

# POWERNEWS

*Defiance Mission Statement...*

November 16, 2023

**"ONE TEAM - INNOVATING THE FUTURE"**

## On this day in history (November 16)....

- 1676 1st colonial prison organized in Nantucket, Massachusetts
- 1798 Kentucky becomes first state to nullify an act of Congress
- 1801 First edition of New York Evening Post
- 1824 New York City's Fifth Avenue opens for business
- 1841 Life preservers made of cork are patented by Napoleon Guerin (NYC)
- 1871 National Rifle Association is first chartered in the State of New York
- 1907 Oklahoma becomes the United States 46th state
- 1914 Federal Reserve System formally opens
- 1920 1st postage stamp meter is set in Stamford Conn
- 1926 New York Rangers ice hockey club first game; beat Montreal Maroons, 1-0 at Madison Square Garden, NYC
- 1933 Roosevelt establishes diplomatic relations with USSR
- 1939 Al Capone freed from Alcatraz jail
- 1950 UN gets US government approval to issue postage stamps
- 1950 US President Harry Truman proclaims emergency crisis caused by communist threat
- 1957 Boston Celtics' center Bill Russell sets NBA record of 49 rebounds as Boston beats Philadelphia Warriors, 111-89 at Boston Gardens
- 1957 University of Oklahoma Football NCAA win streak ends at 47 after losing 7-0 to Notre Dame at Oklahoma Memorial Stadium
- 1961 US President JFK decides to increase military aid to South Vietnam without committing US combat troops
- 1962 SF Warriors center Wilt Chamberlain scores 73 points in 127-111 win over NY Knicks at Madison Square Garden
- 1963 Toledo, OH newspaper strike began
- 1965 Walt Disney launches Epcot Center: Experimental Prototype Community of Tomorrow
- 1969 US President Nixon becomes first president to attend a season NFL game while in office: the Dallas Cowboys beat the Washington Redskins 41-28
- 1973 US President Richard Nixon authorizes construction of the Alaskan pipeline
- 1974 1st intentional interstellar radio message sent,

- Arecibo telescope towards M 41, a cluster of stars some 25,000 light years away
- 1979 Paul McCartney releases "Wonderful Christmas"
- 1982 Agreement reached ending 57 day football strike
- 1990 Manuel Noriega claims US denied him a fair trial
- 2000 Bill Clinton becomes the first U.S. President to visit Vietnam since the end of the Vietnam War
- 2001 "Harry Potter and the Sorcerer's Stone", 1st film adaptation of the book series by J. K. Rowling starring Daniel Radcliffe, premieres in US (Titled "Harry Potter and the Philosopher's Stone" in some markets)
- 2002 The first case of SARS is recorded in Foshan City, Guangdong Province, China, though is not identified until much later. First patient is thought to be a farmer in the city.
- 2015 Largest diamond discovered in more than a century, a 1,111 carat stone found in the Karowe mine, Botswana
- 2018 Elevator falls down 84 floors when hoist rope breaks, all six people survive unharmed at John Hancock Center, Chicago
- 2022 Democratic congresswoman Karen Bass is the first woman elected mayor of the city of Los Angeles, defeating Rick Caruso [1]

*By On This Day in History*



**Saf-Gard Shoe Truck**

onsite today,  
**Thursday, November 16**



# END OF YEAR ONSITE HEALTH SCREENINGS



Get your final biometric health screening before the end of the year. Know your numbers and go into 2023 ready to take control of your health!

## NOVEMBER

Thurs 11/16 @ 10 AM - 1 PM  
Plant 2 Cafe

## DECEMBER

Thurs 12/14 @ 2:30 PM - 6:30 PM  
Plant 2 Cafe

**TODAY**

### Three Steps to Well-being:

1. Visit [lifesteps.com](http://lifesteps.com)
2. Complete your Health Assessment
3. Complete your annual Biometric Screening with Breanna!

### Screening Includes:

- Blood Pressure
- Total Cholesterol
- HDL ('good' cholesterol)
- Glucose
- Results review



Visit [LifeSteps.com](http://LifeSteps.com) for off-site health screening options. Questions? Contact Breanna at [breanna.cleland@gm.com](mailto:breanna.cleland@gm.com)

## INTERNATIONAL CHECK YOUR WIPERS DAY

International Check Your Wipers Day, on November 16, reminds drivers to regularly check their windshield wipers to ensure optimum visibility in the event of inclement weather on the road.

According to the FHWA, about 21% of all accidents in the United States are weather-related. As travelers plan for road trips, it's important to remind them to proactively check their wipers. Visibility is an important factor in driving in poor weather conditions like rain, snow and ice. A survey by MICHELIN® Wiper Blades found that 92% of drivers agree that poor wiper blades can affect their driving ability. However, 90% of drivers do not plan the time to check their wipers properly and 55%+ don't know how to check their wiper blades properly.

OBSERVING #CheckYourWipersDay

On International Check Your Wipers Day, ensure your family's driving ability and safety by checking the windshield wipers on all your cars. Great reminders on when to check your wipers include:

- During an oil change.
- When you fill gas.
- After a car wash.
- Before a road trip.
- At the start of winter and spring seasons.

Add checking your wipers to your maintenance checklist.

## November Food Truck Schedule 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1	2 Fully Loaded Onsite! (Day 4) 12AM-2AM 10AM-1PM 530PM-8PM	3	4/5
6	7	8 Seasoned Mobile Grill 2 <sup>nd</sup> Shift Only 530PM-8PM	9 Seasoned Mobile Grill (Day 4) 12AM-2AM 10AM-1PM	10 <i>Holiday</i>	11/12 <i>Veterans DAY</i>
13	14	15	16	17	18/19
20	21 Big Mealz On Wheelz Onsite! 10AM-1PM 530PM-8PM	22 Big Mealz On Wheelz Onsite! (Day 3) 12AM-2AM	23 <i>Holiday</i>	24 <i>Holiday</i>	25/26
27	28 Loaded Gastro Onsite! (Day 2) 12AM-2AM 10AM-1PM 530PM-8PM	29	30		

**Please contact Alexandria English with any questions or concerns!**  
[Alexandria.English@gm.com](mailto:Alexandria.English@gm.com) OR 419-770-9446

\*Due to Food Trucks coming from different locations - We are trying to make the schedule as clear as possible with different shift orders. We apologize for any confusion.

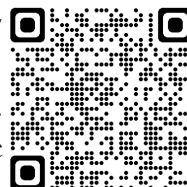


## SIGN UP TO DONATE FOR 2/21/24 & 6/19/24 BLOOD DRIVES

Red Cross will be onsite **Monday, February 12, 2024.**

Scan QR code on the right with a phone's camera to open up the link and sign up for the next two on-site blood drives on 2/12/24 and 6/19/24.

As always, anyone on-site can donate blood. Use the provided link or contact Jeremiah Fleischman to schedule an appointment.

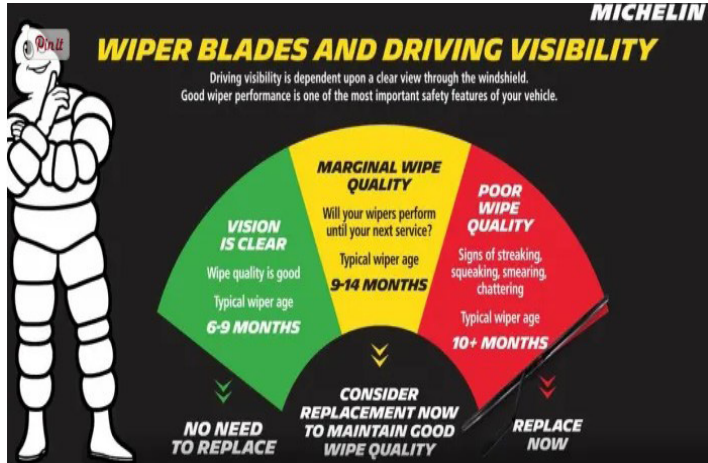


- During an oil change.
- When you fill gas.
- After a car wash.
- Before a road trip.
- At the start of winter and spring seasons.

Add checking your wipers to your maintenance checklist.

When you celebrate, be sure to use #CheckYourWipers-Day on social media.

Standard recommendations suggest we change our wiper blades every 6 to 12 months. However, the frequency varies depending on the location of residence and how often the vehicle is driven. This requires people to regularly inspect their wipers to ensure that they are not past the lifespan, which leads to compromised visibility.



**INTERNATIONAL CHECK YOUR WIPERS DAY HISTORY**  
The Registrar at National Day Calendar proclaimed National Check Your Wipers Day in September of 2021. As of 2022, due to seasonality, MICHELIN® officially requested May 16th become National Check Your Wipers Day (Día Nacional de Revisar Tus Limpiaparabrisas) for countries in Latin America. Additionally, MICHELIN® changed the November 16 observance to International Check Your Wipers Day to be celebrated in the U.S., Canada, Europe and Asia. Both the May 16 and November 16 observances are a reminder to educate drivers about checking their wiper blades.

Regular car maintenance includes routinely checking the condition of the wiper blades for optimal performance. It also helps you avoid getting caught in inclement weather.

*By National Day Calendar*

**Spirit Wear Fridays – November**  
Wear camo / outdoor gear

November 3	November 10 – Veteran's Day	November 17	November 24 – Day after Thanksgiving
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Snap a selfie with just you or with your friends wearing your camo or best outdoor gear and send it to Jeremiah Fleischman 419-769-1859

## SUGGESTION REMINDERS

- 1) Suggestions can be submitted online or paper suggestions are also accepted.
- 2) Paper forms are available near the suggestion boxes.
- 3) There are 6 suggestion boxes located throughout the plant.

### Plant 1:

- \* In the training center by Suggestion Office
- \* In the door slot of the old Suggestion Office
- \* By the breakroom door across from the cage

### Maintenance Building:

- \* In the maintenance break room

### Plant 2:

- \* On outside of the west wall of the lab across from the cafe in the enclosed area
- \* On the outside of the north wall of the old bead room by the door

- 4) If you need assistance submitting an electronic suggestion or you need a paper form, contact Tonya Huss at:

[tonya.huss@gm.com](mailto:tonya.huss@gm.com) or (419) 784-7727

**\*IT IS THE RESPONSIBILITY OF THE SUGGESTER TO TURN IN HIS/HER SUGGESTION. DO NOT LEAVE YOUR SUGGESTION WITH A GROUP LEADER TO TURN IN.**



## NOVEMBER MEETING RESCUE TRAINING

### When:

November 16th, 2023

### Where:

PERT Training Lab Room 135

### Time:

1st Shift 0630 -1030

2nd Shift 1430 – 1830

3rd Shift 0230 – 0630

# CARBOHYDRATES AND BLOOD GLUCOSE

## Balanced carbohydrate choices are important.

Carbohydrates (carbs) are essential for energy and fiber intake. It's important to distinguish the type of carbs you choose for the health benefits and more desirable blood glucose levels. There are different types of carbs - simple and complex. Both types of carbs have a different impact on blood glucose levels. Understanding this impact can help you make a better food choice.



### Quick Tip

Pair carbs with protein and fat in a meal or snack to further minimize their impact on blood glucose levels.



## Simple and Complex Carbohydrates

- **Simple Carbohydrates**  
Sugars are the most basic form of carbs. They lack fiber, are digested quickly, and raise blood glucose levels rapidly.
- **Complex Carbohydrates**  
Starch and fiber are complex forms of carbs. They slow the digestion process and cause a slower rise in blood glucose levels.

### ● Eat more of these complex carbohydrates

- Vegetables (fresh, canned, or frozen)
- Fruits (fresh, canned, or frozen)
- Legumes (beans, peas, lentils)
- Whole wheat bread and other whole wheat products
- Whole grains (brown rice)
- Oatmeal
- Low-fat dairy milk

### ● Eat less of these simple carbohydrates

- Sugar-sweetened beverages (soda, sweet tea, and juice)
- White bread and refined flour products
- Chips and crackers
- Cakes and pies
- Cookies
- Candy

Scan the QR Code to get started in the LifeSteps Portal today!



## RECOGNIZE A TEAM MEMBER

\*If you would like to recognize a team member send a photo and details to [tonya.huss@gm.com](mailto:tonya.huss@gm.com) to be shared in a future PowerNews issue. Employees permission is needed to share their photo and story.

**TONYA HUSS**

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