



## BARELY LEGAL WITH **NATE AMENDOLA**

### Legal Tip of the Month

#### **Supreme Court Ruling in New York Permitting License to Carry**

The Supreme Court recently ruled that New York's discretionary (so-called "may issue") firearms license to carry permitting process violates the 2nd and 14th Amendments. This decision will likely impact all discretionary ("may issue") gun permitting schemes, including our own in Massachusetts. So, if New York's scheme is unconstitutional, is the gun licensing scheme in Massachusetts unconstitutional as well? Possibly, yes. The gun laws in Massachusetts are more confusing than the tax code. But the bottom line is that the Supreme Court held that a firearms-licensing scheme that involves a discretionary determination of an applicant's eligibility is an unconstitutional violation of the 2nd and 14th amendments.

This means that the Massachusetts law dealing with a license to carry a firearm is going to need to be reworked because it currently grants a licensing authority (usually a local police department) with discretion to decide whether an otherwise-qualified applicant has "good reason" for the license to carry permit.

What does this mean for Massachusetts criminal defendants who are charged with violations of license to carry laws? As litigation will surely ensue, that remains to be seen. I know I'm getting ready to mount on a challenge on an existing case . . .

[Learn More](#)

### **A Word From Nate – 3 Easy Life Hacks**

It's actually fairly easy to measurably enhance the quality of your life. I talk a lot about that in these newsletters. If you're reading them with any regularity, you know that the single greatest investment you can make in yourself is a daily meditation practice. Mental fitness is quite simply the key to enduring happiness and tranquility. Period. But there are lots of other things you can do that are easy and over time make a big difference. I promise you that if you do these things if they become part of your lifestyle, you'll both perform and feel better. Let's start here: I'm willing to bet you're chronically dehydrated. Drinking enough water is critical.

You must drink enough water every single day. As a rule of thumb, you should be consuming half your body weight in ounces. While you may be under consuming h20, you're also probably overconsuming other things. These days it seems like all

the movies and video games and other things we read about are filled with violence. Everything is so violent. Do you honestly think that can be good for you? It's not. When you consume this stuff, your cortisol levels are spiking. You gain no benefit by having your day unwittingly filled with violence. The other thing that's not good is the amount of time you spend with your smartphone. I know you know this, but it's causing a lot of stress in your life. You don't need to be tethered to it. That's what's causing your anxiety. Let go.

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## Cool Thing

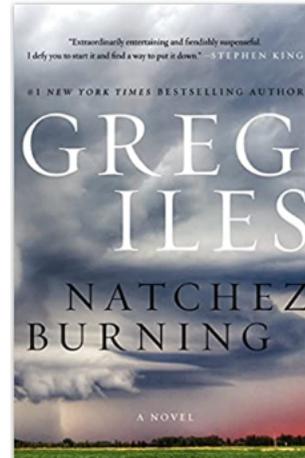
Last month I talked about athletic shorts and I'm talking about them again. The newest brand I tried is called [Vuori](#). I once heard them being called the "answer to Lululemon." I bought this pair and I'm very pleased.

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## Recommended Reading

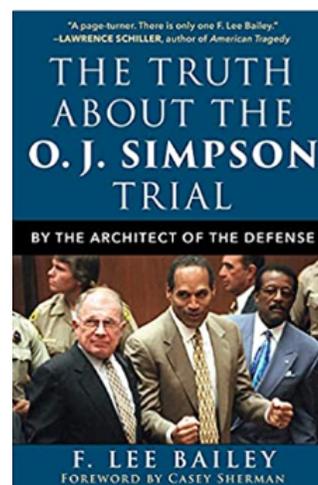
### Natchez Burning – Greg Iles

The first installment in a legal thriller trilogy, this book follows former prosecutor Penn Cage through the depths of Natchez, Mississippi, as he tries to find out the truth behind a racially inspired murder. Great for the beach.



### The Truth About the OJ Simpson Trial – F. Lee Bailey

Penned by one of Boston's most famed criminal defense attorneys, F. Lee Bailey, I found this book to present an accurate depiction of the broken criminal justice system. Whether you believe OJ did it or not, Bailey is convincing. This was fun and quick to read. Another good one for the beach.



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## Music Recommendation

Lately, I've been listening to a lot of music without lyrics to help me get engaged with deep work. Here are three Spotify playlists that are really nice:

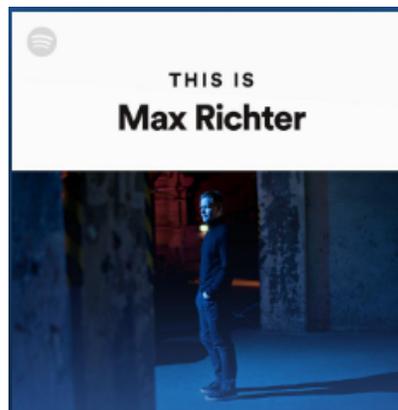
a. Jazz Meets Classical



b. Coding Mode



c. This is Max Richter



Nate Amendola Defense serves Massachusetts in criminal defense matters.  
Contact our Norwell law office today at 781-661-5450.

