What Have You Done For Yourself Lately?

Even if it hasn’t been a long week, there are some days when we just feel worn down by the end of the day. Multiple studies have shown how important it is to carve out some YOU time—doing something that encourages you to appreciate what has been good about your day. Here are a few things we like:

**From gloom to bloom** – Fresh flowers are an easy, inexpensive way to brighten your day. They look and smell nice, and can be a great conversation piece. Find some in your garden, or grab a bouquet from a local farmers market or flower shop to help bring a bit of the beautiful outdoors in.

**Get out!** When the sun is out, the last place you probably want to be is at your desk, so take a 10 minute walk around the block, or set aside a few minutes at the end of the day for a jog through the park. It’s amazing what a little Vitamin D can do to improve a bad mood.

**Explore the internet** - It’s been observed that the internet is a weapon of mass distraction full of cat videos and conspiracy theories. Every once in a while though, a silly Youtube video can take away a lot of the day’s tension. If you need a 5 minute brain break, here are some of our favorites: [http://badlipreading.com](http://badlipreading.com), [http://afv.com/video](http://afv.com/video), [https://www.ted.com/talks/browse](https://www.ted.com/talks/browse)

Our “A” Team On Your Side

Before I opened the Reynolds Defense Firm I was a prosecutor, and we used to have a code word for those few people you could trust under just about any circumstance – that person was ‘solid.’ Now fast forward to today, and that same ‘solid’ standard is what I use to describe the entire Reynolds Defense Firm. We’ve turned ‘solid’ into the Reynolds Defense Firm culture, and it starts with our employees.

To succeed at the Reynolds Defense Firm, to be part of our “A Team,” each employee must be a solid individual. That means that each of us must be honest and sincere, confident, courageous, genuine and smart. Drive and heart matter here – nobody can ‘phone it in.’ Pride in our work, the ability to anticipate rather than react, and a desire to improve every day, both personally and professionally, are required here as well. ‘Solid’ is a high standard, and if an employee doesn’t meet our standards, they don’t stay long.

Now imagine for a minute the power of DUI defense team made entirely of solid people – that is our “A team” – and that is the team you want on your side when it counts.
Profile - Richard Morgan, Associate

Associate attorney Richard Morgan will be the first to tell you he does not like to talk about himself. He doesn’t have a Facebook or a Twitter account, he’s never Snapchatted or taken a selfie. He prefers to fly under the social media radar and not stand out in a crowd. But his low-profile and humble attitude are some of the many qualities that make him a fantastic listener, and a shoulder clients can lean on when they’re having a difficult day. Richard not only provides stellar legal counsel, he also understands that the time he is in a client’s life can be a stressful, scary, and emotionally-charged period. He keeps that idea in mind with every phone call, meeting, or court appearance, and he does his best to provide emotional support in addition to legal support.

Richard may be a modest guy, but there are three things he is more than happy to talk about – his 10-month-old son, his favorite soccer and baseball teams (see the picture on the right of him sporting a Devil Ray’s shirt), and his tireless representation of the good people who find their way to the Reynolds Defense Firm. Richard is always ready to catch whatever legal challenges you can throw at him, just don’t ask him to brag about the results!

DUI 101: What Every Attorney Should Know About Oregon DUI Laws

Would you know what to say if one of your most important clients calls for your advice because his daughter has just been arrested for DUI? Learn how to successfully handle situations like these, and more, during an always interesting and often entertaining hour-long CLE presentation.

Contact our CLE Coordinator Tammy at tammy@reynoldsdefensefirm.com to learn more.

What’s New With Me and My Own

With the newly named Providence Park right in our own backyard, it’s no surprise that a lot of what we do in our spare time is attend Timbers events. At RDF, scarves are encouraged throughout the summer and it’s not uncommon to hear chanting coming from our office a day or two before a weekend match. This spring was no exception – we cheered on Jack Reynolds as he earned a coveted spot as a Little Timber escort at the home opener at the end of March against the Philadelphia Union. He walked in with player Diego Valeri and got to stay on the field with the team during the national anthem (& fireworks!). A very exciting day for our littlest Timbers fan!

Like or connect with Reynolds Defense Firm on Facebook and LinkedIn for helpful tips and advice!

Look for us on AVVO for more information on the firm and our attorneys!