

9TH UNPLUGGED

JESSICA ALLEN

DIGITAL COURT REPORTER

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HOSTED BY: ALICIA L. LATIMORE

JUDGE LATIMORE: Hi, I'm Judge Alicia Latimore.

MS. ALLEN: Hello, and I'm Jessica Allen.

JUDGE LATIMORE: And you're listening to 9th Unplugged.

(Music)

JUDGE LATIMORE: So, hi Jessica. Welcome.

MS. ALLEN: Hello, how are you?

JUDGE LATIMORE: I'm doing well. Thank you so much for joining us on 9th Unplugged. We are going to get into some interesting conversation. But first I'd like you to tell our audience what is your position with the Ninth Judicial Court and how long you've been here and what does your duties entail?

MS. ALLEN: Of course. Okay, so my position, I am a digital court reporter for the Ninth Circuit. I've actually been doing court reporting for a couple of years but for the 9th Circuit, I have been here since March of this year so what is that, seven, seven and-a-half months.

JUDGE LATIMORE: Okay, I don't do math.

MS. ALLEN: I don't do math either. Hence, why I'm a court reporter. So my position, I am actually housed out of the juvenile court, and I handle both the downtown felony county courts and juvenile whenever they need me.

JUDGE LATIMORE: What's a digital court reporter so our audience may be familiar with that?

MS. ALLEN: Okay, so here with our courts it basically consists of monitoring four to five on an average, courts. So it could be anywhere from the felony courts, depending on your schedule, county criminal courts, juvenile courts as they need me at times. So you are basically monitoring the courtrooms, making sure that the audio is working.

JUDGE LATIMORE: Okay.

MS. ALLEN: And that you're getting a clean record so a clean record consists of all parties make appearances on the record, that you can hear the judge, that you can hear the witnesses, defendants. So our main duty at the end of the day is that you can hear the record.

JUDGE LATIMORE: And you're recording, the way we're recording now –

MS. ALLEN: Correct.

JUDGE LATIMORE: -- speaking into a microphone and you're at another location picking that up. Not the old school way we used to see it where people were in the courtroom typing.

MS. ALLEN: Not as a digital. As a digital here at the court we are in a remote location but it gives us access to be able to monitor multiple courtrooms. So at any given time we're dealing with four or five courtrooms. And also we can be handling trials so when we do trials, it's just one trial at a time so that we can focus 100 percent on that trial.

JUDGE LATIMORE: So I'm sure by the end of the day you're ready to get unplugged.

MS. ALLEN: By the end of the day, yes but it's a lot of fun.

JUDGE LATIMORE: I'm sure. So what are the fun you do after having fun monitoring five courtrooms?

MS. ALLEN: I know a lot of people don't think is fun but I do enjoy working out. So the way that I unplug and I'm an early person, so –

JUDGE LATIMORE: Yeah, like I read 3 a.m. in the morning type early. There's another word other than early for that.

MS. ALLEN: Psychotic. Crazy.

JUDGE LATIMORE: Not going to go there but you get up pretty early in the morning.

MS. ALLEN: I do and that routine only started when I had my son because I had to figure out a way like how am I going to juggle being a new mom, working but still trying to you know do it all. And I figured that for me the best thing is to wake up early, get my workout done, get my son ready, go to work. Now, are there times where I'm just fighting against the clock to get to work.

JUDGE LATIMORE: Oh, absolutely.

MS. ALLEN: I hope my boss doesn't hear this. She will probably but I do rush in sometimes because it's like oh my gosh, you know, traffic, getting my son who is like a dinosaur ready for school.

JUDGE LATIMORE: All of that.

MS. ALLEN: You know all of that.

JUDGE LATIMORE: All of that. So what does your workout entail? What type of work out do you do particularly? Is that the gym? Is that you hiking? What does that look like?

MS. ALLEN: So my obsession right now is HIIT workout, so it's a high intensity impact training. I'm lucky enough that my facility is two minutes from my house so I literally make it

there on time but it's an hour workout and I'll be honest, by the time I get to the office I'm still sweating from the workout just because I'm so pumped but it's really the one thing that keeps me going.

JUDGE LATIMORE: Right, and we're recording so it's not visual and everybody would understand that if they could see you that you're absolutely someone who contributes or is committed to a workout plan. So I want to first ask the question since you mentioned that you get up at 3:00 o'clock in the morning, what time do you go to bed?

MS. ALLEN: Okay, so I'm on my son's bedtime which is –

JUDGE LATIMORE: You guys go to bed together, right?

MS. ALLEN: Yes, we go to – I sometimes fall asleep in his bed by accident just putting him to sleep. So my bedtime is around 7:30 to 8:00, depending. That's early, I know.

JUDGE LATIMORE: Okay. Well, you have to get good sleep in there, right. You absolutely need to have the right amount of time to sleep.

MS. ALLEN: Yes.

JUDGE LATIMORE: I also read that you meal prep, and I would think that makes sense since you're getting up at 3:00 o'clock in the morning and going to bed at 7:00 o'clock at night.

MS. ALLEN: Right.

JUDGE LATIMORE: So what does that entail? Can you explain meal prepping to the audience?

MS. ALLEN: Yes. So that also started because my husband works from home and in order to get my son, my husband, myself fed, I figured meal prepping is the best option because I

leave my husband his little trays for lunch. But I usually meal prep on Sundays, grocery shop and everybody gets their proportioned meal and that includes my son too. So that way I don't have to rush every morning to get my son's lunch, my lunch, my husband's lunch so it really is a time saver at this point for me.

JUDGE LATIMORE: What's your favorite food?

MS. ALLEN: I mean, it's bland at this point. It's like chicken and rice with broccoli.

JUDGE LATIMORE: I cheat day, what's the favorite –

MS. ALLEN: Tacos.

JUDGE LATIMORE: Tacos.

MS. ALLEN: Tacos.

JUDGE LATIMORE: Tacos are your favorite.

MS. ALLEN: Yes, and we are lucky enough that by the juvenile court there is a Gringos Locos.

JUDGE LATIMORE: Yes.

MS. ALLEN: Have you ever that?

JUDGE LATIMORE: Yes.

MS. ALLEN: They're awesome and that's my new obsession now.

JUDGE LATIMORE: Wonderful. Wonderful. Now, I also – you may not know but wellness is a really big theme in my life and I noticed that you indicated that you are comfortable with speaking about the importance of moving our bodies.

MS. ALLEN: Yes.

JUDGE LATIMORE: Would you share that a little bit with our audience because I'd really like to have that conversation as well.

MS. ALLEN: So, and you know one of the things that comes hand in hand with that is I'm a big believer just like when you're in the ocean you know you have that current, when you hold on and you're trying to fight that current, it's just - it's not good, right? So to me it's the same thing with your body, you just have to be in constant movement no matter how you feel, no matter what it is, just move. Move your body. If that's five minutes walking around your office which I do see a lot of that in the courts, just people walking, putting on their sneakers. Very motivating. So the big thing is just keep your body moving, whatever works for you. Whether it's five minutes, ten minutes, you know we have the desk in the office that you –

JUDGE LATIMORE: The standing desk, yes.

MS. ALLEN: - the standing desk, that's another option. Instead of sitting all day you can –

JUDGE LATIMORE: I still want a treadmill desk. I'm working on court administration for that but we'll talk about that later.

MS. ALLEN: Yes, so the main thing is just keep your body moving. Moving whatever it is for you, whatever works for you. So don't hold on, just keep going with the flow.

JUDGE LATIMORE: So with your vibrant personality you mentioned that you once used to tour media internationally at Visit Orlando.

MS. ALLEN: Yes.

JUDGE LATIMORE: And you indicated that you would have to take them to all the fun spots in Orlando and promote how fun our destination is, right?

MS. ALLEN: Yes.

JUDGE LATIMORE: So where are all the fun spots in Orlando? Name them.

MS. ALLEN: Yes, so that includes all the theme parks, so you include Universal, Disney, I mean there's so many new things that have opened up in Orlando. So I actually had the privilege of opening up at the time it was called the Orlando Eye, now it's called Icon Park. So on International Drive, so many new like attractions that have opened. So at that time it was mainly the theme parks and the water parks, Aquatica, taking everyone to the main highlights and now it also includes the dining options because Orlando has like Magical Dining and all these new options for restaurants.

JUDGE LATIMORE: Yes.

MS. ALLEN: So –

JUDGE LATIMORE: Did you enjoy Magical Dining this season?

MS. ALLEN: I haven't gone yet just because we don't have a babysitter so me and my husband haven't gone out on a date.

JUDGE LATIMORE: Where would you go if you had a babysitter?

MS. ALLEN: So there's a new hotel that opened by Lake Nona called the Wave Hotel.

JUDGE LATIMORE: Yes.

MS. ALLEN: And inside there's supposed to be a new restaurant, I don't remember the name but it's supposed to be like a very well renowned chef and I want to go. It's on part of the Magical Dining experience so that's where I would like to go, is the Wave Hotel restaurant.

JUDGE LATIMORE: Everyone in the audience you've heard, she needs a good babysitter so she can go to the restaurant --

MS. ALLEN: I need a babysitter.

JUDGE LATIMORE: -- and have a good time with family.

MS. ALLEN: Yes, I need a babysitter.

JUDGE LATIMORE: All right, well, thank you so much for joining us on 9th Unplugged.

MS. ALLEN: Thank you so much for having me. Thank you.

(Music)