

April 2010

Los Siete Derechos Básicos...7 Basic Rights of Consumers

1. The right to information
2. The right to choose
3. The right to not be discriminated against
4. The right to protection
5. The right to education
6. Right to safety and quality
7. Right to compensation

To get more information about your consumer rights, if you have questions or if you need to file a complaint call 608-224-4956, direct line to Mayra Rangel at the Office of Consumer Protection in Madison.

Abril el Mes Preventivo...April is Sexual Assault Prevention Month

To learn how to protect yourself or how to overcome an assault, contact any of the local organizations listed.

Jefferson County - PADA – 92-674-6768 or 800-228-7232

Dodge County - PAVE)– 800-775-3785

Rock County - Family Services – 608-365-1244, YWCA – 608-752-2583, YWCA Care House – 608-755-7450

Walworth County – APFV – 262-723-4653

Actividades en la Biblioteca...Activities at Hedburg Public Library in Janesville

Bilingual Wellness Programs for familias with the UW-Extension

Saturday, April 3 from 2 – 3 pm An hour of stories about nutrition and physical activities

Saturday, April 10 from 2 – 3 pm From the farm to the table. We will learn about Farmer's Markets in Janesville and other locations.

Saturday, April 17 from 2 – 3 pm An hour of physical activities. We'll have fun while we play and exercise.

Bilingual Poetry Open Mic

Sunday, April 11 from 2 – 4 pm

Celebrate National Poetry Month reading your original work for a live audience. If you aren't a writer, but appreciate poetry, come and listen. The poet Nydia Rojas from Madison, a native of Puerto Rico, will give a brief talk about the process of writing poetry. There will be snacks provided by the Writer's Club of the Janesville area. Poets interested in reading their works are asked to arrive at 1:30.

Children's Day/Book Day

Friday, April 310 from 7 – 8:30 pm

Come help us celebrate this special day with activities, stories, food and, of course, books.

Celebration of Cinco de Mayo

Saturday, May 8 from 1 – 4 pm

Join us as we celebrate the victory of the Battle of Puebla, an important date in Mexican history. There will be displays of authentic food and drink, crafts, music, dance and more. No need to register.

May is Latino Book Month

Come to the library to see our selection of books written by Latino authors, such as Ocatvio Paz, Julia Alvarez, Gabriel Garcia Marquez and many others.

Immunization Clinics at the library

HPL has joined with the Rock County Health Department to offer a central location for immunization clinics. The schedule is from 4:30 – 6:30 pm the fourth Tuesday of the month. April 27 and May 25 coming up. All childhood vaccines are \$5 per dose and the service is provided no matter if the client is able to pay. For more information, call the Rock County Health Department at 608-757-5438.

Como Mantener el Peso...How to Maintain a Healthy Weight for your Kids

Children's weight varies a lot because they are growing from when they are preschoolers until they reach adolescence. If you believe that your child needs to lose weight, talk with your child's pediatrician.

Parents can help maintain a healthy weight for their children in the following ways:

Developing good eating habits

Don't let food be a solution for boredom or sadness. Eat meals and snacks at regular times. Don't force your child to eat everything on their plate. Worry about making mealtime a pleasant time. Don't offer sweets as a prize for good behavior.

Choosing good foods and snacks

Eat more fresh fruits and vegetables, low-fat yogurt or frozen yogurt, baked potatoes, fruit juices or water, cereals without sugar for breakfast. Eat fewer sweets, potato chips, corn chips, ice cream, French fries, sodas, juices with artificial sweeteners, cereal with sugar for breakfast.

Maintaining daily activity

When you watch tv you burn fewer calories than walking, swimming, dancing, biking or other activities.

Parents can help maintain a healthy weight for their children and feel good about themselves in the following ways:

Parents are responsible for: choosing and buying food, preparing and serving food, deciding when to serve meals and snacks, making family mealtime a pleasant time, teaching their children good table manners.

Parents are NOT responsible for: how much a child eats and if the child likes a certain food.

How to feed a picky eater: Wait more or less two hours between snacks and meals, serve small portions, let the child ask for more, offer alternatives, let the child help plan a meal, set a good example, serve new foods when the child is rested and happy, prepare interesting foods, kids like a variety of colors and textures.

Actividad Física...Physical Activity for Kids Who Don't Like Sports

Team sports can improve self-esteem, coordination and physical fitness of children while also helping them learn to work with other children and with adults. But some children are not "born" athletes and they might tell you directly or indirectly that they don't like sports. What can you do?

It's not necessary for kids to join a team to get physical activity. You can practice things at home, such as shooting baskets, playing catch, or running together. This can help develop their physical fitness, and they don't have to worry about making mistakes in front of other children. You can also look for sports programs that your child might be interested in. Speak with the leaders about the philosophy of the program. Some places, like the YMCA, have non-competitive leagues. In some programs they don't even keep score.

Extienden el Credito...Credit Extended until April 2010

First time homebuyers are encouraged to take advantage of the \$8,000 tax credit for buying a home. The credit was set to expire in November 2009, but was extended until April 2010. Contracts must be signed before April 30, 2010 and closing must take place before June 30, 2010.

Encuétralo en su Biblioteca...Find it at the library

The Beaver Dam Community Library has a diverse collection in Spanish. This includes books, videos, magazines, audiobooks, music and reference materials in Spanish for adults and children. There are employees who speak Spanish. 311 N Spring St, Beaver Dam 920-887-4631

OSHA en Wisconsin

This article explains to employees what OSHA does and how it works. The phone numbers of the four OSHA offices in Wisconsin are listed at the end of the article.

Celebración del 5 de mayo...Cinco de Mayo celebration

Cinco de Mayo is the celebration of the "Battle of Puebla", a war in which the Mexican troops defeated the French at the town of Puebla on May 5, 1862. A celebration will be held in Watertown at Riverside Park from 12:00 pm – 6:00 pm. The program includes a parade at 11:00 starting at the Middle School, food and beverages available throughout the day. 1:00 Ballet Folklorico of Watertown at the bandshell. 1:00 Soccer tournament. 2:00 Ballet Folklorico of Jefferson at the bandshell. 2:30 breaking the piñata. 3:00 Volleyball tournament. 5:00 Ballet Folklorico "Mitzita Mexidkani". 6:00 closure For more info call Sam at 920-261-8128 or Pepe as (920) 262-2100