

David Miyoshi

The Attorney Next Door®



Attorney

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

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Here's What My Current and Past Clients Are Saying About My Services:

"Thank you for being there when our estate really needed it" S. Walters

"Your business acumen was indispensable in the acquisition" T. Keaton

If you have a legal need, or if you simply have a question, please feel free to call me at 310-378-0615.

Don't trust just anyone when it comes to private and personal legal matters. I'm here to help.

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5 Ways To Save At The Pump

It's no secret that gas prices are one of the biggest strains on the average American these days. Personally, I cringe every time I fill the tank. Those numbers just seem to keep going higher and higher. It's just enough to make you want to not even fill the lawn mower, let alone your vehicle gas tank.

This pain encouraged me to started looking for ways to cut my gas spending that wouldn't completely limit my driving lifestyle. Implementing just a couple of these ideas could allow you to ease the pain at the pump.

Keep your tires properly inflated Under-inflated tires can impact fuel economy, reducing your cars potential gas mileage by 4-10% percent if all four tires are off by 10 PSI. My friend that's a car salesman says its like running laps with 5-pound weights strapped to each leg.

Correct tire pressure, which might be different for front and rear tires, is found in a car's owner's manual. If you're unsure about the proper tire pressure for your car, look

in the glove box door or on the driver's side door frame. Also, always check the pressure when the tires are cold to ensure the best reading possible.

Reduce the Weight

Carrying that beach gear, lawn chairs, golf bags & boxes of clothes you've been meaning to donate may be convenient, but did you know that for every 100 pounds of added weight your fuel efficiency drops by up to 2 percent.

So, open that trunk and



It's the little things that will save you \$ at the pump!

empty the back seat, it's time to lighten your load. However, don't go overboard. You probably should keep the spare tire.

Tune Up and Clean Out.

I have to admit, I'm not that kind to my car at times. I can't think of the

last time that I checked the spark plugs or air filter. *Don't they do that when you get your oil changed?* According to the

EPS's website www.fueleconomy.gov, fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4 percent, though results vary based on the kind of repair and how well it is done.

Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent! Now, I think we can all handle that kind of savings.

Lay off the Lead (Foot)

Shot-gun starts, quick or constant braking, not driving in the lowest gear while on the highway and a lead foot can all work to put a major dent in your fuel mileage. Chill it out and slow it down around town, your mileage may drop by just 5 percent, but on the highway your mileage can fall by one-third according to the EPA.

To be continued on page 2.....

Apps that Are Just Plain Smart

Nielsen today estimates that by the end of 2011, smartphones will overtake feature phones in the U.S. One in two Americans now have a smartphone compared to just one in 10 in the summer of 2008.

I love the technology, mainly for all the great applications you can add to it that make life so much easier, and information at a finger tap anytime you need it.

Here are some of my favorite apps that I'm sure you'll love. Oh, and if you don't have a smart phone yet, keep this article because you will soon enough.

Bloomberg- Want to know where the Dow is (or the FTSE or the Hang Seng? Check this quick app to track almost every stock and major index worldwide- along with government bonds, commodities and currencies- delivering data that's no more than 15 minutes old, plus breaking news from Bloomberg journalists. The best part- it doesn't cost you a dime! Available for Android, BlackBerry, iPhone and iPad.

Lost It! by Fit Now- Being overweight costs you \$700 extra per year in medical care, says a recent



Live "smart" with these smart phone apps

study. This app almost makes dieting fun: It helps you set goals, does calorie calculations, and factors in exercise. Cost: FREE Available on iPhone only.

Irewardchart- This app lets you name the task (Help mom with chores, do homework, practice piano) that can allow your child to earn gold stars. You set the rewards. For example: 10 stars earns the child \$2 or certain privileges. Cost: \$3.99 and worth every penny! For iPhone.

The Weather Channel- This is by far one of the best weather apps out there. It has all the basics, including tabs for hourly, 36-hour and 10-day forecasts. You can also read the latest severe weather warnings or check the radar for any dark clouds that might be headed your way. This is my favorite when we travel because you can type in the city before you get there to see what the weather is like ahead. Cost: FREE! Available for iPhone and Android.

LocalEats- The app lists what its publishers deem to be the best 100 restaurants in each of the 50 largest U.S. cities. The interface is simple too; you can view the best places either near your current location or near an address you input, or you can view the top 100 lists alphabetically by city.

An individual entry includes an address and phone number, along with price and category information. Something you won't find: a Cheesecake Factory or an Outback Steakhouse. All the picks are small regional chains or standalone restaurants. COST: 99 cents! Available for iPhone, BlackBerry, Google, or Android.

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Tighten your gas cap. This is one that really surprised me. If your gas cap isn't securely in place, gas can evaporate. That's as much as 30 gallons of gasoline that could be lost annually to evaporation when the fuel cap is not fully tightened. At \$4 per gallon, that's \$120 per year lost to the atmosphere.

HAVE FAMILY & FRIENDS THAT MIGHT ENJOY THIS NEWSLETTER?

Let me send it to them free of charge!

Simply go to my website www.miyoshilaw.com and click on the CONTACT US tab and fill out the information including their email address and I'll make sure they get an email subscription. Oh, and as always...It's totally free. It's That Easy!

Cool Stuff on the Internet

Do you love words and language? Then you will love Wordnik.com! Any dictionary can give you a definition, but Wordnik gives you more. Simply enter a word and you will find example sentences using that word, related words, images tagged with that word, and statistics showing how common the word is. If you don't know how to pronounce a particular word, there are audio pronunciations or you can record your own. They even offer a comments section for you to share your love of words with the world. How do they do this? They have mined over four billion words of text and share whatever they've found. It not only is better than a traditional dictionary, it's free!

Talking with Your Elderly Parent's Doctor

As most of you know, one of the hardest things to go through is watching your parents get older. Personally, I feel it's our duty to be there for them, they did sacrifice and do so much for us throughout the years. I think it only fitting that we watch out for them as well.

But when do you step in and help? Sometimes an elderly person shows signs of needing extra help or a change in their care. The most clear sign is a marked change in personality or behavior. But there are also more subtle signals.

Pay attention if you see any of the following: sudden weight loss, general forgetfulness or disorientation, failure to take medication or over-dosing, harmful behavior to self (burns or injuries), or a deterioration of personal habits.

If you see any of these signals, it may be time to consult with your parent's doctor. First, be sure to

include your parent in these discussions. It might be helpful to begin accompanying your parent to doctor's appointments.

You can ask questions and point out concerns. You may be able to begin a dialogue between your parent and his or her doctor that would be difficult for your parent to bring up on his/her own.

You can also remind the doctor of medication your parent is taking, including all over the counter medications. It may be up to you to ask important questions about possible side effects or alternate treatments. After the visit, you will then be able to refresh your parent's memory regarding treatment options or medications to be taken.

When searching for a doctor for

your elder, make sure that you find one who is willing to talk with you and take phone calls from both your parent, and other family members who may be concerned about your parent's condition. It is also important to constantly assess the care your parent is receiving and be willing to make changes if there seems to be a problem.



They Watched over you, now it's your turn

In providing this type of care giving to your parent, it is crucial to remember that they are to play the primary role in their own care, if they are still able. Be sure to act as a helpmate and an intermediary between your parent and his or her doctor.

Don't try to take too strong a role and be sure to allow your parent to have some private consultation time with the doctor if he or she has sensitive or personal issues to discuss.

"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: Only one and his name is Kenneth Timken of Santa Barbara, CA. He was the only one to correctly call with the answer to...

Where is the wettest place on Earth?

Answer: Buenaventura, Colombia!

Yes, that was a tough question!

Ok, I found this one particularly disturbing...

Before there were dentists, what profession was responsible for curing aching teeth?

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

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.

The No. 1 Way to Improve Your Health

So what is the #1 thing you can do to improve your health? According to the revered Retirement Millionaire publication, it is sleep.

We keep discovering more things that sleep helps balance and prevent. Lack of sleep is connected with heart disease, obesity, colds, and now, even cancers. New research shows losing a half-hour of sleep can impair verbal skills, reaction time, and stamina. And men who don't sleep enough could experience erectile dysfunction.

To be continued on page 4....

Word Of The Month. . .

wistful\WIST-ful\; adjective 1 : full of yearning or desire tinged with melancholy; also :inspiring such yearning.

Example Sentence: Dan's gaze was wistful as he watched the movers load the furniture into the truck and thought of all the good times he'd had in the house. (Miriam-Webster, online)

Quick Tips of the Month

Healthy Living Tip—Summer is a perfect time to take advantage of the fruits of the season. Increasing your intake of seasonal fruit gives you an easy way to load up on antioxidants, which can help prevent damage to tissues and reduce the risks of age-related illnesses. They are also full of extra fiber, which can help keep your cholesterol low and protect against some cancers.



Avoid the crowds and save too!

Travel Tip—Airports can be crowded during the peak travel season. If you'd like to avoid these crowds as much as possible, try to fly during the off-peak times of the day. Booking a flight during the mid-morning through early afternoon or in the evening is your best bet. Even better, choose one of these times on a Monday through Thursday.

Home Tip—Cooling your home can cost big bucks in the summer. You can keep your costs down by making some small changes. Instead of heating up your oven (and your home), use your grill or microwave instead. Ceiling fans can increase the efficiency of your cooling system without costing a lot. Plug leaks in your windows and doors and be sure to change your air conditioner's filters monthly.

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(.....Sleep)

Great research from Stanford University years ago suggested poor sleep leads to heart disease. It turns out, without sleep, our immune systems don't work well. That leads to more inflammatory molecules in our blood stream, which leads to more inflammatory molecules in our blood stream, which leads to many diseases like heart disease, diabetes, and cancer. You need sleep in order to "recharge" and balance the immune system at night.

I try to get at least eight hours of sleep a day (including naps). Almost everyone should sleep a minimum of seven and a half hours a day. Even people who think they're getting enough are probably not.

Here are some simple and easy tips to help sleep better tonight....

Do what I do and darken the room as much as you can (or wear eye shades – seriously). Remove your television and radio. Get rid of electronic gear and unplug things near your head and body – the chargers and transformers in them emit electromagnetic radiation. And turn down the thermostat in your bedroom. The optimal temperature for quality sleep is cooler than you'd imagine (and it's been studied extensively) – around 60 degrees.

One thing that helps is to maintain a set time of day you either wake up or go to sleep. Importantly, try to make your bed a place of relaxation, sleep and sex. And one more thing: Don't fight in the bedroom. Let it be a sanctuary.

Here's to our health, wealth, and a great retirement.

B.Z. Toons

by Brian Zaikowski



Telemarketer season

Sometimes we all feel a little like this guy above. If you're having issues with telemarketers, you may want to subscribe to the Do Not Call Registry: www.donotcall.gov/

Quotes to Live By...

"A thing of beauty is a joy forever: its loveliness increases; it will never pass into nothingness."

~John Keats

"Dream no small dreams for they have no power to move the hearts of men."

~Johann Wolfgang von Goethe

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

~Joseph Addison

"A good head and a good heart are always a formidable combination."

~Nelson Mandela

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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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