

October 2006

Conozca Sus Derechos... Know Your Rights

What to do if...

you are detained by immigration agents or the police when you are walking in the street.

you are detained by immigration agents or the police when you are driving your car.

immigration agents or the police come to your home.

We suggest the following:

Be courteous and stay calm.

Never lie or give false information to an immigration agent or the police. It is better to remain silent.

Don't carry or show false identification.

Don't travel across borders.

Carry the name and phone number of an immigration lawyer who will return your calls and can help.

If you don't know an immigration lawyer that can help you, carry the telephone number of a friend who can help you in case of an emergency.

If you are arrested:

Only give out your real name. Remain silent and don't reveal your nationality.

DO NOT sign anything. If you do it, you could be signing a renunciation of your rights to a lawyer or judge.

DO NOT accept VOLUNTARY DEPORTATION. Don't accept leaving the US without first speaking with a lawyer. Signing a voluntary deportation means that you will not have the right to go to court, and you will have to leave the US without the possibility of returning. Please, think of your family who will be here alone in this country.

DO NOT accept that an immigration agent or a judge explains your options or gives you information. Wait to speak with a lawyer.

You have the right to a lawyer, but the government will not give you one.

You have the right to call a lawyer or a member of your family.

If you go before a judge before obtaining a lawyer, ask the judge to give you more time.

It is illegal for government agents or the police to choose someone to question only because of their race or ethnic origin. You have the right to be treated with dignity and respect. If you are hit, threatened, mistreated, or if they have called you racist names, you have the right to complain about this treatment. Be aware that just because you know your rights and you choose to exercise them, this doesn't necessarily mean that the police will practice the law and respect your rights.

If you or someone you know is arrested by the department of immigration you have the right, by law, to everything mentioned here. Show the following text (always carry it with you):

“I wish to exercise my constitutional right to remain silent and to consult with an attorney before I answer any questions or sign any papers... Please let me use a telephone to call a lawyer.”

We suggest that you ask for a lawyer as soon as possible and contact the Mexican Consulate at 1-888-755-5511.

¿Qué es un ... What is a cerebrovascular accident? (stroke)

This article explains what a stroke is and discusses signs and symptoms of stroke as well as suggestions for things to do to stay healthy. Some of the signs are: sudden numbness or weakness in the face, arm or leg, especially when it occurs on one side of the body; sudden confusion, difficulty talking or understanding; sudden problems with vision in one or both eyes; sudden dizziness, loss of equilibrium or coordination or problems walking; intense and sudden headache of unknown cause. Some of the suggestions for staying healthy include: control your blood pressure; stop smoking; get regular exercise; eat healthy food; control your diabetes. To get more information, call the National Institute for Neurological Disorders and Stroke at 800-352-9424.

Octubre es el mes... October is Domestic Violence Prevention Month

If you need help and want to talk with someone, call (the call is confidential):

Jefferson County – PADA (920) 674-6748 or 1-800-228-7232

Walworth County – APFV (262) 723-4653

Dodge County – PAVE 1-800-775-3785

UNIDOS – (608) 256-9195

YWCA – Janesville – (608) 752-2583

Beloit Domestic Violence Center – (608) 365-1119

¡Cuerpo Solo Hay Uno! ... There's Only One Body!...

This article starts out with a question about finding a lump in a breast while bathing and asks if it could be cancer. The doctor's reply answers many of the questions related to breast cancer. She emphasizes that early detection is the best tool we have against this disease. The Wisconsin Well Women program offers free mammograms and other important tests to women between 35 and 64 years of age who qualify for the program. A program called “Entre Familia” is also available. The phone numbers for both programs are included.

Sugerencias Para... Suggestions for Positive Discipline

Sometimes parents ask for ideas for positive discipline. These are some suggestions:

- Constantly recognize and enforce good behavior
- Give your children love and support. All kids need love and affirmation.
- Talk with your kids and listen to them.
- Discuss discipline methods with your partner beforehand.

- Both partners should help each other discipline the children.
- Show your disapproval of the behavior, not the child.
- Tell your child exactly what you expect of them.
- Let your child make his own decisions when possible.
- Take note of how you ask your child to do a chore.
- Children learn to ignore constant threats without action.
- It is important that children experience the consequences of their behavior.
- Some magic words to use are: Please, thank you, you're welcome, and forgive me. Don't forget to say them to your children.
- Let your child express all of his emotions.
- Show them how they can help.
- Think before you speak!

Es importante vacunar... It's important to vaccinate your children.

A schedule for when children should receive childhood immunizations is included to let parents know what the recommended timeframes are.

¡Fraudes que... Scams that will leave you without money!

A free presentation will be held at Hedberg Public Library in Janesville on how to protect yourself from various scams. The Department of Agriculture, Commerce and Consumer Protection along with the Hedberg Public Library invite people to stop in and learn how to protect themselves. Some of the topics include: renters' rights; unauthorized charges on your phone bill; automobile repair; wiring money out of the country; work-from-home scams. The presentation will be held Tuesday, October 3, 2006 at 7:00 pm. For more information, call the library at 608-758-6588.