



MOTHER

BE WITH ME ALWAYS



The highest expression of love is contained in the name of mother because there cannot be a clearer image of God on earth.

Exenia Mann outstanding mother and journalist from Roatán **PÁG. 7**



Karen Madrid a mother who fights for social inclusion **PÁG. 10**



Nancy Moreira an business woman who stands out in Germany **PÁG. 5**



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EDITORIAL

In the name of mother is enclosed the highest expression of love

Memories that go from the first achievement, to the punishments you received for bad behavior, as well as the times you had the opportunity to tell how much you loved her.

In the name of mother is enclosed the highest expression of love because there cannot be on earth a clearer image of God.

Every second Sunday of May, Hondurans celebrate Mother's Day; a day in which the lucky ones dedicate it to spend quality time with the being that brought them into the world. They congratulate them, award them, fill them with love and make them feel like the most valuable being in the world, because they are. Mothers are the only ones who give you life and they are the only ones who would be willing to give everything to make you well and happy, even if that includes giving up their own life, all so that you can enjoy it.

On the other hand, there is the group that for different reasons have had to say goodbye physically to the one who was their mother in life, those who, to the rhythm of waltz, see the memories of everything lived with that precious being.

Those memories that go from the first achievement, to the punishments you received for bad behavior, as well as the times you had the opportunity to tell her how much you loved her, but



you did not do it and you are flooded with remorse that makes you sad and unhappy for having kept that great feeling.

To them it only remains to wish them peace and strength, so that they can accept what has already gone, but they are also urged to honor the one who for many years was there giving everything and to treasure all the good moments, those that surely are the motivation for you to fight day by day to get ahead. When we lose them we only have their memory every day and they live in our memory and we have the opportunity to start again, so that

from your position you can thank God for having given you a strong, brave and dedicated mother, a mother who now takes care of you from heaven.

Likewise, to all the children who still have their mother present, we encourage them to value, love and recognize the efforts made by their mothers, whether big or small. Hug her, kiss her and tell her how much you love her, because there is nothing better than giving love to our mother.

To all Honduran mothers, Roatan Today wishes you a happy and blessed Mother's Day.

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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 a progressive development and to grow continuously in order to exploit the potential of the 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.

She describes herself as a woman passionate about what she does, in that sense, every day she wakes up with the desire to learn and train to give the best, as well as to see the positive side of adversity and never give up. Her story in Germany began in 2009, after new projects arose in the old world and since then, that country that welcomed her has been her second home.

A place where she has been able to put into practice one of her biggest dreams; it is a line of natural food supplements better known as TARGO Essentials “Get the power of nature”.

“Since I was a child I was always interested in everything related to natural medicine, I handled basic topics, but my interest was growing more since I live in Germany, inexplicably every time came to my circle of acquaintances, professional people in this area and it was until the year 2017, that awoke in us (my husband and I), the interest to start this project, thinking about the health and welfare of people,” said Moreira.

However, he mentioned that the acquisition of knowledge has not been easy, as the challenges and difficulties have not been long in coming, especially when dealing with an unknown country, with another language and other ways of life.

Moreira confessed that the biggest challenge was to turn the idea that was in his mind into a tangible product, taking into account European care and quality standards, “this was very hard work, long days of study and preparation, but I knew that everything good takes effort and time and I held on to that conviction.

Hondurans succeeding abroad

Nancy Moreira, a woman who stands out in Germany with her enterprise of natural products

Nancy Moreira is a 34-year-old Honduran woman with a degree in business management who currently resides in Germany.

Another challenge was the pandemic, which caused us to falter, but it was in 2020 that I realized the potential that our product had, that it was time to cross borders and reach many more people”.

Thanks to the support of her husband, whom she considers her mentor, Moreira has been able to form a competent team that supports the venture in every way.

On the other hand, she emphasized that, although it was not easy at the beginning, the acceptance of the

Nancy Moreira, owner of Targo Essentials.



CONTINUES ON PAGE 6

TARGO ESSENTIALS
The power of nature 



Products offered by Targo Essentials.

CONTINUED FROM PAGE 5

Her story in Germany began in 2009, after new projects emerged in the old world and since then, that country that welcomed her has been her second home.

venture and the products as such, has been palpable, “after what happened with the world pandemic of Covid-19, people are more committed with the care of their health and this has allowed us to facilitate the way”.

She emphasized that the best experience she has had with this venture has been to see her husband and daughters involved 100%, while mentioning that she has met many people with brilliant minds and, above all, experts in the field, who have been her mentors and support during this journey.

The best of all is that through her products, Moreira is motivating

people to be responsible for taking care of their health, looking for natural alternatives that help them improve their defenses, “that everything goes back to its origin. That is the reason why we chose the slogan “Get the power of nature”, he said.

Finally, she publicly thanks her husband Peter Targownik, partner and mentor, her parents, brother and close friends, who have supported her so that the project can grow.

If you would like to learn more about this venture, we invite you to follow them on Facebook and Instagram, where you will find it as @targoessentials and on their website www.targoessentials.com.



RBC Physical Rehabilitation Center successfully celebrates Color Run

The funds raised in this event will be used for the construction of the fifth stage of the new building in the community of Corozal.

Last April 23rd was held the Color Run, organized by the RBC Physical Rehabilitation Center. The activities started at seven thirty in the morning with a warm up led by Energym Fitness Center gym to prepare the participants for the race. The meeting point was Petrosun, Pensacola, to the cruise port, Town Center and consisted of a colorful race with several stations, where young people from the Roatan Institute threw paints to the participants. In an interview with Rosa Maria Mennen, director of RBC, she commented that around 300 kits were sold. These kits included: event shirt, holi powder and water. They had a cost of \$15 for adults and \$10 for children. “The funds raised in this event will be used for the construction of the fifth stage of the new building in the community of Corozal.



Exenia Mann: mother, prominent island journalist

Exenia Mann is an outstanding 39-year-old journalist, coordinator of the strategic communication office of the municipality of Roatán, originally from the municipality of Roatán.

She describes herself as a lover of justice, equity, integrity, respect and above all, God-fearing. She is a mother, daughter, sister, wife, aunt, sister-in-law and a good friend, despite her small social circle.

Mann told Roatan Today about her beginnings as a communicator and expresses that it was empirically in November 2000, in a television channel that belonged to her family. Three years later she decided to begin her university studies at the National Autonomous University of Honduras (UNAH), finishing her classes in 2006 and completing her internship in 2007 and finally obtaining her degree as a journalist in May 2008.

He said that the best experience he has had so far was during the time he worked empirically, as he maintains that it is the practice that makes the teacher, however, he stressed that university education has provided him with many opportunities to expand his knowledge.

His greatest motivation to practice this profession was “the desire to fight for the rights of others, I considered that it was a profession in which I could raise my voice for the benefit of those who did not find an answer to the problems that affected them, the lack of justice and abuse of human rights were some of the factors that motivated me to study such a beautiful career. At the same time, he regretted that currently the journalistic guild is submerged in vulgarity, lack of principles and professionalism, as well as the lack of ethics

and morals that are indispensable to exercise this noble profession.

For many years, Mann has served as director of strategic communication in the municipality of Roatan, an experience of which she says she is proud, as they are at the service of the island’s population. “It is nice to work hand in hand with bosses with whom you share the same vision, love and commitment to others. I try to give my best as a public employee, serve everyone in the same way, no matter who it is and of course in a responsible way, and with the kindness that I believe is a virtue I have.” She also mentioned that combining her work and personal life has allowed her to realize that in life we are all replaceable, except in the bosom of the family, so she assures that there must be a balance to be able to fully comply with both areas.

In that sense, every day when he wakes up the first thing he does is to thank God, then he checks his phone to see if there are messages from his family and monitors the media for the first news.

Next, she prepares snacks and makes sure everything is ready for her daughter to go to school. During the workday, she checks her agenda to make sure she has completed the day’s assignments. When she gets home, she checks that her daughter has finished her homework and prepares for the next day.

She mentioned that with each passing day she realizes that, “being a mother is one of the most difficult roles we have to play in a society where there is still machismo, lack of collaboration, support and understanding”.

Mann also emphasized that there is no manual for being a mother, but that life teaches them to give their lives for their children, “we are not perfect, but I believe there is no purer, greater and more real love than the love of a mother for her children”.

The message he sends in the framework of Mother’s Day is, “to those of us who still have our mothers, it is important to recognize the valuable treasure that God has given us, let us honor their days by being better children every day, it is in life that we can do everything for them. May their days be full of joy, full of peace



“We are not perfect, but I don’t think there is a purer, greater and more real love than the love of a mother towards her children.”

Exenia Mann
Journalist

and the tranquility and conviction that from their entrails were born men and women of good. **MOTHER THERE IS ONLY ONE** and that name indeed cannot be replaced by anything or anyone.”

“On this date I recognize that love that can only be compared to the love of God, my respect, affection and admiration for all the mothers of the world, of my country, of my department, of my island, but above all to my mother, sisters, mother-in-law, friends,” he concluded.

Presenting a project at the meeting of municipalities in Honduras.



Character

Roberto Espinal, a man determined and passionate about the world of gastronomy

Carlos Roberto Espinal is a 29-year-old man, originally from Siguatepeque, Comayagua; he has a degree in gastronomy and a technical degree in tourism, and defines himself as an entrepreneur, extroverted, responsible and determined

Due to his profession, his day to day life could be said to be abnormal, since he gets up too much because his best ideas come up after 11 p.m. His hours are accompanied by a lot of hustle and bustle that includes solving problems, clients to attend and places to get to, meanwhile, he enjoys sharing with the people at the market, the supermarket and of course his team that helps him produce content.

Stress is like his ally, since it is part of his life and when he is not under its effects, it is probably because he forgot something, but beyond that, the song that inspires him and motivates him to be better is Vogue, Madonna.

For Espinal, being a chef was never an idea, since he did not plan it, because the reality of his family made him see it as something impossible, but since he was a child he loved watching cooking shows, so much so that he recreated the programs with a foil microphone and made the recipes adapted to the ingredients he had available. "Without a doubt, more than a game it was a practice, a way of acquiring techniques and creativity that nowadays come in a spark without knowing where they come from. I would definitely repeat it, because despite the scoldings for spending the pantry on recipes that sometimes didn't come out; I kept doing it until I got a little confidence from my mom and she let me do it on my own."

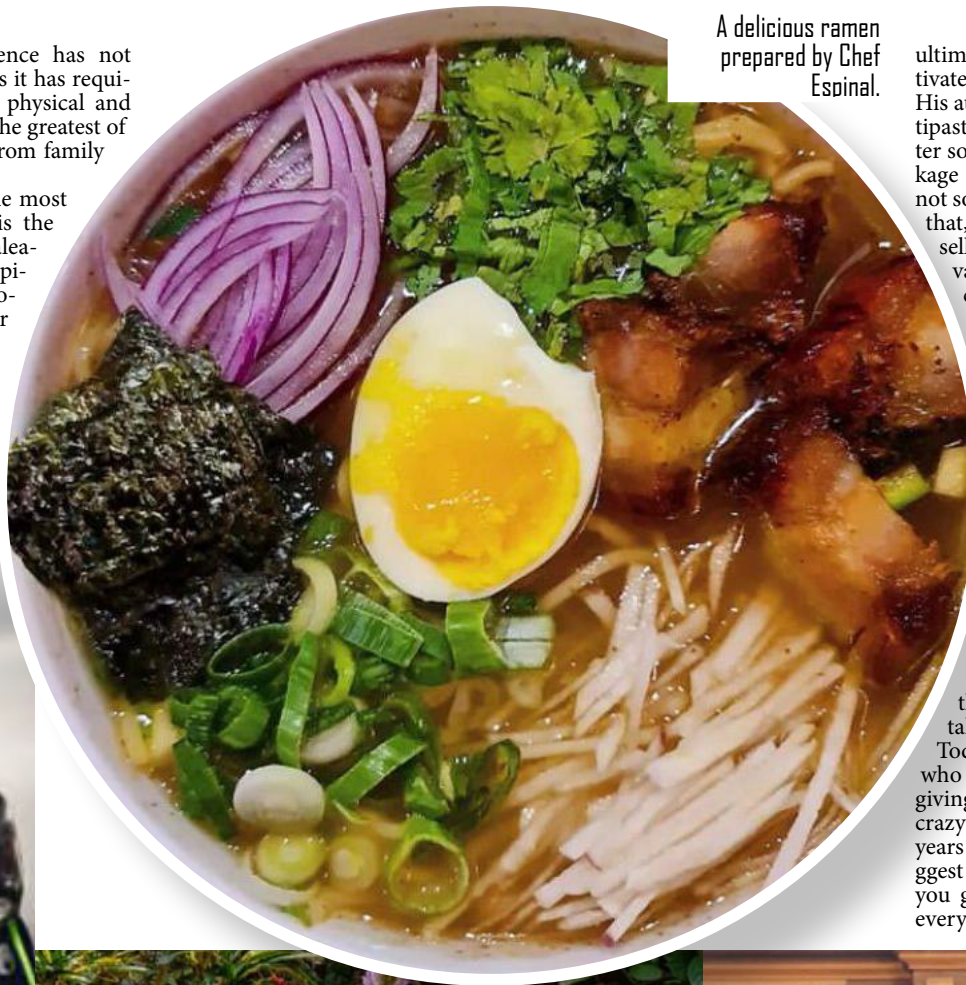


Chef Roberto
Espinal.

The journey to excellence has not been easy for Espinal, as it has required a lot of economic, physical and professional effort and the greatest of all, having to be away from family and friends.

Although it is funny, the most difficult dish to cook is the flour tortillas for the baleadas, a challenge that Espinal says is not for everyone, "my admiration for our coastal people who make them every day," he said.

The secret of this passionate chef lies in his defects and areas of his life in which he must improve, dependence on God and let him be the one who day by day does his will in his life, that is



A delicious ramen prepared by Chef Espinal.

ultimately what moves him and motivates him to move forward. His authenticity led him to create antipasti products, an idea that arose after some visits motivated him to package and sell them, although it was not so successful, Espinal understood that, "it is not only what I want to sell but also what the public or the vast majority of it is looking to consume".

On the other hand, the advice he gives to people who dream of becoming a chef is to be independent as soon as possible, to practice or work in something related to the medium and to define a line to follow, whether it is a pastry chef, a cook of salty food or others.

Finally, the message Espinal sends to the rectors is, "whatever you do, do it with love, dedication, discipline and commitment, because dreams come true only if you look for them awake. Today I am here talking to my friends from Roatan Today, I never imagined it: the kid who can't make his cakes come out giving an interview? Yes, this is how crazy this moment would seem 20 years ago. Keep going, because the biggest obstacles are the ones that make you grow. Hand in hand with God, everything is possible".



Tea time snacks.



Karen Madrid: entrepreneur working for social inclusion

Karen Yesenia Madrid Morales is a 36-year-old social and fair business entrepreneur, who stands out for being an exemplary mother who seeks social inclusion through her organization, Honduras Social.



She describes herself as a visionary, kind, strong, resilient woman, mother, wife, social entrepreneur, full of goals and dreams to transform her life, that of her family and Honduras.

Madrid said that her organization was founded in 2011, when she and her friend Zoila López joined a volunteer group aimed at benefiting children and youth with disabilities in the municipalities of San Manuel, Villanueva and Pimienta, in the department of Cortes, in the northern part of Honduras.

But beyond that, her greatest motivation was the experiences she had with her eldest son, Isaac Alejandro, who was diagnosed with Asperger's Syndrome, a mild form of autism that affects the way a person interprets language, communicates and socializes. Reason for which he was rejected from educational centers, causing

sadness and frustration in his family. "All these sad incidents, caused in me indignation and a more direct motivation to work for this sector of the population, I thought that if my son with such a mild condition was treated in this way, what would happen to other children and young people who have a more severe condition? The opportunities are few or almost nonexistent," he said. In addition, she confessed that the biggest challenge she has faced as a mother has been living and being an entrepreneur in a society with such an exclusionary and sexist culture,



Karen Madrid with her family.

CONTACT

For more information about the organization, you can communicate through the following means: karen.madrid@hondurasocial.org, phone: (504) 8942-8493, Facebook: Fundación Honduras Social, Instagram: @hondurasocial / @karenmadridhn and Twitter: @hondurasocial.

an experience that has led her to be a social activist fighting for inclusion in Honduras. "I have encountered great barriers and blockages due to the fact that I am a woman with leadership and a mother with a social struggle objective that seeks equality in a country with high rates of inequality and poverty."

These situations have led Madrid to create new strategies to sustain her project, among them to include other populations that are also excluded, because there is zero interest in the issue of disability, so she is promoting social entrepreneurship and economic empowerment for all these excluded populations such as: women, people with disabilities and ethnic groups.

Currently, it manages 6 programs, which are focused on entrepreneurship, volunteering and education, among them: Professional Fellows, "Tejiendo Conexiones" Conecta, Café Social, Ruta del Voluntariado de impacto, Alfabetización para Todos Honduras and Mujeres con Propósitos.

As a mother with experience in the subject of disability, Madrid advises mothers who find themselves in a similar situation to see a specialist so as not to put pressure on the children and not to create an atmosphere of frustration by not being able to control the situation. In that sense, she is managing the creation of a group of mothers, to be able to share their experiences and learnings, as well as to give advice and support.

Madrid expressed that the legacy that the foundation aspires to leave behind is "to be the maximum reference of successful social entrepreneurship, to be a motivation and inspiration for others who believe in themselves and their dreams, but, above all, to think of business models and projects that empower the underprivileged and their communities, to mitigate the bad statistics we have of migration, poverty and inequality in Honduras". Finally, Madrid's message to readers is, "that we support the projects of our community, that we stop being so selfish among ourselves. To focus the message on this Mother's Day, I encourage more women to undertake their dreams, and the rest to be positive spectators, not stumble for women who despite having the great responsibility that comes with being mothers and wives, are wanting to undertake and fulfill their dreams no longer alone, but with a family, let's stop criticizing. It is these women who go beyond the traditional that transform entire communities and a country, because allowing a mother to be educated and empowered is transforming the lives of many more people, because they are the inspiration for their children and the strength and right arm of their husbands, mothers are the ones who fill a home with love and motivation".



Fosters Resort

The first hotel to exist in the West Bay area

Roatan is a tourist jewel located in the Honduran Caribbean. This paradisiacal destination, located in the Caribbean Sea, is 45 kilometers long and 8 kilometers wide.

It is the perfect place to vacation, therefore, it has a variety of hotels, among them the Foster's Resort. In West Bay Beach, considered one of the best beaches in the world, is located this 3-star hotel created in 1981, surrounded by a natural environment with abundant trees, where the Icacó, Coconut and beach grape trees predominate. Foster's Resort is a small rustic family owned hotel, has a total of thirty two cabins and offers a variety of services. It has a restaurant (Gypsy) with

a varied menu, ranging from typical Honduran food such as baleadas, to island food, highlighting dishes such as fried fish and snail soup. The resort also has a bar-restaurant called Lala Llama Momma, where you can enjoy the beach, music and watch the sunset with a cocktail in your hand. And besides that, the hotel has an activity kiosk with services such as: glass boat, snorkeling, jet skiing, parasailing and much more. The hotel surprises with its rustic cabins, offering tourists a complete experience in Roatan, since most of the



Facilities of the Hotel Fosters Resort.

native islanders live in small wooden houses by the sea. The cabins are classified into four types: eight ocean view suite cabins, thirteen classic cabins with partial ocean view, three five-person family cabins, four six-person family cabins, two nine-person family cabins and eight duplex cabins.

A hotel with a lot of history

Foster's Resort was the first hotel in the West Bay area, the patriarch of the family, Foster Diaz always had the goal of leaving a legacy for his family. "I had the dream of creating this hotel, I didn't know how I was going to do it, but I knew I wanted to build something to leave my family and to be able to leave my legacy to Roatan," says the owner. And that's how it all began, with a dream and a clear vision, he began to work selling coconuts and coconut oil to save money and build the first cabin. When Foster's started in 1981 the West Bay beach was a virgin beach, there was nothing else in the area but Foster's pier.

The hotel started with a cottage, the

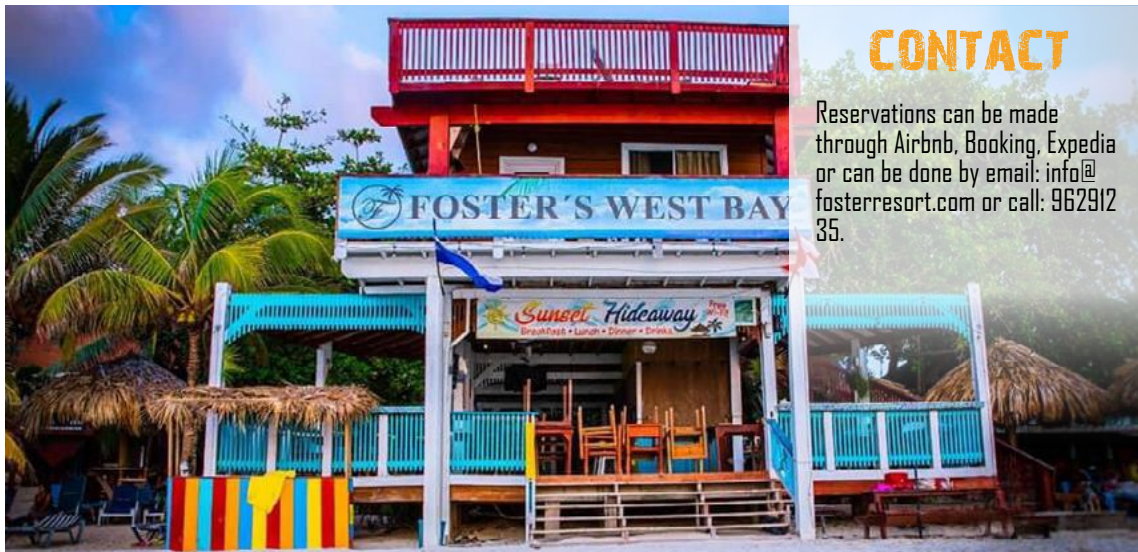
famous 'Tree House', iconic in this location, as there is nothing like it on the island and captures the attention of many tourists who visit the resort. It should be noted that the tree house has more than 42 years of existence in this place and was built on top of a mango tree that is more than 100 years old. It was created with the objective of commemorating who in life was William Diaz Hyde, Foster's grandfather, "my grandfather under this tree made sugar cane juice to sell, so I wanted to do something special to honor and remember him," said Foster.

Feel at home!

The hotel provides a quality staff to offer the best stay, Foster's is distinguished by the good treatment to guests, "is what makes Foster's special, its people from the owner, each of the employees treat each customer in a special way to make them feel at home," says Emily Avila, the hotel receptionist. Foster, an entrepreneur in the most sensitive and broadest sense of the word, is distinguished by his admirable dedication and humility for his business. He likes to have a closeness with his guests, to be able to serve them and help them in any way he can, and that is what people enjoy most about Foster's, "a family-friendly hotel with breathtaking views and five-star customer service.

"A special thanks to Mr. Foster for taking the time to make us feel like family during our stay." "Mr. Foster is truly a people person who goes out of his way to give you the true Roatan experience" "We will definitely be back!" commented guests on TripAdvisor.

If you are planning your next vacation to Roatan, Fosters resort, is the ideal choice! Here you will have comfort, accessibility and quality guaranteed. Reservations can be made through Airbnb, Booking, Expedia or can be made via email: info@fosterresort.com or call: 962912 35.



CONTACT

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Character

Juansa García, from TV presenter to influencer

Juan Salomón García Castro is a 35-year-old influencer, who describes himself as a resilient being who is constantly changing and learning, a warrior, a dreamer who evolves and does not give up in his constant daily quest to reach his best version, while sharing his experiences through his social networks, to inspire others.

His hobbies are nothing more and nothing less than traveling the world and sharing the experiences of his adventures, helping those who need spiritual, mental and physical guidance, through his online coaching courses. Living and experiencing life as if it were her last day, enjoying nature and facing her fears.

García believes that everyone has the ability to influence positively or negatively, more so in the age of technology, where everyone has a phone and internet access, "it is in each person to have the awareness to know how to choose wisely from whom or what we let ourselves be influenced, just as our body is a reflection of what we allow to enter our mouth, so our actions are determined by what we allow to enter our mind. So remember that you are the average of: the 5 people you surround yourself with, the 5 foods you eat the most, the 5 books you read

Traveling
around the
world.

*I live one day
at a time,
creating
a better
future, being
better than
yesterday.*

Juan Salomón
García



CONTACT

To learn more about Juan Garcia and have a life of fulfillment, you can find him on his social networks such as:

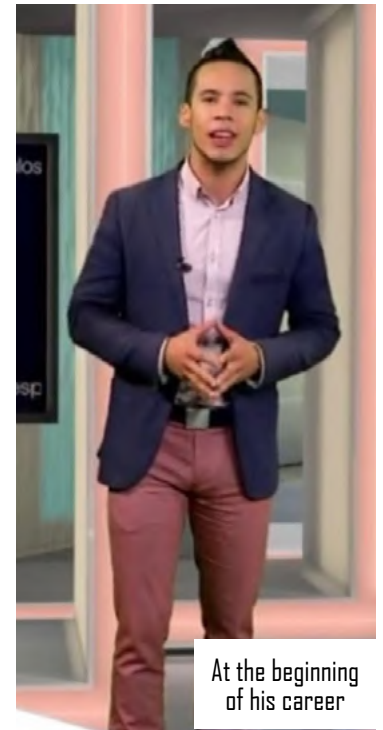
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Interviewing people.

I fervently believe that by traveling, generating money digitally, and contributing to other people's lives, I have managed to become the man I always dreamed of being.

Juan Salomón García



At the beginning of his career

(If you're not reading, you should start today) and the 5 words you say to yourself the most. Choose wisely about what influences and who you influence in your life!" His motivation to start the influencer facet was that after 12 years of working as a broadcaster, film and theater actor, producer and television host, he decided to stop living to impress, to start living with the purpose of inspiring and motivating those who follow his steps, with a very clear message: Anyone is capable of building the life of their dreams, if they focus and discipline on it, because, if he achieved it, you can also make it happen.

"I ventured on the most wonderful journey of self-discovery, so I stayed on the beautiful island of Roatan, Honduras, for two and a half years, where I got to know my traumas,

fears, motivations and dreams, discovering that it is not about discovering who you are, but rather about creating the person you want to be (to be the man or woman you would admire and wish to be if you were a child again)," he added. In that sense, his content is about traveling, having digital business and how to learn the art of physical, mental and spiritual self-development. In addition, the guide to understand what, according to Garcia, is the basics of life: love, relationships, death, mind, emotions, work, money, body, productivity and fun. García aseguró que el impacto que su contenido genera es poderosamente positivo, para quienes están sedientos por crecer y ser mejor de lo que fueron ayer. Likewise, he is grateful for this wonderful experience that life has allowed

him, "I fervently believe that, traveling, generating money digitally, and contributing to other people's lives, I have managed to become the man I always dreamed of being. I live one day at a time, creating a better future, being better than yesterday", in addition, he said that the legacy he would like to leave is, "a legacy of life that transcends generations after generations, contributing in a positive way to society, generating conscious people; while generating economic income that can enjoy at least 5 descendants after mine, while I travel the world and enjoy the most of this human experience of life". To do this, she assures that she will achieve this by developing more systems that can digitally monetize her courses, conferences, and Vip Coaching sessions. His free content on social networks, creating a conscious

community of people who value his presence as they grow and learn from each other, producing and starring in powerful films that can inspire for centuries to come. Garcia's motivation throughout this journey has been: Jesus, Earl Nightingale, Goku, Jordan Belford, Jordan Belford, Goku, Jordan Belford, Goku, Goku. Goku, Jordan Belford, Diego Dreyfus and Silvestre Stallone. Finally, the motivational message he sends to young Hondurans is, "why live like a coal when you have everything to become a diamond, failure will never overwhelm you while your determination to succeed is greater, no one will come to save you from yourself, so remember that you are solely responsible for your destiny, take responsibility for it".

Tribute to the mothers of the Roatán Today team

Mother's Day is the perfect occasion to remind one of the most important women in our lives how much we love her and how lucky we are to have her by our side. That is why Roatán Today sends a sincere tribute to all the mothers of Honduras, especially to the mothers of the collaborators of this magazine.



Janeth Grandez

Cristina Carbajal, Mommy you are the most wonderful thing that God has given me, thank you for all your love, without you things would not be the way they are. I love you to infinity and beyond



Cosette Diaz

Ilse Diaz, Mom, words really fall short to express my admiration and affection. As children we were taught to believe in super heroes, today I can say that super heroes really exist and that you, mommy, are the living example that moms can do everything and do everything for their children.

Unconditional love is what you have given me through the years, thank you for everything you do for me and your family, thank you for shaping me into the woman I am. Thank you for instructing me in a path of faith and love. Thank you for your example, thank you for your scolding and perseverance. And how can I forget your contagious laughter.

Thank you mom, because, although the world is not perfect, you are perfect for me and you deserve eternal life.

Thank you God because you gave me the ideal mother. Mom, I love you today, tomorrow and always.



Mario Osorto

Doris Belinda Oyuela Sanabria, Dear mother, you are the example of my life, the strength of my heart. I thank you for everything you did for me in school, and college for always supporting and motivating me. You are the most admirable mother and I am happy to be your first born. I remember with joy the times we won the school mother award, thanks to your dedication and love. I love you very much and wish you the best on this day and always.... You are the greatest blessing in my life, and now it has fallen to you to be a Mother, Grandmother and Wife.... WHAT A GREAT WOMAN, MOTHER DEAR!!!



Kevin Paredes

My mother, Mayra Funez, a great warrior. When I was 3 years old my father died of cancer, and when my family was absent on my father's side, she worked hard to help us get ahead. Many times she stopped buying things she needed so that I could have the best studies. My mother never gave up and even instilled in me the way of God and now that I am older I thank her for everything she has done for me. Many times when I was younger I didn't understand why I couldn't go out like everyone else, sometimes I only adjusted for

basic things and school, but now I understand all that sacrifice she made for me. For that and more, I love you mom.



Yasmin Callejas

I could say a lot about the woman who brought me into the world and who has supported me in every step I take, the one who regardless of the circumstances has seen the way to get me ahead and see me happy; but on this Mother's Day I just want to say that you are the example of overcoming and courage, a warrior woman full of love. I thank God for giving me the best mother in the world, understanding, kind and charismatic, in short, my motivation. Happy day, my precious Queen I pray God bless you and allow me to celebrate many more years by your side; I love you.



Gustavo Dubon

Fidelina Dubon, Every time you asked me when I was doing my pranks, "Who do you think I am?"; I should have answered, "The best mother in the world".



Kendra Ardon

Mi abuela Iris Oneil y mi mamá Virginia Bernardez Oneil My grandmother and my mom will always be the important people in my life, God bless them.



Alfredo Funez

Erlinda Rodriguez, RIP, Linda, as we affectionately called her, is the name of my mother who now rests at the right hand of our heavenly father. Many times I have heard the phrase: "Nothing compares to a mother's love", people often say it very lightly; without stopping to think about the power that this phrase has, especially when you no longer have the physical presence in this world of that loved one, over the years you get used to the fact that she is no longer here, but that does not conform your soul and your heart, you never stop missing her, you learn to remember her in her best moments and her unconditional love, you remember her teachings, all the efforts she made daily, during her passage through this world, in which with so much care and dedication she took care of my siblings and me, that warm embrace that squeezed your chest and your heart beat a thousand per hour, the words are insufficient to describe it and the space in this medium could contain many pages, however I can only raise an affectionate greeting, a million kisses and that endless embrace, to my beloved mother to heaven.

Positive News

Repair works of the Ramón Villeda Morales kindergarten are being carried out

The Mayor's Office of Roatan, presided by Mayor Ron McNab, informed that, due to its importance and commitment to education, it has decided to begin the repair and improvement of the Ramon Villeda Morales kindergarten in the Balfate neighborhood of Sandy Bay. This project is being carried out with its own funds and its objective is to improve the infrastructure of this kindergarten, which is of great importance in the community, since many children begin their educational process there. It is important to mention that, through its commitment to education, McNab continues to invest in the repair and improvement of edu-

cational centers, to guarantee a pedagogical environment for the children and youth of the municipality.



Ramón Villada Morales Kindergarten.



Repair work at Kinder Ramón Villeda Morales Kindergarten in Roatán.

Paving work continues on the road to West End in Roatán

With the objective of modernizing the road network and thus attract the development of the municipality, the Mayor's Office of Roatan continues to carry out paving work on the road that leads from the Mud Hole turnoff to the community of West End. In this sense, the taxes that are generated every day are reflected in the works that are intended to attract more investment for the municipality.



Streets in the process of being paved.



Work begins on the reconstruction of the building where the health center in Sandy Bay will operate



The Mayor's Office of Roatan has begun reconstruction work on the building that will house the Sandy Bay health center, which will be used to provide medical assistance to several communities.

To date, the quality medical staff is already in place to assist more than ten communities in the area and surrounding areas.

The building where the community health center will be located.

Taekwondo Tournament held in Roatán



Taekwondo is a sport that helps you to improve yourself.

The prizes awarded were: gold medal, silver medal and two third places with bronze medal, finally the schools were awarded.

The coordinator and director, Michelle Barrios, said, "we are celebrating 15 years of anniversary, of having the school on the island where we have traveled with our students to places like Korea, Taipei, Mexico, United States and all Central America and it has been great to represent our island".

In addition, he explained that the school currently has 85 active students ranging from four years and up, of which 60 participated in the championship, "15 years forming champions not only in sport, but also champions of life, because the martial art teaches you to want excellence, to stand up and overcome yourself".

For his part, Professor Mauricio Borjas indicated that this sport has grown quite a lot at the level of the country and the island, "it has been quite popular, since it is a beautiful sport, because in addition to forming competitive athletes, what we seek as teachers is to form people through sport".



As part of its 15th anniversary, the Roatán Taekwondo school held a tournament in which 110 athletes from the island, San Pedro Sula, La Ceiba and Danlí participated.



Students of the school making their presentation at the tournament.



Lunch, Dinner,
Late Night, Drinks



Dreams do come true, Suhey Rodríguez

Makeup is an art that consists of the decoration and arrangement of a person's facial features. And, increasingly, makeup has been gaining relevance in society and has become an artistic expression. For many, makeup is a lifestyle, it is a passion, this is the case of Suhey Rodríguez.

Suhey Rodríguez is a 19 year old Honduran makeup artist and her admirable dedication and passion for makeup has led her to achieve great things at such a young age. The young makeup artist is originally from San Pedro Sula, Honduras. Her vocation and love for makeup was born since she was a little girl when she saw tutorials on YouTube of makeup artists like Roccibella. Since she was little she always had a very clear vision, Suhey is distinguished for being a very helpful person with others and this is one of the reasons why she ventured into the world of makeup. "I started to be an inspiration for other girls who liked makeup and who were starting like me," says Rodríguez.

Her perseverance and vision to achieve her goals led her to realize one of her greatest dreams, the New York Fashion Week. Although the road to get there was not easy, Suhey never gave up, "in my head I always said no I already have it, but what if they say yes," she says. Through the social network 'TikTok' she found a video of a Venezuelan makeup artist who participated in the New York Fashion Week with only 19 years of age, from there, she began to seek information and send emails to apply,

but she never heard back. However, she never gave up and kept insisting and that's how, through the social network 'Instagram' she met Mariana Barcón, professional makeup artist and one of the leaders in the New York Fashion Week. Suhey, sent her portfolio to Mariana and in October 2022 she got the yes from the producer of New York Fashion Week and the cosmetics brand (Mac Cosmetics).

A dream come true, that's how Suhey describes the experience in New York, since it was an experience of much learning and growth as a makeup artist. There were 4 days of learning, where Mariana Barcón, the leader of the event, gave runway make-up seminars and taught the make-up styles of each designer of the event. There were 25 make-up artists in total who came from different parts of the world, there were girls from Mexico, Israel, United States and Suhey the only Honduran. "I learned a lot from each one of them, the perspective of the world of makeup was completely opened to me, more than anything, because in Honduras there is a lot of talent," says Suhey.

The dream does not end here, for the young makeup artist, since one of her great goals is to be able to be a professional makeup artist for celebrities, also, to be able to have her own makeup school in Honduras and in a few years the country will be well represented in other countries in the field of makeup. Without a doubt, Suhey Rodríguez is a great example that with perseverance, focus and hard work, dreams do come true!

Suhey Rodríguez,
professional makeup
artist.

**Suhey Rodríguez,
became the
first Honduran
to be a makeup
artist at New
York Fashion
Week 2023.**



Work done by
Suhey.



Candidates for the MRS. HONDURAS 2023 Beauty Pageant are presented

Last April the launching of the beauty pageant Mrs. Honduras took place at the Henry Morgan Hotel under the direction of Amalia Amalia and its director.



Sandra Colindres, representative of La Ceiba.



Lety Merlo, representative of El Paraíso.



Candidates for the Miss Honduras 2023 beauty pageant.



Paola Carbajal, representative of Islas de la Bahía.

The launching and presentation of the candidates from the different departments of the country, who compete for the crown of Mrs. Honduras, took place in the charming island of Roatan a few weeks ago.

This contest is intended not only to highlight the beauty, but also to contribute to female empowerment, so the representatives of Villanueva, La Ceiba, Amapala, Santa Lucia, Tegucigalpa, El Paraíso, Cortes and Comayagua awarded the event, with a spectacular catwalk.

For her part, the representative of La Ceiba, Sandra Colindres, who is dedicated to real estate and is a television presenter, businesswoman and motivational coach, sent a powerful message; "women do not need to go to the operating rooms to be beautiful, they can control their diet, exercise to achieve a good overall health that comes from the inside out".

Likewise, the representative of El Paraíso, Lety Merlo, who is a bodybuilder and through sports helps women to improve their self-esteem, expressed that her motivation to participate in this contest was the motto of empowered women, since she assures that through the contest she can send a positive message to women that it is possible, therefore, she seeks to contribute to the empowerment of women.

Paola Carbajal

She represents the beautiful island of Roatan, in the @senorahonduras contest to be held on June 10 of this year.

Paola, has a degree in Marketing and Communication and currently works as a personal trainer and specializes in entertainment for women.

Paola's main message to women is to motivate them to take care of themselves and to

and to prioritize themselves. To support your favorite candidate you can visit the @senorahonduras page.

The event was attended by the Minister of Tourism, Yadira Gomez, who encouraged all participants to demonstrate the talent of Honduran women, while inviting other women to participate, to have more representation in all sectors of society.

Finally, it should be remembered that the pageant of Mrs. Honduras will be held in Roatan on June 10, specifically at the Henry Morgan Hotel.

There are four different flavors with presentations ranging from turtle shapes to more, and with the purchase of them people will be contributing to the conservation of the island's reefs.

Francis Lean, executive director of Marine Park, indicated that the packaging of the presentations are especially for Marine Park, without forgetting that their shapes are spectacular and their flavors are delicious. "For us it is like another goal to be able to make this type of alliance with this private company that is concerned about marine life and the care of the cocoa it uses".

In addition, he called on the population to be environmentally conscious, to be aware that every action they take reduces or eliminates the negative impact on the environment.

Allen González, founder and owner of avenida cacao, explained that, "we made a chocolate bar representing the entire ecosystem of Roatán. It is an honor for us to be able to have this project with them, since they are an emblem here on the island and they are the ones who watch over the safety of the entire ecosystem and being able to put a grain of sand in this project is something very important for our brand".

Roatan Marine Park and Avenida Cacao make an alliance to create a chocolate bar



As part of its actions aimed at the care and preservation of marine ecosystems, Roatan Marine Park made an alliance with the company Avenida Cacao, to launch a chocolate bar with different flavors and presentations.



Allen Gonzales representative of Avenida Cacao Marine Park.



Marine Park Representative.

Paula Arteaga.



Kendra Ardon.

Yasmin Callejas.



Cossette Diaz.

Journalist's Day, a date to recognize the work of communicators who with passion and impartiality inform the Honduran people

We cannot talk about this celebration without remembering with esteem its origin, which dates back to May 25, 1830, the day in which the first printed newspaper was published in Honduras, "La Gaceta del Gobierno" and one hundred years later, on the same date, the First National Congress of Journalists was held. Over the years, the journalistic guild has had to fight for free expression, a right we all have. Journalists do not give up no matter what obstacles they have to face, this is where the role of all those journalists comes into play, who regardless of the adversities, fight at the foot of the flag to carry out the information

process with objectivity, impartiality and responsibility, thus giving a little voice and hope to the population that still trusts this guild. On this important date the famous phrase of the Polish writer, Ryszard Kapuscinski, "bad people cannot be good journalists", we congratulate all the communicators who with their passion, nobility, solidarity, courage and persistence carry out this profession. We also highlight that the College of Journalists of Honduras (CPH), will grant this year 2023, the Alvaro Contreras Award, the highest tribute to people who exercise the best profession in the world, to journalist Eduardo Maldonado, who is general director and owner of HCH, one of the media with the largest audience in the country.

Every May 25, Honduras commemorates the Day of the Journalist, a very important date for those who practice this noble profession and for those who know how to value the work that communicators do every day with gallantry.



Eduardo Maldonado will be awarded with the Alvaro Contreras Award.



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- Heavy Machinery
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We are located in La Ceiba Allántida and in the Aldea El Pino. We also serve wholesale orders to the Bay Islands.

Technological Advances

The metaverse, a tool that will revolutionize technology

The metaverse is a concept of an online 3D universe that combines multiple users in all aspects of their lives. This tool works similar to the internet that contains different websites accessible through a single browser.

The idea of the metaverse was at one point only fiction, but with technological advances it is gaining momentum and is closer to becoming a reality, allowing people to work, meet, play and socialize together in 3D spaces.

For Carlos Mats, founder and CEO of IKA, the best current representation of what the metaverse would be like in the future is the movie Ready Player One, since the reality illustrated in this science fiction novel adapted to the big screen and set in a dystopia in the year 2045, in which a large part of humanity goes to the so-called OASIS, a virtual reality simulation to escape from the real world.

"We are going to be immersed in virtual worlds. Today we access the internet through our screens and eventually, screens are going to become a bit obsolete because we're going to be using virtual and augmented reality glasses to interact with our data. This means that instead of flat web pages (which only have text and images) we will have immersive virtual worlds with

volumetric and holographic data in which we will be able to interact through voice and touch," said Mats during an interview with Forbes Mexico magazine.

He assured that companies have already started to develop products and services adapted to virtual reality, "just as it happened that companies that didn't have websites before all started to have them; just as when social networks started and suddenly everyone had to have their Facebook, Twitter and Instagram page, eventually all brands will need to have a presence in the metaverse".

At the moment, we are only left to experience metaverse-type projects, however, Facebook is currently one of the platforms looking to develop the unified metaverse, as Mark Zuckerberg has explicitly mentioned his plans to use a metaverse project to support remote work and improve financial opportunities for people in developing countries. In addition, other major technology companies are also targeting the creation of a metaverse, such as Microsoft, Apple and Google.

FACT

The metaverse is a tool that will revolutionize the near future.

The metaverse will enable the unification of users in all aspects of their lives.



Carlos Mats, founder and CEO of IKA.

Mayak Chocolate receives award in France

The Roatan chocolate factory, Mayak Chocolate, was recently awarded in the International Competition of Chocolates Made at Origin, for its delicious tamarind and walnut chocolate.

This contest was organized by the Agency for the Valorization of Agricultural Products (AVPA), which takes place in Paris, France, since 2021 and involves more than 200 chocolate factories from all over the world. In its third edition, Mayak Chocolate was awarded in the "Chocolate with Milk Fantasy" category, for its chocolate made with cocoa, tamarind and nuts. In the first edition of this contest, Mayak Chocolate was awarded for its dark beer and passion fruit chocolate. Likewise, in 2022, it received recognition for its dark cho-

colate with coffee 75% and its white chocolate with banana and nuts 35%; in addition to its four awards from the International Chocolate Award 2019 competition. The owner, Mariano Roberto García, was very happy with the results obtained with his participation throughout these years, since he assured that this allows to prove the quality of



Mayak Chocolate, the ideal place to delight your palate.



Sample of the delicious chocolates offered by Mayak Chocolate.



his products and that Honduran cocoa is one of the best. On the other hand, in 2009, the National Geographic magazine announced that the oldest sample of chocolate is scientifically recorded in Honduras, since it was verified by the University of Pennsylvania, so it could be said that Honduras is the cradle of chocolate. Mayak Chocolate is located in the community of West End, in Roatan, Bay Islands, and offers you a unique and delicious experience,



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Santa Lucía, the town of flowers

This cozy town, which has a cool climate, delicious cuisine and a variety of cultural activities, is located in the municipality of Francisco Morazán 13.5 km from Tegucigalpa and offers a unique experience in its historic center. Its emblematic cobblestone streets, its colonial style houses and its famous lagoon, will captivate you and you will not want to say goodbye to it. So, if you want to get away from the routine and immerse yourself in the different activities that the town has for you, we invite you to visit it on your next vacation.

Founded on November 12, 1820 as a mining town and known in the indigenous language as "Surcagua" which means "place that has frogs", it is composed of 6 villages and 34 hamlets.

In Santa Lucia you can enjoy beautiful sunsets.



CALENDAR

In the framework of its 51 years of foundation of the great carnival of La Ceiba, "The Bride of Honduras" is preparing to offer you an unforgettable patronal fair, so here are the dates and places where the carnavales will be held.

From May 13 to May 20, from 7:00 p.m. onwards.
Saturday, May 13:
 Bo. La Merced
 Col. Esquipulas
 Col. Zelaya

Sunday May 14th:
 Col. Kawas

Monday, May 15:
 Col. Menorita 2
 San Isidro Market
 Col. San Judas
 Col. San José

Tuesday, May 16th
 Bo. Danto
 Col. Esquipulas
 Col. Zelaya

Wednesday, May 17th
 Col. Pizzaty
 Bo. El Centro
 Bo. Bella Vista
 Col. Miramar
 Col. Melgar

Thursday, May 18th
 Col. Alhambra
 Corozal
 Plaza Cabotaje
 Megaplaza Mall
 Premier Plaza
 Bo. Ingles, El Higuero

Friday, May 19th
 Bo. La Isla

Saturday, May 20th
 2:00 p.m. to 8:00 p.m.
 Horse parade
 Parade of motorcycles and modified vehicles
 Parade of floats and comparsas
 8:00 p.m.
 Concert with international artists
 10:30 p.m. Light show

BACK COVER



PAOLA CARBAJAL

Paola Carbajal
Candidate to the
contest Mrs.
Honduras

Age: 41 years old

Profession:
Marketing and
communication
specialist.

Vote for her This
June 10.

