

NEWS YOU DIDN'T KNOW YOU NEED

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Carla's Thoughts of the Month

Obsession of the Month

Collecting Vintage Easter Bunnies!



Sexy Bunny



Light Up Bunny



Vintage Bunnies



Easter Parade

I know what it says about me and Tom. We are consistent in where we go out to eat on the weekend. Some might say we are somewhat OCD about this, but I would respond that we know what we like and why risk something we don't? I was prompted to write this blog when I saw the editorial in the Sunday New York Times, "*What's the Best Restaurant if You're Over 50?*" by Frank Bruni. Bruni writes that his restaurants are different now than when he was younger. News Flash Frank! Of course, it is because now you want to go somewhere you can have a conversation. The restaurants have decided if you are younger you want a restaurant experience that is noisy, which translates into more exciting. When you are older you have already had a lifetime of excitement. Now you just want to go out to eat and be able to hear yourself think and talk while you enjoy your meal.

Bruni points out that older diners don't want "to wait 90 minutes for a table at a thronged establishment, to jostle for the host's attention, to submit to cooking that's about a self-conscious chef's strenuous inventiveness as much as our simple pleasure." He quotes Danny Meyer, a restaurateur behind Grammercy Tavern and Shake Shack, "The newfangled cocktail lists, which we all have, are less exciting to people in their 50s, who by that time know what their favorite cocktail is." Wrong Again. When you are over 50, you can't drink a cocktail with four different ingredients and a mixture of liquors including the new fondness for bitters. Oh no, I remember when I had the three-liquor rule. This rule stated I could only three different types of liquor in a day or mixed in a drink. Then it went to the two-liquors in a day to the present-day rule of "Carla, you better not even think of anything more than one shot of tequila, period or one glass of wine but not both. And I mean it!"

I always swore I would never go to dinner before 7:30 or 8:00 pm. Now, I want to eat at 6:30 pm so we can be back home in bed early. And since I am confessing so much, Tom and I like to go to the same restaurants. And Yes, we always order the same thing. And Yes, we want to sit in the same booth and Yes, we want the same waiter. So maybe Frank Bruni is right when he says we choose restaurants when we are over 50 because we want to be comforted. But I think it is just this: we know what we like; we don't want to risk any mistakes and yes maybe we are somewhat OCD.

Please, do not accuse me of getting old and set in my ways.

Do You Work with a Bully, Drama Llama or a Shit Stirrer? - Carla Cotropia

One of my jobs is to go into the workplace and figure out why employees can't get along. It is a form of mediating but doesn't involve any litigation. Often when I look into why employees in a department are having "issues", it boils down to one of these three types.

Supervisors don't know how to deal with Bullies, Drama Llamas and Shit Stirrers. They either don't want to deal with it or delusionally think it will go away or get better. Wrong! Just because a Bully, Drama Llama or Shit Stirrer are good "workers", doesn't mean they are good "employees".

BULLIES

Bullies are one of my pet peeves. Kid Bullies in the schools are getting attention for their negative impact, but there are plenty of Adult Bullies in the workplace getting away with murder, meaning murder of the kind that makes others feel bad and small. Bullies that are supervisors or managers are operating with fear management and ultimately can get the Company sued. Co-workers that are Bullies are more insidious but equally as bad. I

like to say the reason we call work , "Work and not Play", is because it is work, but that doesn't mean work should involve bullying behavior. Bullies don't change and need to be culled out of the workplace. I did an investigation recently and learned that everyone in the department disliked one employee because of her nasty attitude. Even the UPS and Fed Ex guys had complained! One individual even stated he could tell when he entered the building if this particular employee was at work that day. Never underestimate the power of negativity. It puts a toxic cloud in the workplace. Companies and Managers wake up! Pay attention to Bullies and don't let them ruin your workplace's morale.

DRAMA LLAMAS

More complicated are the Drama Llamas and Shit Stirrers. Drama LLamas fall apart emotionally if their supervisor tries to counsel or discipline them. It becomes such an avalanche of emotion, many times even HR can't deal with them. Drama LLamas get their way because most people dislike dealing with extreme emotion. Ask my boyfriend Tom and he will confirm this. (Side Note-Recently I sent Tom a burst of text messages containing an overflow of words describing my emotional meltdown. Tom took a unique, but in hindsight, brilliant response. Without typing a word, he just sent back an emoji of a panda bear. I was speechless on seeing an emoji of a panda bear as a response, but in my confusion of trying to figure out what it meant, I stopped melting down, i.e. the perfect response, but I digress.)

SHIT STIRRERS

Shit Stirrers are usually good workers. The problem is they have too much excess time on their hands. Because they are good at their jobs, they have time to stick their nose into other employees' issues . Shit Stirrers enjoy being in the middle of problems of others and enjoy being their champion. These types become dangerous if they believe someone is being mistreated and they become their champion. Now you can have a retaliation claim if you try to discipline them. The key with Shit Stirrers is to watch out for them and counsel them to stay in "their own lane" at work. Or maybe they need more to do so they don't have time to get involved in other employee's problems. . The key here is to watch out for them because if you don't deal with a Shit Stirrer, they can turn your workplace into a war zone.

Are You Ready to Float Away Your Tension? - Carla Cotropia

I tried a Float on a vacation in Colorado. No, I didn't drink a root beer float, that yummy drink that is ice cream with root beer poured over it. A Float is a big pod (don't visualize a coffin) you get into which is filled with water loaded down with magnesium, i.e. Epsom salts. The salt water causes you to float. I will admit I was hesitant and it did seem a little weird. But my neck was hurting, I felt like shit anyway, so I thought, "What the Hell."

First I had to watch a video that explains the many benefits of Floating and what you are supposed to do once you get into the pod. I was sent to a private room with a shower. You have to shower first to get the oils and sunscreen and whatever lotions you have on before you get into the salt water. Next I went to the pod and got in. I left the light on in it but really you are supposed to turn the light off. I was prone in the water and yes I did float. I closed the lid and yes at first, I was definitely claustrophobic. Then I calmed down and went with it. I managed to do it for one hour. Actually it got easy and I just chilled out which is a normally difficult feat for me to do.

When my hour was up I got out, showered the salt water off and realized I was now Jell-O rather than my normal uptight self.

Houston has a fancier version, the Healing Waters Float Spa, which I am gearing up to try. According to their website, floatation is a therapeutic practice involving a cabin filled with 10 inches of water and 1000 pounds of dissolved Epsom salts. The water is

calibrated to match your skin's temperature at 93.5degrees. According to the website, "it allows you to vastly conserve and abundantly redirect your natural energy to help stress reduction, pain relief or to aid deeper states of rest and mediation helping you to relax, rejuvenate and heal your body, mind and soul."

Sounds like a cure-all I definitely need.



Taking Steps To Settle Cases 2 Sneakers @ A Time

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