

9TH UNPLUGGED

FRANNIE FERRARA

COURT OPERATIONS COORDINATOR

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HOSTED BY: HONORABLE ALICIA L. LATIMORE

JUDGE LATIMORE: Hi, I'm Judge Latimore.

MS. FERRARA: And I'm Frannie Ferrara.

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

(Music)

JUDGE LATIMORE: Before we unplug from work and we're going to dive deep into your life outside of the courts, would you tell us your title and what department you work in?

MS. FERRARA: So my title is communications coordinator and I work in the communications department, which is in court administration.

JUDGE LATIMORE: And exactly what do you do day-to-day at your job?

MS. FERRARA: Day-to-day we manage basically external and internal communications, social media, press releases, whether or not you know, the media are going to be here, how they're going to be here, you know, we manage any way communications happen.

JUDGE LATIMORE: All right. And you manage this unplug thing too, don't you?

MS. FERRARA: And I manage this unplug thing.

JUDGE LATIMORE: Well, that's great. We're so happy you do that. So let's go ahead and talk about what you do when you're unplugged.

MS. FERRARA: Okay.

JUDGE LATIMORE: All right, when you're away from work, let me ask you a question, do you stay on the phone a lot or are you one of those people that after work you don't want to communicate anymore?

MS. FERRARA: I used to be a person who stayed on the phone a lot but now I just do not, I don't. I don't want to be on social media. I don't want to be on my computer. I don't want to be on the phone.

JUDGE LATIMORE: You don't have an Instagram or Facebook account.

MS. FERRARA: I do.

JUDGE LATIMORE: Oh, but you don't want to be.

MS. FERRARA: But at this point, I don't even look at them anymore because I'm on it all day, you know. I'm a yoga teacher so I'm on – I'm on Facebook. And I'm a photographer so I have an Instagram because I think that's a law. But I don't look at them.

JUDGE LATIMORE: All right. And you're a yoga teacher.

MS. FERRARA: Yes.

JUDGE LATIMORE: How long have you been doing that?

MS. FERRARA: Five, six years now.

JUDGE LATIMORE: And is there a specific type of yoga you teach?

MS. FERRARA: I do Hatha Yoga, and it's more slow and intentional. Like I'm not fast vinyasa. Nobody moves really fast in my classes. I'm not doing it in hot, hot rooms.

JUDGE LATIMORE: I was going to ask you that.

MS. FERRARA: No, it's really more slow, intentional so people can kind of figure out themselves in the posture.

JUDGE LATIMORE: And what do you think is the greatest benefit of yoga? If you were to tell our audience, what would you tell them about yoga and why they might consider doing it?

MS. FERRARA: So for me yoga is not just the class that you go to, it's the opportunity to know yourself better and as you know yourself better and sort of find more kindness for yourself, that moves out into the community.

JUDGE LATIMORE: Oh...

MS. FERRARA: You know there's this idea of being present for yourself that allows you to be present for more people outside.

JUDGE LATIMORE: Oh, all right, I like that.

MS. FERRARA: Yeah.

JUDGE LATIMORE: All right, so I need to join a yoga class.

MS. FERRARA: You do.

JUDGE LATIMORE: Uh-huh. So where did you grow up?

MS. FERRARA: I grew up in this little town, it's not even called a town, it's called a borough, the Borough of New Milford in New Jersey.

JUDGE LATIMORE: New Jersey.

MS. FERRARA: Um-hum, I'm a Jersey girl.

JUDGE LATIMORE: All right. Do you have a Jersey accent?

MS. FERRARA: I don't. Both of my parents were New Yorkers, so I had more of a New York accent.

JUDGE LATIMORE: What do you miss about Jersey?

MS. FERRARA: Oh, man, the food. Like the pizza, bagels. We have a – I mean, you can get it down here, but everybody has a pork roll or a Taylor ham, depends on where in New Jersey, what you call it. But really, it's the New York, New Jersey water. It's the breads.

JUDGE LATIMORE: Okay.

MS. FERRARA: You can't get it down here.

JUDGE LATIMORE: You can't get it here?

MS. FERRARA: No.

JUDGE LATIMORE: All right. Do you still have family there?

MS. FERRARA: Yes.

JUDGE LATIMORE: So you get to go have some of that every once in a while.

MS. FERRARA: I do. I do.

JUDGE LATIMORE: What is the food here that you like the best?

MS. FERRARA: Here that I like – I mean, seafood for sure, you can get –

JUDGE LATIMORE: That's your favorite.

MS. FERRARA: Well, I eat everything. I mean, I love food, but the seafood's fresher, I feel like down here.

JUDGE LATIMORE: All right. And so you consider yourself a foody?

MS. FERRARA: Yes.

JUDGE LATIMORE: And your favorite meal as far as seafood, which seafood is your favorite?

MS. FERRARA: Oh, well.

JUDGE LATIMORE: Or do you have one?

MS. FERRARA: I love scallops.

JUDGE LATIMORE: Do you?

MS. FERRARA: Yes.

JUDGE LATIMORE: Okay.

MS. FERRARA: I do, but I also like love raw oysters. Yeah, I do love it all.

JUDGE LATIMORE: You love it all.

MS. FERRARA: I do.

JUDGE LATIMORE: Okay, no problem. You said photography, tell me how long have you been – has that been a hobby for you?

MS. FERRARA: I've kind of been dabbling with it, I'm going to say for the past like four or five years and I do more street photography so it's just capturing people in the moment on a street.

JUDGE LATIMORE: And how did you pick that up as a hobby?

MS. FERRARA: It sort of just evolved and I didn't even know it was a thing so when you're just this amateur photographer, you know there's only so many pictures you're going to take of your dog or your niece. So then, you're just out and about, and I'd start with photos of

flowers and then I'd take photos of like people, like in a park somewhere. And then I realized oh, there's a thing called street photography so I started getting into that genre.

JUDGE LATIMORE: Wonderful. Tell me, what is something that tons of people obsess about but you just don't get the hype?

MS. FERRARA: Tons of people obsess about but I don't get the hype. There's a lot in like movies or Hollywood that people are either obsessed about things. And the more something gets hyped, the more I'm uninterested so it kind of is a double-edged sword there. So I don't get the hype over like the Kardashians. Like I don't get it and I will never get it. So these like famous stars who are famous for I have no idea why, I just don't get that.

JUDGE LATIMORE: Is there anyone maybe a celebrity or author or anyone that you would like to meet and have a coffee with?

MS. FERRARA: Oh, I would love to have a coffee with Alice Walker or if she was still alive, Mary Oliver or Tony Morrison.

JUDGE LATIMORE: You read a lot.

MS. FERRARA: Yeah.

JUDGE LATIMORE: All right. What's your favorite book?

MS. FERRARA: Beloved is one of my favorite all time books.

JUDGE LATIMORE: Awesome.

MS. FERRARA: For sure.

JUDGE LATIMORE: Awesome. And you like to meet people. You like to get to know –

MS. FERRARA: I do.

JUDGE LATIMORE: -- other people.

MS. FERRARA: I'm pretty much an extravert.

JUDGE LATIMORE: So you consider yourself an extravert?

MS. FERRARA: Yeah, like I'm on that line. Like I still like my down time and my alone time, but I definitely love being around people.

JUDGE LATIMORE: All right. And is that something that your family typically gathered together and spent a lot of time with each other?

MS. FERRARA: We did when I was young, like the extended family would be together and it was this huge, you know huge Italian family. My mother had five siblings, more if they'd all lived and my dad had a huge family. So I really enjoyed that for the time that happened. You know things happen, family's kind of drift apart and so...

JUDGE LATIMORE: Yeah. Yeah. What do you have doubts about?

MS. FERRARA: What do I have doubts about? That's broad. I have doubts --

JUDGE LATIMORE: You may have given me that question.

MS. FERRARA: I probably did give you that question, right. Look at that, coming back to haunt me. You know, I think I have the same doubts that everybody has. Am I doing my best in this life? Am I present enough for people? Am I kind enough, you know. Is my work good enough quality? I think everybody sort of has that sort of self-doubt of you know am I okay.

JUDGE LATIMORE: Yeah, self-evaluation and inspiring to be a little bit better.

MS. FERRARA: Yeah.

JUDGE LATIMORE: If you're not meeting the goal.

MS. FERRARA: Right.

JUDGE LATIMORE: Yeah.

MS. FERRARA: Exactly.

JUDGE LATIMORE: I would tend to agree with you all about that. Do you have a dream car?

MS. FERRARA: I do.

JUDGE LATIMORE: What is that?

MS. FERRARA: Well, I sort of have it now but I have – I would love a Jeep Wrangler Scrambler. They're from the 70s.

JUDGE LATIMORE: Really.

MS. FERRARA: Yes, I have a Jeep now and it's a 2005, but the scrambler had a little bit more space in the trunk. It wasn't a four-door and it wasn't a pickup truck. But I would love one of those. I will never ever get one. Like there's probably only a hand full....

JUDGE LATIMORE: And they probably cost a lot of money.

MS. FERRARA: Yes. And they're probably all stick shift and I'm really short and I can't reach the clutch and to press the clutch. I just – my legs aren't long enough, can't do it.

JUDGE LATIMORE: I know. I don't believe it. I did stick shift in a Volkswagen.

MS. FERRARA: In a Volkswagen, sure. I can drive a stick in a car but in a jeep, the floor is – it's far.

JUDGE LATIMORE: Is a long -- far away.

MS. FERRARA: It's a long way, yeah.

JUDGE LATIMORE: Well, I haven't tried that so I can't – I can't say otherwise. You are probably right about that.

MS. FERRARA: Trust me.

JUDGE LATIMORE: You would know better than I do. All right. And my – let me ask you this question. If you could have a job, and all the jobs paid the same, what would be the job that you would choose? What job would you pick?

MS. FERRARA: I would still be writing because what I mostly do here is write but I would – I think I would love to either be writing plays or novels.

JUDGE LATIMORE: Have you written a play before?

MS. FERRARA: Yeah, my master's is in theater with an emphasis in playwriting.

JUDGE LATIMORE: Oh, wow. And so is there a play out there that we should look for?

MS. FERRARA: Right now, I'm actually so disconnected from what's happening in the theater world, I don't know who the new up and coming playwrights are or who the new playwrights are.

JUDGE LATIMORE: Looking to be reconnected with them one day?

MS. FERRARA: Hopefully. That would be great.

JUDGE LATIMORE: Well, let me know when you do that.

MS. FERRARA: I will.

JUDGE LATIMORE: Thanks for being unplugged with me.

MS. FERRARA: Thank you.

(Music)