OPEN NINTH:

CONVERSATIONS BEYOND THE COURTROOM

FEATURING HONORABLE AMANDA S. BOVA

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HOSTED BY: CHIEF JUDGE LISA T. MUNYON

NARRATOR: Welcome to another episode of "Open Ninth: Conversations beyond the

Courtroom" in the Ninth Judicial Circuit Court of Florida. And now, here's your host, Chief

Judge Lisa Munyon.

CHIEF JUDGE MUNYON: Hello, and welcome to Open Ninth. I'm here today with

Judge Amanda Bova, one of our newest county judges in the Ninth Circuit. Judge Bova is a born

and raised Central Floridian. Other than her time at Eckerd College and Florida State University,

she spent most of her life right here in our area. And when it came time to get a start after law

school, she joined the Ninth Circuit's Public Defender's Office here in Orlando. Judge Bova

stayed with the office for six years before venturing into private practice and later in life running

her own firm. And now she joins us here today as an Orange County Judge. I'm thrilled to have

you in the studio today, Judge Bova. Thank you for joining me.

JUDGE BOVA: Thank you for having me.

CHIEF JUDGE MUNYON: So tell me, you grew up in Orlando. Where did you go to

school?

JUDGE BOVA: Yeah, so I went to elementary school at a school called St. Mary

Magdalene and then I ended up going to high school at Lyman High School.

CHIEF JUDGE MUNYON: And I understand that you were quite an athlete in high

school.

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: So what did you do?

JUDGE BOVA: My top sport was volleyball. I also did track and I think I did a little bit of soccer, you know, kind of something to keep me busy during the off season for volleyball, but volleyball was like my main sport.

CHIEF JUDGE MUNYON: So when did you get involved in volleyball?

JUDGE BOVA: You know I think my parents used to play like on a rec league growing up and so you know we would go and watch them. And so I kind of just started dabbling a little bit as a kid and I think in middle school we had like an organized league that I started playing in. And you know just kind of progressed from there. Started playing club volleyball and it's a really great sport. You know it's a great team sport and it's safe and it's really fun, you know, kind of easy to pick up but I really enjoyed it. I think it's a great way to build confidence in yourself and make friendships and teaches you a lot of life skills.

CHIEF JUDGE MUNYON: I'm sure your parents' kind of felt like my parents did and like I did when I was raising my kids is it's important to get them involved in team sports and to keep them busy.

JUDGE BOVA: Definitely. Definitely.

CHIEF JUDGE MUNYON: So did you play volleyball past high school?

JUDGE BOVA: Yeah, I did. You know I always dreamed of playing in college. I didn't really get to the level of being recruited or getting a scholarship but when I got to Eckerd College, which I really chose for their academic programs, I met some of the players on the team, and I actually walked on. I went to tryouts and made the team.

CHIEF JUDGE MUNYON: Wow.

JUDGE BOVA: So I played two years in college and I really enjoyed that time and really treasured it. And then after two years I really wanted to focus more on my studies and I wanted to travel abroad. So I decided to leave the team at that point. But you know that was just kind of like a dream come true. And I still remember the first game I actually got to play in. I was so nervous when I got on the court and they're like calm down. But it was really – it was kind of like a Rudy type story but it was fun.

CHIEF JUDGE MUNYON: Yeah, so where is Eckerd College?

JUDGE BOVA: It's in St. Pete, Florida.

CHIEF JUDGE MUNYON: So you didn't venture very far from home when you went to college.

JUDGE BOVA: Right, not too far. It was like just far enough where you know, but it was close to the beach and it's a smaller school. And I just, when I toured the campus, I just kind of really fell in love with it and then the people there, so it was a really nice place to go for undergrad.

CHIEF JUDGE MUNYON: So what was your – what was your study in undergrad?

JUDGE BOVA: Sure, yeah, it was environmental studies, which was kind of like a combination of science and policy, which I really enjoyed because I had always been interested in the environment, you know, wanting to make the world a better place through that area. But as I progressed through undergrad, I got more interested in the policy aspect which kind of in turn led me towards law school because I realized that you could do the most change in that arena.

CHIEF JUDGE MUNYON: So your undergrad degree led to going to law school.

JUDGE BOVA: Yes.

CHIEF JUDGE MUNYON: And did you go to Florida State?

JUDGE BOVA: Yes.

CHIEF JUDGE MUNYON: So while you were at Florida State, did you concentrate on

environmental law classes?

JUDGE BOVA: Sort of. They had an environmental certificate program which I did go

through and I got a certificate in environmental law and land use law, and I really did enjoy it.

However, I think it was my third year of law school I did a trial practice class and the professor

was the public defender for Leon County and that's kind of where I really found my love of trials

and the courtroom. And environmental law is not really a trial area so you know that's kind of

what led me coming back to Orlando in the Public Defender's Office because I just really felt

passionate about you know the courtroom. It's kind of like, it's inspiring, but it's exciting and

it's just, I don't know something I really fell in love with.

CHIEF JUDGE MUNYON: So did you do your first trial when you were in law school?

JUDGE BOVA: You know the mock trials but –

CHIEF JUDGE MUNYON: Okay.

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: So your first real trial was after you got back here to

Orlando?

JUDGE BOVA: Yes. Yes.

CHIEF JUDGE MUNYON: So I bet you remember it.

JUDGE BOVA: Yes, I will say it wasn't the best.

CHIEF JUDGE MUNYON: We all remember our first trial and they're not the best.

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: So tell me – tell me about your first trial. What – not so

much what happened in the trial, but how you felt while you were doing it.

JUDGE BOVA: Well, you know you prepare so much and you watch other people do it,

and you think oh, it looks so easy or you think you're prepared but then you never really know

what's going to happen in trial and what the witnesses are going to say. It was a misdemeanor

case so there's no depositions, so it was the first time seeing you know the witnesses on the

witness stand and then you know I did the – the number one thing you're not supposed to do is

ask one too many questions. Or ask the question you don't know the answer to. That's what I

did.

CHIEF JUDGE MUNYON: Yeah. Yeah, but of course in the misdemeanor trial you

don't know the answer to really any of them.

JUDGE BOVA: Yeah, that's true.

CHIEF JUDGE MUNYON: Which is difficult.

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: What did you find the most difficult part of the trial? For me

it was always cross examination. I thought it was an art and very difficult.

JUDGE BOVA: Well, I think for me – I was really intimidated by having to cross examine a police officer because you know I'm this young attorney working for the Public Defender's Office. And you know when you're raised you – well, I was always taught to respect the police officers and treat them with respect. And I'm thinking in my mind, like what are they going to think, it's just this young girl asking them questions and you know trying to tear down the prosecution's case or whatever. So I was really intimidated by that. You know I kind of got over that eventually but it was something that I found really intimidating.

CHIEF JUDGE MUNYON: So I'm sure like most people that started, either the Public Defender's Office or the State Attorney's Office you start in misdemeanor or county court.

Where did you go from there?

JUDGE BOVA: Sure, yeah, from there I went to juvenile after I did county court and I spent some time there doing – I did misdemeanors and some like felonies, like third degree felonies and then you kind of work your way up. But it – you know juvenile is like a whole different ball game because you know part of our job as a public defender is to educate our clients on the law and when I'm trying to talk to you know children essentially about their constitutional rights, sometimes they just stare back at you with blank faces, like what are you talking about. And I realize that they have no idea you know that they have a right to remain silent or what that is. And I found it a challenge but I also found it very rewarding because I think in the juvenile system you know that's kind of where you're trying to redirect kids back on to the right path and most of the time they don't have a great defense. I mean, there are sometimes when they have good defenses, but most of the time you're kind of trying to get them into the right program and get them the help that they need. Mitigate you know the consequences

in some case but you know usually it's their first or maybe second time encountering the justice system so you have to educate them as well as trying to defend their case.

CHIEF JUDGE MUNYON: And I imagine that trying to explain very difficult concepts in very basic ways to children probably helped you in communicating with some of your clients after you left juvenile.

JUDGE BOVA: Yeah, I think so. You realize that people just don't always understand you know some basic things like Miranda and stuff that we take for granted because you know we're in it every day. But yeah, it helps with that awareness.

CHIEF JUDGE MUNYON: So what did you do after going to juvenile?

JUDGE BOVA: So then I came back to downtown Orlando and I did felonies. Did a lot of trial work, you know, just kind of worked my way up and did some you know more serious crimes. And then I would always try to you know volunteer to sit with the attorneys that had been around for a while so I could learn from them and learn different styles and that sort of thing. And then I got to a certain point where I started thinking about going into private practice. And one of my friends, Tom Feiter, had – had pretty much a solo practice and he was going into the military to become a jag officer and so he needed someone to step into his shoes and kind of run things while he was gone. So I did that for about a year.

CHIEF JUDGE MUNYON: Oh, wow, was he gone a year?

JUDGE BOVA: It was – I think he might have come back a little bit before a year but then he got deployed so then I had to – he came back for a little while and I was like, okay, you're back. And then nope, going to go away again. But that was you know a whole different

way of looking at things because you have to run a business and think about generating cases and you know moving them along and that sort of thing.

CHIEF JUDGE MUNYON: Yes. You become a business person as well as an attorney which can be very challenging. And you have to worry about the bottom line because you recognize that everybody else gets paid before you get paid.

JUDGE BOVA: Yeah. Yeah, one hundred percent. And it was also hard too because you know as a public defender you really don't need to promote yourself because you know the cases come to you no matter what. So it's kind of hard to you know break out of your shell sometimes and start talking about yourself, like oh, I'm this great attorney you know to convince people to hire you. But you know it comes with time.

CHIEF JUDGE MUNYON: So how long did you stay with Tom Feiter's office?

JUDGE BOVA: So I did I think right around two years with him. You know when he came back, I kind of felt ready to kind of go it on my own. And you know my parents were entrepreneurs so I kind of was excited about having the opportunity to do that and you know truly generate my own in common, you know, have that creativity outlet where you can kind of design your marketing and your logo and you know your theme of your business and that sort of thing. So that was nice.

CHIEF JUDGE MUNYON: So you started that in 2014?

JUDGE BOVA: Gosh, probably. I don't remember. It seems so long ago but yeah.

CHIEF JUDGE MUNYON: And what did you do? Did you just do criminal defense or did you do something else too?

JUDGE BOVA: I did some family law as well.

CHIEF JUDGE MUNYON: Oh, good for me –

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: Good for me to know.

JUDGE BOVA: Not enough. No, just kidding. Yeah, so you know in criminal law, you

know you get a lot of cases that involve domestic violence sometimes and then they have an

injunction case. And then they end up having you know to get divorced or go through child

support, so sometimes you know it would kind of just lend itself to some people would want to

have the same attorney for everything and then I fortunately had some mentors that I was able

you know to learn some of the family law, you know procedures and case law from so that was

nice to have that. But you know I kind of slowly integrated family law into my practice area. But

you know eventually the family law does kind of start to wear on you. And I had really good

cases and clients and opposing counsel for a while and then I had just a few cases that just really

wore me down. I'm like, I don't want to do any more family law. But the attorneys that do it and

do it on a regular basis, you know, I give a lot of credit to them because it's a hard job.

CHIEF JUDGE MUNYON: It is a hard job. They do an amazing job with it. Very hard

subject matter.

JUDGE BOVA: They do. And the problem is, sometimes there's not always a good

resolution. There weren't always you know great solutions to these problems and it's sad.

CHIEF JUDGE MUNYON: There's not a door number three.

JUDGE BOVA: Right.

CHIEF JUDGE MUNYON: Yeah. So how long did you have your own firm?

JUDGE BOVA: Let's see, gosh -

CHIEF JUDGE MUNYON: Or it might be easier to say when did you take your next job?

JUDGE BOVA: Yeah, so I – I eventually had an opportunity to work at the State Attorney's Office doing their conviction integrity program. They reached out to me actually and it was – it was a unique position. There's only a few around the state of Florida but it's kind of like a dream come true for a criminal defense attorney because it's a chance to you know overturn wrongful convictions.

CHIEF JUDGE MUNYON: So tell me, tell me how the conviction integrity unit was set up and what you did on a day-to-day basis.

JUDGE BOVA: It was tough because like I said it was a relatively new thing, even for the whole state. So part of it was just you know — it was in its early stages when I took over but figuring out a system that worked, and so on a day-to-day basis you know we would get — we had an application process. So a person that was wrongfully convicted could send in an application and explain, you know, their case and most of them are in prison, of course. Or they could have an attorney that submitted the application. So then I would evaluate the case, however, it was tough because I was the only attorney. So there's, as you can imagine, tons of cases to go through, but we would look and see is there you know a plausible path here to look at the case. And then if you do start looking at the case you have to go back and there's boxes and boxes of files that you have to kind of sort through. So it was tough. And it was tough because it's very isolating. You know it's weird walking into the prosecutor's office, having been a

defense attorney for like 15 years and people are looking at you funny, like what are you doing here, why do you have this badge? It's like oh I'm your colleague now. But I mean I think it was very welcoming but like I said it was a little isolating because you're not in court every day. It's almost like being an appellate lawyer. But it was really cool because the first, I think the first month that I was there, I was able to find a case where it wasn't really a wrongful conviction, but it was someone that had been sentenced incorrectly and they ended up with life in prison as opposed to a term of years which is obviously a very big difference. And he would be getting out I think that year and so it was a little challenging because that wasn't really what the division was set to work on but you know, because it had come through our division and the prosecutor or the state attorney at the time wasn't supportive of you know getting that person a resolution. We were able to work towards a resolution and it didn't really happen under my term there but eventually the sentence was corrected and I believe the person was released. So knowing that I was a part of it is very you know rewarding.

CHIEF JUDGE MUNYON: So how long did you work at the State Attorney's Office in their conviction integrity unit?

JUDGE BOVA: Sure, I didn't stay there very long. There was a bit of you know a philosophical difference and so I ended up leaving and I, from there I went back into criminal defense. And I just didn't feel like that was where I needed to be, I guess. I felt like I had kind of moved on from that and that was kind of – I think this was right around the time when COVID was happening. So I actually had another opportunity come up to work at the Department of Business and Professional Regulation. It was something that was completely different from what I had been doing. Real estate, administrative law, but I was familiar with some of the people that

worked there and they had the opportunity to work remotely because it was during COVID, of course. I had a small child at the time whose daycare completely closed.

CHIEF JUDGE MUNYON: Oh, wow that would have been hard.

JUDGE BOVA: It was very challenging so I decided to make that leap and it ended up being really good because it taught me civil law to some extent. So – because we follow the rule of civil procedure and you know it's a different way of thinking about cases because we were actually prosecuting cases for the department. So you're looking at cases thinking about what can I prove, you know how would I go about proving this case. So I think it was a really good experience for me which has helped me on the bench thus far because one, it made me more familiar with civil but then like I said what it takes to prosecute a case. Now, I can kind of see both sides of it and be a little bit more neutral, I guess.

CHIEF JUDGE MUNYON: So what professions are regulated by the Department of Professional Regulation?

JUDGE BOVA: Oh, there's tons.

CHIEF JUDGE MUNYON: Are there?

JUDGE BOVA: I focused on real estate and they did some appraisal work but I –

CHIEF JUDGE MUNYON: Like real estate agents?

JUDGE BOVA: Yep. Real estate agents.

CHIEF JUDGE MUNYON: And brokers.

JUDGE BOVA: Yes, brokers, agents, so people getting – anyone that's licensed. So what we would do it take action on their license. Like that's the worst that can happen, which is pretty

bad if that's your profession is to take someone's license away. It has to be pretty bad for that to happen or like a history of you know – and we didn't – you know we would present our cases to the Florida Real Estate Commission, the FREC which was different because they're – they're not judges. There are some with legal backgrounds but some of them are just industry professionals and they're very smart so they can pick up on the legal concepts.

CHIEF JUDGE MUNYON: And they've probably been doing it awhile so they know you know professional practice and what is unprofessional and unethical.

JUDGE BOVA: Correct, yes. Yeah.

CHIEF JUDGE MUNYON: So what made you – were you in that position when you decided to run for judge?

JUDGE BOVA: Yes.

CHIEF JUDGE MUNYON: So what made you make that jump?

JUDGE BOVA: Yeah, that's a great question. So it's funny, you know I never thought about being a judge in law school. You know it was like kind of the furthest thing from my mind. You know I wanted to be this environmental lawyer and I ended up at the Public Defender's Office, but you know I think it was – at some point midway through my career you know as criminal defense, I think it kind of crossed my mind and someone had mentioned it to me and I thought oh, yeah, maybe someday. And I think it was you know kind of after leaving the conviction integrity division at the State Attorney's Office where I thought you know what can I do with the skills that I have, the education I have, and the qualifications because I had become board certified in criminal which you know I was really proud of. And it's not easy to do. You know I have all this experience, you know what can I do with my career while also giving back

to the community and something that I find rewarding. And so I kind of started my exploration

process, talking to other judges, you know other professionals or other lawyers, you know, do

you think I'd be a good fit because I think as an attorney you have this idea of what it is to be a

judge, but it's different obviously when you get there. So I kind of wanted to make sure it would

be a good fit for me. And then it was kind of a tough choice also to choose between circuit and

county. You know originally, I thought I would like circuit because I had done a lot of serious

cases but with my personality I think I think I'm in the right spot because I think I have a good

demeanor in terms of you know talking to people of the general public. You know, we get a lot

of pro se people.

CHIEF JUDGE MUNYON: Yes.

JUDGE BOVA: And maybe like you said, when you're talking to juveniles and

explaining them the law, you know, a lot of times they just want to be heard and they want

what's fair. A lot of them will come in and say, whatever you think, Judge. I'm like well, okay,

why do you want – what are you asking for. But I think for right now I think I'm in the right spot

but you know maybe someday I'll aspire to go to circuit. Who knows?

CHIEF JUDGE MUNYON: So how long did you campaign before you were elected?

JUDGE BOVA: Sure. I think I started in June like the prior year before so like –

CHIEF JUDGE MUNYON: So like 14 months.

JUDGE BOVA: Yeah, 14 months.

CHIEF JUDGE MUNYON: That's a long time.

JUDGE BOVA: Yeah.

CHIEF JUDGE MUNYON: I know campaigning is really hard work so that's a given. What did you love about campaigning because most people that have campaigned said there were parts of it that they really liked?

JUDGE BOVA: Yeah, you know there's a lot of ups and downs. You get on these highs and you think everyone loves you and like something bad happens and you're like oh, gosh. I think overall what I – I don't know if there's one thing, I think that I can say that I loved. I think one thing I really took away with it – away from it is that you know you kind of have to exploit yourself and like you have to put yourself out there. And you know everything in your whole history is exposed and you have to you know figure out how do I convey why I'm going to be a good judge to these people. So I think it really taught me, or should I say you know it really helped me like boost my self-confidence, you know, getting back out there and being able to convey that I really you know did enjoy meeting people. You know, not everyone of course – some people were like, they really just want to know what your political affiliation is and it's like we can't talk about that. And they think that you're lying. It's like, no, we really can't talk about that. But most people understood. And it was really rewarding to, you know, once you meet someone and you kind of tell them you know your spiel of why you want to be a judge, it's mostly good feedback. So that was really encouraging.

CHIEF JUDGE MUNYON: So I know one of the bad things about running for judge is the heat because the election is in August and let's face it, that's – it's hot to stand out in August and hold a sign. Is there anything else about campaigning that you thought, oh, I hope I never have to do that again.

JUDGE BOVA: I would say the hardest part honestly was just the time away from my family, you know, having a young child and you know I remember the first day of kindergarten,

I had to show up in my little campaign outfit because I had like a skort because it was so hot and then I had like a you know like a golf shirt type.

CHIEF JUDGE MUNYON: Right.

JUDGE BOVA: But I had my logo on and I had our pictures from the first day of school and I'm in my campaign outfit. But you know just missing certain things you know with my family and her at a young age. But honestly like the heat you kind of get used to it. I kind of looked at it well, maybe I can like lose some weight by sweating out everything. You just got to stay hydrated, get a good hat and I mean it was definitely hard and my husband, you know, he really helped out a lot. Like you know he was – he's in the construction industry so he knew how to make the signs and he was like – he's kind of a perfectionist so he was – I'm like, can we make these a little faster. They don't have to be perfect. They're not going to be there forever but you know we were out there digging holes and putting signs up because you know –

CHIEF JUDGE MUNYON: That's what you have to do.

JUDGE BOVA: Yep.

CHIEF JUDGE MUNYON: So you started on the bench in January and you were assigned to the civil division in county court which is hugely busy.

JUDGE BOVA: Um-hum.

CHIEF JUDGE MUNYON: So how is being a judge different than what you actually thought it was going to be when you decided you wanted to do this?

JUDGE BOVA: It's definitely a lot more fast paced than I expected. Like some of the hearings are only 15 minutes and I mean, sometimes that's all you need for some of these cases. The volume is definitely a lot higher than I expected and the amount of paperwork that comes in and really for civil, like I'm just surprised that they're arguing over like this sentence in the pleading and I'm like really, or this document wasn't attached. Why are we having a hearing over this? Why don't you just attach it? So that's a little bit surprising for me. I mean, I don't mind having the hearing but it's just – it's different because criminal, you know you really get into the heart of the case when you're having these like intense hearings and you don't really argue about stuff like that. So it's been eye opening for me.

CHIEF JUDGE MUNYON: And I think most lawyers assume that if a judge isn't on the bench, they don't have anything to do. I don't know if you were like that but I suspect that you know that there's a lot to do when you're not on the bench.

JUDGE BOVA: For sure. Yeah, there's so much that goes on behind the scenes. And I think, when I was a young attorney, I thought the same thing, oh, if they're not on the bench, they're probably just you know –

CHIEF JUDGE MUNYON: They're out playing golf or something, yeah. No.

JUDGE BOVA: Down time, yeah. The amount of paperwork that we get and then I really try, if there is a substantial hearing come up, I try to read everything in the case ahead of time so I can know what questions to ask. Can't do that in every case but I really do try to be prepared because I know somebody is paying that lawyer to be there or if it's a pro se, someone is taking off work to be there. So I want to be prepared and make sure you know they know that I care about their case and that I've read the statute ahead of time so I know what questions to ask. And I think it you know promotes faith in our system when the judges are doing a good job as well.

CHIEF JUDGE MUNYON: So when you took the bench did you have any goals in mind that you wanted to achieve as a judge?

JUDGE BOVA: That's a good question. I don't know, let me see. I think my biggest goal coming into it was not to get like behind, so not to get like a backload of – a log of cases under advisement. So my goal has been like to only let something go a week. There have been a few exceptions to that rule but other than that, I've been able to stick to it so far.

CHIEF JUDGE MUNYON: It's important that you rule at the hearing if you can and certainly don't let yourself get behind. It's kind of like the old Lucy and the Chocolate Factory, you know the chocolates keep coming down the conveyor belt and they can come faster than you can put them in the box.

JUDGE BOVA: For sure. For sure. Yeah, so I mean there have been, you know everyone takes vacation so I just – I try to anticipate if I'm going to be taking a day off, you know, maybe I'll bring work home the night before so I can get ahead on the paperwork or vice versa you know at the back end to do it. But it's all doable and there's time to do it but it is. It's like the Lucy and the Chocolate Factory, it keeps coming. It doesn't stop.

CHIEF JUDGE MUNYON: So we've talked a lot about your professional life. What do you do when you're not at work?

JUDGE BOVA: Sure, so I think my number one hobby right now is like gardening. I really enjoy it. It's like something tangible that you kind of get a result from right away. It is a little hot right now so it's been a little challenging. But –

CHIEF JUDGE MUNYON: What I love about gardening is you know you can't really do any huge irreversible damage. If you pull up the wrong plant, you either plunk it back in the ground and replant it or you say, I killed this one, let's just go get another one.

JUDGE BOVA: Great point. Yeah, and I found myself like moving plants around because I'm like, I don't like here, it's not really happy there, but yeah, totally. And then I guess my other thing is just hanging out with my daughter and our family. We like going to theme parks and I feel like every weekend there's a birthday party. Because you know they're at that age where you have to invite the whole class and so then we feel like we should go to other parties.

CHIEF JUDGE MUNYON: So you're going to thirty or forty parties in a summer.

JUDGE BOVA: Yeah, like we had one this past Saturday and Sunday. They're like endless.

CHIEF JUDGE MUNYON: So what do you – how do you kind of – being a judge can be stressful and we all have to have stress releases. What do you do to relieve the stress that you might get day-to-day, by doing your job and being a mom and doing everything that you have to do?

JUDGE BOVA: I think exercise is the number one thing for me that helps with that. You know, it's hard with time, you know the time constraints that we have but I try to squeeze it in. Like I bring my sneakers to work so I have a friend that we go on walks with, like over lunch some time just to get like a 20-minute walk in. And that's always helpful, just to kind of walk and talk and then you can kind of like dump everything out and not take it home with you. But

that and let me see what -I think the gardening helps with that too, kind of like the connecting with the earth and -

CHIEF JUDGE MUNYON: Just getting dirty and sweaty and yeah.

JUDGE BOVA: Yeah, yeah.

CHIEF JUDGE MUNYON: It can be cathartic.

JUDGE BOVA: Yeah, for sure.

CHIEF JUDGE MUNYON: Well, it has been great getting to know a little bit about you today. Thank you for joining me here at Open Ninth.

JUDGE BOVA: Thanks so much for having me. I really enjoyed this.

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