



# DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"



**THANK YOU GM LAKE ORION ASSEMBLY AND UAW LOCAL 5960 FOR YOUR CONTINUED SUPPORT AND GENEROSITY!!**

[Oakland County Animal Control & Pet Adoption Center](#)

## THE ULTIMATE EV CHARGING EXPERIMENT

Source: Dan Nicolini - [socrates.gm.com](#)



## CRUISE TO BEGIN TESTING ORIGIN ROBOTAXIS IN AUSTIN IN COMING WEEKS

Source: Kirsten Korosec - [techcrunch.com](#)

### NUTRITION

March 2023

### Healthy Eating Habits

Choosing healthy eating habits can improve your nutrition.

- Listen to your body. Your body will give you cues when it is hungry, such as your stomach growling.
- Eat slowly. By taking time, your body will digest the food more thoroughly.
- Moderation is key. Your everyday food consumption can include treats along with nutrient-rich choices.
- Drink water with your meal. Drinking water during meals can help aid in the digestion of vital nutrients.

**TIP:** Substitute wheat flour for whole-grain flour based breads and pasta.

### Healthy Nutrients

There are three healthy nutrients your body needs to function properly.

- Protein:** Every part of the body is made up of protein. Some examples of protein are meat, eggs, fish, dairy products, and nuts.
- Carbohydrates:** The body breaks down carbohydrates into the fuel it requires. Some examples are whole-grain bread, pasta, rice, most vegetables, and legumes.
- Fat:** Some fat in your diet is required to provide energy, utilize vitamins, and to build healthy cells and nerves. Some examples are nuts, avocado, and vegetable and canola oils.

### STAY DRIVEN

LifeSteps is here to support you with tools, features and information that can help you feel your best.

- Respect for the real world:** First responders that can help you be more active, eat healthy, manage stress and feel your best for years to come.
- Health Assessment:** Get just-in-time, personalized health reports and actionable insights from your experience with LifeSteps.
- Biometric screenings:** Learn important health numbers. With your results, you'll be better equipped to make decisions about your well-being.
- Health coaching:** LifeSteps coaches are trained health professionals ready to help meet your goals, whether you want to begin healthy living, start an activity routine or something else.
- Refreshed My Year 2023 app:** Download the LifeSteps mobile app to conveniently use our tools on the go.
- Fun challenges:** Find joy in working toward better health, and witness challenges to work toward a healthier mind and body.

### LifeSteps Program Coordinator

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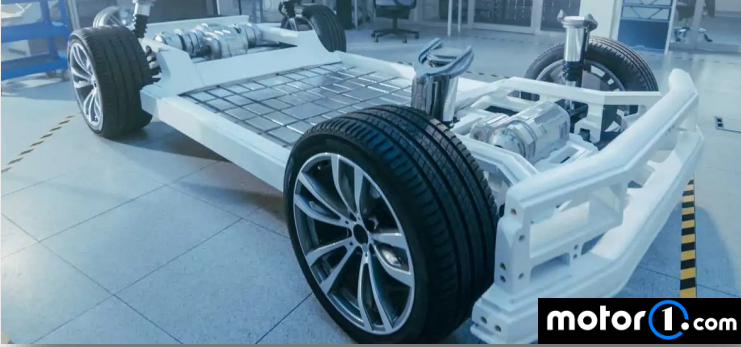
riley.bayer@gm.com

**THE SHOE STORE WILL BE OPEN TUESDAY, MARCH 21<sup>ST</sup> FROM 10:00AM - 4:30PM**



## Tire Technology Getting Boost From Electric Vehicle Development

Factors such as weight, efficiency, and fewer service visits for EVs are leading tire manufacturers to create new monitoring methods.



	SOUP	DELI	GRILL	SPECIALS
<b>MONDAY</b>	Tomato Basil	Green Goddess Wrap Roast Beef Sandwich	Grilled HM Chicken Crispy Chicken Patty Melt Philly Cheesesteak Buffalo Chicken Dub	Cubano w/Sweet Potato Fries
<b>TUESDAY</b>	Chili	Green Goddess Wrap Roast Beef Sandwich	Grilled HM Chicken Crispy Chicken Patty Melt Philly Cheesesteak Buffalo Chicken Dub	Cantina Beef Tacos
<b>WEDNESDAY</b>	Chili	Green Goddess Wrap Roast Beef Sandwich	Grilled HM Chicken Crispy Chicken Patty Melt Philly Cheesesteak Buffalo Chicken Dub	General Tao's Chicken
<b>THURSDAY</b>	Broccoli Cheese Soup	Green Goddess Wrap Roast Beef Sandwich	Grilled HM Chicken Crispy Chicken Patty Melt Philly Cheesesteak Buffalo Chicken Dub	Beef Gyro Bowl
<b>FRIDAY</b>	Broccoli Cheese Soup	Green Goddess Wrap Roast Beef Sandwich	Grilled HM Chicken Crispy Chicken Patty Melt Philly Cheesesteak Buffalo Chicken Dub	Lucca Shrimp Penne Vendera

## The WordSearch

### Saint Patrick's Day

READY TO PLAY

begin

Change grid shape

Settings / Difficulty

L U C K D Y P C P A A N  
 I L T P N R R H A L I Y  
 L E M O D E R N S I M P L E  
 R P S T G A R T I N G C  
 A R E F I R E S T I C K S  
 I E E P P L E S S N  
 N C E G R A F E Y D A  
 B H N O R M A L S P A K  
 O A C L R A N G E E  
 W U I D E R N S  
 S N T F R O S T I C A  
 C A L L O K H Y L A E I  
 K A E R C M A R C H N N  
 L C C A K A A N T O D T