



REYNOLDS DEFENSE FIRM

We represent good people facing DUI charges

RDF NEWS

We Represent Good People Facing DUI Charges

August 2017

Eat First, THEN drink and be merry

Summers in Oregon are always memorable. The weather encourages so many residents to enjoy the great outdoors and enjoy backyard BBQs with friends. This brings us to mention a simple, but powerful tip to share: Please eat before you drink. As many as 20% of the good folks we represent who are facing DUI charges began their night by drinking on an empty stomach.

The reason food makes a difference is because of a little valve in the bottom of your stomach. Food causes that valve to close, trapping the food and any later drinks in your stomach until the food is digested. You can absorb alcohol through your stomach lining, but it is a slow process, so the alcohol from a drink goes slowly into your bloodstream over an extended period of time. Now compare this to drinking without food—the valve remains open, the drink goes through your stomach and into your intestines, and the alcohol is rapidly absorbed into your bloodstream. This means the alcohol from that drink hits you all at once, having a much greater impact than the same drink would have had if you had eaten first.

We hope you never need to call us, but please keep our number in your cell phone, and if you or someone you believe in has been arrested for a DUI, please call. We're here, we're solid, and we're very good at what we do.



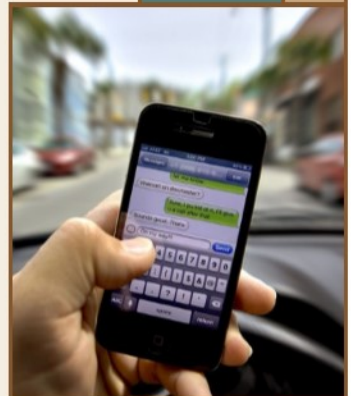
Driving Under The Influence Of Electronics

Did you know that Washington state passed a "Driving Under the Influence of Electronics" law last month? They are referred to as a DUI-E, and tickets start at \$136.

According to an article in the Seattle Times, the new law forbids handheld uses. Not just phone calls, but composing or reading any kind of message, social media post, photograph or data, even while at a stop sign or red-light signal. Common built-in electronics, including hands-free phones, satellite music and maps, however, are legal. Drivers may even turn on a smartphone that's mounted in a dashboard cradle, for limited purposes such as navigation apps, a voice-activated call, or music streaming.

Bottom line, let's stay safe! Handheld devices can be distracting, so always make sure your use is limited and necessary to avoid costly fines and accidents.

To see the full article, visit <http://www.seattletimes.com/seattle-news/transportation/here-comes-washingtons-new-ban-on-driving-under-the-influence-of-electronics/>



**Contact Reynolds
Defense Firm
(503) 223-3422**

Portland Office
3220 SW 1st Avenue, Suite 200
Portland, Oregon 97239

West-Side Office
12725 SW Millikan Way, Suite 300
Beaverton, Oregon 97005

www.reynoldsdefensefirm.com



We represent good people[®]
facing DUI Charges

Team Spotlight—Stephanie Lopez

NEW 5.0 RATING ★★★★★



This month please meet Stephanie, Legal Assistant Extraordinaire, able to fearlessly take on anything our Legal Team needs with enthusiasm, efficiency and a strong attention to detail! We have an incredibly diverse group here at RDF, and here are some fun facts about Stephanie:

Team iPhone or Team Android:
Team Android!

Describe Yourself in 5 Words: Shy, traveler, warm, adventurous, Capricorn.

Favorite Video Game: It's a tie between Solitaire and Bejeweled.

Hidden Talent: I know CPR because I was a Certified Nurse Assistant for 2.5 years!



RDF was clear, specific and professional in their discussions and representations for me. RDF had knowledge of a new law, which helped my case and allowance to drive with minimal restrictions. —J.J., Client

Reynolds Defense Firm worked diligently to get the best possible outcome for my case. Almost more importantly, they provided comfort to ease a difficult situation... I'm very grateful for their service. —J.M., Client

What's new with me and my own

Two random acts of kindness

To me, the road to success in life is all about identifying the repeating patterns of what happens, and then doing a little better each time the opportunity comes around again. One of my personal patterns is that I get overly engrossed in work, putting my head down to push forward, and I forget to look up and enjoy all that is. Sooner or later something occurs to jolt me out of that pattern, and over the years, as I've come to recognize this pattern, the needed 'jolt' has become smaller (and fortunately, less painful!).

The 'jolt' came this time in the form of a random act of kindness from a stranger. Actually, it was two acts from two strangers in the span of two days...

The Reynolds family went backpacking a few weekends ago in the Indian Heaven Wilderness area in Washington state. To get there, we crossed the Bridge of the Gods in Cascade Locks and got our money out to pay the toll. Much to our surprise, when it was our turn, the attendant told us the person ahead had already paid for us. That was pretty cool, and so unexpected that I had already driven forward before thinking about passing that kindness on to the next person.

So, I should have been ready to pay it forward the very next day as we were driving back over on a different toll bridge, but I'm embarrassed to say I wasn't... until the attendant at that toll bridge told us the person ahead had already paid for us! This time I remembered to give money for the person behind us to keep that goodwill moving forward.

These two random acts of kindness cost these strangers a total of \$3.00. The value to me though, as together these acts helped break me out of a negative pattern, is huge! So now I'm on the lookout for small ways to pleasantly surprise others, and here are some suggestions from randomactsofkindness.org:

1. Buy a cup of coffee for the person behind you in line.
2. Let someone go in front of you in line who has only a few items.
3. Place positive body image notes in jean pockets at department stores.
4. While you're out, complement a parent on how well-behaved their child is. And of course,
5. Pay the toll for the person behind you!

