

Earthquake! Avoid Danger When The Ground Shakes

Earthquakes can hit seemingly anywhere, and you've got to be ready if the ground starts to shift under your feet. The CNET website offers these tips for staying safe wherever you are:

- ▶ **Home.** Get down on your hands and knees to avoid falling. Seek cover under a piece of furniture and hold onto it until the earthquake stops. Protect your head and neck. If your coverage moves during the earthquake, quickly find another safe location.
- ▶ **Crowded buildings.** Don't rush for the exit with everyone else. Take cover away from anything that might fall over, like shelves and light fixtures, and away from windows.
- ▶ **Outside.** Get clear of potential dangers like utility wires, buildings, trees, and telephone poles. Stay in an open area and get down on the ground, keeping your neck and head covered.
- ▶ **Moving vehicles.** Pull over to the curb or shoulder, but don't stop under bridges, overpasses, or wires. Set the parking brake and stay in your car. When the earthquake passes, drive slowly and carefully, looking for cracked pavement, fallen utility poles, and collapsed bridges or overpasses. If it's not safe to drive, stay in your car and wait for help.
- ▶ **Ocean.** Get away from the water as quickly as you can. Watch for falling debris. In the case of a severe earthquake, try to get at least two miles away from the shore or 100 feet above sea level.
- ▶ **Highrise buildings.** Stay away from windows and glass. Don't use the elevator. If you become trapped, try to stay calm and bang on something to get rescuers' attention.



July Events

July 1st	Canada Day
July 4th	Independence Day (U.S.)
July 7th	Global Forgiveness Day
July 8th	Video Games Day
July 11th	World Population Day
July 17th	World Emoji Day
July 20th	Moon Day
July 24th	Amelia Earhart Day
July 30th	National Watermelon Day



Sleeping Problems Afflict Many

A good night's sleep can be hard to find these days, according to a survey by Gallup and mattress retailer Casper. Only about one-third of some 3,000 Americans in the survey said they're getting regular high-quality sleep, with a third of all survey respondents reporting that their sleep the previous night was fair to poor.

Stress is a major factor, according to 96%. The American Psychological Association attributes that to worries about inflation and global uncertainty.

There's good news: Thirty minutes of daily exercise can improve your chances of getting a good night's sleep by 30%, and 75% of "excellent" sleepers credit a regular bedtime routine with helping them get the rest they need.

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Get Ready To Follow This Career Path

Most careers follow a clear trajectory, and knowing where you are on the path can help you make good decisions about what to do next. The Make It website shares this map of the stages of career growth:

- ✓ **Follower.** You're new at the job, just starting out. You're focused on tasks and action as you carry out other people's instructions.
- ✓ **Collaborator.** As you develop your skills and start working more closely with other people, you'll start to contribute more to the team's efforts.
- ✓ **Instructor.** In time, you won't be the new kid anymore. You'll be training newer hires and directing their work, giving you your first experiences in leadership.
- ✓ **Manager.** If all goes well, you'll be promoted to a position managing other people. You'll have to understand how to guide, motivate, correct, and coach them to succeed. This will require setting goals and holding people accountable.
- ✓ **Influencer.** You won't have direct authority over people, but you'll start to be a trusted advisor to colleagues and upper-level managers. You'll have to learn how to persuade people and win them over to your side.
- ✓ **Leader.** Having formal authority is good, but it's not enough. As a leader, you'll have to inspire people with your vision and empower them to do great work without guiding them every step of the way. Your job is to motivate people to do their best work possible.

Americans Worried About Online Data Security—But Maybe Not Enough

Safeguarding your personal data in a digital age is a problem for everyone. A poll by Ipsos on behalf of Google found that 84% of Americans are at least somewhat concerned about the security of the personal information they fork over on the internet. Older Americans show more worry—88% of those 55 and up, compared to 79% of people 18–34.

Despite this, fewer actually check their online accounts' security settings regularly. Sixty-five percent admit to using the same password for different accounts, about one in five use passwords that can be easily guessed (PASSWORD, anyone?), and 52% use personal information like family names or birthdays as part of their passwords. One in three Americans in the survey also say they've shared a password with someone else, or know the password to another person's account.

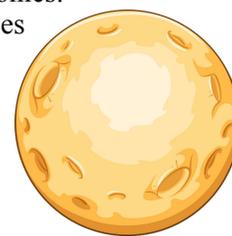
About a third of Americans (37%) say that their online data has been compromised. Ninety-two percent responded by changing their password after the breach.



Moon's Soil May Supply Resources For Lunar Colonies

Chinese scientists are studying the possibility that lunar soil could provide oxygen and fuel for future astronauts, according to the Science Daily website. Analysis of soil samples brought back from the moon by China's Chang'e 5 spacecraft found evidence of compounds rich in iron and titanium, which could be used to create hydrogen and oxygen using solar radiation from the sun and carbon dioxide from astronauts' breath. The process could also generate methane, which can be used as a fuel.

Scientists at Nanjing University believe that this knowledge could help support lunar colonies. Lunar soil doesn't provide these resources as effectively as soil from Earth, but the team is working to develop new approaches to the process, such as melting the soil into a high-energy material that would serve as a better catalyst for conversion.



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"To make a difference in someone's life you don't have to be brilliant, rich, beautiful, or perfect. You just have to care."
 - Mandy Hale



Balance Your Internal 'Thinker' And 'Doer' To Bring Ideas To Life

Creative people can have dual personalities: the "thinker" who comes up with bright ideas and the "doer" who puts plans into action. How can you help them work together effectively? Follow these steps:

- ★ **Record your revelations.** When an idea strikes in the middle of a task, don't stop what you're doing so you can ponder your brainstorm. Instead, keep a notebook where you can record sudden inspirations to review at a more appropriate time.
- ★ **Take time to think.** Set aside some time each day when you can forget about performing tasks and quietly focus on shaping your ideas.
- ★ **Conduct a weekly review.** Bring the thinker and doer together each week to decide how to turn vision into reality. Review your ideas, then create action steps to ensure they come to fruition.



Consumers Prefer The Human Touch

Electronic self-service may be the wave of the future for many organizations, but lots of consumers are bucking the trend. THE CRM Buyer website reports that researchers surveyed more than 24,000 consumers in 12 countries about customer interactions, And here's what they found:

- 80% prefer customer service from a human instead of an automated system.
- 83% say that interacting with a customer service rep is important on the phone or in the store.
- 68% believe they're more likely to get a better deal when negotiating in person instead of online.
- 18% said they would renew products or services because of good personal customer service, even if they were more expensive.



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What's The Answer?



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Is A Good Night's Sleep Hard To Find These Days?

Can The Moons Soil Provide Resources For Lunar Colonies?

Do Americans Worry Enough About Online Data Security?

***The Answers To These And
Many More Questions Are Inside***

