

# NEWS YOU DIDN'T KNOW YOU NEEDED

*Carla Cotropia*



## Do you have or want a Spirit Animal?

*By Carla Cotropia*

Someone asked me recently if I had a Spirit Animal. “What, I ask, is that?” The reply was a Spirit Animal is an animal that you identify with as representing your spirit or essence. My smart-ass side remarked, “Does that include insects?” The reply was, “Of course, many people identify with butterflies or dragon flies.” I noted she didn’t include mosquitos or flies in that reply.

I contemplated this and unfortunately the first animal that popped in my mind was a Pack Mule. Why? Because I always seem to be carrying something, loading the car or unloading the car. Why am I always hauling things?

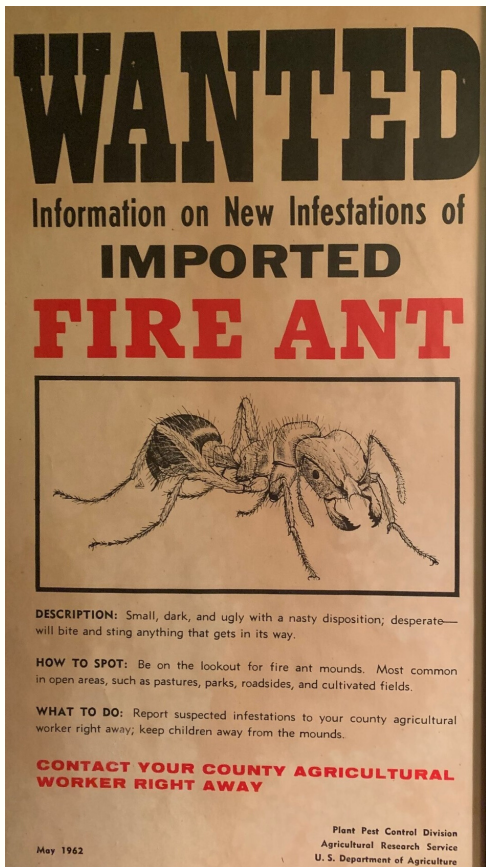
When I was a litigator, I had a client that called me a Barracuda which I took as a compliment. A barracuda is a large, predatory fish known for its fearsome appearance and ferocious behavior. Another time a client gave me a tiger pin which also made me proud. Luckily no one ever called me a shark or gave me a shark pin.

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When I was a baby lawyer, I found a vintage poster, circa 1962, warning of the infestation of red ants. I am not kidding! Here is the picture of the poster I framed and put on my office wall. Needless to say, the law firm was less than pleased as they saw the poster as highly inappropriate for a law office, but they didn't make me take it down since they knew I was highly inappropriate.

The poster described fire ants as being “Small, dark, and ugly with a nasty disposition, desperate—will bite and sting anything that gets in its way”. I found this a useful mantra to fire up my noncombative side when going to court. So, at one point, my spirit insect was a fire ant.

Dr. Breus, a sleep doctor, has identified four different animal types to describe sleepers. His categories are Bear, Wolf, Dolphin and Lion.

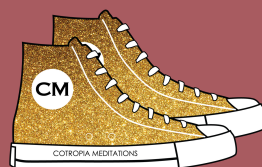
Here is the test you can take to determine your type.

[www.thepowerofwhenquiz.com](http://www.thepowerofwhenquiz.com). I took the test and I am a Bear. Bears like their sleep and once up constantly graze on food. The food part nailed me since I like to constantly snack.

Bears, according to Dr. Breus, should wait 90 minutes before having their first cup of coffee. I guess a Bear is a good analogy because I wake up growling before I start my daily prow. Maybe I should delay the caffeine intake but haven't had the personal discipline to see if that makes a difference.

So, since my Chinese astrological animal is a horse, I can understand how I have morphed into a pack mule.

To round out my animal spirit blog, consider Chinese astrology which identifies your animal type by your year of your birth. Here it is:



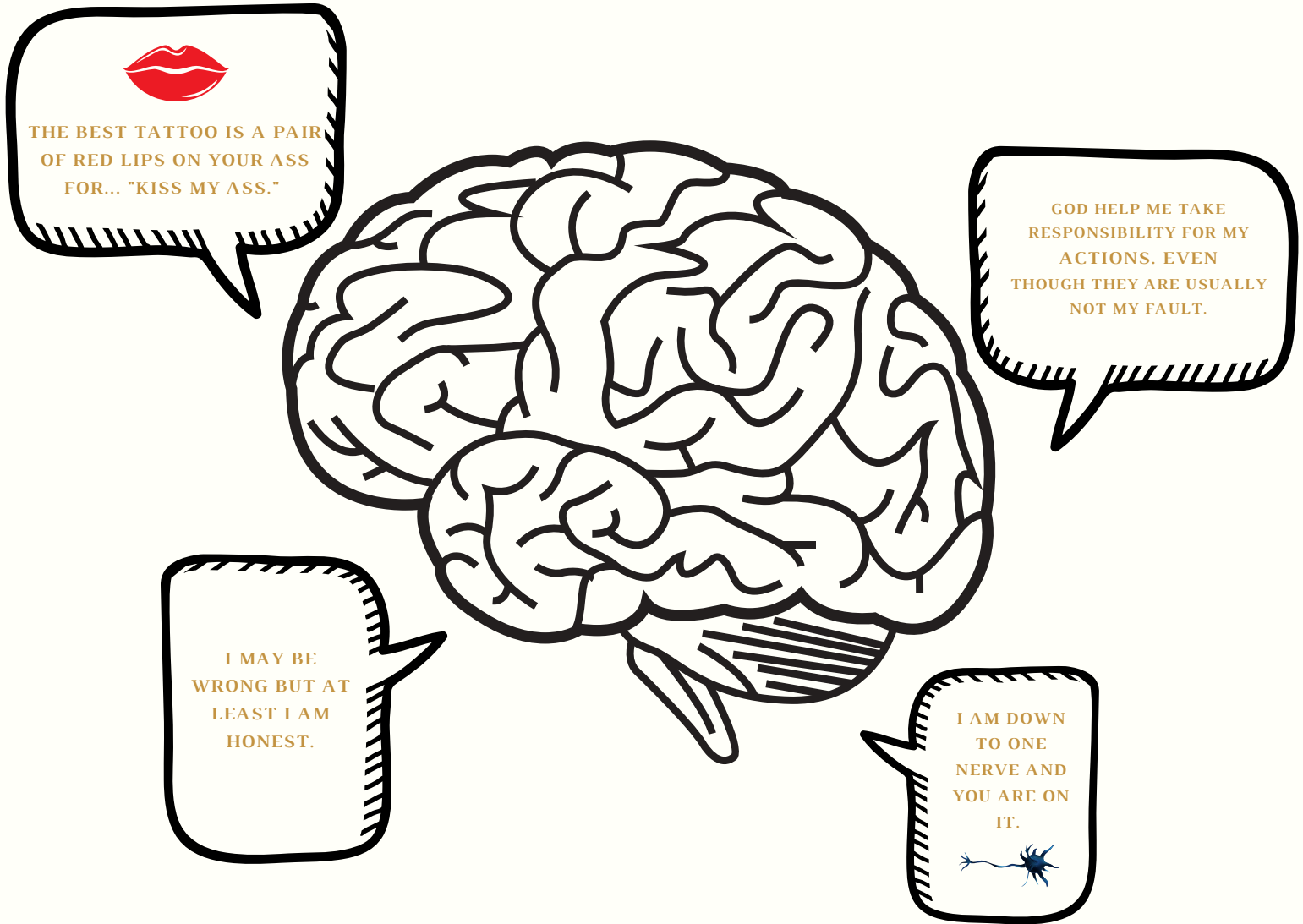
SETTLING CASES TWO SNEAKERS AT A TIME

- RAT | 1924,1936,1948,1960,1972,1984, 1996,2008 | QUICK-WITTED, RESOURCEFUL, VERSATILE, KIND
- OX | 1925,1937,1949,1961,1973,1985,1997,2009 | DILIGENT, DEPENDABLE, STRONG, DETERMINED
- TIGER | 1926,1938,1950,1962,1974,1986,1998,2010 | BRAVE, CONFIDENT, COMPETITIVE
- RABBIT | 1927, 1939,1951,1963,1975,1987,1999,2011 | QUIET, ELEGANT, KIND, RESPONSIBLE
- DRAGON | 1928,1940,1952,1964,1976,1988,2000,2012 | CONFIDENT, INTELLIGENT, ENTHUSIASTIC
- SNAKE | 1929,1941,1953,1965,1977,1989,2001,2013 | ENIGMATIC, INTELLIGENT, WISE
- HORSE | 1930,1942,1954,1966,1978,1990,2002,2014 | ANIMATED, ACTIVE, ENERGETIC
- GOAT | 1931,1943,1955,1967,1979,1991,2003,2015 | CALM, GENTLE, SYMPATHETIC
- MONKEY | 1932,1944,1956,1968,1980,1992,2004,2016 | SHARP, SMART, CURIOSITY
- ROOSTER | 1933,1945,1957,1969,1981,1993,2005,2017 | OBSERVANT, HARDWORKING, COURAGEOUS
- DOG | 1934, 1946,1958,1970,1982,1994,2006,2018 | LOVELY, HONEST, PRUDENT
- PIG | 1935,1947,1959,1971,1983,1995,2007,2019 | COMPASSIONATE, GENEROUS, DILIGENT



SETTLING CASES TWO SNEAKERS AT A TIME

# Carla's Inappropriate Thoughts for the Month



SETTLING CASES TWO SNEAKERS AT A TIME

# IS THE WORLD GETTING NOSIER OR IS IT JUST MY NERVES CAN'T TAKE IT?

*By Carla Cotropia*

I have to admit that all this noise is working my nerves. Slamming doors, loud music, why is noise driving me crazy? My phone is constantly dinging for me to do something, like stand up, breathe, or start moving. I am being hounded by my phone.

And don't get me started on my car. I don't need to have a constant dinging noise to tell me to put on my seat belt. I am really tired of the car yelling at me if a door is open. Okay, it isn't yelling but it is that blasted dinging noise again.

I wonder if noise always bugged me like this or am I just getting cranky? I will confess a recent situation where I was inappropriate. I was on the computer and Tom was using his new toy. Being a practical one, his new toy was a Novete compact cordless mini vacuum. This vacuum is shaped like a gun and might as well be one as far as my nerves are concerned.

Tom figured out that this mini vacuum gun worked great on sucking up bugs. So around the house he went sucking up various flotsam and jetsam and whatever else with his vacuum gun. WHHRRRRRR, RRRRRRRZZZZ, the motor went, and went and went.

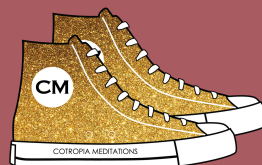


Why hasn't someone, Dyson where are you, invented a silent motor. An electronic gizmo that is quiet with please no motor noise.

Next, Tom decided to try out another new toy, a bigger cordless vacuum cleaner by vacuuming the rugs. Now I know I should be glad that he is a neat-nick and not a slob, and certainly who can complain about someone cleaning.

But here comes true confession time from a grouchy-out of line-Carla who said to Tom, "Why don't you next buy a leaf blower and use that!"

And so I have to confess that my noise nerves are frayed and maybe confessing this will make me a more noise friendly person.



SETTLING CASES TWO SNEAKERS AT A TIME