



**NEBRASKA COURT REPORTERS  
ASSOCIATION**

**NeCRA SPRING SEMINAR AGENDA**

**SATURDAY, APRIL 6, 2024**

**Omaha Country Club**

**6900 Country Club Road**

**Omaha, Nebraska 68152**

**7:45 – 8:30**

**Registration – Coffee and breakfast items**

**8:30 – 10:15**

**SENSEI CLAUDIA BROWN-JACKMAN**

**Aikido Shuurin Dojo, LLC**

Claudia began her martial arts career as a young child and has experience in Karate, Judo and Aikido. Currently she holds a 3rd degree black belt in Aikido and has been practicing for over 25 years. Aikido, often referred to as The Art of Conflict Resolution, is a Japanese Defense martial art focusing on the redirection of power and energy. One is taught not to strike or block, but rather blend with an attack ensuring neither participant is injured, and thus de-escalating conflicts and obtaining a resolution peacefully.

As an educator, she saw the need to create a Self Defense workshop designed for other educators, nurses, home health care providers, professionals, and parents with aggressive children. These workshops are designed for practical situations; intended not to evoke injury on the aggressor but rather subdue and remove oneself from the situation.

As her passion is to empower and educate others, she devotes her time to teaching Spanish at Boys Town. In addition, she and her team teach Aikido and give Self Defense workshops throughout the Midwest.

**CEU .175 | JBE 1.75**

**10:15 - 10:30**

**Break**

**10:30 – 12:00**

**TINA COLLISON**

**Health and Wellness Director · Norfolk Family YMCA**

Sedentary occupations lead to tight shoulders and necks, tension headaches, lower back pain and poor posture. In this session, learn how to move your spine every day in all three of its ranges of motion whether you are seated or standing. We will also learn progressive relaxation to help release every muscle in your body.

Tina Collison has been a fitness instructor and personal trainer for 30 years. She studies physical education at Concordia College and exercise science at Wayne State College. She's been certified in multiple exercise formats including cycling, Pilates, yoga, REFIT, Parkinson's programs, water exercise and Pilates Reformer. Yoga and group cycling are her favorite classes to teach.

**CEU .15 | JBE 1.5**

**12:00 – 1:00**

**Lunch and business meeting**

**1:00– 2:30**

**KARA HOLLAND, RPR, CSR (Iowa)**

**Punctuation and Grammar Refresher**

Kara Holland is originally from Sioux City, Iowa. She attended AIB College in Des Moines and graduated in 2007. After graduating, Kara worked as a freelance reporter in Nebraska. She worked as an official reporter in Nebraska before accepting an official position in Sioux City, Iowa, with the third judicial district where she works currently. Kara has served on the ICRA board and was the editor of In Verbis for many years. She also received the Distinguished Service award from ICRA in 2022.

Everyone needs punctuation and grammar refreshers from time to time. This session will focus on some of the grammar rules that have maybe gathered cobwebs over the years. While discussing punctuation, we will focus on usage of commas, semicolons, and quotation marks. The grammar section will focus on sentence structure and phrases and clauses and how to identify what's what in a sentence and how to properly punctuate the tricky

nuances of the spoken word. This won't be your normal punctuation session. Be ready for some entertainment while taking a fresh look at various punctuation problems.

**CEU .15 | JBE 1.5**

**2:30 – 2:45**

**Break**

**2:45 – 5:00**

**JAY JACKSON**

**Attorney, Veteran and Author**

Jay Jackson is a husband, dad, and attorney in Papillion. Before settling down in Nebraska, Jay served on active duty in the military for fourteen years, deploying to the Middle East six times and spending three years at Joint Special Operations Command.

Jay is the author of [\*Decent Discourse: saving your country by loving your \(wrong?\) neighbor\*](#)--a hopeful, helpful, and historical way to push back against the war-like language and echo chambers that dominate today's political discourse—and not a minute too soon. Families and friendships are being torn apart. More Americans than ever feel violence is justified to advance their political goals. And the media is turbocharging this toxic, hyper partisan culture of indecent political rhetoric.

Jay builds the case for decent discourse, showing how Americans have solved the immense challenges of our past with truth, humility, and compassion—in other words, by loving our neighbors (even when they might be wrong). *Decent Discourse* identifies five critical problems with the state of our political discourse today and offers solutions to each, including practical action items for each of us. With humor and optimism, Jay shows that decent discourse is the answer to our country's woes and offers hope that you personally can make a difference:

One conversation at a time.

One relationship at a time.

One community at a time.

**CEU .25 | JBE 2.5**