



REYNOLDS DEFENSE FIRM

We represent good people facing DUI charges

# RDF NEWS

We Represent Good People Facing DUI Charges

January 2016

## What We Believe

Here at the Reynolds Defense Firm, we believe you deserve to be able to trust in your lawyer. At the risk of sounding like we just fell off the turnip truck, let us share a few more of the things we believe in:

- We believe in practicing law with honesty and integrity;
- We believe in the fantastic team of lawyers and staff we have here at the Reynolds Defense Firm;
- We believe that focusing our firm on just one area of law—DUI Defense - allows us to do great work for our clients;
- We believe that being arrested for a DUI does not somehow undo an entire lifetime of being a good person;
- We believe that everyone who calls us for a free consultation will leave our phone call better off than when we started; and
- We believe in what we do - we represent good people facing DUI charges.

If you or someone you believe in has been arrested, you need help, and you deserve to have the Reynolds Defense Firm on your side. Please call us today at (503)223-3422. For more information, we are online at [www.reynoldsdefensefirm.com](http://www.reynoldsdefensefirm.com).



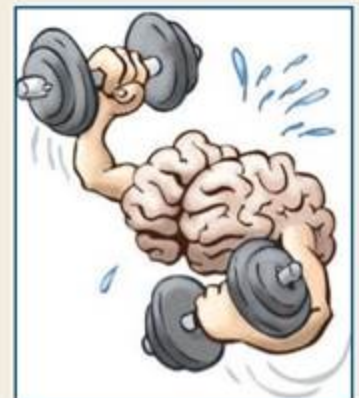
MacDaniel Reynolds

## Would you like to kick your brain up a notch?

If the answer is yes (and who wouldn't, right?) then lean back in your chair, stretch out, put your hands behind your head, and watch Harvard Business School professor Amy Cuddy give one of my favorite Ted Talks. Professor Cuddy's research focuses on body language, and what she found is that not only does your body language mold other peoples' perceptions of you, but you can use your own body language to literally change your brain chemistry in ways that will make you a more effective person. These changes in brain chemistry begin after holding a "power pose" for just two minutes - you'll hear about a number of these poses, but I

think my favorite is as simple as, you guessed it, leaning back in my chair, stretching out, and putting my hands behind my head. If you hold that pose throughout this clip, I think you'll be amazed at how you feel afterwards.

[ted.com/speakers/amy\\_cuddy](http://ted.com/speakers/amy_cuddy)



### Portland Office

1512 SW 18th Ave.  
Portland, Oregon 97201

### Reynolds Defense Firm

Phone: (503) 223-3422  
[www.reynoldsdefensefirm.com](http://www.reynoldsdefensefirm.com)

### West-Side Office

12725 SW Millikan Way, Suite 300  
Beaverton, Oregon 97005





## Guest Columnist- Heidi Astrue Astrue & Associates

### Client Testimonials:

"My first meeting went well, no questions went unanswered. It took some weight off my shoulders. I know that a professional team is standing next to me and this gives me some piece of mind. I thank you for that." - **B.R.**

"Thank you so much for having faith in other people and for encouraging them to recognize that they have what it takes to learn from their mistakes and rise above them. It is wonderful that you have dedicated your career to helping others." - **J.D.**

"There was absolutely not anything that could have been done better. I am confident, certain, and trust I have the best representation out there." - **W.S**

The Courts require a person who is convicted of a DUII or who enters a DUI Diversion program to complete a substance abuse treatment program that usually lasts 12-18 weeks.

There are many treatment programs out there, but our go-to treatment provider is Astrue and Associates in downtown Portland. Over the years, we've developed a great working relationship with Heidi Astrue, and we send our clients to her for one reason-her practice takes care of our folks. We asked Heidi to share a little about herself and her practice, and this is what she wrote:

*At Astrue and Associates, we love to work closely with Reynolds Defense Firm because we share their philosophy of taking care of good people who find themselves in a difficult situation. We feel that the treatment required by DUII laws is an opportunity to address whatever concerns our clients have. If there is a substance related problem, we will partner with them to make healthy lifestyle changes. If there is not (and this is often the case), we try and explore the reasons why our client's behavior might have landed them in a compromising situation and create a plan for avoiding future problems.*

*I have been doing therapy in Portland for 17 years, first at OHSU, then opening my own practice. Over the years, I convinced my favorite therapists from other places to join me, and the rest is history! I grew up in the Columbia River Gorge and I love following sports, especially football and soccer. My husband and I have been married 29 years (I don't know how - I can't possibly be that old!) Our last two kids are currently freshman in college (Go Vikings and Cougs!), so I am getting used to fewer kid activities and a quieter house.*



**Astrue & Associates**  
511 SW 10th Ave, Suite 904  
Portland, Oregon 97205  
(503)220-0520  
therapy@astrue.com



*"Everything happens for a reason. Maybe you don't see the reason right now, but when its finally revealed, it will blow you away." - author unknown*

### What's New With Me & My Own

*"That was an epic fail Dad!"*

I never learned how to ski when I was a kid, and then as I got older, I still didn't learn how to ski because I didn't want to be the guy who didn't know how to ski. In other words, I deprived myself of the fun of skiing for the last 20 years because I didn't want to look foolish. How foolish was that?!

So, I am learning how to ski, and I have to say that I am having a blast crashing my way down the mountain. Tammy already skis, so she swings by to see how Jack and I are doing every so often. Jack is learning how to snowboard now too. Jack and I have a healthy competition going on—he may be a little faster than I am, but I have the better crashes, hands down.

So, I am having some "epic fails" as Jack puts it, and I think it is good for Jack to see that not only is it ok to fail, you usually have to fail to learn something new, and sometimes you can have a lot of fun doing it!

