

Five Traits Of Successful Team Players

Whether you're forming a self-directed work team or leading a group that just needs to collaborate effectively, you have to recruit the right people. Keep your eyes open for these abilities and traits:

- * **Willingness to contribute.** Is the person ready to put the team's goals first? This doesn't mean ignoring personal goals, but it does mean that team members must put their primary energy into contributing to the team so they can share in its success.
- * **Acceptance of roles.** People on a team have specific jobs, tasks, and roles. Though they should stretch themselves, they won't be effective or helpful if they insist on going outside the boundaries of what the team wants from them.
- * **Eagerness to assist.** On a team, no one can say, "That's not my job." Look for people with a track record of pitching in to help wherever they're needed.
- * **Identification with the group.** Effective team members take pride in their association with the group. Find out what other teams, task forces, and committees a potential team member has worked on. How does he or she describe the experience?
- * **Responsible attitude.** Everyone's eager to share credit. Is your team made up of people willing to accept responsibility for failure? Look for people who can be honest about their mistakes and willing to learn from experience.

Coffee More Popular Than Ever

For more and more people, a morning cup of coffee is part of starting the day off right. According to a National Coffee Drinking Trends consumer survey, the number of Americans drinking coffee daily has increased to 62 percent, up from 57 percent in 2016. The biggest increase is in the 13-18 age bracket. Their daily coffee habit climbed to 37 percent in 2017, up from 31 percent in 2016. Adults ages 18-24 increased their coffee habit from 48 percent to 50 percent, and 63 percent of adults 25-39 drank more, up from 60 percent.

Sixty-four percent of Americans 40-59 drink a daily cup of joe, up from 53 percent last year. The 60-plus crowd moved to 68 percent in 2017 from 64 percent the previous year.



Quotes

"The power of imagination makes us infinite."
—John Muir

"The only limit to your impact is your imagination and commitment."
—Tony Robbins

August Events

August 4th	U.S. Coast Guard Day
August 5th	International Beer Day
August 9th	Book Lover's Day
August 12th	World Elephant Day
August 19th	Honeybee Day
August 22nd	Be An Angel Day
August 31st	National Dog Day



Do You Have A Question About Car Maintenance That You Want Answered?

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nate@joedavisautosport.com or

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DOG DAYS OF SUMMER

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Donna & Daniel Gordon, Amanda Bennett,
And John Thornberry**

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 a 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.

Traditional Books Are Alive And Well

Publishers and traditional readers alike have long been worried about the rise of electronic books as sales of Amazon's Kindle and other devices have grown, but their concerns may have been at least somewhat overblown. New studies suggest that the growth of e-book sales is leveling out—and possibly declining.

According to the Chicago Tribune website, during the first nine months of 2016 e-book sales dropped by 18.7 percent compared with the same period a year earlier. On the other hand, hardcovers, paperbacks, and audiobooks did not suffer a similar decline. In the same time frame, e-books' share of the total market fell to 17.6 percent from 21.7 percent. In addition, sales of hardcover books in 2016 outpaced e-books for the first time in five years.

Don't panic—books don't look like they're being replaced any time soon.

Ancient Bone Raises Modern Questions

An artifact unearthed in Crimea may shed new light on our Neanderthal ancestors, according to the Sci-News website. It's a bone fragment from a raven, and it's approximately 38,000 years old. A mere 18 mm long, the bone bears a series of notches that are too evenly spaced to be the result of everyday butchery. Archaeologists believe that two notches on the raven bone could have been made intentionally by Neanderthals to create a pattern meant to be consistent or symbolic. The bone may have worn as a personal ornament, some speculate.



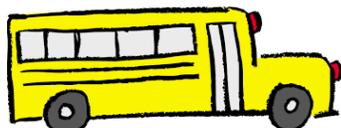
These Herbs May Ease Diabetes Symptoms

Type 2 diabetes afflicts millions of people around the world. Medication such as insulin can help keep your blood sugar levels stable, but according to the Medical News Today website, these herbs can also have a beneficial affect:

- ➔ **Aloe vera.** Known for its skin care benefits, aloe may also help increase the amount of insulin produced by the pancreas. It can be consumed as juiced pulp added to beverages or as extracts available as supplements.
- ➔ **Cinnamon.** This tasty spice offers many benefits for diabetes patients, including positive results in maintaining appropriate blood sugar and insulin levels as well as decreasing blood pressure. Consult with your doctor before using it as a supplement, though.
- ➔ **Bitter melon.** Used for centuries as a traditional medicine in China and India, the seeds from this melon appear to lower blood sugar levels. It's also effective when its pulp is mixed with water and when consumed as juice.
- ➔ **Milk thistle.** An extract called silymarin from this herb has antioxidant and anti-inflammatory properties, which are beneficial for people with diabetes.
- ➔ **Fenugreek.** The seeds from this herb contain fibers that help slow the digestion of sugar and other carbohydrates. They may also help to lower cholesterol as well. Always check with your physician before taking any herbs or supplements, of course.

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Must present coupon



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- Brian

Don't Overwork Yourself In Pursuit Of Success

Working hard is important in any career, but overwork can stall it. Exhaustion leads to illness, lower productivity, and burnout. You may think you have to work 80 hours a week, but before you collapse, analyze your load to determine whether you need to cut back:

- ❖ Look at your co-workers. If they're achieving the same results while logging fewer hours, you probably need to work smarter. Consider stepping off the treadmill long enough to get some mentoring, coaching, or training assistance before you burn out.
- ❖ Listen to how others describe you. If colleagues, supervisors, and direct reports reliably refer to you as "hardworking," "dedicated," and/or "committed" before listing attributes such as "visionary" and "innovative," you might be focusing more on quantity of work than quality.
- ❖ Check your reserves. If you're working at or near full capacity every day and return home with no energy left, you're stretching yourself too thin. Not only do you risk sinking under the burden, but you won't have enough time to take advantage of the next great work challenge that comes your way.



Car Facts



- ★ The inventor of the cruise control was blind.
- ★ The vehicle with the highest mileage covered a total of 2,850,000 miles.
- ★ The world's fastest street-legal production car is the Bugatti Veyron Super Sport at 267 mph.
- ★ In 1941 Henry Ford made a car out of soybeans.

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What's Inside?

- Ancient Bone Raises Questions -
- Five Traits Of Successful Team Players -
- August Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



When Is National Honeybee Day?

Are Traditional Books Being Replaced With Technology?

Can Diabetes Symptoms Be Eased With Herbs?

How Many Americans Drink Coffee Every Day?



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

