

# OVERRULED

Injury & Estate Lawyers  
New Orleans Covington

*With Scott Vicknair*

(504) 384-7978

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[www.ScottVicknair.com](http://www.ScottVicknair.com)

## SUMMER ADVENTURES IN LOUISIANA

*Make the Most of Your Summer Before the Heat Hits*

The first months of summer are the best time to enjoy the outdoors. We have to take advantage of it in southeastern Louisiana, as it will be way too hot once August arrives. Over the next few weeks, many of us will run, play in the backyard with our kids, and experience everything else summer offers.

Many of us are fond of summertime activities thanks to the summer break from school during our youth. Unless you're a teacher, you don't usually get to experience that again, but as attorneys, we actually get pretty close. Courts don't usually run at full capacity during the summer. A big judges' conference takes place in Destin, and many judges want to squeeze in a vacation or two during the summer months. It's not really a coordinated thing, but it is a trend we've noticed over the years.

I try my best to make the most of my extra downtime throughout the summer. One of my favorite things to do is spend time with friends and family, barbecuing and relaxing by the pool. I look forward to it all year long! It's a great opportunity to



relax, and we usually enjoy a few drinks and a good meal. I love to grill burgers, marinated chicken thighs, and steaks. If my dad has any leftover fish from a recent fishing trip, we'll usually throw that on the grill alongside some shrimp, too! A lot of our culture centers around eating good food in the presence of family and friends, and I love to experience it year after year.

Another great warm-weather activity I know a lot of other Louisianians enjoy is taking a trip to the beach. I'm a big beach person and love visiting Biloxi, Bay St. Louis, and Pensacola. They're great destinations for a weekend getaway, and it's just a relaxing time whenever you can sit on the sand, watch the water, and soak in the sun.



I love to play golf when I'm not spending time by the pool or the beach. There's nothing better than booking a tee time in the late afternoon and playing a round as the sun starts to sink. As long as you begin by 4 p.m., you can usually get a full round



in without worrying about intense heat or humidity. One of the biggest reasons I enjoy golf is that it provides many health benefits. It's an outdoor sport that requires movement and provides decent exercise, especially if you forego the cart and walk. Breathing fresh air and soaking in the vitamin D from the sun can be incredibly beneficial for our mental health. Just be sure to apply enough sunscreen to keep your skin safe! It's also a fun, relaxing activity that helps reduce stress. If you haven't tried golf yet, or it's been some time since your last round, I highly encourage you to try it. It can sometimes be frustrating but can also be a gratifying and beneficial experience!

Summer is finally here, and we should try to enjoy it before the temperature becomes too hot and heavy. I hope you all can take some time to participate in your favorite outdoor activities this summer!

*-David Vicknair*

# Traffic Stopper

## *A Historic Tiny Home Built on Spite*

Tiny homes may be all the rage for budget-conscious house hunters these days. But none has as engaging a history as the diminutive Alexandria Spite House in Virginia.

Brickmaker John Hollensbury built this 7-foot-wide rowhouse nearly 200 years ago — not to live in, but to fill up the alley next to his splendid two-story brick home in what is now the Old Town district of Alexandria. Hollensbury was bothered by horse-drawn carriages trying to squeeze through the alley, scraping against the brick walls of his and his neighbor's houses, and loiterers gathering in the area.



Hollensbury decided to close the alley forever by building a house in it — not to create living space, but to block the alley — thus its name, the Spite House. The little dwelling is squeezed in so tightly that its neighbors' exterior walls serve as its interior. Its 25-by-7-foot area is spread over two floors, producing a total floor space of 325 square feet. The little home is comfy enough that one couple lived there for 25 years. Its most recent owner bought it in 1990 for \$130,000 and used it occasionally.

The Spite House at 523 Queen St. is Alexandria's best-known tiny home, but it isn't the only one. Three other tiny houses, all 1–3 feet wider, were also built in alleys during the 19th century.

This may seem like a cheap way to build since all that is needed is a roof and rear and front walls. Nevertheless, based on the latest available sales data from 2014, one of these alley houses sold for a cool \$424,000!

## OVERRULED

WITH BRAD SCOTT & DAVID VICKNAIR

*On the Latest Episodes of the  
'OVERRULED' Podcast:*

### Sip Happens: Conversations Worth Pouring Over

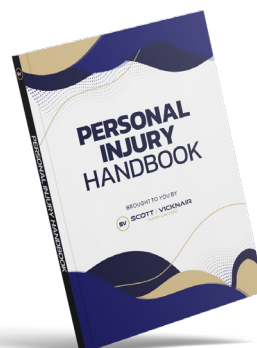
Check out our recent episodes filled with great stories, business insights, and a few laughs, best enjoyed with a glass of wine or a cup of coffee. We recently chatted with **Andy Delaporte**, Director of Sales at Fox 8 WVUE, about his unexpected journey into the media industry, what makes a great salesperson, and how to lead and motivate a team. We also covered Andy's love for wine, his efforts to convert hockey fans, and his passion for The Grateful Dead, along with the classic New York vs. New Orleans food debate.

In another episode, we talked food, coffee, and entrepreneurship with **Paul Ballard**, co-founder of Ballard Brands. Paul shared the origin story of PJ's Coffee and how it grew to over 180 locations, plus the challenges of scaling a franchise and maintaining product quality. He also shared how a midnight wing craving led to the creation of WOW American Eats. Whether you're in sales, startups, or just love a good origin story, both episodes have something tasty for you!



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## Scott Vicknair Law Gives Back at Wednesday at the Square

At Scott Vicknair Law, we believe in the power of community, and we were proud to give back by volunteering at **YLC Wednesday at the Square!** Our team had an incredible time being part of this exciting event, which brings people together for great music, delicious food, and a meaningful cause.

This free spring concert series in the heart of **New Orleans' Central Business District** does more than provide a fun evening out — it directly supports the **Young Leadership Council's** community projects. Proceeds from food and beverage sales help fund initiatives that enhance the quality of life in the Greater New Orleans area while fostering leadership skills in young professionals.

We were honored to participate in such an impactful event and highly recommend it to anyone looking to connect with the community. **Great vibes, great food, and a great cause!**



## What Our Clients Are Saying

**"Your firm deserves a rating of 100%. I am so glad I made the decision to retain your office to take me through this process. Your firm was a blessing for me, and I appreciate each of you who helped to make this happen. Thank you all so very much!!"**

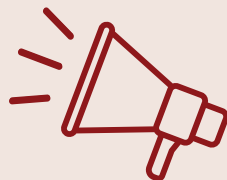
*—Mary D.*

## Thank You for Your Referrals!

*This month, we'd like to thank **Nick S., Dana B., Amanda, Bri, Rhett B., Gieleen M., and Jade A.** 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**



## GOING SOLO SAFELY

### 4 Top Destinations for Women Travelers

If you're yearning for a travel adventure and are flying solo this season, don't hesitate! Many enticing destinations welcome visitors traveling alone and are safe for women. Here are four destinations recognized for low crime rates, welcoming attitudes, and cultural respect for women.

#### CANADA

Few nations can rival the diversity of attractions offered by this northern beauty. Check out Montreal's dazzling architecture and museums and the historic chateaux of French-speaking Quebec City. Then, head west to experience the rustic spas and ski resorts of Banff and British Columbia, savoring Canada's unique blend of multicultural influences and indigenous traditions.

#### ICELAND

Often described as "the land of ice and fire," Iceland is home to some of the world's largest volcanos, glaciers, and hot springs. Visit Reykjavik to enjoy museums, galleries, and souvenir shops. To soak in Iceland's legendary thermal hot springs, check out the mineral spa at the Blue Lagoon. And if you love a good hike, enjoy some of Iceland's world-class treks across breathtaking volcanic landscapes.

#### IRELAND

Unmatched in its rolling green landscapes and cultural richness, Ireland is a favorite destination for travelers. According to travel expert Rick Steves, the capital city of Dublin "punches above its weight" in the arts, entertainment, food, and fun. Don't miss the Cliffs of Moher, a 5-mile-long, 700-foot-tall wall that dates back an estimated 300 million years. All across Ireland, historic cathedrals, castles, and museums tell the story of the suffering of the Irish people.

#### JAPAN

This Asian nation has a rich blend of cultural traditions and modern comforts. A trip up the Tokyo Tower, a landmark inspired by the Eiffel Tower, offers a view of the surrounding temples and museums from its top deck 250 meters above the city. The five crater lakes near Mount Fuji offer water sports, hiking, and beautiful views. Visit Kyushu Island resorts to enjoy bubbling hot springs and markets of handcrafted bamboo goods.

Regardless of which of these welcoming destinations you choose, you are sure to return with wonderful memories and plenty of stories to share.



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## Canary in the Coal Mine?

### The Hidden Health Risks of Burnout

Does your job or housework leave you feeling burnt out? If so, you aren't alone.

Burnout is a common affliction in our technological age. An estimated 48% of employees and 53% of managers claim they're burned out, according to a 2022 Microsoft survey of 20,000 workers, and stress levels have worsened since then.

Career-driven people, overworked employees, and working people from all walks of life can experience alienation, extreme exhaustion, loss of meaning, and reduced performance, all hallmarks of burnout.

The term was coined in the 1970s to denote the exhaustion often experienced by people in the helping professions. Burnout is not listed in the Diagnostic and Statistical Manual for Mental Disorders, the

professionals' guide to diagnostic standards. However, the World Health Organization recognizes it as a factor in people's health. Some doctors use the Maslach Burnout Inventory, a scale measuring a person's level of exhaustion, cynicism, and professional efficacy, to diagnose burnout. Items include, "I feel emotionally drained by my work."

The symptoms of burnout can serve as the canary in the coal mine — an early warning that overload, overwork, or stress may be on the verge of harming your health. Consider an extended break from work to ease the strain.

If your ennui deepens into low self-esteem, guilt, hopelessness, or thoughts of suicide, a vacation or long weekend isn't likely to help. Clinical depression or anxiety requires different treatment by a therapist or mental health professional.



The bottom line: If you're feeling burned out, it's time to put on the brakes, check out for a while, and tune in more closely to your overall well-being!