



BARELY LEGAL WITH **NATE AMENDOLA**

Quick Legal Update

Confidentiality With Your Lawyer

Nearly everyone knows that what you tell your lawyer is confidential. The duty of confidentiality is the cornerstone of the lawyer/client relationship. A client must trust his lawyer. The outer limit of this foundational principle was recently tested in Massachusetts, when an individual convicted of murder sought a new trial on the basis of ineffective assistance of counsel after his lawyer disclosed incriminating confidential information. The basic facts are these: Will Tate was convicted of murder in the second degree. During the course of the murder investigation, Tate told police that he threw the murder weapon, a gun, off the Braga bridge. Turns out that wasn't true.

He locked it in a box and stored it in his mother's basement. Tate's mother found out about this and reported it to Tate's trial counsel. Torn with a serious ethical dilemma, Tate's attorney told the prosecution about the whereabouts of the incriminating evidence. The highest court in Massachusetts held that Tate's attorney did not have an ethical duty to tell the prosecution or the police about the gun. He could have, and should have, said nothing. In the words of the court: where an attorney knows "of the location of possibly incriminating information but take no action to obtain possession of or to conceal or destroy any potentially inculpatory objects," that attorney violates no ethical rule by remaining silent. When I meet with clients for the first time, I tell them I need to know everything. Now you know why.

A Word From Nate – How to Live the Dream Life

You say you want to live the dream life. Well, you are living it right now. You are actually living someone's dream life. Someone out there, millions of people probably, think you are living the dream life. You are the pinnacle of what they want. I know this doesn't seem right to you. You have problems. A mortgage. A car with 100,000 miles on it. A rebellious teenager. You got passed up for a raise and have a terrible boss.

Despite all of this, you have running water. You have a roof over your head. You have a grocery store where you can go buy everything you need to eat. You don't have to hunt for food. You don't, unlike 670 million people, have to defecate in a street gutter, behind a bush, or in an open body of water. You have a computer or at least access to one. You have the internet. You make more money than the 689 million people who live on less than \$1.90 a day. All in all, it's not bad to be you. In

fact, it's great to be you. You are living the dream life.

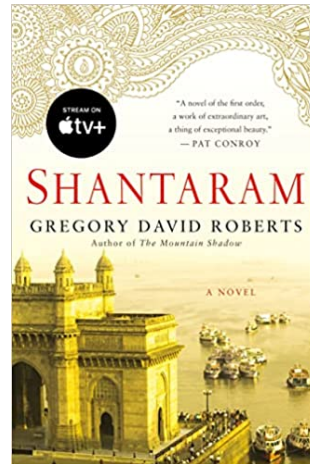
Thing I've Been Using A lot - Handheld Foam Roller

The [tiger tail handheld foam roller](#). My IT band tends to get sore and so do my feet. I use the Tiger Tail to tame the pain. This is a must-buy. I have nothing bad to say about it other than my two-year-old thinks it's a dynamite stick, so he throws it all over the place.

Recommended Reading

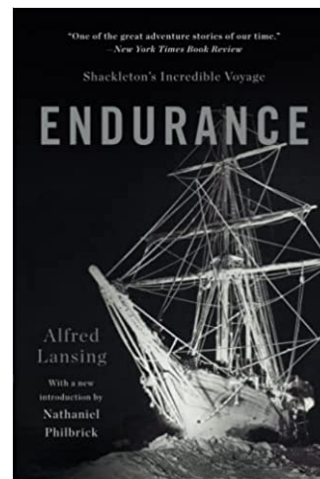
Shantaram - Gregory David Roberts

I'm sorry my friends, I should have told you about this book earlier. It probably should have been the first work of fiction I recommended to you. Why? Because it's awesome. It's one of my top 5. I don't have time to explain what this book is about. I can't do it justice. It's epic and about everything: love, adventure, money, power, brotherhood, sisterhood, religion . . . I could go on. Get it tonight.



Endurance - Alfred Lansing

Ok, I owe you another apology. How has this one escaped me too? THIS IS THE GREATEST ADVENTURE EVER TOLD. Need I say more?



How to Wake Up Early Every Time

There is a quick, easy hack to waking up at whatever time you want. It takes practice and discipline, but it works. Two steps. First, you must use an alarm and the alarm cannot be by your bedside. Put it somewhere requiring you to walk to turn it off. Second, when the alarm goes off, take two huge breaths of air. Hold them each for as long as you can, and slowly release them on the out-breaths. I'm telling you, it works.

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

