

# OVERRULED

Injury & Estate Lawyers  
New Orleans Covington

*With Scott Vicknair*

(504) 384-7978

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## THE POWER OF CREATIVITY

### *How Woodworking Keeps Me Sharp*

We get opportunities to explore our creativity each day. Some wind down at night with creative activities like painting, writing stories, or cooking a delicious meal. Many of us also use our creativity daily at work as we find new solutions to problems and ways to operate more efficiently. May 30 is National Creativity Day, a great reminder to embrace hobbies that bring us joy and challenge our minds.

Creativity plays a crucial role in our overall well-being, and I've seen firsthand how much of a difference it can make in our mental, emotional, and physical health. Woodworking has been my creative outlet for many, many years now. It offers a sense of accomplishment and a way to keep my mind sharp. My dad and grandfather were both in the carpentry business, so I've been drawn to woodworking since I was young. Just in the past year, I've made everything from nightstands for our home to a bathtub tray caddy. My daughter has also started showing interest in woodworking, and we've been practicing with birdhouses and other fun small projects!

Every creative hobby provides many excellent benefits to our lives. Woodworking is a very calm and relaxing activity. I often refer to "making sawdust" as my therapy. I don't use power tools,

so the process takes a little longer, but it helps me become one with the materials I use. The other side is that woodworking requires problem-solving and a high attention to detail, which is great for cognitive development. It's also a tactile and rewarding experience. You turn wood and raw materials into something functional or beautiful.

Many hobbies give us a break from our phones and the digital world. I'm always on my computer at work and dealing with mentally heavy topics, so it's nice to break away from it and create something tangible with my hands. These projects often take multiple days, if not weeks or months, so they keep me busy. It's always rewarding seeing the progress I make in real time.

Your brain benefits heavily from creative outlets and hobbies. They can help improve memory and problem-solving skills while delaying cognitive decline as we age. A Mayo Clinic study found that adults who engage in creative activities like woodworking or painting are much less likely to develop cognitive impairments as they age. Creative activities also act on different parts of the brain, enhancing neuroplasticity, which is your brain's ability to form new connections and remain adaptable. Additionally, research from the American Psychological Association suggests that creative expressions help lower cortisol levels, reducing stress and anxiety.

All of us should find ways to add more creative activity to our everyday lives. It allows us to think differently and solve problems. They provide a much-needed mental refresh and a break from our lives. Even if you don't consider yourself the creative type, exploring a new hobby or creative outlet can lead to the development of unexpected skills. You may even discover that you're more creative than you ever imagined!

This National Creativity Day, take some time to explore a hobby that genuinely interests or excites you. It might be the best decision you ever make!



*-Brad Scott*

# Mind-Bending Mama

## Guinness Names World's Most Productive Mother

You may have heard of Octomom, the California mother of 14 who gave birth to octuplets, or the woman in Morocco who gave birth to nonuplets in 2021, all nine of whom are alive and well.

These record-breaking moms have nothing on Mrs. Feodor Vassilyev. According to the Guinness Book of World Records, the 18th-century Russian woman gave birth to 69 children — including 16 pairs of twins, seven sets of triplets, and four sets of quadruplets!

Even the Guinness editors admit the story seems unlikely, but they cite “numerous contemporaneous sources” to back the story. The first was a monastery in the town of Nikolsk, northeast of Moscow, where monks recorded and reported the births to Moscow officials in 1782.

The Lancet, a respected medical journal, recounted in 1878 an account by French researchers from the “Statistical Works of Russia,” showing that Mrs. Vassilyev’s husband had spawned 87 children by two wives. Separately, The Gentleman’s Magazine, an 18th and 19th-century English periodical, published a report by a writer claiming to have an original letter, dated 1782, saying that O.S. Feodor Wassilief (sic), age 75, had 69 children via 27 births by his first wife and 18 children via eight births by his second wife, for a total of 87 offspring! Citing information from an English merchant in St. Petersburg, the writer said 84 of the children had survived, and the father had been invited to meet the empress, Catherine the Great.

The first Mrs. Vassilyev’s remarkable record suggests that she was pregnant for 243 months, or more than 20 years, of her life — more than half the average life expectancy of Russian women in that era!



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WITH BRAD SCOTT & DAVID VICKNAIR

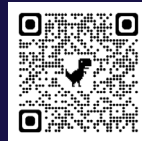
On the Latest Episodes of the  
‘OVERRULED’ Podcast:

**JFK Conspiracies, New Orleans’ Pizza Scene,  
and an Asteroid Threat?**

Could we finally uncover the truth behind JFK’s assassination? Brad and David take a deep dive into one of the most infamous conspiracy theories in American history, discussing newly released government files, the historical context, and lingering questions about what really happened in Dallas over 60 years ago. What do these new revelations mean, and could there still be classified documents holding key answers?

Switching gears, they sit down with Adam Carry, COO of Reginelli’s, to explore the rise of the beloved New Orleans pizza chain. From its humble beginnings in 1996 to its expansion across the metro area, Adam shares stories of growth, the challenges of the restaurant business, and what makes Reginelli’s stand out in a city known for its incredible food. Plus, get a sneak peek at potential new locations and upcoming menu items!

Finally, Brad and David tackle a topic that’s truly out of this world — an asteroid that scientists say could hit Earth in 2032. While the odds are slim, they break down the fluctuating predictions, NASA’s DART mission to deflect potential threats, and the ethical questions surrounding altering an asteroid’s course. Is the science reliable? How do we even prepare for such an event? And why is it so hard to predict the future of celestial bodies?



From history and conspiracy to food and the cosmos, these episodes have something for everyone. Tune in for a fascinating mix of stories, expert insights, and lively discussion!



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## Motorcycle Safety: A Shared Responsibility

Each year, motorcyclists in the U.S. log nearly 22 million miles on the road, but without the protection of seat belts, airbags, or enclosed vehicles, they remain vulnerable. A helmet is often their only safeguard in the event of a crash. Unfortunately, too many motorcycle accidents happen because other drivers fail to see them. Whether due to distraction, inexperience, or poor judgment, these collisions often result in devastating injuries or fatalities. In fact, the National Highway Traffic Safety Administration (NHTSA) reports that motorcyclists are 25 times more likely to die in a crash than those in passenger vehicles.



At Scott Vicknair Law, we take motorcycle safety seriously. We know these accidents can leave victims facing overwhelming medical expenses, long recoveries, and life-altering consequences. That's why we fight for the rights of injured riders and their families, ensuring they get the justice and compensation they deserve.

As May marks **Motorcycle Safety Awareness Month**, we urge all drivers to be mindful of motorcyclists: Respect their space, check blind spots, and always remain alert. Whether you're on two wheels or four, sharing the road responsibly can save lives. Safety isn't just a seasonal concern — it's a year-round commitment. If you or a loved one has been injured in a motorcycle accident, we're here to help.

## What Our Clients Are Saying

**“I was given peace of mind through a very long and heavy process. I love that I can count on this team to do their due diligence and advocate for me.”**

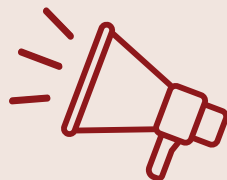
**—S. Funk**

### Thank You for Your Referrals!

*This month, we'd like to thank Paige J., Samantha A., Devin F., Nick S., Ray, Peña, McChristian Law Firm, and Nola Succession Law Firm for believing we are the right firm to help their friends and family. Your continued support gives us the ability to reach more individuals and make a positive difference in their lives.*

*Call us. If we cannot handle your case, we will work on finding someone who can assist you.*

**CALL NOW – OPEN 24/7 (504) 384-7978**



# STAY STRONG

## New Research Backs Creatine for Aging Adults

What aging athlete or weekend warrior doesn't wish for a safe nutritional supplement to improve performance and strengthen muscles and bones?

A growing body of research on a popular supplement, creatine monohydrate, supports its use to preserve muscle and extend older adults' healthy years. Studies show that when coupled with exercise, creatine can benefit men and women alike.

The supplement has long had detractors who fear it will cause them to retain water, lose their hair, or cause kidney damage, but research dispels those myths.

### **Creatine is safe.**

A 2021 research review shows that a widespread fear that creatine is linked to kidney dysfunction appears to be unfounded when healthy people take the supplement in recommended dosages. The study also found no support for the idea that creatine causes hair loss, dehydration, muscle cramping, or increased fat mass.

### **Creatine can improve performance.**

Research has found that taking creatine supplements in recommended amounts benefits older adults' musculoskeletal tone and physical performance, especially when combined with exercise. A 2019 study found that creatine can combat sarcopenia, or age-related decreases in muscle mass and strength, helping prevent falls and fractures.

### **Use creatine as directed.**

Based on limited research, creatine does not appear to affect liver or kidney function negatively. However, sticking to recommended dosages is essential. Experts recommend small doses of 0.1 gram of creatine monohydrate per kilogram of body mass. This translates to 5.4 grams of creatine for a 120-pound person or 6.8 grams for one weighing 150 pounds.

Taken together, the potential benefits of creatine suggest it is worth a try.





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## *Unearthing History in Scotland* Ancient Settlement Opens a Window on the Distant Past

Modern-day adventurers exploring antiquity usually stop at Stonehenge or perhaps the Egyptian pyramids. But hundreds of years earlier, on the Orkney Islands off the western coast of Scotland, prehistoric people built an even more ancient marker of civilization.

The settlement of Skara Brae was occupied for about 600 years, beginning around 3180 B.C., hundreds of years before people built the first pyramids in Egypt or placed the earliest stones at Stonehenge in England. Covered with sand for many years and sunken deep into the earth for stability and shelter from Scotland's harsh winters, the little village remains the best-preserved Neolithic site in Western Europe.

What were the lives of these prehistoric people like? An estimated 50 inhabitants occupied a series of homes

about 430 square feet in size. Stone doors covered low entrances, secured by bone bars. Several houses contained stone-built cupboards, dressers, seats, storage containers, and a stone hearth for warmth and cooking. Two beds, a large and a small one, were situated near the door.

The inhabitants made and used grooved ware pottery. Some of the dwellings had a small anteroom with access to what appears to be a primitive sewer system that flushed waste out to the sea.

Skara Brae is sometimes called "the Pompeii of Scotland" because its well-preserved artifacts appear to have been abandoned in a rush. Experts disagree on why occupants abandoned the settlement, but visitors are welcome to develop their own theories. Skara Brae is now a UNESCO World Heritage Site.

