

E-Vade Mecum

1. Something a person carries about for frequent or regular use.
2. A book for ready reference; manual; handbook.
[1620-30; < *vade mecum* lit., go with me]

President's Message Invitation

Click us On!

www.ASRAonline.com

Technology is a wonderful thing! For the past several months, we have been revamping our ASRA website. If you haven't had a chance to view it yet, I would invite you to take a few minutes while you read this message to click on the links that are contained in this article which will take you directly to some of the features. Much of the information on our website has stayed the same as before, but you will notice our layout is much different, hopefully easier to read and find things. I want to just highlight a few things on the webpage.

Online Seminar and Convention Registration and Payment

http://www.asraonline.com/index.php?pr=Convention_Reg&=SID

We are now able to process online payments for seminars and registrations. This means less hassle for you. No more mailing in registration forms. All payments are processed through the secure website of www.paypal.com.

Online Dues Renewal

http://www.asraonline.com/index.php?pr=Dues_Renewal&=SID

We are now able to process online payments for membership renewal dues, again accessed through the secure website of www.paypal.com.

Scholarships

http://www.asraonline.com/index.php?pr=ASRA_Scholarship&=SIDm

http://www.asraonline.com/index.php?pr=WE_Swann_Award&=SID

View the photographs of this year's ASRA Scholarship recipient, Heidi Yarbrough, and Wendy Egbert-Swann Memorial Trust Scholarship recipient, Andrea Smoley. Congratulations to both of you!

Continuing Education

http://www.asraonline.com/index.php?pr=Continuing_Ed&=SID

You will find our Continuing Education policy here, along with a list of books you can read for continuing education credit. Each book is linked to a book review. Article Tests are also included under Continuing Education. There are currently 14 tests listed. Download the test, enter your answers in the answer form, and submit them via the website. Nothing to mail in! You will be notified of your results via e-mail.

Past Events

http://www.asraonline.com/index.php?pr=Past_Events&=SID

Click here to see the comments from past ASRA events. Currently we only have the comments listed for the Spring Seminar which was held in Red Deer in April of 2005.

Classified Ads

http://www.asraonline.com/index.php?pr=Classified_Ads&=SID

All ASRA members are welcome to post items for sale or purchase in this area. An on-line form is available for you to complete and e-mail to us.

Employment

<http://www.asraonline.com/index.php?pr=Employment&=SID>

This is an area where employment opportunities are listed. If you wish to submit something, please send it to asra@asraonline.com.

Online Research

http://www.asraonline.com/index.php?pr=Online_Research&=SID

This is an area where reporters' favourite reference sites are listed. Share a few favourites with the rest of us. Use the online submission form. It couldn't be easier.

Downloads

<http://www.asraonline.com/index.php?pr=Downloads&=SID>

This is where old newsletters are stored, ASRA bylaws, and our POARA regulation.

FAQs (Frequently Asked Questions)

<http://www.asraonline.com/index.php?pr=FAQs&=SID>

Do you have questions about the ASRA? Chances are others have had the same questions. We are gradually compiling a list of the most frequently asked questions so you can have the answers in writing.

Updated Your Membership Information

http://www.asraonline.com/index.php?pr=Update_My_Info&=SID

Has your name changed due to marriage? Have you moved? Do you have a new e-mail address? Enter the information here, and help us keep our records updated and accurate.

These are just some of the things we currently have on our website. If you would like to see things added to our website, let us know. We are here to serve you. Let us know what we can do. Send us an e-mail – or a snail mail. We're happy to hear from you in any form!



asra@asraonline.com



The ASRA is committed to advancing the court reporting profession by promoting court reporters as experts in the field of verbatim shorthand reporting; by providing continuing education to its members; and by advocating quality service, high ethical standards, and state-of-the art technology.



Doctors from Hell by Vivien Spitz.

This book is written by court reporter, Vivien Spitz, reporting at the Nuremberg war crimes trial of Nazi doctors.

Her book reminds us of what we would like to forget but must not.

Thanks

Dear Mr. Garner:

I wish to thank you for the Alberta Shorthand Reporters Association Scholarship that I received this spring. As a student in a class full of excellent potential recipients, I feel honoured to have been chosen to receive this award.

Costs of pursuing a career in this present day can be very high and at times burdensome. I greatly appreciate this award, as it helps ease some of the financial burden I have accumulated as a result of my educational pursuits.

I grew up in Red Deer, and I have always had an avid interest in anything law-related. After much research, I came across the Legal & Realtime Program at NAIT and decided this was a career that I could see myself enjoying for years to come. I have enjoyed this program immensely, and I am looking forward to a vibrant career in the reporting field.

Once again, thank you so much for this scholarship and your dedication to investing in the future and present careers of students.

Sincerely,

Heidi Yarbrough



AND:

Dear Mr. Garner;

My name is Andrea Smoley, and I am the recipient of the Wendy Egbert-Swann Memorial Award for the 2004/05 school year. I was very surprised to receive this award as I am not a single parent. However, as you may know, our class has no single parents this year, so it was awarded on the basis of academic achievement and dedication to the program instead. Yet my class has so many students who are very hard working and dedicated, so I did not ever guess that I would be selected. It is an unexpected honor.

I want to thank you for providing this scholarship to the program. As it is an intense program, it is nice, as students, to know that there are others who recognize the hard work it takes. As well, I must say that the monetary aspect is much appreciated as I face the expenses of purchasing my equipment and, quite likely, of relocating to where I can find work. Once again, it is a very unexpected, yet appreciated, surprise. Please accept my greatest thanks.

Most sincerely,

Andrea Smoley



atlanta humane society
and Society For Prevention Of Cruelty To Animals, Inc.

Donor Copy

TAIL WAGGERS FUND

In Memory of Julie Ann Brandau

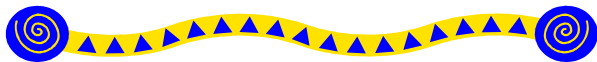
Sincerely - Wade Garner, President - The court reporters of Alberta Shorthand Reporters Association, Alberta, Canada, hold your family in our prayers and expresses our deepest condolences at this time of extreme sadness.

The greatest love beats inside the smallest hearts.
Our animal friends send you theirs.
ATLANTA HUMANE SOCIETY

Editor's Note: Julie Ann Brandau was the Fulton County court reporter killed in the courtroom by an accused on March 11, 2005. She was 46 years old and much admired and loved by friends and family. At her memorial, her 18-year-old daughter, Christina, said her mother believed in many things — true love; that church was found in a person's heart, not a building; that nothing beats a glass of good red wine. The accused, Brian Nichols, is also suspected in the killings of a judge, a deputy sheriff and a federal agent, and has not yet been tried.

Wisdom from Ralph Waldo Emerson

- ❖ What lies behind us and what lies before us are tiny matters compared to what lies within us.
- ❖ People only see what they are prepared to see.
- ❖ What you do speaks so loudly that I cannot hear what you say.
- ❖ Though we travel the world over to find the beautiful, we must carry it with us or we find it not.




Q MR. DEFENCE: You understand that these transcripts are prepared by a court reporter, somebody who is in court, someone who's impartial, takes down everything, someone who is professionally trained --

MR. CROWN: This one wasn't, it's a transcription of a tape.

MR. DEFENCE: Oh.

(Submitted by Lorraine Nordstrom)

GROUP HOME and AUTO INSURANCE




Contact us today!
1 866 539 9890
 or **tdili.com/asra**


TD Insurance Home and Auto¹ is your best choice for saving you time and money on all your home and auto insurance needs. We are:

- EASILY ACCESSIBLE
- KNOWLEDGEABLE
- EFFICIENT
- COMPETITIVE

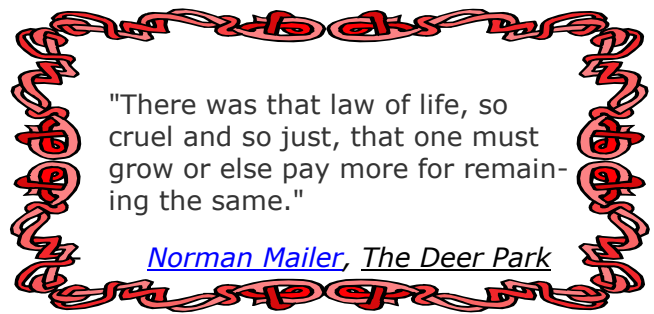
You could **WIN**
 1 of 4 trips to **Spain**
 or \$7,000 in cash¹



TD Insurance
 Home and Auto
Group Services
Direct service. Direct savings.



The contest runs from March 28, 2005 to March 31, 2006.
¹The home and auto insurance program is underwritten by Primum Insurance Company.
²Group auto insurance rates are not applicable in Newfoundland. Group motorcycle insurance rates are not available in Ontario, New Brunswick and Newfoundland. Due to provincial legislation, our auto insurance program is not available in British Columbia, Saskatchewan or Manitoba. TD Insurance Home and Auto is a trademark used under license by Primum Insurance Company. *Direct service. Direct savings.* is a trademark of Meloche Monnex Inc. used under license by Primum Insurance Company, TD General Insurance Company and TD Home and Auto Insurance Company.
³No purchase necessary. The contest is open to residents of Canada who have reached the age of majority where they reside. Participation in this contest is subject to certain conditions and limitations. The draws will be held on April 21, 2006. In order to win, each entrant, selected at random, must correctly answer a mathematical skill-testing question. For more details on the contest rules and on our company, visit tdili.com/asra.



Keeping Tennis Elbow at Arm's Length: Simple, Effective Strengthening Exercises

Robert P. Nirschl, MD, MS;
Barry S. Kraushaar, MD

THE PHYSICIAN AND SPORTSMEDICINE - VOL 24 - NO. 5 - MAY 96

Tennis elbow involves damage to the forearm muscles and tendons. Rehabilitation from this painful condition usually includes rest, icing, stretching exercises, improving tennis technique, and using an elbow strap called a counterforce brace. But perhaps the most important part of rehabilitation is strengthening exercises, which both promote recovery and help keep tennis elbow from returning. Two types of exercise will help you regain strength: exercises with weights and exercises without.

Exercises without weights. Effective strengthening exercises without weights can be done with a thick rubber band and a tennis ball. Do these exercises first with your elbow bent at your side, then progress over time to doing the exercises with your arm out straight in front.

For the **finger extension exercise**, place a thick rubber band around your fingers and thumb near the base of your fingers. With your palm facing the floor, spread your fingers apart as much as possible. Hold for 3 seconds, then release. Repeat until your fingers and forearm grow tired. After this becomes easy, slide the rubber band closer to your fingertips. When you can readily do the exercise from the fingertips, graduate to a thicker rubber band.

To do the **hand squeeze**, hold a tennis ball in your palm. Squeeze the ball firmly and hold for 3 seconds, then relax. Repeat until your muscles grow tired. If this exercise is difficult at first, start with a foam ball or racquetball and progress to a tennis ball.

Do these two exercises several times each day. It's a good idea to have tennis balls and rubber

bands in convenient places, like at your desk and by the telephone. Continue to do tennis ball and rubber band exercises through the duration of the weight training program described below.

Exercises with weights. Before each weight-lifting session, work up a light sweat with 3 to 5 minutes of brisk walking, cycling, or jogging, or warm the elbow directly by using a hot pad. Also, progress gradually: This is extremely important to prevent reaggravating the injury. If you have been prescribed a counterforce brace, wear it while doing the following exercises (figures 1 and 2).

Begin with no weight, and do a set of 10 to 15 repetitions (reps) daily. Once you can comfortably do 30 reps for two consecutive sets, use a 1-pound weight and go back to 10 to 15 reps. Work up to 30 reps.

Over time, increase the weight in 1-pound increments to 3 pounds, then in 2-pound increments to 5 to 7 pounds. But work up to only 20 reps with 3-pound weights and above. At the 3-pound level, gradually work toward straightening your elbow (but not locking it) and not supporting your arm.

Progress in each exercise at its own rate. You will achieve heavier weights faster on some than on others. Ice your elbow for 10 to 20 minutes after each exercise session.

Most important, **do not cause pain**. If any exercise causes pain, modify it by decreasing the weight, decreasing the number of reps, or reducing the range of motion. If you still feel exercise-related pain after taking one or more of these steps, check with your doctor or physical therapist.

Figure 1: © 1996. Terry Boles

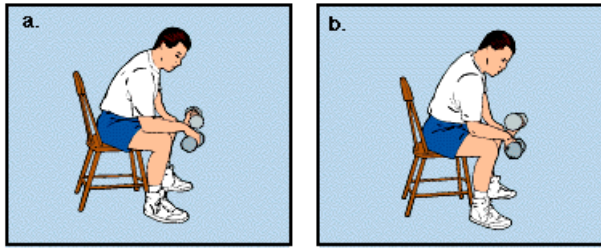


Figure 1. To do wrist curls, sit in a chair with your forearm resting on your thigh (or on a table). With your palm up (a) and holding a dumbbell, slowly bend your wrist up as high as possible and hold for 2 seconds before slowly lowering it. Repeat in a similar fashion but with your palm down (b), extending your wrist up. A more advanced technique is to do wrist curls with your upper arm held horizontal and not supported.

Figure 2: © 1996. Terry Boles

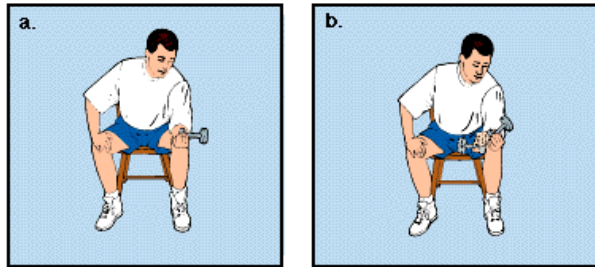


Figure 2. To do the forearm rotation exercise, sit with your elbow resting as in figure 1 and palm facing up (a). Hold a dumbbell by one end (not in the middle). Slowly rotate your forearm until your palm is facing down (b). Hold for 2 seconds, then slowly return to the starting position.

Remember: This information is not intended as a substitute for medical treatment. Before starting an exercise program, consult a physician.

Dr Nirschl is the director of the Nirschl Orthopedic & Sportsmedicine Clinic at the Virginia Sportsmedicine Institute of the Arlington Hospital Medical Center in Arlington, Virginia. He is also an associate clinical professor of orthopedic surgery at Georgetown University School of Medicine in Washington, DC, and an editorial board member of **The Physician and Sportsmedicine**. Dr Nirschl's Web site is at www.nirschl.com. Dr Kraushaar is an orthopedic sports medicine fellow at the Nirschl Orthopedic & Sportsmedicine Clinic at the Virginia Sportsmedicine Institute of the Arlington Hospital Medical Center.

EDITOR'S NOTE: For tennis elbow, try switching your mouse to your left hand. Friends gave me this advice, and although it takes a little getting used to, the results were well worth it.

SOMETHING WE ALL NEED TO KNOW, IS IT A STROKE?

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

*Ask the individual to SMILE.

*Ask him or her to RAISE BOTH ARMS.

*Ask the person to SPEAK A SIMPLE SENTENCE.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.



Ask Mr. Modem!
www.MrModem.com

Q. I'm writing a family history book with my granddaughter, so we're continually sending Word files back and forth to each other. We've been inserting our comments in different colored text, but then when we print pages, those comments print with the page. Is there any way to insert our comments so they won't print?

A. Yes, indeed. Word's Hidden Text feature allows you to add comments that will not print unless you instruct Word to print them. To add hidden text, first select (highlight) the text you want to hide. Then, click Format > Font > Font tab, and select the Hidden check box. Words entered as hidden text appear with a dotted underscore so you can distinguish them from non-hidden text.

To view hidden text on screen, click the Show/Hide button on the Standard Toolbar. Hint: The Show/Hide button looks like a paragraph mark. Bonus Hint: A paragraph mark looks like a backwards "P".

Q. I ordered a book from Amazon.com, and then changed my mind. Is there any way I can cancel my Amazon order?

A. If the item hasn't entered the Amazon shipping process, you can cancel your order by clicking "Your Account" located at the top of just about every page on the site. Next, click the "Cancel Items or Orders" link. You will find your order listed under the "Open Orders" heading.

Click the "View or Change Order" button next to the item that you wish to cancel, which will then display the Order Summary page for that item. (Note: You can also get to this location by clicking the order number in the confirmation email that you received from Amazon.)

Click "Need to Cancel Order or Change Quantities." Make sure that the item you want to cancel appears under the "Not Yet Shipped" heading. If your order doesn't appear in the list, wait until the book arrives, then follow Amazon's enclosed return policy and return it.

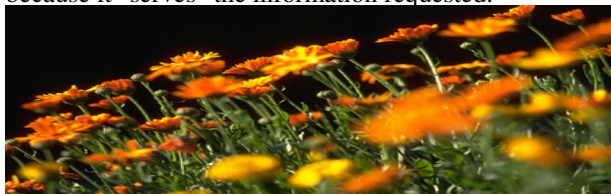
To the right of the item title, place a check mark beside "Cancel Item," then click Update Order. You will receive an email from Amazon confirming your cancellation.

For easy-to-understand computer tips, tricks, virus and spyware help, Web site profiles and personal answers to your computer questions by email, subscribe to Mr. Modem's weekly newsletter. For more information, visit www.MrModem.com.

Mr. Modem's Geekspeak of the Week:

Server

No, not the hairnet-wearing, mashed potato-dispensing individual at the local Luby's, but like a food server, this type of server delivers information instead of food. When you type a Web site address into your browser's address bar or click a link on a Web page, you are requesting information that resides on a computer located somewhere in the world-which begs the question: Where else would it be located? That computer is called a server because it "serves" the information requested.



JUST TO SEE IF YOU'RE STILL PAYING ATTENTION:

Famous Sexual Quotes

"I believe that sex is one of the most beautiful, natural, wholesome things that money can buy."
* Tom Clancy

"You know 'that look' women get when they want sex?..... Me neither."
* Steve Martin

"Having sex is like playing bridge. If you don't have a good partner, you'd better have a good hand."
* Woody Allen

"Bisexuality immediately doubles your chances for a date on Saturday night."
* Rodney Dangerfield

"There are a number of mechanical devices which increase sexual arousal, particularly in women. Chief among these is the Mercedes-Benz 500SL."
* Lynn Lavner

"Sex at age 90 is like trying to shoot pool with a rope."
* George Burns

"Women might be able to fake orgasms. But men can fake whole relationships."
* Sharon Stone

"My mother never saw the irony in calling me a son-of-a-bitch."
* Jack Nicholson

"Clinton lied. A man might forget where he parks or where he lives, but he never forgets oral sex, no matter how bad it is."
* Barbara Bush (Former U.S. First Lady, and, you didn't think Barbara had a sense of humor!)

"Ah, yes, Divorce, from the Latin word meaning to rip out a man's genitals through his wallet."
* Robin Williams

"Women complain about premenstrual syndrome, but I think of it as the only time of the month that I can be myself."

* Roseanne

and the best quote of all time.....

"See, the problem is that God gives men a brain and a penis, and only enough blood to run one at a time."

* Robin Williams



"....It got so boring I just started typing 'yada, yada, yada.' Anyway, that's why I was fired as a court reporter."