

9<sup>TH</sup> UNPLUGGED

LISA TRELSTAD

JUDICIAL ASSISTANT

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HOSTED BY: HONORABLE ALICIA L. LATIMORE

JUDGE LATIMORE: Hi, I'm Judge Latimore.

MS. TRELSTAD: Hi, I'm Lisa Trelstad.

JUDGE LATIMORE: And you are listening to 9<sup>th</sup> Unplugged.

(Music)

JUDGE LATIMORE: So before we get unplugged, tell me your name and the department of the Ninth Judicial Circuit that you work for.

MS. TRELSTAD: Lisa Trelstad and I work for division 47, Judge John Beamer.

JUDGE LATIMORE: All righty. And what do you do for Judge John Beamer?

MS. TRELSTAD: Judicial assistant.

JUDGE LATIMORE: Wonderful. How long have you been doing that, Lisa?

MS. TRELSTAD: A little over a year.

JUDGE LATIMORE: And how are you enjoying it?

MS. TRELSTAD: Love it.

JUDGE LATIMORE: What is it about that position that you did not expect that you'd like the most?

MS. TRELSTAD: I think every day is a challenge with the amount of the emails that come through and how you address them and how you connect with the public that you speak with day in and day out.

JUDGE LATIMORE: Yeah, you never know what the day is going to look like until you get there, right.

MS. TRELSTAD: No, ma'am.

JUDGE LATIMORE: All right. Well, let's get unplugged and talk about you a little bit more. So where are you from? Where were you born and raised?

MS. TRELSTAD: I was born and raised in a small town called Alcoa, Tennessee.

JUDGE LATIMORE: Alcoa, Tennessee.

MS. TRELSTAD: Yes, ma'am.

JUDGE LATIMORE: And does Alcoa stand for anything?

MS. TRELSTAD: It does.

JUDGE LATIMORE: What does that stand for?

MS. TRELSTAD: It stands for Aluminum Company of America.

JUDGE LATIMORE: All right. And that's because they have a lot of aluminum companies I would suspect.

MS. TRELSTAD: Yes.

JUDGE LATIMORE: So you were born there and how long did you stay there?

MS. TRELSTAD: I lived there until I was just shy of my 25<sup>th</sup> birthday.

JUDGE LATIMORE: Okay. So what do you miss about it?

MS. TRELSTAD: The mountains.

JUDGE LATIMORE: Nice. Tennessee does have some very beautiful mountains.

MS. TRELSTAD: Yes.

JUDGE LATIMORE: And other than the mountains, there is something very special about that state to you as well, isn't it?

MS. TRELSTAD: Of course, my Volunteers.

JUDGE LATIMORE: Of course. Just let everyone know you are a die-hard Tennessee fan, correct?

MS. TRELSTAD: I am.

JUDGE LATIMORE: All right. That is wonderful. So you went to undergrad there or –

MS. TRELSTAD: No. My daughter graduated from there.

JUDGE LATIMORE: Okay.

MS. TRELSTAD: I did not.

JUDGE LATIMORE: Okay, but you just – just because you were raised there, you have traveled with them in your heart.

MS. TRELSTAD: Yes, ma'am.

JUDGE LATIMORE: Wonderful. So where else do you like to visit or live other than Tennessee?

MS. TRELSTAD: Well, my husband is from Minnesota so obviously I've been to Minnesota multiple times in multiple areas of the state. I have been as far north as Duluth which is about two hours from the Canadian border.

JUDGE LATIMORE: Okay.

MS. TRELSTAD: I've been to California, love California. Went to Palm Springs. That's probably one of my more favorite places to visit.

JUDGE LATIMORE: Okay.

MS. TRELSTAD: Although I don't want to go back again.

JUDGE LATIMORE: Should I ask why?

MS. TRELSTAD: No, just too much going on.

JUDGE LATIMORE: Okay. I understand.

MS. TRELSTAD: I do love to go to Tennessee, any part of Tennessee, Nashville, Chattanooga, Knoxville, the whole area.

JUDGE LATIMORE: What do you like to do as far as any sports or activities when you are not working?

MS. TRELSTAD: Well, my husband and I ride a motorcycle.

JUDGE LATIMORE: Oh.

MS. TRELSTAD: One of my best friends and I love to go to Aquatica as a relaxation day.

JUDGE LATIMORE: Now, what kind of motorcycles do you ride?

MS. TRELSTAD: Actually we have a Yamaha Midnight Venture which is a like a tricked up so to speak Harley Davidson.

JUDGE LATIMORE: All right, and how long have you been riding?

MS. TRELSTAD: I started riding the year after we got together so 13 years.

JUDGE LATIMORE: Nice.

MS. TRELSTAD: Yes.

JUDGE LATIMORE: All right, do you really enjoy it?

MS. TRELSTAD: I do.

JUDGE LATIMORE: And do you enjoy, you know, I always imagine people on motorcycles enjoy the back roads and the more scenic type of –

MS. TRELSTAD: Yes.

JUDGE LATIMORE: -- is that correct?

MS. TRELSTAD: That's correct.

JUDGE LATIMORE: All right.

MS. TRELSTAD: The best routes are the ones that you find by chance.

JUDGE LATIMORE: And do you have one that would be your best route, or your favorite?

MS. TRELSTAD: Anything along water, and/or in the mountains. There are some absolutely beautiful roads in Tennessee that are bar none the best.

JUDGE LATIMORE: Yeah, that sounds interesting. I would enjoy doing that if I knew how to actually ride a motorcycle. Even though I have one, but I don't know how to ride it. But let's not talk about me. How would you like to be remembered?

MS. TRELSTAD: As someone that took time to help a situation no matter what, or the length of time I guess that it took to let someone know that my heart was with them and that I helped them in every way I could.

JUDGE LATIMORE: Now, that fits because your first job was in a nursing home, wasn't it?

MS. TRELSTAD: Yeah.

JUDGE LATIMORE: That wasn't quite where you wanted to be?

MS. TRELSTAD: Yes, but it is what it is.

JUDGE LATIMORE: Yeah. How did you enjoy that experience? Or did you not?

MS. TRELSTAD: I particularly unfortunately did not.

JUDGE LATIMORE: Okay.

MS. TRELSTAD: Because of the fact that I was pregnant and every smell made me sick.

JUDGE LATIMORE: Oh, okay. That would explain that.

MS. TRELSTAD: Yes.

JUDGE LATIMORE: How many kids do you have?

MS. TRELSTAD: I have a blood daughter and two stepsons.

JUDGE LATIMORE: Wonderful. And are they adults or younger?

MS. TRELSTAD: They are all adults. They will be 31, 31 and 32 this year.

JUDGE LATIMORE: What do you enjoy the most about spending time with your kids?

MS. TRELSTAD: My daughter and I have a very strong bond. I had her when I was very young so we have a very strong bond and no matter what comes we're together.

JUDGE LATIMORE: Wonderful.

MS. TRELSTAD: Now that they're adults it's like a unique experience every time that you spend time with them. You know, you learn things that you didn't know from when they were little kids.

JUDGE LATIMORE: Yeah. All the things they couldn't tell you when they were younger, right.

MS. TRELSTAD: Exactly. Yes, ma'am.

JUDGE LATIMORE: If there were three people you could pick that were the most influential to you, who would that be?

MS. TRELSTAD: My mom would be one. I lost her when I was sixteen and a half and my dad who I just lost --

JUDGE LATIMORE: I'm sorry.

MS. TRELSTAD: -- in the last month. He was 92 and he was just so intelligent and so brilliant in his ways of thinking. And my pastor.



JUDGE LATIMORE: Okay. Wonderful. And who do you take after the most, do you believe? Would that be mom or dad?

MS. TRELSTAD: My mom.

JUDGE LATIMORE: Your mom, and in what way?

MS. TRELSTAD: Looks, actions, thoughts. Everybody in my family says I am the most like my mother.

JUDGE LATIMORE: All righty then. If you owned a restaurant, what kind of food would it serve?

MS. TRELSTAD: My favorite foods are Asian or like a Mediterranean or Mexican. Those are my absolute three favorites.

JUDGE LATIMORE: And I spoke to you about traveling. Would you want to travel internationally?

MS. TRELSTAD: If I could pick one place to go, I would love to go to Iceland to see the Aurora Borealis.

JUDGE LATIMORE: Tell us more about that.

MS. TRELSTAD: Aurora Borealis is a gas that's expelled in the sky when it's very cold and it makes the sky turn different colors so like one day it might be pink, one day it might be green, one day it might be yellow, purple. You never know what you're going to get.

JUDGE LATIMORE: Yes. And I take it you're okay with cold weather too just by chance.

MS. TRELSTAD: Yeah.

JUDGE LATIMORE: You'll suffer through it to see that.

MS. TRELSTAD: I'll suffer through it to see that, yes.

JUDGE LATIMORE: That is wonderful. So do you have any special memories of your childhood?

MS. TRELSTAD: Well, my parents and I always went somewhere every year for vacation. A particular year we went to Colorado Springs to visit my brother and I got to tour Norad which is one of the bases, which is where the President would go, at least used to be, where the President would go if there was ever a threat of war because it's built into the side of Pikes Peak.

JUDGE LATIMORE: All right. That is interesting. Now, I understand one of your hobbies is singing.

MS. TRELSTAD: Yes.

JUDGE LATIMORE: So you want to sing tune for us before we end up?

MS. TRELSTAD: No. No.

JUDGE LATIMORE: This is your opportunity in front of the mike.

MS. TRELSTAD: No. Bring Christy Collins in and I'll sing with her.

JUDGE LATIMORE: Well, thank you so much for being unplugged with me. It's been a pleasure.

MS. TRELSTAD: Thank you.

(Music)