La Voz de Denver Harbor

Volume 3 Number 3
A Bi-Cultral Publication
November, 2026

FREE Gratis

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Denver Harbor Historic Voting at Multiservice Bldg



Over 5000 people voted in DH!

Word from the Editor

Hello, Neighbors!

EDITOR



History was made in Denver Harbor during this election!

More than 5,000 people cast their votes at the Denver Harbor Multiservice Center, making this a record-breaking election for our community. But who were those voters? They were our neighbors. I saw an elderly woman proudly tell me, “¡Vine a votar!” (I came to vote). I saw students celebrating with pictures of their “I Voted” stickers and families gathering to capture the moment together.

These moments remind us that voting is more than casting a ballot. It's about showing up, making our voices heard, and taking part in shaping the future of our community. Denver Harbor showed up, and we made history!

In this issue, **we take time to honor our veterans and recognize their service and sacrifices**. We also bring attention to an important health topic that doesn't get discussed enough: **sleep apnea in children**. While sleep apnea is often associated with adults, children can experience it too. As one local family discovered, it can even affect a child's ability to focus and perform in school. Sometimes, the answers begin with a conversation between parents and teachers.

We're also excited to welcome a new contributor to La Voz de Denver Harbor, **Jennifer Montiel.** With her background in law enforcement and genuine commitment to our community, we're looking forward to the informative stories and perspectives she'll bring to our readers.

With the holiday season just around the corner, we've also gathered information about upcoming events and activities happening throughout Denver Harbor. We hope you'll find something to enjoy with your family and neighbors.

As always, thank you for reading, supporting, and believing in La Voz de Denver Harbor. This newspaper belongs to the community, and we're proud to continue bringing your stories to life.

Carolyn Lopez



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Carolyn Lopez

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Jessica Campos
Ricky Campos

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Por cualquier pregunta llama (713) 459-3605

Meet Our Writers | Conozca Nuestros Escritores



Kim Melchor, Writer

Kim Melchor is a Houston-based writer with strong ties to the Denver Harbor neighborhood. Her background is in engineering and technical writing, and she previously worked as a reporter for the Humble Tribune. Her work focuses on neighborhood storytelling, with a particular interest in education and the ways local systems and decisions affect everyday life.

Kim Melchor es una escritora radicada en Houston con fuertes lazos con el vecindario de Denver Harbor. Su formación es en ingeniería y redacción técnica, y anteriormente trabajó como reportera para el Humble Tribune. Su trabajo se centra en contar historias de vecindarios, con un interés particular en la educación y en las formas en que los sistemas y decisiones locales afectan la vida cotidiana.



Jessica Campos, Community Activist

Jessica Campos is a resident of Denver Harbor, Houston, a mother of three public school students, and a community education advocate focused on educational equity and community empowerment. Her work is guided by grassroots organizing and direct experience, supporting families as they navigate public systems.

Jessica Campos es residente de Denver Harbor, Houston, madre de tres estudiantes de escuelas públicas y defensora comunitaria de la educación, enfocada en la equidad educativa y el fortalecimiento de la comunidad. Su trabajo está guiado por la organización comunitaria de base y su experiencia directa, acompañando a familias navegando por los sistemas públicos.



Ricky Campos, Writer & Poet

Ricky Campos has been a proud Denver Harbor resident since the 1950s. A writer and poet focused on cultural history, she has long been active in community organizing and volunteer work. Her latest project, Celebrating Denver Harbor, One Block at a Time, aims to revitalize Lyons Avenue while honoring the neighborhood's heritage.

Ricky Campos ha sido una orgullosa residente de Denver Harbor desde la década de 1950. Escritora y poeta enfocada en la historia cultural, ha participado activamente durante años en la organización comunitaria y el voluntariado. Su proyecto más reciente, Celebrating Denver Harbor, One Block at a Time, busca revitalizar la avenida Lyons mientras honra la herencia del vecindario.

Pick Up La Voz de Denver Harbor at The Following Locations

Porras Bakery
One Stop9 Market @ Lathrop
Washeria 910 Market
JD Little Store 1145 Lathrop
Washateria 1103 Lathrop
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
Harbor Food Store 803 Tremper
J's Food Store 1143 Port
LNoe 800 Gazin
Quick Food Store 1103 Lathrop
Kress Food 846 Market
Washateria 7125 Lyons
Fiesta Store #9 700 Shotwell
DH Seniors 6402 Market
Andrade Enterprises 542 Lathrop
Moe's. Eagle pass @ Zoe
Dixie Maid 6800 Lyons
All in One 6715 Lyons
Pron Insurance 6715 Lathrop
Washateria Lathrop
Montes Tire Store 6620 Lyons
Family Dollar Lyons
Washateria 661 Rouse
La Patrona Restaurant 6300 Lyons
Vargas Food Store Lyons@Woolworth
Tortilla 610 Lyons
Reyna's 6000 Lyons
Washateria 6004 Lyons
Lyons Cleaners 6000 Lyons
Matamoras Food Store 6800 Lyons
Smoke Shop 661@Lyons
Amigos Grocery 6300 Hillsboro@Kress
Little Store Woolworth@Wallisville
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
Kress Food Store 6200 Market
Pemex Gas Station
Cliff Tuttle Library
Los Jacales 6001 Lyons Ave.
Don Chile 635 McCarty St

Guy Gabaldon

Written by Ricky Campos



Guy Gabaldon was born and raised in East Los Angeles to a Mexican American family on March 22, 1926. He grew up in the Boyle Heights/East Los Angeles neighborhood, attending St. Marys and shining shoes at the age of 10 on Skid Row in downtown Los Angeles.

At about 11 or 12 he formed a close connection with the Nakano's, a Japanese family. He spent much of his time with them, immersing himself in Japanese culture, customs and conversational/street-level language. After the outbreak of World War II and the attack on Pearl Harbor, the Nakano family, along with thousands of other Japanese Americans, was forced into internment camps. Deeply affected by the displacement of the family who meant much to him, Guy Gabaldon enlisted in the United States Marine Corp on his

The invasion of Saipan from US troops began in June of 1944. The Japanese-occupied island reached a turning point since both soldiers and civilians alike fought to the death to defend it. There had been several Japanese soldier suicide attempts resulting in the death of many Americans and three times as many Japanese. The last-stand suicide attempt failed, forcing the soldiers and civilians alike to retreat to jungles and caves. This prompted a young Mexican American marine, Guy Gabaldon to single-handedly convince (by speaking in Japanese) some 800 enemy combatants to emerge from hiding and surrender. Guy Gabaldon is officially credited with capturing or causing the surrender of 1,300 to 1,500 combatants and civilians, saving countless lives on both sides. He was wounded twice during his service.



Guy Gabaldon was initially awarded the Silver Star which was later upgraded to the Navy Cross in 1960, plus several other awards and decorations. His story inspired the 1960 film 'Hell to Eternity' starring Jeffrey Hunter as Gabaldon. Gabaldon later expressed disappointment that a white actor portrayed him instead of highlighting his Mexican American heritage. In the 1990s he authored and self published a book; Saipan: Suicide Island and in 2004 was honored by the Pentagon in a ceremony which recognized the contributions of Hispanic American World War II veterens.

SEMPER FI #3 MEMORIAL HONOR DETAIL

CONTINUE SERVING WITH HONOR

A CALL TO MARINES READY TO SERVE



MEET GUNNY ANDRES ORTIZ

Andres Ortiz, also known as "Gunny Ortiz," is a longtime Denver Harbor resident whose children were educated in local HISD schools. Community-driven and proud of Denver Harbor, he has held civic positions and dedicated much of his life to serving others.

A retired U.S. Marine and retired postal employee, Ortiz remains active as a Community Emergency Response Team (CERT) trainer and coordinator. He is also the founder and Executive Director of the Houston-based Semper Fi #3 Memorial Honor Detail.

His connection to the community continues through service, leadership, and a commitment to honoring those who have served our country.

ANSWER THE CALL. HONOR THEIR LEGACY.

Marines—men and women—who are ready to continue serving with honor are invited to join the **Semper Fi #3 Memorial Honor Detail**. Stand with "The Few, The Proud" and help provide dignified full military honors for U.S. Marines and honorable U.S. military veterans at their final interment.

VOLUNTEER OR LEARN MORE

WWW.SEMPERFITHREE.COM/VOLUNTEER

713-672-2931 | Ask for Gunny Andres Ortiz, USMC Retired

WHO CAN SERVE?

Applicants and members must be physically able to perform Military Funeral Detail duties and comply with applicable policies and procedures, including U.S. Marine Corps uniform and grooming regulations.

SERVICE AREA	CONTINUE THE MISSION
Greater Houston, Harris County, Texas, and surrounding counties.	Help ensure our nation's heroes receive the respect and full military honors they deserve.

SEMPER FI #3 MEMORIAL HONOR DETAIL • GREATER HOUSTON, TEXAS

Hyperactive Kid or Sleep-Deprived One?

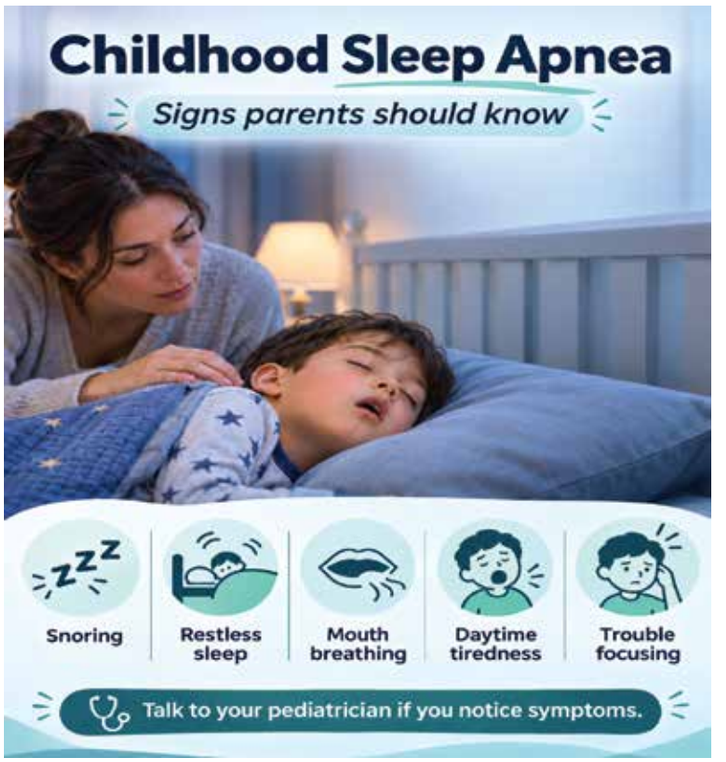
Written by Kim Melchor

Sleep Apnea Can Mimic

Before a Denver Harbor girl was diagnosed with sleep apnea at age 7, she was misdiagnosed with attention deficit disorder. Dr. Binal Kancherla, medical director of the Children's Sleep Center at Texas Children's Hospital, said the two conditions can be hard to tell apart.

Adults with sleep apnea often feel tired during the day. Young children often react differently, Kancherla said. Elementary-age children tend to become more hyperactive and have more trouble focusing and paying attention. The reason lies in what happens at night. With sleep apnea, airflow through the airway decreases during sleep. This may wake up the child and can lower oxygen levels.

"It can fragment your sleep, so your sleep is not continuous or restorative," Kancherla said. "It can also decrease certain stages of sleep that are tied to memory and cognition and development in children." She said, "During the day, we see things like hyperactivity, difficulty focusing, problems in school, very similar to what we see in kids with ADHD." things like hyperactivity, difficulty focusing, problems in school, very similar to what we see in kids with ADHD."



Long-term risks

Poor sleep affects more than behavior. Kancherla said most of a child's growth hormone release happens during stage three sleep. When sleep apnea disrupts it, children can have delayed growth and developmental problems.

Over many years, untreated sleep apnea also raises the risk of stroke, high blood pressure, heart disease, insulin resistance and diabetes, she said.

Growing Field of Experts

About 2% to 3% of otherwise healthy, normally developing children have sleep apnea. Though the rate is lower than in adults, Kancherla said it's becoming more recognized. Sleep medicine, even for adults, is "a relatively young field," she explained.

Kancherla became the first pulmonary faculty member at Texas Children's to practice sleep medicine and became the director almost five years ago. The program began with two doctors and has grown to 12 physicians, all board-certified in sleep medicine. "Technology has come a long way," she said, adding that the center now receives about 50 referrals a day.

Snoring Is Not Normal

Parents who think of sleep apnea as an adult problem may be surprised to learn the condition can occur as early as infancy. Kancherla's advice for parents worried about their child's sleep is simple. "Listen to your children and listen to your gut."

"Children should have very quiet breathing when they're sleeping," she said. "So snoring is an indication that something is abnormal in their breathing pattern when they're sleeping." Other signs include gasping, choking, and breathing pauses.

Kancherla also suggested asking children questions such as "Do you ever wake up choking, gasping?" and "Do you ever wake up and you don't know why?"

The first stop for parents who suspect a problem is the pediatrician, who can conduct a preliminary screening and make a referral. Children need in-lab sleep studies at an accredited sleep center rather than home tests, Kancherla said.

Large tonsils and adenoids are the most common cause in children, though allergies and genetics can also play a part. When tonsils and adenoids are large, surgery is the first choice. CPAP therapy is usually second, depending on severity.

Kancherla said, "The earlier we think about it, the more beneficial it is for children as they're growing up."

HYM Little Free Library Update

Building More Than Libraries, Building Community

Written by Jessica Campos



Our latest book-sharing adventure took us to Pugh Elementary School's Trunk-or-Treat, where Houston's Young Monarchs partnered with Common Good Houston to hand out hundreds of books alongside Halloween candy. The community's appreciation even earned us the “Most Appreciated” trophy! It was a wonderful reminder that sometimes the sweetest treat is a story waiting to be discovered.

The demand for Little Free Libraries keeps growing across Houston. Common Good Houston, which began as a Houston's Young Monarchs initiative and is now led by Jose Elias, is partnering with HYM to help meet that demand. Libraries and installation are free; we invite families to build alongside us.

Join our community build Saturday, November 21, from 10 a.m. to 1 p.m. at 1013 Majestic St., Houston. We're also excited to welcome high school student and published author Saniya Gadgil, who wrote Rosie the Flamingo: Feathers and Fairness, a children's book about finding your voice and standing up for others. Saniya reminds us that you're never too young to turn a dream into something real! We're working to have personally signed copies available for families.

The Road to College Shouldn't Be a Secret

How Mayra Valle discovered her own gift and is sharing it with the next generation

When Mayra Valle graduated from high school, more than 40 family members showed up to celebrate. With a mother who was one of 12 siblings and a father who was one of nine, Mayra didn't exactly grow up with a small cheering section. She grew up with a village. Raised in Houston's Northside, Mayra described a childhood surrounded by family, where everyone had something special to contribute. Some relatives used their skills in construction to help whenever something needed building. Others shared their love of music, bringing joy to family celebrations. One of her tías had a special gift for caring for children, helping raise and nurture the little ones in their large family.

As Mayra shared these memories, I couldn't help but think of Encanto, where every family member has a special gift.



Except in Mayra's family, the gifts weren't magical powers. They were everyday acts of love, generosity, and service. Growing up surrounded by so many people who gave what they could, Mayra began to wonder what her own gift would be. Years later, she would discover that her gift was knowledge and, more importantly, the desire to share it.

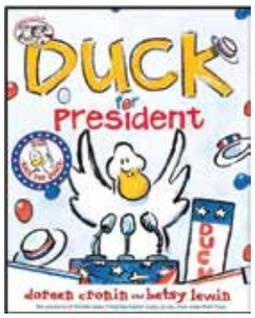
Her journey eventually took her somewhere unfamiliar to her family: college. As a first-generation student, she faced applications, scholarships, financial aid, and deadlines without always knowing where to turn. But with support and determination, Mayra earned the prestigious Gates Millennium Scholarship, attended Connecticut College, and completed her master's degree at Texas A&M University without student debt. During our conversation, she shared something that stayed with me: "**When we go without information, we go without options.**"

Think about that. How many talented, hardworking young people miss opportunities simply because nobody has shown them where to begin?

Mayra found her gift in helping others navigate the very system she once struggled to understand. Through her work advising students, she began sharing the knowledge she had gained, opening doors for young people who might otherwise never know those doors existed. She often reminds students, "You have done harder things than apply to college." That same spirit inspired Camino to College, a workbook that began as an approximately 80-page Christmas gift for a younger cousin. When Mayra couldn't find the college-planning resource she needed, she created one herself.

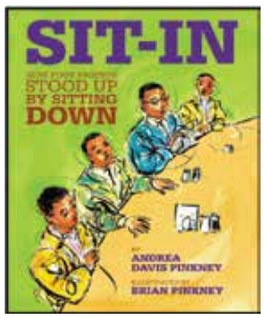
Designed for high school juniors, the book includes scholarship guidance, college preparation activities, bilingual resources, and tools to help families navigate the process together. The book is not yet available, but we hope to place a copy in our Little Free Libraries once it is released. Mayra shared another beautiful thought during our conversation: "Whatever gift I have, I give." And I think that's what makes her story so special. She grew up surrounded by people who shared their gifts, and now she's doing the same. Only her gift is knowledge, something that can be passed from student to student, family to family, and generation to generation. Sometimes the greatest gift we can give someone isn't something we buy. It's something we know.

Books for Every Age



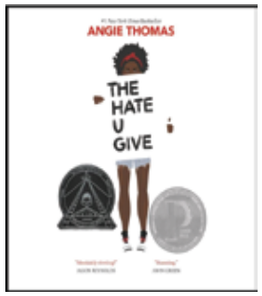
Little Readers (Ages 3–7):
Duck for President *by Doreen Cronin*

When Duck decides he could run the farm better, children get a funny introduction to voting, leadership, and what it takes to be in charge.



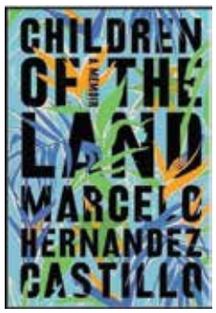
Middle Readers (Ages 8–12):
Sit-In: How Four Friends Stood Up by Sitting Down *by Andrea Davis Pinkney*

Four college students challenge segregation through a peaceful sit-in, showing how young people can help change history.



Teen Readers (Ages 13–18):
The Hate U Give *by Angie Thomas*

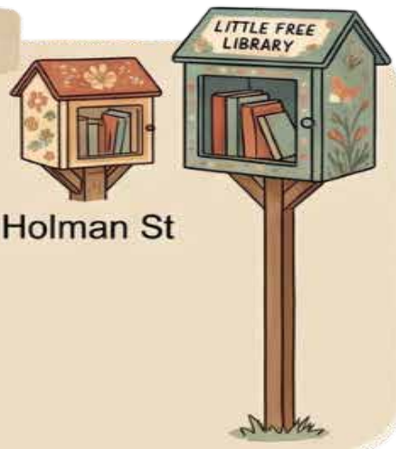
After witnessing a police shooting, a teenager must decide when and how to speak up. A powerful novel about community, justice, and finding your voice; it includes mature themes.



Adult Readers:
Children of the Land *by Marcelo Hernandez Castillo*

This memoir explores immigration, family separation, and belonging, bringing personal stories to issues too often discussed only as policy.

Where to Find Our Little Libraries



Denver Harbor
- 5301 Palmer St
- 1013 Majestic St
- Blackshear Elementary School (on campus), 2900 Holman St
- Emancipation Economic Development Council (in front of school), 2900 Holman St
- Porras Prontilto Restaurant, 5002 Navigation Blvd

Fifth Ward
- 3309 Charleston St
- 3228 Milburn St
- Progressive Fifth Ward Community Garden, 1705 Yates St
- Ewing Apartments (on-site), Houston Housing Authority

Stop by. Take a book. Leave a book. Let's keep the stories moving!

In The Community | En La Comunidad



Norway TV interviews DH Cares Canvassers



Carolyn Lopez and Rene Porras being interviewed by Italian National TV Reporter









Denver Harbor Cares Loteria Night

Upcoming Events | Eventos Próximos







Houston Public Library Calendar of Events | Linking YOU to the World — November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bad Art Club! @ 11 am LEGO Club! @4pm	3 Kids Craft! @4pm	4 Kids STEM! @ 4 pm	5 Senior Social Hour @ 2 pm	6 Open Job Lab @2pm	7 Toddler Playtime @11pm Saturdays @HPL @2PM
8	9 Bad Art Club! @ 11 am LEGO Club! @4pm	10 Kids Craft! @4pm	11 *Closed for Veteran's Day*	12 Senior Social Hour @ 2 pm	13 Open Job Lab @ 2pm	14 Toddler Playtime @11pm Saturdays @HPL @2PM
15	16 Bad Art Club! @ 11 am LEGO Club! @4pm	17 Kids Craft! @4pm	18 Kids STEM! @ 4 pm	19 Senior Social Hour @ 2 pm	20 Open Job Lab @2pm	21 Toddler Playtime @11pm Saturdays @HPL @2PM
22	23 Bad Art Club! @ 11 am LEGO Club! @4pm	24 Kids Craft! @4pm	25 Kids STEM! @ 4 pm	26 *Closed for Thanksgiving*	27 *Closed for Thanksgiving*	28 *Closed for Thanksgiving*
29	30 Bad Art Club! @ 11 am LEGO Club! @4pm	1	2	3	4	5

Join us this month for:
-STEM Festival (11/7)
-Shepard-Acres Homes 50th Anniversary Party (11/14)
-Living History Symposium (11/14)
-Native American Heritage Celebrations

Tuttle Neighborhood Library
702 Kress Street, Houston, TX 77020
832.393.2100

NATIVE AMERICAN HERITAGE MONTH

Events are subject to change without notice. Please contact the library location to confirm the date and time of an event. Please visit houstonlibrary.org/events for more information. **Special Accommodations can be provided with advance notification.**

houstonlibrary.org | Linking YOU to the World



Obituary | Obituario

IN LOVING MEMORY OF

Katherine "Kathy" Rincon Melchor



JANUARY 20, 1937 – OCTOBER 25, 2026

Katherine "Kathy" Rincon Melchor, 89, passed away on October 25, 2026. She was the daughter of José Rincon and Sarah Gonzales, and a lifelong Houstonian who made her home in Second Ward, Denver Harbor, and Songwood. She and her husband, Raymond, shared 53 years until his passing in 2013.

Kathy was barely five feet tall, but her personality filled any room. She made friends wherever she went and welcomed everyone without judgment. She always had something to offer to eat, and her rice, enchiladas, and fideo were legendary. For many years, she worked in the office at Eliot Elementary School and was a faithful member of Resurrection Catholic Church. She loved dancing, shopping, gardening, her little dogs, and the Houston Astros.

Her family thanks the staff of Landon Ridge Memory Care and Highland Hospice for their kindness during her final months.

She was preceded in death by her husband, Raymond; her sons, Albert Roland and Richard Melchor; her parents; her stepfather, Narciso Valdez; and eight siblings. She is survived by: her sons, Ray (Kim) and Rodney (Stephanie) Melchor; her daughter-in-law, Alycia Melchor; her stepdaughter, Esther (Edmundo) Flores; her siblings, Rosie Corona, Frances Lefkowitz, and Paul Rincon; 14 grandchildren and eight great-grandchildren; and many others who called her Tía, Grandma, and friend.

Community Resources | Recursos Comunitarios

Have you scheduled your cervical cancer screening?

HOUSTON PAP PROJECT

Prevent. Avoid. Protect.

Cancer Prevention & Research Institute of Texas

The Houston PAP Project provides no-cost cervical cancer screening to women 21 years and older.

Cervical cancer screening is an important way to protect yourself!

Pap smear • Pap test • Cytology • HPV test

Services provided:

- No-cost cervical cancer screening and follow-up care for abnormal results, including treatments. You do not need insurance.
- Appointments in English and Spanish
- Health education and help finding local resources

Locations:

Central Houston | Rosenberg | Bayshore

Make an appointment or have questions?

Please contact us at 713-259-0829 or 281-507-7120 if you have any questions or would like to learn more.

When you take care of your health, you take care of your family, your life, and your future.



¿Ha programado su examen de detección de cáncer de cuello uterino?

HOUSTON PAP PROJECT

Prevent. Avoid. Protect.

Cancer Prevention & Research Institute of Texas

El Houston PAP Project ofrece exámenes de detección de cáncer de cuello uterino sin costo para mujeres de 21 años en adelante.

¡La prueba de detección del cáncer de cuello uterino es una manera importante de proteger tu salud!

Papanicolaou • prueba de Papanicolaou • Citología • prueba de VPH

Servicios Ofrecidos:

- Papanicolaou sin costo y atención de seguimiento para resultados anormales, incluyendo tratamientos. No necesita seguro médico.
- Citas en inglés y en español.
- Educación de salud y ayuda para encontrar recursos locales.

Ubicación:

Centro de Houston | Rosenberg | Bayshore

¿Necesita hacer una cita o tiene preguntas?

Llámanos al 713-259-0829 o 281-507-7120 si tiene alguna pregunta o quiere más información.

Cuidando de su salud, cuida a su familia, su vida y su futuro.



From Protecting Our Streets to Sharing Our Stories

Jennifer Montiel brings her experience, advocacy, and love for the community to La Voz de Denver Harbor



Jennifer Montiel once served Denver Harbor and Magnolia as a patrol deputy. Today, she joins La Voz de Denver Harbor as a contributing writer, honored to serve through the newspaper covering the neighborhoods she once patrolled. **Her roots are in Magnolia**, and she still enjoys spending time in Denver Harbor. Her love for these communities has remained with her.

Jennifer served with Harris County Precinct 6 from November 14, 2011, through April 13, 2018. Those years connected her to families and strengthened her commitment to the people who call these neighborhoods home. **Joining La Voz de Denver Harbor allows her to contribute to a community holding a place in her life.**

An a**ward-winning published author, bilingual storyteller, publisher, speaker, and survivor advocate**, Jennifer brings a mission to her new role: break the silence, break the chains, and help families end cycles of abuse.

Born in El Paso and based in Houston, Jennifer is a mother of three and **founder of Monarch Story House.**

Her books explore resilience, healing, cultural identity, faith, and family, offering children and adults opportunities to connect through stories.

Her law enforcement career spanned more than fourteen years. She earned her Master Peace Officer certification and served as a certified Sexual Assault and Family Violence Investigator. Working with survivors and families in crisis shaped her understanding of trauma, recovery, and the obstacles people face when seeking safety. In April 2026, she stepped away from active service to focus on writing, advocacy, and family. She continues to maintain her peace officer license.

Jennifer's advocacy also comes from lived experience. A survivor of human trafficking, sexual assault, and domestic violence, she speaks openly about experiences often surrounded by shame and silence. Through her work, she encourages survivors to speak, seek support, and recognize their right to safety and dignity.

Her adult books include Raised by Silence: Surviving Narcissistic Parents & Ending the Cycle, Strong Women Break Too, and Twin Flames Under the Moon: If Time Had Chosen Us. Her honors include 2026 Author of the Year recognition from the International Impact Book Awards and the Prestigious International Hope Book Awards.

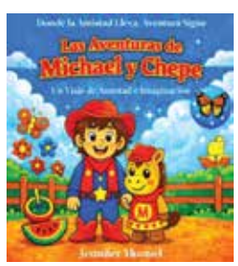




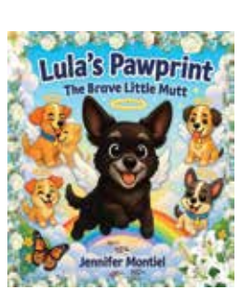
Her bilingual children's series, The Adventures of Michael & Chepe, began with her son Michael and his plush horse. Monarch Story House remains a family company, with relatives contributing illustrations, music, distribution, and community event support. Jennifer also donates books and shares free coloring pages and activity packs to help families participate.

She holds a master's degree in Law Enforcement and Public Safety, a bachelor's degree in Business Management, and associate degrees in Criminal Justice and Arts.

For Jennifer, joining La Voz de Denver Harbor is an honor grounded in connection. Magnolia is part of her roots. Denver Harbor remains part of her life. She looks forward to bringing her experience, compassion, and commitment to the newspaper's readers, continuing her service through stories encouraging honest conversations, preserving culture, strengthening families, and helping people find the courage to break silence and end harmful cycles for themselves and future generations.









¿Niño hiperactivo o con falta de sueño?

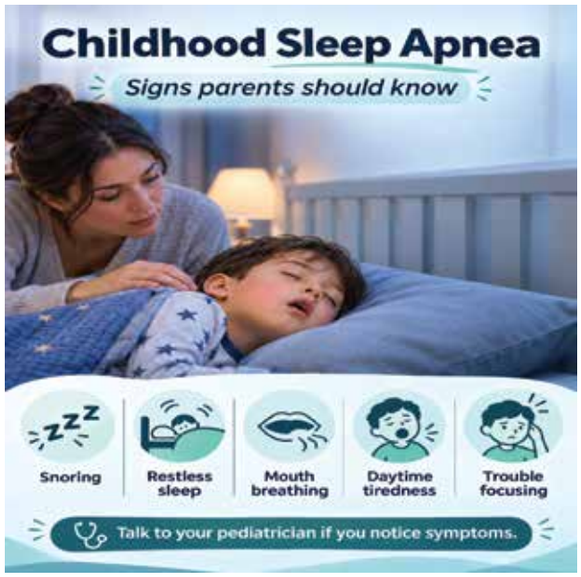
Written by Kim Melchor

La apnea del sueño puede confundirse con el TDAH

Antes de que a una niña de Denver Harbor le diagnosticaran apnea del sueño a los 7 años, le habían diagnosticado por error trastorno por déficit de atención. La Dra. Binal Kancherla, directora médica del Children's Sleep Center de Texas Children's Hospital, dijo que puede ser difícil distinguir entre los dos padecimientos.

Los adultos con apnea del sueño suelen sentirse cansados durante el día. Los niños pequeños con frecuencia reaccionan de otra manera, dijo Kancherla. Los niños en edad de primaria tienden a volverse más hiperactivos y a tener más dificultad para concentrarse y poner atención. La razón está en lo que pasa durante la noche. Con la apnea del sueño, el flujo de aire por las vías respiratorias disminuye mientras el niño duerme. Esto puede despertarlo y bajar sus niveles de oxígeno.

"Puede fragmentar el sueño, así que el sueño no es continuo ni reparador", dijo Kancherla. "También puede disminuir ciertas etapas del sueño que están relacionadas con la memoria, la cognición y el desarrollo de los niños". Agregó: "Durante el día, vemos cosas como hiperactividad, dificultad para concentrarse, problemas en la escuela, muy parecido a lo que vemos en niños con TDAH".



Kancherla fue la primera integrante del cuerpo docente de neumología de Texas Children's en ejercer la medicina del sueño, y asumió la dirección hace casi cinco años. El programa comenzó con dos médicos y ha crecido a 12, todos certificados en medicina del sueño.

"La tecnología ha avanzado muchísimo", dijo, y agregó que el centro ahora recibe unas 50 referencias al día.

Long-term risks

Dormir mal afecta más que el comportamiento. Kancherla dijo que la mayor parte de la liberación de la hormona del crecimiento en los niños ocurre durante la etapa tres del sueño. Cuando la apnea del sueño interrumpe esa etapa, los niños pueden tener retraso en el crecimiento y problemas de desarrollo.

Con los años, la apnea del sueño sin tratar también aumenta el riesgo de derrame cerebral, presión alta, enfermedades del corazón, resistencia a la insulina y diabetes, dijo.

Un campo en crecimiento, con más especialistas y recursos

Entre el 2% y el 3% de los niños por lo demás sanos y con un desarrollo normal tienen apnea del sueño. Aunque la tasa es más baja que en los adultos, Kancherla dijo que cada vez se reconoce más. La medicina del sueño, incluso para adultos, es "un campo relativamente joven", explicó.

Roncar no es normal

Los padres que piensan que la apnea del sueño es un problema de adultos podrían sorprenderse al saber que puede presentarse desde que los niños son bebés. El consejo de Kancherla para los padres preocupados por el sueño de sus hijos es sencillo: "Escuchen a sus hijos y hagan caso a su intuición".

"Los niños deberían respirar sin hacer ruido cuando duermen", dijo. "Así que roncar es señal de que algo no está bien en su forma de respirar mientras duermen". Otras señales incluyen jadeos, ahogos y pausas en la respiración.

Kancherla también sugirió hacerles a los niños preguntas como "¿Alguna vez te despiertas ahogándote o jadeando?" y "¿Alguna vez te despiertas sin saber por qué?".

El primer paso para los padres que sospechan un problema es ir con el pediatra, quien puede hacer una evaluación preliminar y dar una referencia. Los niños necesitan estudios del sueño en laboratorio, en un centro del sueño acreditado, y no pruebas en casa, dijo Kancherla.

Las amígdalas y adenoides grandes son la causa más común en los niños, aunque las alergias y la genética también pueden influir. Cuando las amígdalas y adenoides son grandes, la cirugía es la primera opción. La terapia con CPAP suele ser la segunda, según la gravedad.

Kancherla dijo: "Entre más pronto lo tomemos en cuenta, más beneficioso es para los niños mientras van creciendo".

Actualización de las Pequeñas Bibliotecas Gratuitas

Construyendo más que bibliotecas, construyendo comunidad

Escrito por Jessica Campos



Nuestra más reciente aventura compartiendo libros nos llevó al Trunk-or-Treat de la Escuela Primaria Pugh, donde Jóvenes Monarcas de Houston y Common Good Houston unieron esfuerzos para repartir cientos de libros junto con los dulces de Halloween. ¡El cariño de la comunidad incluso nos hizo merecedores del trofeo “Most Appreciated” (Los más apreciados)! Fue un hermoso recordatorio de que, a veces, el mejor dulce es una historia que espera ser descubierta.

La demanda de Pequeñas Bibliotecas Gratuitas sigue creciendo por todo Houston. Common Good Houston, que comenzó como una iniciativa de Jóvenes Monarcas de Houston y ahora es dirigido por Jose Elias, colabora con HYM para responder a esa necesidad. Las bibliotecas y su instalación son gratuitas; invitamos a las familias a participar en su construcción junto a nosotros.

Acompáñennos a nuestra jornada comunitaria de construcción el sábado 21 de noviembre, de 10 a. m. a 1 p. m., en 1013 Majestic St., Houston. También nos emociona recibir a Saniya Gadgil, estudiante de preparatoria y autora publicada de Rosie the Flamingo: Feathers and Fairness, un libro infantil sobre encontrar la propia voz y defender a los demás. ¡Saniya nos recuerda que nunca se es demasiado joven para convertir un sueño en realidad! Estamos trabajando para ofrecer a las familias ejemplares dedicados y firmados personalmente por ella.

El camino a la universidad no debería ser un secreto

Cómo Mayra Valle descubrió su propio don y lo comparte con la próxima generación

Cuando Mayra Valle se graduó de la preparatoria, más de 40 familiares llegaron para celebrar con ella. Con una mamá que era una de 12 hermanos y un papá que era uno de nueve, Mayra no creció precisamente con un pequeño grupo de personas echándole porras. Creció rodeada de toda una comunidad familiar. Criada en el Northside de Houston, Mayra describió una infancia en la que todos tenían algo especial que aportar. Algunos familiares utilizaban sus habilidades en la construcción para ayudar cuando había que construir algo. Otros compartían su amor por la música y llenaban de alegría las celebraciones familiares. Una de sus tías tenía un don especial para cuidar a los niños, y ayudaba a criar y acompañar a los pequeños de su extensa familia.



Mientras Mayra compartía estos recuerdos, no pude evitar pensar en Encanto, donde cada integrante de la familia tiene un don especial. Solo que, en la familia de Mayra, esos dones no eran poderes mágicos. Eran actos cotidianos de amor, generosidad y servicio. Al crecer rodeada de tantas personas que compartían lo que podían, Mayra comenzó a preguntarse cuál sería su propio don. Años después descubriría que su don era el conocimiento y, más importante aún, el deseo de compartirlo.

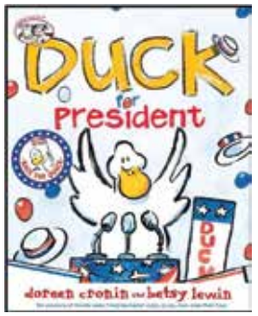
Su camino finalmente la llevó a un mundo desconocido para su familia: la universidad. Como estudiante universitaria de primera generación, tuvo que navegar solicitudes de admisión, becas, ayuda financiera y fechas límite sin saber siempre a quién acudir. Pero, con apoyo y determinación, Mayra obtuvo la prestigiosa beca Gates Millennium, estudió en Connecticut College y completó una maestría en Texas A&M

University sin endeudarse por sus estudios. Durante nuestra conversación compartió unas palabras que se quedaron conmigo: «Cuando nos falta información, nos faltan opciones». Piénsenlo. ¿Cuántos jóvenes talentosos y trabajadores pierden oportunidades simplemente porque nadie les ha mostrado por dónde empezar?

Mayra encontró su don al ayudar a otros a navegar el mismo sistema que a ella le costó entender. A través de su trabajo orientando a estudiantes, comenzó a compartir lo aprendido y a abrir puertas para jóvenes que, de otro modo, tal vez ni siquiera sabrían que esas oportunidades existen. A menudo les recuerda: «Ya han superado cosas más difíciles que solicitar ingreso a la universidad». Ese mismo espíritu inspiró Camino to College, un cuaderno de trabajo que comenzó como un regalo de Navidad de aproximadamente 80 páginas para uno de sus primos menores. Cuando Mayra no encontró la guía de preparación universitaria que necesitaba, decidió crearla ella misma.

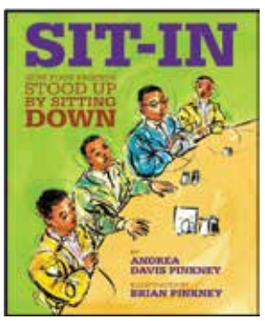
Diseñado para estudiantes del penúltimo año de preparatoria, el libro incluye orientación sobre becas, actividades de preparación universitaria, recursos bilingües y herramientas para ayudar a las familias a navegar el proceso juntas. El libro todavía no está disponible, pero esperamos colocar un ejemplar en nuestras Pequeñas Bibliotecas Gratuitas cuando se publique. Mayra compartió otra hermosa reflexión durante nuestra conversación: «Cualquier don que tenga, lo comparto». Y creo que eso es lo que hace tan especial su historia. Creció rodeada de personas que compartían sus dones, y ahora ella hace lo mismo. Solo que su don es el conocimiento, algo que puede transmitirse de estudiante a estudiante, de familia a familia y de generación en generación. A veces, el mejor regalo que podemos dar no es algo que compramos. Es algo que sabemos.

Libros para todas las edades



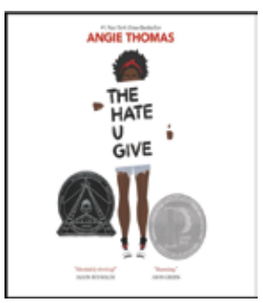
Pequeños lectores (de 3 a 7 años): Duck for President *de Doreen Cronin*

Cuando un pato decide que podría administrar la granja mejor que los demás, los pequeños reciben una divertida introducción a las elecciones, el voto, el liderazgo y lo que significa estar a cargo.



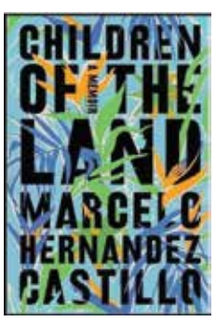
Lectores de 8 a 12 años: Sit-In: How Four Friends Stood Up by Sitting Down *de Andrea Davis Pinkney*

Cuatro estudiantes universitarios desafían la segregación mediante una protesta pacífica sentados en una cafetería y demuestran cómo los jóvenes pueden ayudar a cambiar la historia.



Lectores adolescentes (de 13 a 18 años): The Hate U Give *de Angie Thomas*

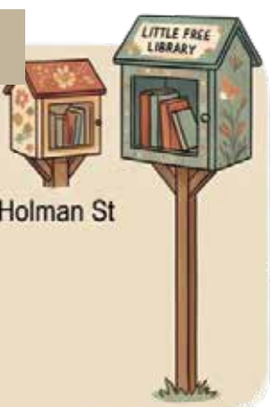
Después de presenciar un tiroteo policial, una adolescente debe decidir cuándo y cómo alzar la voz. Una poderosa novela sobre la comunidad, la justicia y encontrar la propia voz; incluye temas para lectores maduros.



Lectores adultos: Children of the Land, *de Marcelo Hernandez Castillo*

Estas memorias exploran la inmigración, la separación familiar y el sentido de pertenencia, dando un rostro humano a temas que con demasiada frecuencia se discuten solamente como políticas públicas.

Dónde encontrar nuestras Pequeñas Bibliotecas Gratuitas



Denver Harbor
- 5301 Palmer St
- 1013 Majestic St
- Blackshear Elementary School (on campus), 2900 Holman St
- Emancipation Economic Development Council (in front of school), 2900 Holman St
- Porras Prontilto Restaurant, 5002 Navigation Blvd

Fifth Ward
- 3309 Charleston St
- 3228 Milburn St
- Progressive Fifth Ward Community Garden, 1705 Yates St
- Ewing Apartments (on-site), Houston Housing Authority

¡Pasen por una biblioteca! Llévense un libro. Dejen otro. ¡Sigamos compartiendo historias!

De proteger nuestras calles a compartir nuestras historias

Jennifer Montiel llega a La Voz de Denver Harbor con su experiencia, su compromiso con la defensa de nuestra comunidad y su amor por nuestra gente.



Jennifer Montiel sirvió a Denver Harbor y Magnolia como policía de patrulla. Hoy se incorpora a La Voz de Denver Harbor como escritora colaboradora, honrada de servir a través del periódico que cubre los vecindarios donde antes patrullaba. Sus raíces están en Magnolia y todavía disfruta pasar tiempo en Denver Harbor. Su amor por estas comunidades sigue presente.

Jennifer trabajó en el Precinto 6 del Condado de Harris desde el 14 de noviembre de 2011 hasta el 13 de abril de 2018. Durante esos años, estableció vínculos con las familias y fortaleció su compromiso con quienes viven en estos vecindarios. Su incorporación a La Voz de Denver Harbor le permite contribuir a una comunidad que ocupa un lugar especial en su vida.

Como autora galardonada, narradora bilingüe, editora, conferencista y defensora de sobrevivientes, Jennifer llega a esta nueva función con una misión: romper el silencio, romper las cadenas y ayudar a las familias a terminar con los ciclos de abuso.

Nacida en El Paso y radicada en Houston, Jennifer es madre de tres hijos y fundadora de Monarch Story House. Sus libros exploran la resiliencia, la sanación, la identidad cultural, la fe y la familia. Sus historias ofrecen a niños y adultos oportunidades para conectar.

Su carrera policial abarcó más de catorce años. Obtuvo la certificación Master Peace Officer y ejerció como investigadora certificada en agresión sexual y violencia familiar. Su trabajo con sobrevivientes y familias en crisis profundizó su comprensión del trauma, la recuperación y los obstáculos que enfrentan las personas al buscar protección. En abril de 2026, dejó el servicio activo para concentrarse en la escritura, la defensa de sobrevivientes y su familia. Conserva su licencia como oficial de paz.

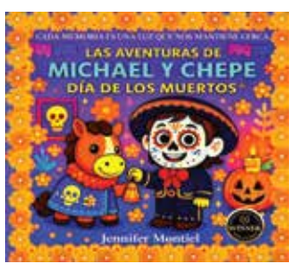
Su labor también nace de su experiencia personal. Como sobreviviente de trata de personas, agresión sexual y violencia doméstica, Jennifer habla abiertamente sobre vivencias frecuentemente rodeadas de vergüenza y silencio. A través de su trabajo, anima a sobrevivientes a expresarse, buscar apoyo y reconocer su derecho a vivir con seguridad y dignidad.

Entre sus libros para adultos figuran Raised by Silence: Surviving Narcissistic Parents & Ending the Cycle, Strong Women Break Too y Twin Flames Under the Moon: If Time Had Chosen Us. Sus distinciones incluyen el reconocimiento como Autora del Año 2026 de los International Impact Book Awards y los Prestigious International Hope Book Awards.





Su serie infantil bilingüe, The Adventures of Michael & Chepe, nació de su hijo Michael y su caballo de peluche. Monarch Story House sigue siendo una empresa familiar. Sus familiares contribuyen con ilustraciones, música, distribución y apoyo en eventos comunitarios. Jennifer también dona libros y comparte gratuitamente páginas para colorear y paquetes de actividades para facilitar la participación de las familias.





Cuenta con una maestría en Aplicación de la Ley y Seguridad Pública, una licenciatura en Administración de Empresas y dos títulos de grado asociado, uno en Justicia Penal y otro en Artes.

Para Jennifer, incorporarse a La Voz de Denver Harbor representa un honor ligado a su historia personal. Magnolia forma parte de sus raíces. Denver Harbor sigue presente en su vida. Desea compartir su experiencia, empatía y compromiso con los lectores del periódico. Así continúa su servicio mediante historias que promueven conversaciones honestas, preservan la cultura, fortalecen a las familias y ayudan a las personas a encontrar el valor para romper el silencio y terminar con los ciclos de abuso, por su bienestar y el de las futuras generaciones.



PHOTO CREDIT ANGELA TORRES

“We mourn the loss of Dolores Huerta, a woman whose life proves that ordinary people can move mountains. Coming from humble beginnings, Dolores understood the plight of families who worked with their hands, who just wanted entry to the rooms where decisions were made. Dolores showed an entire generation of Hispanic families that their dignity has value and is not something you wait to be handed.”

Adrian Garcia

ADRIAN GARCIA
COMMISSIONER
HARRIS COUNTY PRECINCT 2

POL. ADV. ADRIAN GARCIA CAMPAIGN