



David Miyoshi

The Attorney Next Door™

Feb 2010

Volume I, Issue 9

www.MiyoshiLaw.com

Los Angeles CA 3:30 PM

Attorney

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

Inside this issue:

| | |
|-----------------------------------|---|
| Five Common Sense Stress Reducers | 2 |
| Cool Stuff on the Net | 2 |
| Burn Prevention for a SAFE Family | 3 |
| Trivia Contest | 3 |
| Word of the Month | 3 |
| Quick Tips of the Month | 4 |

Do You Have A Tough Legal Question You Need Answered?

I love hearing from my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about *anything* relating to your personal or business legal affairs. Plus, if you have a question, tip, or idea for the newsletter, please feel free to call me at 310-378-0615. I'd love to hear from you!

Can Healthy Eating Save You Money?

Like most people, I'm always looking for ways to save a few dollars. And, like many others, I "try" to watch what I eat to keep the doctor away.

I used to think that eating healthy cost more, but according to many health and wellness experts, there are ways to save your waistline and save money too!

The biggest crossroad between healthy eating and food cost comes in the supermarket. Once there, people want to eat well, but spend less. According to Darlene Nicholson, author and creator of *The Healthy Grocery Store Tour*, people are finally turning to more fresh fruit and vegetables instead of prepared frozen meals and other processed foods.

"Many of us in the healthy living community are delighted because Americans are spending more time in the kitchen and less eating out, in hopes of saving a few bucks. They are ditching their

expensive, high fat and high salt meals-in-a-bag or box in exchange for digging out the recipe book to make good, clean, home-cooked meals using fresh foods," reports Nicholson.

She's right. According to a study by Information Resources, a private company that tracks consumer spending, **fifty-three percent of consumers are "cooking more from scratch"** than they did six months ago.

Ms. Nicholson comments on these statistics, "Our current economy has many of us struggling to keep up with the rising costs we see at restaurants, the pump, and basic needs like utilities and even food costs. To cope with these increasing costs, American families are getting reacquainted with the kitchen stove. Many of us get comfortable grabbing a frozen meal and heating it up with little effort, but what that's really doing is adding pounds

to the scale and jeopardizing our health just to save a few minutes at dinner time. If families would get back to cooking real food we would see obesity rates decrease and health improve. Not to mention it's actually cheaper to cook a healthy homemade meal than rely on these processed, packaged, often tasteless meals"

Here are some suggestions she has for saving money (while getting healthy) at the grocery store:

1) **Save on meat-**Americans tend to plan meals around meats, most being high-fat cheap cuts. Though some lean meat can be expensive, if you shrink the size of your meat portion (think the size of a pack of playing cards) you'll save money and do your body good. You can also buy lean meats like lean ground beef, chicken breasts and turkey in bulk, then freeze it in meal size portions to cut costs. *Continued on next page....*

Five Common Sense Stress Reducers

With the challenges that today's economy brings, I think we all can benefit from learning new ways to reduce stress. According to Good Housekeeping Magazine there are some simple things you can do:

Get Organized - by putting things back where they belong the first time, you will eliminate the stress of searching for lost items. Be sure not to overbook yourself either; give yourself plenty of time to get to appointments or meetings.

Live in the Present - brooding about the past or worrying about tomorrow can increase your stress level. Be realistic about what you can control. Try to focus on the here-and-now in

order to not only enjoy what you are doing, but to reduce some of the stress you feel from past or future events.

Help Others - stress can grow in your mind when you are only focused on yourself. Take time each day to reach out to others around you. It can be as extensive as volunteering to help cancer patients or to teach children to read, or you can simply lend a sympathetic ear to a friend. Either way, you will be less focused on your problems and may be able to better put your worries into perspective.

Laugh - humor is a powerful antidote to stress. Laughter distances you from problems,

allowing you to gain some perspective on the situation. Try to look on the bright side of things and find the humor in every situation.

Let It Go - one thing you don't need is more stress. Be sure that your worries are yours and not those of other people. You can not control the actions or situations of others, and you may not always know the best way to deal with the things others have to face. You can be sympathetic, but try not to get upset over other people's problems.



Stress less and live better!

Cool Stuff On The Internet

Looking to unload some of your unwanted books and make some money?

Cash4Books.net is the number one online book buyer in the world. It is also very easy to use. You simply go to the website, type in the ISBNs from your good condition books and you get an instant quote for the value of your books. If you like the offers, you give Cash4Books your contact information and payment preference (check or PayPal). The best part is that you can then print a shipping label and send off your books for free. There is no charge for you to ship your books. Finally, within three days of receiving your books, Cash4Books will pay you. You will have better luck selling books published after 2006, but if you're anything like me, I'd rather get a few bucks than see them collecting dust in my garage.

ENJOY THIS NEWSLETTER?

Let me send it to your family and friends!

Simply call my office at 310-378-0615 anytime or send me an email to david@miyoshilaw.com and I'll make sure they get a subscription.

And as always...it's totally free. It's That Easy!

Healthy Eating ...continued from page 1

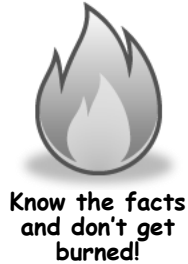
2) **Eat whole grains at breakfast to stay satisfied longer** and save money. A box of regular, plain oatmeal gives you an additional 8 servings for about the same cost as the pre-packaged, sweetened versions. Plus, go with the plain oatmeal and you avoid 95g sodium and 12 grams of sugar! Just add a few slices of ripe banana, berries and a drizzle of honey for sweetness and you have a money saving and healthy breakfast.

Here are a few more quick money-saving, yet healthy, tips:

- Pack a lunch and take it to work instead of eating out
- Shop less often, take a list and don't add to it at the store
- Buy more store brands, plus always shop the walls of the store (fruit, veg, meat and breads)
- Stock up on yogurt, nuts and fruits for snacks instead of high-fat, high-salt, high-priced products.
- Bake a pot of beans. They are low-cost, delicious and healthful.
- Go meatless with pasta dishes and salads

Burn Prevention for a SAFE Family

I was watching the news the other day and a local fireman was being interviewed in conjunction with the United States Fire Administration's National SAFE KIDS Campaign. I was startled to learn that the majority of children ages four and younger, who are hospitalized for burn-related injuries, suffer from scald burns (65 percent) not actual contact burns.



The fireman also reported that over 50% of all burn accidents can be prevented, so I went to the USFA website (www.usfa.dhs.gov) and found these great tips for burn prevention.

Hot foods are common causes of burns in children, according to the National Fire Protection Association, and adults are not exempt.

- * Keep hot foods and liquids away from counter edges. Know where kids are before you carry a hot dish to the table.

- * Keep pan handles pointed away from the floor to avoid spilling their hot contents on someone.

Cooking is the leading cause of kitchen fires, often because a person leaves the room while food is being fried, grilled or broiled.

- * Turn fast-cooking foods off when answering the door or

telephone and when you have to go to another room for a time.

- * When simmering, boiling, baking or roasting food, check it regularly. Don't leave the house. Set a timer.

Smoke alarms can be life savers ... if they are working.

- * Install one outside of each sleeping area. If you can, connect all alarms so they will go off at the same time. Test smoke alarms once a month and replace them every 10 years.

- * Design a fire escape plan that has at least two ways out of every room. Practice the plan with your family.

- * When the smoke alarm sounds, get out of the house and stay out.

"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: Taku Hamada of Redondo Beach CA, June Berk of Studio City CA and Patty Yana of Torrance CA were the three people to correctly answer my quiz question...

Who was the first guest host when NBC's Saturday Night Live made its debut in 1975?

a-Howard Cosell, b-George Carlin, c-Billy Crystal, d-Buck Henry.

The answer is B...George Carlin

Now something a little different for this month's trivia question...

Researchers in September 1996 found the largest one of these ever. It would take 12 pages of newspaper to print it. What was it?

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

Ever Heard of Estate Disputes?

Have questions on wills, living trusts, probate, health care directives?

None of these things are pleasant to think about and we probably believe there is still ample time to deal with them. But no one can predict the future and in the case of proper estate planning, there is such a thing as "it is too late" If you would like to know more about how to plan your estate, **Call me at 310-378-0615** and schedule your **FREE CONSULTATION** to determine if I can help.

Remember, No legal fees or costs unless I can help you with your estate.

Word Of The Month . . .

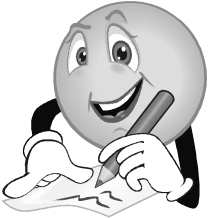
Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

rampart • *\ram-pahrt*, *noun*: A fortification consisting of an embankment, often with a parapet built on top. A means of protection or defense

Example Sentence: "O'er the ramparts we watched were so gallantly streaming?" -from the Star Spangled Banner

Quick Tips of The Month

ORGANIZING - If you find yourself looking for the basics every day as you try to get out of the door, it may be time to set up an organized station near your home's entrance. This can be as simple as a small basket set up by the front door, or as large as a storage unit with cabinets



**Helpful Tips For
A Better Life!**

near your entrance. It is here that you should deposit your keys, purses, backpacks, cell phones, and mp3 players. You can install your chargers here to ensure you are always charged up and ready to go. It is also helpful to have a basket nearby to collect everyone's shoes. If you get in the

habit of using this area each time you walk in the door, you will always know where your essentials are when it is time to leave.

FOOD - When cooking or baking using a recipe, it is important to use the exact type of shortening--butter, margarine, oil, or vegetable shortening--called for in each recipe. These products are not interchangeable and using one instead of the other could result in a change in the taste or texture of your finished product. You should also avoid diet, light, whipped, or liquid versions of butter or margarine, unless the recipe specifically allows them.

HOME - Do you have overflowing boxes of your kids' school and artwork? Grab your camera! Lay out the artwork on a table and take a picture of the collage you created. Create a special set of pages for your photo album or scrapbook to highlight these works of art. You can then discard the artwork without feeling guilty.

CAR - Have you rented a car lately? You may have been surprised by the extra fees tacked onto your final bill. Usually, the rate you are quoted is the "base" rate. It does not include extra insurance coverage, sales tax, airport taxes, vehicle license fees and miscellaneous surcharges. To make sure of your exact cost, be sure to ask about these extra fees when you call to check on rates.



"Dad, how old do you have to be to qualify for a government bailout?"

Quotes to Live By...

"If A equals success, then the formula is A equals X plus Y and Z, with X being work, Y play, and Z keeping your mouth shut". ~Albert Einstein

"Love doesn't make the world go round. Love is what makes the ride worthwhile". ~Franklin P. Jones

"Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision". ~Muhammad Ali

"An archaeologist is the best husband a woman can have; the older she gets the more interested he is in her". ~Agatha Christie

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!

David Miyoshi

Miyoshi Law Office (a div of MILO)
1055 Wilshire Blvd, #1890 LA, CA 90017
310-378-0615
www.MiyoshiLaw.com