

Legal Tip of the Month

Did You Know?

You are under no legal obligation to answer questions from the police.

Many times you'll incriminate yourself without even knowing it. Thankfully all of us have protection from self-incrimination through the 5th amendment.

Use it.

When speaking with police, there are two rules:

1. ALWAYS be polite
2. RESPECTFULLY decline to answer questions based on your 5th amendment privilege.

A Word From Nate



The pictures you see are of ancient Native American arrowheads that I found this fall on Nantucket. It's possible that at least one of these was fashioned during the same period the ancient Egyptians were making the pyramids. People have been living in Massachusetts for probably more than 13,000 years and evidence of their existence is everywhere, you just must look down.

Finding an arrowhead requires immense concentration, especially if you look on harbor beaches, as I do. You must distinguish an artifact from thousands of rocks and spend hours looking. Concentration is a skill that can be cultivated. Just like an athlete lifts weights to build muscle, you can train your brain to concentrate deeply on a given object or sensation. This training is done through the traditional Buddhist practice of mindfulness meditation, which aims to develop awareness. Meditation uses concentration as a vehicle to cultivate and strengthen awareness. Mindfulness meditation is about 2500 years old and is a system for training your mind, the ultimate purpose of which is to watch or listen to your own thoughts without being caught up in them. You literally become aware of what you are thinking. It's magic because once you strengthen your brain muscle, you can catch yourself being caught up in thoughts that are self-destructive, such as feelings of anxiety,

sadness, or intense desire.

At the most basic level, the recipe for mindfulness meditation is straightforward. It should become part of a daily routine. Find a quiet place and sit. Close your eyes and direct your attention to your breath. Just breath normally. This is the concentration part. Watch and feel the sensations of taking breaths in and out. What comes next is the key. Your mind will wander. A lot. And horribly. You may start thinking about breakfast, and upcoming meeting, a fantasy. Whatever. The thoughts will be endless. The trick here is not to get caught up in them. Just notice the thoughts and begin again. Watch your breath, and when your mind wanders, just start over. You might have to start over dozens of times in a sitting. It's all good. If you're starting over a lot it means you're doing it right. Try doing this for 5 minutes every day. Stick with it and I promise that you will become happier and more adaptable to what life throws at you.

Understanding the Criminal Court Process

A sentence is a criminal penalty ordered by the court. Some sentences involve jail. Others do not. Sometimes there are ways to avoid a penalty altogether. To understand how sentencing works in Massachusetts, you must first understand the structure of the courts. Different courts have different sentencing power.

[Learn More](#)

Felony Arrest Dismissed with the Client's Record Remaining Clean Case Result

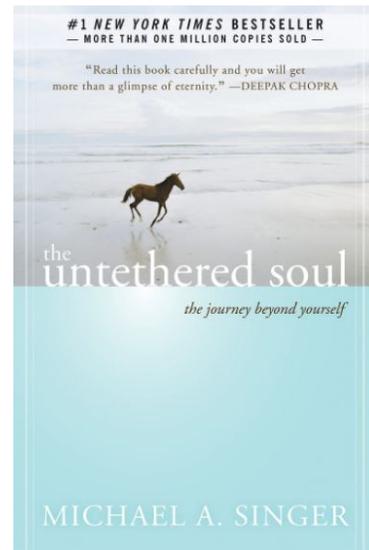
Many arrests come from routine traffic stops. You would be shocked by how many people find themselves at the wrong place at the wrong time. It happens all the time. In the early morning hours, a police officer alleged that he saw my client approach a four-way intersection while driving, slow but not come to a complete stop, and pass through a stop sign. The officer turned on his overhead emergency lights and then stopped my client's car.

[Learn More](#)

Recommended Reading

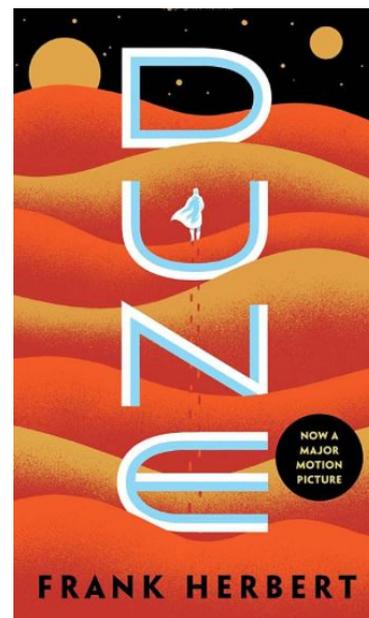
Untethered Soul by Micheal Singer

This is my all-time most gifted book and was originally recommended to me by my friend and personal growth expert [Adam Markel](#). If you're anything like me, you have a voice inside your head that gets in the way of things. This book teaches you how to relate differently to that noise and how to live a peaceful, happy, and fulfilled life no matter what life throws at you. I re-read this book a few times a year and it, coupled with mindfulness meditation, has helped me virtually eradicate anxiety. This is truly a must-read.



Dune by Frank Herbert

In honor of the newly released major motion picture, I suggest that all my friends read the original novel. It is unbelievably good and one of my favorites. It's a true page-turner and a blast to read. Epic in scope and cool beyond imagination.



What I'm Listening To



It's a probable fact that the Grateful Dead are the greatest American rock band and my love for them knows no bounds. And nothing is better than live Dead! Many Deadheads would agree that the Cornell 1977 show is a prime example of the band at its finest.

Another show that I've been listening to a lot is from the Fox Theater in Atlanta, GA on November 30, 1980. Like virtually all the Dead's shows, it's available on Relisten for free.

**Cornell 1977
Listen Now**

**1980 Fox Theatre
Listen Now**

Police Encounters

Webinar and Podcast with Attorney Michael Monteforte
and Attorney Nate Amendola



[Watch Now](#)

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

