



BARELY LEGAL WITH **NATE AMENDOLA**

Legal Tip of the Month

License to Carry in Massachusetts

Last month I wrote about the recent U.S. Supreme Court decision striking down New York's discretionary firearms licensing law. Just this week, the Massachusetts Senate, as some predicted, passed legislation in response to that Supreme Court ruling. The proposed new law will make it harder for the Commonwealth to limit access to firearms, particularly with respect to a "license to carry (LTC)." Here's what you need to know: before this new bill (it's not law yet until the Governor signs), if a person wants to get a license to carry (LTC) a firearm in Massachusetts, they need to apply to their local police and show, essentially, "good reason" to have one.

This leaves the licensing authority (local police) with a lot of discretion on whether to issue the permit. In June, the Supreme Court said such discretion violated the 2nd Amendment. So, the proposed new law in Massachusetts would require the licensing authority to conduct a personal interview with the applicant. The meaning of this would be to eliminate a police chief's denial of a LTC on the grounds that the applicant doesn't have "good reason" to carry. I expect there will be a lot of litigation around this, particularly as it applies to defendants who, before this proposed legislation, were charged with carrying a gun without a license, which is a very serious crime in Massachusetts. I'm currently litigating a case like this. I'll be sure to keep you updated.

[Learn More](#)

A Word From Nate – How to Change Your Mind

Bing Watch This on Netflix: [How to Change Your Mind](#). In this four-part docuseries, author and journalist Michael Pollan explores the therapeutic effects and cultural impacts of 4 major psychedelic drugs: LSD, psilocybin (mushrooms), MDMA, and mescaline. I find the history of these compounds and the accompanying research fascinating. It's well known that Steve Jobs experimented with LSD. But did you know that Francis Crick deduced the double-helix structure of DNA while under the influence of LSD?

Or that Aldous Huxley, author of so many great works, including *Brave New World*, asked for a rather large dose of intravenous LSD to be administered as he lay dying on a hospital bed? Did you hear about the "stoned ape" theory? Noted psychedelic researcher and experimenter Terrence McKenna theorized that

consciousness was essentially jumpstarted when our ancestors ingested psychoactive fungus while foraging for food on the African savannas. There's also currently a lot of research underway studying the potential breakthroughs the MDMA may provide to individuals suffering from debilitating depression and PTSD.

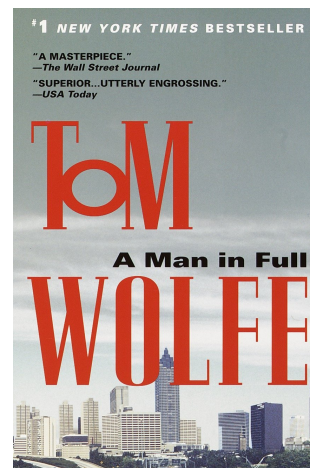
Cool Thing - Are You Getting Enough Salt?

I don't mean the crappy salt that's contained in delicious McDonald's french fries. Frankly, I don't understand the science behind it, but a good friend has turned me on to an electrolyte drink mix that's rocking my world. It's called LMNT (<https://drinklmnt.com/>) and you mix it in water. I take this following a workout and my energy skyrockets (and stays there). This, coupled with my Athletic Greens routine, has really helped me generate sustained energy throughout the day. O yeah, don't forget, you should be drinking about a gallon of water a day and eating a least your weight in grams of lean protein.

Recommended Reading

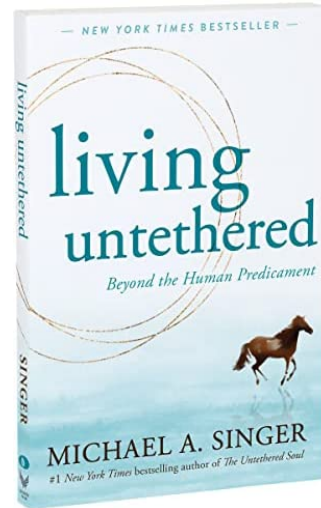
A Man in Full - Tom Wolfe

Where to start? I'll admit, this is another beefy one. I don't know how many pages, but it's a lot. But with so many books of this caliber, you need to read them bite by bite and savor every moment. I love Tom Wolfe, and he writes about the zeitgeists of the times. This one's set in Atlanta and is about American capitalism and all its trappings. An awesome read to really dig in for the remainder of the summer.



Living Untethered- Michael Singer

My most gifted book of all time is Singer's [Untethered Soul](#). I won't say any more about that book because I've written a lot about it. Living Untethered, brand new this past May, is a sort of guide, a pragmatic approach to living Singer's philosophy. I can't properly express how truly transformational Singer's stuff is. Other than my Buddhist meditation practice, no single thing other than paying attention to Singer's teachings have had a greater impact on my well-being. Invest in yourself on this one. Trust me. You will be happier.



Music Recommendation

Why My Guitar Screams and Moans

I loves blues music and I really like this fellow, Chris Thomas King. I discovered him recently and have been enjoying listening to his tunes.



Nate Amendola Defense serves Massachusetts in criminal defense matters.
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