

# ARIZONA NOTES

Volume 47, Number 2

Summer 2019



## Stretching

by Kate Roundy

I love watching babies suck on their toes while lying on the backs, rocking side to side. In Yoga, this pose, without the toe sucking, is called Happy Baby. Yoga theory teaches that flexibility is an attitude that invests and transforms the mind as well as the body. Stretching may hurt at first, as it is designed to take us beyond our comfort zone. However, developing flexibility through stretching is a worthwhile investment in your overall health. For maximum success as a court reporter, I encourage you to stretch physically, mentally, and experientially.

We tend to sit for a living. Lower back pain is often caused by shortened hamstring muscles. Our shoulders and back ache from reaching toward the steno machine. Years of writing spurs the inevitable arm and wrist pain. Implementing a physical stretching routine each day is the first step in dealing with these aches and pains. Before I start each day, I spend five to ten minutes stretching. With each stretch, I hold it for a minimum of three full breaths, breathing in through my nose and out my mouth. Not only does it feel good, but it creates a peaceful time for me to reflect on my day ahead.

Once I finish my routine and stand up, I am loosened up and ready to tackle my day.

Working in our profession, we are constantly exposed to new information. It is tough. Expert witnesses will speak for eight hours about completely foreign subject matter.

Being able to focus cognitively under these circumstances requires mental flexibility. Routinely hearing and researching new topics causes our brains to “stretch” and stay active. It is often suggested that the elderly expose their mind to new information using daily crossword puzzles to keep them sharp and functioning at peak performance. Throughout the years, I continually stretch my mind by learning and implementing new writing tricks. Initiate

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# CAREER FAIR

**BY KAYLA HUBANKS**

When I was approached about and asked if I would be interested in appearing on behalf of the court reporter profession for the Wigwam Creek Middle School career day, my response was an enthusiastic “ABSOLUTELY!”

You see, up until my senior year of high school, I had no idea what I wanted to do once I graduated. And even after that, it took me until my second semester of my first year of college to choose court reporting. Why? Well, as we all know, the court reporting profession isn’t as well-known as we would like it to be, and unless you know someone or know someone who knows someone who knows someone whose mom is a court reporter, you would have no idea that the career even exists or that it’s an option for you.

Lucky for me, a family friend of mine is a court reporter in Dubuque, Iowa (my hometown), and she planted the “court reporting seed” for me my senior year of high school. I looked into it, discovered the cost of the student writer – \$1,000 – decided

that was far too much money for my 18-year-old self to spend, and chose a different profession – juvenile probation officer – for my first semester of college. Then, after taking gen ed courses for a semester at Winona State University, I decided being a probation officer was ultimately my second choice to court reporting. So I finished out the year at Winona State, taking courses that I would be transferrable to Madison Area Technical College come fall of the next year when I would begin my court reporting journey.

I know now that if I would have pursued court reporting immediately out of high school, I would have saved a whole lot of money that was instead put into a liberal arts college. Therefore, I get excited about any opportunity that allows me to share my knowledge and experience with those who maybe don’t know about court reporting, hopefully planting seeds that will grow into future court reporters along the way.

I accompanied Jennifer Honn to the Wigwam Creek Middle School career day. We were greeted by a couple of middle school girls and taken to our table to set up. Our table was surrounded by a variety of professionals – a wrestler, a radio personality, a government official, a psychic, a singer, et cetera.

The middle schoolers came in in waves, all equipped with a brochure of questions to ask us. The questions ranged from “How did you get into your career?” “What education do you need?” “Can you work anywhere in the United States?” “How much money can you make?” “Do you work alone or as a team?” “How do you use math, writing, spelling, English in your career?” and “If you didn’t choose your current career, what would you want to do?”

*Career Fair continued on Page 13...*



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# NCRA BOOT CAMP & ADVOCATING FOR COURT REPORTING

By Leah Armendariz

Today is the day to advocate for our profession. Today is the day that we advocate for ourselves. As court reporters, we are trained to listen, not speak. We don't interrupt unless absolutely necessary. The fact that NCRA has taken on the task year after year of providing a training that goes directly against the grain of our vocation is a huge step forward in our profession.

This year while serving as treasurer of ACRA I was given the opportunity to attend the 2019 NCRA Legislative Boot Camp. It was an experience like no other, and an experience that has changed my view of what we are capable of when we find our voice.

Dave Wenhold and Jocelynn Moore spared no time preparing us to be truly effective on The Hill. The

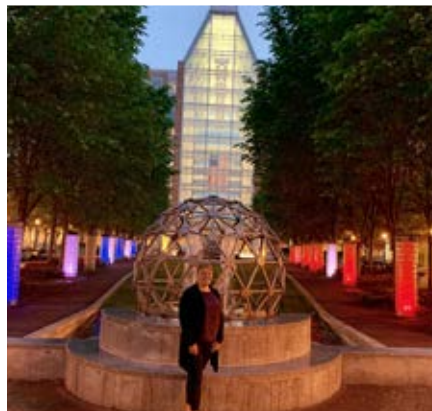
first day was spent working through the goals of boot camp, the nuts and bolts of association work, and the basics of politics and the structure of Capitol Hill. We all left feeling confident and emboldened. If we only knew what they had in store for us.

The second day was a hands-on and taxing experience. We were plucked from our comfort zones and put through scenario after scenario of talking to different leaders and staff members on The Hill. Some "senators" were court reporter friendly and welcomed what we had to say; others were not. Each scenario was harder than the one before. At the end of the day, I felt something close to defeat, but they assured us that our following day on Capitol Hill would feel like a breeze. We would be ready for anything that would be thrown our way. Thankfully, they were right.

Eager to take on the task at hand, our team was bussed to Capitol Hill with a goal of lobbying for \$5 million of the Higher Education Act to be earmarked specifically for court reporting schools and students. Nervous, but well prepared, we were ready to face whatever the day would bring us.

I spent the day meeting with various staff of Senators Kyrsten Sinema and Martha McSally and Congressman Paul Gossar. The staff were polite and welcoming, instantly putting my nerves at ease. Each staff member I met with had no idea of

*NCRA Boot Camp continued on Page 14...*



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# UPCOMING EVENTS

## SAVE THE DATE:

### 2019 Annual Convention

Date: September 21-22, 2019

Location: Sheraton Mesa Hotel at Wrigleyville West

Make your reservations early to take advantage of the ACRA rate. Program details and convention registration coming soon.

## SAVE THE DATE:

### 2020 Multi-State Convention

Date: September 18-20, 2020

Location: Park City, Utah

### Board of Certified Reporters Board Meeting

Date: October 10, 2019

Time: 10:00 a.m.

Location: Arizona State Courts Building,  
1501 West Washington, Phoenix, Room 109

## ACRA Board Meetings

### September 22, 2019

Time: 1:00 p.m.

Location: Sheraton Mesa Hotel at Wrigleyville West

### 2019 NCRA Convention

Date: August 15-18, 2019

Location: Denver, Colorado

Kate Roundy and Marylynn LaMoine will be representing Arizona at the NCSA (National Council of State Associations) meeting.

If you go, please share your photos with ArizoNotes by emailing [jenniferhonn@iotalegal.com](mailto:jenniferhonn@iotalegal.com)!

## CONGRATULATIONS!



ACRA's very own member

**G. Allen Sonntag** was recognized for his many years of service on our Board of Certified Reporters. Mr. Sonntag retired from his position as chairman after the April 11, 2019, meeting. **ACRA thanks G. Allen Sonntag for his service!**



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# FUN CANDIDS FROM THE MIDYEAR!



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## Death Valley

By Shirley Hyytinen

Have you ever gone or had a desire to visit the Death Valley National Park? How about playing a round of golf at the world's lowest elevation golf course? This could be the year for you to check this off your life list!

Death Valley National Parks started as a National Monument and was upgraded to National Park status in October of 1994. Starting in November of this year, the Park will be conducting a yearlong commemoration of the 25th Anniversary. They have Ranger walks, talks and hikes to offer. Learn about the Park history and explore the beauty.

While all this is happening, the Death Valley '49ers 70th annual encampment will be taking place from November 6 through 10, 2019. We are a group that celebrates the 1849ers who endured several months in Death Valley. Every encampment features programs of historical presentations, demonstrations and re-enactments bringing the past to life. The '49ers is an all-volunteer, nonprofit organization.

Some events require registration or membership and a small fee. The modest fee you pay to attend the annual Encampment and Music Festival entitles you to a one-year membership in the Death Valley '49ers. Other activities include a 4WD adventure. You must attend a meeting on Sunday at 1pm for this. Also included are

activities for the whole family. Contests include gold panning, pioneer wagon rides, a pioneer costume contest and blacksmithing. There is also a Southwest Craft Show that features minerals, wood items, lapidary and arts and crafts.

One of the longest-running invitational Western Art Shows in the US is here as well. Our artists work in all mediums to create fine art in every form. There will be something for everyone. Artists interested in participating in the art show please contact the committee chair at [mrhyytinen@gmail.com](mailto:mrhyytinen@gmail.com).

On Friday, November 8, we will have a Marine Color Guard to lead the arrival of a wagon train. This group has traveled across the desert for many days, reliving the journey to Furnace Creek. There will be music, crowds and general excitement for this event.

I saved the best news for last. We will be hosting a 20 mule team this year. It does not happen often and is something you will not want to miss. Come and learn the story of the mules. Celebrate your pioneer spirit and join us. We are looking forward to meeting all of you.

For information about the '49ers, please visit their website at [www.deathvalley49ers.org](http://www.deathvalley49ers.org). For information on camping, please visit

[www.recreation.gov](http://www.recreation.gov) or call (877)444-6777. For lodging at the Inn at Death Valley, please visit [www.oasisatdeathvalley.com](http://www.oasisatdeathvalley.com) or call (800) 236-7916.

## JOB OPPORTUNITY

**Pima County Superior Court is looking for per diem reporters** to help on busy calendar days, mainly Mondays. The per diem rate is \$350/day, with the possibility of transcripts.

A background check and fingerprints are required by Human Resources.

**Please contact Terri Faust** at (520) 724-3114 or [tfaust@sc.pima.gov](mailto:tfaust@sc.pima.gov) if you are interested.



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**Jason D. Buktenica**, *Owner, Maverick Reporting, Inc. & Creator of the Stop the SoCal Stip FB Group*

It was a normal, characteristic afternoon at the agency when the phone call came in. Nothing out of the ordinary, nothing special. Production machines whirring in the background, endlessly scanning and copying exhibits. People buzzing about billing, binding and readying transcripts. The attorney at the end of the receiver wanted to know when he would be receiving the original transcript. I calmly told him that “the original transcript always stays in the possession of the noticing attorney per Code, and while I understand that you have a stipulation on record, I cannot release the original transcript to you.” He was furious. He yelled at me, called me creative names and threatened to call my clients if I didn’t release the transcript to him. You know what’s crazy? He followed through! He actually called my client- a partner at a very well known and prestigious law firm- and tattled on me!

This situation- and others similar to it- were sadly the norm for many years at our agency. We had been trying to educate attorneys and other agency owners about the SoCal Stip for many years. We flat out refused to release the original transcript unless it was being handled by Code. Anything short of a court order was not going to change that. We felt we had a responsibility to bring awareness of this issue to the general population of reporters and agencies, and we were met by an overwhelming positive response. There was a need for resources, information and education, and that’s how this movement was born.

Early on, we created a Facebook Group to try to bring reporters and agencies together in an effort to brainstorm. We spent months looking for the right approach, the right angles, and honestly, what we stood for. We began educating

ourselves about the Code so that we could become experts. We started posting here and there in an effort to drum up support. Things were very slow in the beginning and the new members slowly trickled in over time. For a few more months, we all opined over what we could do, and how we could make an impact.

Then, seemingly out of nowhere, the group took traction. We began adding 50 members a week, then 100, then 150. We grew exponentially for a short time. We now have an organization 1,250+ members strong as of the writing of this article, and we are continuing to grow as more reporters and agency owners understand the importance of what we are trying to do.

Our group exists for one main purpose: to educate attorneys about the importance of maintaining the integrity of the original transcript. Our goal

*Exercise your Right continued on Page 15...*



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# CONGRATULATIONS!

We are excited to announce that GateWay student Ashley Lowery won a one-year NCRA membership! Congratulations, Ashley!

## JOIN ACRA!

### Value of ACRA Membership

(Students can join for only \$20!)

- **Conventions and Seminars** - Two major events are held each year. ACRA provides NCRA and Cojet approved continuing education credits at our Annual Convention in the fall and our Midyear Seminar in the spring.
- **Legislative** - ACRA advocates on behalf of the court reporting and captioning profession. We combine the voices of many when our profession is attacked or diminished by the legislature or other rule making bodies or board.
- **ArizoNotes Magazine** - The only Arizona State publication devoted exclusively to the reporting profession. Delivered electronically.
- **Directory** - Access to the online Membership Directory, which includes the credentials and listing of services offered by each member.
- **Job Bank** - Access to any job postings as they are submitted.
- **Hertz Discount** - Members receive special year-round discounts.

\* Membership dues update: Annual membership dues is \$150 and will no longer be prorated throughout the year. Renew early to maximize the benefits of your membership!



## VISIT [HTTPS://ACRAONLINE.ORG](https://acraonline.org) TODAY!



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# "MY HAND IS KILLING ME."

**By Leslie Foldy**

"My hand is killing me." Aches ... pains ... numbness ... scary stuff for a reporter!

During my long career, I've had at least eight hand surgeries, related to three different hand problems. What makes me such a frequent flyer? Well, I've had Type One Diabetes since high school, and diabetes is a major predisposing factor for hand issues. So I can't blame reporting alone for all these issues ... but I do think that the repetitive stress of reporting added insult to injury. We probably all know that the day-in, day-out stress on our hands and arms can possibly lead to an issue down the line.

Here are the three types of hand issues I've experienced:

**Trigger Finger:** Hoo boy, this is a fun one. Trigger finger is a condition in which one of your fingers gets stuck in a bent position, literally "locked" to your palm. Your finger may bend or straighten with a snap.

Trigger finger is due to inflammation. Your fingers are moved by flexor tendons, covered by tendon sheaths, which run from your fingers through your palm. Along the tendon sheath, bands of tissue called "pulleys" run over the sheaths and hold the flexor tendons closely to the finger bones. The tendons pass back and forth through the pulleys as the finger moves.

In a patient with trigger finger, a pulley becomes inflamed or thickened, making it harder for the flexor tendon to glide through it as the finger bends. Over time, the flexor tendon may also become inflamed and develop a small nodule on its surface. When the finger flexes and the nodule passes under the pulley, there is a sensation of catching or popping. This is often painful.

So, what to do? Most importantly, see a hand surgeon. Rest, splinting, and/or steroid injections are often prescribed. Due to my diabetes, steroid injections never helped me, but they may help you a lot or even solve your issue. A numbing agent is included in the injection solution, and they may spray your hand with freezing spray prior to injecting. I didn't find the injections particularly painful – more a sensation of pressure as the solution was injected.

This issue is permanently fixed by a surgery called a "trigger finger release." It's a simple procedure under a local anesthetic or nerve block where the surgeon makes a very small incision, then the pulley is divided so that the tendon can glide freely again.

## **Carpal Tunnel Syndrome: The famous one!**

You may discover that you have CTS when you find that a part of your hand is numb and/or tingling when you wake up in the morning. Rotating or shaking out your hand will often cause those fingers to unfreeze and begin "feeling" again ... at least in the early days.

The carpal tunnel—a narrow, rigid passageway of ligament and bones at the base of the hand—houses the median nerve and the tendons that bend the fingers. The median nerve provides feeling to the palm side of the thumb and to the index, middle, and part of the ring fingers (although not the little finger). Sometimes thickening from the lining of irritated tendons or other

*My Hand is Killing Me continued on Page 16...*

## THANK YOU!

**ACRA would like to thank Melissa Gonsalves** for serving and taking on the role as the new Chairwoman of the CR Board.



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# BRIEF ENCOUNTER

## A Rose By Any Other Name...

By Jennifer Pancratz

Names have always been hard for me, so I have developed briefs for many of the common names that come up in court and/or depositions. For uncommon names, I simply make a job dictionary and try to incorporate one-stroke briefs for names that I know are involved in the case. I use the OI letter combination or AE, plus the asterisk, depending on what is available for me to use.

For example, Kylene would be KO\*IL. Brenda would be BRA\*END. Jimmy would be JO\*IM, Jamie would be JA\*EM. These are briefs I put in a job dictionary before a job starts.

In the middle of a job, if they were to say an unusual name, such as Adeline, which is not in my dictionary, then I use the OIG method that I learned when I first started court reporting. Add OIG to the first letter of whatever multi-stroke word is not in your dictionary and J-define on the fly or when you take a break. So Adeline would be A\*OIG. (I always use the asterisk in names. I know some people don't like to use it.)

Following is a list of a few of the more common names that come up for me:

Aaron: AO*RN	Cynthia: S*INT	Guadalupe: GA*UD
Adam: DA*IM	Daniel: DANL	Guillermo: GAO*ERM
Adams: DA*IMS	Danielle: DA*NL	Gutierrez: GAO*UT
Aguilar: GLA*R	Debra: DAORB	Hernandez: H*ERNZ
Alejandro: JAO*RND	Deborah: DAO*RB	Jackson: JA*UKS
Amanda: MAEND (MA*END is Mandy)	Diego: DA*IG	Jason: JA*IS
Anthony: AO*NT	Elizabeth: *ELZ	Javier: HA*IFR
Antonio: AONT	Eric: AERK	Jeffrey: JA*EFR
Bobby: BA*UB	Erica: A*ERK	Jennifer: J*EFRN
Bradley: BRA*LD	Fernando: F*ERND	Jeremy: JAERM
Brian: BRAO*IN	Fernandez: F*ERNZ	Jeremiah: JA*ERM
Bryan: BRA*IN	Garcia: GA*RS	Jesse: JA*ES
Christine: KRAO*ENT	George: JO*RJ (Jorge: JO*ERJ)	Jessica: JA*ESZ
Christina: KRA*ENT	Gomez: GO*EMZ	Johnson: JA*UNS
Christopher: KRIFR (KR*IFR is Colorado River)	Gordon: GO*RND	Jonathan: JO*NT

*Brief Encounter continued on Page 11...*



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*Brief Encounter continued from previous page...*

Jose: HO*EZ or JO*EZ	Natalie: NA*ELT	Samantha: SMA*NT
Josh: JO*RB	Nathan: NA*INT	Samuel: SMAO*UL
Joshua: JAO*RB	Olivia: LO*IF	Samuels: SMAO*ULS
Juan: WA*UN or JA*UN	Pamela: PA*EM	Sandoval: SA*NLD
Kenneth: K*ENT (Kent is KENT)	Patricia: PR*IRB	Sara: SA*IR
Logan: LO*ENG	Patrick: PR*IK	Sarah: SA*ER
Lopez: LO*EPZ	Phillip: FL*IP	Stephen: STAOEFN
Manuel: MA*NL	Phillips: FL*IPS	Steven: STAO*EFN
Maria: MA*IR	Rebecca: RA*EK	Timothy: T*IMT
Marie: MAO*ER	Richard: RI*FPD	Thomas: T*OMS
Mary: MA*ER	Rivera: RA*IFR	Valenzuela: VA*LZ
Martinez: MA*RNZ	Robert: RO*RBT	Vanessa: VA*ENZ
Matthew: MAO*UT	Roberto: RO*ERBT	Victoria: VAO*RKT
Michael: MAO*ILG	Rodriguez: R*ODZ	William: WA*IM
Miguel: M*ILG	Ryan: RAO*IN	Williams: WA*IMS



## NEW RECIPROCITY LAW

**On August 27, Arizona will recognize other states' licenses** under the new Reciprocity Law as long as they have one year's experience, no issues on their license, obtain residency in AZ, as well as pass the Arizona written knowledge test and background.



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# THE TASK FORCE TO SUPPLEMENT KEEPING OF THE RECORD BY ELECTRONIC MEANS (SKREM):

**Kate Roundy, ACRA President and Tracy Johnston, ACRA President Elect are serving on the Task Force.**

The first meeting was June 25th. The second meeting was August 1st. The last remaining meeting date is August 26. Final report is due to the Supreme Court on September 1, 2019.

ACRA is bringing back the Request a Reporter Program to help outlying county administrators find help for covering trials.

**ACRA is asking for all court reporters in the state to contribute** to the legal expenses to fight any statute, rules, or Arizona Code of Judicial Administration changes. Donations can be made on the ACRA website [www.acraonline.org/Donations](http://www.acraonline.org/Donations).

E-mails are being sent with more details. Make sure your contact information is up to date by updating your profile at <https://acraonline.org>.

## SHOUT OUTS

**ACRA would like to thank all those who attended the midyear seminar.** A special thanks goes to our sponsors as well.

### Thank you for donating:

- Legal Video Specialists, LLC
- Anita Landeros Reporting, Inc.
- Griffin Group International Court Reporters & Captioners
- Canyon State Reporting Services, LLC

### Thank you for sponsoring students:

- Kathy Fink
- Rossana Baker
- Karen Kahle

### For donating raffle items and baskets:

- K-Video Productions
- Rossana Baker
- Tracy Johnston
- Holly Draper
- Doreen Sutton
- Kate Roundy
- Kelly Rexroat
- Leah Armendariz
- Marylynn LeMoine
- Jeff Bartelt
- Carolyn Sullivan
- Heidi Falick

## CR BOARD

There is currently an **open position on the CR board** for a freelance position. For more information and to apply, go to: [www.azcourts.gov/cld/Certified-Reporters-Program/Board-of-Certified-Reporters-Information](http://www.azcourts.gov/cld/Certified-Reporters-Program/Board-of-Certified-Reporters-Information)



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*President's Message continued from Page 1...*

and embrace experiences that stretch your mental capability. Your brain will be primed to navigate and adapt in new situations, allowing you to quickly and successfully master daily challenges.

The most rewarding area in life, in my opinion, is to stretch outside of our comfort zone and take on new experiences. In the past when I have stayed stagnant in my day-to-day routine, I tend to feel down, less motivated, and discontent. Simply pushing myself to try something new is always the key. Volunteer to help out with an organization that interests you. Try a new sporting activity. Travel to new locations. Take up a new hobby that interests you. Make it a priority in your life to try something new in order to "stretch" your horizon. For me, becoming this year's ACRA president was outside of my comfort zone, but I took the leap and did it! I have learned so much about leadership and myself in the process. While new experiences have presented challenges, they have also afforded opportunities to grow my endurance and resiliency, making me a better person.

I encourage each of you to reflect upon how much stretching you do in your life. Is there room for improvement? Which area or areas can you increase your flexibility? Be an example to everyone around you and demonstrate that optimal overall health must include stretching. Again, flexibility is an attitude that invests and transforms the mind as well as the body. Stretch, you're worth it.

*Career Fair continued from Page 2...*

The students asked their questions, most moving on once the questions were completed. However, there were a handful of students who showed more curiosity beyond just asking their questions and who sat down at my writer to see what words their little fingers could create, some even coming back with friends for more writing time. Seeing their reactions and excitement was so much fun, and it reminded me of the excitement I felt the first time I wrote a new word on my writer.

I learned a lot while attending and participating in the Wigwam Creek Middle School career day, but most of all, I learned that volunteering my time to teaching others about our profession is so rewarding and important, and I look forward to hopefully participating in another career day soon.



*NCRA Boot Camp continued from Page 3...*

what a court reporter did, so I started at the very beginning. The result was always the same. They were completely amazed with our skills and the many services that court reporters and captioners provide. They were eager to learn more. I spoke in depth with each one about the need for school funding to fulfill the growing needs of the court reporting and captioning profession. I articulated the need for our government to satisfy the requirements set in place by the Telecommunications Act of 1996, the Communications and Video Accessibility Act of 2010, and the 2014 FCC guidelines on captioning quality. By the end of each meeting, I walked away with confidence in what had taken place and an assurance that they would do all that they could to support that earmark when the HEA bill came back around.

Boot camp was a wonderful experience that I was honored to be a part of, and I cannot help but push myself to bring these experiences closer to home. How can we, members of the same association, advocate for ourselves and the specific needs of court reporters in Arizona?

First and foremost, we must believe in ourselves and stand up for our profession, our colleagues, and ourselves. We are a profession worth advocating for. We must be proud of our skills. When people see the pride we take in our career, we will make an indelible impression in their memories. Every single person I had the pleasure of speaking with in Washington, D.C. was in awe of our skill, and I know the result is the same for each of us when we explain to someone what we do and how we do it.

Secondly, I believe we must forge connections between each other and then with others in the legal community. When we begin to break down the walls and communicate with each other about crucial issues, our position becomes stronger. While at NCRA Boot Camp I learned that Tennessee recently advocated and won a large increase in their page rates. I learned of troubles in Wisconsin and what they're doing to overcome them. I learned of the great successes in Kansas. None of these things were on the agenda, but through connecting with others, I gained knowledge that will help us in our own endeavors.

Finally, I believe sometimes we just need to go for it. So often we grapple the dilemma of whether to ask or to not ask. We worry that it's not the right time to lobby for our profession. We fear the unknown. When we stand together with pride and a voice, we can accomplish so much. While at boot camp this year, we met with hundreds of senators. We stormed Capitol Hill and made our career known. We can do the same in Arizona. Take the time to speak about our profession. Attend a luncheon with attorneys, make an appointment with state or local leaders. If we do not choose to speak up and out, we cannot complain when our concerns go unheard and our needs unmet.

Again, I cannot express how grateful I am to have had this opportunity. I gained valuable insight into my profession and had the opportunity to gather knowledge on how other states resolve their challenges. I am proud to have represented Arizona and its court reporters, and I cannot wait to serve my local profession with the skills presented at the 2019 NCRA Legislative Boot Camp.



**Arizona Court Reporters  
Association**

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*Exercise your Right continued from Page 7..*

and mission is to bring full statewide compliance under CA CCP 2025, and to end the practice of relieving a court reporter of his/her responsibilities under the Code. We believe statewide compliance will result in a better deposition experience for the attorney, the client, the court reporter and the agency. It ensures universal, compliant handling of the original transcript statewide.

You may be asking at this point, “why should I care?” It’s a valid question that we hope to answer. For one, entering into a stipulation on record may potentially put your CSR license at risk and subject to discipline. A court reporter is required under oath to execute the duties required under the Code, and to act in the capacity as an unbiased officer of the court (or a deposition officer). One of those critical duties is sealing the original transcript and sending it to the Noticing Attorney after the 30-day review period has ended. This practice ensures that the integrity of the original is protected at all times and that it never leaves the possession of an unbiased party.

From an attorney’s perspective, going by Code also makes the most sense. It is the simplest way to end a deposition and is the best practice to protect your attorney/client relationship. Multiple reporters on our board have shared stories of transcripts being thrown out as discovery in court due to tampering allegations. Without a sealed original to compare to the tampered version, the judge was not able to make a determination because both attorneys had ended the deposition with the SoCal Stip. Losing a key piece of testimony can be tremendously damaging to a case and a relationship with a client. It’s an important principle to be considered by attorneys as they also seek to understand the importance of our movement.

Basically, we are trying to get everyone here on the same page- attorneys, reporters and agency owners alike. Putting an end to the SoCal Stip means a better deposition experience for all parties, as attorneys protect their clients, reporters protect their license, and agencies work as the middleman to make everything go. This kind of synergy is exactly what our industry needs at a time when our very livelihood is being threatened. We are seeing the positive benefits already from this symbiosis, and we encourage more agencies and owners to come on board with us! This will shape the future of our industry!

For the brave reporters that are already on the front lines: we support you, we are motivated by you, and we will do whatever we can to put the resources in your hands to be successful! There are many courageous men and women that have made the decision to #EndTheSoCalStip, and we are humbled by the ways in which they share their experiences, encourage and uplift others, and provide resources on our Facebook Group. For the reporters that are interested but not sure how to get involved- our group is an excellent starting point to become educated and aware. Where do you stand?

The Stop the SoCal Stip movement is publicly endorsed and supported by the CCRA; we encourage all who support ending the SoCal Stip to join us at: [www.facebook.com/groups/stophesocalstip](http://www.facebook.com/groups/stophesocalstip)

Jason D. Buktenica, Owner, Maverick Reporting, Inc. & Creator of the Stop the SoCal Stip FB Group



*ArizoNotes is published quarterly and e-mailed to members of the Arizona Court Reporters Association, 5350 W. Bell Rd., Suite C-122 #520, Glendale, AZ, 85308. Please send address changes to ACRA at the above address or to [office@acraonline.org](mailto:office@acraonline.org) or (602) 679-6995. The ACRA website is at [acraonline.org](http://acraonline.org) and pdf copies of past issues are available for viewing. Please send editorial submissions to Jennifer Honn at [jenniferhonn@iotalegal.com](mailto:jenniferhonn@iotalegal.com). The editorials and other views expressed in ArizoNotes are not necessarily those of the Association, its officers or its members. Advertising rates and information are also available from Kim Portik at [office@acraonline.org](mailto:office@acraonline.org) or (602) 679-6995.*



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*My Hand Is Killing Me continued from Page 9..*

swelling narrows the tunnel and causes the median nerve to be compressed.

Years ago when my right hand developed CTS, before I saw a doctor, I tried a lot of things, from wearing a drugstore hand splint 24/7 to taking massive amounts of Advil. Yes, splinting can help (and may be prescribed by your hand surgeon). But overall, none of these conservative treatments really helped me. "But I'm too busy to see a hand surgeon and have surgery," I thought. So I put it off. Meanwhile, my CTS got worse and worse. Finally, the affected portion of my hand was numb, throbbing, and burning .... all the time.

I bit the bullet and had surgery. My hand surgeon told me that the inflammation in the carpal tunnel was so bad that he had to "lyse" or separate the median nerve off a tendon. But even so, everything healed up just fine with no residual problems.

Late last year my OTHER hand began experiencing CTS. Lovely! But this time I went straight to a hand surgeon and had the surgery done. As before, the surgery site healed up nicely with no further pain and numbness. The incision begins at the wrist and extends about an inch into the palm. I could return to work within about three weeks.

**de Quervain Syndrome:** The hard-to-pronounce one!

People with de Quervain Syndrome often experience sharp or dull pain and swelling in the area where

the base of the thumb meets the wrist. Hand and thumb motion can cause pain, especially with forceful grasping or twisting. This condition is also known as "cellphone thumb" or "mousing thumb."

DQS is caused by inflammation of two tendons (plus their tendon sheaths) that control movement of the thumb as they pass from the forearm into the hand via a tunnel called the first dorsal compartment.

I've had DQS in both hands. The first time was from kayaking -- when you paddle, your hands/arms make a twisting motion -- and the second was from taking piano lessons.

Similar to CTS, for DQS your surgeon may prescribe splinting, anti-inflammatories, or a steroid injection. You might end up having surgery, as I did, to increase the amount of space within the first dorsal compartment. The surgery is called a "first dorsal compartment release."

Here are a couple of takeaways to consider:

See a reputable hand surgeon. You'll want to see a topnotch hand surgeon, a specialist who "treats hands ... ONLY hands." Consulting a hand surgeon is key to quick and CORRECT diagnosis and treatment.

I've seen reporter message boards where hand problems are discussed and home remedies are suggested ... but really, just go to the hand surgeon.

Hand surgeons are also treaters -- not just surgeons. Hand surgeons tend

to be a conservative bunch of folks who will do surgery ONLY if it's warranted. It's been my experience they always want to try all other options -- from splinting to steroids to physical therapy -- BEFORE they schedule anyone for surgery.

Don't put off seeing a hand surgeon. Is it reasonable to try splinting and anti-inflammatories on your own when you first feel "just a touch of Carpal Tunnel Syndrome"? Perhaps. But don't risk long-term problems by waiting.

I'll offer the experience of my neighbor. I hadn't seen her for quite a while. I saw that she had a bandage around her wrist. When I inquired about it, she grimaced and told me that she had developed very painful arthritis in her wrist at the base of her thumb. Naturally, I said, "I'll bet you have de Quervain Syndrome." She looked at me in total surprise and said, "What is that?"

My neighbor was wrongly told by a doctor -- who was NOT a hand surgeon -- that her diagnosis was osteoarthritis. Oops! Consequently, my neighbor thought she had no alternative but to live with the ongoing daily pain -- which she ended up experiencing for months on end. Isn't that awful? Thankfully, she has now had the surgery and is on the mend.

In closing, I wish you all good health and happiness!

Leslie Foldy

