

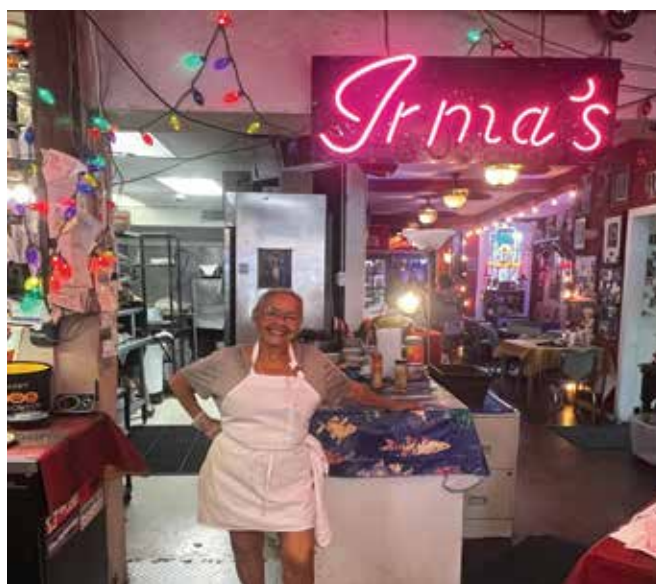
Como en su casa: Irma Galvan's Legendary Journey

By Kim Melchor, Photos by Melynda Weber

If you walk into Irma's Original in downtown Houston, you won't find a menu. What you WILL find is Irma Galvan meeting you at the door. "The customers want what they want, and our job is to give them what they want," she says. Everything in the kitchen is cooked from scratch, everything is fresco, and women make every dish — many of them grandmothers — who've worked with Irma for decades.

Born in Brownsville and raised in Segundo Bario, Irma Galvan made her life in neighborhoods where hard work and home cooking went hand in hand. She lived for a time in Denver Harbor, a connection that's still felt by the many long-term customers who see her story as part of their own.

"I love Second Ward. I love Denver Harbor. That's who I am, and I'll always be down to earth"



Her story, like her restaurant, wasn't part of any grand plan. After working for a furniture company for several years, Irma lost both her job and her husband. "He was studying cancer research at Baylor. After being married for 20 years, he was murdered. I didn't have insurance or anything like that. I had to pay for the house and raise my kids by myself." With four children and no safety net, she opened a sandwich shop downtown in 1989. Business was slow. The area was full of warehouses and struggling with homelessness.

"I almost gave up," she says. "But being the sole support, no insurance, no money for my family... that was the love that drove me to continue." She added tacos. Then tamales. And then came the lawyers, the judges, and the mayors — from Adrian Garcia to Carol Alvarado to Greg Abbott — all of whom became regulars.

Irma's food and her story have earned national attention. In 2008, she won the prestigious James Beard Foundation's America's Classics Award. She has been featured on Diners, Drive-Ins, and Dives, Localish, and was recently named one of Houston's 50 Most Influential Women. But accolades don't define her. "You have to stay focused," she says. "Nunca ganas. You always have to be on top of things." She calls her restaurant "a little hole in the wall," but it's more than that. It's a community anchor. "We put our heads together and cook the way our mothers taught us how to cook," she says of her team.

You have to work side by side with your people. That's the only way you get respect."

Now in her 80s, Irma is still in the kitchen — and still giving advice.

"Always be honest. Always do the right thing. Be an example for anybody who is falling down. Lift them up with you."

Irma recently bought the home of politician Christina Morales's grandmother in the East End to "carry the tradition" and stay close to her roots. As she puts it: "Hopefully, my legend will be... in the hood."



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**Por cualquier
pregunta llama
713-459-3605**

Message from the Editor

Hello Neighbors,

A big congratulations to all of our Denver Harbor graduates! Whether you're finishing kindergarten, high school, or college, your achievement is a proud milestone for you and your families. We celebrate your hard work and dedication.

La Voz de Denver Harbor has also reached an exciting milestone—we've increased our monthly circulation from 2,000 to 2,500 copies! Thank you, Denver Harbor, for your continued support. The paper continues to run out quickly each month. You can find your copy during the first week of the month at the locations listed inside.

In this edition, our cover story highlights a beloved figure in the community: Irma Galvan, owner of the popular restaurant Irma's, located next to Daikin Park. Irma's roots run deep in Denver Harbor, and her story is one of resilience and success.

We also feature important information from the Harris County District Clerk's Office, led by Marilyn Burgess. Her office has been working to improve the jury duty experience, including a significant increase in juror pay—a step that acknowledges the value of civic participation.

Additionally, we've included a helpful article from the Alzheimer's Association, offering valuable resources and guidance for families navigating difficult transitions. This organization continues to be a lifeline for many in need of support.

Lastly, as hurricane season begins, Harris County has released crucial tips and preparation guidelines to help our community stay safe. Now is the time to plan and be ready—just in case.

Thank you for reading and for being an active part of the Denver Harbor community.

Carolyn Lopez



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EDITOR



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Jo Co 1147 Lathrop
Chevron 850 Lathrop
Del-Sun 7200 Lyons
Mexican Food 7102 Lyons
Party Store 7236 Lyons
D.H. Tire Shop 6900 Lyons
Gift Store 6930 Lyons
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J's Food Store 1143 Port
LNoe 800 Gazin
Quick Food Store 1103 Lathrop
Kress Food 846 Market
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Lyons Cleaners 6000 Lyons
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El Rincon Market 6830 Wallisville
El Patron 7334 Wallisville
Harbor Washateria 430 Harbor
Lathrop Store 403 Lathrop
Seven Seas 445 Lathrop
Elite Food 7434 Eagle Pass
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Cliff Tuttle Library

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Como en su casa: El Viaje Legendario de Irma Galvan

Escrito Kim Melchor, Fotos de Melynda Weber

Si entras a Irma's Original en el centro de Houston, no encontrarás un menú. Lo que SÍ encontrarás es a Irma Galvan recibíendote en la puerta. “Los clientes quieren lo que quieren y nuestro trabajo es darles lo que quieren” dice ella. Todo en la cocina se prepara desde cero, todo es fresco, y cada platillo lo preparan mujeres — muchas de ellas abuelas — que han trabajado con Irma durante décadas.

“Me encanta Second Ward. Me encanta Denver Harbor. Así soy yo, y siempre tendré los pies en la tierra.”

Su historia, como su restaurante, no fue parte de ningún plan grandioso. Después de trabajar varios años en una mueblería, Irma perdió tanto su empleo como a su esposo. “Estudiaba investigación oncológica en Baylor. Tras 20 años de matrimonio, lo asesinaron. No tenía seguro ni nada parecido. Tuve que pagar la casa y criar a mis hijos sola..” Con cuatro hijos y sin red de apoyo, abrió una sandwichería en el centro en 1989. El negocio iba lento. La zona estaba llena de almacenes y afectada por la falta de vivienda.

“Casi me doy por vencido”, dice. “Pero ser el único sustento, sin seguro, sin dinero para mi familia... ese fue el amor que me impulsó a continuar”. Añadió tacos. Luego tamales. Y entonces llegaron los abogados, los jueces y los alcaldes — desde Adrian Garcia, Carol Alvarado, hasta Greg Abbott — todos se volvieron clientes frecuentes.

La comida de Irma y su historia han recibido atención a nivel nacional. En 2008, ganó el prestigioso premio America's Classics de la Fundación James Beard. Ha aparecido en Diners, Drive-Ins and Dives, Localish, y recientemente fue nombrada una de las 50



Mujeres Más Influyentes de Houston. Pero los reconocimientos no la definen. “Tienes que mantenerte concentrado”, dice. “Nunca ganas. Siempre tienes que estar al tanto de todo”.

Ella llama a su restaurante “Un pequeño agujero en la pared,” pero es mucho más que eso. Es un ancla comunitaria. “Juntamos nuestras cabezas y cocinamos como nos enseñaron nuestras madres,” dice sobre su equipo. “Tienes que trabajar codo con codo con tu gente. Solo así se consigue respeto.”



Ahora en sus 80s, Irma sigue en la cocina — y sigue dando consejos.

“Sé siempre honesto. Haz siempre lo correcto. Sé un ejemplo para quien esté fallando. Anímalo siendo tú mismo.”

Irma compró recientemente la casa de la abuela de Christina Morales en el East End para “llevar la tradición” y mantenerse cerca de sus raíces. Como ella misma lo dice: “Con suerte, mi leyenda estará... en el barrio”.

Como en su casa.



Rene Porras y Irma Galvan



Pre-K Registration at Eliot Elementary

Visit our campus and receive assistance with submitting a Pre-K application and connect with school representatives.

ELIOT OFFERS FULL DAY PRE-K 3 AND PRE-K 4. POTTY TRAINING NOT REQUIRED.

IF ANY OF THESE STATEMENTS DESCRIBE YOUR FAMILY,
YOUR CHILD MAY BE ELIGIBLE FOR FREE PRE-K:

- YOUR FAMILY IS CONSIDERED LOW INCOME
- CHILD SPEAKS LANGUAGE OTHER THAN ENGLISH
- FAMILY IS HOMELESS OR LIVING WITH FRIENDS OR RELATIVES
- CHILD IS OR HAS BEEN IN FOSTER CARE
- PARENT OR GUARDIAN HAS RECEIVED THE STAR OF TEXAS AWARD
- PARENT OR GUARDIAN IS ON ACTIVE DUTY OR IN THE RESERVE OF THE ARMED FORCE

DOCUMENTS NEEDED

- PROOF OF AGE OF YOUR CHILD (BIRTH CERTIFICATE/PASSPORT)
- PROOF OF ADDRESS IN HOUSTON ISD (CURRENT UTILITY BILL OR LEASE AGREEMENT)
- IMMUNIZATION RECORD

Inscripciones de Pre-Kinder en la Primaria Eliot

Visite nuestra escuela y reciba ayuda para enviar una solicitud de Pre-K y
conéctese con representantes de la escuela.

ELIOT OFRECE PRE-K 3 Y PRE-K 4 DIA COMPLETO. NO SE REQUIERE QUE EL
ESTUDIANTE ESTÉ ENTRENADO PARA IR AL BANO.

SI ALGUNO DE ESTOS CASOS DESCRIBE A SU FAMILIA, PUEDE SER ELEGIBLE
PARA PRE-K GRATIS PARA SU HIJO(A):

- LA FAMILIA SE CONSIDERA DE BAJOS INGRESOS
- EL ESTUDIANTE HABLA UN IDIOMA DISTINTO AL INGLES
- LA FAMILIA NO TIENE HOGAR O VIVE CON AMIGOS/FAMILIARES
- EL PADRE O TUTOR RECIBIO EL PREMIO STAR OF TEXAS
- EL ESTUDIANTE ESTA O HA ESTADO EN CUIDADO DE CRIANZA
- EL PADRE O TUTOR ESTA EN SERVICIO ACTIVO O EN LA RESERVA DE LAS FUERZAS ARMADAS

DOCUMENTOS NECESARIOS

- PRUEBA DE EDAD DE SU HIJO(A) (ACTA DE NACIMIENTO/PASAPORTE)
- COMPROBANTE DE DOMICILIO (BIL/FACTURA O CONTRATO DE VIVIENDA)
- TARJETA DE VACUNAS



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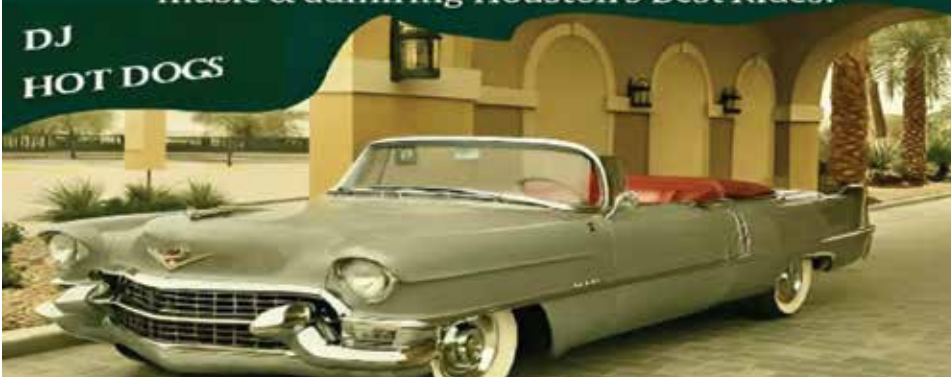


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FATHER'S DAY
CAR SHOW

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MUSCLE CARS, TRUCKS & MOTOR CYCLES

Bring your lawn chairs while listening to
music & admiring Houston's Best Rides!

DJ
HOT DOGS



JUNE 15, 2025 | 9:00AM-2:00PM
2102 BROADWAY ST. HOUSTON, TEXAS 77012

La importancia del servicio de jurado

Por Marilyn Burgess, Secretaria de Distrito del Condado Harris

El derecho a un juicio por jurado es una parte importante de la democracia estadounidense. Este derecho se remonta a 1776, cuando la Declaración de Independencia argumentó que el Rey Jorge III eliminó "los beneficios del juicio por jurado". Posteriormente, las enmiendas Quinta, Sexta y Séptima de la Constitución de los Estados Unidos protegieron este derecho.

Formar parte de un jurado es muy importante, pero en el Condado de Harris, Texas, no se presentan suficientes personas. En 2024, nuestra oficina envió más de un millón de citaciones para jurado, pero sólo el 12% de quienes las recibieron comparecieron. Aún más preocupante es la falta de diversidad. Los hispanos, que representan aproximadamente el 33% del condado, sólo representaron el 26% de quienes se presentaron al servicio de jurado en 2024. Los afroamericanos, que representan el 22% del condado, sólo representaron el 17% de los jurados que comparecieron. Los jóvenes adultos de entre 18 y 29 años representan el 21% de la población, pero sólo el 15% de los jurados pertenecían a ese grupo de edad el año pasado. La diversidad es importante, ya que todos aportamos diferentes experiencias de vida a la mesa de deliberación. Los jurados diversos debaten los hechos del caso durante más tiempo y se sienten más cómodos hablando de temas importantes como la raza, lo que genera confianza en nuestro sistema judicial.

Para trabajar en esto, la Oficina de la Secretaría de Distrito inició la campaña "Tú Completas la Justicia" en 2024 para animar a más personas a formar parte de los jurados. La campaña ha colaborado con grupos como LULAC, la NAACP y la Liga de Mujeres Votantes. Ha habido un pequeño aumento en la asistencia al jurado, pero aún necesitamos que asista más gente. Como Secretaria de Distrito, estoy comprometida a seguir solicitando fondos a la Corte de Comisionados del Condado de Harris para continuar con nuestras iniciativas de divulgación.

Hemos trabajado para que el servicio de jurado sea más fácil y eficiente. El formulario de citación del jurado se rediseñó para mayor claridad y ahora pedimos a los jurados convocados que se preinscriban en Internet, lo que nos permite enviar recordatorios por mensaje de texto y correo electrónico o cancelar el servicio de jurados que han recibido una citación si sabemos que ya tenemos suficientes jurados para su día de servicio. También ofrecemos estacionamiento gratuito. En 2023, el salario del jurado aumentó de \$6 a \$30 por el primer día de servicio, y de \$40 a \$58 por cada día posterior. El objetivo es que el servicio de jurado sea más asequible para todos. También cambiamos el pago con cheque a una tarjeta de débito para que no tengan que esperar a que les llegue un cheque por correo.

Aún queda trabajo por hacer, pero estos cambios son pasos importantes. Participar en el servicio de jurado en el Condado de Harris es importante y su participación es crucial para garantizar que haya justicia para todos.



HAPPY JURY APPRECIATION WEEK

YOU

COMPLETE JUSTICE

MARILYN BURGESS
HARRIS COUNTY DISTRICT CLERK

We are showing our appreciation to **YOU** this week by providing Free Breakfast & Door Prizes donated by our office and these partners:

In The Community En La Comunidad



Denver Harbor CARES Job Fair at the
DH Multiservice bldg.



Denver Harbor rising star
Celeste Escobar performing at Houston Latin Fest



Commissioner Adrian Garcia voted Tuesday to commit the County to bringing law enforcement officers, including the Sheriff and Constable deputies, to pay parity with the Houston Police Department.



Harris County Tax Accessor & Harris County Appraisal District Community Meeting



Cliff Tuttle Library

June 2025 Calendar

**John P. McGovern
Foundation
Summer Reading Program**



Tuttle Neighborhood Library
702 Kress St, 77020 • 832-393-2100
M 10-6 | T 10-6 | W 12-8 | TH 10-6 | F 1-5 | Sa 10-5 | Su Closed

JUNE 2025 – KIDS, TWEENS, AND TEENS EVENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Family Storytime Baby Storytime Toddler Storytime	 Preschool Storytime Craft STEM	 Bilingual Featured/Special Event Tween/Teen Program	Unfortunately, last-minute changes or cancellations are unavoidable. Check houstonlibrary.org/events for the most up-to-date information. Most programs are 30-45 minutes. <u>Groups, schools, and daycares must call the location at least one week in advance to schedule library visits.</u> Registration is required for all programs. EVENTS ARE FREE AND OPEN TO THE PUBLIC.			
1 Scan for more info.	2 Kids 4 PM	3 ★ The Reading Magic Show 11 AM Lego Club 4 PM	4	5 Board Games 4 PM	6	7
8	9 Lego Club 2 PM	10 Kids 11 AM	11	12 Board Games 2 PM	13	14
15	16 Sharpie-Dyed Scarves 1 PM	17 ★ Mad Science of Houston 11 AM	18	19 JUNETEENTH HOLIDAY; LIBRARY CLOSED	20	21
22	23 Lego Club 2 PM	24 Pinhole Camera Obscuras 11 AM	25	26 Board Games 2 PM	27	28
29	30 Tween 1 PM					

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If you require reasonable accommodations for physical or communication needs, please contact the library location in advance of the program.

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visit www.sempfithree.com or contact
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HURRICANE PREPAREDNESS

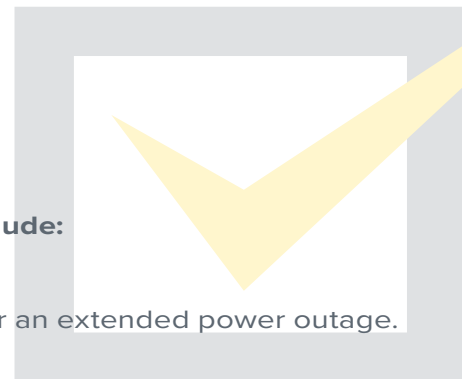
www.ReadyHarris.org

Hurricane Season:

*June 1 -
November 30*

Take time **NOW** to review and act on the following:

- ☑ **Prepare an emergency supply kit that includes:**
 - Bottled water and non-perishable food for 7-10 days
 - NOAA weather radio, flashlights, and extra batteries
 - Dry, clean clothes and bedding
 - Insurance information and other important documents
 - Medications, copies of prescriptions, and extra eyeglasses
 - Special products for babies, seniors, medically fragile family members and pets
- ☑ **Make a plan and discuss it with your family BEFORE hurricane season begins. Include:**
 - Your evacuation routes and final destination
 - Communications plans and meet up location during an emergency
 - If you depend on a medical device that requires electricity, have a plan in place for an extended power outage.
- ☑ **Stay informed by monitoring trusted sources of information including local media**
 - Sign up to receive **ReadyHarris** alerts at www.readyharris.org



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TEXT GULF2025 to 888777

To receive 2025 Hurricane Season ReadyHarris Alerts



PLAN DE PREPARACIÓN PARA HURACANES

www.ReadyHarris.org

Temporada de Huracanes:

*1 de junio -
30 de noviembre*

Tómese el tiempo **AHORA** para revisar y actuar en lo siguiente:

- ☑ **Prepare un kit de suministros de emergencia que incluya:**
 - Agua embotellada y alimentos no perecederos para 7-10 días
 - Radio meteorológico NOAA, linternas y baterías adicionales
 - Ropa y sábanas de cama limpias y secas
 - Información del seguro y otros documentos importantes
 - Medicamentos, copias de recetas médicas y anteojos adicionales
 - Productos especiales para bebés, personas mayores, familiares médicamente frágiles y mascotas
- ☑ **Haga un plan y discútalos con su familia ANTES de que comience la temporada de huracanes. Incluir:**
 - Sus rutas de evacuación y destino final
 - Planes de comunicación y lugar de encuentro durante una emergencia
 - Si eres dependiente de un dispositivo médico que requiere electricidad, tenga un plan para un apagón prolongado.
- ☑ **Manténgase informado monitoreando fuentes confiables de información como los medios de comunicación locales**
 - Regístrese para recibir alertas de **ReadyHarris** en www.readyharris.org



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**HURRICANE
PREPAREDNESS**
www.ReadyHarris.org

**Hurricane
Season:**
*June 1 -
November 30*

Did you know? Harris County has **ReadyHarris Accessible Alerts (RHAA)** for residents who are deaf, blind, hard of hearing, have low vision or low literacy. This free, opt-in program sends emergency alert messages in American Sign Language (ASL), and voice and text in English and Spanish. These emergency alerts are compatible with internet and video capable devices such as computers, cell phones, smart phones, tablet computers, and wireless Braille readers.

Sign up for ReadyHarris Accessible Alerts TODAY by visiting hct.ahasalerts.com and click on “Sign Up.” You can also sign up by texting **READY** to **(281) 609-9093**.

Do you or someone you know need extra assistance during times of an emergency or disaster? **The State of Texas Emergency Assistance Registry (STEAR)** program is a free registry that provides local emergency planners and emergency responders with additional information on the needs in their community. People with disabilities, limited mobility, communication barriers, or those needing medical assistance are encouraged to sign up. Don't wait! **Call 2-1-1 or visit stear.tdem.texas.gov.**

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To receive 2025 Hurricane Season ReadyHarris Alerts



**PLAN DE PREPARACIÓN
PARA HURACANES**
www.ReadyHarris.org

**Temporada de
Huracanes:**
*1 de junio -
30 de noviembre*

¿Sabía que el Condado Harris tiene **Alertas Accesibles ReadyHarris** (RHAA, por sus siglas en inglés) para los residentes sordos, ciegos, con audición y visión limitada, o baja alfabetización? Este programa opcional gratuito envía mensajes de alerta de emergencia en lenguaje de señas americano (ASL) y voz y texto en inglés y español. Este programa envía mensajes a dispositivos compatibles con el Internet y video, como computadoras, teléfonos celulares, teléfonos inteligentes, tabletas y lectores inalámbricos de Braille.

Regístrese para recibir alertas accesibles de ReadyHarris HOY visitando hct.ahasalerts.com y haga clic en “Inscribirse” en la parte superior de la página. También puede registrarse enviando la palabra **LISTO** por mensaje de texto al **(281) 609-9093**.

¿Usted o alguien que conoce necesita asistencia adicional en momentos de emergencia o desastre? El programa de **Registro de Asistencia de Emergencia del Estado de Texas** (STEAR, por sus siglas en inglés) es un programa gratuito que proporciona información crítica a planificadores de emergencia locales y a los socorristas sobre las necesidades de su comunidad. Se les anima a personas con discapacidades, movilidad limitada, barreras de comunicación o aquellos que necesiten asistencia médica a inscribirse. ¡No espere! **Llame al 2-1-1 o visite stear.tdem.texas.gov.**

Follow us on social media:



ReadyHarris 



SCAN ME

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To receive 2025 Hurricane Season ReadyHarris Alerts

Navigating Alzheimer's: Resources and Support for Houston-Area Families

By Kim Melchor

Caring for a loved one with Alzheimer's disease can feel overwhelming, but families in the Houston and Southeast Texas area have a powerful resource in their corner: the Alzheimer's Association, Houston & Southeast Texas Chapter. With a wide range of services available in both English and Spanish, the organization offers support, education, and hope to families facing the realities of Alzheimer's and other forms of dementia.

Many families are unaware of the extensive help available to them. Jorge Olvera, Director of Community Engagement, explains that he often hears people say, "I wish I had known about your programs earlier." That's why getting the word out is so important. Olvera, who holds a master's in social work with a focus on gerontology from the University of Houston, has spent his career working with older adults. Olvera is passionate about his work with the Alzheimer's Association.

The heart of the organization's mission is caregiver support. Families can access support groups, both in-person and virtual, where they can share experiences and learn from others navigating similar journeys. Educational workshops offer practical information on caregiving, legal and financial planning, and managing the disease daily.

Caregiving can be heavy if just one person is handling it. Olvera advises, "Have a plan and have a team." He adds,

"No one should be facing Alzheimer's disease alone!"

For individuals living with Alzheimer's — especially in the early stages — the Association offers social engagement programs in partnership with local institutions, such as the Houston Zoo and the Museum of Fine Arts. These programs provide opportunities for mental stimulation and community engagement, which can help maintain a high quality of life.

Another vital resource is the Community Resource Finder, an online tool that helps connect families with local services tailored to their needs. And for those who need immediate guidance or just someone to talk to, the 24/7 Helpline (800-272-3900) is available around the clock in over 200 languages.

Olvera emphasizes that the organization's programs are accessible to everyone, including Spanish-speaking families. "We do offer in-person and virtual Spanish Support Groups for those families who prefer to be with others who speak their language. We also offer many of our education programs in Spanish to educate community members about reducing their risks of developing Alzheimer's Disease and how to detect it early."

A key part of the Association's work is breaking down misconceptions, such as the idea that memory loss is a natural part of aging. "Not everyone will get Alzheimer's," Olvera explains. "And there are things that we can do today to lower our risk. Additionally, there are therapies to slow down the progression of the disease when identified early."

When asked about the most rewarding moments in his work, Olvera responds, "For me, it will always be having that first conversation with a family, seeing their worries subside when they understand that they are not alone and that there is a community of us out here to support them."

He encourages community members to get involved by volunteering, fundraising, or simply inviting the Association to present at their workplace, church, or local organization. "The simplest way of volunteering is to connect us to your community so that we can educate them about Alzheimer's disease."

For more information, check with the Alzheimer's Association at www.alz.org/texas.

10 Warning Signs of Alzheimer's

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Look Who's Hiring!

	Contact name	Contact position title	Email address	Phone number
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	Joan Villarreal Perez	Broker	joan.perez@bs-4u.com	7134987105
	Rita Pradier	Community Outreach	rpradier@aviationmaintenance.edu	281-381-6524
	Merced Ambriz	Sr. Recruiter	merced.ambriz@harriscountytexas.gov	7133970181
	Roy Morales	President	roy@lssinc.com	7133208167
	Fernando Perez	Outreach Coordinator	Fperez@serjobs.org	713-478-7857
	James Martinez	Deputy	james.martinez2@sheriff.hctx.net	713-877-5250
	Christian	Admissions Advisor	Christian.andrews@hccs.edu	7048080878
	Teresa Carreon	HR Manager	negretet@cintas.com	713-748-9398
	Rosie Martinez	Director of Navigation Services	rosie@targethunger.org	832.949.4220
	Roland Manzano	Director of Staffing Initiatives and Outreach	rm33@ridemetro.org	7137396924
	Dusty Spencer	Retention coordinator	Dusty@gcafcio.org	2817449722
	Teresa Carreon	HR Manager	negretet@cintas.com	8323806209
	Luciano Cantu	Sr. HR Generalist- Recruiter	Luciano.cantu@houstontx.gov	8326093570
	Vicki Hernandez	Police officer	Vicki.hernandez@houstonpolice.org	3463971774
	Jessica Piña	Recruiter	jcardenas@lanestaff.com	713-522-0000
	Jessica Piña	Staffing Coordinator	jcardenas@lanestaff.com	713-522-0000
	Ramiro Fonseca	Director of Outreach and Engagement	ramiro.fonseca@tejanocenter.org	7136403796

H-TOWN ELITE BOXING: FREE SUMMER BOXING PROGRAM

OUR BOXING GYMS MISSION SINCE DAY 1 HAS BEEN
TO KEEP THE KIDS OF HOUSTON OFF THE STREETS
AND IN THE GYM

Accepting kids ages 6-16 years old

BOXING CLASSES ARE MONDAY - FRIDAY
8AM-12PM

STARTING: June 2nd, 2025

Ending: June 30th, 2025

"MAY BE EXTENDED"

Your child will learn:

- Boxing
- Self-Defense
- Endurance
- Self confidence!

**6423 LYONS AVE.
HOUSTON, TX 77020**

HOUSTON PARKS AND RECREATION DEPARTMENT SUMMER Enrichment PROGRAM

Keep your child active during the summer
by registering him or her for
HPARD's 2025 Summer Enrichment Program!
They'll keep active every day by participating in
activities like crafts, health and nutrition, fun
fitness, nature exploration, recycling awareness,
instructional sports, and STEM education!
Registration is required and begins
on April 1, 2025, for this fun-filled program.

Ages: 5 - 12
Fee: \$50 per week per child.
Fee exemptions available for qualified persons.
Times: 8:00 am - 5:00 pm, Mon - Fri
Camp Dates: June 8 - August 15, 2025
Registration: Online registration required
<https://activeenrichment.active.com/houstonparks> or
www.houstonparks.org
Description: 10-Week Day Camp Style Program
Locations: Select HPARD Community Centers
(See reverse for site locations)
Information: 832.393.7234, 832.393.7135, 832.393.7132,
832.345.7137

SA-001.20

CAPRA

HPARD
HOUSTON PARKS
AND RECREATION DEPARTMENT

FAITH MEMORIAL BAPTIST CHURCH PRESENTS

MAGNIFI!D!

PSALM 59:4
DISCOVERING THE BIGNESS OF GOD
IN THE SMALLEST OF THINGS

VBS 2025

SCAN THE QR CODE TO REGISTER!

AGES:
KINDERGARTEN - FIFTH GRADE

**MONDAY JULY 28TH
- FRIDAY AUG 1ST**

5:30pm - 8:30pm

**FAITH MEMORIAL
BAPTIST CHURCH**
623 Kress St.
Houston, TX 77020

**JOIN US FOR FREE AS WE ENCOURAGE
THE KIDS TO LOOK CLOSELY AT THE DETAILS
OF GOD'S AMAZING WORLD AND MAGNIFY,
OR PROCLAIM, THE GREATNESS OF GOD.**

GRATIS

Antes

Después

Su casa podría ser pintada, instalarsele
una cubierta de vinil (vinyl siding) o
reemplazarle puertas y ventanas
sin ningún costo
(si es que se detecta plomo en estos componentes).

Usted puede ser elegible para una
Inspección de Plomo gratuita.
Si su casa fué construida antes de 1978,
tiene la pintura descascarada o se le está
descascarando y un niño (a) menor
de 6 años visita o vive en el hogar.

Por favor llame, para saber **si usted es elegible.**

832-393-5141

Programa de Control del riesgo de Pintura a Base de Plomo

saque el Plomo de su casa

HOUSTON HEALTH
DEPARTMENT

HOUSTON PARKS AND RECREATION DEPARTMENT

ZUMBA

MONDAYS
6 - 7:15
P.M

Denver Harbor Multi-Service Center
Denver Harbor Gymnasium
6402 Market St, Houston, TX

*All ages allowed

SA-001.20

HPARD
HOUSTON PARKS
AND RECREATION DEPARTMENT

Earl Carl Institute
3102 Cleburne St
Houston, TX
10:00 a.m. - 3:00 p.m.

Citizenship and Naturalization Clinic

Free assistance with becoming a citizen
through the naturalization process.
Please call 713.313.1139 for more information.

Upcoming Dates
September 28, 2024
November 23, 2024
January 25, 2025
March 22, 2025
May 24, 2025
July 28, 2025
September 27, 2025
November 22, 2025

What we do:

Items to bring:

- Green Card
- Marriage License and/or Divorce Decree
- Copies of any documents showing prior arrests or immigration violations
- If applying for fee waiver or reduced fee, your most recently filed tax return and any governmental assistance received (i.e., SNAP, TANF, Supplemental Security Income, or Medicaid)
- Military ID card

Help you complete the N-400 process

- Track your case through the USCIS process
- We may be able to cover all or some of the cost of filing

Apply for Services

TSU TEXAS SOUTHERN UNIVERSITY
Thurgood Marshall School of Law
Earl Carl Institute for Legal & Social Policy, Inc.



**No Cost
To you**



Your house could be **painted**,
have **vinyl siding installed** or have
windows and doors replaced at
NO COST TO YOU.
(if Lead is detected on these components).

You may be eligible for
a free Lead Inspection.
If your house was built before **1978**,
and have **peeling, flaking, chipping**
paint, and a child under **6 years old**,
visits or lives in the home.

To know if you are eligible, please call
832-393-5141
Lead-Based Paint Hazard Control Program

GET THE LEAD OUT
OF YOUR HOME



HOUSTON HEALTH
DEPARTMENT






REACH

Restore, Enable, and Advance Caregiver Health

¿Cuida Ud. un/a esposo/a con demencia?

¡Buscamos cuidadores cónyuges para participar en nuestro estudio! Podría Ud. ayudarnos mejorar la salud y calidad de vida de cuidadores.

Participación

- 3 visitas en 6 meses
- Se realizar mediciones físicas, una extracción de sangre, y cuestionarios
- Se lleva un monitor de pulso cardíaco y se responde cuestionarios cortos durante el día por 2 semanas

Eligibilidad

- Casado/a o en una relación a largo plazo con una persona con demencia por al menos 3 años
- Cuidar al menos 4 horas por día al esposo/a
- Identificarse como cuidador principal de un esposo/a con demencia
- Vive en casa con esposo/a con demencia

¡Podrías recibir hasta \$255 en compensación!

Contacto

713-348-2468 o 713-348-8126

PM22@RICE.EDU o KLP5@RICE.EDU

La National Alliance for Caregiving y la University of Texas at Dallas se asociaron para crear el REACH (R21AG052326). Gracias a los servicios patrocinados y generados por este estudio se ha desarrollado una línea 800 para dar más apoyo. Para más información en Rice IRB (Instituto de Investigación), por favor comuníquese al teléfono 713-348-0346. Unirse al estudio REACH es el investigador principal de este estudio.



Scan to see AARP Events & News in Houston, Texas

Are you caring for a spouse with dementia?

We are looking for spousal caregivers to participate in research! You could help us improve caregiver health and quality of life.

Participation

- 3 visits over 6 months
- We will conduct physical measurements, a blood draw, and questionnaires
- Wear a heart rate monitor and answer short questionnaires throughout the day for 2 weeks.

Eligibility

1. Married or a long-term committed partner of a person with dementia for at least three years
2. Devote at least 4 hours daily to your spouse or partner's care
3. Identify as the principal caretaker of your spouse or partner
4. Live at home with spouse or partner with dementia

You may receive up to \$255 in compensation!

Contact

713-348-2468 or 713-348-8126

PM22@RICE.EDU or KLP5@RICE.EDU

Rice University's Institutional Review Board has reviewed and approved this research study (19-11-2024-236). If you have concerns regarding this study or questions regarding your rights as a study participant, please contact The Rice IRB Administrator. Email: irb@rice.edu or Telephone: 713-348-2588. Christopher Tagudon is the Principal Investigator of this study.

STANDING UP FOR DEMOCRACY:

How to Fight Misinformation Online

1

CHECK THE SOURCE

Make sure the information comes from a trusted website or expert. Be careful with unknown websites or authors.

2

LOOK FOR MULTIPLE SOURCES

Check if other reliable websites say the same thing. More than one trusted source makes it more likely to be true.

3

WATCH OUT FOR SENSATIONAL HEADLINES

Don't trust headlines that sound too crazy or dramatic. Read the full article to see if it's really true.

4

LOOK FOR EVIDENCE

Check if the article provides evidence, such as facts, statistics, or expert opinions. Reliable news will support claims with proof, not just opinions or guesses.

5

BE CAUTIOUS WHEN SHARING

Think before sharing something online. Ask yourself if it's true and if it could cause confusion or harm.

IT'S YOUR DEMOCRACY: CALL AND BE HEARD!

1

FIND YOUR REPRESENTATIVES

Find your representatives' contact info, like their phone number and email. Also, check which committees they're on to understand how they influence laws. wrm.capitol.texas.gov/home

2

KNOW WHAT YOU WANT TO SAY

Know what issue you're calling about, whether you support or oppose a bill or policy. Share why it matters to you and how it impacts you or your community.

3

CALL AT THE RIGHT TIME

Call during office hours, usually Monday to Friday, 9 a.m. to 5 p.m. If they're in session, leave a message with your contact info and your position.

4

HOW TO MAKE THE CALL

Introduce yourself with your name, address, and the issue you're calling about. Be clear and state whether you want your representative to support or oppose it.

5

BE RESPECTFUL & FOLLOW UP

Be polite, even if you disagree, and thank your representative for their time. Follow up with an email or note to reinforce your message.

6

EMPOWER YOUR CIRCLES

Ask friends, family, and coworkers to call their representatives, too. The more voices, the bigger the impact, and together you can make a difference.

Únete al Equipo y Sirve a Nuestra Comunidad.

¡HCSO Está Contratando!

Te Ofrecemos:

- Oportunidades de Crecimiento
- Capacitación Integral
- Excelentes Prestaciones

¡Applícalo Ya!

hcsojobs.com

DENVER HARBOR, I'M ON YOUR SIDE.

**We've secured more than
half a billion dollars for
neighborhood flood
control projects and
completed more than
five million feet of ditch
and drainage maintenance
in Precinct 2.**

**ADRIAN
GARCIA**
COMMISSIONER
HARRIS COUNTY PRECINCT 2



POL. ADV. ADRIAN GARCIA CAMPAIGN