues by participating in email listserves or Student Mentor Program

Your services are listed in ILCRA's online **FIND A REPORTER** listing

ACCESS to the ILCRA website with the latest legislative news

Additionally, the ILCRA Board of Directors is pleased to add the following discount programs for ILCRA members:

PENGAD: 10% OFF all full price products for all of 2012

STENOVACTIONS: 15% DISCOUNT on purchase of digitalCAT software and/or LightSpeed Writer

OFFICE DEPOT: 15% OFF on select paper and office supplies




Renew today by completing and returning the [Membership Application on page 16!](#)


THE
DIAMANTE™
BY STENOGRAPH®

Elegant
Sophisticated
Brilliantly simple

The most exquisite and technologically advanced writer ever made.
Features TrueStroke™ technology to give you dazzling results right from the start.



To learn more, visit www.stenograph.com or call 800.323.4247.



ILLINOIS COURT REPORTERS ASSOCIATION

41 SW CRESCENT DRIVE, MT. VERNON, ILLINOIS 62864

618-242-2142 • 800-656-2467 • www.ilcra.org

If you are an Illinois State Official and wish to take advantage of the payroll deduction, call the 800 number above and a payroll deduction card will be sent to you for completion.

MEMBERSHIP APPLICATION

(Please type or print)

Please check address preferred for mail: Home Business

Name: _____ Date: _____

Home: _____ (Street Address) (Apt. #)

_____ (City) (State) (Zip)

Courthouse or Business: _____

_____ (Street Address) (Suite #)

_____ (City) (State) (Zip)

Business Phone: () _____ Home Phone: () _____ FAX: () _____

Email Address: _____ An email address is required to receive exclusive member information.

Female

Date of Birth

Previous ILCRA Member? If yes, by what name?

Male

____/____/____

Yes No _____

PROFESSIONAL MEMBER -- FOR COURT REPORTERS – DUES \$110/YR

Primary Reporter: Freelance State Official Federal Official Captioner Hearing Legislative Industrial Commission

Primary Shorthand : (check only one) Machine Pitman Gregg Other _____

Support Services: Computer-Aided Transcription Conference Room Litigation Support Realtime Translation

Video Video Conferencing Closed Captioning

Certifications: (circle all that apply) RPR RMR RDR CLVS CMRS CRR CRI CPE FAPR CBC CCP

CSR State(s) _____ CSR# _____ Other: _____

Speed Contest Participant: ISRA/ILCRA Literary Legal/Jury Testimony Champion

NCRA Literary Legal/Jury Testimony Champion

Degrees: Associate's Associate of Business Associate of Science Bachelor of Arts Bachelor of Business Adm. Bachelor of Science Master of Arts Master of Business Adm. Master of Science Doctor of Philosophy

Other: _____

Nonreporting Specialties: Attorney Notary Public

ASSOCIATE MEMBER -- DUES AS INDICATED (check one) Instructor - \$50 Student - \$40 Vendor -\$60

Retired -\$40 Other - \$60 _____ (Occupation)

The dues year is July 1 through June 30. Annual dues, payroll deduction card or credit card information must accompany application.

DISCOVER VISA MC AMERICAN EXPRESS CHECK ENCLOSED (Payable to ILCRA. \$10 returned check fee)

Card Number: _____ Expiration Date: _____

Name on Card Signature of Cardholder _____

Members of ILCRA are required to adhere to ILCRA's Code of Ethics. If, as a member, you violate ILCRA's Code and your ILCRA membership is suspended or revoked, that information shall be published in the Ad Infinitum or other ILCRA Publications.

Tech Tidbit #105: *Tablets, Tablets Everywhere, Redux, Part 2*

Gregg Marshall, CPMR, CSP, CMC

[Editorial note, this is a rewrite of the Tech Bit 75/76 articles updated for current products]

The last article talked about various tablet options. In my opinion, the battle will be between the iPad and various Android tablets.

There are three groups of Android tablets: super-cheap (around \$100) 7" tablets, "brand name" 7" tablets (around \$250), and 9-10" tablets (mostly above \$400).

If you are looking at super-cheap tablets, be aware of differences in touch screen technology. There are two: capacitive and resistive. The iPad and nicer Android tablets use a capacitive touch screen. It is generally a bit more expensive, doesn't work with gloved hands or most stylus options, but is very responsive and allows multi-touch gesturing. Many inexpensive tablets use a resistive touch screen, which is less expensive and works well with a stylus (if you are thinking of business applications, checking boxes and filling forms are likely needs which for many people are more comfortably done with a stylus). But resistive touch screens can be unresponsive to just a finger and will be limited in their multi-touch options. Resistive touch screens have a wide range of responsiveness, from just short of requiring a stylus to being indistinguishable from a capacitive touch screen. The touch screen technology makes it important to actually play with any options; you can't just order a tablet based on its specifications.

While most tablets now do not even support the use of stylus, there are a very few, such as the Samsung Galaxy Note 10.1, that come with one. With the Note, the stylus is "smart," allowing interactions just by hovering over the screen. It can also do handwriting recognition. And in some applications, holding a stylus might be more natural than using your finger.

Interestingly the normal differentiators for computers, processor, memory, and storage capacity, are less important for tablets. The reason is tablets really need to be viewed as a user interface to the cloud, be it websites or internet stored data (that includes video). As a result, as long as the tablet works to your expectations you really don't care what processor it has, very unlike the "old days" when your processor determined your operating system which determined your application options.

There are Android tablets with screens all the way from 5 inches (most 5-inch Android tablets are actually large smartphones) through 12 inches. To a point, increasing screen size will mean increasing costs. On the other hand, in some applications smaller might be better. For example, a 7-inch tablet might be a great personal media player, letting you watch video on the go. And 7 inches is the screen size of the Kindle Fire and Barnes and Noble Nook eBook readers. A 7 inch tablet is small enough to fit in many suit coat pockets.

But if you are going to be doing much data entry with the on-screen keyboard, you'll find a 10-inch or larger screen much more useable. Unfortunately the screen resolution doesn't necessarily correlate with corresponding increases in screen size, there are high resolution 7-inch tablets and then 10-inch tablets with half that resolution.

While the lack of maturity of the Android options might suggest the iPad as the better option, one feature of Android is its App Builder, which lets relatively inexperienced developers build custom Apps without the significant programming native Android or iPad Apps require. You could have custom Apps running in days instead of weeks or months. Many of the exciting possibilities for tablets will be custom apps making your business more effective.

Continued on page 18

Alternatively, which would work with either platform, is to create custom web applications. Simple forms can be created using Google Docs (Google it), filled out via tablet, and integrated into your operations via a spreadsheet download of the data

A custom app, coupled with a plan to loan them to customers, such as at a restaurant or during a training class, might be the only reason to consider the super cheap tablets. If you need 25 or 50 for a limited use, and total cost is an issue, they might make total sense. Given their wide range of capabilities, buy one to test before committing to a large number.

You need to start thinking about creative ways tablet computers can impact your business. That might include getting a tablet to experiment with. And I suggest you look around as you are doing business to see how tablets are being used, or where they might be used. There is definitely a tablet in your future, the only question is just which one and when.

Gregg Marshall, CPMR, CSP, CMC is a speaker, author and consultant. He can be reached by e-mail at gmarshall[at] vendor-tech.com, or visit his website at <http://www.vendor-tech.com>.

JENSEN
Litigation Solutions

180 North LaSalle Street, Suite 2800, Chicago, Illinois 60601
Local: 1.312.236.6936 | Toll Free: 1.877.653.6736
Fax: 312.236.6968
E-Mail: info@jensenlitigation.com

Whatever.
Whenever.
Wherever.

Jensen Litigation Solutions is a leading court reporting and litigation support firm with a global reach.

- » Text and Video Streaming
- » Rough ASCII
- » E-Transcript™ & Publisher™
- » Exhibit Scanning & Linking
- » On-Line Scheduling & Repository
- » Complimentary Deposition Suites
- » Videoconferencing
- » Teleconferencing
- » Legal Videography
- » Video/Text Synchronization
- » Trial Presentation
- » Worldwide Coverage

www.jensenlitigation.com MEMBER OF: NCRA, ILCRA, STAR | WBE CERTIFIED

What ILCRA Does for Illinois Reporters

- Works to maintain your right to be certified.
- Administers the RPR, RMR, RDR, CRR, CBC, and CCP examinations and publishes the dates of the tests in Ad Infitum.
- Monitors, promotes, and lobbies to pass legislation favorable to the interest of court reporters, captioners and CART providers. Monitors legislation affecting our professions on a statewide and national basis through both our Legislative Committee and our lobbyist.
- Sponsors an annual conference and one-day seminars including continuing education and the latest in reporting technology.
- Publishes the Ad Infitum, a quarterly online newsletter containing the newest up-to-the-minute reporting developments throughout the state, highlights of board meetings, advertisements of vendors and agency owners, and names and telephone numbers of ILCRA officers.
- Serves as an affiliated state unit of the National Court Reporters Association.
- Offers members significantly reduced rates for the conventions and seminars.
- Awards a Student Scholarship, a Distinguished Service Award, an Award of Excellence for an Outstanding Educator and conducts speed contests each year.
- Provides resources on the ILCRA website, including the CSR Act, Court Reporters' Act, Rules and Regulations of the Illinois Department of Financial and Professional Regulation, Transcript Act, and ILCRA Bylaws. It also includes officers' names and contact information as well as Committees and Committee Members. ILCRA Member Information is included on the website under "Find a Reporter."
- Offers an Online Student Mentor Program.
- Promotes student recruitment.
- Organizes letter-writing campaigns on issues affecting our professions.
- Sends representative members to legislative boot camps, leadership conferences and the national convention for training and education.
- Provides reporters for demonstrations on request and attends career days throughout the state.
- Provides free CART brochures to its members.
- Provides a court reporters network through Constant Contact which allows ILCRA to immediately be in touch with members via email.
- Serves the membership with an 800 phone number, 1-800-656-2467 and a website www.ilcra.org
- Provides a full-time staff person, our Executive Director, to assist members.



EFFICIENCY REPORTING

*The last spoken word...
...Instantly at your fingertips*

CATHERINE A. RAJCAN
CSR, RDR, CRR, CCP

114 N. Hale Street, Ste. B 630.682.8887
Wheaton, IL 60187-5064 Fax: 630.682.8920

Efficiencyrptg@cs.com



VAHL
REPORTING SERVICE, LTD.

Certified Court Reporters and Videographers

11 N. Skokie Hwy., Suite 301 53 W. Jackson, Suite 656
Lake Bluff, IL 60044 Chicago, IL 60604
847-244-4117 312-624-8472

www.vahlreportingservice.com

Changes in Depositions – Looking Beyond the Subject Matter

Jim DeCrescenzo. FAPR, RDR, DRR, CLVS



Being a court reporter in Philadelphia, New York, New Jersey and Delaware for more than 40 years, I've seen a lot of changes in how depositions are conducted. Since the rules that govern depositions haven't changed much, the bulk of the changes have taken place with the people who attend depositions and how technology is used.

Early on in my career it was not uncommon for a blue cloud of cigar smoke to linger six feet in the air of a conference room, and it was easy to find an ashtray. Today such a thing would never happen and for the younger attorneys, they can't even imagine such a setting. A change like this that comes with time is an improvement, and number one on my list.

Also an improvement: technology that has allowed each reporter to be far more productive. For example, as a young reporter typing my notes after a deposition, the best I could consistently produce was 12 to 15 pages an hour. Fast forward a few decades and computer technology and an improved stenotype machine allow me to produce 300 page rough ASCIIs a few hours after the deposition ends. The technology has allowed court reporters to be far more productive.

It used to be that men wore suits and ladies wore dresses or suits to the office. The change in the dress code is obvious. My estimate is that today half of the professionals attending depositions are dressed more casually, with open-collar shirts and slacks. The casual attire is certainly comfortable, but out of respect for the process I still prefer to wear a suit to a deposition. Being an older male wearing a suit, I'm often mistaken as being one of the attorneys. I can chuckle at it; but it really gets under some people's skin.

One of the most annoying changes I've seen at the deposition is the attorneys' undying allegiance to their mobile device. Yes, it happens everywhere. I can't remember the last time I rode an elevator with three other people when at least one of them wasn't consumed with their phone.

In a great majority of the depositions at least one person is regularly checking his or her mobile device. And the cacophony of ringtones and alerts of incoming messages can be distracting. Picture an intense, fast-paced examination of an important witness. All of a sudden everyone is treated to five seconds of Tchaikovsky's 1812 Overture. Great tune, but not in an appropriate setting.

And like the person on the train sharing his half of the phone conversation with everyone in the car, the BlackBerry that rests on the conference room table and vibrates every minute or so is a distraction to everyone. I can only assume that the message is important to the recipient. But really, does the announcement of its arrival have to be shared with everyone?

I take the view that I should conduct myself in a deposition the same way I would in a courtroom. I know, my age is really beginning to show. If you have an opinion or comment, I'd love to hear another perspective. Email me at Jim@jdreporing.com.

Stop Multitasking to Reduce Stress

Linda-Ann Stewart

Most people are overwhelmed by the amount of distractions in their lives. When you're trying to work, you're interrupted by phone calls, texts, or a problem suddenly needing an immediate solution or decision. All of this diverts your attention and keeps you from focusing on one thing at a time.

You're trying to multi-task to be more efficient and you're accomplishing exactly the opposite. Your attention is split between all of the distractions, and nothing gets your best effort. So everything suffers from a lack of your full capabilities.

Unfortunately, your fast-paced lifestyle promotes stress and anxiety. This engages the Fight or Flight mechanism that causes you to be in survival mode. Everything that happens is then considered to be a threat. You can't keep things in their proper perspective.

For instance, let's say you're expecting a busy day at work. In the morning, you take the trash bag out of the trashcan and the bag breaks. Now you have to clean it up before you can leave. On the freeway, you're caught in an unexpected traffic jam and get to work late.

You'd planned to have plenty of time to print out a report for a meeting. But because of the morning's delays, you're hurrying to get it done. The printer jams and you're ready to throw it through the window. Due to the accumulated frustrations, an insignificant problem (the printer) has been blown up out of proportion. It takes on monumental importance, when it actually may simply take a couple of minutes to fix.

When your mental reserves are completely used up and you're in survival mode, stress monopolizes resources in the brain. It's like a huge program that consumes all the available memory in a computer. There's nothing left over to make rational decisions.

Being stressed and in overwhelm means that you can't think straight, be creative, resourceful, or plan effectively. You're reacting from your past experience and conditioning and can't choose a different response.

However, when you're able to focus on one thing at a time, it allows access to more mental and emotional resources. For example, driving the car without talking on the phone or texting is safer and less stressful than dealing with those distractions. Working on a project without interruptions means you're able to bring all of your creativity to it.

Being fully engaged in a conversation means you'll hear what the other person is saying and be able to respond appropriately. If you have to reply to an upsetting email, having the time and space to rationally choose what to say is better than reflexively shooting out a nasty response.

When you learn to be more mindful and more present in your life, you're able to engage much more of the brain's creativity, abilities, perspective, problem solving, and flexibility.

Take some time to turn off all the technology in your life and shut out the distractions. Focus the light of your attention on one task. Immerse yourself in it.

Continued on page 22

Stop Multitasking to Reduce Stress

Continued from page 21

If it's washing the dishes, don't watch TV at the same time or focus on hating the chore. Just do it without giving it much emotional energy or distraction. Consider it time for your mind to recharge without having to think ahead. Just be. The same technique can be used for a project at work, or a task at home.

Some other ways you can recharge your mental resources:

- Calm your mind down. Meditate or use self-hypnosis to create a quiet place and allow your mind to recharge its resources. Either of these processes is a practice in learning to focus.
- Get some exercise. This can discharge some of the residue from stress or anxiety. It's also great for problem solving. If I get stuck when I'm writing an article, taking a walk almost always stimulates a breakthrough.
- Practice mindfulness. No multi-tasking. Stick to one activity or task at a time. Turn off the phone, ignore email, and put a "Do not disturb" sign on your door.
- Positive self-talk. If you need help to stay focused, be your own coach. Talk yourself through the steps.
- Just "Stop." When you get too stressed, say "stop" and halt what you're doing. Take a few deep breaths. This halts your runaway thinking and calms your nervous system down.
- Instead of tying up so much of your resources in your day-to-day scramble, learn to be more focused and mindful. This allows you to release more of the talents and creativity that are innate within you.

Copyright © 2009-2012 Linda Ann Stewart
All Rights Reserved

A nationally known speaker, life coach, hypnotherapist, and author, Linda-Ann Stewart empowers people to break the trance of their mindset for less stress and more success in their lives. For personal development tips and articles to inspire and motivate, sign up for her ezine, "Empowering Greater Possibilities," at www.LindaAnnStewart.com. You can contact her at LAS@LindaAnnStewart.com or 928-600-0452.



Illinois Court Reporters Association Mission Statement

To maintain standards of excellence in verbatim shorthand reporting, to provide continuing educational opportunities and advocate technological advancements, and to promote a spirit of mutual assistance between the profession of verbatim shorthand reporting and its consumers.

AD INFINITUM

Ad Infinitem is published quarterly by the Illinois Court Reporters Association, 41 SW Crescent Dr., Mt. Vernon, IL 62864. ILCRA assumes no responsibility for statements or claims made in Ad Infinitem. Subscription is included in annual membership dues paid by a member.

connected with ILCRA.

For advertising information: Nancy C. Davis, 41 SW Crescent Dr., Mt. Vernon, IL 62864. Ph: (800) 656-2467 or (618) 242-2142, fax: (618) 242-2143, email: Ilcraoffice@aol.com

Statement of fact, opinion, and all advertisements are the sole responsibility of the author or advertiser alone and do not express the opinion or endorsement of ILCRA or anyone

Editor: Innovative AMC, 43150 Broadlands Center Plaza, 152-269, Ashburn, VA 20148. Ph: (703) 729-4861, email: info@innovativeamc.com.

Issue

Spring
Summer
Fall
Winter

Pub. Date

April 15
July 15
October 15
January 15

Deadline

March 15
June 15
September 15
December 15

When you think of **CHICAGO** METROPOLITAN
SUBURBAN
think of **SONNTAG** REPORTING
SERVICE Ltd.

Certified Shorthand Reporters, including

- Registered Diplomate Reporters
- National Speed Contest Qualifiers
- Certified Realtime Reporters
- Certified Legal Video Specialists

800.232.0265

sonntagreporting.com

*Independently owned and operated by
working reporters*



AD INFINITUM

Winter 2013

ILCRA 2013 Dates

March 9

State Official Reporters Seminar
Lisle Hilton, Lisle

March 23

Get all your 10 points in one day!
ILCRA Marathon Seminar
Marriott Hotel, Oak Brook

April 5

State Official Reporters Seminar
Northfield Inn, Springfield

April 11 & 12

8th Grade Career Conference
Lake Land College, Mattoon

April 19

State Official Reporters Seminar
Four Points by Sheraton, Fairview Heights

April 20

CSR Examination
Chicago and Carbondale

May 4

RPR, RMR, CRR, CBC & CCP Skills Exam
MacCormac College, Downtown Chicago
and Midstate College, Peoria

August 17

CSR Examination
Chicago and Carbondale

September 19-22

ILCRA Annual Convention
Crowne Plaza Hotel, Springfield

November 2

RPR, RMR, CRR, CBC & CCP Skills Exam
MacCormac College, Downtown Chicago
and Midstate College, Peoria

December 14

CSR Examination
Chicago and Carbondale



Illinois Court Reporters Association
41 SW Crescent Drive
Mt. Vernon, IL 62864