

THE ARG NAUT



A LAKE MARY HIGH SCHOOL YOUNG MEN OF EXCELLENCE PUBLICATION

BROTHERHOOD | LEADERSHIP | WISDOM | CHIVALRY | STRENGTH



LIVE LIFE BY THE 1% RULE

Let's define continuous improvement. Continuous improvement is a dedication to making small changes and improvements every day, with the expectation that those small improvements will add up to something significant. The typical approach to self-improvement is to set a large goal, then try to take big leaps in order to accomplish the goal in as little time as possible. While this may sound good in theory, it often ends in burnout, frustration, and failure. Instead, we should focus on continuous improvement by slowly and slightly adjusting our normal everyday habits and behaviors. It is so easy to dismiss the value of making slightly better decisions on a daily basis. Sticking with the fundamentals is not impressive. Falling in love with boredom is not fun. Getting one percent better isn't going to make headlines, but it works.

So often we convince ourselves that change is only meaningful if there is some large, visible outcome associated with it. Whether it is losing weight, maintaining academic excellence, making the varsity team, building a business, or any other goal, we often put pressure on ourselves to make some earth-shattering improvement that everyone will talk about. Meanwhile, improving by just 1% isn't notable (and sometimes it isn't even noticeable). But it can be just as meaningful, especially in the long run. In the beginning, there is basically no difference between making a choice that is 1% better or 1% worse. In other words, it won't impact you very much today, but as time goes on, these small improvements or declines compound and you suddenly find a very big gap between people who make slightly better decisions on a daily basis and those who don't. Here's the punchline: If you get one percent better each day for one year, you'll end up thirty-seven times better by the time you're done. This is why small choices don't make much of a difference in the now, but add up over the long-term.

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) which help foster members into successful leaders, while also promoting a way of life that exemplifies excellence and noble manhood.

"It's not about being the best, it's about being better than you were yesterday."

– Unknown

Important Dates

Did you know these national and international days?

Monthly Awareness

National Hobby Month
National Mentoring Month

January 6

Three Kings Day

January 11

National Human Trafficking Awareness Day
National Clean Your Desk Day

January 12

National Youth Day

January 13

National Rubber Ducky Day

January 15

Hat Day

January 18

Martin Luther King, Jr. Day
No School

January 22

FSU Scholarship Due

January 25

Opposite Day

January 27

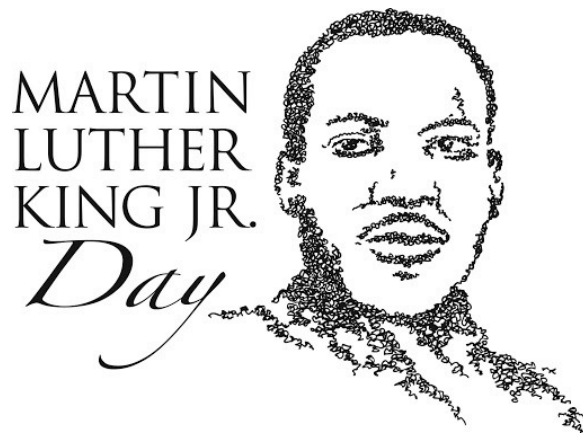
International Holocaust Remembrance Day

January 29

LMHS YMOE vs SHS Chess Team

January 31

National Backward Day



Dr. Martin Luther King, Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims

of injustice through peaceful protest. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964 and is remembered each year on Martin Luther King Jr. Day since 1986. The brothers of YMOE honor Dr. King by living up to the standard he set and together we ensure his dream lives on.



[Click here to listen to the "I Have a Dream" speech](#)



RAM OF THE MONTH

Julian Santos



Day in and day out Julian demonstrates what it means to be a Young Man of Excellence. With this being his first year in the program, we are privileged to have such a high-caliber young man exemplifying our standards at Lake Mary and throughout the community. He is the pinnacle of what it means to be a servant-leader. We are extremely proud of the growth Julian has made within the program along with the strides he has taken to overcome adversity. His perseverance is extremely commendable. We thank you for your continuous hard work, diligence, consistency and dedication to the program. Keep up the good work. #ramstrong

Standard of Excellence

Upon entering the program, members are taught five key virtues. Last month we discussed Brotherhood and this month we will cover Leadership.

Leadership may present itself in many forms. At Lake Mary, we teach the art of servant leadership in which every member exhibits a serve-first mentality with a focus on empowering and enhancing the development of others in ways that help unlock potential, creativity and a sense of purpose.

Scholarship Opportunities

Here are some scholarship opportunities! Click the links below to check them out and apply before the deadline!

Support our Scholars: open until February 11 (\$10,000)

Pearlie Mae Ford Scholarship: check student email for details (\$500)

January Challenge

Fasting helps to refocus priorities, seek clarity, identify true needs, and set goals.

This month we are giving up one thing in order to prioritize the reasons for fasting. It's not going to be easy, but the reward is greater than the challenge! Join us as we take the time to start our new year off with a fresh perspective!

Member Highlights

We would like to introduce our newest members, acknowledge brothers' accomplishments, and celebrate birthdays!

Newest Members

- Serapio Alicea
- Angel Billini
- Emiril Gant
- Jameson Jean

Accomplishments

- Karil Laschuk, Lacrosse
- Nomar Torres, Wrestling

3.5+ Club

- Angel Billini
- Cameron Dumont
- Aidan Garcia
- Kirill Laschuk
- Francisco Mijangos
- Nomar Torres
- Victor Tran

Birthdays

- January 14:
Curtis Smith
- January 20:
Kendrick Muhammad
Victor Tran

Prepping for the upcoming 3rd Annual YMOE Chess Tournament in February



FOR MORE INFORMATION



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FOSTERING EXCELLENCE SINCE 2014