



JUSTICE BYTES



MAY 2015

DRIVING UNDER THE INFLUENCE: **LESS BOOZE, MORE POT**

Highways are safer than they've been in decades, but that doesn't mean everyone is obeying the rules. While driving under the influence of alcohol is down, the incidence of drug-related automotive use is on the rise.

The National Highway Traffic Safety Administration's Roadside Survey of Alcohol and Drug Use by Drivers looked at data over a 20-month period from more than 3,000 drivers involved in car crashes and a control group of 6,000 drivers who stayed safe on the road. In that survey, one in four drivers tested positive for at least one drug capable of influencing driving safety.

On weekend nights, the number of motorists behind the wheel with drugs in their system rose from 16.3 percent in 2007 to 20 percent in 2014, with marijuana use by drivers climbing 50 percent. The good news is that the number of drivers with alcohol in their system has dropped by 30 percent from the 2007 Roadside Survey, and by 80 percent since the first NHTSA study in 1973.

It's not surprising that law enforcement is starting to focus more on "drugged driving", which has its own set of issues. One of the main issues is how you determine whether someone is intoxicated because of drug use. You can't rely on the odor of alcohol, or even the standard field sobriety tests since those were designed around alcohol levels. There are also separate blood tests required. I'll be dealing more with that on my blog, so if you're interested check it out.

This Month's Wisdom from Mother Theresa

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

"God doesn't require us to succeed, He only requires that you try."

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PRESENTATION ON THE INNOCENCE PROJECT OF TEXAS

I had the privilege on May 14 to speak to a group of court administrators in Waco. Thank you Ellen Watson of the 19th District Court in Waco for that opportunity. I spoke about the Innocence Project of Texas, and my involvement in that. A couple of things I pointed out included:

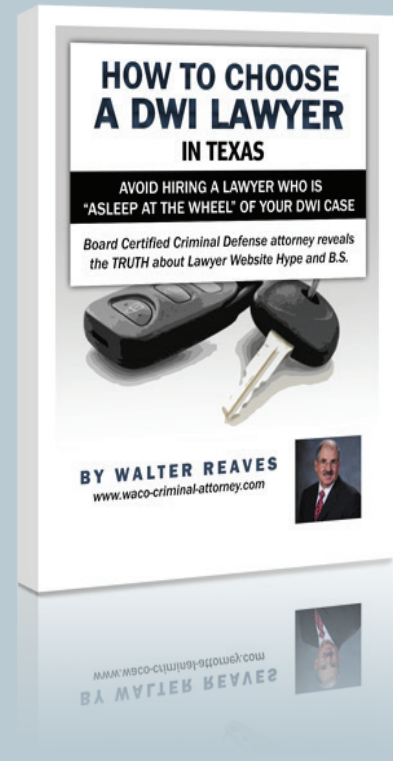
- We are a Texas organization which is separate from the National organization that is based in New York. Our directors are all Texas lawyers who volunteer their time – and money – to work on cases. We have two paid positions, who are both lawyers who strictly work on cases.
- We have been involved with the State Fire Marshall's office and the Forensic Science Commission (FSC) in reviewing arson convictions. Currently, we are assisting the FSC in conducting a review of hair and fiber cases. That follows a report from the FBI stating that many of their examiners have provided erroneous testimony in the past.
- We have a limited budget – unlike the National project which recently had a fundraiser where tables went for \$100,000 apiece. We can fund our operation for a year for under \$400,000.

I also shared some of my reasons for getting involved in this project. One of the reasons is spiritual: I believe we an obligation to the "least among us", which includes those in prison. "Whatever you did for one of these least brothers of mine, you did for me". Mt. 25:40

If you would like to help us continue this work please let me know and I'll be happy to talk with you about the different ways you might be able to assist.

BOOKS

I have several books, which I would love to send you. Those include a guide to the criminal justice process, one on hiring a lawyer, and a book devoted specifically to DWI. If you would like copies let me know.



SCHOOLS OUT

By the time you get this most of the schools will be out, or getting out. So remember, kids are going to be out playing – watch out for them. And have a great summer.





HOMETOWN HEROES

As a criminal defense I regularly see individuals who have made bad choices in life. Some of the clients I've represented never had a chance in life. I firmly believe that the biggest impact we can have on crime is with the youth. There are a lot of people making a big impact on our community, and I want to spotlight those people in this newsletter. If you know someone making a significant impact on our youth, or someone working with individuals who are trying to turn their life around please let me know. You can either call Tawne at 254-296-0020, or send me an email at walterreaves@att.net and give us your recommendations, as well as the reason why you think they should be recognized.

STAY HEALTHY WITH THESE SIMPLE TIPS

This is the time of the year when a lot of people seem to think more about their health. Maybe it's because it's easier to get outside now, and you want take advantage of the opportunity. Or maybe it's because you got outside are realized how out of shape you are. Whatever the reason, a healthy lifestyle isn't that hard to achieve. Start with these basic tips for getting into good shape and staying there:

- **Energy.** For more energy that lasts longer, avoid sugar and eat foods like lentils, soybeans, couscous, and dried fruits.
- **Water.** Make sure that you drink plenty of water every day to replenish and cleanse your body.
- **Happiness.** Pop a single chocolate kiss into your mouth. They've been shown to raise endorphin levels and make you feel better. Just don't go overboard; a full bag won't make you feel any better than just one.
- **Digestion.** Add some ginger to your recipes. Ginger has been used since ancient times in China to help digestion and cleanse the body.
- **Exercise.** After age 30, people begin to lose muscle mass and weight-bearing exercises become increasingly important.
- **Nutrition.** Eat 1 cup of yogurt per day. In one study, women who ate 1 cup of yogurt per day for six months got fewer yeast infections.



From Tawne's kitchen

Dreamsicle Salad

- 1 Box (3-ounce size) orange gelatin powder
- 1 Box (3-ounce size) vanilla pudding (cook and serve)
- 1 Box (3-ounce size) tapioca pudding
- 1 Can (4-ounce size) Mandarin oranges (drained)
- 1 tub (8-ounce size) whipped topping
- 3 cups water

Directions:

Bring water to boil, add gelatin powder and puddings, stirring well. Bring to boil again. Remove from heat. Cool, then add whipped topping and oranges.

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