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The Attorney Next Door™

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New Online Security Threats to Avoid

Attorney

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

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If you are a user of social networking sites I bet you have had a friend post a private message something like, "if you saw a strange post from me earlier today do not click on it, it's a virus and I did not post that. "Social networking sites, like FaceBook & Twitter, with their hundreds of millions of users, have become the target of hackers, spammers, and just plain crooks. They're trying to lure you in via scam surveys, fake applications and poisoned links, according to a report by online security experts Sophos Security.

Unfortunately, where there is interest, buzz and money to be made, there will always be crooks and hackers looking for ways to crack the system and get access to make a quick buck or cause turmoil. I hope this list of new threats will help you be aware and stay safe online:

Clickjacking - a hacking technique used to attack social network users. It usually starts with an e-mail from the social networking site saying something like "you haven't been back to X

Social Site recently and here are some messages you missed". It looks like a message coming from the network but when you click on the link it takes you to another website entirely.



This clickjacking might be a harmless, yet annoying, detour to say an online pharmacy or some other product push, but it also could lead you straight into a site loaded with malware, malicious software designed to harm or secretly access a computer system without the owner's informed consent.

The first thing to look at is the address of the e-mail allegedly sent by Facebook. Look for strange addresses like update+kksqwhid@facebookmail.com. If you get a message from an email address such as this, or one that seems strange,

delete it immediately. Do not open it. Also, keep your browsers up to date; all are doing a better job screening out dangerous stuff, and since they're free, why not take advantage of that protection.

Fake surveys: This scam is related to clickjacking since it attempts to make you click on something dangerous via a misleading message. Typically, the scam starts with a provocative (sexual or otherwise) message.

One that I have seen recently: "OMG! Look What this Dad did to his daughter! Girl commits suicide after dad posted this video." I think that many people would have clicked on this, especially young tweens and teens who don't know any better.

However, you have to "like" the page and fill out a quick survey before reading the story. Whoops: you just gave scammers a commission for filling out the survey, and helped the scam spread by sending it to all your friends.

To be continued on page 2

Your Teeth and Your Health

Everyone knows that maintaining a good dental care routine is good for your teeth, gums, and breath. But did you also know that it can help keep the rest of you healthy as well?

Good oral health has been linked to a decrease in cardiovascular disease, diabetes, and osteoporosis. So what can you do besides brushing and flossing to get the most benefits? I did some research and our friends at www.mayoclinic.com and the American Dental Association have several suggestions:

No nighttime eating. Your best bet is to stop eating after 8:00 p.m. It is especially important to avoid middle of the night munching. Not only is this bad for your waistline, but it can cause problems in your mouth as well. During the night, our bodies produce less saliva, which is necessary for proper breakdown of food and removal of food from your mouth. Since your body is less efficient at this at night, you will see an increase in gum disease and tooth decay if you snack at night.

Chew sugarless gum. The American Dental Association recommends chewing sugarless gum for about 20 minutes after each meal. This increases the

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Cool Stuff on the Internet

If you are a book lover, you will love Goodreads.com. This website is a social network for readers, with almost 4.5 million members. The idea behind Goodreads makes sense—you can probably get better recommendations for books you'll like from your friends than from strangers. Once you join, you can get recommendations from members, form a book club, and encounter new books. Goodreads offers an easy way for you to keep track of what you and your friends are reading and allows you to see what others think of books you are interested in. Members also create trivia about books, lists of the best books, and post their own writing. Best of all, it is free to join!

flow of saliva and removes some of the bacteria from your mouth.

Keep your equipment clean. The dental experts at the Mayo Clinic recommend rinsing your toothbrush with water after brushing and storing your toothbrush in an upright position to allow it to dry. Don't cover your toothbrush or store it in a closed container, as it will encourage the growth of bacteria.



Use the proper equipment. Brushing at least twice a day and using a fluoride toothpaste is a must for everyone. However, be sure your toothbrush is the proper size for your mouth. Consider using an electric or battery-operated toothbrush, especially if you have arthritis or other problems that make it difficult to brush effectively.

Drink more. Drinking water throughout the day keeps your mouth healthier and decreases the amount of bacteria in your mouth. A recent study showed that green tea is especially beneficial for preventing gum disease, so adding this to your daily hydration routine will have even more impact.

...Continued from page 1 The survey earns money for the scammers; they get a commission for every survey completed. And that's why they're spreading this message virally across Facebook and other sites.

Typosquatting - this is described as a social engineering scheme, and was originally discovered in December by the Internet Crime Complaint Center (IC3), a collaborative effort between the FBI and the National White Collar Crime Center (NW3C).

It revolves around the misspellings of an unnamed social networking site, for example: www.facebook.com. The misspelled domain name redirects users to sites that look very similar to the real social network. Upon arriving at the fraudulent sites, users are posed a series of survey questions with the promise of free gifts as a reward, including gift cards and laptops. *To be continued on page 4*

4 Beauty Mistakes That Could Be Prematurely Aging Your Skin

Everywhere I look these days I see the words “anti-aging”. On TV, the radio, doctors offices, billboards, magazines, heck I even saw an ad for an anti-aging product on the big screen just before I watched a movie at the theater the other day. (Oh boy)

It certainly is a hot topic. So, I asked a friend that’s in the day spa industry, and did a little research and came up with 4 mistakes that most of us make that will age our skin. They are all pretty easy fixes, so never fear, there’s hope for us all.

#1: Not Wearing Sunscreen Year Round. More than 1 million cases of skin cancer are diagnosed in the United States each year and current estimates are that 1 in 5 Americans will develop skin cancer in their lifetime. Sunscreen isn't just for when your sunbathing! You simply **MUST** wear it daily, no

matter what the weather or season. The American Academy of Dermatology, recommends products with a sun protection factor (SPF) of at least 30.

#2: Wash Your Face Before Your Hair

If you wash your face before your hair in the shower, then the shampoo and conditioner can actually help oils from your hair get onto your face, which can give you breakouts and issues along your hairline. So instead, wash your face at the very end of your shower.

#3: Neck & Hand Moisturizer

According to skin experts at www.webmd.com, the two areas that will show your age the most are your neck and hands. This skin on these areas naturally ages and

thins, and we combat that by applying moisturizers. However, your neck skin has less collagen to plump it up, so the skin can begin to sag. It is recommended that moisturizer and Retinol Creams be applied to the neck and hands to keep these areas looking firm and youthful.



#4: Not Getting Enough R&R.

The most evident signs of lack of sleep are the dark circles and bags under our eyes. Other evidence takes a little longer to appear, like dull skin and limp, lifeless hair. Without proper sleep, your skin is more prone to breakouts, rashes and eczema because it’s less able to withstand environmental irritants and daily dirt and makeup build up. So get some R&R and sleep your way to looking younger and feeling your best!

“Who Else Wants to Win Movie Tickets For Two?”

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

Last month the winners were: Bob Tani of Encino, California; June Berk of Studio City California and Keith Warner of Santa Ana California. They were the first to correctly call with the answer to...

For what magazine did Hugh Hefner serve as circulation manager while he was raising money to launch Playboy?

Answer: a children’s activities magazine!

Now for this month...

Where is the wettest place on Earth?

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

310-378-0615

Note: Movie tickets are only valid within the continental U.S. Please state your name and U.S. address where to mail the tickets.

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Word Of The Month. . .

Schadenfreude: enjoyment obtained from the troubles of others.

Example Sentence: When the Miami Heat and star LeBron James lost the NBA championships to the Dallas Mavericks, the New York magazine stated “Last night’s Mavericks win gave America one more night to revel in LeBron James schadenfreude.” The word comes from the German words for “damage” and “joy.”

(Miriam-Webster, online)

Quick Tips of the Month

Green Living Tip - Did you know that 90 percent of the energy used in washing clothes goes toward heating the water? In fact, about 19 percent of total home energy use goes toward heating water. You can make a big difference for the environment and your pocketbook by washing most of your loads in cold water. Save the hot water cycles for times when you really need it—to kill bacteria on bedding or towels or for heavily soiled items.



Car Tip - Now that the weather is warmer, you are probably ready to start washing your car yourself. Always wash your vehicle in a shaded area, so that the soap suds do not dry too

quickly on the surface. Only wash one section at a time and then rinse it off. Easiest is to start with the roof and then clean the upper section of the sides. Finally, clean the lower areas, which are usually the dirtiest.

Safety Tip - Use your annual spring cleaning this year to get rid of dangerous clutter around your home. Look at the floor of your home for tripping hazards such as toys, area rugs, and cords. Use bins and baskets to store items out of your walkways. Remove area rugs or firmly attach them to the floor using double-sided tape. Cords should never be run across walkways. Instead run them along baseboards and behind furniture.

.....**Continued from page 2** . Predictably of course, when it's time to redeem the 'gift', users are asked to provide a host of personal information including their names, address, phone number and email addresses. Many people will spend hours completing these surveys, mainly because they think they are at their trusted social networking site. However, what they don't know is that they are providing their private information to unknown parties that will turn around and sell their information, and the person will most likely never receive any of the "gifts" they were promised.

Best apps.....

For tracking the weather

- **The Weather Channel** is undoubtedly the "best comprehensive weather app on the market," at least in its iPhone version. Rival Accu-Weather, by contrast, "has put out a rather bland app," distinguished mostly by the fact that its forecasts extend out 14 days.
- **Weather+** is "a model of efficiency." It displays all the basic weather information you'd want on a single screen. (iPhone only)
- **Outside** is "the most fun-to-use app" of the bunch. Though it basically just provides a cartoon depiction of the weather outside your window, it gets points for looking good. (iPhone only)
- **Weather Radar** is a bit slow with downloads, but the wait is worth it. This app provides the most comprehensive radar information available. "It covers the entire globe." (iPhone only)

Source: *HoustonPress.com*



Quotes to Live By...

"Find something you're passionate about and keep tremendously interested in it. "

~Julia Child

"To be a hero or a heroine, one must give an order to oneself. "

~Simone Weil

"There is always something left to love. And if you ain't learned that, you ain't learned nothing. "

~ Lorraine Hansberry

"The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well. "

~Elizabeth Kubler-Ross

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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