

We Represent Good People Facing DUI Charges

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Tip #1 - Not all glasses of wine are the same.

You've heard our tip on the radio about the amount of alcohol in microbrews; don't forget about the size of your glass. Many wine pours are equal to 2 or even 3 standard glasses of wine. So you think you've only had a couple of glasses when it's time to go home, but in reality, you may have had as many as 4 or 5.

Tip #2 - Make sure you're stocked up.

You'd be surprised how many clients we see that took a cab home and then went out for cigarettes or something to eat and got arrested for a DUI. Make sure once you get home safely that you stay there for the night, don't get back in your car, even if it's "just down the street".

Tip #3 - Don't rely on the one drink per hour "rule".

For some people, one alcoholic drink should be absorbed and eliminated from the body in an hour. Unfortunately, we have seen time and time again where a client followed this "rule" and was still arrested for a DUI. Many factors including weight, gender, stomach contents, and even hydration can affect exactly how long it will take for your body to process alcohol through your system, so the rate is not the same for everyone.

Tip #4 - Watch for friendly pours.

Everyone wants their guests to have a good time, so your host means well when they keep refilling your glass. Over the course of the evening, these "friendly pours" can add up, so make sure you are the only one in charge of how much you drink.

Tip #5 - Set yourself up for success.

Plan ahead so you can relax and have a good time and don't get stuck making logistical decisions after you've had a few drinks. Download the Uber or Lyft app on your phone before you go out, make sure your car is parked somewhere where you can leave it overnight if you need to, or, better yet, leave your car at home. Give yourself every opportunity to not "have to" drive at the end of your evening. We urge you to stay safe this holiday season.

If you or someone you love has been arrested for a DUI, please call us at **(503) 223-3422.** I hope you never have to call us, but if you do, you have my promise that we will do the absolute best we can for you.

top 5 holiday tips



What's New With Me and My Own

From Christmas Gorilla to Trio



Sadly for the Reynolds family (at least for Jack and me - Tammy seems to hide her sorrow surprisingly well), the tradition of the Christmas Gorilla has ended. For those unfamiliar, Jack and I found great joy over the past three years searching tree farms to find our Christmas Gorilla – the biggest Christmas tree we could get on the roof of our truck! In hindsight, we did push the envelope a bit last year, but I know Tammy is as grateful as I am that Jack was able to learn just how flimsy Honda Pilot roofs are these days.

We have moved homes since then, and the living room ceiling in our new home just doesn't have the same vertical capacity. What to do? Jack and I pondered this for months. We contemplated the pros and cons of propping a tree at an angle (sort of a 'leaning gorilla' if you will), and we even thought about getting a regular tree. Then we realized that while our vertical space is limited, we do have plenty of horizontal space! From there, the idea grew like it was meant to be—who are we to deny fate?

This year, Jack and I had a blast finding our Christmas "Tree-o" - three of the prettiest (though, vertically-challenged) trees around. The Christmas Trio is now

in our living room, creating out own Christmas forest. The Christmas Trio has already given the Reynolds family plenty of laughs, and what more can you ask for?

And that brings me to the point of this story—from our family to you and yours, may you find the joy of your own 'Christmas Trio' this holiday season, in whatever form it appears for you!