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The Attorney Next Door™

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Attorney

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

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Do You or A Loved One Need Trustworthy Legal Advice?

Has life placed you in a trying legal situation? Put an end to the headache and stress and let me see if I can help. **Call me at 310-378-0615** and I will put my 36 years in the legal profession to work for you. Don't trust just anyone to represent you in matters that could affect you for the rest of your life. Call my office today to set up a free consultation!

Is The Meat You Eat DANGEROUS?

I know. Sort of a defined unprocessed researchers indicated sensational headline red meat as any that reducing your huh? I couldn't help unprocessed meat from intake of processed myself. Every time you beef, lamb or pork, meats to one serving per pick up a magazine or excluding poultry. week, rather than one the newspaper it seems Processed meat was per day, can like someone is saying defined as any meat significantly reduce this something about this preserved by smoking, risk. food being bad for you, curing or salting, or The Harvard and that food causing with the addition of researchers concluded this or that. It certainly chemical preservatives; that it is not the can be confusing. examples include saturated fat and

However, I do believe we should be aware of what's healthy and what's not. So, when I saw a recent study by the Harvard School of Public Health on the safety of meat, I had to pay attention. They are very reputable and well....I like meat! I'm a griller and who doesn't love a great steak right?

Apparently they have found a link between the consumption of processed meats to an increased risk of heart disease and diabetes.

When I read this the first thing I thought was "what exactly differentiates processed from unprocessed meat anyways?"

The researchers

bacon, salami, sausages, hot dogs or processed deli or luncheon meats.

The results showed that, on average, each 50 gram (1.8 oz) daily serving of processed meat (about 1-2 slices of deli meats or 1 hot dog) was associated with a **42% higher risk of developing heart disease and a 19% higher risk of developing diabetes.**

In contrast, eating unprocessed red meat, such as chicken, steak, or pork chops, showed no increase in the risk of developing heart disease or diabetes. The



Keep it "unprocessed" and healthy!

cholesterol that makes a difference, but rather the extra amount of salt and chemicals in processed meat that is the problem.

I have to admit I was a little bummed when I read this, however, for the sake of my health, future and my family, I suppose I can cut back my favorite sausage and peppers dish to once every couple of weeks. And I have to say a nice grilled piece of fish or lean "unprocessed" beef doesn't sound all that bad either. Take care of yourself and your health my friends.

We all loved it when we were kids, our children and grandchildren still play it to this day, it's a favorite activity for many children...*what is it?* You guessed it...hide-and-peek.

Running and hiding from a group of kids, trying to outsmart them and possibly give them a good scare, it's hours of fun. However, like many childhood activities, there are safety risks, some which may have never crossed your mind.

This subject was brought to my attention by a friend that was telling me about a neighborhood boy who had been found struggling to breathe in a dryer. Thank goodness he ended up being ok, but it seems like he thought it would be a good hiding place, however had no idea that the door could not be opened from the inside. He was very lucky.

It just struck me that sometimes as parents we assume our children would "know better" but in reality there are many innocent actions that could end in tragedy.

So, I started to do a little research and came across some really good safety information that I think every parent, grandparent, aunt, uncle or even

neighbor should know and educate children about in order to prevent a tragic accident from happening.

The U.S. Consumer Product Safety Commission (CPSC) receives numerous reports of suffocation deaths involving children who crawled into old freezers or refrigerators, clothes dryers, or picnic coolers. Most victims are between the ages of four and seven.

The problem with these products is the fact that they are not easy to open from the inside. They seem like a perfect place to hide to a child, but can be very dangerous. Most of these types of units are designed to seal, cutting off air to the inside. For the past forty years, the Federal Refrigerator Safety Act has required that refrigerators be capable of being opened from the inside. Manufacturers of many other appliances have voluntarily redesigned their products to be safer. Even so, there are millions of unsafe appliances still in homes and neighborhoods across the country.

If you do have an older appliance in storage or meant to be discarded, take the simple

precaution of removing the door. If you can't remove the door easily, then disable the door lock. Keep children away from refrigerators, freezers, dryers, or coolers that are still in use. Teach your children that these are not safe places to play inside. If your child is ever missing, these appliances and coolers should be the first place you look. Even a few minutes could make all the difference.



When you educate them, you protect them!

Another issue to be aware of is trunk entrapment. For many kids, a car trunk looks like a fun place to play or hide. Unlocked cars are open invitations for children to explore. According to www.kidsandcars.org parents should teach children that vehicles are not toys and they should never play in them. It only takes minutes on a hot day to overheat a child, and hypothermia on cold winters days is just as dangerous. Newer model cars are equip with a glow-in-the-dark trunk release lever, however older model cars can have one installed for about \$50. Simply check with your dealership or a local garage for information.

Cool Stuff on the Internet

How do you know if you are getting a good deal when you buy an item on eBay? Comparison shopping can be daunting and time consuming. But there is a free website that does the work for you. Enter your search terms at www.Honesty.com. They take historical information on eBay sales and analyze it to identify what price is a good bargain for that item. You will see the current range of eBay prices for your item, as well as the bargains among what is currently for sale on eBay. So now you will know if that hula-hoop and those fuzzy pink bedroom slippers are really a great bargain.

When The Unexpected Happens...

When unexpected, stressful situations happen you don't want to turn to just anyone for legal advice. Feel confident anytime you call my office you will receive top notch council and my utmost attention to your personal legal situation. For a free initial consultation please call 310-378-0615. Thanks for your support.

How To Choose The Right Dog For Your Family

Selecting a new pet can be fun and exciting, but it pays to do your homework first. The worst thing you can do is fall victim to those cute puppy eyes and go with a dog that is not right for you or your family.

Depending on your situation, family life, work schedule, housing arrangements, and temperaments, some breeds may be a better fit than others for you. Keep these tips in mind as you get ready for a new member of the family.

Investigate the breed. Take the time to read up on the characteristics and personality traits of various breeds of dogs. You can find lots of information on the Internet and at your local library. However, if you locate a breeder through a web site, do not send money without speaking to the breeder and checking references

credentials first. Ask if the breeder is a member of an AKC-affiliated club and contact the club to verify membership.

Be careful of the source. Pet shops should be avoided if possible, as the dogs sold there often come from puppy mills. These types of operations can produce dogs with health and personality problems which will not show up for several weeks or months. If you are interested in a pure-bred dog, find a direct-sale breeder. Be very selective and try to get to know the breeder. It is best to take a look at the breeder's set-up before committing to a purchase.

Do your homework and bring home your perfect match



Consider your lifestyle. If you love to exercise, you will need a fit and active companion. If you are more sedentary, a smaller lapdog might be perfect for you.

Some dogs do well when left alone all day and others need more constant companionship. While most dogs do great with kids, many breeds are better suited to an adult-only household.

Examine your goals. Do you want a friend for your kids? Are you looking for a jogging companion? Or do you want a dog for added security for your family and your home? The breed you choose should be a good match for your specific goals.

A great place to start your dog search is www.dogtime.com. They have great tools and resources to help you, including a **Find Your Match** tool. Simply use their simple search tool to enter what you are looking for in a dog and they will provide you with a list of breeds to match. Also www.akc.org has tons of info plus a listing of preferred breeders.

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

Your chances to win are better than you think! Just Call!

I had some funny responses to this one, but the winners are: Dennis Fujita of Rolling Hills Estates CA, Scott McVarish of Culver City CA and Ray Turner of Santa Barbara CA. They were the first three to correctly call with the answer to...

What famous inventor wrote instructions for making stink bombs?

Answer: Leonardo da Vinci.

Now for this month...

Which is the least populated state capital in the U.S.?

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

"Thank You... Thank You!"

I just wanted to take a moment to thank all of my clients and friends who graciously referred me to their friends and neighbors last month. I take great pride in offering the highest quality of service and professionalism and your referrals continue to help me build my business doing what I love. I couldn't do it without you!

Tasuku Matsuo, Tokyo Japan

Takeo Kosugi, Tokyo Japan

Dato' Raymond Liew, Kuala Lumpur

Adrian Wong, Bangkok Thailand

Word Of The Month . . .

This one just caught me as funny. See what funny faces you get when you use this in everyday conversation! LOL

foppery • \FAH-puh-ree\ , *noun*: foolish character or action : folly

Example Sentence: "There was certainly no harm in his travelling sixteen miles twice over on such an errand; but there was an air of foppery and non-sense in it which she could not approve." (Jane Austen, Emma- Miriam-Webster, online)

Quick Tips of the Month

SENIORS - Roadwise Review Online is a free screening tool designed to help seniors drive safely longer. It measures certain mental and physical abilities that are important for safe driving. The online test takes about 30 minutes and identifies the physical and mental skills that need improvement. To access the online test, visit www.SeniorDrivers.org and choose the Roadwise Review Online link.

ORGANIZATION - Specialty container and organizing stores offer great solutions for your clutter situations. But the price of items at these stores can be prohibitive. After strolling through these types of stores and making a list of what you need, head instead to an office supply store. Using your list of ideas, you can often find exactly what you need to organize your home at a fraction of the cost.



Keep It Healthy!
Go Nuts!

FOOD - Nuts are high in protein and fiber and contain healthy amounts of vitamin E, folic acid, and omega-3 fatty acids. All of these are good for your heart. A recent study by scientists at Loma Linda University in California found that eating an average of 2.4 ounces of nuts per day reduced cholesterol levels by five percent in both people with normal and high cholesterol levels. People with high triglyceride levels saw a 21 point reduction with daily nut consumption. The researchers concluded that the lowering of these levels can lead to a drastically decreased heart attack risk. While it is easy to overindulge when eating these types of snacks, if you keep your consumption under three ounces daily, you can see long-term, heart-healthy benefits.

ENJOY THIS NEWSLETTER?

Let me send it to your family and friends! Simply go to my website www.miyoshilaw.com and click on the CONTACT US tab and write in your request including their email address or call my office at 310-378-0615 anytime with the email address and I'll make sure they get a subscription. Oh, and as always...It's totally free.



Quotes to Live By...

"Do not follow where the path may lead. Go instead where there is no path and leave a trail."

~ Ralph Waldo Emerson

"I'm Normally Not a Praying Man, but If You're up There, Please save Me Superman."

~ Homer Simpson

"We make a living by what we get, but we make a life by what we give."

~ Winston Churchill

"Always forgive your enemies. Nothing annoys them so much."

~ Oscar Wilde

David Miyoshi

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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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