



David Miyoshi

# The Attorney Next Door™

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Attorney  
David Miyoshi's  
Insider Tips For  
Healthy, Secure &  
Happy Living...

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### Did You Know That We Handle Many Different Areas of Legal Representation?

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Call today and I will be happy to discuss your individual needs or situation. Initial consultation is FREE, call 310-378-0615!

**Note: WE'VE GONE ONLINE.** For those who receive this newsletter by "snail" mail and would prefer to receive the pdf version by email, and for any first timers who would like the pdf version just email me ([david@miyoshilaw.com](mailto:david@miyoshilaw.com)) and request the newsletter be sent by email.

## 5 Ways To Help A Child Be More Active?

After a recent outing to a 10 year old's birthday party I was shocked to see the number of overweight kids in attendance. I mean, I had heard all the reports about how childhood obesity is becoming a significant problem in our country, but as I watched them all gather around this child's handheld video game (instead of playing on their playset or with the scooter he just received), I now understood completely.

Today's kids are more interested in technology, video games, texting and TV, rather than playing outside like we did when we were young.

*So, is there a way to overcome this problem of child inactivity?* Well, according to Good Housekeeping and The American Council on Exercise, the answer is YES! Here are some of their suggestions for helping your child be more active:

### Lead by example



Get them off the couch and healthier than ever!

If you want your child to be more active, it's important to set a good example. Be sure to incorporate physical exercise into your daily routine and invite your child to come along. A 30 minute after dinner walk or bike ride with your family can be just what a child needs to discover how much fun physical activity can be. Other exercise options for you to explore with your child include playing at the park, swimming, roller skating, and ice skating. Try several of these activities so your child is exposed to a variety of physical challenges.

### Enroll your child in a class

Encourage your child to be active by enrolling him in a class that promotes a physical skill such as martial arts, swimming, tennis, ice skating, dance or gymnastics. Many

community centers and YMCA's offer affordable choices for the whole family.

### Limit your child's television and video game time

Set limits on the time your child can be on the computer or watching television. Encourage him to spend the remainder of his time outdoors. My neighbor suggested setting a kitchen timer for one hour. This let's her kids know when TV and video game time is up and that they need to go out and play.

### If it's safe, let your child walk home

If you live in a safe area and your child is old enough, allow him to walk home from school. If you're worried about his safety, organize a group of children to walk home together each day led by a different parent each week.

### Encourage your child to participate in school sports

Sports participation is

*Continued on page 3*

## Keeping Your Pet (and you) Happy When You Travel

Every year we go on a couple of family trips, and every year we face the same dilemma...*what do we do with the dog?* Over the years we have tried many different approaches. We have tried taking our pooch with us, but sometimes this is just too stressful for us and the dog. Plus, depending on where we're going, that may not even be possible.

Take it from the pro here, if you decide to leave your pet at home while you are gone, you have several good options: a kennel, a family member or friend who can look after your pet, or a pet sitter.

If you choose to **board your pet in a kennel**, be sure to get references and inspect the facilities first. You can get recommendations from your veterinarian or a local shelter. Find out whether your state requires inspections and whether your selected kennel has passed an inspection and meets mandated standards. Your pet should be able to accept basic commands and should be well socialized around

other people and pets to be a good candidate for a kennel. He should also be current on vaccinations. If you are planning a long trip, a short stay at the kennel a week or two ahead of time can help your pet get used to the environment. This will also let you know if your pet has any problems with being away from home.

If you choose to **drop your pet off at a family member's or friend's home**, you should also take some of these same basic precautions. If the home has small children, spend some time beforehand playing with your pet and the kids. This will give them both a chance to learn how to properly interact with each other. You can bring your pet's bedding, bowls, and toys along as well. You will also need to make sure that any existing pets in the home get along well with your pet.

If you are hiring a **pet sitter**, get

references and interview the candidate beforehand. A pet sitter is a great option for pets that are elderly, need special care, or are timid. If you are going to be gone during the holidays, be sure to make reservations with your pet sitter early, as these are traditionally very busy times of the year. Leave clear instructions regarding the care of your pet, along with emergency contact information, and a way to contact you. You should have the pet sitter come over for an hour or two before your planned trip to get acquainted with your home, the location of pet supplies, and to spend some time getting to know your pet.

Whichever option you choose, you should feel free to leave and enjoy yourself without having to worry about the care of your pet. By planning ahead and giving your pet a chance to get used to the change in daily routine, you should have a smooth process for you and your pet.



### Cool Stuff on the Internet

If you are looking for a particular item on Craigslist or any other auction site, you know how tiresome it can be to keep checking back over and over again. Now you can let an automated service do the work. [www.Aloofdoof.com](http://www.Aloofdoof.com) offers emailed alerts for listings on Craigslist and other auction sites. You enter your desired search terms, Craigslist region, category, and of course your email address. You can then choose to have alerts emailed to you hourly, daily, or weekly. You can also use the service to hunt for rentals or a job.

### Top 4 Reasons Why You Should Feel Comfortable Calling Me For ALL Your Legal Needs

- 1) There's no obligation. While I would love to have you as a client, there's no pressure. Come see me for your **FREE initial consultation** and I can promise you...you'll get all your questions answered with no hassles and no pressure.
- 2) You get my 36 years of legal expertise at work for you and your best interest. I give my all to each and every one of my clients, you can expect the same.
- 3) A top notch legal team working for you. We work together to make sure you are completely taken care of and the best possible outcome is achieved.
- 4) I have an open door policy. If at anytime you have a question or concern about the services we are providing you can come by or call anytime. In fact, I want to hear from you! I wouldn't have it any other way.

**If you would like to schedule a FREE consultation or just have a question, call me at 310-378-0615 or email me at [david@miyoshilaw.com](mailto:david@miyoshilaw.com)**

# Dangers In Online Job Hunting

In today's economy, more and more people are out there looking for jobs. Many will post a resume online, but after watching the news the other night, I learned that you should be VERY careful. According to the report on ABC Nightly News, identity thieves are using online resume websites as a new way to steal your information. These were their tips to help minimize your risk.

1. Use only sites that protect

**your personal information.** Casual browsers should not be able to see your full name, address, phone number, or other data. If a potential employer is interested, he or she should be able to get this information only by request from you.

2. **If you do receive a request for more information, or even a job offer, be careful if it seems too good to be true.** It may be a scam and a ploy to get your information. If you receive an email that asks for

money or for your Social Security number, ignore it. You should never send your Social Security number via email. In fact, you should not have to provide it until well into the hiring process.

3. **Be sure that you have the ability to delete your resume and other information once you have completed your job search.**



**Protect Yourself!**

## Help A Child Be More Active...cont. from page 1

a great way for your child to get regular exercise as well as build self esteem. The skills and team values he builds as a child can be of great benefit to him later in life.

### Give your child errands to be done on foot

Do you live near a grocery store, shopping center or post office? If your child is old enough and responsible, give him the job of walking to the

grocery store or post office for you on a regular basis. Or better yet, do it with him! This teaches your child a sense of responsibility plus gives him a chance to get out of the house and exercise.

As you can see, there are a variety of ways to encourage your child to be more physically active. It's a great way to promote positive health for you and your child, plus bring you closer together at the same time.

## "Who Else Wants to Win Movie Tickets For Two?"

*Your chances to win are better than you think!*

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the three lucky winners are....drum roll please: Dennis Fujita, Rolling Hills CA, Bob Tani, Encino, CA and Carl Waterman, Santa Ana CA were the first three people to correctly call with the answer to...

*Formerly known as the Warriors, what is the "golden" sports team nickname now used at Marquette University in Milwaukee?*

*Answer: Golden Eagles*

*Now, check out this month's question...maybe YOU will win the movie tickets this month...*

*Which literary character owned a mansion at West Egg, New York?*

a-Ivanhoe, b-Jay Gatsby, c-Rochester, d-Heathcliff.

*The first 3 people to call me with the correct answer will win! 310-378-0615*

## A Heartfelt Message To My Special Clients And Friends...

I would like to take a moment to acknowledge and thank a few of the special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without you!

**Patty Yanaga**

**Howard Nishimura**

**Nelson Vianna**

## Word Of The Month. . .

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Take a look below and impress your friends...maybe even fatten your bank account too!

*cavort*• \kuh-VORT\, *intransitive verb*: 1)To bound or prance about 2) To have lively or boisterous fun.

**Example Sentence:** "Why should I spend all my time slaving away day in and day out when I could be **cavorting** at the beach."

## Quick Tips of the Month

**HOME** - Save energy in your home by using your dryer and dishwasher late at night or early in the morning. You will save energy by not heating your home with the added warmth from these appliances. Better yet, let your clothes air dry and don't use the dry cycle on your dishwasher. Open the door and let them air dry to save energy and cash.



Tips to make  
everyday a little  
better!

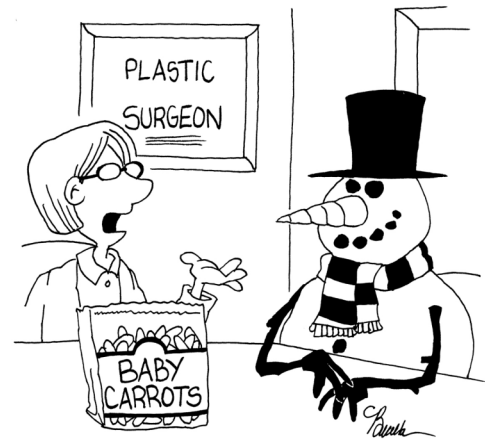
**SAFETY** - Motor vehicle crashes are the leading cause of death among children ages 2 to 14. This is often due to the nonuse or improper use of child seats and seat belts. Even if you are using a car seat properly, you should know that occasionally child safety seats are recalled due to

flaws in design or defects. To find out if your child's seat is part of a recall, contact the car seat's manufacturer or the National Highway Traffic Safety Administration Vehicle Safety Hotline toll-free at 1-888-327-4236 or visit [www.nhtsa.gov](http://www.nhtsa.gov).

**HEALTHY LIVING** - If you are frequently hit with food cravings, consider this tip. Place a list of activities and to-do items on your fridge. When you are tempted to dig in to find a snack, take a look at your list instead. Rather than eating, give yourself something to do. You will probably find that your hungry urges disappear after staying busy for a short period of time. Plus, you'll have the added benefit of getting some of those neglected projects completed.

**CAR** - How do you know when it is time for new shocks? If your car bounces three or more times when you go over a dip in the road or when you stop suddenly, your shock absorbers may need attention. Also watch for leaning or swaying when you are going around a tight curve or changing lanes. It is important to have properly functioning shocks to avoid some steering and braking problems.

**Comments, Questions or Concerns?** Call 310-378-0615 or email me at [david@miyoshilaw.com](mailto:david@miyoshilaw.com)



"And I can do the procedure right here in my office."

## Quotes to Live By...

"Opportunities are like sunrises. If you wait too long, you miss them". ~William Arthur Ward

"It doesn't matter how strong your opinions are. If you don't use your power for positive change, you are, indeed, part of the problem."

~Coretta Scott King

*Given the craziness in the world, I felt this one was good to hear once again...*

"Scarecrow (Ray Bolger): I haven't got a brain... only straw. Dorothy (Judy Garland): How can you talk if you haven't got a brain? Scarecrow: I don't know... But some people without brains do an awful lot of talking... don't they? Dorothy: Yes, I guess you're right."  
~from the 'Wizard of Oz'

*David Miyoshi*

**The Attorney Next Door®**

Whether you need legal advice, or if you simply want to stop by and say "hello", that would be great too. Please contact me anytime, I'd love to hear from you!

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