

NEWS YOU DIDN'T KNOW YOU NEED

2019, Issue 3

Carla Cotropia



What's in This Newsletter?

Selected Articles

Blog - *My Evil Twin*

Blog - *A Black Hole Has Been Discovered and It Is Not the Black Hole I Have In My House*

Blog - *Why I Sometimes Like to Listen to Joel Osteen*



My Evil Twin - Carla Cotropia

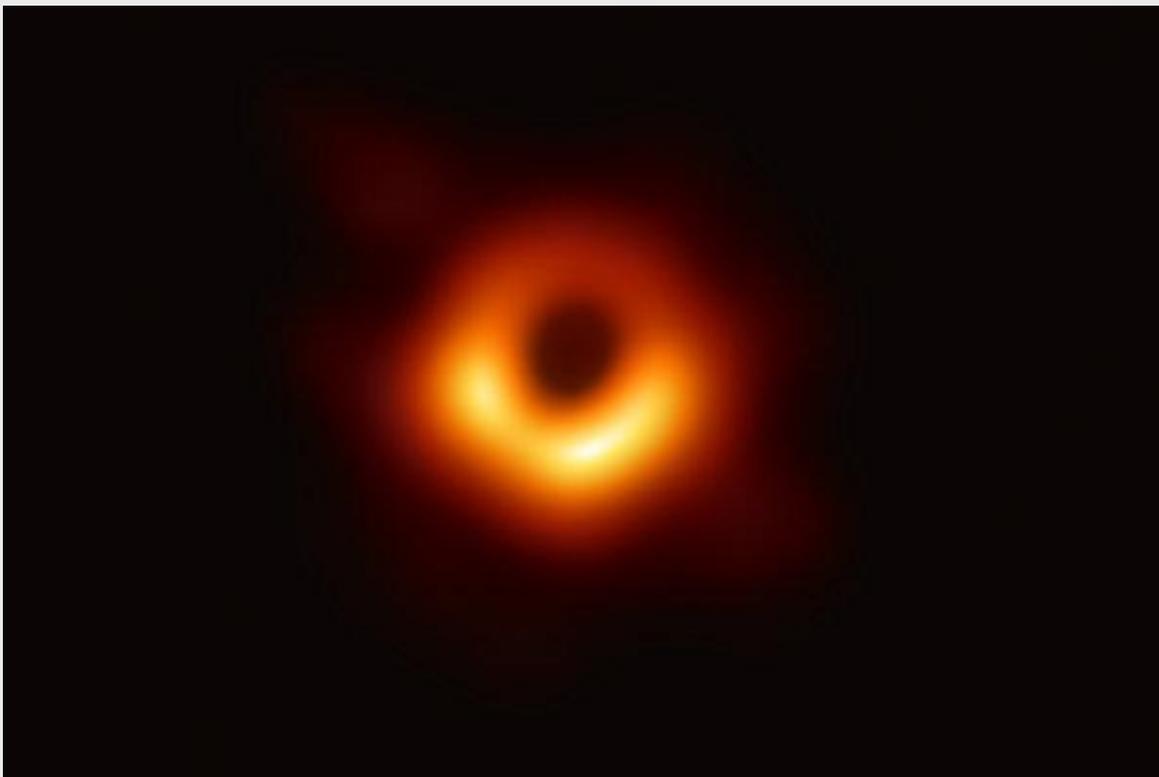
I don't really have a twin, as in a person. What I mean when I talk about my evil twin, is the side of me that wants to do things that the other side -my good twin- is against. One area where my evil twin is very active is eating things I know I shouldn't. My good twin will tell

my evil twin- "Put that down. You know you don't need to eat that chocolate brownie." Then my evil twin quickly stuffs in down my throat before my good twin can do anything about it.

Ok, I bet you are thinking that Carla is a crazy person. But I think we all have an evil twin; maybe you just don't call it that. Maybe some people are so disciplined that their evil twin never comes out, but that isn't true for me. I have made some improvement in controlling my evil twin. Another area where my evil twin was especially active involved sending emails to my law partners when they aggravated me with different firm management decisions. My good twin would try to stop my evil twin from hitting the send button, and my evil twin would defiantly shout, "I don't care. I am sending it anyway." Once I sent a copy of my knee-jerk nastygram email to my boyfriend Tom, immediately after I sent it. He knows about my evil twin, and he called me. His only words were "Carla, step away from the computer now. Repeat, step away from the computer now."

If only I could control the evil twin. Wouldn't it be easier if I could gently tell my evil twin to put that junk food down and the evil twin would very submissively do so? Somehow my evil twin is just too feisty and isn't submissive, even to me. Candidly there is something I really like about my evil twin. Life is more exciting with a daredevil side, even if it is foolhardy and acts without thinking. I would miss my evil twin, and she isn't going anywhere. So, I will change the nursery rhyme- "Sugar and Spice and Everything Nice" to "Sugar and Pepper makes a Person Better" or as Mae West said..... "Between two evils, I always pick the one I never tried before."

A Black Hole Has Been Discovered and It Is Not the Black Hole I Have In My House - Carla Cotropia



I have always been fascinated with the concept of a Black Hole. Einstein came up with the concept from his equations. (Isn't it interesting how everything is done by math first? I understand scientists first placed man on the moon with math. Math made it happen before any rockets took off.) Einstein's mathematical equations proved that if too much

matter is crammed into one place, the cumulative force of gravity becomes overwhelming, and the place becomes an eternal trap, a Black Hole. In a Black Hole, according to Einstein's theory, matter, space and time come to an end and vanish. If you are in a Black Hole, there is no time.

On April 10, 2019, astronomers announced they had observed the unobservable: A Black Hole, a cosmic abyss so deep and dense that not even light can escape it. The image is of a lopsided ring of light surrounding a dark circle deep in the heart of the galaxy known as Messier 87, some 55 million light-years away from Earth. The Messier 87 galaxy is in the constellation Virgo. According to the announcement, the Black Hole is several billion times more massive than the sun and is unleashing a violent jet of energy some 5,000 light-years into space.

How far away is 55 million light-years? I found this example on the internet to get a concept of the distance. Trappist-1 is a star some 39 light-years from Earth or about 229 trillion miles. It would take 39 years to get to its current location traveling at the speed of light. At this time, however, we don't have anything that travels at the speed of light. So, we aren't in any danger of being sucked into the Black Hole.

Professor Larry Kimura, an associate professor of Hawaiian language and studies at the University of Hawaii is credited with giving a name to the first-ever picture of a Black Hole. Professor Kimura came up with one Hawaiian word for the Black Hole: Powehi.

Powehi is derived from the Kumulipo, a centuries-old Hawaiian creation chant of 2,102 lines, and it means "the adorned fathomless dark creation." It stems from "po," which means powerful, unfathomable and ceaseless creation, and "wehi," and honorific befitting someone who would wear a crown, Professor Kimura stated.

In order for the newly found Black Hole to be named Powehi, it would need approval from the International Astronomical Union, which is a consortium of more than 200 scientists and 13 funding institutions.

I have my own Black Hole. It is the place in my house where everything seems to disappear, like my favorite sunglasses, the paperwork I need, and on and on it goes. I tell myself it really isn't lost, it has just been sucked in by my Black Hole. One day the Black Hole will get tired of it and spit it back out. Until then I just need to wait.

Why I Sometimes Like to Listen to Joel Osteen - Carla Cotropia

I am not religious. However, I do consider myself a spiritual person and I don't believe there is just one RIGHT religion. I am in favor of all religions as long as they don't promote violence and other such nonsense. After reading about Scientology, I wouldn't go along with that one or the out-there ones like the one that resulted in a mass suicide in Jonestown. But otherwise, I am OK with whatever religion makes you happy. In fact, people with faith seems to find much comfort in their religion when a tragedy occurs. I used to go to church growing up with my family every Sunday. I guess I was a misfit from an early age because I figured out that if I locked my knees a certain way I could cause myself to faint, guaranteeing that I would get out sooner vs. later. My early days of going to church did morph into a source for my collecting side. What I mean is for the last thirty years I have been collecting religious artifacts from all different religions. I have representations of all religions, even including voodoo.

But back to Joel Osteen and his show on Sunday morning. The part about Joel I like is his view on making life positive. He uses God in that way, and that is just fine. Whatever works is perfect. One of my favorites is his example to the husband/wife when the other leaves his/her socks or clothes on the floor rather than putting them into the dirty clothes hamper. Joel's advise is to pick them up-even if you didn't put them there-and God is putting a checkmark next to your name. This creates a nice feeling although it doesn't mean I will do it when I am in a grouchy mood. This same technique was tried on me by my parents when I was little. My mother says they created a chart of the different things I

was doing wrong and when I didn't do them, they would put a gold star sticker on the item. The only problem was even as a baby I was looking for an angle. I found the box of gold stars and plastered them all over the chart. There you go-my baby brain was thinking-case closed. And that was the end of the chart.

Joel Osteen does offer some positive advice. His message is about how adversity is all in the plan, and it is important not to get bitter but to trust that it will make you a better person. Adversity does offer new avenues and possibilities. As the saying goes, when a door closes a window opens. Joel is saying look at an adversity or tragedy as something that can make you a better and happier person if you can just persevere thru it and not let it turn you into a bitter pill.

I like to say that in order to grow there must be friction. And the very nature of friction is-- it can hurt! But it toughens you up and makes you see and appreciate things differently.

I started my legal career in 1980 when women lawyers were only supposed to do research, and at the most family law. In the library were books known as Texas Jurisprudence. In these green books, women were still described as "chattel" meaning possessions. My law firm is completely different now but back then I survived even though I would go home many days and cry, but by the next morning I would plod back to work. I jokingly said I wasn't fast enough to catch the discriminatory put-downs until I got home and started thinking about the day. But by that time, I would end up saying, "Screw it" and just go back to work. This adversity made me tough which I did need to be a trial lawyer. So, this is just one of many examples of how adversity made me -at least in my mind-better.

But back to Joel, I am hoping his positive attitude will rub off on me in the comfort of my home. Where is that box of gold star stickers when I need them!



Taking Steps To Settle Cases 2 Sneakers @ A Time

Carla Cotropia | Mills Shirley LLP

713-225-0547 | ccotropia@millsshirley.com



RATED BY
Super Lawyers

SuperLawyers.com

