FEBRUARY 2024 MONTHLY EDITION

SIEFANY GALEANO THE MOST MULTIFACETED CATRACHA



ENTREPRENEUR WHO DIRECTS SPECIALIZED SERVICES TO HONDURANS AND FOREIGNERS IN THE WORLD OF BEAUTY, BECOMING THE FIRST TELEVISION PRESENTER WITH CERTIFICATION FROM THE FAMOUS SERBIAN PHI ACADEMY.





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e 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

Understanding dad...

What is it like to meet dad? Celebrating his identity, knowing his anecdotes, interests and passions, scrutinizing his daily life by sharing our processes, in conclusion, understanding that in him, you have a friend.

n the social atmosphere, everyday life is observed, being close to an emblematic holiday such as Honduran Father's Day, honoring this pillar figure within each Honduran family can go unnoticed.

However, it is important to understand that around the idealization of a father there is a person, with whom we rarely connect and understand, readers will wonder: What is it like to meet dad? Celebrating his identity, knowing his anecdotes, interests and passions, scrutinizing his daily life by sharing our processes, in conclusion, understanding

that in him, you have a friend. The art is to perceive that at the moment of celebrating this day it is not to provide a maobject terial which highlights the role of the father, for that friend, confidant, they must keep in mind that the most precious gift will be to understand that traveling man, the companion passionate about football, the friend who would never lack a smile and a word of encouragement, it is a great joy to call him dad.





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TECHNOLOGICAL ADVANCES

Security cameras in Roatán (Smart city project)

This implementation includes license plate identification, video analysis and factions along to the monitoring center, this to provide promptness to future emergencies.

he Mayor indicated "the contract has been signed with the company that won the tender for the Smart City, security cameras are a reality in Roatán, contributing to a safer island."

In order to fulfill his commitment to strengthen security throughout the region, Ron Mc-Nab proceeded with technological advances with the implementation of 390 security cameras in the annex building of the Mayor's Office of Roatán, department of the Bay Islands.

The Deputy Commissioner of Police, Suyapa Nazareth Posadas, participated as a witness in the signing of the contract, who confirmed the transparency of the process. Likewise, the selected company, Innova Solutions, had a clean selection by the Mayor's Office of the Island.

Likewise, this implementation includes license plate identification, video analysis and factions along with the monitoring center, thus providing promptness to future emergencies.



390 security cameras will be installed in Roatán.







he joy was evident on the faces of everyone present at the ceremony for the fifth anniversary of Happy Harry's Hideaway, one of the best places to visit in all of Roatán, its warm welcome and beautiful surprises in the middle of the night left everyone dazzled. one. During the celebration, the fireworks and artificial lights were seen, which contrasted with the full moon, and the "Victoria" beer was displayed, promoting its offer of beers and a shot of tequila for one dollar, contemplating the beauty of Roatan models and professional models from San Pedro Sula.

At each table you could see warmth, everyone was looking forward to the surprises of the night. The owners of this restaurant and bar expressed their gratitude to the community for always choosing their services, being aware of the high competencies in the place.

Various influencers from different parts of Honduras and talent from the region were present at the gala, such as La More, Jiss Rivera, Minimi, King Bruss, but the one who stole the attention was a little goat "Tony", being very curious to have An animal inside a bar, however, conveyed a lot of tranquility and joy within the show.

The event was entertained by DJ Mack Wilder Lobo brought from the coast, he undoubtedly made a great auditory contrast with the variety of melodies without restriction of musical genres, giving a phenomenal closure to the event.

A successful fifth anniversary of Happy Harry's Hideaway

At each table you could see warmth, everyone was waiting for the surprises of the night from the owners of this restaurant.





VALENTINE'S DAY

Celebrate love today and always...

he most favorable day to celebrate love universally is February 14, it is where our heart beats more than ever to express our affection towards a couple, friendship and family, however, this demonstration can be carried out throughout the year., our Roatan Today research team, will show you how to do it.

We are in favor of celebrating love every day, but the light rhythm full of stress of life does not let us stop and think, so it is always a good time to celebrate love, in the year there are several dates alluding to this nature, we have the 21st January "International Hug Day", created by the American Kevin Zaborney, with the aim of increasing demonstrations of affection in public since this habit is in decline, on the other hand, there is "International Kiss Day" celebrated on the 13th April , arose from the longest kiss in the world, the event happened in Thailand, also promoted by the Love Foundation organization, May 1, "World Day of Love."

However, it is important to emphasize that the purpose of the different celebrations is to invite people to unite in wisdom, peace and love, projecting a



simple vision to positively help humanity in the midst of so much stress of the daily routine, be part of the change by creating a different way to show and receive affection daily, don't wait for a date, the world will thank you.



SIMPLE WAYS TO SHOW LOVE

Dedicate time to the significant people in your life.

Validate and respect the emotions of others.

Demonstrate physical contact in public.

Give space for your partner to express their fear and concern.

It offers symbolic details such as: a song, a drawing, a poem, a phrase inspired by her

or him.

Express what you feel.

Ask how the other person feels.





ISLAND WOMEN CELEBRATE WOMEN'S DAY

VII edition

of the International Chocolate Festival and its dedication

The event took place at the Museum of Anthropology and History in San Pedro Sula, opening with a conference of experts and the exhibition of delicious products made from cocoa.

n a press conference, Roberto Ramírez, director of the museum, expressed that the festival is in honor of Teresa Campos, who was one of the scholars of the archaeological vestige of Currusté and an activist to reactivate the Venus of Currusté, before her death she occupied the position of current minister of the Presidency of Honduras.

Campos, before dying, began the efforts to be able to carry out the International Chocolate Festival in the Museum of Anthropology and History of the Sula Valley, the objective was to show the historical

trajectory, the cultivation of cocoa and the museum, there is also one of the vestiges of the "drink of the Gods" in Honduras.

Likewise, the presence of 40 Honduran cocoa producers was estimated to hold an expo sale each year, seeking to encourage their production, publicize their properties and increase their export.

From February 9 to 11, conferences were held to highlight the importance of cocoa nationally and internationally for its flavor and aroma which connects us to our land from anywhere in the world, for this reason Dr. Santiago Velez, Director of the Inter-American Institute for Cooperation on Agriculture (IICA) in Honduras, thanked the support received by the different State agencies, emphasizing that "He is grateful for believing in our dreams, projects and trusting in his organization."

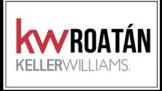




ARE YOU READY FOR THE NEXT CHAPTER IN YOUR LIFE?

Come discover Roatan with our team, and let us help you make your dreams of living in the Caribbean come true.





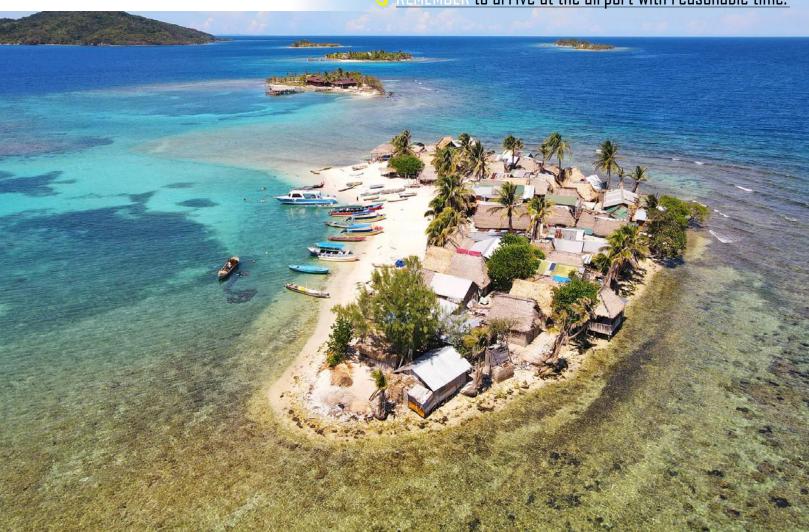


Tips for

traveling on a budget to Roatán

oatán is one of the Bay Islands located in the Caribbean of Honduras, adorned with a beautiful reef system that everyone in the entire world wants to see this summer. Thinking of you, Roatan Today gives you recommendations for travelling on a low budget.

- consult different travel agencies, a high percentage offer you excellent services, sometimes including accommodation.
- PACK a light suitcase, don't overdo it, try to be basic.
- HOSTELS are the best option for accommodation since they are economical.
- ORGANIZE a total budget, having different travel package options.
- SCHEDULE your trip in the months of March, April, May, and June since there is less rainfall.
- REMEMBER to arrive at the airport with reasonable time.







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rourism

Places to visit in Easter

loged as one of the countries that offers many options of tourist places waiting to be discovered, with its exuberant beauty in tropical forests, ancient Mayan sites, hieroglyphics carved in stone, reefs, tall stone monuments and the wonderful magical towns.

In this segment we will give you a trip through each tourist place of our beautiful nation, a country that welcomes you in every corner of the 112,492 km², if you are a nature lover, disconnect and seek peace town with a legacy of the past located in Francisco Morazán, on the other hand, there is La Campa in Lempira, the colonial city Comayagua, La Tigra National Park, Pico Bonito Park.

If yours is another type of tourism, we have the bride of Honduras, La Ceiba, here you will fall in love with its culture, gastronomy and spectacular beaches, you can walk along the oldest railway located in said city, another unforgettable option would be Las Cuevas de Talgua, Par-que Punta Sal National, Lake Yojoa, Roatan and the Ruins of Copan. Now that you know about the most











ca", the two American couples emphasized "we use valuable plants, water, grains, and yeast"

the production process is similar to bake a bread, they also indicated that "we make the beer according to the season of the cashew, plum, and oboes trees." The musical atmosphere was directed by a rock band originally from Roatán, the celebration had the presence of approximately a thousand people who sang each song, danced, ma-king this Caribbean gathering one of the best, in this way the brewery showed his thanks to all customers.



UNION

Weddings prepared by Floristería

Primavera & Weddings Roatán

Because we know how romantic it is to get married on the beach, we bring you ease with Dilcia from Floristería Primavera and Cecilia from Weddings or beach lovers, those people who dream of getting married in front of the sea, with a beautiful sunset and sharing a sophisticated wedding with your loved ones on this exuberant island, our Roatán Today team will make your dream come true.

Because we know how romantic it is to get married on the beach, we bring you ease with Dilcia from Floristería Primavera and Cecilia from Weddings Roatán, this team in charge of personifying weddings details the process of it.

"This is about creativity, romance to give a wedding for two people with intimate guests, with a beautiful setting which can be personalized to your liking," said Dilcia from Floristería Primavera, with 13 years of delicately decorating events.

Weddings Roatán has intimate weddings for two people who come on a cruise which costs \$1,000, includes a photographer and pastor, who have 20 years of experience doing weddings, in which you can choose the beach

Anyone can come get married at an affordable price, if you are escaping from the mainland and want to get married, you can do it with just a thousand dollars with everything included, whether it is something intimate, big, you can do it with Weddings Roatán hand in hand with Spring Florist.





EXPLORANDO

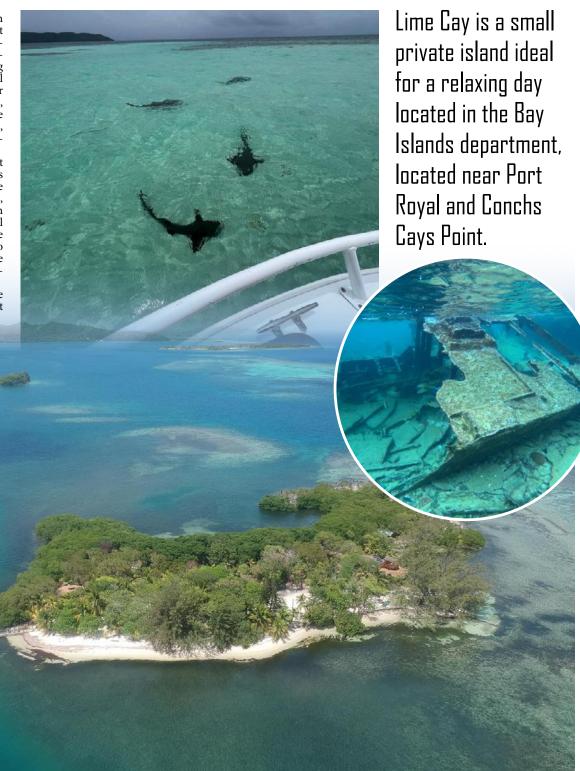
his place is ideal to get out of your comfort zone, if you have an adventurous spirit, this Honduran jewel that is hidden in the Caribbean of Honduras awaits you, observing the richness of the sea, swimming with sharks, without a doubt it is one of the best kept secrets of the area, with the same advantages as the other islands.

Fine sand, turquoise water covered in tropical jungle, we are talking about the Lime Cay hotel, which is responsible for providing you with the tranquility and privacy necessary during your stay, having an environment full of native artists and artists from other departments, lovers of ecotourism, this region offers an unforgettable experience, abundant marine nature, stands out as an exuberant destination.

The island invites you to disconnect and recharge your batteries in this environment, creating remarkable memories that will not be repeated, keeping in mind that what happens in Lime Cay stays in Lime Cay, the hotel has rooms adapted to your needs, the theme of said place transports you. To the "Pirates of the Caribbean" since this is characteristic of the establishment.

Without further ado, you have to live this experience in this magical secret place in the Honduran Caribbean.

Lime Cay Roatan a hidden treasure on the Island





INDUSTRIAL CAPITAL

mixture of Garifuna and mestizo cultures and other ethnicities present in the region, being a spectator of each vibrant corner with a diversity of music with genres such as punta, reggae and traditional Honduran music with its characteristic dance of this region, this is how Puerto Cortes welcomes you located in the Department of Cortes.

Known as one of the largest ports in Central America, since ancient times this heritage has stood out for its beauty that adorns every corner of the territory, with its houses on the seashore with its immense pollins, where in their childhood many were able to have fun with the ingenuity of making swings under the houses and enjoying family afternoons contemplating the sunset from the seashore, visiting the port with her grandparents delighting in the typical gastronomy of the place, such is the case of Nohelia, a capital resident who spent her childhood in middle of this phenomenal region of the Northern Zone of Honduras.

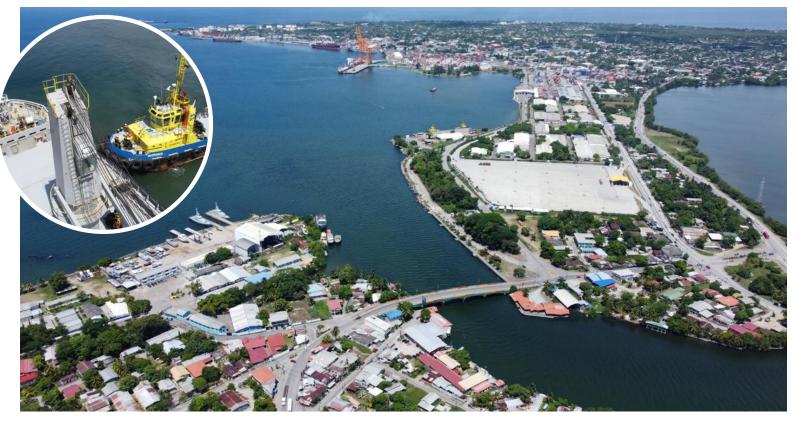
To protect and prevent this national beauty for this summer, the municipality will reactivate the 2024 Summer Committee, with the objective that tourists visit the place, guaranteeing high security throughout the region, considering that annually this place has approximately 500,000 tourists. Nationals and foreigners enjoying its beaches, spas and excellent gastronomy.

Puerto Cortes, a little piece of heaven in the North Zone

Known as one of the largest ports in Central America, since ancient times this heritage has stood out for its beauty that adorns every corner of the territory.

Puerto Cortés, originally Puerto Caballos is a city and main port on the Atlantic coast of Honduras, department of Cortés, Republic of Honduras, and adjacent to Laguna de Alvarado.







INTERNAL TOURISM

iguatepeque is considered the most forested tourist destination in Honduras, thanks to its exquisite climate and abundant amount of water to highlight this beauty, the National Pine Festival (Fenapin) was created, it has been held since 1976.

With the aim of increasing internal tourism in this rural region located in the heart of Honduras, Comayagua for this Holy Week this magical little place offers you delicious gastronomy, its traditional sweet alcitron, baleadas, meat made in the artisan oven, chicken with slices, vigorón and horchata a refreshing traditional drink.

As for the climate, it is pleasant throughout the year, it usually has moderate temperatures, March is a perfect month when the temperature is dry and cool. It is a paradise for all people with an adventurous spirit as it has a variety of outdoor areas, hiking in the mountains, mountain biking and horse riding, it has a range of activities for all ages, it is undoubtedly an ideal country destination for vacation

For this Holy Week, visit its sawdust carpets, religious processions and cultural events, experiencing Honduran authenticity by heading to the tranquility of Laguna El Cristo and its panoramic views on its outskirts.

Siguatepeque, a country destination during Holy Week

Siguatepeque has a current population of 110,292 inhabitants. Of the total population, 46.6% are men and 53.4% are women. Almost 79.2% of the population lives in urban areas.









The story of the Honduran Baleada

ccording to the research team of our magazine Roatan Today, there are many theories about the origin of the baleada, one of the general explanations is that it emerged in the mid-20th century.

It is speculated that its name comes from the fact that in the fifties the bean was called bala, hence the name "baleada" since this food is the main ingredient of this dish. On the other hand, it is said that its origin was because a woman had a street stall, and they shot her, that is, "she had been shot" as Honduranism indicates. However, this soft food was born in a city in the Caribbean of Honduras called "La Ceiba", being a key region for banana cultivation,

becoming popular in the fifties and then expanding to the other departments of the country, this is how this delicious delicacy evolved in its preparation.

Currently, there are different ways to make a baleada, the original one contains (beans, butter and cheese), but you can add (banana, avocado, egg, chorizo), but from a short period of time until now in different departments they incorporate meat in this typical dish, which makes this food the most versatile in Honduras, being a recipe adaptable to the palate of every Honduran and foreigner who lives in love with this exuberant food.

In conclusion, to forge patriotism, it is stipulated to celebrate the day of the shooting on the third Saturday of June.

On Saturday, June 16, 2018, "National Baleada Day" was celebrated for the first time in Honduras, with activities in the cities of Tegucigalpa, San Pedro Sula and La Ceiba.



BALEADA:

It consists of a wheat flour tortilla approximately one hand in diameter, folded in half and filled with fried beans and other accompaniments. The basic recipe commonly includes red beans—preferred in Honduras—with butter and/or grated cheese, which is called "simple baleada."

KEY KEY SINGER OF THE HIT



CHARACTER

here is no person who can resist dancing to the rhythm of this song that is positioned on several international playlists "I have a plan", in a matter of days it gained strength to reach every Honduran ear, for this reason we have in this edition to the architect Kemrry Froilan Castillo Miranda better known as Key Key.

"I carry my success with great humility, grateful first of all to God and to all the people who have made it viral."

Behind all the fame, successes, and recognitions is a humble person, capable of showing modesty and putting aside the self, this is how Key Key, a young man originally from Triunfo de la Paz, Tela, defines himself.

His dream of being a singer began at the age of fifteen, he began to record and release music, but that dream was able to take off seven years ago professionally producing his music videos and recordings of them, currently the interpreter of "I have a plan", this under the Legal Music Group record label. Kemrri Miranda.

Exclusively, he shared with us that a few days ago he received a plaque in recognition for having reached one million streams, this is only the beginning for this national star, since he stated that he has many musical projects, "Right now we are filming one of many music videos that will be released soon" indicated the celebrity.

In his tour he included Roatan where he recently performed in concert and was delighted with the entire island for his warm welcome.













Useful Diving Capital

he dream of every diver is to scuba dive on this sparsely populated beach, with abundant marine life, so it connects with this sport. We are talking about Útila, a small but charming island located in the Caribbean Sea of Honduras. Known as the best place in the world for diving, it is a haven of tranquility, it is the most traditional and conservative of the Bay

Islands, despite the changes it experienced decades ago after the transfer from the British to the Honduran government in the 19th century, from being a closed community dedicated to fishing to being one of the most cosmopolitan places in the country.

It managed to position itself as one of the best tourist destinations in the Caribbean and an example to follow for the rest of the region. To achieve the preservation of the

environment, UN delegates met in Geneva to talk about various topics such as global emissions of CO2, the Kyoto Protocol, Útila Honduras and the new international agreements to lower pollution levels in Third World countries. It has been recognized as a sanctuary for marine life, and is fully prepared to receive all visitors for Holy Week in 2024, to enjoy snorkeling, fishing, and observing its diversity of aquatic species.



woman with a big heart, loyal, humble, unique and ambitious qualities characteristic of Jennifer Funes who positioned herself in the public eye after being chosen as the most outstanding palillona in the 2017 patriotic parades, a young woman with conscious respect and love for animals. That animals feel and deserve to be respected, values instilled by their family, which always help protective homes, making the adoption of animals a characteristic habit in the family.

In this way, the idea of the charismatic influencer was born, creating The Honduran Foundation for the Protection of Animals (FUHOPPA), with its motto "We are heroes, and together we do more", aims to use its networks and reach to help animals getting adoptions, being the voice of all those animals that suffer or do not have a home in the country.

"This project is its own non-gover-nmental and non-profit" Funes emphasized, this foundation operates from social networks, I still do not know how to run a shelter because the general concept is to be the media voice for all animal shelters, people can donating medicines, food or other supplies can be directed to their social networks such as @fuhoppa. This team delivers donations to those who need them and is always on the lookout to make any complaint viral. On the other hand, the toughest in Honduras will return to journalism with her own studio for interviews and podcast of her program "HERE AMÔNG US WITH JENNIFER FU-NES", for those who follow her career know that it is a project that began in a pandemic, but I wanted to give it a more professional approach, exclusively Jennifer shared with us that this month begins with the segment which will be broadcast on her social networks: YouTube and Face-

book, "without leaving aside music and other endea-vors for this year," she noted.

"My family has always been guided by that part of art, for example in painting, singing, music, so I was even in the worship ministry, I liked to write poems, music, etc. since I was little and I currently continue along that line, apart from the fact

that I have very good acquaintances in the musical field and I enjoy it," Funes stressed.

However, he does not plan to venture into music due to the demand for time in it since his area is journalism, but in his free time he releases musical songs and composing, he has collaborations with dollar, DJ SY, Lil Roy, Mr. JC, Jaso beat, Little baby.

The beautiful catracha has demonstrated her versatility, in all the areas for which she is passionate, saying

goodbye with a beautiful message to the entire Honduran population, "Learn to guard your heart, do not waste your energy with anything negative or allow anyone to steal your energy." peace. May they always be learning, may they work, may they improve as much as they can as humans. May they always do good, even though there is so much evil and may fear God, may they value the good because life is one."





OCOLATE FLAVOR

he legacy of cocoa in Mosquitia is led by women, the process begins with planting and cultivation and then carefully selecting high-quality seeds, supervising the cycles of nature and respecting the knowledge of their ancestors.

The chocolate is positioned as the best Swiss chocolates, at the beginning of its export a prize was awarded for its quality in the European country, thanks to the hands of each Honduran who adopted it as a means to have income for seven and eight years, which serves to meet needs such as food, health, education and housing.

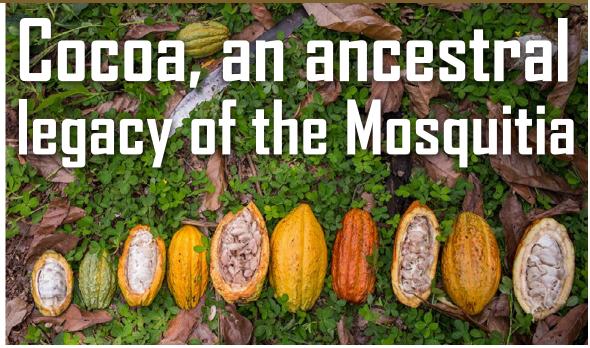
Chocolate making

After fermentation, the seed is dried in the sun, spread on patio or palm fiber mats for slow dehydration, this guarantees the conservation of cocoa.

It continues, roasting the cocoa seeds, placing them on comales or special fire pans, stirring constantly to prevent burning, providing characteristic flavors and aromas when removed from the pan.

After toasting, the cocoa beans are peeled. The outer shell of the seeds is removed, revealing the cocoa beans in their purest form. These almonds are the base for making chocolate.

Without a doubt, Miskito women are an example of the determination, traditionally and ancestral knowledge in the production of Honduran food, keeping this craft











Ash Wednesday and Valentine's Day are compatible in Catholicism

On February 14 of this year, Valentine's Day, a marketing date par excellence, and Ash Wednesday, inclined towards Christianity, coincided. hy did this event occur?
Every four years the leap year occurs,
Ash Wednesday does not have an established date, it is linked to Easter Sunday, this year it will fall on March 31, according to a calculation of the hung calculation of the hung calculation of the hung calculation.

will fall off March 31, according to a calculation of the lunar calendar, to find the date of Ash Wednesday, we go back six weeks, leading to the First Sunday of Lent, and four days before that is Ash Wednesday, February 14, joining with Valentine's Day.

Although both celebrations do not coincide based on their meaning, they simultaneously obtained an incredible combination, In the sixties of the 20th century, both could not be celebrated with the same solemnity, since Saint Valentine of Rome, the priest who is said to have inspired the

festival of lovers throughout the West, is no longer included in the Catholic calendar.

The decision to remove the Roman saint from the Catholic calendar was made by the Vicar of Christ, Pope Paul VI, in 1965, who sought to redefine the canon to leave aside the saints whose history is based more on a legend than on historical data that reaffirms his existence.

Currently, Pope Francis wanted to revive the celebration of Valentine's Day to rescue the original reason, far from national and international commercial celebrations, which is why, 10 years ago, Pope Francis brought together more than 20,000 wedding couples from 28 countries in the world, which exceeded the expectations of the Vatican, which expected only 3,000 couples.























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he current businesswoman, in the midst of unemployment without income or savings, began her venture as an eyelash extensionist, a course in which she specialized in the United States, which she studied before becoming a mother

for the second time.

cide my time to be with them is one of the main reasons why I decided to undertake this long path, I wanted something where I could have my children with me without having to leave them at home in the care of someone else. Since when my son Imad started, he was only a little over two months old."

Estudio Stefany Galeano has gone through personal and professional improvement, working for her company gave her the opportunity to study and complete her degree in Marketing and her pre- and post-graduate degree, strengthening her knowledge in eyelash extensions with the international academy phiacademy of Belgrade in Serbia, earned fourteen

in the micropigmentation industry. As support for the improvement of Honduran women, Galeano teaches courses on hair-by-hair eyelash extensions with an introduction to Russian volume, including digital marketing and customer service, also a Phibrows course, Phicon-tour, Philiner, Philips, emphasized "telling Hondurans that the phiacademy courses, the certification is valid throughout the world and includes 3 free courses being an expert in skin, first-class service and

She stood out for the first time by animating professional dance in different events such as Teletón, Channel 5, opening of concerts, presenting Miss Honduras with her

choreographic group Oxygen, attracting the attention of the media. She began this journey at the age of 14, as a professional dancer later. I work as an image for some brands in promotional products such as music videos, advertisements and clothing brands, then television. Channel 54 opened its doors to her by positioning her as a youth presenter, but the charisma and charm of this young woman managed to place her on channel 5 as champion of dancing for a dream second season.

"That's where my contract came from for the famous program Entre mujeres. At one time, I became a sports presenter on channel 6 with the program Los Intocables. I was hired by Azteca Honduras as a sports presenter for the 2014 World Cup. The opportunity to work on channel TEN in the morning magazine of Cercano Buenos Días Centro América and my last experience was the morning maga-zine Café Caliente of VTV in 2019." Stefany expressed.

Without a doubt, this figure was positioned as the best in the beauty industry in Honduras, promoting the most innovative techniques for all women throughout the national territory, being a resilient woman who overcame all the difficulties that arose along her path., leaving a message to all entrepreneurs.

"Opportunities are created without fear, no one is born successful, we create this along the way with maturity, learning, discipline, courage and resilience. You have to study and take advantage of life's situations to do good, you have to persist, have businesses or undertake, no one said it is easy, but you have to create daily routines in which you dedicate great energy to your environment for personal and work growth. There are times of good times and times of lean times. The fundamental principles are financial administration, marketing and positioning of your brand, providing quality service and attention. These factors will help you grow if you apply it to what you do. My best wishes in everything you undertake along the way, remember that God gives to everyone" Stefany Galeano.

Stefany Galeano Entrepreneur of the Month

Stefany Reneé Galeano Flores, the multifaceted Honduran who decided to share her story of improvement for other women who are going through a similar situation.