



VOL. 1 | NOVEMBER 2020 | ISSUE 3

# THE ARGONAUT



A LAKE MARY HIGH SCHOOL YOUNG MEN OF EXCELLENCE PUBLICATION

**BROTHERHOOD | LEADERSHIP | WISDOM | CHIVALRY | STRENGTH**



## Making Philanthropy our Mission



November is Prostate Cancer Awareness Month and Lake Mary High School's Young Men of Excellence are excited to bring awareness on campus and throughout the community. For the entire month of November, our program will be selling Ramstrong shirts, light blue wristbands, mustache masks and participating in "No Shave November". The rules are simple, you basically *don't* shave your beard or mustache for the entire month! This helps promote awareness, as well as, demonstrates your support for the cause. The brothers of YMOE have made a pledge to not shave or cut their hair and Mr. Ortiz will be shaving his beard on October 31st to sport the iconic handle bar mustache to further promote awareness.

Join us in the Fight Against Prostate Cancer: donate, purchase merch, wear light blue or let your hair grow. Contribute to the cause and help raise funds today. 100% of the proceeds will be donated to the Prostate Cancer Foundation. Order your #movember gear today! Product QR code has been provided on page three.

## 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.

**"Stay strong! Ramstrong!"**

**- YMOE Motto**

## October Recap: Wear it Pink



YMWOE showing support in the Fight Against Breast Cancer.

## College & Career Guest Speakers



A special thank you to our guest speakers, Devon Marrett who shared college application tips, as well as, advice for students looking towards college in a COVID era. Mrs. Alice Sims shared her steps to unlocking personal greatness in the face of adversity.



## November Challenge

October is Prostate Cancer Awareness month. That means "No Shave November."

We pledge to not shave or cut our hair for the entire month in the fight against prostate cancer. Wear Light Blue!

## Member Highlights

We would like to wish a Happy Birthday to the following Young Men of Excellence.

November 22

- Nelson De Los Santos

November 26.

- Jeffrey Matos

## RAM OF THE MONTH

Jeffrey Matos



Whether it's a conversation about stoic philosophy or the art of dapper wear, it is an honor having a young trail blazer leading the way within the program. We would like to recognize Jeff, as November's *Ram of the Month*, for his effort in igniting the flames which propelled the Brothers of YMOE to pursue this month's philanthropic venture. Thank you for helping level up the program and for bringing sound wisdom to class discussions, even while online. You are developing into a true gentleman and a scholar, and we look forward to seeing you back at school. #Ramstrong

## Standard of Excellence

Members are required to participate in community service activities and events.

Each member has the opportunity to earn 50 hours of community service each year they are in the program.

## November's Patrons for Excellence

Thank you to everyone who has donated to support our students within the Young Men of Excellence program. Your contributions will be going toward college tours, career shadowing trips, student scholarships, guest speakers, program uniforms, and group retreats during the 2020-2021 school year.

- Troy Blair
- John Byrnes
- Melissa Cosgrove
- Liz Cossio
- Cerberus Concreting
- Lachlan
- Sherry Morgan
- Holly Turner
- SAC Committee

[Click here to donate!](#)



## Important Dates

Here's what is coming up in the month of November.

**November 1**

Daylight Saving Time Ends

**November 5**

National Football Day

**November 8**

STEM Day

**November 11**

Veterans Day

**November 15**

Clean Your Fridge Day

**November 17**

Be The Change Forum  
Group Projects Room  
2:30pm - 4pm

**November 18**

Mickey & Minnie's Birthday

**November 19**

International Men's Day

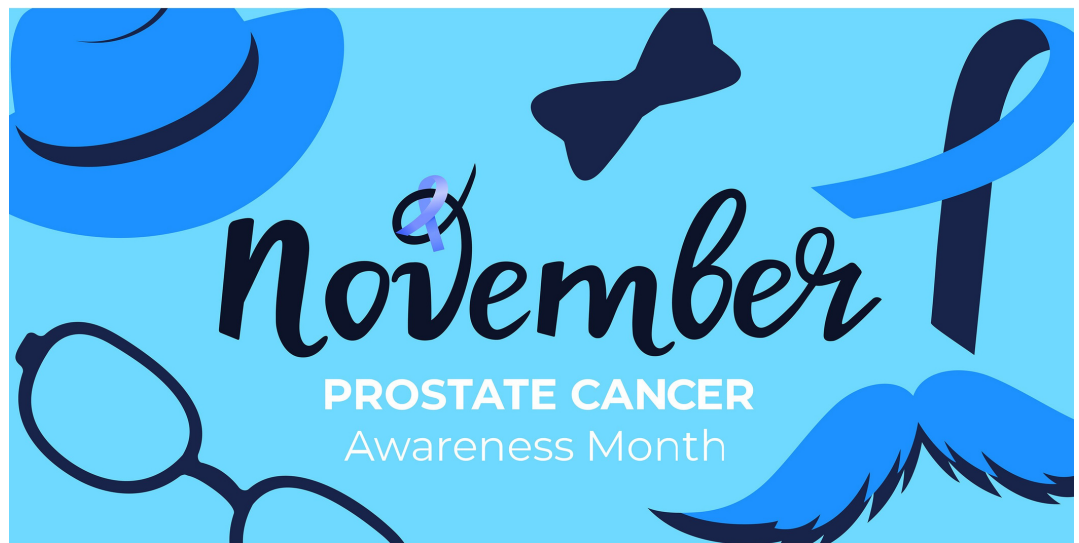
**November 23 - 27**

Thanksgiving Break

**November 25**

International Eliminate  
Violence Against Women Day

**November 26**



**SUPPORT THE CAUSE! OUR GOAL IS  
TO RAISE \$2000 IN THE FIGHT  
AGAINST PROSTATE CANCER.  
PURCHASE YOUR GEAR DURING  
LUNCH OR SCAN THE QR CODE.**



<https://bit.ly/3d3Pov1>

**\$15  
SHIRT**



**\$5 MASK**



100% of our proceeds  
will be donated to the



Prostate Cancer  
Foundation  
Curing Together.

**AP** atticus printing  
Apparel Printing And Embroidery  
in collaboration with YMOE

# What You Need to Know About Prostate Cancer.

The prostate is a gland that's part of the male reproductive system. Men develop prostate cancer when cells in the prostate begin to grow out of control. It's important for everyone to know the facts about prostate cancer.



**1 IN 9**  
men will be diagnosed  
with prostate cancer.

In the U.S. today, there are  
**3 MILLION**  
prostate cancer survivors.

Age is the  
biggest risk factor.  
**Men over 65**  
make up about



It often has  
**0 SYMPTOMS.**

Most prostate cancers are found  
through regular screenings  
and PSA blood tests.



The risk  
is over



higher for men  
with a **father or  
brother who had  
the disease &**



for **black  
men** than  
white men.

Prostate cancer  
is **very treatable**



when it is  
**caught early.**

**Lower your risk of late-stage prostate cancer:**

- ✓ Know your family history.
- ✓ Talk to your doctor about your risk.
- ✓ Get screened regularly after age 55, or earlier if you are at high risk.



Prostate Cancer  
Foundation  
Curing Together.

## PROSTATE AWARENESS MONTH

#MOVEMBER #RAMSTRONG #YMOE





## FOR MORE INFORMATION



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Follow us on Instagram  
@youngmenofexcellence  
#ramstrong

[Click here to donate!](#)



**FOSTERING EXCELLENCE SINCE 2014**



**YOUNG MEN OF EXCELLENCE**  
LAKE MARY HIGH SCHOOL

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