

POWERNEWS

Defiance Mission Statement...

September 14, 2023

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (September 14)....

1716 1st lighthouse in American colonies lit at Boston Harbor

1814 Francis Scott Key pens the poem "Defence of Fort M'Henry", later known as "The Star-Spangled Banner" while witnessing the bombardment of Fort McHenry from a ship in Baltimore harbor

1848 Alexander Stewart opens the 1st US department store, "The Marble Palace" in downtown New York City

1886 George K Anderson of Memphis, Tennessee, patents typewriter ribbon

1899 Henry Bliss becomes 1st recorded US death from an auto accident when he is hit by a taxicab in New York City

1901 Theodore Roosevelt is sworn in as the youngest man to serve as US President, after William McKinley finally dies after an anarchist shoots him in Buffalo

1930 Detroit Lions (as Portsmouth Spartans) play 1st NFL game, win 13-6

1936 1st prefrontal lobotomy in America performed by Walter Freeman and James W. Watts at George Washington University Hospital in Washington D.C.

1939 World's 1st practical helicopter, the VS-300 designed by Igor Sikorsky takes (tethered) flight in Stratford, Connecticut

1940 US Congress passes 1st peace-time conscription bill (draft law)

1948 Groundbreaking ceremony for UN world headquarters in New York

1955 Little Richard records "Tutti Frutti" at J & M Studio in New Orleans, Louisiana

1956 IBM introduces the RAMAC 305, 1st commercial computer with a hard drive that uses magnetic disk storage, weighs over a ton

1963 Mary Ann Fischer of Aberdeen, South Dakota, gives birth to America's 1st surviving quintuplets, 4 girls & a boy

1969 Male voters of Swiss Canton Schaffhausen reject female suffrage

1971 Cleveland Indians & Washington Senators, play 20 innings

1972 "The Waltons" TV program premieres on CBS starring Richard Thomas, Ralph Waite, Michael Learned, and Will Geer

1973 US President Richard Nixon signed into law a measure lifting pro football's blackout

1981 Entertainment Tonight premieres on TV

1981 Judge Wapner & People's Court premiere on TV

1985 "The Golden Girls", starring Bea Arthur, Betty White, Rue McClanahan, and Estelle Getty, debuts on NBC

1986 NFL Bears running back Walter Payton scores his 100th career rushing touchdown, and gains 177 yards, surpassing 15,000-yard career plateau in 13-10 overtime win over visiting Philadelphia Eagles, at Soldier Field, Chicago, Illinois

1992 1st subway car completed to be exported from US (to Taiwan)

2022 Procession of Queen Elizabeth II's coffin from Buckingham Palace to the Palace of Westminster to lie in state, with queues of people paying their respects forming 2.4 miles (3.8km)

By On This Day in History

OPTICIAN NEW WEDNESDAY HOURS

BEGINNING WEDNESDAY, SEPTEMBER 13

THERE WILL BE NEW WEDNESDAY HOURS

6:30 AM – 4:00 PM



**DONATE BLOOD
AND SAVE LIVES**

The Red Cross will be onsite Tuesday, October 31, 2023. You can sign up by scanning the QR code to the left.





POW/MIA Recognition Day is observed on the third Friday of September, on September 15 this year, to recommit to full accountability to the families of the more than 80,000 veterans captured or still missing from wars that the United States has participated in. According to accounts, during the first ceremony of POW/MIA Day at the National Cathedral in Washington, D.C., fighter airplanes from the military base in Virginia flew in the ‘missing man formation’ in their honor.

HISTORY OF NATIONAL POW/MIA RECOGNITION DAY

National POW/MIA Recognition Day is observed annually in September around a central theme to show commitment to full accountability to the families of captured service members and missing war heroes.

The term POW and MIA mean prisoner of war and military personnel who went missing in action.

Many service members suffered as prisoners during the several wars that have happened throughout the history of the U.S. National POW/MIA Recognition Day was initiated as the day to commemorate with the family of many of the tens of thousands of service members who never made it home.

The day was first observed in 1979 after Congress and the president passed a resolution to make it official following the demands of the families of 2,500 Vietnam War POW/MIAs who asked for accountability in finding their loved ones. It is also mostly associated with service members who were prisoners of war during the Vietnam War.

Regardless of where they are held in the country, National POW/MIA Recognition Day ceremonies share the common purpose of honoring those who were held captive and returned, as well as the memory of those who remain missing in service to the United States.

Until 1979, there was no formal day set aside for these important men and women and the first observance of POW/MIA day included a remembrance ceremony at the National Cathedral in Washington, D.C. Since then, the Pentagon is where the official observance happens, with other celebrations happening at military bases around the country and elsewhere.

By National Today

LOCKOUT REVIEW REMINDERS:

- There is a new lockout audit form. Old forms will not be accepted.
- The new form is 2 pages. Be sure to scan both sides before sending.
- Copy (tonya.huss@gm.com) on all lock-out emails.
- Add **TEAM MEMBER'S GMIN** and the date on the Lockout Review Sheets.
- Deadline for 3rd Quarter lockout audit is September 30.

Spirit Wear Fridays – September

Wear your favorite jersey/sports apparel



Send your Spirit Friday Pics to Jeremiah.Fleischman@gm.com 419-769-1859, Tim.Hauenstein@gm.com 419-769-1795 or Brandy.Thompson@gm.com 419-769-2175

September 1	September 8	September 15	September 22	September 29
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GM National Investment

\$5.6 billion invested

In 2022, GM invested \$5.6 billion into capital improvements, manufacturing production capacity, and cutting-edge R&D in the US.

General Motors invests in the future of the American workforce. In the U.S. alone, we invested \$5.6 billion into capital improvements, manufacturing production capacity, and cutting-edge R&D, bringing us closer to an all-electric future. See how General Motors is preparing for the next phase of automotives, as we invest in our people and products now:

Are You at Risk for Breast Cancer?

We don't know how to prevent all breast cancers, but there are steps you can take to help lower your risk of getting the disease. Some risk factors, such as age, race, family history of breast cancer, and reproductive history, cannot be changed. However, there are things you can change, such as limiting alcohol use, getting regular physical activity, and staying at a healthy weight, which are linked to having a lower risk for breast cancer.

Being a woman is the greatest risk factor for breast cancer, but men can develop it, too.

As you get older, your breast cancer risk increases. Most women are age 55 or older when they are diagnosed with breast cancer.

Breast cancer risk is higher among women who have a family history of the disease. Having a first-degree relative (mother, sister, or daughter) with breast cancer increases a woman's risk. Still, most women with breast cancer do not have a first-degree relative with the disease.

Other risk factors include:

- Having a long menstrual history
- Never having children or having your first child after age 30
- Having had chest radiation to treat a different cancer
- Having a personal history of breast cancer
- Having certain benign (non-cancer) breast conditions
- Taking postmenopausal hormone therapy (especially combined estrogen and progestin therapy)
- Being physically inactive
- Being overweight or obese, especially if weight is gained after menopause
- Drinking alcohol, especially more than one drink a day

To learn more about breast cancer risk factors and the steps you can take to help reduce your risk, visit the American Cancer Society® website at cancer.org/breastcancer or call us at 1-800-227-2345. (Source: American Cancer Society)

If you would like more information, please stop by medical and we will provide packet of additional information for you.



American Cancer Society Recommendations for Prostate Cancer

Early Detection - The American Cancer Society (ACS) recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening. The discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

After this discussion, men who want to be screened should get the prostate-specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening. (See Screening Tests for Prostate Cancer.)

If, after this discussion, a man is unable to decide if testing is right for him, the screening decision can be made by the health care provider, who should take into account the man's general health preferences and values. If no prostate cancer is found as a result of screening, the time between future screenings depends on the results of the PSA blood test:

Men who choose to be tested who have a PSA of less than 2.5 ng/mL may only need to be retested every 2 years.

Screening should be done yearly for men whose PSA level is 2.5 ng/mL or higher. Because prostate cancer often grows slowly, men without symptoms of prostate cancer who do not have a 10-year life expectancy should not be offered testing since they are not likely to benefit. Overall health status, and not age alone, is important when making decisions about screening. Even after a decision about testing has been made, the discussion about the pros and cons of testing should be repeated as new information about the benefits and risks of testing becomes available. Further discussions are also needed to take into account changes in a man's health, values, and preferences.

If you would like more information, please stop by medical and we will provide packet of additional information for you.



September is Suicide Prevention Month

SUICIDE AND SUICIDAL BEHAVIOR

Help for You

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis. Call or text 988 any time or chat online with the 988 Suicide & Crisis Lifeline to get support also find resources on:

- Finding a therapist/support group
- Building and using a support network
- Making a safety plan for yourself

Help for Someone You Know

Learn how to recognize the warning signs when someone's at risk—and what action steps you can take. If you believe someone may be in danger of suicide:

Call 911, if danger for self-harm seems imminent. Call or text 988 to reach the 988 Suicide & Crisis Lifeline to talk to a caring professional. Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide. Listen without judging and show you care. Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help. Remove any objects that could be used in a suicide attempt. Call or text 988 to reach the 988 Suicide & Crisis Lifeline to talk to their professionals and follow their guidance.

About the 988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline is a free, confidential 24/7 phone line that connects individuals in crisis with trained counselors across the United States. There are also specialized lines for both Veterans and the LGBTQIA+ population.

You don't have to be suicidal or in crisis to call the Lifeline. People call to talk about coping with lots of things: substance use, economic worries, relationships, sexual identity, illness, abuse, mental and physical illness, and loneliness. Here's more about the 988 Suicide & Crisis Lifeline:

You are not alone in reaching out. In 2021, the

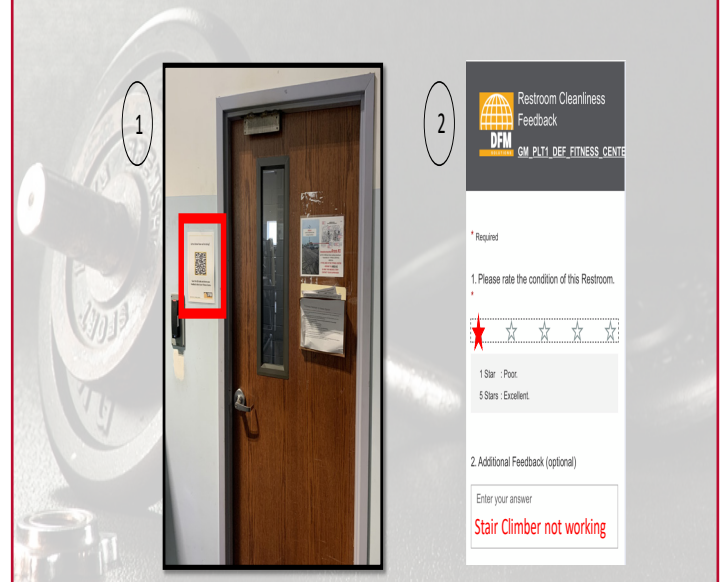
Lifeline received 3.6 million calls, chats, and texts. The 988 Suicide & Crisis Lifeline is a network of more than 200 state and local call centers supported by HHS through SAMHSA.

Calls to the Lifeline are routed to the nearest crisis center for connections to local resources for help. Responders are trained counselors who have successfully helped to prevent suicide ideation and attempts among callers.

By SAMHSA

FITNESS CENTER REPAIR!

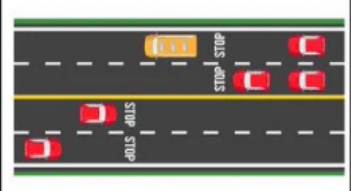
See a machine in need of repair? Please scan the QR code outside of the "IN" door -> Rate it a 1 with a description of what needs repaired!



DO YOU KNOW WHEN TO STOP FOR A SCHOOL BUS?

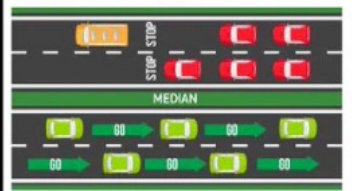
ROADWAYS WITHOUT A MEDIAN:

When school bus stops for passengers, all traffic from both directions must stop.



ROADWAYS WITH A MEDIAN:

When school bus stops for passengers, all traffic following the bus must stop.



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