**COURT RECESS ITINERARY**

**The Court Recess is December 28th and 29th 2021**

**The Schedule is below and a description of the speakers follow:**

**December 28, 2021**

**9:00 – 10:00 Notes from the President**

**10:00- 12:30 Hopeton Smalling, Beginner Crypto Currency**

**Investing**

**2:00 – 5:00 Speaker from DC37**

**December 29, 2021**

**9:00 – 9:30 Notes from the President**

**9:30 - 12:30 Nicole Holeness, Registered Dietician**

**Nutritionist**

**9:30 - 12:30 Janis Palma (Interpreters)**

**Afternoon**

**2:00 - 5:00 Tony Rosado (Interpreters)**

**2:00 - 5:00 Life Coach Ki**

**All Day Programs**

**9:30 - 5:00 Anthony Frisolone (Case Catalyst – Reporters)**

**9:30 – 5:00 Michael Starkman (Eclipse – Court Reporters)**

**About the Speakers**

**DECEMBER 28TH 2021**

**Hopeton – Cryptocurrency Instructor**

Hopeton Smalling is a New York based Bitcoin Evangelist, Entrepreneur, Tech Guru, Entertainment Executive, and award-winning Educator with over 20 years of experience teaching children and adults. He has expertise in Micro/Macro Economics, Blockchain, Cryptocurrency, and Disruptive Technologies. His journey of “HODLing” began in 2012 where he began mining Bitcoin, which has led him to be respected for his “Diamond Hands”. Currently, he provides his expertise to A-List clientele, which includes celebrities, entertainers, private equity, and high net worth individuals. He has completed an MBA with specialty in Global Economics and ERP management. He has earned 6th year credential of Educational Specialist and has completed his Doctoral Coursework. He is an Avid reader, Pilot, Mentor, and Social Entrepreneur. He is focused on building his legacy to break down barriers for everyday people to understand, use, and benefit from Cryptocurrency. The Blockchain and Artificial Intelligence offer new opportunities to build wealth, eliminate poverty, and engage our youth!

**(It is recommended that you seek advice from a financial professional before making any financial decisions. This program IS NOT financial advice and is offered for educational purposes only.)**

**DC 37 SPEAKER TO BE ANNOUNCED**

**DECEMBER 29, 2021**

**MORNING:**

**9:30 – 12:00 Nicole Holness, Registered Dietitian Nutritionist**

Nicole Holness is a New York City based Registered Dietitian Nutritionist. With more than a decade of clinical-nutrition roles under her belt, as well as working at some of the largest hospitals throughout NYC, Nicole has developed extensive nutritional knowledge to best support her clients. Working as the Clinical Nutrition Manager at NYU Langone in addition to her roles as a Registered Dietitian Nutritionist and Lactation Consultant at the leading hospitals, are just a few of the many opportunities Nicole has had to successfully treat thousands of patients.

With a very solid background in a variety of nutrition related issues, Nicole’s primary specialty and main interest is in women’s health and gut health. This includes concerns such as nutrition for fertility, pregnancy, postpartum, breastfeeding, gut health conditions, hormonal imbalances, PCOS (Poly Cystic Ovarian Syndrome), diabetes, and weight management.

Nicole is also the Director of Holness Nutrition; a nutrition and wellness company driven by the principle that targeted nutrition and lifestyle changes are the foundation for healing and vitality, allowing us to nourish and flourish for life. Expertly designing science-based meal plans that are highly customized for each client’s specific challenges, they understand that each client is unique, and therefore, requires an individualized and targeted rx. At Holness Nutrition, they work extremely close with each and every client to build strong, lasting relationships while guiding them towards achieving and maintaining their personal health goals.

In addition to Holness Nutrition, Nicole’s passion for food prompted her to attain a culinary degree. Nicole is extremely passionate about creating delicious dishes with clean ingredients to not only help you genuinely enjoy the food you’re eating, but also develop healthy eating behaviors to support your wellness goals. Nicole’s passion for culinary nutrition led her to the opportunity to work as a guest chef instructor and dietitian at Middlesex County College, working with hundreds of students. Whether you are bored of having the same foods, not sure what to prepare, or just looking to have more variety on your plate, Nicole is an expert in teaching how to cook delicious meals while also feeling your best. With a busy and hectic schedule nowadays, planning a tasty and nutritious meal can be very challenging – Nicole and the Holness Nutrition team have all the solutions with delicious eating plans designed to nourish and flourish your body for life.

Whether it is to improve your digestive health, balance your hormones, control your blood sugar, cholesterol, blood pressure, lose weight, or most importantly just feel great in the mind and body you are in, Nicole and the Holness Nutrition team have your back – so you can nourish and flourish your body for life.

* **Education**
  + Culinary Degree:
    - Natural Gourmet Institute
  + Certificate of Training:
    - Culinary Immersion Integrative and Functional Nutrition Academy
  + Master of Science in Clinical Nutrition:
    - New York University
  + Dietetic Internship:
    - New York University
  + Bachelor of Science in Nutrition and Dietetics:
    - Youngstown State University
* **Professional Affiliations**
  + Dietitians in Integrative and Functional Medicine Dietetic Practice Group
  + Women’s Health Dietetic Practice Group
  + Nutrition Entrepreneurs Dietetic Practice Group
  + Academy of Nutrition and Dietetics
  + New York State Dietetic Association
  + Greater New York Dietetic Association
* **Licensure & Registration**
  + Registered Dietitian Nutritionist (RDN) – The Commission on Dietetic Registration
  + Certified Dietitian Nutritionist (CDN)
  + International Board-Certified Lactation Consultant

**FOR THE INTERPRETERS:**

**9:30 – 12:30 JANIS PALMA** has been a federally certified English<>Spanish judiciary interpreter since 1981, also certified by NAJIT and licensed as a Master court interpreter by the State of Texas. She worked as an independent contractor for over 20 years in different states, to include legal and conference interpreting. She joined the U.S. District Courts in Puerto Rico as a full-time staff interpreter in April 2002, where she held a Supervisory Interpreter position for 6 years before retiring in 2017. She has been a consultant for various higher education institutions, professional associations, and government agencies on judiciary interpreting and translation issues. She is a former president of the Society for the Study of Translation and Interpretation (SSTI) and current Chair of the Board of the National Association of Judiciary Interpreters and Translators (NAJIT).

**From a small grassroots beginning - look at us now!**

**Description:** This 1-hour presentation takes a historical look at the profession of judiciary interpreters in the United States, highlighting the lessons learned as milestones were reached in the course of professionalizing interpreters in the court system, particularly in one of the most important hubs for this grassroots initiative: New York City.

**Researching Terminology: there's always some way to make it better!**

**Description**: Terminology research requires that you follow certain steps, and whether you use a computer or a dictionary, those steps will not change. But technology has certainly made research much faster, efficient and--may I say?--fun! Not only can we consult dictionaries online that would have cost hundreds of dollars if we had bought hard copies for our personal libraries, but we can also have access to documents from different countries where we can see exactly how the terms we're looking up are used in various contexts. During this 2-hour interactive presentation, participants will review how words are assigned meaning within a specialized field of knowledge--such as law, or a subset of law--and how to disambiguate terms that are assigned more than one meaning within the same specialized field. The group will then work on the identification of words or phrases in their working languages that they believe or suspect may convey the same concept, and corroborate through different sources, such as monolingual dictionaries, country-specific laws, civil or criminal codes, and other legal documents that can be searched online. Through group discussions and critical analysis, participants will reach a consensus on which of the words or phrases discussed constitute the best functional equivalents, and which they would consider non-equivalents based on their research.

**AFTERNOON**

**2:00 – 5:00 Healing and Meditation by Life Coach KI**

URL: <https://www.soulfullwellnessnow.com/mystory>

**MY STORY**

Thank God, I don't look like what I've been through!

Sending you love, I am Coach Ki!

Meditation, Yoga, and Radical Acts of Soul Care saved my life and the freedom from my changes have purposefully called me to extend that same power to you.

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Through my own practice, I've broken free from the grips of: Depression, Homelessness, Childhood Neglect, Domestic Abuse, Suicidal Ideations, Rape, Professional Burnout and so much more. From that pain, I've been set free in ways I could never have imagined and ever since, I've made it my life's mission to help others by teaching all the tools I am actively using to continue to heal myself to enhance the quality of all lives around me as well.

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The essence of my work is to facilitate self-growth and self-trust by helping you identify your core mind, body, and soul challenges, so that you can overcome them with confidence. Only then, will you be able to fully embrace who you are and start living a happier and healthier life.

​*So, connect with me, the time is now.* I can arm you with the information, resources and

Soulfull practices to change your perspective and your world.

*Let's get to soul work...*

**FOR THE INTERPRETERS:**

**2:00 – 5:00 TONY ROSADO**

**How to prepare as a court interpreter for a successful trial assignment.**

Interpreting trials is complex and difficult, it requires of thorough preparation before the assignment, and a high level of concentration only achieved when the interpreter fully understands not just what is happening at the trial, but why it is happening. This is only achievable when we know how to get ready; where to look for what we need. This webinar will cover the benefits of a good preparation and clear understanding of what the lawyers are doing that participants can use to get ready for an assignment, and to explain clients why an interpretation cannot be properly provided without the required documents and information about a case. The presenter will spell out the role of the interpreter at each of the stages of a court/legal assignment, from self-evaluation before accepting a case, to detailed preparation, and performance during the trial. Mr. Rosado will talk about the tools interpreters may use to get acquainted with the details of a case, how to develop glossaries, what text books should be available during preparation and rendition, and how to be assertive when requesting the appropriate working conditions. Those attending will learn, through theoretical description and practical examples, how the best interpreters work. The participants will leave with the tools to advance their career as court/legal interpreters.

**FOR THE COURT REPORTERS**

**(ALL DAY PROGRAMS)**

* **CASE CATALYST** training will be done by Anthony Frisolone, FAPR, RDR, CRR, CRC, CRI, CSR, Official Court Reporter, United States District Court - Eastern District of New York.

Mr. Frisolone is an authorized Case Catalyst instructor.

* **ECLIPSE** training will be done by Michael Starkman. Michael Starkman is a fan favorite, always teaching time saving tips on Eclipse Software.