



David Miyoshi

The Attorney Next Door™

Volume 1, Issue 16 www.MiyoshiLaw.com September 2010 Los Angeles CA

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

Inside this issue:

Simple Steps To Healthy, Pain-Free Joints	2
Cool Stuff on the Net	2
Are You Murdering Your Lawn? 3 Mistakes To Avoid	3
Trivia Contest	3
Word of the Month	3
Quick Tips	4

Do You Have A Tough Legal Question You Want Answered?

I love hearing from my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about *anything* relating to your personal or business legal affairs. If you have a question, tip, or idea, please feel free to call me at 310-378-0615. I'm always here to help.

The Art of Time Management: Simple Steps to get more accomplished and reduce stress

Ever have one of those days where you sit back and ask, "where did the time go?"

Of course, we all do. However, if you're anything like me, you could use a little help in the fine art of time management.

No matter who you are, student, stay-at-home-mom, professional or retiree, you could benefit from these great time (and stress) management tips from the experts at the Mayo Clinic:

Plan & Prioritize Each Day: Planning your day can help you accomplish more and feel more in control of your life. Write a to-do list, putting the most important tasks at the top. Keep a schedule of your daily activities to minimize conflicts and last-minute rushes. Next, prioritize the tasks to ensure that you spend your time and energy on activities and

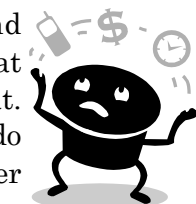
tasks that are truly important to you. Finally, each evening create a new list, transferring over any tasks you didn't get to.

Delegate Responsibilities: Time management can be successful if you can analyze your own strengths and weaknesses and only try to do what you are good at. Review your to-do list and consider what you can pass on to someone else. If you attempt to do

a task that is not one of your strong points, you will end up wasting more time trying to figure it out than if you just had someone better skilled do the task for you.

Improve Your Organizational Skills: Having a disorganized nature is the greatest enemy of effective time management (you

should see my desk!). If you are aware of the fact that you are disorganized, you should make a meaningful effort to improve your habits. It may be as simple as putting things in the right places and at the right times or cutting back on clutter. For others it may take a class or a paid professional to help you get organized.



Manage Time & Eliminate Stress!!

Know When To Take A Break. Too

much stress can derail your attempts at getting organized. When you need a break, take one. Take a walk. Do some quick stretches at your workstation. Even take a day off to rest and re-energize. When you return to work or your daily activities you'll be more focused and motivated to manage

Continued on page 2

Simple Steps To Healthy, Pain-Free Joints

I have to admit, the older I get the more I ache, creek and pop. Sure, this old ship isn't what she used to be, but that doesn't mean I can't be a little more proactive to help my joints stay healthy and pain-free.

In my research about joint care I found that one of the most common conditions is Osteoarthritis, caused by the breakdown and eventual loss of cartilage in the joints. According to www.mayoclinic.com, it is often a result of the natural aging process. There is no known cure for this joint disorder, but there are ways to ease the associated pain and stiffness. While medication is often prescribed to treat this condition, there are also lifestyle changes that can help.

1) **Excess weight is the biggest risk factor for developing osteoarthritis**, as this puts undue stress on your weight-bearing joints, such as your knees and your hips. Being overweight

also wears down the cartilage in these areas of the body. You can reduce your risk of developing osteoarthritis by up to 50 percent simply by keeping your weight within a normal range. If you are overweight, even losing just five pounds can have a positive effect on your joints, especially your knees. This weight loss can help protect your joints, decrease your pain and improve your overall health.

2) **Exercise is another good approach to reducing the pain from osteoarthritis.** Some sufferers of this disorder believe that increased physical activity can cause more discomfort, but the opposite is true. The experts at the Mayo Clinic report that *inactivity causes more stiffness in your joints, while increased activity helps to reduce inflammation.* Exercise also strengthens the muscles connected to your joints. Best choices for exercise are low-

impact activities, such as swimming, cycling, or rowing. Before starting any new exercise routine, you should consult with your doctor.



Simple Steps To Live Well & Be Pain-Free

3) Finally, many websites such as WebMD, Wikipedia and Prevention report there is research proving effectiveness of certain supplements. These include glucosamine and chondroitin, ginger, hyaluronic acid, collagen, and vitamins C and D. They report that research has shown that the use of these supplements can contribute to decreased pain and increased mobility in some people with arthritis. More research is needed to prove the safety and effectiveness of these supplements, so it is best to consult with your health care provider to find the right supplements for you.

Cool Stuff on the Internet

Many businesses and restaurants offer freebies on your birthday. Celebrating your birthday is more fun when you can get things like a movie rental, bowling, a tanning session, a car wash, and a meal, all for free. You can also get discounts on travel, including hotel rooms, cruises, and other amenities. So how do you find all these great deals? Simply go to www.FreeBirthdayTreats.com. There you can enter your state and find a huge list of birthday freebies. As a bonus, many of the free items are available for your entire birthday month, allowing you to spread out your celebration.

Time Mgmt...continued from pg 1

your day.

Get plenty of sleep, have a healthy diet and exercise regularly: A healthy lifestyle can improve your focus and concentration, which will help improve your efficiency so that you can complete your work and daily tasks in less time.

Optimum Utilization Of Your Time: You must realize that you only have a limited amount of time that you should use for the most important activities. Save your most fresh, energetic hours for your most important work.

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!

Nelson Vianna

Hiroko Asano

Are You Murdering Your Lawn? 3 Mistakes To Avoid

Ok, I have a confession to make...I'm obsessed with my lawn. In fact last year I went to battle with a mole (Caddy Shack style) but that's a story for another day.

Having a healthy green lawn can be a source of pride to any homeowner. It can also be a frustrating process if you are having trouble keeping your grass green and lush. So, when looking for useful lawn tips I came across a few that I figured we could all put to good use.

According to the good folks at www.allaboutlawns.com there are a few common mistakes that homeowners make when caring for their lawns. Avoid these pitfalls to help make the job easier.



A Beautiful Lawn is Yours When You Treat It Right!

Cutting Grass Too Short If you want your lawn to look as good as a golf course, resist the temptation to cut it too short. Golf courses use a special type of grass that responds well to a short cutting height. But most lawns require more water and put more stress on the grass when cut too short. Your best bet is to cut only to about three inches and no shorter. With this length, the grass holds moisture and can resist disease better.

Too Much Fertilizer Putting down too much fertilizer does not make for a healthier lawn. Grass can only absorb so much fertilizer before it starts to

become stressed. Excess fertilizer is washed from your lawn and can flow down your street into waterways, becoming a pollutant. Most agricultural experts recommend applying fertilizer in June, August, and October. Excessive fertilizing in the early spring can cause grass to grow too quickly, resulting in a plant with a weak root structure that is hard to maintain.

Too Much Water Most people are concerned about not watering their lawns enough, but more damage comes from over-watering than under-watering. Too much water results in shallow roots and a weak plant. In general, most grass needs about one inch of watering a week.

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

Your chances to win are better than you think!

I'm pleased to announce the three lucky winners of last month's trivia contest are: June Berk of Studio City CA, Bob Tani of Encino CA and Bob Mikami of Rancho Palos Verdes CA. They were the first three people to correctly call with the answer to...

Which pitcher struck out 17 Detroit Tigers in game one of the 1968 World Series?
Answer: Bob Gibson

Now for this month...

Robert Duvall has a memorable line in the movie "Apocalypse Now," saying "I love the smell of napalm in the morning." According to Duvall, it smelled like what?

- a-Freedom, b-Victory, c-Spring, d-Success

The first 3 people to call me with the correct answer will win those movie tickets!

Note: Movie tickets are only valid within the continental U.S. Those receiving newsletters by email need to state their name and the U.S. address where to mail the tickets.

Are You Simply Assuming You and Your Family Are Safe and Sound?

Do you ever find yourself dealing with a nagging feeling that all your legal affairs might not be up to speed? You're not alone. I have been a trusted attorney in the Los Angeles area for over 36 years. During this time I have met with thousands of folks, just like you, that needed legal representation from a person that they could trust. Be it personal or business affairs there really is no reason to wonder. Call my office at 310-378-0615 and I will be happy to meet with you about your legal matters and help you establish a more secure future for you and your family. Call me today for a free initial consultation.

Word Of The Month...

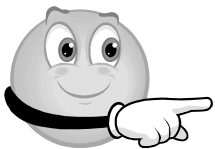
Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Here's another word to fatten your wallet...

exponent • \ik-SPOH-nunt\ , *noun*: a: one that expounds or interprets * b: one that champions, practices, or exemplifies

Example Sentence: "Pianist [Chick] Corea has played plenty of straight-ahead jazz, but is probably best known as an exponent of '70s jazz-rock fusion." (Merriam-Webster, quote by Curtis Ross, The Tampa Tribune, February 19, 1999)

Quick Tips of the Month

SAFETY - Children are more likely to be severely injured or even die from window-related falls than falls associated with any other product. Most of these injuries happen during the spring and summer. To protect your children, remember that window screens are not strong enough to prevent a fall from a window. There are specially designed window guards that fit on upper-floor windows that can help prevent a child from falling from the opening. Be sure to look for window guards that have a quick-release mechanism inside the window, to allow for a quick exit in case there is a fire.



Tips to help you save and be safe!

Finally, move furniture away from window openings to keep kids from climbing up to a window.

MONEY- Clothing costs can add up, especially if you have growing children. To cut those costs, organize a clothing swap with your family and friends. A couple times a year, get together and bring all of your outgrown clothing. Everyone can then sort through them and take what they can use. You can also get clothes that suit your needs at the time. This gives everyone an opportunity to get a wardrobe update without spending a dime.

GREEN LIVING - While plastic containers and wrap can be convenient, they are not always the best choice for food storage. You should avoid storing fatty foods, such as meat and cheese, in plastic containers. To clean reusable containers, only use a nonabrasive soap. Placing plastic containers in the dishwasher can cause them to be scratched, leading to bacterial contamination. Finally, even though some plastic containers are labeled as "microwave-safe," this only means that the container will not melt or crack in the microwave. It does not mean that the plastic won't leak chemicals into food when heated. A better choice is glass or ceramic containers.

ENJOY THIS NEWSLETTER?

Let me send it to your family and friends! Simply send me an email to david@miyoshilaw.com with their email address and I'll make sure they get a subscription by email. Oh, and as always...It's totally free. It's That Easy!



"Then it's settled. She gets the house, he gets the cars and the video games go to the winner of a game of 'Guitar Hero'."

Quotes to Live By...

Be inspired and have a good chuckle...enjoy!

"Happiness isn't getting what you want, it's wanting what you got." ~**Garth Brooks**

"The test of success is not what you do when you're on top. Success is how high you bounce when you hit bottom." ~ **General George S. Patton, Jr.**

"Where lipstick is concerned, the important thing is not color, but to accept God's final word on where your lips end." ~ **Jerry Seinfeld**

"A zebra does not change its spots." ~ **Al Gore**

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!

David Miyoshi
Miyoshi Law Office (a div of MILO)
1055 Wilshire Blvd, #1890 LA, CA
90017
310-378-0615
www.MiyoshiLaw.com