

Gumbalimba Park
a direct contact
with wildlife

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GRADUATE WITH HONORS

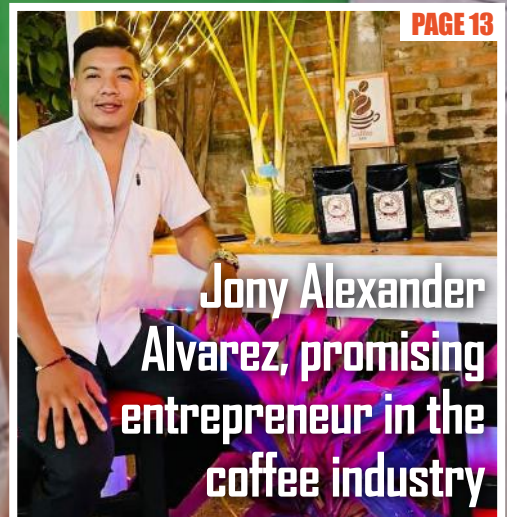
Grandez Carbajal Family
Pride of Triumph

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Debbie Castillo a cancer
survivor who opens his
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Jony Alexander
Alvarez, promising
entrepreneur in the
coffee industry



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We are a digital magazine where we highlight the positive notes of our beautiful Bay Islands and the rest of Honduras. Our focus is on topics of interest such as tourist sites, entrepreneurship, social note, events, investment, and technological advances. It is time to appreciate the

efforts of our people with the vision of achieving progressive development and continue to grow continuously to exploit the potential of natural beauty and especially the island of Roatan to achieve the investment that the community needs and create an excellent business climate. We have versions in English and Spanish, our publication is monthly, follow us on our social networks.

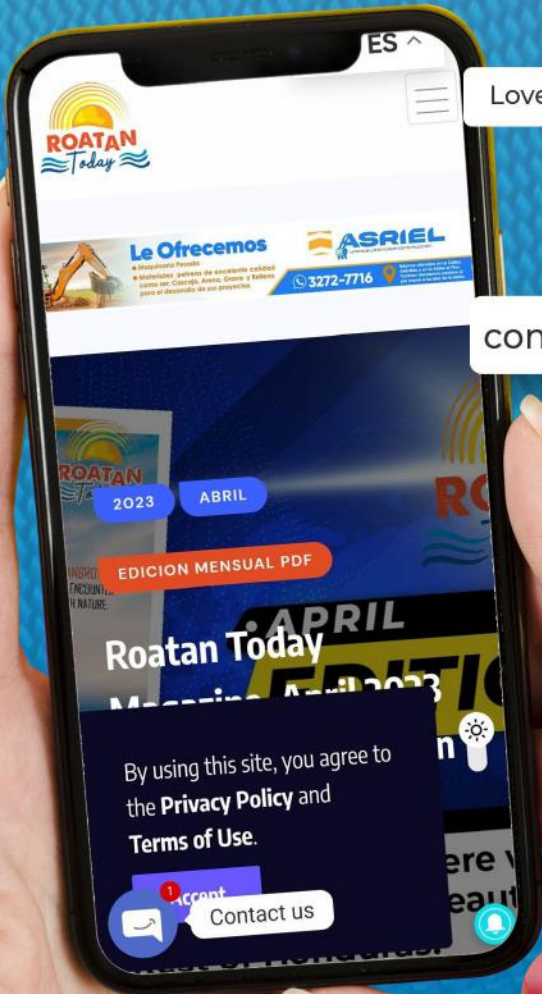


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EDITORIAL

THE LEGACY OF FRANCISCO MORAZÁN

Morazán rose to fame after his victory in the Battle of La Trinidad, on November 11, 1827.

From then on, and until his defeat in Guatemala in 1840, he dominated the political and military scene of Central America.

Francisco Morazán was a Honduran military and political figure born in Tegucigalpa on October 3, 1807 and died on September 15, 1842 in San José, Costa Rica, he governed the federal republic of Central America from 1830 to 1839.

He rose to fame after his victory in the Battle of La Trinidad on November 11, 1827.³ From then until his defeat in Guatemala in 1840, Morazán dominated the political and military scene in Central America.⁴

In the political arena, Francisco Morazán was recognized by members of his party as a great thinker and visionary. According to liberal writers such as Federico Hernández de León⁵ Lorenzo Montúfar⁶ and Ramón Rosa⁷ Morazán tried to transform Central America into a great and progressive nation; while conservative writers such as Manuel Coronado Aguilar accuse him of trying to impose himself by force for personal motives;⁸ finally, socialist writers such as Severo Martínez Peláez¹⁰ suggest that the liberals led by Morazán were the criollo hacienda owners who had been exploited by the Guatemalan criollos and the regular clergy during the colony and, with Morazán at their head, sought to take power in the region for themselves.¹⁰

Morazán's administration as head of the Federal Republic enacted the liberal reforms, which were aimed at taking power away from the main members of the conservative party: the Creoles residing in New Guatemala de la Asunción and the regular orders of the Catholic Church.

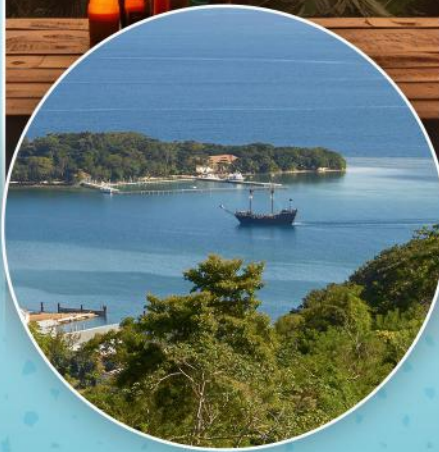
The reforms of the Central American champion included: education, freedom of the press and religion among others.¹¹ He also limited the power of the secular clergy of the Catholic Church with the abolition of the tithe from the government and the separation of the State and the Church.¹²

With these reforms Morazán gained powerful enemies,¹³ and his period of government was marked by bitter infighting between liberals and conservatives.¹² However, through



his military capacity, Morazán remained firmly in power until 1837, when the Federal Republic irrevocably fractured. This was exploited by the regular orders of the Church and Guatemalan conservative leaders, who united under the leadership of

Guatemalan general Rafael Carrera, and, in order not to allow the liberal Creoles to take away their privileges,¹⁰ ended up dividing Central America into five states Honduras, Guatemala, El Salvador, Nicaragua and Costa Rica.



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DIGITAL MAGAZINE



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FIGURE

Hanna Flores the young promise OF FASHION

The 21 year old dreams of making it big in the fashion world as a designer.

Hanna Flores is a young islander who longs to become a fashion designer and have her own brand.

Hanna Flores is a student in the process of professional practice to obtain her Bachelor's degree in Fashion Design at Unitec, Tegucigalpa. She is originally from the island of Roatan. There she grew up and studied and completed all her primary and secondary education.

She started in the world of fashion out of curiosity to know the art and textures that detailed fashion was what attracted me to study Fashion Design. Thanks to the university, she was able to learn to make a fashion collection and manage to present with a magazine called Estilo Moda that makes catwalks once a year.

I recently introduced the "Andromeda" collection. It is a galaxy, Greek mythology and constella-

tion. The name Andromeda means 'woman who can do anything'. She made a storytelling that starts as the galaxy, then becomes human and ends up as a constellation. Overcoming everything she sets out to do, Hanna Flores based her collection on these details.

During the interview we asked her about her projects and she told us the following In the short term; to do her internship and learn more about the fashion industry.

In the medium term; to obtain her degree in Fashion Design.

Long term; she hopes to have the opportunity to work with a fashion brand to gain experience in the industry so she can create my own brand.

At the moment Hanna is preparing to finish her university studies and continue developing her skills in the fashion industry.

Hanna comments that the things that inspire her when preparing a design are the important events that happen in her life, such as craft techniques, nature and other elements that create happiness for her.

Her favorite book is "The Power of Positive Thinking" by Norman Vincent Peale.



Hanna Flores promise in the fashion world.



Hanna presenting the Andromeda collection.



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Roatan, Honduras

IMPORTANT NEWS FOR HONDURANS LIVING IN SPAIN

People who are engaged in the business field or are outside the national territory constantly perform the authentication of documents to manage the greatest possible legality. Authentication is an act by which the signature on them is legalized, as its name indicates, the authenticity of these is certified. In Honduras this process is performed by a Notary Public, and the law firm Vilela & Vilela provides this service.

The Notary Law establishes in its Article 8 in section b "That Notaries as ministers of Public Faith may exercise the Notarial Function at all times, in foreign countries, to authorize declarations, acts and contracts granted by Hondurans or that have to take effect in Honduras".

This means that a Honduran Notary Public can exercise his function internationally. Lawyer Skarleth Castellanos of Vilela & Vilela International Law Firm told us.

For compatriots residing in Spain the process of authentication of documents and certain notarial acts can be done through the embassy and consular agencies of Honduras located in Spain. The law firm Vilela & Vilela International can assist you if you reside in Spain.

The Notarial Acts that the law firm Vilela Vilela can perform are the following:

- Authorizations
- Certifications
- Statements of Life
- Power of Attorney
- Power of Attorney
- Affidavit
- Powers of Attorney

Lawyer Alejandro Vilela Franco will be visiting Spain soon



Attorney Alejandro Vilela Franco

The general director of Vilela&Vilela Internacional Alejandro Vilela Franco will soon visit Spain and will be assisting Hondurans residing in Spain

Did you know that one of the services offered by the law firm Vilela & Vilela International is the authentication of documents?



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Game Fest Connect:

The most important videogame event in Honduras was successfully held at the Copantl Hotel

In a unique atmosphere full of excitement and enthusiasm, last October 7, the Copantl Hotel in San Pedro Sula became the epicenter of the gamer culture thanks to Game Fest Connect.

Organized by Top Players Honduras, under the leadership of Óscar Coto and Axel Betancourt, the event was not only a celebration of video games, but also a platform for local talent and entrepreneurial culture. From the early hours of the morning, and starting promptly at 9 am, the place was full of fans, creators and enthusiasts who came together to enjoy a day full of exciting activities. The family atmosphere of the event provided a safe and welcoming space for all attendees, who shared laughter, competition and passion for the world of video games.

Game Fest Connect was not limited only to the most popular video games such as FIFA, Free Fire or VALORANT. Attendees also had the opportunity to immerse themselves in the world of cosplay, admiring the in-

credible creations of the participants who brought their favorite characters to life. Additionally, stands from local entrepreneurs were a highlight, offering a variety of fascinating products ranging from crafts to innovative technology.

The most notable thing was the exceptional influx of people that filled the place throughout the event since it was the eve of the Morazan holiday. With fans coming and going all over the place, Game Fest Connect was a testament to the love and passion the gaming community has for this universe. The contagious energy and camaraderie among attendees created a unique experience that will be etched in the memories of everyone present. But Game Fest Connect wasn't just a superficial celebration of video games; Behind each game and each purchase at the stands there was a deep social reason. The event was dedica-

ted to supporting local entrepreneurs, offering them a platform to showcase their products and connect with a passionate audience. During the event, these entrepreneurs saw how their sales increased, which not only benefits them, but also their families. Ultimately, Game Fest Connect wasn't just an event; It was an experience that brought people of different ages, backgrounds and cultures together through a shared passion. It was a celebration of the creativity, innovation and entrepreneurial spirit that flourishes in our local community. Game Fest Connect isn't just a memory, it's a reminder of what can be accomplished when we come together as a community. Today, we celebrate this resounding success and look to the future with the hope that events like this will continue to strengthen our ties and make our city an even better place to live and enjoy.

THE CATEGORY WINNERS WERE

FC24

3rd place: Franco
2nd Place: Daniel Galeas
1st place: Andres Funez

Valorant

3rd Place: La Evertoneta
2nd Place: The Fairly OddParents
1st Place: Astral Legends

FreeFire

1st Place Battle Royal Teams:
NED E-SPORTS
2nd Place Battle Royal Teams:
RED LIONS
3rd Place Battle Royal Teams:
CLAN DESTROYER
1st Place Battle Royal Solo:
CD DAVID 504

Super Smash Bros.

ultimate
1st. ed
Edwin dubon
1st. Pooters
Victor Handal
2nd. Soto
Roberto Soto
3rd. BEBOP
Elton Amaya

Yu Gi Oh

1st. Daniel McCreary
2nd. Eduardo Maldonado
3rd. Javier Molina
4th Mario Duron

Cosplay

Ana Sabillon



Robby Molina opens new restaurant in French Harbour

The French Harbour community is having a gastronomic fiesta as Chef Robby Molina has inaugurated a new gastronomic sensation, Ikigai Restaurant, located in the former Casa Romeos location.

Recently the grand opening of Ikigai Restaurant by Chef Robby Molina took place and the energy was electrifying as so many happy and satisfied guests came through the doors. The fusion of Asian, Mediterranean and island dishes made the taste buds of all present dance with joy. From the tantalizing flavors to the exquisite presentation, it was a culinary adventure like no other.

The restaurant boasts the most breathtaking ocean view in French Harbour from the iconic Casa Romeos building, the combination of delicious food and an incredible backdrop will make for an unforgettable dining experience!

Visit today and sample the most delicious dishes that will transport you to gastronomic bliss. Whether you crave the bold flavors of Asia, the fresh ingredients of the Mediterranean, or the tropical vibes of the Bay Islands.

Remember the restaurant located in the Romeo's building in the French Harbour community.



Entrance to Ikigai restaurant in the French Harbour community.



Visitors enjoying the opening



Carlos Soria the Argentinian chef passionate about the baleada

Restaurant Gauchito Grill a great gastronomic option in Siguatepeque.



Chef Carlos Soria posing in front of the cameras.

He was born in the city of Jesus Maria province of Cordoba in Argentina on November 18, 1982. He arrived in Honduras in search of new horizons. From a very early age he began his passion for gastronomy in the Lagos Sierra Restaurant in the city of Villa Carlos Paz, Cordoba, Argentina where he worked as a kitchen assistant and all that this field entails. He specialized as a master pizza chef at "Los Troncos" in his hometown.

In 2007 he decided to emigrate to Honduras, always in search of new flavors. The following year he began his studies as a professional cook in the school of "Alta Gastronomía Hernando Moreno" in the city of San Pedro Sula, Honduras during this time he acquired new techniques and managed to merge his gastronomic knowledge with Honduran gastronomy.

Later he continued preparing himself in the tourism area and studied for a year the career of hospitality and tourism, in the basic educational center of the house of culture in the city of Santa Rita, Yoro.

During his development in gastronomy he provided his services as an external consultant for the implementation of restaurants in which we can mention Maura'S restaurant, Arnies, Carnaval, among others.

Since 2017 until today, he fulfilled one of his biggest dreams, he started his own restaurant named "El Gauchito Grill" where he offers a varied cuisine, fusing flavors of Argentine dishes and Honduran dishes, this is established in the city of Siguatepeque, Comayagua.

Demonstrating his good heart and his contribution to society he established in 2018 the non-profit foundation "Angeles sin Fronteras" whose main objective is to bring joy to children and adults of scarce economic resources, where several annual events are held in different places previously identified.

In the year 2020 he was recognized for his collaboration in gastronomy at national level, by the academy "Las Amigas", located in the city of San Pedro Sula.

In the year 2022 he received in the city of Colon, Atlantida in a recognized gastronomic event where national and international Chefs met,

the award "Chef Maya de Oro" for his contribution and trajectory in the national gastronomy. Year 2023 special participation in the national and international gastronomic event of the Ruta del Mole second edition in the city of Rosarito, Baja California Sur, Mexico and third edition of the Ruta del Mole in the city of Coatepeque, Guatemala. Participation as Chef Instructor in the Gastronomic Festival in the municipality of La Arad, Santa Barbara, Honduras.



La gran baleada que usted puede encontrar en el restaurante Gauchito Grill



The United Nations Migration Network organized the first exchange of lessons learned between Central American countries and Mexico on safe, dignified and rights-based return and readmission, as well as on sustainable reintegration processes.

This highly relevant meeting positions Honduras as a country of reference in assisting returned migrants.

During the meeting, which took place over three days, promising practices were shared and the competencies of personnel from United Nations agencies, civil society organizations and government bodies involved in the management of human mobility in the region were strengthened.

“The Central American region has made enormous progress in recent years to achieve dignified return processes, based on international human rights standards. Both safe and dignified return and sustainable reintegration are indispensable parts of a comprehensive approach to migration management. Therefore, IOM focuses on strategies that promote and facilitate spaces such as this one, in order to promote the identification and development of effective policies, foster understanding of the opportunities and challenges involved and, above all, improve the response provided in these cases,” said Nicola Graviano, IOM Chief of Mission for El Salvador and Honduras.

Among the topics addressed during this meeting were the context and regional migration dynamics; the need to prioritize the protection of the rights of children on the move; the gender dimension in migration and return flows; the implementation of the checklist for safe and dignified return and sustainable reintegration; good practices carried out in the participating countries; and the visit to the return centers located in Honduras that provide immediate assistance and support to migrants returning to the country.

Honduras becomes in regional reference on return and reintegration of migrant people



“In all issues related to human mobility, including the return and reintegration of migrants, the key word is coordination, both within organizations and in communities, where we must also promote humanity and empathy towards these people,” said Alice Shackelford, United Nations Resident Coordinator in Honduras.

During the event, the importance of recognizing that within the framework of human mobility in the region there are people with different profiles and needs was also highlighted. In this scenario, it is essential that migration processes, including before, during and after the return phase, in all stages of pre-return, return, post-return and reintegration, are designed to identify the specific needs of people traveling in mixed movements, mainly those who left their countries for reasons of human rights violations. In this way, protection and assistance routes can be offered that allow them to protect and exercise their human rights, and guarantee them safe and sustainable reintegration alternatives.

This meeting was promoted by the Working Group for the promotion of safe, dignified and rights-based return, readmission and sustainable reintegration of the United Nations Migration Network co-chaired by IOM, UNICEF, UNHCR and the Mi-

ACCORDING TO OFFICIAL FIGURES FROM THE CONSULAR and Migration Observatory of Honduras (CONMIGHO), so far this year alone, 44,110 people have been returned to Honduras, mainly from the United States (28,563) and Mexico (14,163). In Guatemala, according to official figures from the Ministry of Social Welfare (SBS) and the Guatemalan Migration Institute (IGM), so far this year alone, 51,424 people have been returned to Guatemala, mainly from the United States (31,716), Mexico (19,617) and other countries (91). And in El Salvador, according to official figures from the General Directorate of Migration and Immigration (DGME), so far this year alone, 8,833 people have been returned to El Salvador, mainly from the United States (7,332), Mexico (1,406) and other countries (95).

THE EVENT WILL ALSO HELP strengthen and position the United Nations Network on Migration and the joint work of the United Nations System in Honduras, in the participating countries in favor of migration. Thanks to this type of initiative, which was possible thanks to the support of USAID, and the Governments of Canada, Luxembourg and Sweden, the regional commitment to comprehensive response work that allows adequate management of human mobility at the individual level is reaffirmed, community and structural.

gration Policy Institute, together with a number of members from other UN agencies, Civil Society Organizations (CSOs) and academia.

“The protection of children and adolescents in human mobility must undoubtedly be an intercontinental

priority for all governments, civil society and international cooperation, placing the rights of children before any other consideration of their migratory situation, because they are children first and foremost,” emphasized Bastiaan van ‘t Hoff, Representative of UNICEF Honduras.

Liga Contra El Cáncer

an organization committed to Honduran women



League Against Cancer facilities in San Pedro Sula.

The League Against Cancer was founded on August 19, 1965 when the remembered doctor Sergio Bendaña Meza, gynecologist-obstetrician, concerned about the high rates of cases of cervical cancer in the region, the vision of creating an institution was born in him. To ensure women's health, thus creating the League Against Cancer. The organization was led by the late Dr. Oscar Raudales Barahona, pathologist, and Dr. Arturo Segura, general practitioner and colposcopist, joined, who became the first doctor to bring patient care to life. As time went by, several doctors joined the institution, including: Dr. Héctor Hernández, surgical oncologist, and gynecologists Miguel Armando Moradel and Miguel Ángel Aguiluz. Currently, the League serves an average of 300 people daily. The most common cancers are breast cancer, which is a worldwide statistic, followed by cervical cancer and skin cancer.

Dr. Ligia Rosales, executive director of the League Against Cancer expressed "it is very important to have a breast ultrasound starting at age 40, and from age 50 onwards to have an annual mammogram. And at the first sign you should go to your doctor."

KNOW THIS

In 2020, 2.3 million women worldwide were diagnosed with breast cancer and 685,000 died from the disease.

In this pink October, Roatán Today we share a special informative note about cancer in women.



Dr. Ligia Rosales, executive director of the League Against Cancer



DEPARTAMENTO EL PARAÍSO

Jony Alexander Alvarez, the promising entrepreneur in the coffee industry

1. Who is the founder of Alvarez Coffee?

My name is Jony Alexander Álvarez Zavala.

2. How was the idea of entrepreneurship born at such a young age?

The idea was born from my project in the university to form a brand with a diversity of flavors in coffee such as premium pepper, cinnamon and cocoa, I am referring to flavored coffees.

3. What do you consider important to make the decision to start a business in Honduras?

I consider it important that in Honduras or in my department El Paraíso we have the capacity to develop a brand and expand it outside the national territory because we have the best coffees at a national level, we are a department with coffees of high quality standards.

4. How has the process of this enterprise been?

The process as you know everything has its beginning and every beginning is difficult but with faith in God and the help of important people we have been able to overcome and we are already positioning ourselves in the national market.

5. What are the products of Alvarez Coffee?

The products are
Premium and conventional coffees
Pepper flavored coffees
Cinnamon flavored
And cocoa flavored

6. How do you see yourself in the next 10 years?

In the next ten years, we see ourselves as one of the top exporters of processed coffee abroad and as one of the largest companies providing roasting services in the country.

7. What message would you like to send to young entrepreneurs like you?

The message that I would like to send to young people and entrepreneurs in the country is not to give up, every beginning is difficult, but with God's help everything is possible, and all who persevere will achieve.

8. What was your inspiration for the name of your brand?

The name of the brand is due to the memory of my family in the south zone, the Álvarez and the slogan of the company "it's from the farm to your house".

9. What are your hobbies?

My hobbies are motocross, soccer and the coffee industry.

PERFIL

Name: Jony Alexander Zavala
Age: 30 years old

Studies: University technician in coffee business administration.



María Antonia Martínez launches her book *Ratoncito Travieso*

María Antonia Martínez, professor of generations, recently launched the book of stories "Ratoncito Travieso" in the facilities of the Honduran Arabian Club.



María Luisa Martínez with her family launching the book.



María Luisa Martínez accompanied by her daughters Gabriela, Alejandra and Francis Ramos.



Presentation of the book "Ratoncito Travieso".

During the launching, the writer Martínez expressed that her inspiration for the book were her grandchildren and her daughter.

Ratoncito Travieso is a short story, a story of the narrative genre. This story is about a small rodent that enters a house and begins to do mischief and mischief but the end is unpredictable.

During the launch, the writer said that the process she had to do for the realization of this was long. In

her case because it was a dream for her career and her motivation came from a real story of one of her daughters who told her with grace the details of what was happening. During the launching of Roatan Today I asked him: What is the importance of literature?

She replied "I firmly believe as a literary teacher that literature is an effective weapon for strengthening so many intellectual skills in readers, especially if it happens during childhood: because it produces an amazing mental development. She also told us that this is her first literary work, but it is the beginning of many other stories to come.

She also commented that she did not encounter any difficulties, on the contrary, I found people who supported me at the Honduran Academy of the language.

If you wish to purchase the book I can order it at Metronova, GuacamayaBook Store, Alfesa and soon in Roatan.

Gumbalimba Park

a direct contact with wildlife

Los piratas son parte de la historia de Islas de la Bahía

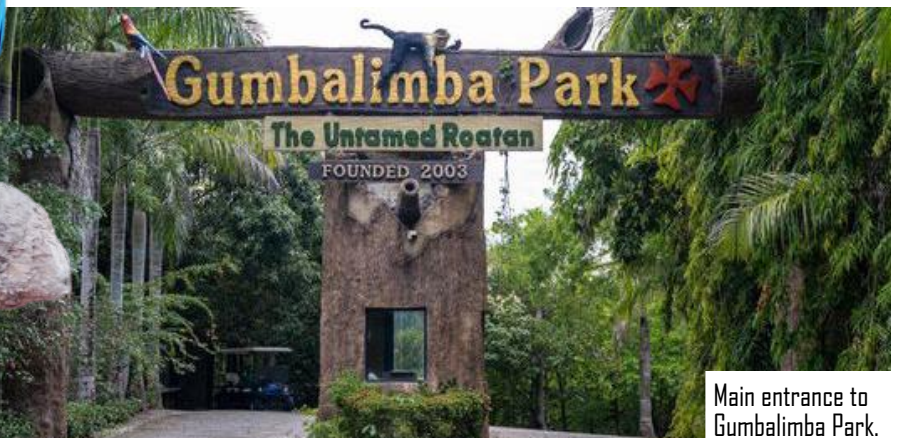


Among the hidden treasures of this Caribbean island is Gumbalimba Park, a wildlife sanctuary and one-of-a-kind tourist destination. It was founded in 2003 by Mr. Marco Galindo. Gumbalimba Park is one of the most important tourist attractions of the island department; it is a window to the nature and culture of Honduras, visitors can enjoy a day of adventure, relaxation and discovery in

this paradisiacal corner of Roatan, whether walking among capuchin monkeys, exploring jungle trails or relaxing on the beach; Gumbalimba Park offers an unforgettable experience for all who visit this park. Capuchin monkeys are the stars of Gumbalimba Park. Visitors can enjoy the unique experience of walking among these playful friends as they roam in their natural habitat. It is an exciting opportunity to interact with and learn about these intelligent and charming creatures. One of the main attractions of Gumbalimba Park is its lush tropical rainforest. Tourists can explore the meandering trails through the dense vegetation, surrounded by the park's rich biodiversity. This natural habitat is home to capuchin and spider monkeys, exotic birds and multicolored butterflies. The park is also home to the Garden of Hope, a tribute to the cultural legacy of Honduras. Here, visitors can explore a replica of an indigenous Honduran village, learn about the history of local civilizations and enjoy cultural exhibits.

Capuchin monkeys are the stars of Gumbalimba Park.

Roatan, one of Honduras' most beautiful islands, is known for its pristine beaches, diverse marine life and breathtaking natural beauty.



Main entrance to Gumbalimba Park.



CONTACT
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Or whatsapp
+504-9644-1507.



Wendy Landaverde the promoter of dance in the Bay Islands

Allegro Dance Roatan an academy for all islanders

Who is Wendy Landaverde?
I am a classical ballet teacher. Certified in 2020 by the Royal Academy of Dance in London, an institution that has 103 years of experience in the world.

How long ago did you start dancing?
I started dancing at the age of 3 years old in a school in La Lima in 1975. At the age of 11 I continued my apprenticeship with the Hermanas Mondragon School of the Ministry of Culture, Tourism and Sports based in San Pedro Sula, my teacher being Jorge Georgino Orellana. After a few years, Georgino, opened his own school, Georgino Ballet Studio, and I stayed with him until 2009 when I moved to Roatan and decided to found my own school which I would call, originally, Bauer Dance Studio. Georgino passed away in 2010, a few days before I opened my school. The following year, teacher Flor Alvergue came to Roatan to see my work and has been my mentor ever since. She is the one who has guided me through the Royal Academy of Dance program. Mrs. Flor is the teacher who introduced RAD to Honduras

in 1991, the same year that I had the opportunity that she accepted us to take an exam as a RAD student, since she was with the Bellas Artes school and I was with Georgino Ballet Studio. RAD is a wonderful program, very technical, artistic and adaptable to all types of personalities. I had the opportunity to study the old syllabi which combined with the new dance education syllabi has given me a lot of experience, plus the university course offered by RAD to become a certified teacher. It was many years of extensive work, but I never thought of giving up. The program of handing in papers, exams and supervisions lasted from 2018 to 2019 and was incredibly exhausting. Graduation was to be in London in the summer of 2020 to celebrate 100 years of RAD, however, due to the pandemic, we received the degree by airmail that year. Also, since 2012 I have been part of the Central American teacher trainings given annually in Guatemala and several trainings prior to starting the certification program and during the degree in Guadalajara, Mexico.

What motivated you to be part of dance?
Dance has always been part of me since



I was very little, I didn't need a motivation, I was just born to do it. I never thought of giving classes either, I just wanted to dance. Now that I can no longer dance as I used to, I find motivation in my students, in those who give it their all and feel the same passion that I have felt in the classroom or on stage.

When did you start with the project in the Bay Islands?

I started in Roatan on May 3, 2010. We started in Plaza Mar and stayed there until the pandemic forced us to close after almost 10 years. We moved to West Bay to a smaller studio, however, we have managed to continue the work of teaching the RAD method to more students and even continue to take them to RAD exams. These exams are held in San Pedro Sula, at the headquarters school for Honduras, Centro Contemporaneo de Danza (CCDanza) of teacher Flor Alvergue, who is in charge of the RAD method first introduced the method in 1991, and I was one of the students who took the exam that year. The RAD, as it is known, is in charge of sending to Honduras and the rest of Central America a teacher examiner to evaluate our students. This year 2023, between 3 schools that officially handle the RAD method, we were able to test about 75 Honduran students.

How many students are currently studying?

When we opened for the first time, my expectations were very high and I was sure that it would be a discipline that we would love. We started with 10 students and little by little we increased. We had over 70 students when the pandemic forced us to close. The studio we currently have in West Bay does not allow us to have more than 10 students per class at a time. The grades we handle are

as follows:

Nursery - 4 years
Preprimary in Dance - 5-6 years
Primary in Dance - 6-8 years
Grade 1 - 8 years and up
All children must pass through Grade 1 in order to continue to the next level. Currently, we count up to Grade 3, however, we have had students in Grade 4, Grade 5, Grade 6, Intermediate Foundation and Intermediate.

What projects do you have planned for the long, short and medium term?

In the long term, we have a project that we are trying to develop with Professor Jhon Franklyn Manzanara of the House of Culture of French Harbour, which consists of a House of Culture with larger spaces and a small theater that will allow us to carry out cultural and family leisure activities. It is an ambitious project that we have been working on for a couple of years and for that we will need the help, not only of the local authorities, but also of the community when we are close to putting it into operation. In the short and medium term, to continue with our ballet classes and our long awaited end of year performance which is usually repeated in May/June of the following year to show the public the progress of our ballet students. This year's performance will take place for the third time at the Sol y Mar amphitheater on December 13th at 6:00 p.m. with the play Hansel and Gretel.

What are the requirements to be part of the Allegro Dance Roatan Academy?

The main requirements are: that parents make sure that their children want to dance; that they keep in mind that it is a discipline, therefore, the physical work is hard and the attendance and practice must be constant.

What are the class schedules?

It is a one year class from February to December. The earlier students enroll, the better they learn. For this year 2023 the schedule has been:

Tuesdays and Thursdays

Grade 1 - 3:30 p.m.
Grade 3 - 4:30 p.m.
Primary in Dance - 5:30 p.m. Thursdays Only
Saturdays
Nursery - 9 a.m.
Preprimary in Dance - 10 a.m.
Primary in Dance - 11 a.m.

We have not yet established the 2024 schedule.

Civil weddings continue to take place every Friday in the Municipality of San Pedro

After the massive Caná Weddings project, an initiative of the mayor of San Pedro Sula, Roberto Contreras, which in its second edition united 1,354 national and foreign couples in holy matrimony, civil weddings resume in the Sampedrana Municipality.

Like every Friday, couples meet in the Town Hall of the Municipality of San Pedro Sula to get married legally.

On October 20, 7 couples from San Pedro Sula and surrounding areas gathered in this hall of the Sampedrana Municipality to say "yes, I accept" before their witnesses and local authorities during a special ceremony.

Grevil Castellanos of the Municipal Secretariat, reported that civil weddings resumed in the Municipality of San Pedro Sula, after the successful project of the Weddings of Caná.

Likewise, he indicated that couples interested in getting married can arrive at the Sampedrana Municipality Secretariat facilities, present the corresponding documents to set the day of the ceremony, "they must go to the Municipal Secretariat. Beforehand, at reception they can tell you the requirements they meet, such as being single and related, municipal solvency or background information."

Castellanos emphasized that Mayor Contreras works to strengthen the core of society; the family.

Elvis Mejía, who married Elba Murillo, expressed that this is the beginning of a new stage with many challenges," after adding that civil weddings are one of the special activities carried out by the municipality, "it is nice that they work on projects that unify the family of San Pedro Sula more."

Meanwhile, his wife Elva Murillo, with tears in her eyes, expressed her emotion, with many mixed feelings.

On Friday, October 20, 7 couples said "yes, I accept" before their witnesses and local authorities.

Mayor Roberto Contreras is committed to strengthening family unity in San Pedro Sula.



REQUIREMENTS TO CONTRACT CIVIL MARRIAGE

1. CERTIFICATION OF MARITAL STATUS on security paper, with a marginal note of recent single status and proof of relationship. Carry out procedures in offices of the National Registry of Persons of origin. Proof of relationship issued to citizens registered in San Pedro Sula must attach family sheets.

2. PROOF OF MANDATORY PREMARITAL DISCUSSION. (They are received on Thursdays at 9:00 a.m. in the Plaza building, premises No. 26 A, first street, between second and third avenues, in front of the National Railway Station on the North side). By appointment at the indicated location or call 2550-8101, ext. 1485 or 1484.

3. PHOTOCOPY OF THE CURRENT municipal solvency of the parties, issued in San Pedro Sula.

4. CRIMINAL RECORDS of the spouses, specifically of marriage.

5. PHOTOCOPY OF THE IDENTITY card of the spouses, and photocopy of the identity card of two witnesses, over 21 years of age.

6. MINOR BRIDES AND GROOMS (18-20 years old) must present a photocopy of their parents' identification card when submitting documents. Parents must be present on the wedding day.

7. PAYMENT FOR THE RIGHT to marry L400.00. The receipt will be issued to you once all documents have been reviewed and are complete.

8. BIRTH CERTIFICATE of the spouses.

9. HIV TEST ISSUED ON THE COUPLE'S original medical certificate (if they already live together, they do not need it). Optional requirement.

REQUIREMENTS FOR FOREIGNERS

1. Proof of single status from your country of origin, with apostille, translated into Spanish with an apostille.
2. Criminal record with apostille, translated into Spanish with apostille.
3. Photocopy of the passport.
4. Payment for the right to civil marriage L1,800.00
5. Birth certificate.



Isaca taking the donation to the premie ward.



Isaca members inside the maternity ward of the Materno Infantil Hospital.

TECHNOLOGISTS PERFORM SOCIAL WORK

Isaca Tegucigalpa Chapter donates to the Maternal and Child Hospital



Isaca visiting the Maternity Hospital facilities.

Group of Technologists joins social cause

The Chapter of ISACA Tegucigalpa, made a social work for the benefit of the premature babies ward of the Maternal and Infant Hospital. This donation was made thanks to the support of members, friends and all those who contributed to support Angelitos Foundation, during the last ISACA Community Day. Thanks to these contributions we were able to donate to the premature baby wards of the mother and child

hospital:
164 packs of wipes of 100 each.
24 packs of hypoallergenic wipes of 150 ea.
576 diapers for premature babies size 0
600 diapers size 1
840 newborn (RN) size diapers
17 cloth baby hats
The donation made by Isaca Tegucigalpa Chapter has benefited 70 families of premature babies. One of the mothers expressed that God multiply their generosity.



GOOD NEWS IN ROATAN

USAID signs Memorandum of Understanding with the Mayor's Office of Roatan

USAID through the Creating My Future Here project and the Mayor's Office of Roatan, signed a memorandum of understanding to promote education, employability and youth entrepreneurship. Those in charge of signing the memo-

randum were on behalf of Mayor Ron McNab, Vice Mayor Trudy Hilton, while on behalf of USAID the director of Creando Mi Futuro Aquí, Mr. David Medina. With this important signature, the mayor's office seeks to promote the well-being of the inhabitants and achieve their integral development and preservation of our environment.



Vice Mayor Trudy Hilton and David Medina signing the memorandum of understanding.



Learn everything about natural medicine that you can make yourself with ingredients that you surely have in your kitchen.

RECIENTE
POPULAR
COMENTARIO

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🕒 12/10/2023

¿Cómo eliminar la tos de raíz?

🕒 10/10/2023

Remedio casero para el colon perezoso y gases,...

↑

www.medicinanatural.life

PHOTO NEWS

Drainage cleaning is being carried out on the island

The Mayor's Office of Roatan, through the Municipal Health Department, recently cleaned drains and ditches in the community of El Suampo in Coxen Hole, as a preventive measure to avoid flooding problems during the

rainy season. We call on the general population to keep their communities clean, so we avoid vector diseases, flooding problems, but also highlight the beauty of Roatan.



Cleaning of drains on the island of Roatan.

In this pink October, Roatan Today magazine spoke with a cancer survivor, a strong and fighter woman. Prominent in politics and today she opened her heart to us to tell us from her experience what her fight against cancer has been like.

Who is Debbie Castillo?

I am a dreamer! Since I was a child I felt special, different from others, I have always wanted more and I have never been satisfied with what I have. I have a lot of determination and I am very disciplined to achieve it.

My family was always very loving, my parents told me that I could achieve anything I wanted and they supported me in everything. Since I have been a mother, I have dreamed of the same thing for my children, of educating them to be good, independent people, to be happy, to help others and to fulfill their own dreams.

I am passionate about cooking, the fitness world, eating and hosting events, I am very good at what I do. From a very young age I identified what my abilities were and what were not, and I have made the most of all the good ones in everything I have done in my life.

What was a day in my life like before being diagnosed with cancer?

I was very busy exercising 2 hours a day 6 days a week, I ran the two companies I have, I was in charge of my children, I helped my husband with some issues regarding his companies in Guatemala and the Dominican Republic, we traveled for pleasure to many places and had a very active social life with my family and friends.

How did you feel when you received the news of the cancer?

I felt very afraid, the greatest fear I have ever felt in my entire life. I thought I was going to die and I felt very distressed thinking about my children, about everything I had not yet taught them, about the plans that my husband and I had for our future together. I completely lost control, I cried a lot surrounded by negative thoughts that invaded my mind and took over it in a matter of seconds. When I calmed down I called my husband on the phone, he very calmly told me that we would do the treatment and that everything would be fine. That reaction in him completely changed my mood and I became myself again: I began to see the whole good picture, I felt the strength that I have always had and I was sure that I could overcome cancer!

What did you feel when you started the first treatment?

The chemotherapy doctor (as I call him) recommended that I do the 14-day protocol. The first time they gave me chemo I will never forget it, every time I remember it it hurts me again, it affects me emotionally because that day I felt like they were taking a

PROFILE

Name: Debbie Patricia Castillo

Age: 43 years old

Marital Status: I am divorced and currently have a wonderful relationship.

2 children: Yax 12 years old and Nigella 9 years old.

Studies: Bachelor's degree in marketing and a master's degree in business administration with a specialization in marketing.



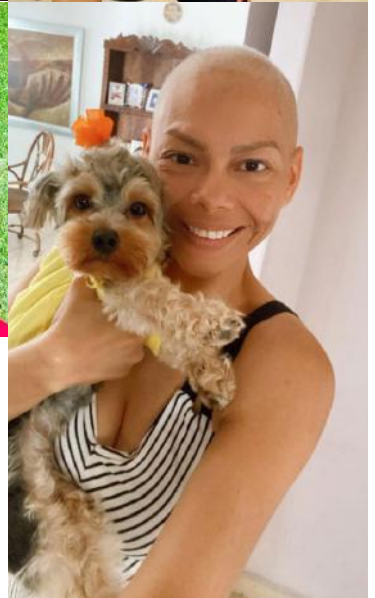
“

THE RECOVERY WAS SHOCKING, after 3 days I was walking, getting up, going to bed on my own without any problem and could move my hands and arms almost normally; compared to 20 years ago when I was almost a week without being able to use my arms, my mother and my husband bathed me and fed me.

”

Debbie Castillo a cancer survivor who opens her heart

“My life changed a year ago when I was diagnosed and today I am a different person”



“ I AM A DIFFERENT PERSON TODAY. I am not the same as I was 1 year ago, I have changed a lot and for the better in every way. I learned many things, some that I already knew, but that I had forgotten along the way. ”

importance to them and to be stronger than ever so that they did not affect me.

I prayed every day at all hours, the days I felt the worst were the days I adored God the most and the days I gave Him the most thanks. Since then it has remained that way.

Nobody is prepared to look bad. I couldn't stand seeing myself in the mirror because I felt mentally and spiritually very strong, but the treatment was pushing my body to the limit and that person I saw in the mirror was NOT me, because the image I saw was that of a sick person. and I didn't feel sick, I felt fine.

The day my hair started falling out, I shaved it off at once. Losing so much weight and losing my hair was the last thing I needed to destroy my ego. I felt it as an act of humility and decided that I would not use anything to cover my head. I decided to make a video and upload it to Instagram announcing that I had cancer, because I didn't want anyone to ask me. On June 20 I finished the 8 sessions of chemotherapy and on July 13 I underwent a mastectomy. I decided to remove both breasts completely and they did the reconstruction with implants. Once again God was with me, the entire operation was a success and everything went well. The recovery was impressive and very fast.

What was the effect of the radiation?

As with the chemo, I decided that nothing would happen to me, that I would not have any discomfort and that everything would be fine. He also gave me everything, but I didn't let that affect me in any way. I had mild headaches but for a long time, extreme dryness in my mouth, my tongue felt burned and it was burning. I had strange sensations all over the left side of my face: my eye, jaw, mouth, head

and sometimes even my ear hurt.

When they had already done 20 radiations I still had nothing at the skin level but in the last week when they gave me the last 5 I started to feel somewhat hot and my skin began to darken as if burned, it was something minimal, but it was a different color than my normal skin. It didn't burn, but the areas did feel tender. I finished the 25 radiations with just a few shadows in the places where they were applied, but 1 week later they became a little darker and my skin began to fall off, I began to "peel off" as if I had gone to the beach. It ended on October 13 and I practically have nothing left.

What has been the impact on my family, parents, partner and children?

This test has brought us closer together as a family. All of them have been with me in the hardest moments of my life, giving me love, giving me strength, believing in me when I doubt it, accompanying me on this path that has not been easy but that has undoubtedly been the best thing that has happened to me.

My relationship with my husband is better than ever and with my children too. They were a great motivation for my strength. My dad and my brother shaved their heads when I lost my hair, my sister accompanied me to all the chemotherapy sessions and my mom came to take care of me at my house for the 5 months that the chemo lasted. My friends also had a great role in my good attitude throughout this time because they kept an eye on me, calling me or writing to me.

How have I changed with this process?

I am a different person today. I am not the same as I was 1 year ago, I have changed a lot and for the better. I learned

many things, some that I already knew, but that I had forgotten along the way.

I met God in a way that I would never have imagined and I love it, I would never go back, I don't want anything I had before, I'm keeping everything I have today and I'm ready to receive all the good that will continue to come into my life!

What message do I give to women fighting cancer?

Don't give up, put your trust in God and hand over your burden to him. Let them do their part, check themselves, take care of themselves physically, but also mentally and spiritually because without the latter 2 the first (physical) will not improve. Your body will do what your mind tells it, so believe in yourself and talk nice to yourself, think about everything you have left to live.

What is the phrase I repeat to myself every day?

There are three sentences: Thank you God for so much and for everything! It reminds me of all the blessings I have always had in my life.

One day at a time! It reinforces me to live and enjoy the present because that is the only thing that matters.

I'm ready to receive! It makes me think about the future with excitement.

piece of my life away from me. I felt a huge hole inside me, it didn't physically hurt except for having a super dry mouth. It didn't hurt me on the outside, but it hurt me inside, in my feelings, in my heart; I felt like my life was being drained from me, I felt alone, even though my husband was there with me holding my other hand. I liked to think that the medicine was God entering my body to heal me. The next day my mouth was drier and a headache started that didn't go away in the 5 months that chemotherapy lasted, but I learned to live with it and ignore it too. I began to lose weight immediately even though I ate well and stayed hydrated as the doctor had instructed.

I didn't have any discomfort or rather I had all of them at the beginning, but they couldn't handle me so they left. Of course it made me want to vomit but I never vomited. I got 3 sores in my mouth that disappeared the next day. And so I could detail the rest of the discomforts that I had but that I did not allow them to flourish in me, I learned to ignore them, to not give



Cameron McNab President of the Bay Islands and Chamber of Commerce.

Cameron McNab is re-elected again as president of the Bay Islands Chamber of Commerce.

Last Friday, October 13, the Ordinary General Assembly was held to elect the Odd Positions of the Board of Directors 2023-2025, which is conformed as follows:

Cameron McNab - President
 Jennifer McNab - Secretary
 Diangelo McNab - Pro Secretary
 Erick Brimen - Pro Treasurer
 Dino Silvestri - Fiscal
 Duane McNab - Alternate Prosecutor
 Emsly Hyde - Vocal I Proprietor
 Rigoberto Torres - Alternate Vocal I
 Steven Guillen - Vocal III Proprietor
 Carlos Johnson - Vocal III Alternate

Members of the board of directors of the Sam Dilbert community.



Roatán Board of Trustees sworn in

The Community Development Department received a request from the Sam Dilbert community of Mud Hole, who expressed their desire to swear in the Board of Directors of the Board of Trustees of their area. After complying with the requirements established by the municipality of Roatan, the municipal secretary proceeded to swear in the Board of Directors of the Sam Dilbert Board of Trustees, who promised to work hand in hand with the Mayor's Office of Roatan for the benefit of the community in general.



Bay Island Chamber of Commerce Board Members.



ISLAS DE LA BAHIA

National Police

has formed 22 citizen security tables

The National Police of Honduras, through the Departmental Prevention Unit-11 (UDEP-11), as part of the implementation of the New National Model of Community Police Service (MNSPC), has formed 22 Citizen Security Tables.

The main objective is to jointly address security issues, so a total of 22 Citizen Security Committees have been established in the municipalities of Utila, Roatán, José Santos Guardiola and Guanaja located in the department of Isla de la Bahía, where at least 200 citizens have been directly involved.

Likewise, there is a direct approach between the National Police, the citizens and the organizations, both to identify and eradicate illegal activities, and also to forge ties of mutual work between the police institution and society in general and make positive changes.

It is important to mention that the formation of these organizational structures as a method of deterrence and prevention has been widely accepted by the public.

In this sense, the National Police of Honduras seeks healthy coexistence and good customs throughout the territory, to offer a better quality of life to all the inhabitants of the country.



Patronage formed by members of the Afro-Honduran community.



The National Police of Honduras seeks healthy coexistence and good customs throughout the territory, to offer a better quality of life to all the country's inhabitants.

Residents of the insular department are members of the citizen security roundtables.

Congratulations Karla Grandez on her college achievement!

Karla Grandez graduates with honors from the Bachelor's Degree in Nutrition.

On September 26th at the Palacio de Los Deportes, of the National Autonomous University of Honduras, the graduation ceremony took place. Karla Grandez, sister of the executive director of this magazine, obtained her degree in nutrition.

During the graduation ceremony Karla Grandez received her degree with high honors in Nutrition and proudly shared it with her parents,

family and friends who celebrated the completion of her university studies.

This achievement was dedicated to her parents Cristina Carbajal, Juan Benigno Grandez, her siblings and brother-in-law Janeth de Funez, Dennis Grandez and Alfredo Funez.

The reception to celebrate his university achievement was held in the municipality of Valle De Angeles where family and friends celebrated his student victory.

