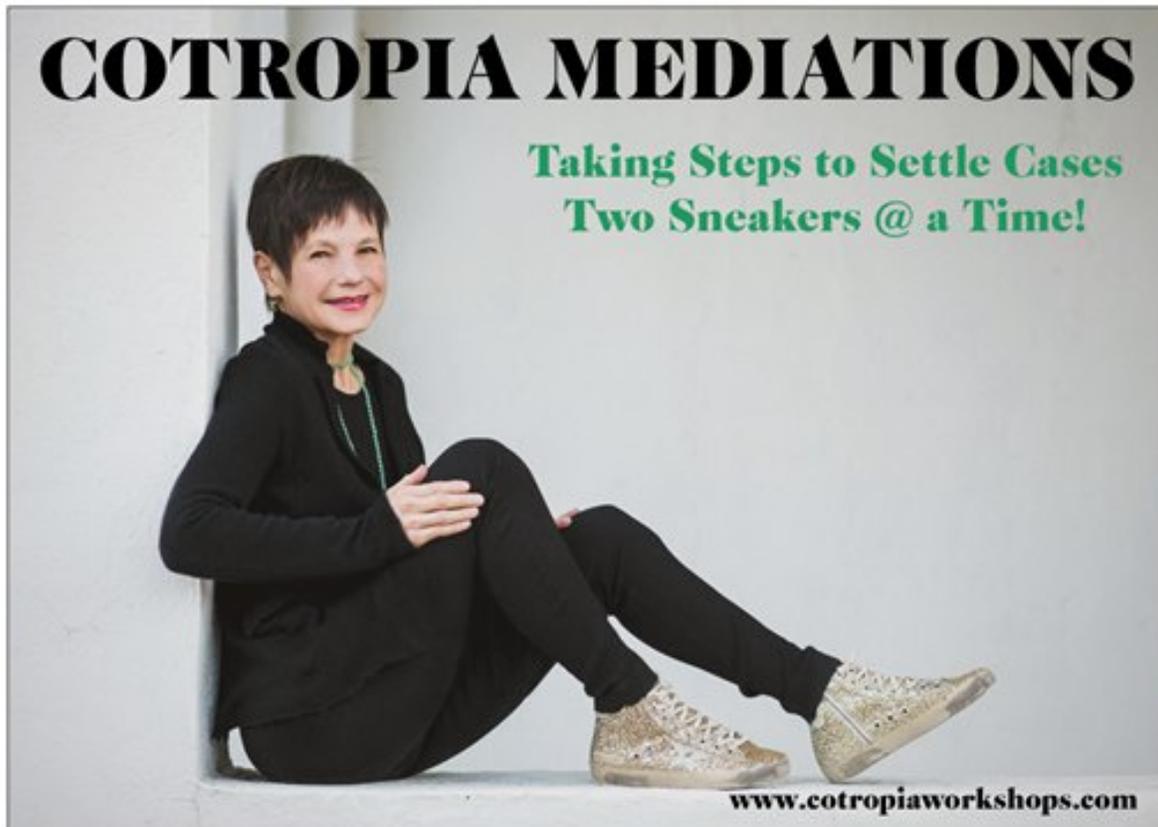


NEWS YOU DIDN'T KNOW YOU NEED

2018, Issue 5

Carla Cotropia



What's in This Newsletter?

Carla's Thoughts of the month

Movie of the Month - *Won't You Be My Neighbor?*

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Carla's Thoughts of the Month

Movie of the Month

Wont You Be My Neighbor?

The inspirational story of Fred Rogers.



Alcohol of the Month

Carla's Pineapple Infused Tequila

Yum!



Video of the Month

A confused golfer on a first date.

[Click here to watch video!](#)

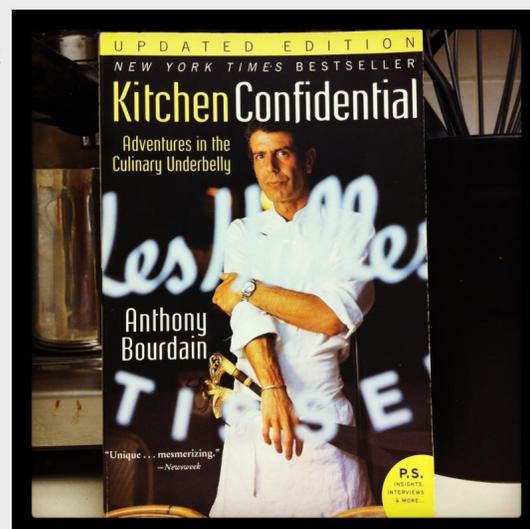


Carla's Books of the Month

By Carla Cotropia

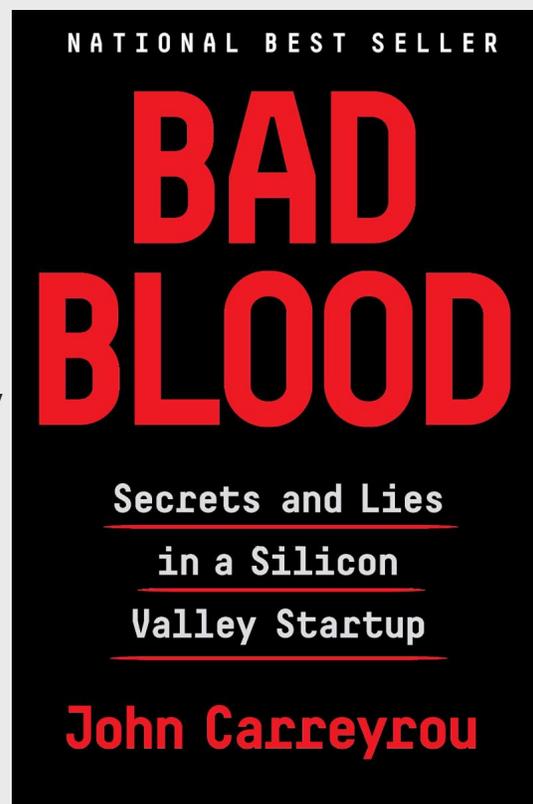
My recommended books of the month are *Kitchen Confidential* and *Bad Blood: Secrets and Lies in a Silicon Valley Startup*.

Kitchen Confidential by Anthony Bourdain isn't a new book, but Bourdain's tragic death brought it back to my attention. If you have ever cooked for a dinner party, you should consider the difficulty of how restaurants produce 300 or more gourmet dinners in one night. This is pressure with a capital P. Making the situation even more intense is a restaurant crew working late hours and getting off work when everyone else is asleep. What do they do with all of that energy? What goes on in preparing those meals? Read *Kitchen Confidential*, and you will find out. Bourdain describes, in a no hold back way, the crazy behind the scenes restaurant world. In a nutshell, it is sex, drugs and rock and roll - restaurant-style told in a breezy, very easy to read style. Start reading this book, and you will not be able to put it down.



The second book is *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou. This book I listened to on my audible app in my car. Bad Blood had me looking forward to getting into my car so that I could listen to the book. Bad Blood chronicles true story of how Elizabeth Holmes and her company, Theranos, bamboozled Silicon Valley, Fortune and Time Magazine and everyone else in the financial workplace, by hiding a massive fraud claiming her blood testing device worked -which it didn't. The ability of Holmes to do what she did-charm her way as the youngest billionaire on the cover of Time Magazine -and be a fraud-is something I needed to read and understand. Holmes is an example of how drive and discipline can become out of control. Being successful and rich becomes her end-all goal, and she lost sight of the people she was smashing and running over in progress. On the flip side, Holmes had the unique ability to convince investors to contribute 100s of millions of dollars turning Theranos into a billion-dollar company all based on a fraud. Theranos employees were treated as if they were in a concentration camp and anyone stepping out of line or questioning the validity of the testing device was persecuted and financially ruined. Never mind, the medical information the device provided was not accurate.

Carreyrou, a Wall Street reporter, provides a detailed description of the deception. If you think Enron was a scam, you will not believe how heartless and ruthless Holmes was. If you want to read about a dysfunctional workplace, operating as a culture of fear, this book should be high on your list.



LOVE NOTE TO THE MILLENNIUMS

By Carla Cotropia

Ok, I admit it. Until recently, I was guilty of bashing the Millennials. I participated in conversations lamenting that Millennials are not like Baby Boomers. Some conversations included saying that Millennials put the quality of life before work, quickly quit if they don't like their job, have to be supervised differently and on and on it goes. I now want to thank the Millennials and promise no more lamenting on how they operate. Why, because of the culture shift they have caused by not wanting to drive. Because they don't like to drive, everyone is now offering free delivery. I am the recent participant of this convenience which has changed my view.



I was already addicted to Amazon prime ordering, including buying even my toothpaste online. The only downside of this free shipping feature was it created a package onslaught outside my front door which caused my mail lady to comment she wanted to meet the person that "got so many packages." My next no-driving switch was to shop for clothes online. Who needs to go to a store and be embarrassed when you see yourself in the dressing room mirror? Or the problem with store mirrors in dressing rooms that make you look smaller than you really are.

When you think about it, the Millennials just don't want to waste time driving. Boomers

couldn't wait to get their license. We wanted our "wheels" as soon as possible even getting in some cases a "hardship" license that allowed us to drive at age 15. I was disdainful of the Millennials not wanting to leave their house to drive or even wanting to drive period. My wise sis Kimla points out it really may mean they are "pickier" with their time. Being in a car is a time commitment, especially true with the Gawde Awful traffic in Houston, so the no driving thing has its merits.

Recently I lost my air pods, and after searching and searching, I finally broke down and decided to buy a new pair. At 7:00 pm I got on the internet and went to the Apple store. My delivery options were 1) delivery a week later, no charge or 2) get in the car and fight the traffic to the Apple store and hope and pray I could find a parking space or 3) pay \$9.00 and get them delivered in two hours. I thought, "Did I read this right? Are they seriously agreeing to delivery in two hours?" Wondering if the two-hour promise was BS and feeling extravagant, I selected option 3. Twenty minutes later, to my surprise, my doorbell rang, and my new airpods were outside my front door.



The 20-minute delivery of my airpods has changed my view. But there is one Millennium trend I can't wrap my mind around.

I met the owner of funeral homes who was in Houston to set up his new concept. He said many are now choosing cremation over burial and he provides mausoleums with vaults for the dearly departed ashes. His new concept is a mausoleum with cameras that allow you to view, via an app, the vault. He proudly pointed out there is a store on the app where you can buy flowers that will be robotically placed outside the vault.



I was incredulous and dumbfounded and replied, "Are you telling me that you can be in your living room and visit and put flowers on Mama's grave/vault by accessing an app?" He said, "Exactly!" and showed me how it worked on his phone. So, in case you didn't know, you can now visit Mama's ashes and pay your respect on her birthday without ever leaving the comfort of your couch. For my Boomer brain, I just can't see it. But with the Gawde Awful traffic in Houston maybe keeping one less car off the road is worth it. I will stop with this now and just end with a thank you to the Millennials for my quickly delivered air pods.

The Journey of the 'Sex Cult' Heiress: From Reluctant Recruit to Criminal Defendant

Barry Miller - New York Times

Clare Bronfman was born into a billion-dollar family. Now she faces federal charges over her involvement with a group called Nxivm.

[Click here to read the full article!](#)



Brendan McDermid_Reuters



Taking Steps To Settle Cases 2 Sneakers @ A Time

Carla Cotropia | Mills Shirley LLP

713-225-0547 | ccotropia@millsshirley.com

