

THE COMMUNICATOR

DAS DEPARTMENT NEWSLETTER

Issue 3

Wednesday, January 31, 2007



Welcome to the latest edition of *The Communicator*.

This is YOUR newsletter, so now that we are into the new year, it would be nice to hear from you to share interviews, articles, resources, or any kind of newsworthy events you would like to share with your co-workers. A few people have been very helpful with submissions, but we would like to hear from more of you! Two new categories of articles are: “**Kudos**” (to thank someone who has helped you or to announce a recognition that you or someone you know has received). The other category is called “**Fund of Information**” (sort of a listing of trivia or facts that may assist us in our everyday work). Please send any contributions to either Julie at jkldis@rit.edu or Nicki at natnes@rit.edu.

The archived newsletters can be accessed by using the link:

<https://ritdml.rit.edu/dspace/handle/1850/3244>

The archives contain the original newsletters, which are copies of the ones we attach to your E-mail

message. The only difference is we send a MS Word document, and they are archived in PDF format. All of the previous newsletters have been posted to this site in case you need to access the information.

We will continue to send new editions by E-mail attachment. Many of you have suggested viewing the newsletter online, but this is the closest we could come to at this time.

This edition was a little later than expected because of the nature of our jobs, where we work, academia, and the contagion that is going around, we have all been affected by something!

Keep Healthy and Have a Prosperous 2007,
Nicki & Julie

LIFE EVENTS



Aaron and I just celebrated our 7-year anniversary and we got engaged on November 10th. The wedding is set for August 4, 2007 and we'll be going to the Grand Cayman Islands for our Honeymoon. ~Jennifer Accordino (Soon to be Jennifer A. Cook)

INTERPRETERS' CORNER



From Bill DeGroot: Here's a link for a great idiom and sayings site:

<http://www.phrases.org.uk/>

Meanings and origins of sayings and phrases | List of sayings | English sayings | Idiom definitions | Idiom examples | Idiom origins | List of idioms | Idiom dictionary | Meaning of idioms

From John Mark: Are you interested in meeting deaf people in the Rochester community and improving your sign language skills? Several Rochester deaf "clubs" such as DeafRec (a social organization which welcomes hearing and deaf people) and LRAD (a social organization of GBLT people; non-GBLT welcome, too) are two examples of community deaf groups which have meetings at local Rochester restaurants and other venues.

LRAD's website is under reconstruction but their events and other deaf Rochester events can be found at:

<http://www.deafrochester.com/index.php?page=organization>

DeafRec's events can be found at:

<http://www.deafrec.org>

(And, of course, NTID/RIT offers many similar opportunities for deaf-hearing interactions.)

REAL-TIME CAPTIONING SERVICES' CORNER



In January, seven new captionists started their training to be ready for the spring quarter. We are happy to welcome them, so if you see them in the hallway, be sure to introduce yourself! (Here are some brief bios and hopefully we will be publishing some more in a future issue of the newsletter.)

Linda Brink - Originally from Staten Island, currently lives in Manchester, NY. I had started college a couple of times, never quite obtained a degree. I studied business administration and nursing. Mostly I've worked in doctor's offices as a receptionist or medical transcriptionist. For a couple of years I worked as a special education secretary at my local school district. I have four children. My older children are grown and on their own. The younger two, ages 12 and, 14 are home with me. I enjoy volunteering at school and church. I play the piano a little, very little. I absolutely love live music. I enjoy going out to hear rock bands, concerts, plays. Eventually, I would love to learn to play golf. For now, I've just joined a belly dancing class with a couple of friends. I'm single, happy, and feel very fortunate to have found RIT and this job!

Doris Gross – currently lives in Pittsford NY; has an AAS Secretarial Science from Bryant & Stratton; has worked 20 years as a legal secretary w/ Nixon Peabody

LLP; also in Real Estate; litigation, working on personal injury and medical malpractice cases; and lastly, in the labor employment group working on class action discrimination cases, FLSA matters and others. I love the outdoors, gardening, relaxing at our cottage on Loon Lake and of course, playing w/my children and dog (who's just like a kid!)

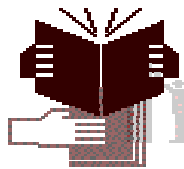
DEPARTMENT NEWS



Reserving Videos: this is now online with some pictures of the video covers (there are a couple not showing up—this will be fixed soon):

<http://library.rit.edu/pubs/guides/DASvideosreserve.htm>

RESOURCES



Community Interpreter Grant – Workshop Opportunities

By Julie Lindsay

The Community Interpreter Grant provides a variety of professional development opportunities, community

events and programs for working interpreters as well as Deaf people who are involved in the interpreting profession.

Topics for some of the upcoming workshops include:

“Overview of Women’s Health - Kim Kelstone

“Idioms in ASL” - Jackie Frechette

“Making Sense of Medical-ese” – Kim Kelstone

“Interpreting in Medical Settings – Dr. Carolyn Stern

Contact Sarah Schiffeler, Project Coordinator, to request access to these opportunities by e-mailing her at: Sarah.Schiffeler@rit.edu. Remember, your name must be on the grant mailing list to attend any event or workshop that is fully funded by the grant. Contact Sarah now – it’s quick and easy to do. Don’t miss out on some exciting workshops and events coming up in 2007!

Professional Development Network

By Julie Lindsay

The “Professional Development Network” is an informal discussion group for interpreters. It is a collaborative grassroots outreach by the Community Interpreter Grant and GVERRID. The PDN provides a place for colleagues to get together and talk about some of the many issues that shape our communities and our work. The goal of the PDN is to build a network of community discussion and information. And it’s **fun** to get together with people that you don’t see all the time! The meetings are not formal presentations or workshops. Facilitators are there to moderate these thought-

provoking discussions, making sure that all in attendance have equal opportunity to participate. No need to RSVP.

The next meetings are:

Friday, February 9 5-7pm –
Bruegger's Bagels, Mount Hope Ave.
"You Expect – I Expect"
Facilitator: Steve DeBottis

Saturday, March 3 9-11a.m.-
Panel Discussion: ASL Mentoring Program
Facilitator: Ritchie Bryant

Friday, April 13 5-7pm –
"Who's Driving your Plane?"
Facilitator: Frank Polvino

Saturday, May 19 9-11am –
"New Interpreters Moving into the Work World"
Facilitator: Jennifer Blatto-Vallee

From Cheri L McKee, Manager SIL:

The Self Instruction Lab, in collaboration with the ASLIE Department, has acquired some exciting new resources on such topics as domestic violence; signs for recovery; signs for American national government; teaching and interpreting mathematics; and deaf parents' perspectives on childbirth and birth companions. These resources are included in the SIL's searchable online catalog, which can be found at:
<http://www.ntid.rit.edu/nlc/sil/>

Library Materials Review Corner



ASL/English Idioms and their Translations

Produced by DeafWide Services

Videotape Library index: HV 2474 .A857 1997

- 104 idiomatic expressions shown grouped by handshape
- Each idiom shown in context, through examples
- Each idiom shown with English equivalent word choice
- Video uses 12 Deaf models/talent
- Has companion workbook for detailed explanations
- Includes brief introduction describing rationale and setup

Suggested benefits:

1. To internalize signed expressions you may recognize but do not use in your own work
2. To clarify nuances of appropriate usage of these signed expressions
3. To introduce new idiomatic expressions in both your receptive and expression lexicons
4. To clean-up your production of these expressions

Suggested use:

1. Watch signers without volume (if there is volume, I don't remember)
2. Watch signers with open captioning covered at bottom of screen
3. Copy sign signers producing expressions in context to "put it in cell memory"

*I would say the only down side to this video is the open captioning...for those of us that need exposure and need to train ourselves to catch the message, we either have to train ourselves to not see the captioning or actually cover the captioning with paper and tape☺

(kind of like going to a Deaf event and having to bring earplugs to block the amplified voicing so we get the exposure and nerve patterning training we need)

Great tape, in my estimation. Enjoy!

If anyone wants to contribute to this review section please be my guest.

The intent is to remind staff of our supply of materials now moved to the library

1st floor: some on reserve at this point.

4th floor: way in the back, a plethora of materials for our viewing pleasure.

And remember the Tech Signs in Context and other tapes and discs in TJ's office

Soon, Tech Signs in Context will be in the old materials room with the monitors.

One, Two Buckle Your Shoe: Numbering System in American Sign Language

Bob Acorn & Jan Humphrey

2 Hour instruction tape (!! awesome)

Produced by: International School of Sign Language & Interpretation

4th floor Wallace Library: HV2474.054 1995

Includes:

- counting
- informational
- ordinal
- ranking
- age
- money
- clock
- calendar
- pronoun
- heights
- weights
- measurements
- sports

Number concepts in context as well! Short stories and sentences for receptive practice.

A wonderful sign teacher/model.

Great to copy sign and/or use voice-over for voicing model.

Very specific, best advanced number related teaching video I have used

Emphasizes nuances. This video was not in the old DAS library, I believe.

Great to clean up and enhance our use and production of ASL numbers systems.

Submitted by Laura Braggiotti

Workshop Review



The World Café – “The Package”

During the break, a very well represented group of 16 interpreters met in the new sunlit E. Philip Saunders School of Business lounge to discuss the department's understanding of what “The Package” means.

The World Café activity was first used last year by Gayle Macias to discuss the topic of “Mentoring”. She, Lisa Menard, and Christina Chafel led this year's discussion by presenting three questions for

four groups to ponder. After 20 minutes or so, the groups and the question were changed, producing a 'pollinating' effect of ideas among the participants. The questions built on one another and in the end guided the groups to think about local and national interpreter values. Although it was noted that the phrase is heard only here at DAS, it was agreed that the values of communication, integrity, wisdom, respect, and confidence (among others) are applicable to any professional in any field. The participants ranged from 4-and-a-half-years to 20+-year veterans from all core teams. Cookies, fudge, coffee, water, upholstered chairs, and soothing background music all added to an open and supportive climate.

It was agreed that an objective list of attributes to use for POW and quarterly reports that are shared by the DMT and the staff would greatly improve the ability for individuals to concretely identify areas where they could improve.

Contact Gayle, Lisa, or Christina for a record of the discussions or the final list of attributes.

HEALTH & WELLNESS



THE COMMON COLD

The Treatment

There's no cure for the common cold. Antibiotics are of no use against cold viruses, and over-the-counter (OTC) cold preparations won't cure a common cold or make it go away any sooner.

Common Myths

MYTH: Cold weather causes colds and flu.

FACT: Although colds and flu are more common in the winter months, this has less to do with the weather than with confinement indoors. Viruses spread much more quickly in dry, heated, indoor areas where air doesn't circulate well, and direct contact with germs is far more likely. Plus, central heating systems dry out mucus membranes, which are the body's natural defense against viruses.

MYTH: Kissing spreads colds and flu.

FACT: Colds are much more likely to be spread by hand contact than by oral contact.

MYTH: It's dangerous to exercise when you have the symptoms of a cold or flu

FACT: Provided you're not running a fever, some mild exercise -- such as a brisk walk -- will help your antibodies fight the virus.

MYTH: Wet feet, wet hair, and exposure to cold weather and drafts can cause colds.

FACT: Although getting chilled can lower your resistance if you're already run down, you can only catch a cold or flu if you come in contact with a cold or flu virus. In fact, a little fresh air can help clear your head if you are sick.

Prevention

Because so many different viruses can cause a common cold, no effective vaccine has been developed. But you can take some common-sense precautions to slow the spread of cold viruses:

* **Wash your hands.**

Clean your hands thoroughly and often, and teach your children the importance of hand washing. Carry a bottle of alcohol-based hand rub containing at least 60 percent alcohol for times when soap and water aren't available. These gels kill most germs, and are safe for older children to use themselves.

* **Scrub your stuff.** Keep kitchen and bathroom countertops clean, especially when someone in your family has a common cold. Wash children's toys after play.

* **Use tissues.** Always sneeze and cough into tissues. Discard used tissues right away, and then wash your hands carefully. Teach children to sneeze or cough into the bend of their elbow when they don't have a tissue. That way they cover their mouth without using their hands.

* **Be a little selfish.** Don't share drinking glasses or utensils with other family members. Use your own glass or disposable cups when you or someone else is sick.

* **Steer clear of colds.** Avoid close, prolonged contact with anyone who has a cold.

* **Choose your childcare center wisely.** Look for a childcare setting with sound hygiene practices and clear policies about keeping sick children at home.

* **Consider the alternatives.** Whether therapies such as vitamin C, zinc and Echinacea relieve cold symptoms remains controversial. But the latest research seems to show that moderate doses of vitamin C can shorten the duration of a cold and that zinc nasal sprays or lozenges taken at the beginning of a cold may help reduce symptoms.

Self-care

You may not be able to cure your common cold, but you can make yourself as comfortable as possible. These tips may help:

Drink lots of fluids.

Water, juice, tea and warm soup are all good choices. Avoid alcohol, caffeine and cigarette smoke, which can cause dehydration and aggravate your symptoms.

Drink chicken broth. Generations of parents have spooned chicken soup into their sick children. Not only does hot soup alleviate nasal congestion and help prevent dehydration, but studies show that chicken broth actually shortens the duration of colds.

scientists have discovered that it does seem to help relieve cold and flu symptoms in two ways. First, it acts as an anti-inflammatory by inhibiting

the movement of neutrophils — immune system cells that participate in the body's inflammatory response. Second, it temporarily speeds up the movement of mucus through the nose, helping relieve congestion and limiting the amount of time viruses are in contact with the nasal lining. Researchers at the University of Nebraska compared homemade chicken soup with canned versions and found that many, though not all, canned chicken soups worked just as well as soups made from scratch.

Get some rest.

Adjust your room's temperature and humidity.

Keep your room warm, but not overheated. If the air is dry, a cool-mist humidifier or vaporizer can moisten the air and help ease congestion and coughing. Be sure to keep the humidifier clean to prevent the growth of bacteria and molds.

Soothe your throat.

Gargling with warm salt water several times a day or drinking warm lemon water with honey may help soothe a sore throat and relieve a cough.

Use saline nasal drops.

To help relieve nasal congestion, try saline nasal drops. You can purchase these drops over-the-counter, and they're effective, safe and nonirritating, even for children. To use in babies, instill several drops into one nostril, then immediately bulb suction that nostril. Repeat the process in the opposite nostril. Doing this before

feeding your baby will improve your child's ability to nurse or take a bottle.

Soak your feet

Using a relaxing footbath of warm water with two tablespoons of dried mustard powder added to relieve nasal and chest congestion.

Let a cold run its course.

Over-the-counter medications can interfere with the body's natural healing process and can even depress your immune system. Use them sparingly.

Change the bed linens and bath towels frequently.

And use disposable towels in shared bathrooms and in the kitchen.

Change your toothbrush as soon as you start to feel better.

Tried-and-true remedies

Take a bath with Epsom salts. The magnesium sulfate in Epsom salts encourages sweating, which helps the body discharge harmful toxins.

Avoid dairy products and bread. They tend to worsen the congestion often associated with colds and flus. When the illness has come to an end, resume consumption of dairy products and bread to maintain a healthy and well-balanced diet.

HERBAL REMEDIES

**** If you take medication, check with your doctor before taking herbs.**

Cough

Steep some sage in freshly boiled water for at least 20 minutes. Drink hot or cold.

Head congestion.

Steep fenugreek in boiled water for five minutes. Drink this tea warm.

Nausea

Steep two tablespoons of freshly grated ginger in three cups of boiled water. Use it as a gargle or soak a hand towel in it, and hold towel to head.

Chest congestion

Steep the herbs mullein or lobelia in boiled water. Then saturate a hand towel with the warm liquid, place it on your chest, and relax

Trivia



1. What Republican presidential candidate employed the slogan "In your heart you know he's right"?

- * Truman
- * Nixon
- * Goldwater

* Lincoln

2. When was Medicare established?

- * 1965
- * 1975
- * 1985
- * 1995

3. What duties does the Constitution assign to the vice president?

- * Advise the president in times of need, kill the president if he starts to be a jerk
- * Tie breaker in Senate, take over for president in case of emergency
- * show off, live in the white house, and be president of the senate
- * the vice president does not do anything, really

4. Who was the first Postmaster general of the United States?

- * George C. Scott
- * Mr. Postal
- * George Washington
- * Samuel Osgood

5. What was the Great Compromise?

- * Compromise between United States and Indians
- * Distribution of seats in Congress
- * Talks between France and Spain
- * Settlement between Great Britain and Mexico

Answers

1. Barry Goldwater in 1964, Some Democratic opponents responded, "In your guts you know he's nuts." Public fear that Goldwater was an extremist helped Lyndon Johnson defeat him that year.

2. Federally funded health insurance for the disabled and those over 65 was part of the Social Security Amendments of 1965. The Amendments also saw the beginning of Medicaid.

3. To be president of the Senate; to cast a tie-breaking vote in the Senate when needed; and to replace the president of the U.S. in the event that the latter's term ends prematurely.

4. Although the Continental Congress appointed Benjamin Franklin to that position in 1775. In 1789, Samuel Osgood was named the first postmaster general under the new Constitution.

5. This was the agreement reached at the Philadelphia Constitutional Convention in 1787 to give each state two senators and to apportion seats in the House of Representatives on the basis of population. The agreement satisfied both the smaller, less populous states, which wanted all states to be represented equally, and the larger states, which wanted representation to reflect population.



THOUGHT FOR THE DAY



**"POLITENESS COSTS NOTHING AND
GAINS EVERYTHING."**

**SUBMITTED BY BILL DEGROOTE
(FROM A FORTUNE COOKIE)**

