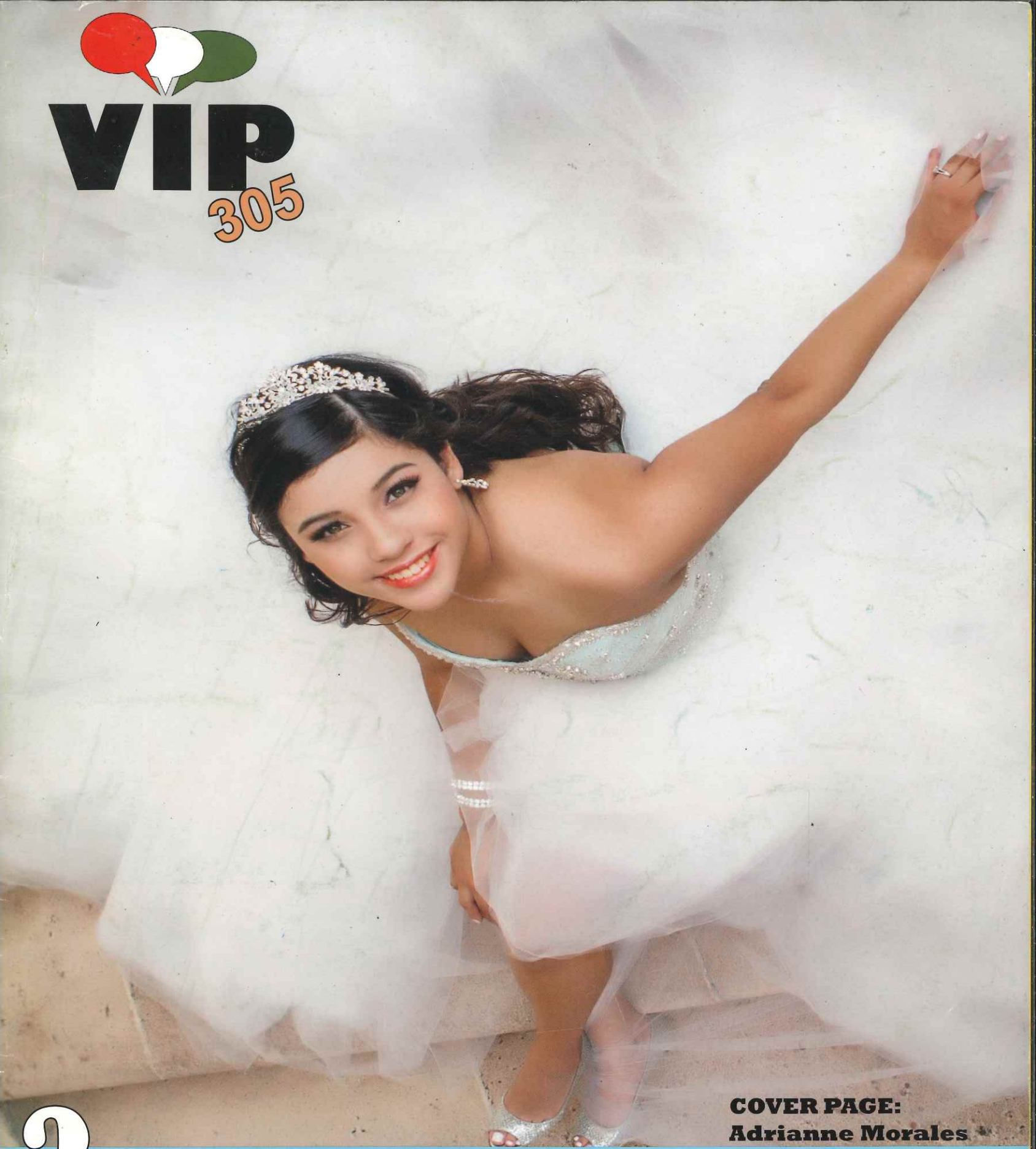
VIP 305



COVER PAGE:
Adrianne Morales

3

WE FOUND OUR TALL TEEN! GEORGE GRIMWADE

MATTHEW AND LAURIS: MAKING A DIFFERENCE

YOUNG MASTER: VALERIE LOUREDA

THE STORY OF ANDRES HIDALGO

Scan here

Not many adults remember how it feels to be a teenager; many have forgotten the peer pressure, the bullying, the competition, and the misunderstandings that happen in the school years. This magazine is a reminder to those adults, which have stopped believing in themselves, that dreams do come true when there is the right guidance, love, and support. We must not forget that the teenage years are the most important ones, because during these years, the decisions made shape their future. Adults should not forget that the challenges they met are different than the one faced by teenagers of this time. The information and exposure to the media has made it more challenging for adults and Teenagers alike. We see things differently, In the past adults had control over what their child can or cannot know. These days, both adults and their kids have access to the same information

VIP305 understands how important and (at the same time) how difficult it is to be part of our teenagers' lives. We know this because we deal with them on daily basis and because we are parents ourselves. In our journey we have learned that the best way of reaching teenagers is by caring about their needs, communicating in their social media, and making them feel important, loved, and acknowledged.

Since we seek to empower and inspire change-makers of today and tomorrow. Our programs and partnerships focus on optimizing the power of human agency.

Today's teens are tomorrow's leaders. This is why we give to them the most precious gift there is... our time.

- We cover social events
- We support causes
- We promote leadership

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About our cover:
Adrianne Morales celebrated her 15th Birthday with friends and family.



Front cover and cover inside pictures by:
WWW.BELLAQUINCES.COM

In this edition:

- Andres Hidalgo our VIP-305 teen: Find out why he is so special.
- We found our tall teen and future MVP: Meet George Grimwade.
- Young master: Valerie Loureda shares with us the sacrifices she has to make to be a champion.
- Ferguson Broadcasting Network gets exclusive tour of CBS4 Miami Studios .
- Mathew and Lauris are making a difference with their Best Buddies.
- A special day for Adrianne Morales.

Andres Hidalgo

Our VIP TEEN Of The Month



In our lives we meet hundreds of people, but then you meet ONE person who changes your life forever. That special person is Andres, who at age 15, he was diagnosed with Leukemia.

This illness, has stolen the hopes of many patients with the disease. Yet, it has turned Andres into a young man with a stronger spirit, a student eager to become a pediatrician so he can help others, but above all, a human being that appreciates the support of his family and friends. Here is what he told VIP305 in the interview.

Could you give a brief introduction for our readers about you, your family, and your interests and hobbies?

Hi my name is Andres Hidalgo. I was born in Ecuador January 27, 1997. My whole family is from Ecuador. My hobbies are playing volleyball and I like to spend time with my friends.

When and how was your cancer discovered, and how you did you and your family deal with the news?

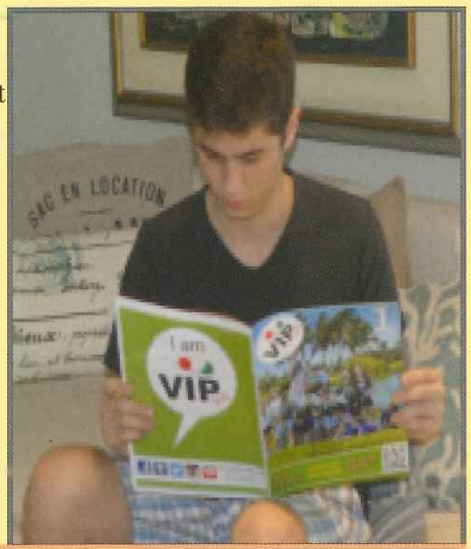
I was diagnosed with acute lymphoblastic leukemia on April 14, 2012. It was very shocking for my family because I had never until that moment broken a bone or even gone to a hospital for anything major. We really didn't know what cancer was or what to expect, but we always had hope that I would get better.

Who has been your biggest support through all of this?

Well, my mom was always my biggest supporter. Every day that I had treatment she would come with me, whenever I had to stay overnight or long periods in the hospital, she was always there with me, in the bed next to me. She was basically my number one supporter.

What advice would you give to teenager that are or may have to undergo the same situations you went through?

The most important thing is to have faith and strong group of friends; because your friends are really the ones that make you feel better, even on the days that you feel the worst. Even if they come visit you for an hour, you just forget that you have cancer for that hour and you feel like your're normal and still part of them.



How important is it for people to have a spiritual, familial and emotional support system during treatment?

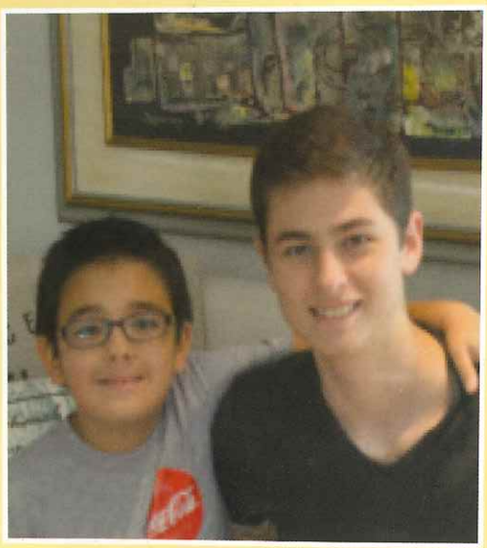
It's very important, even if for a brief moment someone comes to you in friendship, you feel like you're normal. As far as spiritual support, without God I really believe that I wouldn't be here today, that's also very important to me. Sometimes there are tough days; especially with some of the medications it affects your emotions too. I really think is important to go visit anyone who is undergoing treatment.

What encouraging words would you have for those who have a family member or very close friend suffering from cancer?

Keep your faith, not only in the doctors but in your God and friends. Keep on fighting, this is a disease but you can leave with it.

What do you like to do on your free time?

I've learned to enjoy life a little more now, so whenever I can, I go out with my friends. I really love watching movies and reading books.





What's your favorite sport?

Volleyball, for sure.

What do you want to study after your graduation from High School ?

I really want to help out other people that are suffering with cancer like I did. So, I want to be a pediatrician.

Name your favorite university.

Georgetown University.



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WE FOUND OUR TALL TEEN!
GEORGE GRIMWADE A GOOD ROLE MODEL

We wanted to know: Why is it so important for boys to be tall at a certain age? So we started searching for tall teenagers; that is how we met George Grimwade. Oh boy, is he tall? The average height for a 17 year old male in the U.S. is 5'9" to 5'10"; George is 6'8" tall. We arranged an interview with him at Gulliver Preparatory, where he is a student. He showed us around his school and the gym where he practices basketball for several hours a day. After the tour, we sat outside to ask George some questions and to get to know him better. What a privilege to interview a person like George! The way he conducts himself with so much confidence, his passion for sports, and the way he is helping kids with special needs, are only a portion of the attributes of this incredible young man. With many golden opportunities knocking at his door, and the popularity that surrounds him, George has set his goals very clearly and he working hard to reach them.

What inspires you? **"My mom and dad inspire me. I have kids on the team who told me stories that I would've never even imagined. Those things pretty much changed me. It really helps me to want to succeed in everything I do."**

What college would you like to continue your education? **"I'm not really sure yet. I want to go to a really good school to get a good education, obviously that is first and sports are second. I'm trying to keep an open mind, that way I have more options."**

Now that you have played both sports, basketball and football, which sport do you like the most? **"That's a really hard decision. I've been playing basketball since I was a freshman. Ever since you are a little kid, you have this NBA dream that you want to go far with that. This year I started playing football for the first time ever and I loved it. I never knew I'd be able to fall in love with a sport just after one year."**

Who's your role model? **"My mom is my role model. I live so far away from my activities and she drives me around every day. She's always so supportive, in everything I do. I know, she's got my back."**

What are your dreams for the future? **"Playing professional sports, but if not, I would like to go into sports media broadcasting."**

How did you become a president of Special Olympics run? **"It was actually an opportunity that I got last year when the Boston bombing occurred during the marathon. I tried to put together a run, to benefit the families that were affected, some legal issues came up and I couldn't be part of it. My sister's school principal came up to me and said: "I see that you like to do charity work, would you like to help me with this run I've been participating in every year?", that was March 19th by the way. So, I got involved. I met some kids; they nominated me as the president of the club pretty much for starting it. My role pretty much is to spread awareness for the cause and try to get as many people as possible to participate."**



Why do you like special kids? **"I had a neighbor whose name was Lexy, a very beautiful child, she had Down syndrome, I would never find her without a smile on her face. Every time I saw her, she was so warm and welcoming. She would always give us hugs and she loved my parents. I really love her."**

What's your workout routine? **"Well, when I have some time off from training, practice, and studying I can then workout. First I like to get a good playlist of course, and then I worry about stretching. If I don't stretch correctly I can get injured and I can be out for a long time during the season. The main thing is to keep yourself focused and don't mess around when you're lifting heavy weights."**

What are the advantages and disadvantages of being 6'8? **"Some of the advantages are as far as sports and colleges, a lot of people may look at you with a different perspective, which is pretty cool. It helps a lot dunking, because I can't jump that high, being 6'8 really helps a lot. I can always help people get things from high shelves. The disadvantage is that I am constantly hitting my head on things that are too low. I'm oblivious to a lot of things and I can hit my head fairly often."**

What do you like to do with your spare time? **"Hang out with friends and family. I like playing 2k and Madden and shooting hoops."**

Do you have any words of advice for the young community? **"Of course, don't do drugs, don't drink. For me, it is important to be yourself and don't let anyone affect who you are. When you allow someone to affect your life, they can change who you are. Don't try to change yourself to fit in with the crowd, be yourself."**

How do you balance your studies and sports? **"It's hard, it's really hard. When I get out of school, I have to attend tutoring sessions with some of my teachers. Then I have practice for 2 hours. I get home around 8 o'clock and I am dead tired; sometimes I don't even want to eat, just take a shower and go to bed. I know that in order to get somewhere in life you need to maintain your grades, the first thing I do when I get home is study, I get the books out. Many times I study and do homework in the car while my mom drives me home; I do everything that is possible to maintain a high GPA."**





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FERGUSON BROADCASTING NETWORK (FBN) GETS EXCLUSIVE TOUR OF CBS4 MIAMI STUDIOS

John A. Ferguson's High School Broadcasting Network had a great experience in visiting the CBS 4 Miami studios. The students got an opportunity to see how it would be like if they were to choose to have a career in the broadcasting business. Students were shown the different jobs that it takes to run the news every day and how important each one contributes to the overall production. Students also had the chance to be in attendance during a live news cast in the studio and in the control room. While at CBS 4 the students had an opportunity to experience breaking news coming in of a hostage situation in a bank. The director of FBN News, Alejandra Salazar had this to say about her experience. "The newscast was so professional, it was amazing seeing how they handled the breaking news. The most fascinating part was the atmosphere of the room when they were broadcasting, very similar to the stress that I feel every morning, but, on steroids! I enjoyed seeing the professionals at work."

Composed of two different classes, each with handpicked students displaying a passion in broadcasting, a live news cast is created on a daily basis. Although everyone expects the "typical" high school news, FBN's mission is to break just that. In the ten minutes the school provides them with, each anchor incorporates their own personalities and creativity to deliver school oriented announcements to their 4,000 viewers. From directors all the way to camera operators, the daily production requires the skills of many. To someone sitting and watching our show amongst friends, FBN may serve as a simple distraction from class, however, for them, it's what their apart of. They will be competing, as they do every year in the state convention in Orlando, Florida from April 24-26.



Story By: Kris Cartelle
Ferguson's High School



A Young Master: VALERIE LOUREDA



We wanted to learn more about Valerie Loureda because at age 15 she is a 4th degree Black belt.She is also one of the youngest martial arts Masters in Taekwondo in the United States. At age three Valerie started to kick and competed at the age of six, winning national titles consecutively every year. Her father, Master Frank Loureda, is a Grand Master 8th degree black belt.

Valerie states that "The life of a young athlete is not easy but in the end the sweat, suffering, sacrifices, and tears pay off." Valerie's dream, which she is already working on it, is to participate the OlympicsGames/Rio 2016. We wish you the best of luck and look forward to cheering you on in Rio.



"My life as a young athlete requires a huge sacrifice"

- What are the most difficult sacrifices that you have made?
Being able to balance school, my sport and also being able to maintain my diet.

- What's your diet?
My diet consists on no carbs, no sugar, and no fat. I eat protein, fruit and drink a lot of fluids.

- What's the hardest lesson you had to learn?
The hardest lesson in taekwondo is sacrifice, not being able to go out some weekend with my friends.

- Taekwondo is best known as a kicking martial art. How can you describe it?
Taekwondo is not only about kicking. It gives you speed, coordination and power. It's an all- around sport which makes you an all-around athlete.

- Why did you choose Taekwondo from all the martial arts?
I was born into the sport, so for me it's different because of my father that I began to train at a young age. I started kicking at the age of 3, he started taking out to international competitions; I started asking myself, was really what i wanted to do.

- Does taekwondo helped you in other aspects in your life?
It helped me as far as self-discipline and self-confidence.
I could be in front of an audience and be able to speak with everyone. Also, if I go out in public and someone wants to hurt me I know I could defend myself.

- How can someone get to your level and get as far as you have?
To me it's different because I was born to the sport but, it's a lot sacrifice, dedication and deciding that this is really what you want to do.

- How is school?

Adrianne's Dream Come True



The only girl in a family of five boys! She couldn't be more loved and special!

Adrianne has been dreaming and planning her Quinceañera since seventh grade. Everything was perfect that night! And as we were touring the event some of the guests had thought of the following questions for the birthday girl:

What's the best song to dance to? Animals by Neon Trees, hands down.

If you could live in any other country for 2 years where would you go? Probably Scotland. The views are incredible and so worth it and the weather is amazing, plus I can actually understand the people.

What do you have that is of great value to you but of no value to anyone else? I have a stuffed animal puppy that I asked my mom for when I was little and since she bought it at Michaels I named it Michael. For some reason I remember it clearly but I keep it in my room and I'd probably be heartbroken if something were to happen to it.

What would be the very first thing you would do if you won the lottery? I'd probably take 1% to go on a shopping spree in Sephora because I love makeup (even though I rarely wear it) and then probably put the rest into savings and donate part of it to my mom's foundation, Teresianas en Accion.

What slang word or phrase do you love to use? I seriously try to keep cursing to a minimum so I substitute a lot of words for silly things like "what the fadoodle cakes" and "don't be such a turtle".

Who do you admire as a leader? Definitely my parents! I know it's stereotypical but they raised me to voice my opinion and to not let what others say affect me.

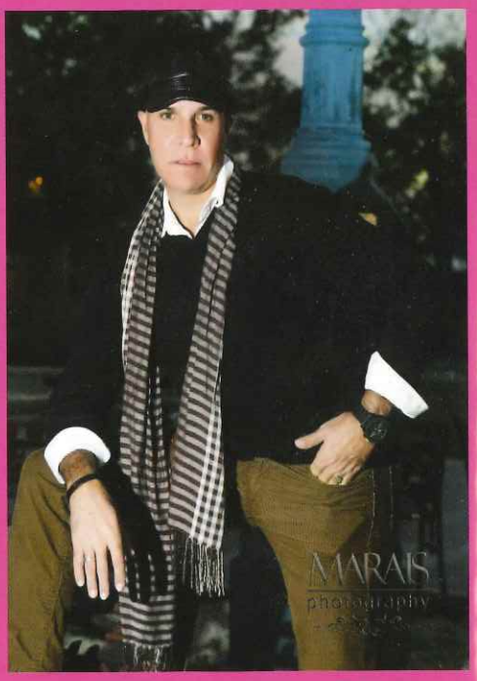
What music are you embarrassed to have on your music library? I have a lot of my mom's music on my phone so sometimes when I'm in the car with friend my shuffle will go from something super upbeat to a Catholic Church song In Spanish. Talk about awkward.

What's something that not many people know about you? I take things really personally an I tend to make other people's problems my own so I love putting all of those emotions into artsy films with a deep meaning behind them.

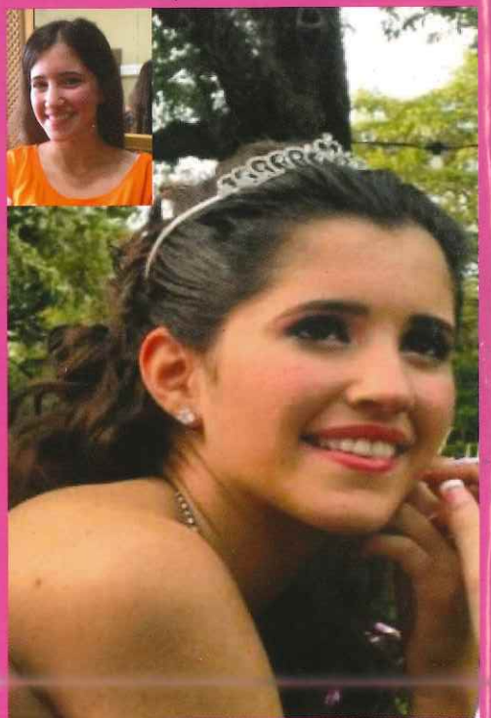




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Adrianne Morales







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MY WINTER BREAK... GREAT!

Greetings from Nicaragua Lourdes Maria Saravia



Andres Mestre at the BCS Championship Game in Pasadena, Ca



Pedro Leon with his pal "Max"





Sal Barrios diving at the keys

Jimmy Weber - Davos, Switzerland





Carlos diving in the Cayman Islands

Shelby Taylor Klein at Orlando Florida





Sofia Castellanos & Natasha Codinach



Allysen, Vero, Halley, Kristen, Isabella, Esther, Krizia, Annie, Briana, Vale

Eduardo Chirino in Mammoth Mountain





Pedro Rodriguez in West Virginia

Saint Brendan High School Homecoming Week

THE SABRE









ABBI, KRISTINA AND VICTORIA



DANIELA, TRACY AND ROMT



CARLOS, LAUREN AND ANTHONY

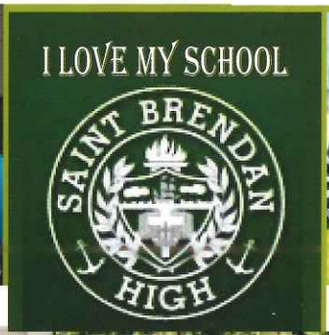


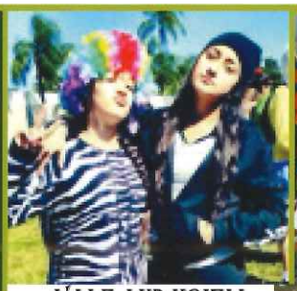


FRAN AND DAVID



ALEXIA AND LUIS







VALE AND KRIZIA



ALISON, RACHEL, ABBY, TERESA, VICTORIA & JULIETTE



LUCAS, KRIZIA, BIANCA AND DANI



NIKKI, DANIELLA, KRISTEN AND HAILEY

mes Amis

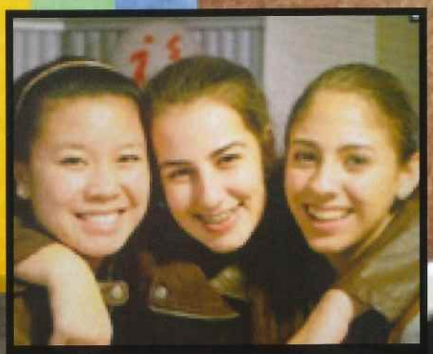
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Instagram's Favorites



Lianne, Natalie and Rebecca



Hugo Viscarra at St. Hugh Vs. Sat. Agatha at AAA



Jose, Paloma, Alejandro,Silvia, Alex, Sophia, Francisco, Juan, Brando



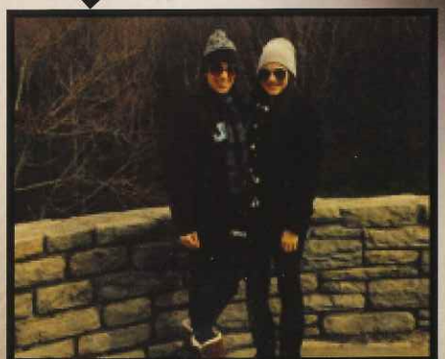
Stephano, Christine, and Chris



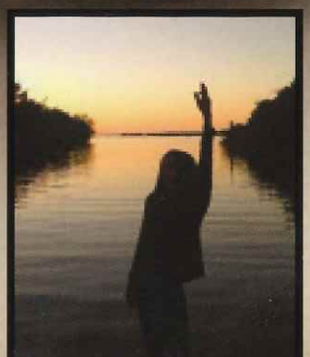
Angeles de Agape Youth Group, Saint Jhon Neumann



Madi, Lourdes, Daniella and Isabella



Vicky and Nicole Vazquez



Sophie Castaneda



Lucas McCormick, Basketball tournament in Miami Spring



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Happy Valentines



ZIENA, KELLY, VANESSA, ALEXIA AND SILVIA



LAUREN CERVANTES AND KRISTEN MAESTU



JORGE ESCOBAR AND MICHELLE ALPIZAR



GEORGE GRIMWADE



ALEK, ALEJANDRA,GUSTAVO, SAM, ALEC AND CRISTINA



CRISTINA, GABRIELLA, SUSIE AND GABRIELA



LOURDES VARSITY SOFTBALL TEAM IN VALENTINES DAY



LEO AGUILAR AND KATIE PICCOLO



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El 2013 fue para Raquel Regalado el cuarto año de arduo trabajo que sirvió para cumplir metas muy importantes para todos los estudiantes de Miami-Dade.

ABRIL – Día Mundial de Concienciación sobre el Autismo - Regalado aseguró una donación de la fundación Humana por la suma de 10,000 dólares para por primera vez crear aulas multisensoriales para estudiantes con necesidades especiales.

JUNIO - Teniendo en cuenta que la alfabetización digital es un conocimiento fundamental para la generación actual, Regalado pidió a la junta escolar discutir una alianza con la Oficina del Alcalde de Miami para establecer un programa piloto con la ciudad de Miami para que los estudiantes de Miami-Dade tengan libre y fácil acceso a la enseñanza de codificación.

JULIO - Después que una serie de errores por parte del personal del Distrito Escolar del Condado de Polk llevó a la recolección de información biométrica de los estudiantes sin el consentimiento de los padres o los administradores escolares, Regalado alentó a la Junta Escolar del Condado de Miami-Dade a aprobar la creación de una política sobre el uso, mantenimiento y destrucción de la información biométrica de los estudiantes, la cual incluye características físicas y/o de comportamiento que son escaneadas digitalmente como un medio de identificación en los sistemas escolares K-12.

SEPTIEMBRE - Continuando con la lucha para mantener a los estudiantes libre de drogas, Regalado pidió a la junta escolar estudiar la viabilidad de las pruebas de drogas al azar a estudiantes de Miami-Dade que participan en actividades extracurriculares a nivel de la escuela secundaria.

Octubre:El tráfico humano, las armas de fuego, y el abuso de drogas continúan siendo problemas alarmantes en los Estados Unidos. Con el propósito de proteger a los estudiantes de estos peligros, Regalado realizó ocho reuniones comunitarias durante todo el mes de octubre en las escuelas intermedias

DICIEMBRE - El uso de cigarrillos electrónicos entre adolescentes en Estados Unidos ha incrementado alarmantemente. Las escuelas públicas de Miami-Dade estaban careciendo de una política clara acerca de la posesión de estos cigarrillos por estudiantes y profesores. Por eso, Regalado pidió a la junta escolar establecer una política para prohibir el uso y/o posesión de los cigarrillos electrónicos en todas las propiedades de la junta escolar y/o en los sitios donde se ofrece instrucción educativa y divulgar materiales educativos para padres, administradores, profesores y estudiantes sobre los daños causados por los cigarrillos electrónicos .

Apenas comenzando el año 2014, Raquel Regalado sigue trabajando sin descanso para garantizar un ambiente escolar seguro y lleno de recursos, donde todos los estudiantes puedan adquirir las habilidades necesarias para sobresalir en la economía internacional altamente competitiva de hoy.



Did you know that Horoscopes began with the ancient Greeks thousands of years ago? They believed that the position of the sun and the planets had an effect on a person's life. The Greeks also believed that future events happening to them could be predicted based upon their location.

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HOROSCOPE Feb'14

Aquarius January 20- February 18
The dreams that you had for a long time will become reality. Don't let the cycle pass by without taking advantage of the opportunities that come with it. You will have surprises in your job and unexpected trips.

Pisces February 19- March 20
Take some time to relax, be calm. Everything at this moment bothers you. It's just a bad moment that will teach you many things. Peace and hope is well needed. Good luck!

Aries March 21- Abril 19
You will meet people that will help you during these hard times. Be more trusting and secure in your love life. Talk to your partner, communicate more, tell him/her what's bothering you.

Taurus April 21- May 21
It's time for evolution. Don't be afraid of change, be brave. You have to take big steps with confidence. Don't abandon your health. Money comes miraculously.

Gemini May 22- June 21
Time to analyze your life. Learn from your past mistakes. You're very strong and when you fall you rise right away. You learn from the good things and also the bad things. Good luck!

Cancer June 22- July 22
Simplicity and humility are characteristics that will take you far in your life. People that surround you look up to you and admire you. Be yourself and don't let people put you down

Leo July 23- August 22
Work in your personal growth to have your happiness back. Life is smiling at you but you're unsure of your future actions. Be strong and determined. Make heroic choices this year.

Virgo August 23- September 23
Your achievements will prove to be closely related with your studies. This year you will have an opportunity to buy what you have been wanting to. Everything will come your way miraculously. Don't doubt your choices. It will take you to prosperity

Libra September 24- October 23
You need a vacation soon. Your stress needs to be released. Give more affection and love to the people around you. Do something romantic this month

Scorpio October 24- November 22
Listen to the advice of loved ones. Sometimes you aren't always right. It's ok to make some mistakes, no one is perfect. The key is to notice them and become a better person.

Sagittarius November 22- December 21
In life you have to choose what makes you happy and not what pleases others. This is the year to think about yourself before others. It might sound a little selfish but you need it. Take some time for yourself and enjoy the little things in your life.

Capricorn December 22- January 21
This year is the one you've been waiting for. It's time to make the investment that has been on your mind for the past years. You will have a lot of blessings this year. You will meet someone that will sweep you off your feet.

* For Entertainment Purpose Only

Special Corner

Matthew and Lauris
making a difference



Knowing that Matthew and Lauris have been involved in a cause that touches all of our hearts gave us the incentive to have a sit down interview with them and find out what inspires them. The Best Buddies team at Southwest Miami Senior High is making a difference in our community and we are proud to support their efforts.

This is your last year in high school, what are your plans for the future?

Matthew: I'm going to college. I have a few options in mind, out of those options the only one that has the Best Buddies program is Florida State University. If I do attend another college I would be interested in starting a new Best Buddies program. I have considered studying special educations, but I have some other options as well, like Economics or Law.

Lauris: Stay here for a few years, go to Saint Thomas University. Since I want to be a Sports Entertainment Attorney it takes a lot of time to go to law school and at the same time participate in activities outside school. I will keep doing Best Buddies. Maybe open a chapter at Saint Thomas, because they currently don't have one at all. continue working on Best Buddies, keep on helping.

Why did you decide to join Best Buddies?

Matthew: Actually when I first came to Southwest, I had no knowledge about it, something told me to go, and it was love at first sight.

Lauris: I heard a friend always saying: "Best Buddies, Best Buddies!" when I found out about it, I joined. It was something that I had no knowledge about, I went to middle school and they had nothing to do with Best Buddies, we didn't have special students at all. Coming this school I started noticing we had special students and I kind of knew how it was because I worked at a summer camp prior to entering high school, so I kind of had an idea but I wasn't sure about it.

What would you do to improve the Best Buddies Program?



Matthew: I know Florida is the biggest state for Best Buddies; it has the most chapters, the most offices, so I don't think the problem is here in Florida. Best Buddies has a 20/20 mission, which means they want to extend the program to all 50 states. So I think the problem is not here, the problem is other states do not have the program yet.

If you have the chance to talk to one of the Best Buddies founders, what would you say to them?

Matthew: Two words: "Thank You". What he did back on 1989 changed the course of my life, even though I wasn't even born. It made me a better leader, it made me have a different outlook on life.

Lauris: I appreciate the fact that he did that. He has changed a lot of lives.

Matthew: You will be surprised how many kids in Best Buddies program are talented. Howard is a fantastic singer and dancer, he does it all, you should see him in the talent show, he's awesome. Jackie is an amazing dancer; she's actually in the dance class. She participates in the dance show with other regular students. Here in Southwest we're very integrated, we don't believe in separation at all.



Matthew, Howard, Jackie, Lauris

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