



Mentoring Male Teens in the Hood "Investing in Boys, Building Strong Men"



Volume 22, Issue 10

October 19, 2024

Director & Founder

Cameron E. Miles

Administrative Assistant

Wanda Powell

Board of Directors

Bruce Behrens—Chairman

Arthur Burnett, Jr.

Norwood Corbett

Bert Hash

Cathy Raggio

Malcolm Ruff

P.M. Smith

Byron Warnken, Jr.

Advisors

Robert M. Bell (Retired)

Freeman A. Hrabowski

Judge Wanda Heard (Retired)

Martin R. Resnick

Paul Sandler

• Mailing Address—

P.O. Box 6756
Columbia, MD 21045

• Meeting Address—

New Shiloh Family Life Center
2100 N. Monroe Street
2nd Floor, Room 3
Baltimore, MD 21217

• Phone—(410) 852-8013

• E-mail—
Cmilesmmth@gmail.com

Message from Mr. Miles

I hope that everyone is doing well. Life is short. Love your families. Parents, be patient with your children. Kings, be obedient to what your parents are asking you to do. I need everybody to strive for excellence. If you don't have anything good to say, don't say anything.

Can you believe that the year is almost over? In two months we will be moving into 2025. Please don't waste time. Time is the only thing that we cannot stop or slow down. Are you staying out of trouble in school?

Report cards should be coming out soon. I am prepared to give out money to all who made "A"s in major subjects. In order to get money, you must have been in the program for 90 consecutive days.

Do not encourage fights in school, break them up. Juvenile crime is on the rise. Be careful who you hang with. The community is getting tired. Punishments will become harsher in the future.

We are in an Election season. This will be one of the most critical Elections in a very long time. Please do not say "I'm tired or I have to work, or my vote doesn't matter." This election will be very close. Go out and vote and encourage your loved ones and friends who are 18 and up to go to the polls and vote. There are candidates that are running for office that believe people of color have made too many strides. They will try to take some of those strides away. **STAY WOKE!**

Senator Antonio Hayes is looking for people to work the polls on Election Day. If you work all day, you will be paid \$250 dollars. You do have to attend a one day

training. If you are interested, please contact the Baltimore City Board of Elections at 410-396-5550.

Tutoring is happening on Monday and Tuesday evenings from 5:30-8pm. Please let Ms. Bossiwa know if you are interested.

Parents, please pay your dues. For what we offer, we are the cheapest program in the State.

Our tour of the Coast Guard Yard on October 5th was awesome. This is another opportunity to do something productive with your life if you do not choose college after high school. We are trying to expose each King that attends the program to opportunities and possibilities. **If you fail to plan, you plan to fail.**

Parents please monitor how much time your child is spending playing video games, watching TV, talking on the phone, etc. Make sure homework is done and that they spend some time reading.

Our next meeting is October 19th at 9 am. That is also a parent training day. Parent classes start at 10 am. In November we meet on the 2nd and the 16th. On the 16th we are having Thanksgiving dinner. Please contact Ms. Powell and let her know what you are bringing.

On December 7th we will have our regular meeting and at 4:30pm we will ride over to DC to watch a Washington Wizards game. We will return at 10 pm. Please be on time picking your children up. The last meeting of the year will be on December 21st. After the meeting we will go out to lunch at a local restaurant. At 4 pm we will have

"You are welcome and wanted at the mentoring program." — C. Miles

As I grow older, I pay less attention to what men say. I just watch what they do. ~~Andrew Carnegie

"Remember, everything you do will leave a mark; What kind of mark will you leave?" — C. Miles

the Annual Talent Show. The talent show is open to boys and girls between the ages of 8 and 18. They can sing, dance, rap, play an instrument, read a poem or tell jokes. **NO PROFANITY!** There will be cash prizes.

Upcoming Events

October 19th is our next meeting as well as parent training from 10-11:30.

In November we meet on the 2nd and 16th. November 16th is the Thanksgiving dinner. In December we meet on the 7th and at 4:30 on the 7th we will go over to DC to watch a Wizards game. We will return at approximately 10:00 pm.

The last meeting of the year is the 21st of December. After the meeting we will go out to eat and come back for the talent show from 4-7pm.

PLEASE PAY YOUR DUES and make a donation if you can.

Mission Statement:

To Be Honest, To Be Respectful, and to Model Positive Behavior At All Times to All People.

I Have Self-Worth! I Love Myself! I Can Learn! I Will Respect Others!

If it is to be; It is up to me.
Failure is NOT an option.

A setback is a set-up for a comeback.

For good, better, or best; never let it rest until my good gets better and my better gets best.

WORDS OF THE MONTH

- 1. Abnegation /abni'geɪʃ(ə)n/**
Renouncing a belief or doctrine
Example: "I believe in the abnegation of political power"
- 2. Aggrandize /ə'grændaɪz/**
enhance power, wealth or status
Example: It was an action intended to aggrandize the Frankish dynasty.

3. Alacrity /ə'lakrɪti/

Eagerness

Example: He accepted the invitation with alacrity.

4. Anachronistic /ə'nakrə'nɪstɪk/ misplaced chronologically

Example: He is rebelling against the anachronistic morality of his parents.

5. Archetypal /,ɑ:kɪ'taɪp(ə)l/ quintessential of a certain kind

Example: She is the archetypal country doctor.

Four-Down Territory

by Jeff Yoder

And then there were three... Page 4 of the NFL's script did not disappoint. More surprises, upsets, and big moments took over Sunday's sports slate. Two undefeated teams ate their first 'L' and the unbeaten club is now down to three teams. Plus, one rookie quarterback is shattering records, and a few coaches are starting to sweat. Let's break down Week 4 with four downs.

4 Downs for Week 4

1st Down: 3 Unbeaten Teams Left

Two of the five undefeated teams fell on Sunday — the Steelers and Bills. Pittsburgh lost a nail-biter to the Colts in Indy (27-24) while Buffalo fell flat in Baltimore (35-10). Only the Chiefs (4-0), Vikings (4-0) and Seahawks (3-0) are still undefeated, but Seattle has to play in Detroit tonight on MNF.

2nd Down: Jayden Daniels is Cooking
The Commanders buried the Cardinals (42-14) behind another record-setting performance from rookie QB Jayden Daniels. He's the first quarterback (not just rookie, but any quarterback) to complete more than 85 percent of his passes in two consecutive games. He went 26-for-30, and Washington (3-1) leads the NFC East.

3rd Down: More Injuries Stacking Up
A long list of star injuries dominated headlines over the first three weeks, and more brutality came on Sunday. Chiefs WR Rashee Rice (knee) was carted off and Jaguars LB Josh Hines-Allen (concussion) added injury to insult for Jacksonville. The Colts' backfield was also hit hard. QB

*If you don't
make time for
your wellness,
you will be forced
to make time for
your illness.*

Anthony Richardson (hip) and RB Jonathan Taylor (ankle) got knocked out after Indy built a big lead.

4th Down: The Hot Seat Gets Hotter
Multiple coaches are feeling the heat after the league's first month. The hottest seat belongs to Jaguars head coach Doug Pederson after Jacksonville blew a late lead to fall to 0-4. The Eagles (2-2) have lost eight of their last 11 since last season's 10-1 start, and Philly fans are losing patience with Nick Sirianni. The Rams (1-3) also lost to the Bears, and they're a field goal away from being 0-4. There's no way Sean McVay is on the hot seat, right?

Depression in Children and Teens

By Yale University

What is childhood depression?

Depression may be diagnosed when a child or teen has persistent feelings of sadness that interfere with the ability to function. Loss, stress, co-occurring mental health conditions (such as ADHD or anxiety), and a family history of depression raise the odds that a child may experience depression.

How common is suicide ideation in children?

In survey of students at U.S. high schools, 10 percent of boys and 22 percent of girls reported suicide ideation in the previous year, says Yann Poncin, MD, a child psychiatrist and assistant professor at the Child Study Center. He calls it "common in the context of depression." Though many kids have these thoughts, most don't act on them, says Dr. Poncin, but even so, the symptom should be taken seriously, he says.

What are the symptoms of childhood depression?

Depression can look very different from one child to the next. When a provider makes a diagnosis, it's important to focus on what's normal for a particular child. Symptoms that may suggest depression include:

- "Acting out" behaviors, ranging from oppositional defiance to disruptiveness
- Anger or irritability
- Anxiety
- Difficulty at school, including changes in grades or refusing to attend
- Fatigue and sleep difficulties, including trouble falling asleep, staying asleep or

- wanting to sleep much more than is usual
 - Feelings of worthlessness, restlessness, or low self-esteem
 - Loss of pleasure from friends, family, or activities the child once enjoyed
 - Mood disruptions, such as mood swings or pervasive sadness that is out of proportion to a situation or that persists and overwhelms a child
 - Physical complaints, such as headache; digestive complaints, including loss of appetite, and other aches and pains
- Adolescents may experience the same symptoms along with others, such as:
- Isolation
 - Preoccupation with song lyrics, books, poetry, or art that suggest that life is meaningless
 - Significant change in weight, loss or gain
 - Thoughts of death or suicide

*Believing in
yourself
is a full time
job.
No days off.*

*"Pull Up
Your Pants
and
Pull up Your
Potential"-
Cameron
Miles*



*Happy birthday to all who are
celebrating during the
month of October.
DON'T WASTE TIME!!*