

KARLI ORTEGA
TALENTED, BRAVE AND INSPIRATIONAL



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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

Our mental health

Our nervous system is altered and needs to be restored by visiting mental health experts, whether psychologists or psychiatrists, whether we are adults, young people, or children.

It is not enough to be aware of going to the doctor when

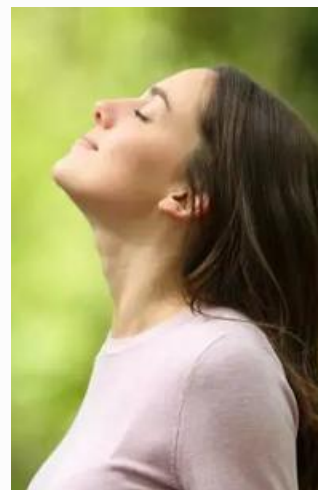
We experience physical discomfort, neglecting the psyche. Body and mind constitute a psychophysical unit, integrated into a whole: the human body.

The fact that more people are currently suffering from symptoms such as anxiety, apathy, phobias, frustrations, pessimism, etc., are part of depressive states, indicators that our nervous system is altered and needs to be restored by visiting mental health experts, whether psychologists or psychiatrists, whether we are adults, young people, or children. Regardless of age, social and economic status, or educational level, no one is exempt from such ailments.

There is an unfounded fear, even a stigma, when visiting a psychiatric hospital. This should be rejected outright, as it constitutes a prejudice from times fortunately long gone, but which still persists in some people.

The mistake is to manifest symptoms and not pay them due attention, thereby aggravating the psychopathology.

Prevention should be the constant guideline of our existence. When we show signs of physical and/or mental discomfort, we should seek medical advice as soon as possible. Prevention is better than cure when it's too late. Therefore, we should be alert when the first symptoms appear.



ROATÁN

Honduras and France strengthen the fight against drug trafficking in the Caribbean

This Friday, in an event held for the first time in Roatán, the French surveillance frigate "Ventose" made a stopover on the Caribbean island this Friday morning.

The stopover will last until Sunday, February 9. The French Navy aims to strengthen its regional cooperation in the Caribbean with the Honduran Naval Force.

With naval protocols in the presence of the Vice Minister of National Defense of Honduras, Orlando Garner Ordóñez and the Ambassador of France, Cédric Prieto, a milestone was reached. Since its arrival, the logistical support vessel patrolled to ensure the security of the area and intercept vessels involved in drug trafficking in the Atlantic coast of Honduras.

The Honduran and French Armed Forces signed a letter seeking to strengthen the fight against drug trafficking in the Caribbean Sea. This strategic step seeks to foster mutual cooperation between the two countries in professional development and training for community well-being. It also provides details on the history and functions performed during the tours.

It should be noted that French Defense attachés also participated in the events. The French ship is in our country as part of its tour to strengthen diplomatic relations and collaboration between the two countries. The Commander of the French Ship, Captain, welcomed everyone on board and led the tour of the vessel.





The municipality of Cantarranas stands out for its beautiful roadside sculptures.

Just 42 kilometers from Tegucigalpa, tucked away among the Honduran mountains and valleys, lies Cantarranas, a small town that has transformed itself into a large open-air mural,

where every street and every wall tells a painted story in vivid colors that draw the attention of visitors.

Honduras is brimming with artistic talent throughout the country. One example of this is the Cantarranas sculpture route, unique in the country, which you can appreciate from the moment you drive to the colorful municipality located in Francisco Morazán.

You'll be able to admire impressive sculptures made by artists from around the world, thanks to the fact that this tourist attraction was created in celebration of the 5th International Cantarranas Sculpture Symposium 2023.

As you drive down the road that leads to the charming town of Cantarranas, you can appreciate the sculptures that carry profound messages that you can interpret through an image. You can park on the side of the road and get out, or simply take a slow-motion video from your vehicle to appreciate this art more closely.

This way, you'll be able to more closely appreciate the first statue, called "A Space Between Us," which represents the beautiful relationship between a mother and her baby; a declaration of the love and dedication mothers have for their children.

By observing it yourself, you can interpret a small analogy of its form. On the other hand, you will find works made with recycled materials, which makes them even more captivating due to their positive message about the environment.

"Honduras is full of artistic talent throughout the country, an example of which is the Cantarranas sculpture route, unique in the country "



TOURISM

LA PAZ, HONDURAS, A HIDDEN TREASURE IN THE HEART OF CENTRAL AMERICA

This place offers charm, culture, history, and a natural landscape for an incredible adventure. It's a tourist alternative worth exploring.

The distinct colonial features, archaeological remains, natural wealth, and friendly inhabitants make La Paz a must-see tourist destination on the national and international tourist route in Honduras.

To promote recreational activities in the department, the residents of La Paz have organized tour guides, ready to show the magical and warm corners of this Honduran destination and relive the history of this city, founded on May 28, 1869.

On the other hand, its gastronomy and artisanal products are a must-see on the tour, characterized by its exquisite coffee where the expert hands of coffee growers and potters create everyday food products. They also make handicrafts using ancestral techniques that have been passed down from generation to generation.

Researchers consider La Paz to be one of the first settlements in Honduras and an example of the Lenca ancestors. The first name of La Paz was "Valley of Stones," a name used in the population count in 1791.

In the municipality of Yarumela, which, according to experts, is the site where the first settlers of this part of the continent arrived three thousand years before Christ.

For 20 years, foreign archaeologists and historians hired by the Honduran Institute of Anthropology and History (IAAH) have been studying the origins of hundreds of human and animal skeletons found at this site.

The leaders and chieftains of the settlers of that time supposedly lived at an altitude of about 20 meters. "There's a world to discover in La Paz. For three thousand years, we've wanted to promote the area's tourist attractions, and we've organized ourselves to help Hondurans and foreigners learn more about our land," explained a tour guide.

Walking the streets, breathing fresh air, and climbing mountains are some of the options on a tour of La Paz.

If you're looking for adventure, you can explore the monuments that represent the department's history and the surrounding nature of Marcala, where the first vestiges of Lenca art were found.

Instead, explore the city center if you prefer to explore the colonial monuments that La Paz offers: the House of Culture, Plaza Elena de Cárías, and Morazán Park.

You can also visit the Church of Perpetual Help, which are some of the options that provide insight into the traditions and roots of a people who strive to keep their roots alive. Without a doubt, the people of La Paz know their potential.





Security in AGAFAM

PMOP guaranteed and the surrounding area of the Basilica of Suyapa

“The fair brings together merchants from all over Central America and promotes a series of activities for the enjoyment of attendees.”

The Honduran Armed Forces (FF.AA), through the Military Police of Public Order (PMOP), deployed personnel to protect the population visiting the Francisco Morazán Farmers and Ranchers Association (Agafam) fair, as well as the area surrounding the Suyapa Basilica.

The PMOP also provides security for the thousands of parishioners and visitors who participate in activities honoring the Virgin of Suyapa.

Agafam is an event held annually, coinciding on some dates with the commemoration of the discovery of the Virgin of Suyapa.

The fair brings together merchants from all over Central America and promotes a series of activities for the enjoyment of attendees.

The Roatan Today team moved to the Agafam facilities to show all the capital's residents the proposals that the organizers have prepared for the start of their fair, which began on January 31 and ended on February 16.

During their tour, the presenters enjoyed a unique and joyful atmosphere, and they also saw the livestock exhibited at the fair.

This year's Francisco Morazán Farmers and Ranchers Association (Agafam) fair was packed with entertainment for all the residents of the capital and tourists who came to enjoy the fair during their stay in Tegucigalpa.



Roatan Baseball Academy launches school project to promote sports on the island

"This is just the beginning of a long journey," Bush said.

The Roatan Baseball Academy has taken an important step in promoting the sport with the launch of a new school project.

Academy Director Elmer Bush recently met with Mayor Ron McNab to present this initiative, which seeks to bring baseball to all schools on the island.

The project's main objective is to bring baseball closer to students at public and private institutions by offering training sessions for children and young adults. Through this initiative, the goal is to discover and develop local talent, providing opportunities for future generations of athletes.

"This is just the beginning of a long journey," Bush said. "With the support of the community and the mayor, we are beginning to see the fruits of all the hard work we have put in."

This project marks a milestone in Roatán's sports development, strengthening the link between education and sports and inspiring more young people to get involved in baseball.



Guanaja announces the long-awaited "Coch Festival" from July 26 to August 3

The Guanaja Conch Festival is one of the most anticipated festivals on the Honduran island, celebrating the region's cultural, culinary, and musical heritage.

In 2025, the event will take place from July 26 to August 3, with activities across the island highlighting the identity and traditions of its people.

This festival aims to honor the importance of the conch in the history and economy of Guanaja. For generations, conch fishing has been a vital source of livelihood for the island's inhabitants, as well as an essential ingredient in the local cuisine. Through this celebration, the goal is to promote tourism, strengthen the community, and raise awareness about marine resource conservation.

This edition promises to be an unforgettable event, where the joy and hospitality of the people of Guanajuato will ensure each visitor has a unique experience. Beyond the celebration itself, the festival reinforces the commitment to preserving the island's traditions and natural resources, ensuring that future generations can continue to enjoy its cultural and ecological richness.



TOURISM

Cruise passengers leave more than \$180 million in lempiras in Roatan

Honduras remains one of the world's favorite tourist destinations. Nearly five million cruise ship passengers arrived in Roatán, Bay Islands,

leaving just over \$180 million in spending, representing a significant investment in the country's tourism sector.

Cruise passengers left more than \$180 million in Roatan

A total of 4,987 tourists arrived on Roatan Island, a paradise destination in the Honduran Caribbean, reported Kester Bodden, cruise director on the island.

Travelers arriving aboard the famous **NCL Pearl, Marina, and Riviera cruise ships** brought significant revenue to the local community's tourism.

Foreigners also make a six-hour stopover in the island community, during which time the cruise ship docks on the island. During this time, they take the opportunity to visit various tourist attractions on the island, contributing to the economic development of the region.



EXPLORING

Utila Municipality carries out improvements in dock reconstruction and infrastructure

The Municipality of Utila, under the administration of Mayor **Alexander Ebanks** and its Municipal Corporation,

has launched a project to improve and reconstruct the pedestrian pier in Los Cayitos. This initiative seeks to facilitate safe transit for residents of the area, given that the pier is an essential means of communication and transportation in the area.

The project includes the complete reconstruction of the pier's wooden structure, including beams, girders, and sheathing, thus ensuring its stability and safety. The project also covers a total of 56 linear meters by 1.82 meters wide, allowing for greater user comfort. The restoration of this infrastructure in Los Cayitos is a necessary investment to improve community connectivity and strengthen the municipality's development.



HEALTH & HOME

Exercise trains the brain: The role of physical activity in cognitive reserve

The role of exercise in improving health and quality of life has been widely studied and scientifically demonstrated.

However, we occasionally encounter striking cases that show us how exercise not only trains the body, but also the brain. Harriette Thompson, at 92, was the oldest person to complete the San Diego Marathon. Her physical activity, through exercise and her profession as a pianist, allowed her to have an agile brain that was protected from cognitive decline. Another striking case is that of Johanna Quaas, who at 90 years old demonstrates her flexibility and strength in performing gymnastic skills, although what stands out most is her mental acuity.

We are currently facing two neurodegenerative diseases with a significant impact on cognitive function: dementia and Alzheimer's. Both accelerate the progressive aging process, affecting everyday situations. However, a growing body of research shows the role of physical exercise not only as a protector of health but also as a protector against cognitive decline. In this sense, the term *cognitive reserve emerges*. Making an analogy, it's as if our brain were a glass. Each person is born with a glass of varying capacity, and this glass is filled throughout life based on education, learning, reading, logical-mathematical processes, social relationships, emotions, hygiene and nutritional habits, as well as physical exercise.

As we age, this vessel empties, and the loss increases if we also suffer from a neurodegenerative disease. If the vessel has not been adequately refilled throughout life, the loss is more substantial, and the effects of cognitive decline are quickly felt. Conversely, if the vessel has been refilled due to a healthy and active lifestyle, aging will not have as much of an impact on our cognitive function.

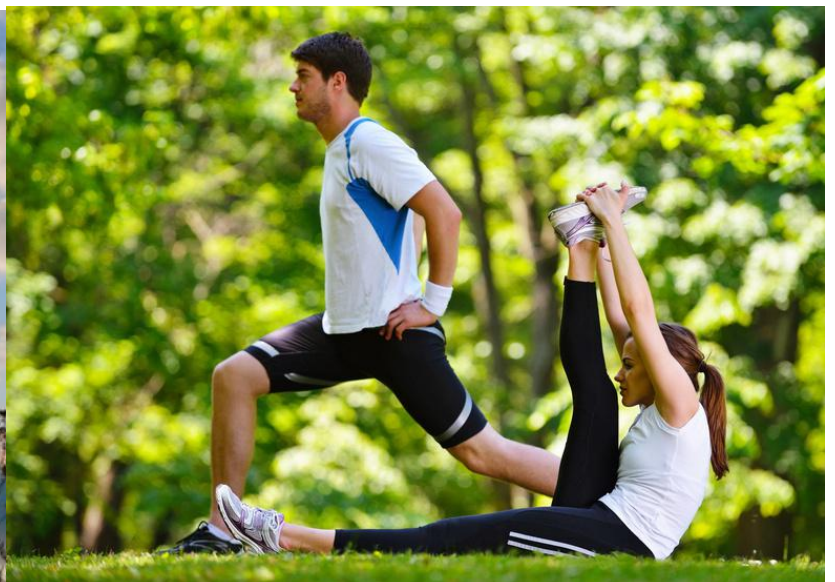
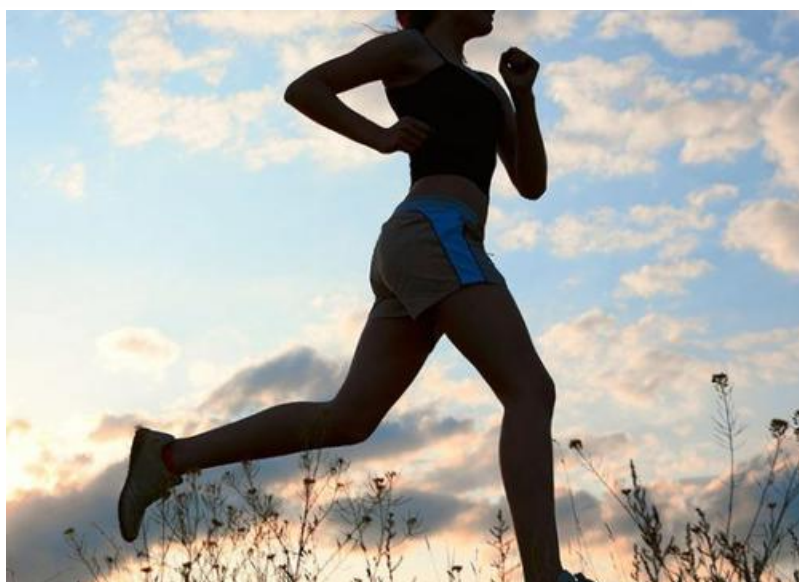
The importance of cognitive reserve lies in the brain's ability to resist aging and associated damage, as well as adapt to the changes it brings. This ability explains why some people are better able to tolerate a high burden of brain pathology and present fewer clinical symptoms of dementia. In this sense, physical exercise is one of the best allies in developing cognitive reserve. Therefore, we should consider physical exercise as that water pump that constantly refills our bloodstream to keep our brain functions active.

In this sense, physical exercise has been shown to improve neuronal plasticity, forming new synapses (synaptogenesis) and regenerating neural connections (neurogenesis). The stimuli of physical exercise have been demonstrated through aerobic exercise to increase brain-derived neurotrophic factor, a protein that enables the survival and growth of neurons. Furthermore, regular physical activity reduces levels of inflammatory cytokines and oxidative stress, helping to

protect against neurodegeneration. Furthermore, moderate physical exercise helps improve blood flow and oxygenation in the brain, improving cerebrovascular reserve, increasing the capacity of blood vessels to respond to the brain's metabolic demands, and promoting the elimination of toxins and harmful proteins, some of which are linked to Alzheimer's, such as beta-amyloid.

The role of physical exercise is not limited to these beneficial effects; it also has direct effects on brain morphology. It increases the volume of the hippocampus, a brain region that plays a key role in memory and learning. It also increases the volume of gray matter, improving connectivity between brain regions and cognitive performance in old age. Furthermore, physical exercise improves executive functions such as planning and decision-making, as well as working memory when processing information.

Walking for 30 minutes a day or engaging in activities that involve aerobic endurance (swimming, running, or cycling) are especially helpful in older age. Likewise, strength training with resistance and self-loading, coordination and balance exercises such as yoga, Pilates, or dance, activities that involve cognitive and physical training such as walking while solving mental calculations, and group or outdoor activities are essential for replenishing cognitive reserve.





TECHNOLOGICAL ADVANCES



Central America advances in telecommunications and digital transformation

Central America has made significant progress in telecommunications, but still faces the challenge of reducing inequality in digital access and improving connectivity by 2025.

Despite efforts to close the digital divide, significant barriers remain that hinder equitable access to telecommunications and technology.

During 2024, the telecommunications sector in Guatemala, El Salvador, Nicaragua, Honduras, and the Dominican Republic (although it belongs to the Caribbean, for these predictions it is included in this group) registered significant progress, driven by the adoption of new technologies and changes in regulations.

Guatemala has worked to achieve significant technological progress, driving the country's digital transformation. The Superintendency of Telecommunications (SIT) has led efforts to improve internet connectivity and speed. Its priorities have focused on connecting the health, education, and government sectors, with the goal of reducing inequality and promoting more equitable access to technology.

The National Digital Terrestrial Television Plan was implemented to improve the quality of television services. It seeks to expand digital coverage throughout the country, including rural areas.

Similarly, after 29 years, Nicaragua approved the General Law on Convergent Telecommunications, modernizing the sector's regulatory framework. This law strengthens user rights and promotes investment, especially in rural and underserved areas, adapting to current technological advances in telecommunications.

Honduras has also made progress in the implementation of mobile and fixed technologies, although it continues to face challenges, such as the need to improve infrastructure and modernize its regulatory frameworks.

In this context, the update to the National Frequency Allocation Plan introduces changes in areas such as telecommunications, broadcasting, and fixed satellite communications, seeking to improve the sector's efficiency and adapt to the country's current technological demands.

DESTINATIONS

PULHAPANZAK, A NATURAL WONDER

T Pulhapanzak Falls is one of the many charming tourist destinations in Honduras. This is an imposing waterfall -

A 43-meter-high water located just 17 kilometers from Lake Yojoa, a unique site of great natural beauty, ideal for a family visit.

This incredible destination is located in a community called Peña Blanca. Buses travel between the two communities on a fully paved road. Upon arriving in San Buenaventura, you have to walk about 300 meters to reach the private resort where Pulhapanzak is located.

At the resort, you can also enjoy the resort, delicious food at the restaurant, restrooms, and parking, providing a convenient service that makes your visit even more comfortable. "Pulha," as it is known, also offers some of the most interesting tours in the area. You can enjoy its 12-station canopy tour that will take you on a zigzag path to the waterfall and the nearby forest.

It's pure adrenaline! The fun river tubing will captivate your attention; this is a tour, on a giant float, over the fast-flowing river for approximately two hours. These activities are subject to an additional charge, and advance reservations are required in some cases. If you're looking for relaxation, you'll find charming cabins here where you can spend the night with all the comforts.



CHARACTER OF THE MONTH

Karlibeth Ortega, a talented young woman who, thanks to her overflowing passion for her career and music, has not only become an instrument to transmit a message of struggle

Her passion lies not only in her effort, but also in inspiring all those who aspire to achieve their goals. She was born in San Pedro Sula, Cortés, on June 7, 1993, to Oneyda Caballero, an Accounting graduate, and Juan Carlos Ortega, an Industrial Engineer, both graduates of UNAH Valle de Sula. The youngest of three siblings, Karli, as her friends call her, grew up alongside them, caring for and protecting them. "My siblings are calm, hard-working, and focused on their goals. They are very intelligent and reserved. I thank God for giving me the blessing of having two siblings I can trust," said the proud sister.

She began her musical and artistic career at a very young age, participating in popular festivals where she won first place. But her international debut was at age 14 on the program *Despierta América* on the international network Univisión. In 2010, she decided to venture into the bachata genre, positioning herself as the only female solo artist representing this musical rhythm in Honduras, a rhythm with which she managed to gain the acceptance and affection of the public.

Her social exposure led her to become the voice and image of the Teen Pregnancy Prevention campaigns carried out by the United Nations Population Fund. "My music is a part of my being; each song is a piece of my soul recorded in lyrics and melody. And of course, a testament that anything can be achieved through effort and dedication," said the young Honduran.

Currently, the "Diva of Bachata" has collaborated with Honduran composer and producer Manu Martinez. The song, called "Carita de Luna," is available on YouTube. The catchy rhythm of this subtle bachata has been widely accepted throughout the country and internationally.

It's worth noting that Karli's father has been instrumental in her artistic growth, as he accompanies her on every project and represents her.



TOURISM

Explore our world. Tela is much more than sun, sand, sea, and beautiful beaches. It boasts lush vegetation and is filled

with an unparalleled wealth of flora and fauna.

Main Tourist Attractions in Tela

La Ensenada Beach Resort

Offers the most beautiful white sand beaches in Tela. It is located just minutes from the city.

Indura Beach & Golf Resort

One of the options you can find on the Atlantic Coast, this resort boasts one of the best golf courses in Latin America, luxury cabins, and relaxing and fun activities at the pool and beach, all of which are directly accessible.

Monkey Lagoons

A great adventure awaits you in the Garifuna community of Miami, from where you can take a tour of the Monkey Lagoon aboard a boat guided by locals to reach Punta Sal.

Jeannette Kawas National Park

Located in Tela Bay, about 3.5 km west of the city, it is known for its beautiful mangroves and biological diversity, including more than 350 species of birds.

Enviar comentarios

Discover Tela, Honduras, a charming cultural paradise

"Join a trip to Tela, a tourist gem in Honduras, discover its tourist attractions, rich culture, and history."



Caribe Coffee Company in the United Kingdom recognizes Honduras as the third largest coffee-producing country in Latin America.

Honduran businessman Wilmer Cárcamo, founder of Caribe Coffee Co. in England, posted a video on said company's social networks to highlight the following:

"You know that Honduras is the third-largest coffee producer in Latin America and the sixth-largest in the world," said the co-founder of the Caribe Coffee Company in the United Kingdom, in a publication published through the company's digital platforms.

Honduras has been one of the main exporters and producers of coffee since the beginning of the 19th century, characterized by its quality. The majority of this coffee comes from mountainous regions of our nation, from different parts of our 18th department.

It is worth noting that the businessman traveled in 2023 to provide training about producers and promote Honduran coffee in the English market. This coffee grower is originally from a small community in La Ceiba. He explained that coffee has always been present in his life because his grandmother produced it. The decision to start a company was made until his arrival in England, where he and his wife have sustained this dream. Holding his Honduran roots dear, he has been growing his company online by selling and promoting coffee exclusively from Honduras, offering a quality and sustainable product, while ensuring that consumers know the story behind the product. Starting small, he grows to grow by supplying hotels, restaurants, cafes, and companies in the United Kingdom.



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SIGUENOS



INTERNACIONALES

Super Bowl 2025: What we learned from the Eagle's victory



Finally, after a long campaign, with 18 regular season games and four playoff rounds, the NFL has a new champion.

On Sunday in New Orleans, the Philadelphia Eagles routed the **Kansas City Chiefs 40-22 in the 2025 Super Bowl** to lift the second Lombardi Trophy in franchise history and thus end the season.

As every week, this is the reaction to all the action, answering the questions that arose after Philadelphia's victory over **Kansas City**.

Chiefs

Will the Chiefs be able to bounce back after this humiliation? Yes. Unfortunately for Chiefs fans, this isn't the first time they've been routed in a **Super Bowl**. Just five years ago, the Bucs beat them 31-9. The remarkable thing about that is that Kansas City responded with back-to-back titles. Before the Chiefs, the Denver Broncos were also humiliated and won the title a couple of years later, so there's no reason to think Kansas City is finished. Philadelphia

Are the Eagles ready to become a dynasty? Philadelphia's core is still young, with some exceptions along the lines, but this title should give them enough motivation to keep going and try for a second consecutive title. However, despite being the champions,





The Colombian returns to Honduras with his tour Our Happy Place, a production that promises a night full of energy and emotions at the University Palace.

of the Tegucigalpa Sports Hall. The artist gave a tour of his greatest hits and performed some of his latest singles in what was an unforgettable show.

The show opened with a performance of "Ropa Cara" and "Pesadilla" that had everyone singing and jumping. This 2025 was iconic because he not only returned with a repertoire that included his most popular hits, but also included his most recent releases.





El Hombre se ha vuelto loco It's finally released and promises lots of laughs

Honduran cinema shines once again on the big screen with the release of *Man Has Gone Crazy*, a film that promises to become the most-watched comedy of the year.

Directed by filmmaker Abraham Espinoza, the film has earned recognition since its release as one of the best Honduran comedies of 2025, thanks to its fresh humor, unexpected situations, and a cast that connects with the audience from the first minute.

The premiere event, held this Thursday, February 20, was held in a completely harmonious atmosphere. It was a riot of laughter and good times.

From the first minutes of the screening, laughter filled the theater, making it clear that the film has achieved its goal: to make Honduras laugh with a story.

Comedy with a Honduran Signature

According to Espinoza, "The Man Has Gone Crazy" is the result of 23 intense days of filming, during which, along with his team, they managed to capture the essence of Honduran humor. to connect with the audience, he expressed his excitement over the film's positive reception.



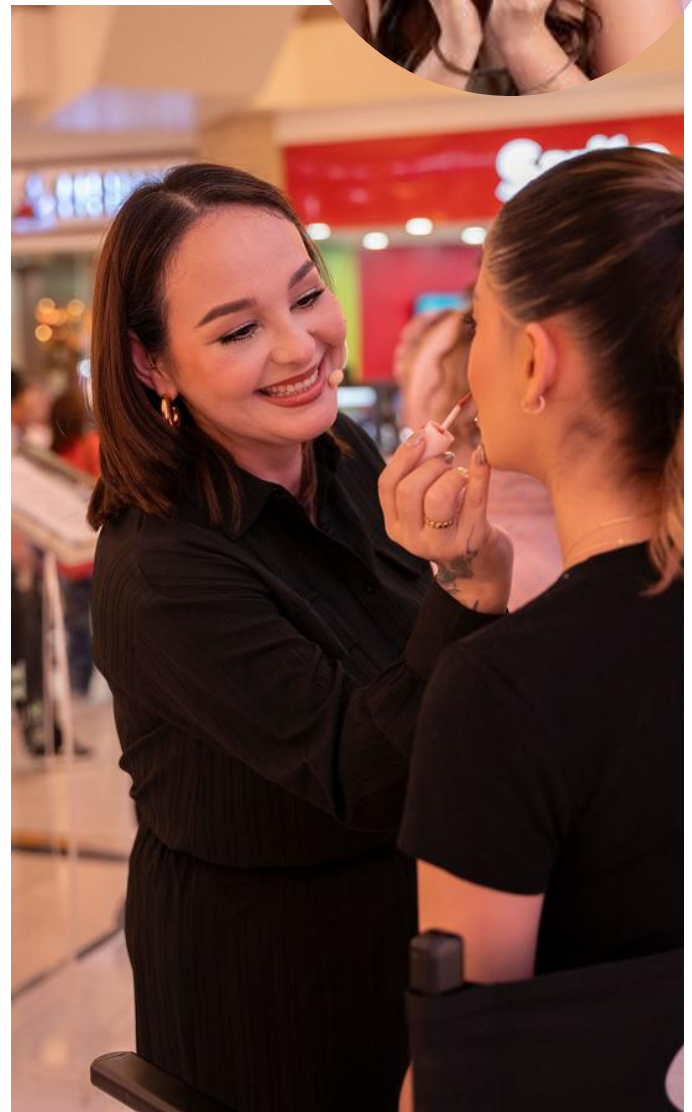
The feature film features a fast-paced script, charismatic characters, and a series of situations that range from the everyday to the surreal. Its director, known for his irreverent style and his ability to

Showbiz: Cocktail party by the cosmetics company Guapas Makeup

Moira is already in Honduras, and its launch was a huge success. Several national makeup artists, influencers, and journalists gathered, all of whom gave the product an excellent reception.

The event was organized by the Honduran store Guapa's Makeup, which undoubtedly had an excellent cocktail party, where various makeup techniques were performed by professional makeup artists such as **Taisha Urias**, who undoubtedly achieved her dream and honored Honduras in the makeup world.

It's worth noting that Guapas Makeup is a venture born from the hearts of two Hondurans who started from scratch. The story behind this company is inspiring and reveals how determination and vision can turn dreams into tangible realities. Ricarty Rodríguez, with a background as a salesperson, and Nuria Paola Sosa Orellana, a journalist by profession, decided to take an unexpected turn in their lives. Although the journalist hadn't planned on making a living from sales, her husband envisioned being their own bosses.





FANTASY ISLAND

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TOUR TERRESTRE

Fábrica de Chocolate

Fábrica de Ron (Sujeto a disponibilidad)

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Disfrute en la playa de West Bay

Parada para fotos en el rótulo de Roatán

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Tour por los manglares

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