



## Legal Tip of the Month

### 5 Ways To Avoid Getting Pulled Over This Holiday Season

1. That little sticker in the lower right-hand corner of your windshield is your inspection sticker. It's colored to provide the police a quick reference. If yours is out of date, that's a valid enough reason for the cops to pull you over, even if they really pulled you over for suspicion of impaired driving.
2. That little sticker on the upper right-hand corner of your license plate is your registration decal. Police check these all the time. If yours is out of date, well, you get it.
3. Don't forget that you need a front license plate in Massachusetts.
4. The white line on your right is called the fog line. If a police officer sees you go over it—even with one tire—that's enough to pull you over.
5. Brake lights. Make sure both of yours work.

## A Word From Nate

In order to function properly the human brain requires programming. A computer is the same way. Neither work without an operating system. The operating system makes everything run. I caught glimpses of this when I began to study Buddhist and Stoic philosophy, which are essentially operating systems for your mind. This became reality for me when we had our baby boy last year.

Things are happening to us all the time. Thousands of things a day. Some things appear to be good, like the taste of your favorite meal, and yet others, like a painful physical sensation, appear to be bad. Life is a never-ending sequence of moments like this strung together. The way you respond and relate to these moments defines your level of satisfaction or happiness in this world. Your responses are governed by the way you were programmed. This starts at a very young age. You must program your children early on with the right operating system. I see the importance of this as I raise my son.

Everyone's operating system gets glitchy now and again, and it can be de-bugged. Or in some cases, totally rebuilt. Strong and healthy operating systems are programmed. The programming language of the human mind is philosophy. By practicing philosophy, you are building and strengthening your operating system. This stuff really works. I'm telling you because it worked for me.

There are lots of philosophies out there. I practice Stoicism and Buddhism, because they tend to offer the straightest path towards the thing I'm most interested in achieving: relieving my own suffering and that of those around me. The thing about philosophy is that you really must practice it every day. It must become a part of you. The way I practice Buddhist philosophy is by meditating every single day. I don't skip a day, no matter what. Stoicism for me, however, is a little different. My daily practice is to read about it. By doing this, it becomes ingrained in me and becomes my default mode. For example, a

central tenant of Stoicism is that you are not in control of the world. Things just happen. The thing you can control, however, is how you respond to the thing that just happened. Did some jerk just cut you off in traffic? No sense yelling and screaming and letting that energy take you for a ride. See it, recognize it, and let it pass through you. You will live life unburdened. This becomes part of you after you've read about over and over again.

### Three quick and easy sources to get you on the Stoic path:

1. Author and modern Stoic philosopher Ryan Holiday sends out a daily, [short Stoic email meditation](#). Read it every day and make it part of your routine.
2. Ryan Holiday applies [Stoic wisdom for dads](#) in another daily email.
3. [Letters from a Stoic](#) is the classic Stoic text, written centuries ago. Most "letters" are a few pages and are easy to read before starting our ending your day.

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## How Can I Be Found Guilty?

Here's the thing you must remember: criminal charges against a defendant are accusations and nothing more. In our system of criminal justice, a defendant is always presumed innocent. The government carries the burden of proving guilt beyond a reasonable doubt. From the moment you are charged up until the jury returns a verdict, the presumption of innocence applies. In other words, you are not guilty unless and until the jury says otherwise.

[Learn More](#)

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## Domestic Violence Case Dismissed in Massachusetts

I recently won a case that involved misdemeanor and felony charges of domestic violence and witness intimidation. If my client was convicted, he would probably have very serious immigration consequences. The threat was real, and the facts of this case were difficult. We were facing an uphill battle, but then we caught a lucky break that later gave me the opportunity to make an argument using the United States Constitution.

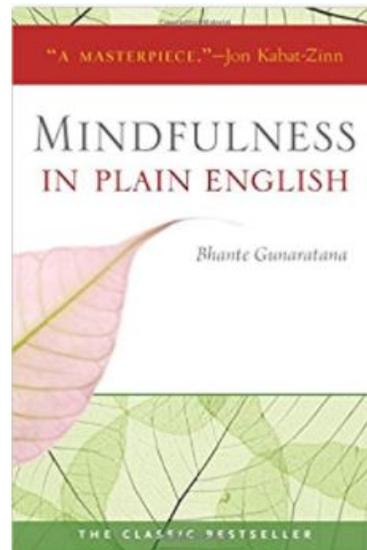
[Learn More](#)

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## Recommended Reading

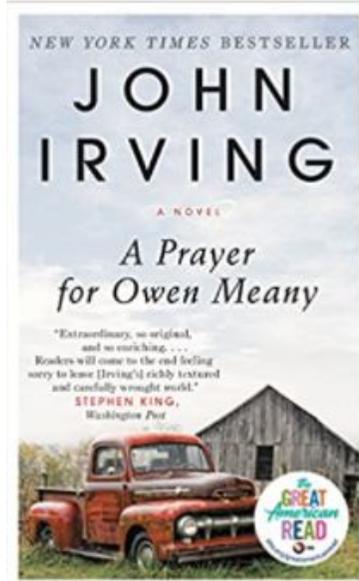
## Mindfulness in Plain English by Bhante Gunaratana

I think part of what makes meditation so unapproachable and difficult for people is that it's hard to get some good, clear instructions on what to do. There's just so much out there. Buddhist mindfulness meditation (vipassana) is what I do, and this book is the best guide I've found. Another great resource, and one [that I use everyday, is the Ten Percent happier mediation app.](#)

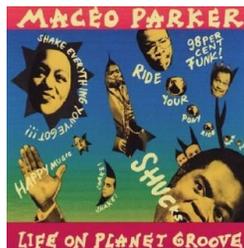


## A Prayer for Owen Meany by John Irving

Lots of people know John Irving for *The World According to Garp*. He's such a gifted storyteller and I think really one of the greats in the American canon. I really love the story he tells in *A Prayer for Owen Meany*. It's a coming-of-age story about two boys growing up in New Hampshire in the 50s and 60s and it's both mystical and deeply entertaining.



## What I'm Listening To



- [Life on Planet Groove by Maceo Parker](#). 2% jazz, 98% funky stuff.
- [Time Out by Dave Brubeck Quartet](#). West Coast cool.
- [Blue Train by John Coltrane](#). The GOAT at his finest.
- [Kind of Blue by Miles Davis](#). The other GOAT at his finest.
- [Light as a Feather by Chick Corea and Return to Forever](#). Fun and easy.
- [My Favorite Things by John Coltrane](#). A Christmas classic.

Listen Now

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Nate Amendola Defense serves Massachusetts in criminal defense matters.  
Contact our Hingham law office today at 781-740-0800.

