



# DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

## The Black Pioneers of the Automotive Industry

Whether breaking color barriers or inventing critical safety features, these are some of the Black pioneers that revolutionized the car world.

ANDREW SHELDON • JANUARY 31, 2023 • 30 COMMENTS



## WENDELL SCOTT'S ROAD TO NASCAR IMMORTALITY

Source: Andrew Sheldon - [YourAAA Today](#)

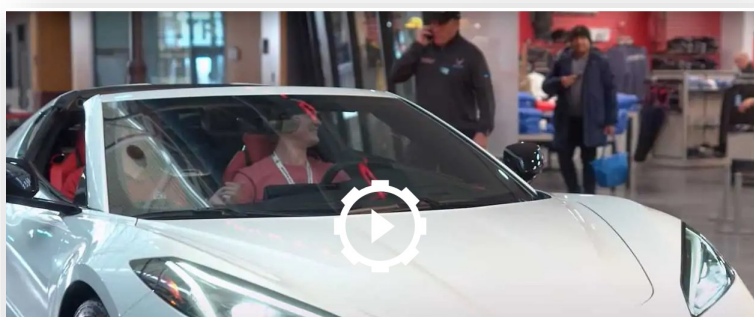


## CRUISE'S ROBOTAXIS HAVE DRIVEN 1 MILLION MILES FULLY DRIVERLESS

Source: Trevor Mogg - [digitaltrends.com](#)

## U.S. STEEL TO PROVIDE GM WITH SUSTAINABLE STEEL SOLUTION

Source: Jonathan Lopez - [gmauthority.com](#)



## SEE EVERYTHING THAT HAPPENS WITH CORVETTE MUSEUM DELIVERY OPTION

Buyers can take advantage of discounted racing laps and mark-downs at the Corvette store.

Source: Jacob Oliva - [motor1.com](#)

**THE SHOE STORE WILL BE OPEN THURSDAY MARCH 2<sup>ND</sup> FROM 10:00AM - 4:00PM**



## FLEXIBILITY AND LOW BACK PAIN

### HOW TO PREVENT BACK PAIN

1. Stretch multiple times daily
2. Use proper lifting techniques
3. Maintain correct posture
4. Warm up before doing physically strenuous activity
5. Strengthen your abdominal & back muscles
6. Strengthen hip/glute muscles
7. Avoid sitting/standing for long periods of time

**Your back** .....The back is made up of bones (vertebrae that support the body's weight), their joints (facets that guide the direction of the movement of the spine), and the discs (which separate the vertebrae and absorb the shock as you move), the muscles and the ligaments hold it all together. One or more of these structures can be injured.

**Why is it important** .....Four out of every five Americans will have at least one episode of back pain during their lifetime. Back pain is a problem that millions of people suffer with each year. However, much of this pain can be avoided when people strengthen and stretch back-related muscles.

The effect of tight muscles and back pain.....The spinal column and its contiguous muscles, ligaments and tendons are all designed to move. Any limitations in movement can accentuate back pain. People with chronic back pain may find it takes weeks or months to heal.

**Tips and Tricks**.....Swelling and redness occur almost immediately after an injury. Large amounts of swelling can increase healing time by not allowing fresh blood to get to the area. RICE—Rest, Ice, Compression, Elevation is a treatment plan that is easy to remember and very effective in reducing the pain and discomfort that often follows an injury.



### Warning Signs for serious back problems

- Recent injury
- Obesity
- Pain awakens you at night
- Pain unrelated to movement
- History of urinary tract infections
- Sedentary life style
- History or chronic use of Corticosteroids
- Pain that lasts for months and is accompanied by unexplained fever

**WORKfit**

This information is for educational purposes only. Always consult your doctor for medical advice.



Introducing  
**TODD WOLSCHLAGER**

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**WORKfit**  
 IS EXCITED TO JOIN  
 GM ORION ASSEMBLY!

How will Work-Fit help you?  
 Todd will provide you with personal job-site coaching. He'll give you strategies to reduce your muscle fatigue, teach you proper body mechanics for your job and help you with your personal health.

NEED SOME HELP? CONTACT WORK-FIT TODAY!

**WORKfit**

**Injury Prevention and Management for Your Workforce**

**What's Todd's Expertise and Why is He at GM Orion Assembly?**

Todd is a Certified Athletic Trainer. He specializes in sports medicine and uses his skills in the prevention of injuries. Athletic Trainers are Board Certified and State Licensed Allied Health Care Professionals.

## Black History Month

N	C	O	U	R	A	G	E	D	I	T	A
R	R	G	A	S	M	E	U	A	K	S	C
O	C	R	M	T	O	G	I	V	I		
S	A	A	S	H	E	R	D	A	V		
A	N	M	I	N	G	L	I	V	I		
D	I	E	C	H	N	A	D	A	R		
I	L	R	A	R	N	A	D	A	R		
R	O	I	R	N	A	D	A	R			
O	R	C	C	N	A	R	V	E	R		
L	A	A	S	C	A	S	C	A			
F	C	N	O	D	E	S	O				
S	R	E	D	A	E	L	O	I	D	A	
I	I	L	I	A	F	R	I	C	A	N	L
O	V	O	T	I	N	G	D	J	A	E	C

READY TO PLAY

begin

Change grid shape

Settings / Difficulty

AFRICAN  
AMERICAN  
CAROLINA  
GEORGIA  
HOPE  
LEADERS  
RACISM  
RIGHTS  
SLAVERY  
VOTING  
BLACK  
CIVIL  
FLORIDA  
CARVER  
MARTIN  
JACKIE  
RAILROAD  
ROSA  
SOUTH  
WORLD  
COURAGE



**A Union-Made National Snack Food Month**