



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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Sometimes You Say It Best...

"Thanks for quickly cutting through that foreign government gobledeegook to close the deal. Our company couldn't have done it without you."

Ken T., Huntington Beach, CA

"We were worried about how long it would take and really appreciated how you expedited the probate and efficiently transferred the estate to the heirs"

Tim and Betty N., La Mirada, CA

If you have a legal need, or if you simply have a question, please feel free to call me at 310-378-0615 I'd be glad to help you as well.

Lead Your Way To The Top

Are you a born leader? Does it come naturally to you or do you have to work at it? Perhaps human beings are like worker bees. They do what the queen tells them and live their lives at the bottom of the ladder waiting for a message from the queen. Not everyone is a natural born leader, but there are some steps that you can take to make your way to the top.

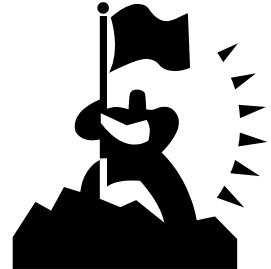
John Maxwell, world renown author, speaker and leadership guru, talks to people all over the world about the five levels of success. I picked up these great tips from a recent Success Magazine article written by him. Regardless if you are in the workforce, or a homemaker, you'll benefit from these leadership theories.

The lowest level on the leadership ladder is position. Anybody can become a positional leader because there is no special ability that is required. They run their position by rules and regulations and treat their staff as subordinates, not as members of a team.

Unfortunately they get little respect from their staff members. If you are trying to become a leader by getting people to follow, you are going about it the wrong way.

The second level on the ladder is permission. This is based on relationships. Leaders on the permission level have people following them because that is the choice that the followers have made. They have not been forced into following a positional leader. Level two is about liking the people you lead. Poor leaders are the ones that try to lead the folks that they do not like. Permission is about treating people with respect and value. Once you develop influence you will gain their trust.

Production is the third level. A good leader will advance past the second level of permission because it begins to get fun. Unfortunately some people get comfortable at the permission level and never grow into the next level which is driven by results. These leaders are influential and credible in the eyes of their followers. Once you



Don't put your health and life in jeopardy. Take action steps now!

get to this position, you will see higher profits and happier staff members. Boosting team morale is one of the best ways to achieve production success.

Level 4 is all about People Development. You can empower your followers by believing in them. Show them how important team work is and how much you believe in them. If you care about your followers they will become extremely loyal to you. As you create more teamwork, you also get more leaders. Leaders get results which helps everyone's performance.

Level 4 is also about changing the lives of your followers. People will follow a Development leader because of the things they have done for them on a personal level.

Continued on page 2...

Watch What You Touch For Better Health

Believe it or not things that you touch in public everyday could make you sick. Kimberly-Clark Professional has recently released a study that just might surprise you. The company had their hygienists swab surfaces in six American Cities to find out what objects harbor the worst viruses and bacteria.

Leading the pack at number one is gas pump handles. Better bring a pair of disposable gloves or use a paper towel to protect your skin the next the next time you fill up. Hand sanitizer in your glove box is another good idea. Gas prices are not the only thing you should be afraid of at the gas station.

Coming in at number two is mailbox handles. Now Kimberly-Clark did not specify if it was the boxes that were at the post office, or the ones that are in your front yard, but just to be safe keep some baby wipes handy.

Everyone loves to shop, but if you can use the elevator instead of the escalator you would be safer. The study says the escalator rails are number three on their list of public objects that we touch everyday that could make you sick.

If you are running low on cash head inside and pay your friendly bank teller a visit. Turns out that ATM buttons tested in at 41% making them 4th on the

list. If you have to make a withdrawal after hours make sure that you wash your hands as soon as you can.

It might cost you more to use the Valet, but you will save money on a visit to the doctor's office. Parking meters tied with kiosks at number five with a 40% level of germs and bacteria.

Walking is great exercise but beware of crosswalk buttons. They are number 6 on the list of public objects that can send you to the doctor or worse yet, to the emergency ward.

Ranking in at number seven are vending machines. The little buttons that you push to get a snack could make you sick, especially if you eat your potato chips or peanuts the minute they come out of the machine. Wash those hands right away or simply pack your own snacks before you leave the house. They are healthier in more ways than one.

After the study the Kimberly-Clark hygienists agreed that the only thing the objects have in common is that nobody is responsible for cleaning them. Now it's up to you to be aware, take precautions and stay healthy.



Don't let the things you touch make you sick!

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!

Koichi Kinoshita, Yoshihito Hamada and Keiko Miyahara of Mitsubishi International; Fumie Taido and Kazuko Yoshizawa; Yuriko Hayashi of Yamaya U.S.A.; Paul Mori and Misako Watanabe of Teikoku Pharma U.S.A.; Sharon and Clyde Miyata; T.K. Nobuyuki and Charles Wheeler

...Continued from page 1

Often times these relationships last a lifetime.

Level 5, which is the Pinnacle, is the most difficult and highest to obtain. Most people can make their way from the first to the fourth level, but it takes skill, intention, effort and a lot of talent to get to the top of the ladder. Usually it is only the born leaders that make it to this level. The job of a Pinnacle is to develop followers into level 4 leaders. Although it can be difficult to work to develop more leaders it is a huge payoff. Once you can get other people to develop and create more leaders you begin to build a level 5 organization which is the ultimate payoff. Pinnacle leaders can often change an entire industry.

Cool Stuff on the Internet

Do you know that you may have unclaimed money owed to you? States and provinces have millions of dollars in unclaimed money and property. To check if you are owed anything, go to MissingMoney.com. You only have to enter your last name and state. It checks against current databases to find missing money for you. If you do find your name on the list, you will receive instructions on filing a claim with your state. There is no cost to use the site and no fees to claim your unclaimed property.

What You Should Know About Walking Safely

Are you a walker? You should be. A recent study showed that just 15 minutes of exercise a day can extend your life another three years! That's why when I came across a great article in Runner's World magazine the other day I just knew I had to share this info with you.

One of the most interesting things that the magazine had to say was that you should take it easy if you have never walked for exercise before. The article recommends that you check with your doctor before you begin.

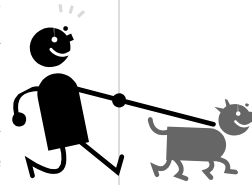
Another great thing to remember is to not overdo it. Some people get overanxious about a new exercise program and tend to go overboard. Start slowly and gradually increase your speed and duration. Set goals for yourself and wear a watch or a

pedometer so that you can keep track of how far you have gone. Before you begin make sure that you have a good pair of walking shoes that will give you good support.

Try the talk test. If you cannot talk while you are walking then you are going too fast, if you can recite the entire Declaration of Independence, than you are going too slowly. If you have any pain at all, you need to see your doctor. Walking should not hurt.

If you like to walk outdoors try and find a partner. Not only will you get great motivation, but it is also safer. Regardless of what time you take your walk make sure that you wear something that can be seen. Be sure that you walk against traffic. This is especially

important if there are no walkways or sidewalks. Walking with traffic can be very dangerous.



Walk Safely and reap the rewards

Be sure to vary your route. It is a great motivator and it keeps you out of harm's way if someone is tracking your daily routine. Walk offensively as opposed to defensively.

Drivers do not always know when a pedestrian has the right of way.

Carry pepper spray and your cell phone with you. If you get into any kind of trouble you can make a call or spray your attacker. Take your dog with you as it can be a great deterrent if someone is planning on harming you. Remember to carry your I.D. as well. Becoming a John or Jane Doe because of an injury is not a pleasant experience.

"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: Thomas Butler of New Providence NJ, Bob Tani of Encino CA, and Larry Kaynes of Riverside CA. They were the first to correctly call with the answer to this fun question...

Which is the only planet that rotates clockwise? Answer: Venus

This month I have one for you football fans...

What was the original name of the New York Jets when they were in the AFL, before joining the NFL?

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

Good Luck...

310-378-0615

Best apps....

For parking your car

PrimoSpot provides block-by-block real-time information on street-parking rules, plus parking-lot locations and fees. Unfortunately, PrimoSpot so far only covers New York, Boston, and Seattle. (\$2; iPhone, Android, BlackBerry)

Parkbud will alert you when your parking meter is about to expire, once you set its simple alarm. It also uses GPS to help you locate your car if you've forgotten where it's parked. (iOS only)

Parkdroid performs the same tasks for Android users. Its GPS mapping functions are "a bit clunkier" than Parkbud's, but this free app is still "as intuitive as it gets."

Parking in Motion is an "amazing" tool if you're simply looking for a lot or garage. Its maps pinpoint 26,000 locations in 330 cities, and it'll even direct you toward the cheapest rates. (iPhone and Android)

Source: Portland Oregonian

Word Of The Month. . .

obsequious -\ub-SEE-kwee-us\, adjective: : marked by or exhibiting a fawning attentiveness

Example Sentence: The executive brought with him an entourage of obsequious assistants who would do anything he asked of them. (Miriam-Webster, online)

Quick Tips of the Month

Home Tip — You do not need to rinse your dishes before placing them in your dishwasher. In fact, dishwasher detergent will work better if it has some particles to cling to in the beginning of the washing cycle. Simply scrape your plates to remove the large pieces, as your dishwasher cannot handle those well. You may even find that you can use less detergent this way, as it is working more efficiently.



What to do when baggage is lost!

Travel Tip — If you lose a bag when flying, you should file your claim before leaving the airport. If the airline does not find your bag after 14 days, you will need to file a claim in writing. You only have about 21 days to file your claim, so it is best to do it as soon as possible after the 14 days have passed. If you miss the deadline, you will be out of luck, as the airline is not responsible if you don't file a written claim.

Food Tip — If you are making a soup, one way to save on preparation time is to use frozen vegetables instead of fresh. Frozen vegetables are a great addition to a soup or stew because they are picked when they are at their peak, giving them maximum flavor and color. Many vegetables come in flavor varieties, letting you easily impart this flavor to your soup or stew. When adding frozen veggies, reduce the amount of water or broth you are using, as the vegetables will give off some liquid when thawing.

Enjoy this Newsletter?

Let me send it to your family and friends!

If you enjoy reading this newsletter each month, why not let me send a copy to your family, friends, business associates, co-workers, or anyone who would enjoy this fun and informative newsletter.

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!

Funny Facts Corner

Sometimes truth is stranger than fiction!

Did you know...

- 1) The chances of you dying on the way to get your lottery tickets is greater than your chances of winning.
- 2) More Monopoly money is printed in a year, than real money printed throughout the world!
- 3) In Chinese, the KFC slogan "finger lickin' good" comes out as "eat your fingers off".
- 4) The can opener was invented 48 years after the can.
- 5) Each year, there are more than 40,000 toilet related injuries in the United States.

Info from www.funfactz.com

Quotes to Live By...

"One of the marks of excellent people is that they never compare themselves with others. They only compare themselves with themselves and with their past accomplishments and future potential."
~Brian Tracy

"The informality of family life is a blessed condition that allows us to become our best while looking our worst."
~Marge Kennedy

"Everybody can be great... because anybody can serve."
~Martin Luther King Jr.

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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