



THE RIDER REPORT

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Big Events in 2016

If you like big events, from the sublime to the obscure, you may want to plan your social calendar around one of these big scenes:

January

4-Dec. 31 – A year-long celebration nationwide, “The Wonder of Will: First Folio Tour,” marks the 400th anniversary of William Shakespeare’s death.

February

7 – Super Bowl L, the 50th anniversary of America’s biggest sports party. Coldplay will play at halftime.
8-22 – Hong Kong Chinese New Year. This is the Year of the Monkey.
9 – New Orleans: Fat Tuesday ends the famous Mardi Gras revelry in the French Quarter.

March

2-6 – Sun Valley, Idaho: Sun Valley Film Festival shows 60 premiere flicks.
12 – Louisville: Speed Art Museum Grand Opening, features Picasso and Lichtenstein.

April

2 – Long Beach, Calif.: Formula E Championship. Racers compete in the world’s first fully electric racing series.
14-24 – San Antonio: 125th Anniversary of Fiesta San Antonio
22-24 – Vermont Maple Festival. Parade and sap run celebrate “50 Years of Golden Sweetness.”

May

1-Sept. 4 – Cedar Rapids, Iowa: Overalls All Over. A tribute to Grant Wood’s 1930 masterpiece, “American Gothic,” one of the most recognized paintings in the world, and his 125th birthday.
29 – Indianapolis, Ind.: The 100th running of the Indianapolis 500 motor speed race.

June

7 – Portland, Ore.: Official Rededication of the Historic Columbia River Highway. The 100th anniversary of “America’s First Scenic Highway.”
12-17 – St. Joseph to Hannibal, Mo.: Big BAM explosive bicycle tour.

July

8-10 – Santa Fe, N. M.: International Folk Art Market. A meeting of 150 international artists on Museum Hill.
23, 30 & Aug. 6 – Wroclaw, Poland: Europe’s co-cultural capital hosts “Singing Europe,” a staging of continental choirs.
27 – Heart’s Content, Newfoundland: The 150th anniversary of the first successful Atlantic telegraph cable.

August

5-21 – Rio de Janeiro, Brazil: Games of the XXXI Olympiad
12-14 – Abbotsford, B. C.: Canada’s National Air Show draws more than 100,000 fans.

September

10 – Maine, statewide: Maine Open Lighthouse Day. A rare opportunity to explore more than two dozen coastal sentinels.
27-Oct. 2 – Chaska, Minn.: Golf fans’ most spectacular team event, the Ryder Cup, pitting the United States versus Europe for trans-Atlantic bragging rights.

October

8 – Weiner, Ark.: Arkansas Rice Festival, featuring a rice-cook-off, duck calling and weiner dog race, in its 40th edition.
15-16 – Leonardtown, Md.: St. Mary’s County Oyster Festival, featuring the 50th National Shucking Contest.

November

1-2 – Mexico, nationwide: Day of the Dead. A grave occasion lightened by picnics and sweets.
10-13 – Hamburg, Germany: Affordable Arts Fair. Emerging artists negotiate their best work with patrons.
24 – New York City: The 90th annual Macy’s Thanksgiving Day Parade, historically beginning the Christmas season with balloons, floats and bands.

December

3 – Natchitoches, La: Natchitoches Christmas Festival. Month-long celebration featuring fireworks and parades.
31-Jan. 1 – Edinburgh, Scotland: Edinburgh’s Hogmanay. The “World’s Biggest Rendition of Auld Lang Syne,” and a morning-after dip in the River Forth. ■



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WORKING OUT AT HOME

Depending upon the individual, it may be too much of an inconvenience, a hassle or an intimidation to work out in a gym with other gym rats. Still, you want to do, look and feel your best. What’s a fitness aspirant to do? Build a home gym.

But before you do it, listen to personal trainer, Reggie Chambers, as he walks us through an effective home gym.

1. Acknowledge your commitment. If you’re going to spend the money (and it’s probably a lot more than a gym membership), you actually need to commit time to work out.

2. Make sure your room is free of distraction. If you are working out while doing a load of laundry, don’t think about separating the whites. Think about your routine.

3. Equip your gym with steadfast and reliable pieces that you can use frequently.

A recumbent exercise bike is less expensive and lasts longer than a treadmill. Chambers also suggests a set of dumbbells, a jump rope and a physio ball. A lighter weight set is good for toning; a heavier weight set is good for building muscle with fewer reps.

Go for simple before you build a mini-gym. ■

THE PERFECT MEETING PLACE

Would you like to go to that private place where you can work and no one will disturb you? Where you can mediate among two or more parties and talk in a warm and comfortable setting? Or perhaps you have a video conference you need to set up? Or perhaps you’d like to spend some debriefing time near the Clark County Courthouse after a long day of litigation. Or maybe you and your client need some one-on-one time away from the madness, or a neutral setting.

We’ve got the place for you! 613 W. 11th Street in Vancouver is right across the street from the Courthouse. You have the pick of two conference rooms that are large enough to accommodate as many as 10 people – one of which is a equipped for video conferencing. All the amenities are there for you: Fax, copy machine, beverages, nearby restaurants with catering capabilities. We have in-house wireless capacity for your Internet devices.

To take advantage of this “home base,” call Teresa or Debbie at 360-693-4111, or make your request by e-mail at info@riderandassociates.com. ■

