

Mexico and other Latin American countries celebrate their Country's Independence during the month of September.

The independence movement in Latin America arose during the years of 1807-1824. This political and military movement ended colonial rule of Spain and Portugal over Mexico, Central and South America.

Mexico celebrates what is called "El Grito de Dolores" on the night of September 15th and their Independence Day on the 16th of September.

It is said that Miguel Hidalgo y Costilla, a catholic priest, armed with a banner with an image of the Virgin of Guadalupe, announced the declaration of Independence of Mexico from Spain on September 16th of 1810, gaining the support of thousands of people that fought for their independence for years to come.

In 1821 Agustin de Iturbide, a royalist military man that had adhered himself to the cause of Mexican Independence and a Viceroy from Spain, signed the Treaty of Cordoba, declaring Mexico an Independent Empire. In September of the same year, Agustin de Iturbide was appointed as president by La Junta de Mexico.

The Independence movements of other Latin American countries followed similar paths, and similar timelines. They all, during this period, celebrated victories, endured defeats and betrayals, advancements and drawbacks and all of them gained their Independence.

The [American Revolution](#) and the [French Revolution](#), both in the late 1700s, provided inspiration for some Spanish-American and Brazilian colonists, whom today are National heroes called Liberators, to seek more control over their economic and political affairs.

In United States of America September is Hispanic Heritage month, and celebrates with Hispanic peoples their ancestor's History.

Hispanic Heritage Month is celebrated nationwide, the anniversary of independence for five Latin American countries is September 15, – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico's Independence Day is on September 16th and Chile on September 18th. Hispanic Heritage Month has been celebrated in the United States since 1974, when President Gerald Ford issued a Presidential Proclamation extending Hispanic Heritage Week into a month-long observation.

Ya que es el tiempo de construcción...Now that it's construction season... This article from OSHA discusses nail gun safety issues. It covers some of the risks involved, common types of nail guns, and safety practices to follow to avoid injuries from nail guns.

Nueva influenza – H1N1 flu facts...This question and answer article from the CDC explains what H1N1 flu is, what signs and symptoms to look for, how serious the disease is, how it spreads, how long an infected person can infect other people, and what one can do to protect oneself from the virus. It also lists steps to take every day to protect your health, such as covering your mouth and nose with a tissue when sneezing or coughing and then throwing the tissue away, washing your hands with soap and water, especially after sneezing or coughing (hand sanitizers are effective too), avoid touching your eyes, nose or mouth, try to avoid contact with sick people, and if you are sick stay at home.

¿Tiene problemas al pagar...Are you having Trouble Paying for Prescription Drugs?

You May Qualify for "Extra Help" from Medicare.....

Medicare now offers a prescription drug benefit known as Part D. This benefit is available to anyone who is enrolled in Medicare Part A or Part B.

The Extra Help Program (also called the low-income subsidy program) provides low income Medicare beneficiaries with assistance to pay for Part D plan costs.

Eligible Medicare beneficiaries can receive assistance with their Part D premiums, co-pays, deductibles and the coverage gap.

Asset Limits: \$12,510 for an individual / \$24,855 for a couple

Monthly Income Limits: \$1,374 per individual / \$1,841 per couple

If your countable assets and monthly income are below these limits you should apply for Extra Help to pay for your prescriptions. Applications can be made online, through the mail, and at local Social Security offices. You may visit www.ssa.gov to find an online application. If you live in Jefferson* County and are on Medicare, and would like more information on your eligibility for extra help (low income subsidy) please contact Denise Grossman, Elderly Benefit Specialist at 920-674-8135.

**Dodge County (920) 386-3259*
**Walworth County (262) 741-3200 ext 3366*
**Rock County (608) 757-5414*

Acts of Kindness (A-OK)

Accepts clothing, shoes, coats, hats/gloves, furniture, household items, personal care products and more. Items are given free of charge to Rock County residents in need. Please call ahead to make arrangements: 608-728-0841

Tenga cuidado... BEWARE OF GREEN CARD OFFERS

Persons hoping to become permanent residents in the United States should be careful before paying anyone who says that he or she will help them file an application for a green card. Immigrants can become eligible for permanent resident status based on their employment or a close family member, but the standards are very strict, and not everyone qualifies. Someone who offers to help a person complete the application for a fee may just keep the fee and not file anything, or may charge a large fee and file an application for someone who does not qualify to become a permanent resident. Unfortunately, these offers are not uncommon, so it is up to you to find out if they are real or not.

In May, some members of Congress introduced a proposal to make it possible for some agricultural workers to eventually become permanent residents. However, this is just a proposal, and there is no guarantee that it will pass. If it does, it will certainly take many months or even a year or more to become law, and it will only help agricultural workers. If anyone says that he or she can help you get a green card based on this immigration law proposal, it is not true. Before paying anyone to help you to apply for permanent resident status, talk to an immigration lawyer or someone else who you know and trust and who is knowledgeable about immigration law to find out if you qualify for permanent resident status. Many social service agencies that work with immigrants will know whether there have been any changes in the law that would allow immigrants to gain legal status.

Se Ofrece Terapia... Winther Counseling Lab offers free and confidential counseling services to community members in Whitewater as well as surrounding areas. Call to schedule an appointment: 262-472-2842

Visite el sitio... Visit the Mexican Consulate web-site for their schedule and more information <http://www.consulmexchicago.com/>

Be Creative... This flier is for the Hedburg Public Library summer reading program, but readers are encouraged to check with their local libraries for information about their summer reading programs.