



TMC Visits with Senate Majority Leader

During a visit to Washington DC members of TMC Board of Directors took time to visit with Senator Majority Leader Harry Reid and Senator John Ensign to discuss the success of TMC in Nevada. The Centers in Nevada are located in Winnemucca and Fallon.

Pictured left to right: Juan Massey - TMC Board (New Mexico), Ricardo Gonzalez - TMC Board (Nevada) with his wife and daughter, Senator John Ensign (NV), Senate Majority Leader Harry Reid (NV), Mary Capello – TMC CEO, Dan Liskai – TMC Board (Ohio), and Tim Ingle – TMC Board (Indiana).



TMC Visits with Western Region Congressman

During a visit to Washington DC members of TMC Policy Council joined members of TMC Board of Directors and took time to visit with Congressman Randy Neugebauer to discuss the success of TMC in the Congressman's District. Centers in the Congressman's District include the Lubbock Center, the Plainview Center, the Muleshoe Center, the Floydada Center and the Hereford Center.

Pictured left to right: Raul Alvarez - Policy Council, Michelle Contreras -Policy Council, Diane Miller - Western Regional Administrator, Congressman Randy Neugebauer, and Board Members Grace Camargo (TX), Tim Ingle (IN), and Juan Massey (NM).





March 2010

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First Lady Michelle Obama Announces Initiative to Combat Overweight and Obesity in the U.S.

First Lady Michelle Obama has joined forces with Surgeon General Regina Benjamin and U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius to promote healthy choices and reduce overweight and obesity in children and adults. "The surge in obesity in this country is nothing short of a public health crisis that is threatening our children, our families, and our future," said First Lady Obama.

On January 28, the HHS released *The Surgeon General's Vision for a Healthy and Fit Nation*. The First Lady added, "this paper is an incredibly important step in directing the Nation's attention to solving the obesity epidemic and we do not have a moment to waste." For more information on the press release and to view *The Surgeon General's Vision for a Healthy and Fit Nation*, visit www.surgeongeneral.gov.

Crystal City Center Stresses Importance of the Census

TMC's Crystal City Center held a Census Cookout to stress the importance of filling out the 2010 Census form. TMC is a member of the Zavala County Complete Count Committee for the Census 2010 Drive.

TMC was joined by Maria Salinas and Alicia Martinez - Partnership Assistants for Census 2010, Zavala County Commissioner Jesse Gonzalez, Anita Cuevas – Policy Council Member, Jennifer Rodriguez from Del Monte Corporation and other members of the community.

TMC staff distributed Census information to the parents and the children wore Census 2010 t-shirts to remind the parents the importance of participating in Census 2010.





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Celebrate Earth Day

April 22 marks the 40th anniversary of Earth Day. While many are celebrating by encouraging environmental awareness around the world, you don't have to completely revamp your lifestyle to help make a difference. Here are some simple ways to help conserve the Earth's resources at work:

Turn off the lights when you leave a conference room, classroom or office. Make sure all lights are off before going home at the end of the day. Shut off faucets tightly. Report any leaks to your supervisor immediately – even a dripping leak can waste gallons of water a day. Only print out e-mails when necessary. Whenever possible, use both sides of paper when printing. Turn off the power strip to the equipment you use. Shut down your computer at the end of the day instead of just putting it on standby mode. Turn off the televisions in your reception area at the end of the day. If you are a 24-hour business, consider turning off several monitors during non-peak business hours. Bring your lunch to work in a reusable lunch bag. Consider using reusable containers instead of plastic bags.

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Guardian Offers Employee Assistance Program (EAP)

TMC and Guardian have teamed up to offer its employees a personal assistance program. With WorkLifeMatters, your confidential employee assistance program, you don't have to face life challenges alone. WorkLifeMatters provides guidance for personal issues that you might be facing and information about other concerns that affect your life.

WorkLifeMatters can offer help with Education issues such as admissions and testing, adult re-entry programs, college planning, financial aid resources and finding a pre-school; Lifestyle and Fitness Management issues such as anxiety and depression, divorce and separation, and drug and alcohol challenges; Dependent Care and Care Giving issues such as adoption assistance, before/after school programs, day care, elder care and in-home services; Working Smarter recommendations such as career development, effective management and relocation; and Legal and Financial issues such as basic tax planning, credit and collections, debt counseling, home buying counseling and immigration issues.

Unlimited free consultations by phone are available 24 hours a day seven days a week with an EAP Counselor at 1-800-386-7055.



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Dangers of Driving Drowsy

We all know that driving while sleepy isn't smart, but just how dangerous is it? Studies show that driving while sleep deprived can be just as hazardous as driving while intoxicated. Both result in a decrease in alertness, impairing your reaction time.

Keep these tips in mind and make it safely to your destination:

- Avoid driving between midnight and 6 a.m. if possible.
- Pull over and stop if you feel sleepy. Even a 20-minute nap can make a difference in your alertness.
- Caffeine may keep you alert, but it is only a temporary solution.
- Avoid making long drives after you've lost sleep.
- Above all, call for a ride if you're too sleepy to drive!

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Head Start Alumni Needed for a High Profile Initiative

Are you or someone you know a Head Start graduate with a success story to tell? NHSA is looking for some stellar Head Start Alums to feature in an upcoming project! Please take a minute to nominate yourself or someone you know who was made ready for life through Head Start by contacting Hannah Griffin at NHSA at hgriffin@nhsa.org.