

VIP 305

COVER PAGE:
Isabella Marie & Mikael Codinach

2 READY FOR YOUR DRIVER LICENSE?
ENTRANCE EXAM INFORMATION
HOW TO HAVE A POSSITIVE ATTITUDE

We understand that marketing is a very important side of business, that is why we take it seriously.

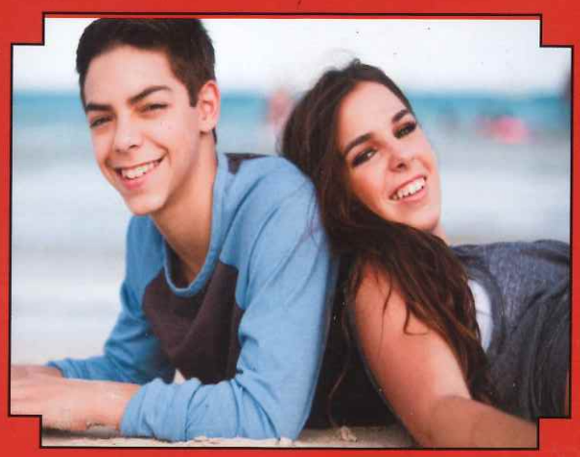
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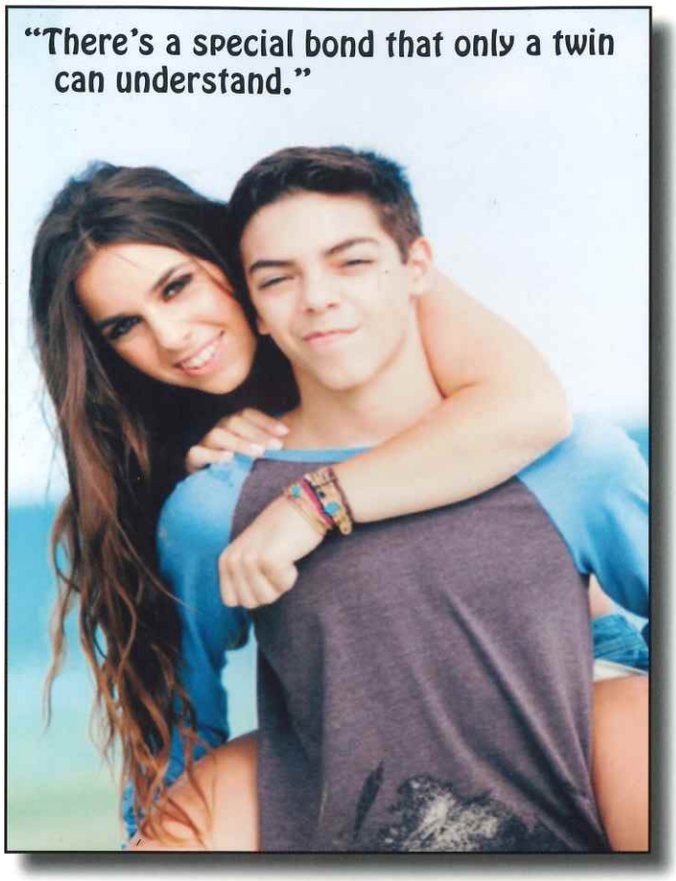
About our cover:
The Codinach twins set the example on how siblings should be.



In this edition:

- Meet our VIP-305 teens: The Codinach Twins
- How to have a Possitive Attitude
- I Quit Body Shaming Myself
- Getting your Driver's License For The First Time?
- Lourdes Winter Formal
- St. Brendan Christmas Formal
- Gatsby Codinach

VIP Teenagers



DID YOU KNOW THESE FACTS ABOUT TWINS?

- 40 percent of twins invent their own languages
- Twins start bonding in mom's belly at 14 weeks old
- The world's oldest twins are from Brazil, the Santana's sisters were born on 1905 (108 years old)
- Identical twins don't have identical fingerprints.
- If you separate identical twins after birth, they still end up similar

We interviewed the Codinach Twins to learn more about their personal lives.

How does it feel to have a twin?

It actually feels awesome to have someone so close to me, and to always have my back. There's a special bond that only a twin can understand.

Who are your best friends ?

Isabella: Ana Ayo and Olivia Palacio

How was your winter break ?

Isabella: I spent my winter break in Orlando with me family and also spent time with my friends.

What do you like to do in your free time?

Isabella: I like to throw large parties and hangout with my friends.

Do you play any sports?

Isabella: I cheer for the varsity cheer team at st.brendan high school and I couldn't ask for a better team of girls to share this experience with.

What is your New Year's Resolution for this 2014?

Isabella: As much as I love to throw parties, I must focus on my education and improve my grades.

How is your relation with your twin sister?

Mikael: The strongest in the family, well we are twins so we hang out a lot.

What is your favorite sport?

Mikael: Wrestling

Who are your best friends?

Mikael: Brian Abreu and Chris Bently

Which was the most fun party you have ever been?

Mikael: My own parties. (Christmas in PJ's)

What university you have in mind after graduation?

Mikael: FSU or UF

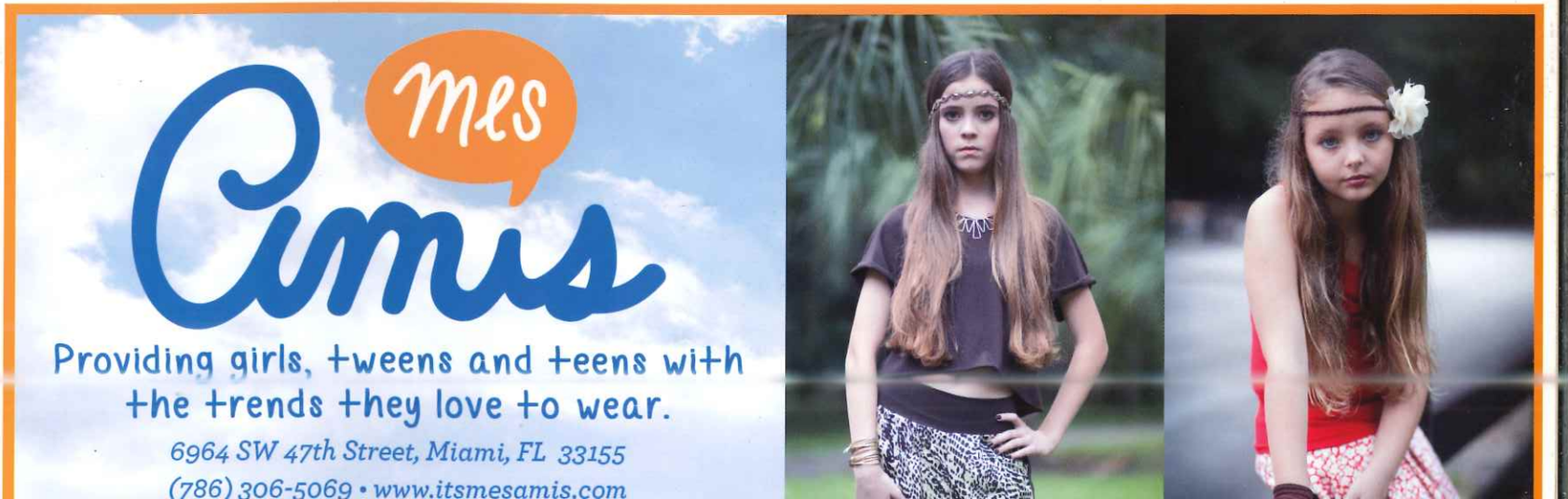
How many wrestling matches have you won?

Mikael: My High school Varsity Record is around15 to 20 matches won.



Anthony, Mikael, Isabella Marie, Angelina, Natasha

CODINACH



I QUIT BODY SHAMING MYSELF.

A couple years ago, I started having distorted views about myself. I was never content about my appearance. I was happy but I was insecure inside. I was rather good at hiding my insecurities though. I felt like my body was holding me back. I felt like I was capable of so much but my appearance stopped me. This caused a depression for my 7th grade year in school. I would come home some days, plop on my bed and just cry. I didn't exactly know why I would cry, but I just did.

In seventh grade I was also on the verge of developing an eating disorder. I don't want to self-diagnose myself but I know for a fact that I had symptoms of one with an eating disorder. I started counting calories like a mad woman. My head was a calculator. When I saw food, I saw numbers (of calories) instead of the fruit. I bought low calorie bread that wasn't nutritious, but I only cared about the calories. I stopped caring about the quality and nutritious value of the foods I was eating. I exercised for four hours a day. If I ate, I locked myself in my room and worked out until I felt like I burned off what I ate. I had a health blog and made my followers believe I was being healthy. I hid the fact that I hated myself for eating. I didn't tell them that I skipped dinner if I had a cookie for a snack. I was only kidding myself.



In 8th grade I decided to stop this. I've always ate super healthy but I ate too much in 8th grade. These were symptoms of a binge eating disorder. Binging is when you frequently over eat huge amounts of food at once while feeling out of control and powerless to stop. It's when you are no longer in control, the food is. After a session of a binge, you start to get depressive thoughts. Some people purge after a binge (I never did...I just skipped meals to try to make up for it) and others don't. Binges usually develop when you diet or restrict yourself from certain foods. I struggled with binge eating for four long and horrendous years. Binge eating is what caused me to gain so much weight.

It really wasn't too long ago that I decided to stop hating the way I looked. I wanted to love myself. Loving yourself is about taking care of yourself. I found that this way I started doing better for myself, I treated my body kindly, I listened to my body, I quit shaming my body, and because of this my body has rewarded me tremendously; I lost 10 pounds but in a healthy way. Just by listening to your body, it changes you. I feed my body proper foods, I give to it the nutrients it needs, and I eat a piece of dark chocolate if I'm craving it, because I listen to what my body wants.

I don't want my body to feel insecure so I make the effort to wake up every morning at 6:30AM to work out. Loving yourself is to support yourself. I found that loving myself keeps me motivated. It helps me accomplish so much more. It saddens me that I spent so much time of my teenage life hating myself like I did.

It's better to be 1000% in love with yourself. It's not called being conceited. It's called caring for yourself, your feelings, your body, and for your whole being. The more I fall in love with myself, the more I want what's best for myself. My body has truly thanked me when I treat it like a temple. I quit body shaming myself.



Story by: Daniela Lewkowicz
Age: 16 years old
School: Homeschooled
Wants to become: An Actress
Enjoys: Health/ Fitness/ Cooking
Instagram: danieladev

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Ready for your first car, but first you need a driver's license!

You are excited to start driving and you are already dreaming of your first car, but before you go on the road you need to have a valid driver's license. Driving is a privilege and there are a few rules and steps that you must follow before getting your driver's license. If you need the 411 on how to get it, well... this article can help you.

First, you need to take the Traffic Law and Substance Abuse Education, also known as the Drug and Alcohol Course. It is a mandatory class where you will learn what not to do behind the wheel and you will see a few cases of people who did not follow the rules and what happen to them. This class will last approximately 4 hours and the cost is around $40.00. Here is the number where you can call to make an appointment (855) 431 0651 or for more information, you can visit their website www.metrotrafficschool.com/DMV

Then, you will need to study and practice the DMV Test. You can either go to any driving license location and get the free booklet or you can purchased the app "Florida Driver Test-DMW Written Exam" at the App Store. This test will cost around $48.00 and you will need to present the following information: ID, social security, and letter that you attended the Traffic Law and Substance Abuse Education. You will also be required to take the Vision Test and Hearing Test on site. Try to be calm while the instructor is qualifying you. With your Learners License, you may only drive during daylight hours during the first three months. After the first three months you can only drive until 10 p.m. You must always be accompanied by a licensed driver who is at least 21 years of age and they must be seated in your front passenger seat at all times. To make an appointment online or if you need more information you can visit the Florida Department of Motor Vehicles at dmvflorida.org

Lastly, always remember that your safety is more important than anything else. You don't want to become a statistic, for 63% of people killed in car accidents are not wearing seat belts.

BUCKLE UP **DRIVE SAFELY** **FOLLOW THE RULES**





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HOW TO HAVE A POSITIVE ATTITUDE?

(FOR TEENS)



Have you ever looked at people who just seem to radiate happiness and good energy and wished that you could be like them?
Maybe you wondered "Why do they have so many friends? Why are they so popular? What is it about them that makes them so... well, great?"

What these people have is called "a positive attitude". Having a positive attitude will help you to get what you want out of life, while having fun and being able to laugh.

1) Be passionate about your life. Be excited to be you just as you are. Go through each moment as though it was your last. Live life to the full!

2) Don't react... act! Be proactive and think about things ahead of time so you end up with happy moments instead of just waiting around for bad ones.

3) Believe that each moment is perfect, regardless of what happens later. Even the worst moments are a part of life and you don't need to let them drag you down. Things happen. Just let it go.

4) Be grateful. Gratitude is a simple way to make you appreciate your life so much more. There's nothing wrong with having dreams or goals, but in the meantime, enjoy what you have... even though it may not be much.

5) Seize every opportunity you have inste ad of regretting it later. When you have the chance to improve yourself or try something new, don't sit around at home and wonder and think about the pros and cons. Just jump in with two feet and do it! New experiences are a great way to help you enjoy your life.

6) Keep your sense of humor. Learn to laugh and people will be grateful. Laughing creates such a positive energy within you and those who can hear you. Don't take your life too seriously... be willing to admit that yes, some moments are funny.

7) Believe that you are in charge of your destiny. No one can take your dreams from you as long as you're still breathing. If you have determination and will power, you can do almost anything. Success is whatever you determine it to be and you can be successful. Even when you do nothing, you are still creating your life so why not make it something to remember?



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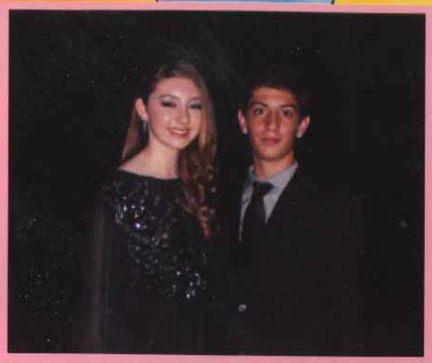
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Saint Brendan Christmas Formal



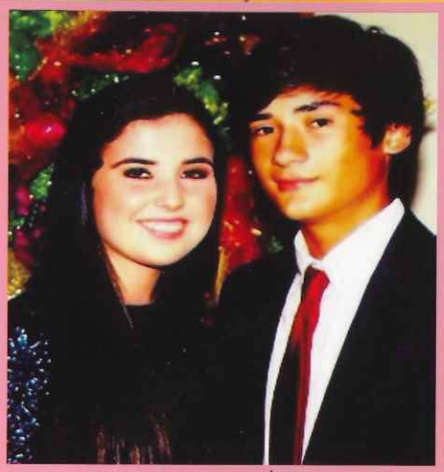
SOFI FERNANDEZ &
ETHAN GONZALEZ



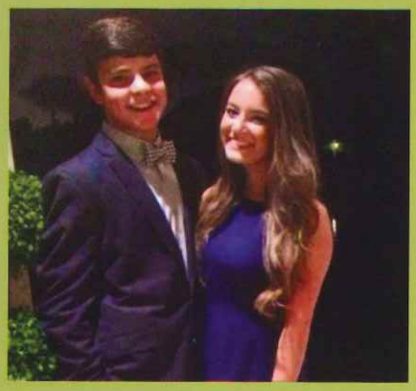
Daniel González &
Danielle Aruca



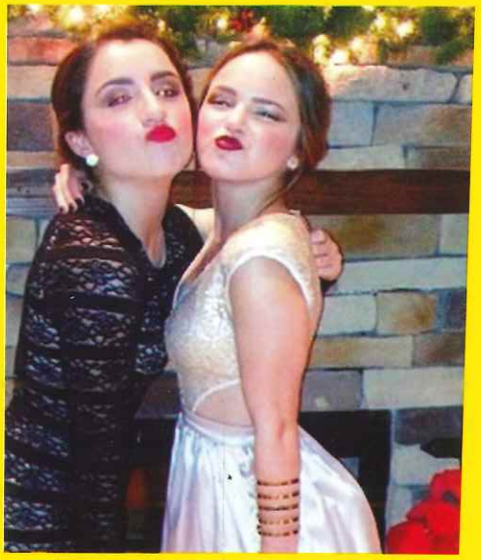
Justin Cepedo &
Alexandra Alvarez



Ana Ayo & Christian Burke



Daniel Silva &
Olivia Elena Palacio



Nicki Guerra &
Kristen Fernandez



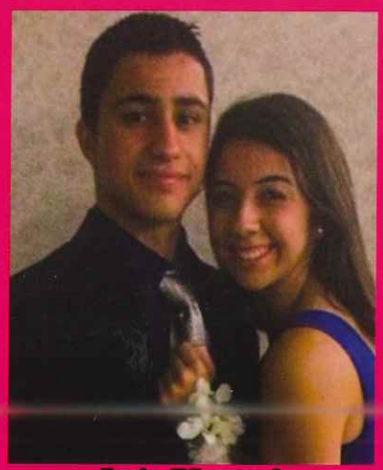
Christian Coipel &
Catherine Guerra



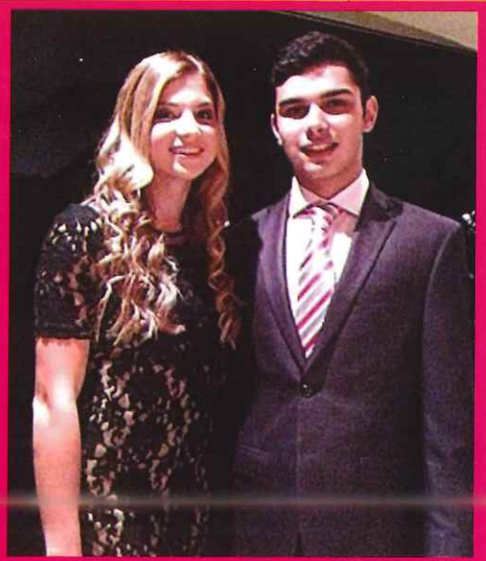
Isabella Codinach &
Eman Mendez



Ashley Silvarrey & Marcos Uebell



Luis Abreu &
Alexia Patiño



Anna Patricios & Richie Palmer

ISABELLA & MIKAEL
GATSBY CODINACH















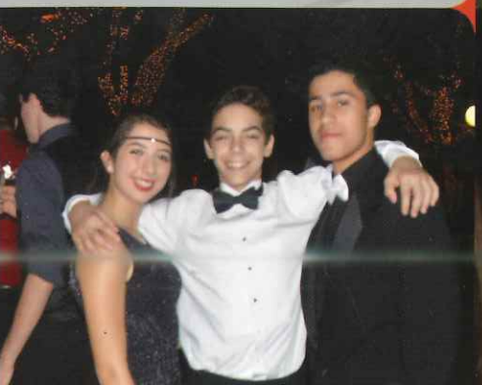
















LOURDES WINTER FORMAL



Dani Sanchez and
Carli Machado



Cristina Nunez
John Concepcion
Valentina Camargo



Diego Juan and Giselle Rios



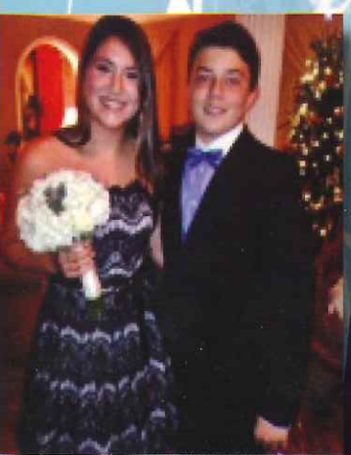
Lauren Perez



Lucinda Espinoza, Katie Martinez, Sandra Cardenal, Cristina Torrez, Marcela Restrepo, Mikey Fernandez, Alek Garcia.



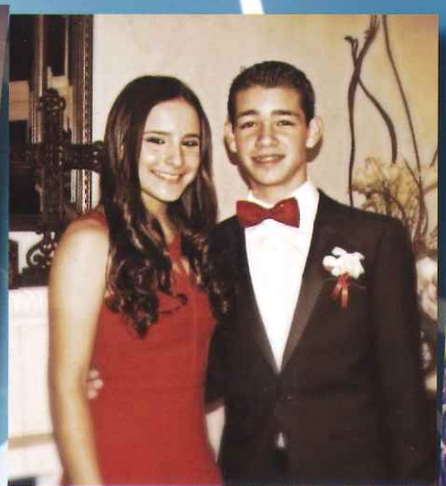
Hannah Dopico, Michael Mata, Victoria Someillan, Nicholas Hidalgo y Regina Lozano



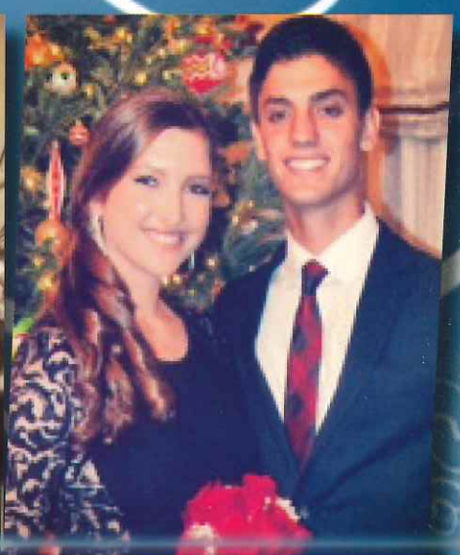
Samantha Kulbeth and Chris Austin



Mario Muxo and
Brittney Pardinas



Samantha Gonzalez and
Bryan Acosta



Rachel Dud and
Stefano Dongo

From our Instagram



Alexandra Calonje
Milena Peña &
Carolina A. Herrdocia



Alexa Fernández &
Christina Fernández



Karina Rodríguez &
Valerie García



Elisabeth Rodríguez &
Victoria Rodríguez



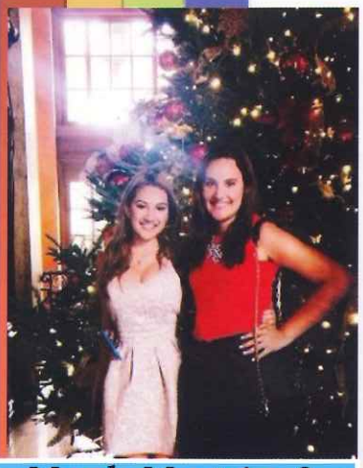
Julia Fernández &
Alejandro Fernández



Julia Campos



Kathleen Jiménez &
Austin Chacón



Mandy Monteiro &
Stephanie Monteiro



Bird man &
Mel González



William Sablon &
Pedro Guell



Sofía Pierce, Lulu Pinto
& Samantha Téllez

Gift ideas for the Holidays....

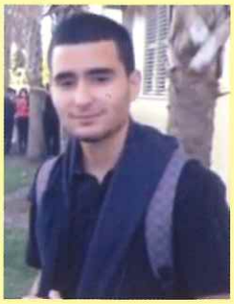
We went to different high schools just to ask around what they want. Here is the list of the most popular answers.



Dogs

Beats by Dre







X-Box 1
PS-4







Happyness for my family





money





water speakers

GAMA

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LOVE



















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Entrance Exam Information

VIP 305 wants to wish you the best of luck to those students that are planning to take the 2014 Entrance Exam to the following High Schools. Wherever you are applying to, make sure to prepare yourself.

Terra Environmental Research Institute
Entrance Exam: February 7th

Riviera Preparatory School
Entrance exam: Starts at January Monday- Thursday at 2

St. Timothy Parish School
Entrance Exam: February 1st all morning

St. Hugh Catholic School
Entrance Exam: February 8th at 8am

Saint Brendan High School
Entrance Exam: January 25th 8am

Epiphany School
Entrance Exam: January 25th 8-12pm

Christopher Columbus High School
Entrance Exam: January 25th from 8:30-12

Archbishop Curley/Notre Dame High School
Entrance Exam January 25th 8:30-12

Belen Jesuit Prep School
Entrance Exam: February 1st 8am (9th grade only)

Northwest Christian Academy
Entrance Exam: call for appointment

Cutler Ridge Christian Academy
Entrance Exam: By appointment.

Florida Christian School
Entrance Exam: January 25

Kendall Christian School
Entrance Exam: By appointment

King's Christian School
Entrance Exam: By appointment

Mc Glannan School
Entrance Exam by appointment.
(Must send application before)

Our Lady of Lourdes Academy
Entrance Exam: January 25th 8:00 am

HOROSCOPE 2014

ARIES (3/21-4/19)
2013 has been a little hard for you but don't worry, what's waiting for you next year will make your luck turn around. Surround yourself with positive people, don't let others put you down. Next year will be full of surprises.

CANCER (6/22- 7/22)
You have lived and experienced lots of changes this 2013. Next year will stay the same. Make some time to relax and enjoy nature. A little vacation wouldn't hurt.

LIBRA (9/23-10/22)
You will receive wonderful news in 2014. Past lovers will come to your path. Don't have rancor and negativity. Just remember to forgive but never forget! A treasure you thought you lost will be recovered. Good luck!

TAURUS (4/20- 5/20)
This upcoming year will be completely different as 2013. Now you must enjoy what life is offering you. You will have big opportunities on your way. You will meet important people that will change your life.

LEO (7/23-8/22)
For the stronger ones in the zodiac, my lovely Lioness. You are living a good cycle, however you have some doubts about your future. Don't stress it! You have lots of good things coming next year. Be persistent with your goal.

SCORPIO (10/23- 11/21)
Because of your personality some people might be uncomfortable and feel like you're judging them. But once they get to know you their opinion towards you completely changes. Next year you will be blessed with good health and wealth.

GEMINI (6/22- 7/22)
This is the time to make some business decisions. You will have a few obstacles on the way but nothing or no one will interfere on your projects. Be very careful where you put your signature next year.

VIRGO (8/23- 9/22)
Analyze your situation and brake all the prejudice that you have. You have to make some changes in your life in order to rise. People around you need a little push to succeed and your job is to help them get there.

SAGITTARIUS (11/22- 12/21)
For your good heart, many time you have seen yourself involved in others' problems. It's time to worry only about yourself and your needs, even though it might sound kind of selfish. Lots of traveling I see in this upcoming year.

CAPRICORN (12/22- 1/19)
You have many job offers, don't assume or be negative. Positive mind is the key to attract everything good in any situation. Have faith and you will see that many good things will come your way.

AQUARIUS (1/20- 2/18)
It's a good time to make some changes, especially in the labor field. Listen to the opportunities and ideas. Don't be indecisive. You must take risks to succeed. Next year will be very adventurous.

PISCES (2/19- 3/20)
Sometimes you tend to complain and be negative. It's time to look at your life in a different angle. Do something spontaneous and live it up. Spice things up in your relationship and next year will be very happy for both of you.

* For Entertainment Purpose Only

Special Corner

My Little Girl

In Memory of: Barbie Wessel

I little a girl-what a wonderful gift!
My happiness sets mine mind a drift.
The older children are almost grown,
They need me still, but can hold their own.

They're on their way to spreading their wings,
Discovering the world and its wonderful things.
How proud they are of this new little one.
They anticipate pleasure and lots of fun.

It's been so long since our home was graced
With the awesome sounds of a new little babe.
A little girl-all ruffles and lace,
With tiny hands and a pretty little face.

Awake from my dreams now, I recall
The thoughts and concerns, my mind to befall.
"A little girl" I say with a grin.
"I bit floppy, perhaps, any legs so thin".

No matter, dear, I'll gave you care.
I'll fatten you up and curl your hair.
The love you're given would be the best.
You'll see, you'll be just like the rest.

But her little head refused to stay
Upon my shoulder, to my dismay.
"What's this?" I think. "Perhaps", I pause,
"Her prematurity is the cause".

"Of course-that's it" I agreed
"Some extra time is all you need"
But the heaviness crept into my breast.
"Could she be different from all the rest?"

"She rarely cries, and often needing
to be awakened for the her feeding.
"Oh well", I think, my fears allayed,
"I simply cannot be afraid".

"She knows she's loved - she's so content".
To her differences I don't relent.
"God would not punish me with such grief
I'm not a criminal or a thief".

And the like a storm on a sunny day
The doctor said "put her away.
She'll never know you're her mother.
Don't get attached-the family will suffer".

There were no words on my lips that day.
My head was dizzy and my mood was gray.
But still I failed the truth to heed.
My fantasy more apt to fill my need.

But then as several weeks went by
Slowly, silently, I begin to sigh
The little girl I hold IS slow.
But put her away? My answer is "NO".

And then a miracle took place.
I accepted what was to be my fate.
And in my mind I made a pact
To tell mankind about this fact:

There is nothing perfect in all this world.
Not in you or me or my little girl.
And those who expect a life untroubled
Will find their difficult times are double.
She's growing up now, this little girl,
She has ruffles and bows and her hair is in curls.
Sometimes from others there's cruelty inflicted.
In spite, she's learned what was never predicted.

Now that she's older, I think you'll agree
I lovely lady she's going to be.
She knows only good, and her own simple fashion
Gives a gift to her friends of unending compassion.

At one time I thought I'd been dealt a cruel blow,
That with little more strife I'd overflow.
But the reality of life has come to bear,
And the lessons I've learned have made me aware.

The world is full of cruel blows-drugs and crime,
The snuffing out of a life in it's prime.
The problem I'm giving is a simple test
And I've learned I'm not better than all the rest.

If I were allowed to make a choice.
And if God requested to hear my voice,
He might ask "What you would you like from above?"
I'll say "Give me a Down's Syndrome child to love".

Marilyn S. Wessel



Miami-Dade County Public Schools
giving our students the world

Raquel Regalado

Junta Escolar de Miami - Dade Distrito 6

Recientemente, el Distrito 6 de las escuelas públicas de Miami-Dade se unió al Centro de Autismo y Condi-ciones Relacionadas (CARD) y a Shake-A-Leg Miami para brindar a estudiantes con Autismo una experiencia maravillosa para mejorar la conexión con el medio ambiente. Niños y niñas de 3ro a 5to grado de la escuela Kensington Park participaron en seis sesiones de dos horas de actividades marinas. Las sesiones tuvieron lugar los Miércoles 6, 13 y 20 de Noviembre y los Miércoles 4, 11 y 18 de Diciembre. El proyecto, el cual se enfocó en las habilidades particulares de cada niño y niña, fomentó el buen autoestima mientras los participantes caminaban por algas marinas, remaban en canoas, o navegaban en lancha por la bella bahía de Biscayne. El plan de estudios del proyecto incluyó ciencia, lectura, matemáticas , escritura, música, fotografía, arte y habilidades sociales,–todos abarcando el tema de la naturaleza. Shake-A-Leg Miami es una organización sin fines de lucro que ofrece actividades terapéuticas en un ambiente marino a niños y adultos con diferentes condiciones médicas y problemas económicos. CARD es un centro de orientación para todos afectados con el Autismo. Para registrarse con CARD llame al 305-284-6563.

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