



REYNOLDS DEFENSE FIRM

We represent good people facing DUI charges

# RDF NEWS

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October 2017

## Cell Phones Can Get You Jail Time in Oregon

Do you drive a vehicle? Do you use a cell phone? Many of us have and use both as the world continues to trend into a vehicle accessible and cell phone aiding society. Nevertheless, it's officially illegal to operate both at the same time. Local law enforcement agencies have even started to take action against those who are in violation of the new, strict law. If pulled over, police will not accept the excuse "I didn't know", and consequences can be steep. So, if you haven't heard about the House Bill that can send you to jail as of October 1st, keep reading.

According to The Oregonian, the earlier 2009 version of the Distracted Driving law required drivers to use a hands-free device to make phone calls and banned texting. While it helped keep roads safe, drivers could still do many things on their electronic devices as long as they weren't calling or texting. Under House Bill 2597, it is now illegal for most citizens to drive while **holding or using** an electronic device.

Violations were updated too. While there are larger fines associated with first and second offenses, the third offense within 10 years is a class B misdemeanor, which can result in up to \$2,500 in fines and up to 6 months of jail time.

We hope to never see anyone who is facing misdemeanor charges for distracted driving, but we are here if you need us. For more information about the Distracted Driving law, visit <http://www.oregon.gov/ODOT/Safety/Pages/Distracted.aspx> or give our firm a call at **503.223.3422**.



## Josh and The Oregon Supreme Court

Two cases on two different legal issues, both before the Oregon Supreme Court on the same day!

We are truly fantastic at DUI law. Period. That is the foundation of why RDF is successful, and it has to be the core of everything we do in order for us to go to the next level of also helping people on the human level. Though we try not to brag about our attorneys' legal prowess, we are making an exception here!

Congratulations to Josh Gibbs for being the trial attorney on two cases that are now before the Oregon Supreme Court. Very frankly, few attorneys have the originality to think outside the box at the trial court level to make legal arguments that set into motion the chain of events leading to the Oregon Supreme Court's willingness to hear a case. Josh not only did this once, but twice - and on October 17<sup>th</sup>, the only two cases argued before our State's Supreme Court arose from Josh's great work at the trial court level! Josh, we think you are incredible, and thank you for the great work you do for our clients!

### Portland Office

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## Staff Profile—Derica Waller



Derica is one of our proud Blue Binder Project (BBP) coaches, and she's the BBP Program Coordinator, too. Her enthusiasm for helping others couples well with her 20 years of experience as a master level therapist. Here are some fun facts about Derica:

- **Team dog or team cat?** Team cat all the way, but I don't have one! My husband's allergic.
- **What app do you use the most?** I use the calendar app to organize my life. If it's not in my calendar, it's not gonna happen.
- **Have any little known facts?** I've hiked 5 "fourteeners." They're mountains over 14,000 ft. My now husband signed in at the mountain top with an arrow pointing to my name once. He wrote "I'm about to propose to her," and did!

## Blue Binder Project Goes Nationwide

We are happy to announce that Blue Binder Project made its official online debut earlier this month. Our team has known that our four-week curriculum helps others make healthy and positive changes, but now that the program has been scientifically validated by Western Oregon University, we are officially ready to cross state lines. We even have a risk-free guarantee— if our clients aren't feeling better after the first week's coaching call and notify the team within the next two business days, Blue Binder Project will refund 100% of what they've paid. Period.

If you're curious and want to learn more, visit us at [www.bluebinderproject.com](http://www.bluebinderproject.com). As always, if you or someone you know is facing or has faced DUI charges and is determined to change for the better with a proven coaching system, please give our team a call at **877.302.7710**.



## Weave Self-Care Into Your Workday

Sometimes the fall season ushers you into directions that distract you from taking care of yourself. According to Amy Jen Su's Harvard Business Review article, "6 Ways to Weave Self-Care Into Your Workday," self-care is part of your job. Su suggests when you consider it a standard, it indicates that you understand what you need to be your most constructive, effective, and authentic self. While that's quite the bold statement, we've found our office morale and productivity to increase after inadvertently using some of her techniques. Some of her top tips include:

- **Update your workspace**— Mental clarity is gained with a clean desk, while pictures, artwork, and images remind you of the people and things that matter.
- **Take a victory lap**— Most of us can't remember what we did last week, especially after we've made a big push in the workplace. Taking the time out to write down and acknowledge your past accomplishments can help you and your team stay connected to passions, highest contributions, and actions that add value.
- **Recharge and reboot**— How are your energy levels? Many professionals don't get 8 hours of sleep per night, but we can always designate one night per week for extra rest to refill our tanks. It may be easier to restore by making it a point to have lunch away from our desks.

We are featuring more ways to practice self-care on our Instagram account every week! If you want a weekly reminder of different ways to improve productivity and reduce stress, follow us [@reynoldsdefensefirm](https://www.instagram.com/reynoldsdefensefirm). 

