

THE ARGONAUT



A LAKE MARY HIGH SCHOOL YOUNG MEN OF EXCELLENCE PUBLICATION

BROTHERHOOD | LEADERSHIP | WISDOM | CHIVALRY | STRENGTH



BAND OF BROTHERS

By: Wilmer Juarez

Brotherhood is *the* most important pillar that we as members of Young Men of Excellence practice daily. The art of brotherhood teaches us how to build tight relationships with our peers through life experiences. In order to foster brotherhood, there are 5 essential steps we must establish before we can call ourselves a band of brothers.

The first step in developing a true band of brothers, is the **indirect connection** with those around us. This simply means that the men involved get to know each other by doing something "indirect" like sports, grilling or strenuous exercise, something other than getting personal or asking tough questions. which is definitely needed, but not the place to start when it comes to most men.

ABOUT US

Young Men of Excellence is an innovative program designed in developing young men into great men.

Our program empowers its members through established mentorship opportunities, team building projects and helping every young man cultivate interpersonal skills, hard and soft skills, as well as, strategies to achieve their short and long-term goals.

The Lake Mary Chapter of Young Men of Excellence focuses on five key virtues (Brotherhood, Leadership, Wisdom, Chivalry and Strength) in developing its members into successful leaders, while also promoting a way of life that exemplifies excellence and noble manhood.

**"Talk like a Lamb,
Lead like a Lion."**

The second essential step when building a band of brothers is the **extension of honor**. Since the indirect connection usually leads to a bond or a friendship, the extension of honor comes in when we praise our brothers for doing the right thing, acting in a noble manner or delivering words of wisdom. Extending honor can be a simple "congratulations" of some sort and overall this leads to that bond or connection getting stronger and gaining each other's trust.

The third essential step is a **covenant transition**. This transition happens when two or more men help each other in some critical area of their lives, and each find purpose in that relationship. This step makes it clear that the brothers involved care for each others growth and development as a man.

The fourth essential step is the **free fire zone**. This is an extremely important step because each man involved is willing to give and take constructive criticism. And when taken, they are able to learn from their mistakes. If done right this builds relationships to its strongest point.

The last and final essential step is a **contagious culture**. When these four features of a band of brothers exist: the indirect connection, the extension of honor, the covenant transition and the free fire zone, a culture grows. This is the culture in which manhood thrives, boys turn into men, and victories are won!

We pride ourselves in building a band of brothers so we may have people there for us and to grow as a whole, people who you can always count on because that is what brotherhood really is: A relationship with one or more people that is so strong it overcomes every obstacle.

HEART OF EXCELLENCE

Brotherhood: For he today who sheds his blood with me shall forever be known as my brother. Together as brothers or perish as fools.

"Brotherhood is having those who you can talk to about anything. Their weight is not too heavy to carry." - *Edwin Adames* (12th)

"Brotherhood is helping each other to be better than we were yesterday."
- *Julian Santos* (11th)

"Brotherhood is always having a group of people you can rely on. Brotherhood is sacrificial and selfless, always willing help those closest to you." - *Ian Ebron* (9th)

"Brotherhood means to support those who care about you, those who cry with you, and those who trust in you." - *Caleb Ciriaco* (9th)

"Brotherhood means to be there through adversity, to hold others accountable for what they have done so they can reflect, learn, and be a better person because of it."
- *Emiril Gant* (10th)

RAMS OF THE QUARTER

Dominic Bellamy (Senior)

Dominic has a contagious enthusiasm for the program and exemplifies incredible leadership. This Summer, at Camp Excellence, we saw both of these in full force and were completely blown away! We are truly impressed with the development of your leadership style, the man you are becoming, and the bright future ahead of you.



Kendrick Mohammed (Junior)

Ridley Pearson said, "Not all leaders are elected, some just rise to the occasion." This is especially true of Kendrick this school year. We have seen tremendous growth and strong evidence of our 5 Pillars in all he does. We are immensely proud of Kendrick and his consistent dedication to becoming better each day.

Angel Billini (Sophomore)

We wanted to take a moment and put the spotlight on someone who does so much in the background. Everything Angel sets out to do, he accomplishes with 125% effort. He is full of passion, creativity, and helps make all of us better. We are grateful to have such a wonderful example of excellence in this young man.



Danny Roman (Freshman)

Danny strives for excellence every day he walks onto campus. He can be found greeting his peers as they walk into class and serves as a source of encouragement to those in need. This young man embodies everything we stand for as a program and his dedication demonstrates he is the type of leader who would carry the legacy of this great program into the future. Welcome to the program!



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DINE TO DONATE! FUNDRAISING NIGHT



Support
**YOUNG MEN OF
EXCELLENCE**
MON., NOVEMBER 08
5 - 8PM

10% DONATION NIGHT

Support YOUNG MEN OF EXCELLENCE by presenting this flyer to the Sanford, FL location and Texas Roadhouse will donate 10% of your total food purchases to YOUNG MEN OF EXCELLENCE!

Lake Mary High School has partnered with Texas Roadhouse for additional fundraisers. As an added bonus, they will receive an additional 10% back tonight! WE LOVE OUR SCHOOLS!



1619530938881

(407) 328-1085
100 TOWNE CENTER
BOULEVARD
SANFORD, FL



DEFINING MASCULINITY

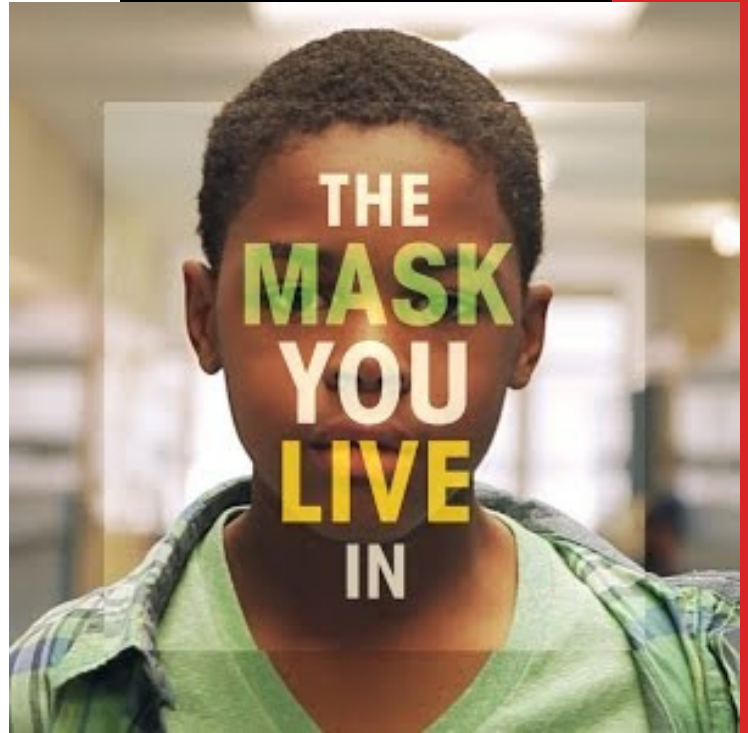
By: Angel Billini

Fatherless homes, or the lack of a positive male role model in a young boy's life, has deleterious effects on their development. We, as a society, need more men who are willing to step up and fulfill their duties as men to help young boys properly define what it means to be a noble man of virtue and honor.

In today's society, young men are told to suppress their thoughts and feelings in order to embody the traits of a "manly" man. This phenomenon has forced boys to hide behind a warrior mask of toxic masculinity, because poetic traits such as compassion and love aren't generally perceived as "manly."

Unfortunately, without permanent father-figures in most homes, boys are forced to define masculinity for themselves and in doing so resort to the outlets that are most readily available to them: popular culture, parenting, and education.

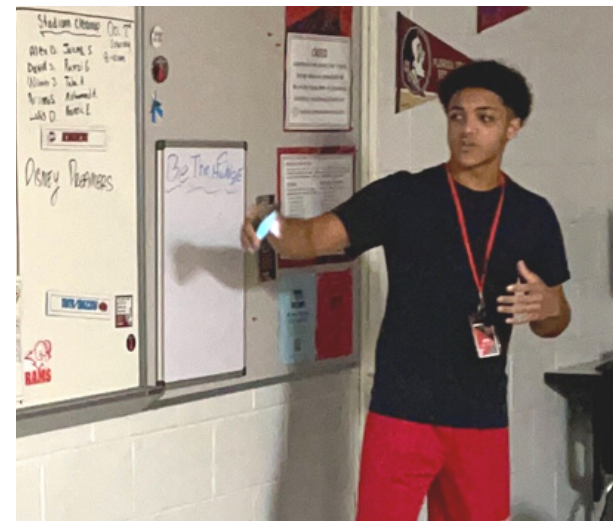
These three outlets either directly or indirectly teach boys how to achieve noble manhood, but in most cases the lies that are fed to our youth are those associated with toxic masculinity, in that athletic ability, economic success, and sexual conquest are the things that define us as men, which we know are far from the truth.



THE FATHER ABSENCE CRISIS IN AMERICA

There is a crisis in America. According to the U.S. Census Bureau, 18.3 million children, 1 in 4, live without a biological, step, or adoptive father in the home. Consequently, there is a "father factor" in nearly all of the societal ills facing America today. Research shows when a child is raised in a father-absent home, he or she is affected in the following ways...

Source: U.S. Census Bureau. (2020). Living arrangements of children under 18 years old: 1960 to present. Washington, D.C.: U.S. Census Bureau.



Around the age of 15, boys stop talking in a poetic manner and turn on warrior mode. Compassion and love are no longer seen as manly. Instead, anger and hate replace the more poetic nature, but as humans we should learn to have a healthy balance of both. Research shows that the suppression of feelings and emotions leads young men, ages 15-19, to be more likely to commit suicide at a rate five times higher than young girls; with the statistic increasing as they get older.

As a society we need to do a better job of teaching what healthy masculinity looks like and model it for our boys to replicate. In doing so, we help fatherless sons understand that being a noble man is one who embraces the way of the warrior-poet, which is one who protects, provides, presides, encourages, loves, and nurtures those who need it most. May we walk with integrity and uphold honorable masculinity.

LONG-TERM EFFECTS OF BULLYING



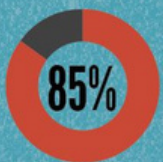
17%
of kids report being bullied two or more times per month



37%
of kids report being bullied at school



20%
of kids are physically bullied



85%
of bullying occurs inside of a school

Being the repetitive target of **BULLYING** damages your ability to view yourself as a desirable, capable and effective individual.

— Mark Dombeck, Ph.D.



FEMALES

more likely to experience social and psychological bullying



MALES

more likely to experience physical and verbal bullying

Children who are bullied are more likely to:



Have lower grades in school



Are more likely to have migraines



Have greater risk for depression and anxiety later in life



Have higher probability to abuse drugs and alcohol



BULLY VICTIMS

are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University

CYBER BULLYING

- Nearly 43% of kids have been bullied online
- One in four have been bullied online more than once
- Cell phones are most common medium for cyber bullying
- Half of victims don't tell their parents

TYPES OF BULLYING

These are the four types of bullying.

Verbal

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm



Social

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public



Physical

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



Digital

- Impersonation
- Interactive Gaming Harassment
- Cyberstalking
- Shaming
- Trolling



A FOND FAREWELL



Mr. Miller,

The Brothers of Excellence would like to thank you for all you have done to show your support for Young Men of Excellence over the last four years. We appreciate your dedication to helping us become better young men and leaders. We could not have done all we have set out to do over these last few years without you!

We are saddened you are leaving Lake Mary High School, but are proud of all your accomplishments and look forward to hearing of all your future success. Hagerty High School is better just by you being there.

Stay Golden!

HONORARY MEMBERS

We would like to honor the administrators, teachers and community members who serve as positive male role models for our young men and support the mission and vision for our great program.

2019

- Robert Guy
- Reginald Miller

2020

- Edward Blacksheare
- Devon Marrett
- Thomas Oliver

2021

- Rick Coffman
- Christopher Endress
- Michael Hennessy
- Joshua Langston
- Steven Navarro
- Jeffery Perez
- Jeffrey Reedy
- Pete Testa



After School Tutoring



Tuesdays & Thursdays

2:45 - 4:15
Media Center

Algebra & Liberal Arts Math
Portable 1

Snacks Provided

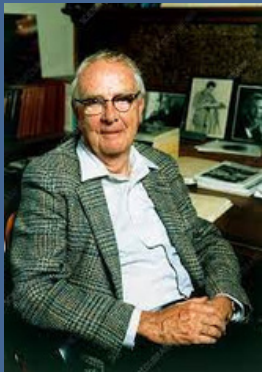
Plato Help Available

NATIONAL HISPANIC HERITAGE MONTH

We celebrate Hispanic Heritage Month (September 15 to October 15) to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. The observation began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. It was enacted into law on August 17, 1988.



Mario Molina



Luis Alvarez



Carlos Santana



Henry Cisneros



Cheech Marin



Roberto Clemente



Hector La Voz



Ellen Ochoa



Frida Kahlo



Jose Hernandez



Celia Cruz



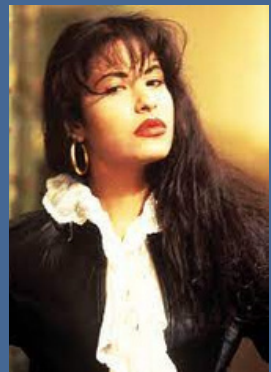
Jaime Escalante



Juan Ponce De Leon



Lin-Manuel Miranda



Selena

LEARN TO LEAD

CAMP EXCELLENCE

A YOUNG MEN OF EXCELLENCE SUMMER PROGRAM

CAMP X RECAP

By: Dominic Bellamy

This past summer, our Young Men of Excellence program hosted a summer camp that allowed students from across Seminole County the opportunity to learn and develop the necessary skills needed to help them become successful leaders.



Experiences from camp allowed our campers to learn life long lessons, ideas, and possibly friendships. Camp allowed for our YMOE leaders to put what they have learned throughout the year to the test, having counselors based their teaching on the 4C's: Critical thinking, Creativity, Collaboration, and communication. We made sure to implement at least one of the values into the lesson. The sponsors of the program really allowed for the students to take charge by stepping back and allowing the growth of student leaders through hands-on experience. The YMOE students throughout camp learned to evolve to any plan and actions necessary in order to keep things running smoothly with the 4C's. The camp exhibited critical thinking in many ways with continual changes to games and the other plans to allow for a better camper experience.

The counselors also showed immense creativity in our planning of activity's to allow for fun and fair games for the campers to enjoy. Collaboration with both counselors and campers was Essential which allowed for counselors to keep informed and keep work organized, while also allowing us to work with the students in hands in decisions on what kind of games they would like to play. Communication the main structure of any group activity was heavily installed into both campers and counselors to allow for solid communication in a safe and fun environment.



Shani Newman Parent Testimonial

Today is a bittersweet day for my little man. For the past 3 weeks he's been going to this camp that not only mentored him, but encouraged him to embody excellence. The camp taught various virtues, such as, fortitude, leadership, self-respect, and respect for others.

Camp X helped my son to come out of his comfort zone and encouraged him to try new things. He was in a dancing competition, he sang in the talent show, he learned how to play chess, he tried different sports, but most importantly he made great friends. Even as I dropped him off this morning all the counselors made him feel so good by clapping and cheering him on for how well he sang in the talent show. They showed him so much love and encouragement!

This camp was truly an inspiration to him and I'm sure he'll never forget it! He already can't wait to go back next year. After being stuck at home for a year and a half he definitely needed this! Thank you so much.



OCTOBER BREAST CANCER AWARENESS MONTH



BREAST CANCER *awareness month*

BREAST CANCER IN THE U.S. WILL AFFECT

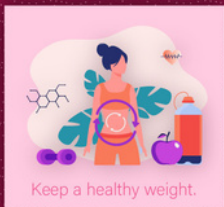


1 IN 8
WOMEN

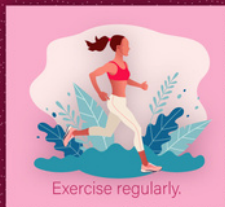


OVER THE COURSE OF HER LIFETIME

PREVENTION TIPS



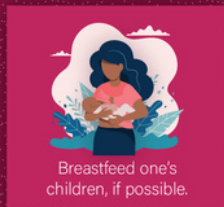
Keep a healthy weight.



Exercise regularly.



Don't drink alcohol, or limit alcoholic drinks.



Breastfeed one's children, if possible.



If one has a family history of breast cancer, they should talk to a doctor for more prevention tips.

RISK FACTORS

ALCOHOL

Breast cancer risk increases with the amount of alcohol a woman drinks.

SMOKING

Smoking is associated with a small increase in breast cancer risk.

OBESITY

Being overweight is associated with increased risk of breast cancer.



APPROXIMATELY **1 OUT OF EVERY 100** BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A **MAN**.

INFORMATION PROVIDED BY:

[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)

[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)



SIGNS AND SYMPTOMS

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.



UPCOMING EVENTS

OCTOBER

- October 18: Scholarship Opportunity
- October 18-22: College and Career Week
- October 22: LMHS @ SHS football game 7pm
- October 25-29: Homecoming Week
- October 28: Homecoming Parade
- October 29: Homecoming Game vs Oviedo
- October 30: Homecoming Dance

NOVEMBER

- November 5: LMHS vs Deltona High, Senior Night, 7pm (YMOE Tailgate 3pm - 7pm)
- November 6: Chess at Lake Mary Farmers Market, 9am - 1pm
- November 8: Fundraiser Spirit Night at Texas Roadhouse, 5pm - 8pm
- November 17: YMOE Council Meeting
- November 22-26: Thanksgiving Break
- November 30: Geometry, Bio, US His. EOC

DECEMBER

- December 1: Geometry, Bio, US History EOC
- December 4: Chess at Lake Mary Farmers Market, 9am - 1pm
- December 8: YMOE Council Meeting
- December 15-17: Second Quarter Exams
- Dec. 20 - Jan. 4: Winter Break



DEANS MIKE & SULLEY

By: Joel Ortiz & Curtis Smith

Thus far, 2021 has been a phenomenal year and we'd like to take the time to honor our newest members. These young men have embraced the program with open arms, heart and mind and a blazing desire to strive for excellence in all they pursue. Our members understand this is more than a class, it's a way of life. They respect and appreciate our instruction and guidance and understand the skills acquired in this program are skills they can carry with them into the future. It is an privilege serving such an elite group of young men who embody what it means to be excellent. We have come a long way since our inception in 2014 and we're excited to see how much more growth and progress awaits us the rest of this school year.

CURRENT MEMBERS

SENIORS

- Edwin Adames
- Jaiden Bauduy
- Dominic Bellamy
- Gian Marco Cassio
- Nelson De Los Santos
- Nathan Gatchell
- Wilmer Juarez

JUNIORS

- Taha Abdo
- Ramzi Ghalayini
- Jeffrey Matos
- Kendrick Mohammed
- Joshua Morrison
- Julian Santos
- Jeremy Solla
- Nomar Torres
- Christian Vazquez

SOPHOMORES

- Serapio Alicea
- Daniel Barrios
- Angel Billini
- Na'Jawn Blake
- Josiah Cespedes
- Neveric Edwards
- Emiril Gant
- Reid Henke
- Jameson Jean
- Kirill Lashchuk
- Chris Mobley
- Francisco Mijangos
- Alexander Otero
- Obed Oyola-Rodriguez
- Adriel Pereira
- Zachary Pomaes

FRESHMEN

- Mohammad Abdo
- Aiden Abreu
- Keesan Bridges-Beyah
- Caleb Ciriaco
- Braedan Dias
- Ian Ebron
- Camdyn Ehrlich
- Raj Gor
- Jaheem Harris
- Joshua Morrison
- Denzel Oquendo
- Luis Ortiz
- Cameron Presti
- David Robinson
- Aramis Rodriguez
- Danny Roman
- Nathan Ruiz
- David St. Clair-Husbands
- Leonardo Verdino
- Ta'Shawn White
- Dylan Wilson

RISE AND RISE AGAIN, UNTIL LAMBS BECOME LIONS

FOR MORE INFORMATION



Contact

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407-502-2036

Visit our Website

youngmenofexcellence.org

Follow us on Instagram

@youngmenofexcellence
#ramstrong

[Click here to donate!](#)



YOUNG MEN OF EXCELLENCE
LAKE MARY HIGH SCHOOL

BROTHERHOOD • LEADERSHIP • WISDOM • CHIVALRY • STRENGTH

FOSTERING EXCELLENCE SINCE 2014