



Are You Talking Your Way into a Drunk Driving Case?

Office Christmas parties are good for business because lots of folks get arrested for drunk driving after leaving the soiree. To state the obvious, drunk driving is dangerous and a public scourge. Though I defend lots of impaired drivers, I don't condone what they do. You shouldn't drive drunk. But the fact of the matter is, you don't need to be impaired to get arrested for drunk driving. The two spiked eggnogs you drank over four hours can get you in as much legal trouble as the seven Manhattans your boss guzzled with aplomb. Consider the following: after leaving the party, both of you get in your separate cars and drive home. You can safely operate a motor vehicle; he cannot. You forget to engage your turn sign as you take a right onto Main Street; he's all over the road. In both cases, the police have lawful authority to stop a motor vehicle, which is exactly what happens. As soon as the police officer starts talking to you, he smells—however slight, an odor of alcohol coming from your breath; and as soon as you open your mouth, you've talked your way into a DUI. This is because the answers to his questions have supplied him with the requisite probable cause to make an arrest. You told him you were coming from an office Christmas party. You admitted to consuming alcohol. He smells the wine your officemate spilled on your jacket. You've been up for 16 hours, and your eyes are bloodshot and glassy. Your nerves are making it difficult to find the registration in your glove box, and because Officer Jones is breathing down your neck, you're having trouble separating your license from the clear-plastic window it has adhered itself to. Guess what, these are all signs of impairment Officer Jones is trained to look for: the odor of alcohol, admission of drinking, bloodshot, glassy eyes, difficulty retrieving license and registration. All Officer Jones needs to arrest you is probable cause. And he has it. The takeaway from this is that bad things happen to good, normal people. So how do you protect yourself? It's simple: invoke your right to remain silent. Don't lie to the police. Just simply decline to answer any of their questions. It's not that police are bad. I don't think that. But to ask them not to arrest someone who's admitting to consuming alcohol is like asking a hammer not to strike a nail. It's in their nature.

My Christmas Gift to You

I want all of you to be peaceful and happy, and I'm sure that it's possible for you to feel like that. You just need to train your brain. It's that simple. The only way to do this is with a disciplined meditation practice. So, here's a link to 30 free days of what I consider to be one of the finest, if not the finest, meditation app. Godspeed.

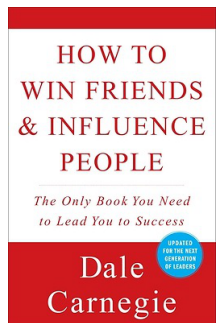
10% Happier

Book Recommendation

[How to Win Friends and Influence People](#)

By: Dale Carnegie

I don't believe you should be able to graduate high school without having read this. My dad gave me this book probably 25 years ago and it was the first "self-help" book I ever read. Thanks, dad, it changed my life



Another T-Shirt



Tommy John Undershirt

The wisdom of an undershirt is ancient. That is especially true if you consistently find yourself under stress like me. I've been wearing the [Tommy John Second Skin Stay-Tucked Undershirt](#) and can recommend it with gusto. This shirt is plenty long for me, indeed does stay tucked in, and is completely invisible under a nice dress shirt. Perfect for court and other leisurely activities.

Tommy John Website

A Documentary

[The Rescue](#) National Geographic

This rescue is beyond words. I was on the edge of my seat for the entire film.

