

CORINTHIANS 13 Love never ceases to be

PAGE 24

Valerio & Mann
Octubre 2023

Valerio & Mann
Octubre 26, 2023



UNIQUE LOVE

MARRIAGE VALERIO MANN TOGETHER UNTIL THE END

Danori Carbajal, the woman passionate about nutrition



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In Roatán, a campaign to prevent teenage pregnancy is carried out

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Lawyer Alejandro Villela

Will travel to Spain carry out legal procedures for Hondurans

PÁG. 7





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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.

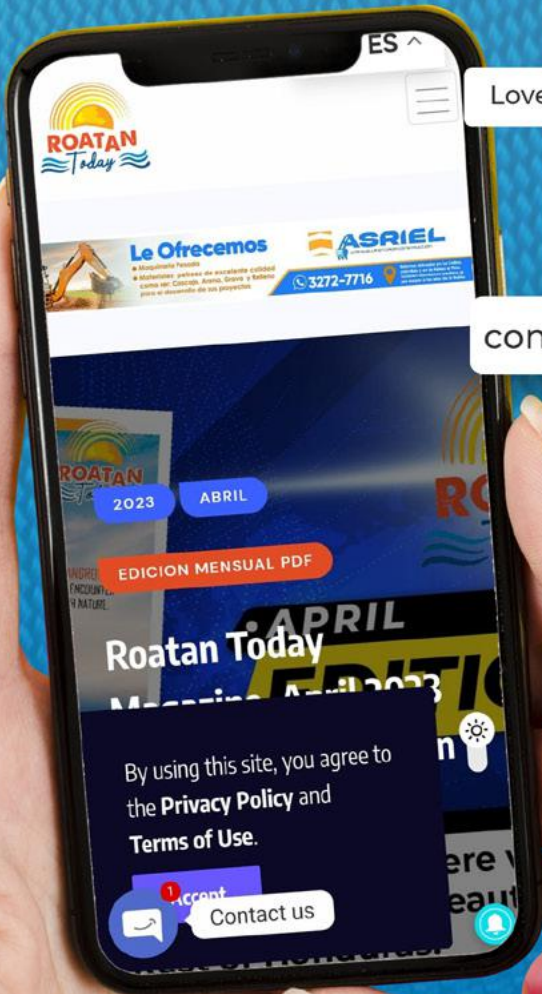


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MAGAZINE ROATÁN TODAY!

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EDITORIAL

November before the end of the year

During this 2023, as Roatán Today we have shared many stories and we have also met many characters and we have also met many characters that give a boost to the national economy.

Sweet November is the eleventh month of the year, the end of most academic and school activities. Graduation of elementary, high school and university graduations.

The month of November is the prelude to the end of the year, the closing of classes, the beginning of vacations and a time of analysis to review achievements and mistakes that occurred during the year.

It is the month of thanksgiving, where families get together and give thanks to God for the blessings received during the year.

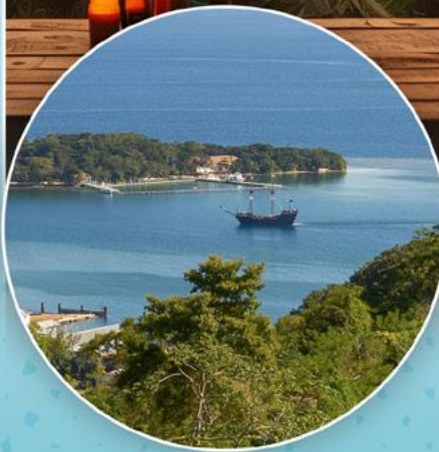
November is a month of rethinking and remembering loved ones who are physically no longer with us.

During this year 2023, as Roatán Today we have shared many stories and we have also met many characters that give impetus to the national economy.

That is why we want you to continue to be part of our magazine and to share your stories with us.

We want to invite you to continue to have a positive attitude and to keep fighting so that Honduras continues to be a five-star country. May the positive news prevail. We look forward to seeing you in the year-end edition.





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CHARACTER

Iroshka Flores , a young woman passionate about good seasoning and baking

Iroshka Flores is a young woman from Roatán, passionate about art and food. Full of many dreams and plans ahead.

Began to relate to food as a way of demonstrating love and traditions.

and traditions. She remembers that during her childhood her grandmother would prepare her birthday cakes and when she was preparing the mixture she and her sisters would stand nearby to see what she was doing. And her grandmother would explain to them and give them a taste, since that time she always wanted to help her mother cook.

With a smile Iroshka expresses that every time they cooked at home she wanted to try and they allowed her to give the last touch to the mixture. That was creating something in her, that love and appreciation that I have for gastronomy. She relates a lot to what she learned at home and in her family, because all her aunts cook phenomenally.

As she grew up she realized that gastronomy was something she wanted in her life. At the age of twelve she made a design to her parents of how she wanted her restaurant and the annexes it was going to have. Thank God she has parents who support her in everything she proposes and have taught her to be perseverant and fight for her goals. Cooking has become his way of expressing himself and getting to know other cultures. She also wants to show others her roots and her essence because for her gastronomy is a way of life. The idea of her business was born during the pandemic FLOMI's started as a ghost kitchen (non-commercial kitchen), during this time she realized that being on an island

many of the things she needed for her kitchen, she had to get things outside the island and sometimes it was complicated.

From there came the idea of opening a place where the people of Roatán can find a store where they can find their baking implements and materials. She always had the idea of opening a store related to baking. She thanks God for this opportunity and hopes to continue providing a good service with God's help.

Currently in the store you can find decorations for pastel, pearls, sprinkles, dycals, ink for edible prints as well as paper, gluten free and low calorie products, pure chocolate made in Honduras, gel colorants, blowtorches, boxes, bases or bases, blowtorches, boxes, cake bases or discs of various sizes, buttercream ready to place on cake, meringue powder, fresh yeast, whipped cream, almond flour, utensils and also cookies made by our interviewee.

She hopes in the next 10 years to become a well-known brand that can offer more than just pastries.

FLOMI'S
BAKERY SUPPLIES
AND MORE



PROFILE

Name: Iroshka Maribel Flores Martínez.

Age: 23 years.

Studies carried out: UNITEC Tegucigalpa

Profession: Graduate in Gastronomy



Iroshka Flores founder of Flomis.

IMPORTANT NEWS FOR HONDURANS LIVING IN SPAIN

The prominent lawyer and notary Alejandro Villeda Franco, managing partner of the prestigious law firm Villeda & Villeda International, will arrive in Madrid on December 15 to offer legal advice and carry out legal procedures for the Honduran community residing in this European country.

The tour of Villeda & Villeda International in the Spanish capital will last until January 15, allowing interested Hondurans to carry out various legal procedures, such as divorces, authentication of documents, power of attorney, birth certificates, among others, with the experience and support of the renowned lawyer Alex Villeda.

“We are traveling with the idea of offering our legal services in terms of basic documents that Hondurans in Spain want. I can authorize powers of attorney, as the law empowers me, at a very affordable price,” said attorney Villeda.

Those interested in carrying out legal procedures in Spain can contact Villeda & Villeda International Law Firm by calling or writing to +504 9982-0497. The Villeda & Villeda International Law Firm stands out for its outstanding prestige and the professional quality of each of its lawyers, who are qualified to handle all types of procedures in the different branches of law. The Law Firm Villeda & Villeda International stands out for its remarkable prestige and the professional quality of each of its lawyers, who are trained to attend all types of procedures in the different branches of law.

“

We travel with the idea of offering our legal services in terms of basic documents that Hondurans in Spain may want.

Alejandro Villeda
Lawyer

”

Lawyer Alejandro Villeda

Will travel to Spain to carry out legal procedures for Honduran residents in that country in Spain



Villeda Franco will soon visit Spain and will be attending Hondurans living in Spain.

The general director of Villeda & Villeda International Alejandro Villeda Franco will soon visit Spain



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Villeda & Villeda is a Honduran law firm founded in 1946 specializing in litigation and corporate law.

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Mayor's office attendees at the event.

Investing to prevent violence against women and girls

Spain present at the First Municipal Forum for the for the Prevention of Gender-Based Violence

Spanish cooperation has accompanied Honduras in the First Municipal Forum for the Prevention of Gender Violence, convinced that investment and direct actions to eradicate violence against Honduran women and girls must be strengthened at the municipal level.

direct actions to eradicate violence against Honduran women and girls must be strengthened at the municipal level. The AMHON Gender Commission, within the framework of its Institutional Gender Policy and as a representative of the 298 local governments of Honduras, together with its strategic partners: Spanish Cooperation, USAID, UNPFA and World Vision, have joined the global campaign promoted by the United Nations, on the 16 Days of Activism against violence against women and girls, which begins on November 25 with the International Day for the Elimination of Violence against Women, and culminates on December 10 with Human Rights Day.

The event was attended by representatives of municipal governments, cooperation organizations, human rights organizations and civil society organizations of the country.

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Participants of the first municipal forum for the prevention of gender-based violence.



GOOD NEWS IN ROATAN

Year-end meeting with directors of educational centers in Roatán

The mayor of Roatán and the Azteca Corporation recently held the 2023 year-end closing meeting with the directors of the public educational centers of Roatán and its purpose is to demonstrate that the administrative and academic processes were developed in 2023, but also to present What is the tentative work plan for 2024, in which the collaboration of all key actors such as the mayor's office, the Azteca Corporation, the Departmental Directorate of Education, and teachers is expected to achieve a positive impact on the education of children and young people of the municipality.

The meeting detailed the process and progress of teachers in the English diploma, taught by Corporación Azteca, as part of the agreement between the mayor of Roatán and Corporación Azteca, recognizing and specifying the skills already achieved with them in the process, and that will undoubtedly help improve the teaching process in our educational centers.

Likewise, the project called "mathematics with Nepo" was presented to the directors of the different educational centers, municipal and educational authorities. This is a project that promises to enrich the teaching-learning process of mathematics, resulting in more analytical students with much more developed mathematical skills in a short period of time.

We concluded the meeting by establishing the work plan for this year 2024 and giving the representative Director of each Educational Center a recognition for their excellent administrative management and their support for our educational project.



Azteca Foundation, Roatán mayor's office and teaching staff.

Inauguration of Sandy Bay Care Center

In times of political campaign, Mayor Ron McNab promised to build health facilities in different communities with the aim of serving residents without having to leave their communities, as long as their condition can be treated at their health facility. zone. To serve residents of Sandy Bay and surrounding areas, the Comprehensive Health Center was inaugurated, which will benefit more than five communities, and will greatly help to decongest the Roatán Hospital, the main healthcare center of the Bay Islands.

As of today, the Bay Islands Health Region left medical personnel assigned to care for citizens. On Tuesday, November 28, they will begin their work with a medical brigade, providing care to children, young people and adults.

The Flowers Bay community health facility will soon be inaugurated, which will serve all the surrounding communities, demonstrating the commitment and responsibility of Mayor Ron McNab and his Municipal Corporation 2022-2026 for the benefit of island health.



Inauguration of Sandy Bay Care Center.

FOTONOTICIA

Passage enabled for residents over the Willie Warren Bridge

The Municipal Corporation of Roatán, 2022-2026, chaired by Mayor Ron McNab, in the presence of residents from different communities, authorized passage over the Willie Warren Bridge, better known as the Big Bridge. This is the first phase of the work that will be carried out in this project,

which will undoubtedly increase the added value of the area and guarantee the development of the municipality. With this type of works, the island population can be sure that the payment of their taxes is returned in works that promote the development of Roatán.

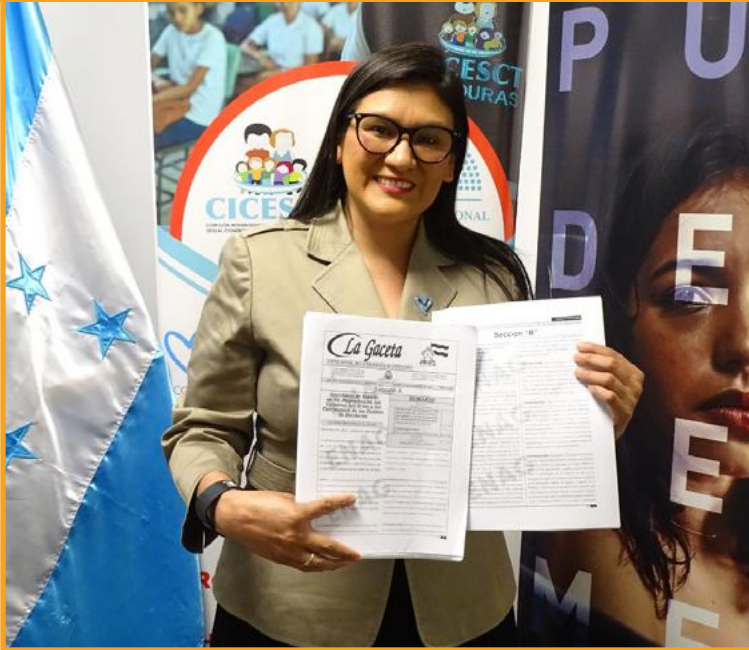


Authorities inaugurating the bridge.

THE CARE FUND IS APPROVED

Surviving victims of trafficking to repair the damage received

Since her arrival, the director of Cicest Sua Martinez has worked for victims of human trafficking. This fund she has received will serve for her recovery process.



The Interinstitutional Commission Against Commercial Sexual Exploitation and Human Trafficking of Honduras - CICEST informs the Honduran people and the International Community that the approval of the Fund for the Care of Victims of Human Trafficking has been officially published in the newspaper La Gaceta (FOAVIT), marking a milestone in the fight against Human Trafficking, to provide primary and secondary care to victims. The head of the CICEST; Sua Martínez highlighted "Since my appointment I have not stopped working and today I see a dream come true to continue caring for the surviving victims of Human Trafficking and its different modalities." In that sense, the fund has the support of the Board of Directors, which is the technical body of the

CICESCT, which was approved by unanimous votes in an extraordinary meeting, where the transparency of the funds was regulated.

The CICEST, as the governing entity of the state in the fight and prevention of Human Trafficking and crimes linked to trafficking, stated that the fund is to faithfully comply with article 20 of the special law legislative decree 59-2012 against trafficking. "The victims need comprehensive care, repair of damage, protection and guarantee of their human rights," explained Martínez.

Therefore, this support is intended for direct and indirect victims in order to reintegrate them into society. This effort was achieved thanks to the members that make up the CICEST Board of Directors and the full support of President Xiomara Castro, complying with the government plan with a gender focus and the defense of Human Rights.

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APOYANOS

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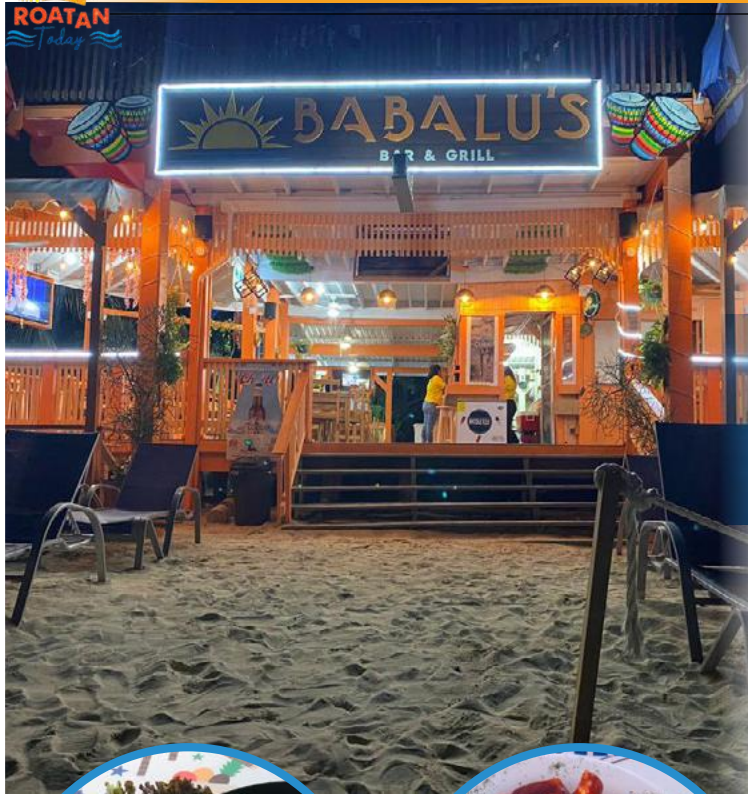
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MASCULINO 1669 ATENCIONES
TOTAL. 3.767 ATENCIONES
PACIENTES 560 EN TOTAL

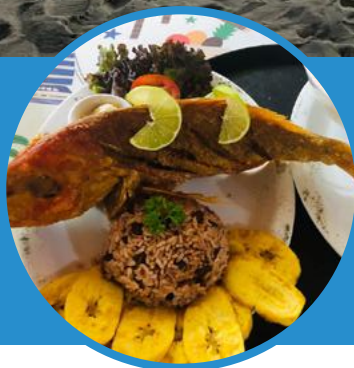
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With a stunning view and a gastronomic offer that will leave you breathless, we are proud to be your hosts for moments that last in your memory.



Located right on the sand of beautiful West Bay Beach, Babalus stands as a sanctuary of culinary delights and unforgettable experiences. With a stunning view and a gastronomic offer that will leave you breathless, we are proud to be your hosts for moments that last in your memory.

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Imagine indulging in a one-of-a-kind drink, served in a whole frozen pineapple. At Babalus, the Babalu Breeze is the jewel of our cocktail collection, a refreshing experience that perfectly accompanies the tropical atmosphere that surrounds you.

The Best of the Best: Unmatched Food, Drinks and Service
At Babalus, we do not compromise on excellence. Our mission is to

offer the best in every detail: the best food, the best drinks and, of course, the best service. Each visit is an opportunity to surprise you and exceed your expectations.

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Are you a lobster lover? At Babalus, Mondays, Wednesdays and Fridays are your special occasion. Enjoy two lobster tails for only \$17, accompanied by two side dishes of your choice.

It is the perfect opportunity to satisfy your cravings for fresh seafood at an irresistible price. Babalus in West Bay Beach is not just a restaurant; it is a complete experience for the senses. With stunning views, unique cocktails, and a culinary offering that combines the classic with the innovative, we invite you to discover why we are the favorite choice in West Bay Beach. Come join us for an experience that goes beyond food!





MUNICIPALITY OF SAN PEDRO SULA

Acknowledges the support of socially responsible companies

The mayor shared that as part of this support for technical education, he received a donation of technological equipment and supplies valued at more than 11 million lempiras.

The Municipality of San Pedro Sula, headed by Mayor Roberto Contreras, through the Directorate of Alliances and Cooperation (DAC), offered an evening of thanks for the important support provided by organizations, private enterprise, embassies and consulates for the benefit of the neediest groups of the population.

The ceremony took place on Wednesday night at Plaza de las Bandejas, where Mayor Roberto Contreras, together with his wife Zoila Santos de Contreras, presented special recognitions to the different cooperators who are present to support the projects of children, single mothers, people displaced by violence and education.

Mayor Roberto Contreras expressed that they paid tribute to the kind hearts of business friends, organizations, con-



suls and ambassadors who have been present throughout these two years of municipal administration.

Without your help it would not have been possible, we continue working for San Pedro Sula, a city of dreamers, with many challenges, but that has found a group of men and women who love this city and want a change”, said the mayor of San Pedro Sula.

The mayor shared that as part of this support for technical education, he received a donation of technological equipment and supplies valued at more than 11 million lempiras for the Technical Training Center Honduras Corea.

Meanwhile, Gabriela Werner, director of the DAC of the Municipality of San Pedro Sula, thanked each of the people who have been part of the engine that drives San Pedro Sula, the city that moves forward.

“Their solidary and noble support contributes to improve the quality of life of our dear people. We celebrate with success the projects we have achieved and commemorate the bonds formed, which in the long term will help to create a legacy for every Sampedrano.”

COOPERATORS

Organizations	Embassies
<ul style="list-style-type: none"> -German Cooperation Glz -UNHCR -UNDP -IOM -UN Habitat -CARI USAID Program -Governance Local from Honduras (GHL) - USAID -GOAL USAID 	<ul style="list-style-type: none"> -Yodeco -Sportline -Movesa -Shanti -Sycom -Fruit of the Loom -Ayre Group -Industrias Chamer -Handal Chemicals -Nestlé -Network Place -Andreas Stores -Security One
Embassies	Consulates
<ul style="list-style-type: none"> - Korean Embassy -Embassy of Japan -Embassy of the United States of America Americo 	<ul style="list-style-type: none"> -Republic of Korea -Japan



Without your help, it would not have been possible. We are working for San Pedro Sula, a city of dreamers, with many dreamers, with many challenges, but that has found a group of men and women who love this city group of men and women who love this city and want change. want a change

Roberto Contreras Mayor

AD HONOREM DIRECTOR OF ECOSOCIAL:

Zoila de Contreras, delivers food supplies to foundations



The first lady of the city of San Pedro Sula.

The beneficiary foundations are Mision Rescate, Ministerio Vida Internacional, Comedor Infantil Chamelecón, Amor y Vida and OSOVI modules for the elderly.



Zoila Contreras delivering groceries.

Continuing with the support to the most vulnerable population, the ad honorem director of EcoSocial, Zoila de Contreras, delivered supplies to six foundations that work for the welfare of the most needy. The event took place this Monday at the Museo para la Infancia El Pequeño Sula, in the Bu- levar del Sur, where the representatives of each foundation received from Mrs. Zoila de Contreras food and biosecurity products. The foundations benefited are Mision Rescate, Ministerio Vida Internacional, Comedor Infantil Chamelecon, Amor y Vida and OSOVI modules for the elderly. "This is the monthly delivery of food to the NGOs; the food was delivered thanks to the support of the donor companies", said the ad honorem director of EcoSocial, after

highlighting the hard work carried out by these foundations.

He stated that thanks to the donors who have been with us all year long, among them; Asociación Cepudo, Azucarera Hon- dureña, Cargill, Corporación del Atlántico, Grupo Jaramar, Derivados del Maíz de Honduras and Hush Cosmetic Products.

Pastor Roberto Castro, of the Ministerio Vida Internacional in the Rivera Hernandez sector, expressed his gratitude to Mrs. Zoila de Contreras and the donor companies for their great support to those most in need. Castro indicated that "we have found open doors and the availability of the mayor and Mrs. Zoila de Contreras to support our social projects for the benefit of children with limited economic resources". Emma Escobar, from the OSOVI Foundation, said that the work carried out by EcoSocial is very important because it is projected with the most needy of San Pedro Sula, and "this donation is a great benefit for us to continue helping. Meanwhile, Carla Portillo, from the Open Doors Foundation, said that it has been a blessing for several months and "has been a significant support that has contributed to the welfare of many low-income families and is a fairly broad contribution in different sectors of the population.

Happy Harry

“Exploring Marine Paradise: An Unparalleled Experience in West End, Roatan”

With five years of trajectory, we have consolidated our presence as undisputed leaders in the world of hospitality, maintaining the coveted number one spot on TripAdvisor for the past two years.



When we arrived, we were greeted as follows: “Welcome to our corner of marvelous villas, where delicious cuisine, unlimited fun and relaxation come together to create a unique experience. With five years of trajectory, we have consolidated our presence as undisputed leaders in the world of hospitality, holding the coveted number one spot on TripAdvisor for the past two years. But what makes our space such a special destination? Let’s dive into the details.

The Jewel in the Crown: The Best Seafood

No culinary experience is complete without tasting the delicacies that the sea gives us. At our restaurant, we are proud to offer the best of the best in fresh and exquisitely prepared seafood. Each dish is an explosion of flavors that will delight even the most demanding palates.

A Unique Rhythm: Karaoke and El Boom

Fun has no limits in our space. Besides delight your palate, we want you to live unforgettable moments. Join us in our karaoke nights, where music and camaraderie come together to create a unique atmosphere. And what would a night be without El Boom?

Our dance floor is waiting for you to dance to the rhythm of joy.

Water Adventure: Jumping Platform, Swings & Hammocks

In the mood for a little excitement? Dive into the fun with our coughing platform, defying gravity with every jump. For those who prefer calm, our overwater swings and hammocks offer a relaxing experience, with the gentle sound of the waves as a soundtrack.

An Exclusive Refuge: Overwater Dining and Private Seating on the Beach

Imagine enjoying a delicious meal while the waves gently caress the ground beneath your feet? Our overwater restaurant offers you this unique experience. Furthermore, as the only option that provides private chairs on the beach (though not a private beach), we guarantee that your relaxation will be unparalleled.

In short, our marine paradise is the perfect setting for those seeking an experience that goes beyond food and drink.



experience that goes beyond food and drink. It’s a place where adventure and relaxation are found in every corner. Join us and discover why we’ve held the number one spot on TripAdvisor for the past few years. We look forward to welcoming you to be part of this unique experience!



Danori Carbajal the woman passionate about nutrition



Who is Danori Carbajal? In short, talking about myself inhibits me, however, I can say that I am a woman attached to my roots that I carry deep inside me. The life took me far away from my homeland when I studied at university in Brazil and I knew that my family had trained me to face life with solid principles. Upon my return, I feel that I was able to contribute to my country by being one of the pioneers in nutrition. This professional solidity prepared me to form a wonderful family that I feel is the greatest blessing I have had in my life. In conclusion, that is me.

How did you start in the world of Nutrition?

When I was in the pediatric wards of the Hospital Escuela de Tegucigalpa, I realized that Nutrition played an important role in the treatment of patients and that is where my passion for the science of Nutrition began.

What are the most common diseases for which people consult nutritionists?

Obesity, Diabetes, Renal Insufficiency, Mixed Dyslipidemia among others. How is a working day in the life of Dr. Danori Carbajal. I am very fortunate to dedicate my-

She is a woman attached to her roots, passionate about health and nutrition. Roatan Today spoke with her.

self to what I am passionate about, "my profession". I start very early and sometimes the first thing I do is just review the dietary plans of my patients prior to their delivery, of those who have visited me in the last 48 to 24 hours (the vast majority are from the previous day). I do this as part of my routine since 100% of my patients receive diets designed for their individual needs according to their food preferences and according to the nutritional assessment performed, considering laboratory values in those cases that require it. A very important aspect in this interaction with patients is to establish that human connection that is so important for understanding them. In addition, there is another transcendental aspect of my professional practice, which is to attend an important number of con-

“

My primary goal is that of every mother who is aware of my role in the family, and that is to continue to provide unconditional support to my family until I share the satisfaction of my family.”

sultations to hospitalized patients that require a very specialized approach, as well as the occasional home visits that I still attend.

How many patients do you see on a daily basis?

There is no fixed number of patients because it varies a lot due to different factors. What I can share with you is that I am very blessed.

What should the balanced diet of a person who exercises daily be like?

This diet is also individualized because it is unethical to provide generic diets. For this, the type of exercise, frequency and particular physical condition should be considered. However, as general information, high quality carbohydrates such as whole grains, fruits, legumes, lean proteins such as meat, poultry, fish, skim milk, healthy



“

It is of vital importance to consume fruits three main meal times and two snacks.

”

Danori Carbajal



fats such as nuts, olive oil and avocado should be consumed. Hydration is key.

Do you believe that a sedentary lifestyle causes disease?

No doubt it does. Metabolic syndrome, obesity, arterial hypertension, heart disease, high cholesterol, type II diabetes, certain types of cancer including colon cancer, among others. We must remember that exercise is also medicine.

What recommendations do you give our readers for good nutrition?

It is vitally important to consume fruits daily, eat three main meals and two snacks. Start eating salad first to avoid eating too much, it activates the feeling of satiety and thus avoid obesity. Include more natural foods in your daily routine, avoiding industrialized foods such as cup soups or sachet soups. Eat whole foods and stay hydrated.

Jorge Haddad Quiñonez in the creation of the Nutrition career at UNAH. Ethics and commitment in patient treatment.

What is your favorite reading?

My favorite book is “THE INSOPORTABLE LEVEL OF THE BEING” by Milan Kundera

What is your favorite actor?

Liam Neeson

What is your favorite singer?

Sade

What song inspires Dr. Danori Carbajal?

Flowers by Miley Cyrus

What do you think about female empowerment?

It is a process of great transcendence in contemporary life but we must recognize that it is still a distant goal because although women have advanced a lot we still have a long way to go. Myths have been broken about places that in the last few years, this was unthinkable, but we must improve our role as contributors and be aware of our responsibility in demonstrating our ability to contribute to all relevant aspects of our society. It has been seen little by little that we do not have limitations and far from it, we are very capable of multi-tasking both professionally and socially. This progressive empowerment will undoubtedly lead humanity to unsuspected achievements of prosperity.

Do you feel that you are an empowered woman in the field of nutrition?

Without a doubt, looking back, my path was not easy but it was fascinating and I would go over it again and again a thousand times. When I recently graduated from the University of Sao Paulo, which is one of the

three best in Latin America, it always inspired me to be an active part of its “alumni or alumna” (active graduates), which has helped me to have that close connection with my Alma Mater. My arrival in Honduras imposed a challenge on me to be able to integrate myself into the multidisciplinary health teams with a profession that did not exist and was not understood (until then) in the hospitals.

My work was to make my way in the professional discussions until I managed to make them understand the relevance of the contributions of Nutrition as a science with solid concepts that had a positive impact on a shorter hospital stay and I also understood my own contribution when my effort began to be reflected in an important way in the economy of the patients when it was demonstrated that with the correct diet they reduced the consumption of expensive medicines and improved their quality of life.

With these achievements I conquered a relevant space in the multidisciplinary teams.

Having been Vice-President and President of the College of Nutritionists and Dietitians of Honduras, we have contributed positively in the exercise of a still incipient profession that can and should contribute much to the health of the country but now doing it from the legality of a properly constituted Professional College.

What are your short, medium and long term goals?

My primary goal is that of every mother who is aware of my role in the family and that is to continue to provide unconditional support to my family until I share the satisfaction of the goals achieved as it happened with me and my husband and my parents. In the professional field I have always been committed to continuous training by attending courses and relevant national and international congresses.

Likewise, as I studied several specialties in Nutrition, I managed to complete my Master’s Degree and now I intend to complete my Doctorate in a short period of time.





Tree Lighting at Palmerola Airport

This was the tree lighting with which Palmerola and Loto kicked off the Christmas season at the airport.

The Palmerola International Airport and the Loto company decorated the airport facilities to bring a festive atmosphere on Christmas Eve for

national and foreign passengers during the month of December. Travelers and visitors at the airport took advantage of the opportunity to have their photos taken at the beautiful Christmas trees.





SAN PEDRO SULA



The Municipal Swimming School has vacancies available

“We extend an extensive invitation to all children who are on vacation and can participate in the swimming programs that we offer in the Olympic Gymnasium pool through the Sports Management”

CARLOS CERRATO
Director of the Municipal Swimming School.

Through the Sports Management, provides swimming lessons at the Metropolitan Olympic Complex.

Committed to promoting the practice of sports, the administration of the Mayor of San Pedro Sula, Roberto Contreras, through the Sports Department, offers swimming lessons in the pools of the Metropolitan Olympic Complex. The Sports Management has the Municipal Swimming School, which offers a varied program for children,

youth and adults to learn this sport discipline. During this vacation season, students can take advantage of the opportunity to enroll in swimming classes, which are held Monday through Friday, from 5:00 a.m. to 7:00 p.m., and on Saturdays, from 7:30 a.m. to 10:45 a.m. “We extend an extensive invitation to all children who are on vacation and can participate in the swimming

programs that we offer at the Olympic Gymnasium pool through the Sports Management,” said Carlos Cerrato, director of the Municipal Swimming School. The official called on young people who want to learn to swim to come to the pools of the Olympic Complex, since they will be open during the whole month of December. The official called on young people who want to learn to swim to come

to the pools of the Olympic Complex, since enrollment will be open throughout the month of December, with a value of 100 lempiras and a monthly fee of 300 lempiras. He explained that the groups of students are divided according to age and classes are given three days a week. Mariano Gómez, Director of Sports, expressed that thanks to the support of Mayor Roberto Contreras, sports practices are strengthened in the city.



“

We had the presence of a range of professionals who are dedicated to the field of events, both business and social, and that was excellent because it enriched the event with the knowledge and questions of our participants.

JOSÉ QUAN

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This event aimed to highlight innovations in menus, banquets, catering, cocktails and beverages for national and international and international events, highlighting relevant aspects of Honduran gastronomy Honduran gastronomy, as well as the the main references on the subject in our country.

The event was attended by the Deputy Minister of Tourism, Reizel Volorio, who reported that from the IHT will continue with this series of events with Eventia to bring to every corner of Honduras these trainings and more citizens join the meetings industry and are extraordinary drivers of our country. Among the speakers who participated the workshops were international speaker Jesús Baranda, president of the Spanish Catering Business Association; special guest, Eduardo Guerrero, chef and creator of the restaurant Secreto Malportado and national panelists, Carla Pohl, founder of the CITRUS brand; Lourdes Valladares, events manager of Espresso Americano and Héctor David Zelaya, master brewer of La20 Brewery and the creator/moderator of the event, José Quan.

We had the presence of a range of professionals who are dedicated to the field of events, both business and social, and that was excellent because it enriched the event with the knowledge and questions of our participants,” said Quan.

Eventia y Jose Quan return with Educatours to train the tourism sector

The Honduran Institute of Tourism (IHT) was part of the conferences and trainings “EDUCATOUR 2023: ¿A qué sabe tu evento?” organized by Eventia.



On the island of Roatan, a teenage pregnancy prevention campaign is being carried out

The municipal mayor's office presided by Mayor Ron McNab is very concerned about the children and youth of the municipality of Roatan.

Representatives of the Embassy of Canada and the United Nations Population Fund met with the mayor of Roatan, Mr. Ron McNab, and the vice mayor of the municipality, to follow up on the issue of teenage pregnancy prevention and violence against girls and women. with the mayor of Roatan, Mr. Ron McNab, and the vice mayor of the municipality, to follow up on the issue of prevention of teenage pregnancies and violence against girls and women. According to figures from the United Nations Population Fund (UNFPA), one out of every four births is to a girl under 19 years of age in Honduras, placing the country as the second country in Latin America with the highest rate of teenage pregnancies until June 2023.

The objective of the meeting was to highlight and support the initiatives of Mayor Ron McNab and his Municipal Corporation to protect the children and youth of the municipality of Roatan.

The challenges faced by a teenager becoming pregnant at such a young age is becoming a mother to support her child, her health, not being able to finish her education, not being able to earn an income and her entire future may be in jeopardy, and she may be trapped in a life of poverty, exclusion and helplessness, so it is urgent to continue working on the care and protection of our children.



ACCORDING TO FIGURES of the United Nations Population Fund (UNFPA), one out of every four births is to a girl under 19 years of age in Honduras.

PHOTO NEWS

Islas de la Bahia was well represented at the DEMA dive fair in New Orleans, USA. About 15 hotels from the 3 islands were present.



Violence prevention forum held at UTH

The Universidad Tecnológica de Honduras (UTH) recently held a forum for the international day of violence against women.

At the prestigious Universidad Tecnológica de Honduras (UTH), a panel was held with the participation of the Minister of Human Rights, Natalie Roque; Human Rights and Women's Policy Advisor, Nidia Díaz; the wife of the ambassador, Luisa Bautista; and on behalf of the Minister of Human Rights, Natalie Roque; the advisor on Human Rights and women's policy, Nidia Díaz; the ambassador's wife, Luisa Bautista and representing the Minister of Tourism, Yadira Gomez was Ana Catalina Espinoza.

The Honduran Institute of Tourism was invited to be part of the panel on the struggle and vindication of women in Latin America for the Inter-

national Day against Violence against Women, which is celebrated in honor of the Mirabal sisters every November 25, an event in which the Ambassador of the Dominican Republic, Luis García Mercado, was present.

The topics discussed were the prevention of gender violence, government policies and human rights. It was emphasized that the struggle to defend women's rights begins at home and that, even in public office, women are not immune to misogynistic insults, discrimination and harassment.

Every November 25, women raise their voices to denounce violence against women. This date commemorates three sisters who stood up to the bloody dictatorship of Rafael Trujillo and were brutally murdered for being women and activists.

Speakers issuing their criteria regarding gender violence.



Attendees to the forum held at the UTH.



Roatan, Honduras



COMAYAGUA MAYOR'S OFFICE, INFOP AND IHT

67 collaborators certified in Customer Service and Tourism Culture



Comayagua, since it has become an important tourist destination.

Comayagua. The Mayor's Office of Comayagua, headed by Mayor Carlos Miranda, in alliance with the National Institute of Professional Training (INFOP) and the Honduran Institute of Tourism (IHT), certified 67 employees of different institutions, who passed the course on Customer Service and Culture.

Professional Training Institute (INFOP) and the Honduran Institute of Tourism (IHT), awarded certificates to 67 collaborators from different institutions, who passed the course on Customer Service and Tourism Culture.

These actions are carried out with the objective of providing quality attention to all those who visit the historic city of Comayagua, which has become an important tourist destination.

“We are happy to deliver these certificates of customer service and tourism culture, as they are two trainings that come very well to the city, especially at this time where Comayagua begins to feel as an important tourist destination to visit by nationals and foreigners; The city may have many beautiful and attractive things, but if we do not have quality service and customer service, we will give a bad image, we are making arrangements in coordination with the IHT, to provide the necessary training to the human resources of the city that is dedicated to customer service, in order to have the necessary knowledge to do it in the best way,” said Carlos Miranda, Mayor of Comayagua.

Saraí Alcántara, OGD-ITH Representative



These actions are carried out with the objective of providing quality care to all people who visit the historic city of Comayagua, since it has become an important tourist destination.

sarai Alcántara, OGD-ITH Representative said “We thank Mr. Carlos Miranda for his support in the development of this workshop, as well as for giving many of his employees the opportunity to train and obtain the necessary knowledge, today 50 employees who passed the Customer Focused Service course and 17 in Tourism Culture received certificates; next year we will implement training

in the areas of waiters, bartenders, cooks, among others,” she said. Likewise, Ana Quiñones, co-worker of the Mayor's Office of Comayagua, expressed that it was a very nice experience, since she learned customer service techniques that will be very helpful; she also thanked Mr. Mayor Miranda, for giving the opportunity to collaborators to receive this course,

thus, strengthening the attention of taxpayers who visit the Mayor's Office and its dependencies”, she emphasized. These workshops were held at the Caxa Real Meeting Center in the city of Comayagua, and lasted one week. The participants were certified in the areas of Customer Service and Tourism Culture.



The Wedding Was Done on site from the Henry Morgan Hotel.

Your Answered Prayer: Wedding Valerio Mann

Last October 26th of this year, the bride and groom, Miss Dania Mann and young Victor Valerio, tied the knot in a majestic event, surrounded by their families and closest friends. Celebrated at the spectacular West Bay Beach at Gula Restaurant. This beautiful couple already as spouses enjoyed their honeymoon knowing the beauties of our beautiful country.

