



BARELY LEGAL WITH **NATE AMENDOLA**

Legal Tip of the Month

Remain Calm, It Will Help Your Case

When the police make an arrest or investigate something, they write a police report. It's a written statement about what they observed with their five senses. This is probably the single most important thing in a criminal case. The police report will talk about your demeanor. If you're an a\$\$hole, the report will talk about it. If you're respectful and polite, the police report will talk about it. The takeaway is this: no one wants to get arrested or investigated, but if you do: remain calm and respectful, no matter what. It will help your case.

A Word From Nate – Self Optimization

These days I spend a lot of time thinking about self-optimization, focusing on the holy trinity: mind, body, spirit. The idea is to get each of those systems functioning properly and efficiently. Once these things are finely tuned and synced up, your potential is limitless. Our bodies are machines. They must be fed with the right fuel. If you're eating the right things, the machine functions properly. I promise that you can see and feel the results within just a few days of following a protocol that I've been using for a few years. The Slow-Carb Diet is a Tim Ferriss hack that really works and is easy to follow.

Here are the five rules:

1. Eating Nothing White
2. Eat The Same Few Meals Over and Over
3. Don't Drink Your Calories
4. Don't Eat Fruit
5. One Day a Week Eat Whatever You Want

The Law of Resisting Arrest and A&B on a Police Officer

In Massachusetts, it's a misdemeanor to resist arrest. A conviction for resisting arrest can result in imprisonment in the House of Correction for up to two and one-half years. The law punishes a person who uses force, threats, or another dangerous method to resist arrest.

To be found guilty of the crime of resisting arrest, the Commonwealth must prove the following four elements beyond a reasonable doubt.

[Learn More](#)

Nate Amendola Defense Case Result

How I Got Charges of Drunk Driving and Negligent Operation Dismissed

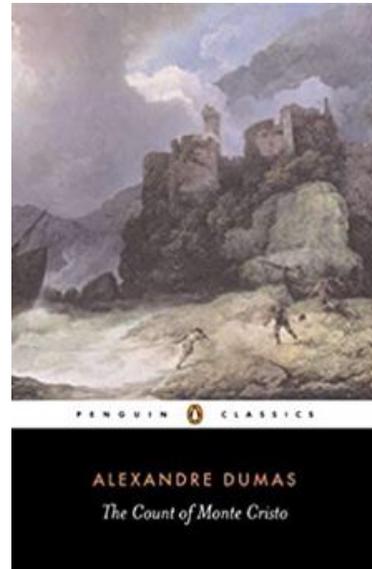
A client of mine is building a new house. After work one night, he stopped by the construction site with a few handy friends to complete some Do-It-Yourself work. They worked for a few hours and capped the evening off with a celebratory beer. On the way back home, my client was pulled over for failing to stop at a stop sign. Noticing a single beer can behind the passenger seat, the officer asked my client to perform field sobriety tests. My client respectfully declined.

[Learn More](#)

Recommended Reading

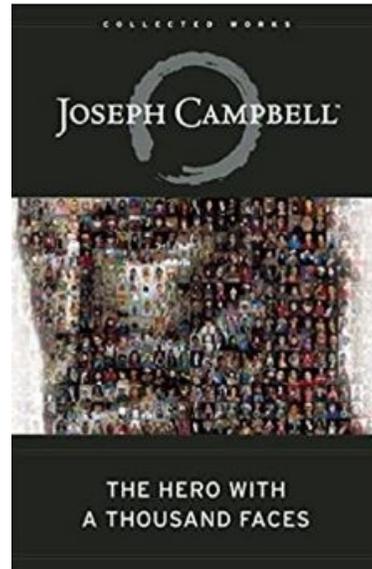
The Count of Monte Cristo- Alexandre Dumas

This book has over 4100 5 stars on Amazon. Why? Because it's probably the best novel ever written. Yes, I know. It's really long. Over 1200 pages. There is an abridged version but don't cut corners; that's not the one you're supposed to read. I'm reading this book for a second time because I love it so much. A spellbinding tale of revenge and swashbuckling adventure written close to 200 years ago. This bad boy is truly timeless.



The Hero with a Thousand Faces – Joseph Campbell

While we're talking about adventure, I would be remiss if I didn't tell you about another one of my favorites. You might know Joseph Campbell for having developed the Hero's Journey—the universal paradigm that has been the main ingredient to human stories since the beginning of time. The Hero's Journey is part of our DNA. It's ancient. Thousands of stories, like Star Wars, Shrek, and Dune, are based on it. The basic framework is that there is a "hero" who experiences an epic call to adventure. Of course, the adventure is fraught with danger but he or she meets an elder who becomes a mentor and helps the hero along the way. The hero survives the ordeal and comes back "home" to share the wisdom he or she has learned with the rest of the world.



What I'm Listening To

I once read that the Allman Brother's Band "Live at the Fillmore East" is one of the best live albums ever recorded. I would have to agree and have listened to this classic probably over a thousand times. It rocks from beginning to end.



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

