



# THE RIDER REPORT

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P.O. Box 245, Vancouver, WA 98666 ■ Phone: 360-693-4111 ■ 800-869-0864 ■ Fax: 360-693-1037 ■ Info@RiderandAssociates.com

## Change Agrees with David Nordeen



While it's true that, in many cases, the more things change, the more they stay the same, a man has to put himself out there at times. It's probably why dinosaurs don't roam the Earth anymore, why we fly in airplanes and why computers have taken over our lives. It's called evolution.

David Nordeen has evolved as a personal injury attorney and as a spirit. A laid-back and soft-spoken professional who has worked hundreds of cases, he knows that life has changed greatly from his days with the Clark County Prosecuting Attorney's Office and Weber, Baumgartner and Gunn.

"I've enjoyed my work in the larger firms," said David, who has been on his own in Vancouver for over three years now. "There was no finer person than Ken Weber and his firm had been in existence for over 50 years. But the days of the 10-to-15-person law office don't work anymore. It's either be on your own or work for a mammoth company. There's no in-between."

David has chosen the former, and rolls with the punches. "It's fine. There are just a lot more administrative tasks. Many times I feel more like a businessman than a trial attorney. I rely pretty heavily on my assistant, Heather Crumbaker. She makes sure that I don't mess things up," he says, laughingly.

About the same time he set sail on a new professional life, he met his new first mate, Sandy, a high school and

college science teacher from Alaska. They met in a biker bar in north county. One dance and he knew she was for him.

Sandy is a world traveler, and together they have explored Europe, where they have been to Paris three times and recently went to London. David dispels the ugly image that the French are arrogant.

"They are much more polite than their stereotype."

To keep in shape for the daily grind, David wakes up early and either jogs in the north county woods where there are trails galore, or swims laps indoors – a habit he has consistently maintained for over 40 years. He figures he swims at least 200 miles a year, which would get him to Paris and back over his lifetime.

Professionally, his mission is to present his client's side in the simplest and most logical manner.

Presenting the plaintiff's case is arduous and tedious work because, as David says, "I have to take a year's work and boil it down for jurors to decide in a day or two. I must pick specific arguments and line it up for them to understand."

Like most seasoned attorneys, he hopes for the best, prepares for the worst, and moves on. "Sitting there waiting for the verdict is like the end of a close football game. It's the nature of the business."

Time to learn, grow and plan the next road trip. ■

### Teresa's Thoughts



**Teresa L. Rider, RPR, CCR, WA CCR, OR CSR, CRR**

NCRA Realtime Systems Administrator  
President, Rider & Associates, Inc.  
Reporting & Transcription Services

A very special thank you to all of you with whom I have had the pleasure of working in 2014. I made some new friends to mix with my valued clients.

I want you all to know that I'm happy and excited that you chose Rider & Associates as your trusted court reporting firm.

And to our longtime, always loyal attorneys and assistants, please know that we cherish your business and friendships. It is truly an honor to be working with you all!

All the best in 2015 and beyond!

### DIETING & SCALE WATCHING

As we begin the New Year, many folks turn to losing weight as their No. 1 New Year's resolution. A simple bathroom scale may be your best weight-loss remedy.

According to a recent Finnish study, the more often you weigh yourself, the more likely you will lose weight. In the journal PLOS ONE, Elina Helander is a co-author of clinical research done at Tampere University of Technology in Finland. There, they examined 40 overweight individuals who were attending a health-promoting program.

"The more often you weigh yourself, the more weight you lose," Helander concluded after compiling the research. A similar study in 2005 published in the "Annals of Behavioral Medicine" found that daily weigh-ins may be best for monitoring weight loss. Over the course of two years, participants who weighed themselves daily lost 12 pounds. Those who weighed in weekly lost six pounds. Those who never weighed themselves gained four pounds. ■

### TWENTY-YEAR PHENOMENON

It wasn't exactly Haley's Comet, but an unusual calendar event happened this month and we won't see it again in 20 years. On the second Saturday of December, our day was 12/13/14, a perfect sequential date that is quite unique.

In Las Vegas, it was said that the normal 30 weddings a day was pushed to the max, over 120 that day. Rumor has it that it was only because men could remember their anniversary better.

Another sequential day won't be seen for another 20 years when it becomes Jan. 2, 2034, or, 1-2-34. Mark your calendars for the big day!

## What are Essential Health Benefits?

The mandate is in. Everyone is required to have health care insurance. The Affordable Care and Patient Protection Act enables individuals and small groups to purchase health care coverage on the Federal Facilitated Marketplace. We are currently in an Open Enrollment Period which lasts from Nov. 15, 2015 to Feb. 15, 2015. But what are we buying?

We are buying a comprehensive package of items and services called essential health benefits.

There are 10 categories: ambulatory patient services; emergency services; hospitalization; maternity and newborn care; mental health and substance use disorder services, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services and devices; laboratory services; preventive and wellness services and chronic disease management; and pediatric services, including oral and vision care.

Like it or not, each and every one of us is buying the whole package. It's a one-size-fits-all set of benefits that may or may not change in the coming years. Understanding the conditions may help you buy better for 2015 and beyond. ■