



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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### Do You or a Loved One Find Yourself in a Trying Legal Situation?

Confused? Worried? Don't know where to turn?

Call me at 310-378-0615 and schedule your FREE

CONSULTATION to determine if I can help. Remember, you can't afford to trust just anyone when these tough situations arise. I assure you, you can count on the very best service when you work with me. I look forward to hearing from you.

## Seven Steps To A Good Night's Sleep

There's an old Irish proverb that says "A good laugh and a long sleep are the best cures in the doctor's book".

Personally, I couldn't agree more. After a solid night's sleep I always get more done the next day and feel better overall. And I'm not the only one that thinks a good night's sleep can make all the difference in your health and overall quality of life.

According to the American Sleep Foundation

([www.sleepfoundation.org](http://www.sleepfoundation.org)) problems such as obesity, diabetes, hypertension, and depression are directly related to the amount and quality of a person's sleep. In general, the ASF recommends an average of 7-9 hours per night, but they also say that sleep needs vary from person to person. The reality is that their studies reveal that 74% of American adults have trouble sleeping 3-4

nights a week! That's a lot of cranky people!

So if you are one of the bleary-eyed 74%, the sleep specialists at ASF recommend the following:



Get your zzz's to live better and healthier!

**1. Go to bed only when you are sleepy and don't lie in bed if you can't sleep.** It's actually better to stay up later if you're not tired, than to force yourself to get into bed at a prescribed hour.

**2. Avoid alcohol and smoking for at least two hours before bedtime.** Alcohol may cause you to become drowsy, but it has a strong "rebound" effect that could cause you to wake up again in the middle of the night.

Smoking also impairs your normal restful breathing.

**3. Avoid caffeinated beverages for at least six hours before bedtime.** Although some individuals can drink caffeinated coffee with no noticeable effects, most are sensitive to this stimulant.

**4. Exercise regularly in the late afternoon, but not too close to bedtime.** Exercise heightens both physical and mental awareness, exactly what you want to avoid at bedtime.

**5. Get up at about the same time every day - regardless of when you went to sleep.** A healthy person will adjust by retiring somewhat earlier - and feel better when arising at a fixed time.

**6. Limit napping to no more than 30 minutes.** Long, frequent naps just

*Continued on next page....*

## Protecting Your Home Against Burglary

The FBI reports that a burglary occurs somewhere in the United States every 15 seconds.

That's surprising, but even more surprising is the fact that in 6 out of 10 cases, there was no forced entry. The thief simply got in through an unlocked door or window, or he found a hidden key outside the house.

I was so blown away by these statistics I thought I'd share with you some of the tips for preventing burglary I found on [crimeprevention.rutgers.edu/index.htm](http://crimeprevention.rutgers.edu/index.htm).

**Tip 1: Don't use a hidden key.** Thieves are very savvy at finding spare keys, no matter how clever you think you are at hiding

them. Play it safe and don't use one.

**Tip 2: Don't count on your dog.** Even the best guard dog can become the burglar's best buddy when they give him a nice juicy hot dog.

**Tip 3: It may seem simple but ALWAYS lock your house.** A secure dead bolt lock is the best prevention (if it's used). All doors to the house and garage should have them. Locks should also be used on all windows, including those in the basement.

**Tip 4: Protect sliding patio doors.** If you have sliding patio doors, tighten the adjustment screws so a thief can't lift out the



Simple steps can keep your home and family safe!

window, taking it over the dowel or pipe that keeps it from sliding back.

**Tip 5: Don't be obvious!** Break up TV or computer boxes after purchase to hide the evidence,

before placing the box on the curb for pickup. Also, forward all mail and papers when you go on vacation. Crooks will often walk a neighborhood looking for evidence of homeowners who might be away.

So put these tips to use and secure your home and family's safety. I promise you'll rest easier. I do.

## Cool Stuff on the Internet

Looking for a review of a book, game, movie, or music, but don't have a lot of time? Check out [www.Blippr.com](http://www.Blippr.com). This micro-review site offers you a chance to submit or read a review of these types of products. The catch is that you only have 160 characters or less. This makes reviewers get to the point and allows readers to know quickly if the product is right for them. With Blippr, you can follow what your friends are "Blipping" and can update your own "media status." You can also upload your reviews to Twitter and can download reviews to your cell phone.

### 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 email me at [David@MiyoshiLaw.com](mailto:David@MiyoshiLaw.com) or call my direct line at 310-378-0615 anytime, and I'll make sure they get a subscription. Oh, and as always...It's totally free. It's That Easy!

## Seven Steps to a Good Night's Sleep...*continued from page 1*

serve to reduce nighttime sleep.

**7. Try keeping a "sleep log" for a few weeks** to record when you go to bed, wake up, exercise, and drink caffeinated beverages. You'll be able to identify—and then correct—the behaviors that

are disrupting your sleep. Simple changes can have a positive impact on sleep quality.

For more sleep tips and to get expert help if you suffer from poor sleep go to [www.sleepfoundation.org](http://www.sleepfoundation.org).

They have an incredible library of articles as well as helpful quizzes that will help you see how lack of sleep is effecting your health and life, plus they will show you exactly what to do about it. It's a great free resource.

I decided to add this topic to the newsletter this month after seeing this recent headline..." Boston Girl, 12, Duped by MySpace Predator Into Thinking She Was Going to Hollywood to be a Movie Star". Pretty scary huh?

There are BIG dangers out there on the World Wide Web that parents simply must be aware of, especially with the popularity of social networks like Facebook, MySpace and Twitter.

Predators disguise themselves on these social sites and look for kids who will chat with them,



Protect them online and off!

post inappropriate pictures, or make questionable comments,... anything that makes them an easy target. They create bogus profiles, usually posing as children or teens, and try to become "friends" with unsuspecting kids and attempt to talk inappropriately with them or worse, lure them away from home.

As a parent we want to give our kids independence, but it's also our duty to protect them against such sickos. You could sneak into your child's account to see who they are talking to and what they are posting, but I can guarantee some MAJOR drama

and hurt feelings. Instead sit down with your kids and tell them about the dangers that lurk. A good resource is [www.wiredsafety.org](http://www.wiredsafety.org). Click on the Parents' page and you'll find endless articles on internet safety.

You can also use a service like [www.youdiligence.com](http://www.youdiligence.com), a very clever software that allows you to be alerted anytime inappropriate words are written to or from your child, when new friends are accepted, or if pictures are posted. This automatic monitoring allows you to be notified only when something is suspicious, and still gives your child or teen freedom and independence online.

## "Who Else Wants to Win Movie Tickets for Two?"

*Your chances to win are better than you think!*

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the three lucky winners are....drum roll please: Candice Hirano of Torrance CA, Steve Morrison of Indio CA and Pat Latham of Irvine CA were the three people to correctly answer my quiz question...

**Who provided the voice of Stinky Pete the prospector in "Toy Story 2"?**

- a) Tim Allen, b) Robin Williams, c) Kelsey Grammer, d) Gilbert Gottfried.

The answer is "C" Kelsey Grammer!

*Now for this month's trivia question...*

**What novel eclipsed Gone With the Wind in 1958 to become the top-selling novel of all time?**

- a-Peyton Place, b-The Wonderful Wizard of Oz, c-Alice in Wonderland, d-The Hobbit.

*The first 4 people to call me with the correct answer will win! - 310-378-0615*

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

"A very professional job, Thanks" J.T. Venice CA

"You really know how to solve the problem" M.H. Los Angeles CA

"Very prompt and efficient" T. O. Santa Monica CA

If you have a legal need, or if you simply have a question, please feel free to call me anytime at 310-378-0615. I'd be glad to speak with you and see if I can help.

## Word Of The Month . . .

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

**distend** • \dih-STEND\ *verb*: extend, to enlarge from internal pressure: swell, to become expanded

**Example Sentence:** With mouths agape and eyes **distended**, the audience listened to the canoeist's incredible story of survival after being capsized by the river's rapids.

## Quick Tips of The Month

**CAR TIP** - Next time you fuel up, don't top off your gas tank. Although you may feel that you are getting every last drop you can into your tank, you actually are not putting much more gas into your car. You are, however, risking problems ranging from fuel smells in your car's interior, to eliminating the available space for fuel expansion as it heats. It is also harmful to the environment, as it causes more vapors to be released into the atmosphere.



Tips to make life a little safer & easier!

**ORGANIZING** - If you have a home office, you know how challenging it can be to keep your space organized. This is especially difficult if you are in a shared space, instead of a separate room dedicated to just

your office. Wherever you've set up your home office, one way to make a difference in the organizing is to make sure you have adequate furniture. Instead of using a spare card table as a desk and a laundry basket as your filing cabinet, invest in some durable, well-thought-out office furniture. You need adequate space for storage and ample space for working. By doing this, you will have a great head start on increasing your productivity and decreasing your stress.

**HOME TIP** - Want an easy way to update your bathroom? Simply look up. If your vanity light is outdated or damaged, changing it can add a nice new glow to your bathroom. Most home improvement stores also sell towel bars, wall fixtures, trashcans, and even soap dispensers that coordinate with lighting fixtures. So if your budget has room, this is an easy way to update your entire bathroom without the need for a full remodel.



### Quotes to Live By...

"You can't build a reputation on what you're going to do."  
~Henry Ford

"Live as if you were to die tomorrow. Learn as if you were to live forever."  
~Mahatma Gandhi

"I like nonsense. It wakes up the brain cells."  
~Dr. Seuss

"Life is like a ten-speed bike. Most of us have gears we never use."  
~Charles M. Schultz

"Why do they call it rush hour when nothing moves?" ~Robin Williams/*Mork of Mork & Mindy*

*David Miyoshi*

**The Attorney Next Door™**

**Please note my new website below that features information on trusts, wills, probate, estate planning as well as business, both domestic and international.**

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