

DETROIT

Family cognitive health for boys

By Calvin T. Mann
SUN COLUMNIST



Over the years while working with youth, I became very concerned with the brain, and cognitive health of boys with all the ADHD, IEP, and I came across Dr. Jaak Panksepp who studied the importance of play with family especially with the father. His experiment led him to put the male rat in with his children, placing a microphone in the cage and recording laughter from the rats as they played together with the father. Cognitive health is a vital aspect of a person's overall well-being. It is the ability to think, learn, and remember information. Cognitive health is crucial for individuals of all ages, but it is especially important during childhood and adolescence when the brain is still developing. In this article, we will focus on boys and their cognitive health, including statistics, solutions, and positive results.

Statistics
According to a study published by the Centers for Disease Control and Prevention (CDC), boys are more likely than girls to be diagnosed with ADHD (Attention Deficit Hyperactivity Disorder). The study found that approximately 13.2% of boys and 5.6% of girls between the ages of 3 and 17 have been diagnosed with ADHD.

Another study conducted by the National Institute of Mental Health (NIMH) found that boys are more likely than girls to be diagnosed with autism spectrum disorder (ASD). The study found that approximately 4.5 times as many boys as girls have been diagnosed with ASD.

Fatherhood plays a significant role in the development of boys' cognitive health. Research has shown that children who have involved fathers have better cognitive, emotional, and behavioral outcomes. A study conducted by the University of Oxford found that children who have a positive relationship with their fathers

have higher cognitive scores at age 3 and 5 than children who have less involvement with their fathers.

Fathers play a unique role in their children's lives, and they have a different parenting style than mothers. They tend to engage in more rough-and-tumble play, which can help boys develop better spatial reasoning skills. Additionally, fathers tend to encourage independence and risk-taking in their sons, which can help build resilience and problem-solving skills.

Moreover, fathers who have positive relationships with their sons can serve as role models for healthy behaviors, such as regular physical activity, healthy eating habits, and positive social interactions. One way to promote cognitive health in boys is to encourage healthy eating habits. A diet that is rich in fruits, vegetables, whole grains, and lean proteins has been shown to improve cognitive function. Encourage boys to choose healthy snacks such as fresh fruit, nuts, and seeds instead of processed snacks. Another study found that boys who ate a healthy diet had better cognitive function than boys who ate a diet that was high in processed foods. The study found that boys who ate a diet that was rich in fruits, vegetables, and whole grains had better memory, attention, and processing speed. Studies have shown that boys who participate in regular physical activity have better cognitive function than boys who do not exercise regularly. In one study, boys who engaged in regular physical activity had higher scores on tests of cognitive function than boys who were sedentary.

In conclusion, fatherhood plays a critical role in the cognitive health and development of children especially boys. Fathers who are involved and supportive can help their sons develop better cognitive, emotional, and behavioral outcomes. They can serve as role models and provide emotional support and encouragement, which can help their children develop a positive self-image and better mental health.

Calvin T. Mann is the President and Founder of EMYY Inc and Good Fathers Only. He is available for booking at Calvintmann@gmail.com or contact info@goodfathersonly.com

NATIVE SUN

Lessons from the Journey: A Good Woman

By Heather Hetheru,
SUN COLUMNIST



I am a good person. At my core, I believe in God, but that is not what makes me a good person. I believe that it is my accountability for my thoughts, words and actions that makes me a good person. I did not always think that way. It was my journey of self-discovery that revealed what accountability truly means. I learned that accountability is much like faith; it is always present and always in the now. Being married twice and divorce twice left me with questions, "am I really a good woman?" "If I am, why can't I keep my marriage?" "Am I really listening to my spouse? Or my inner self?" It was a hard quest to take, but I set my mind and opened my heart to explore my possibilities. Was I a good woman?

Backstory:

My first step was to pause, listen and remember the things that my husband (both of them) would say to me that bothered them. I realized that I really didn't listen because I was too busy defending myself or justifying why I said or did one thing or another. Had I truly listened and reflected I may have still had my feelings hurt, but I would have learned more about me sooner. I just didn't understand at the time, what each of them was *seeing in me or about me that I didn't*. My first husband had some level of insecurity about me with other men. I worked in a male dominated industry while I thought his concerns were mostly about me having an affair, I didn't see that his concern was also about my personal safety. I had forgotten he was a man who had seen things in his lifetime and that everything was not about his insecurity. I thought he just needed me to reassure him. Well, I was so busy being offended when he questioned my fidelity that I tuned out what he was really saying.

He was asking me to help him with his issue and also to let him protect me too. I took it so personal, that I thought he was *making* it my issue! How dare he doubt me? I remember thinking. He is the one with the issue I would say to myself! My job at the time, put me in direct contact with men 24 hours a day. They also called me at various times as a function of my job. Because I knew I was not cheating I felt like it was *his* issue not *our* issue and I left him alone to fight *his own* past insecurities. I fueled *our* present ones by responding in anger instead of sharing more with him; which was what he was really asking of me. Hmm! That's not my job! I remember thinking with no compassion or understanding. At some point I broke trust with us and he broke trust with us; and without any warning he was gone. Mentally he checked out before he even left the house and our marriage.

In my second marriage, my husband repeatedly said that he was not a child and that I needed to stop treating him like one. He said I spoke to him like I was his mother. At the time, I could not hear him; he was too busy acting like a child. Again, I was very closed-minded because his comments offended me. I talked to him like I talked to everyone (so I thought). In hindsight, I was even more possessive than I realized. Things were mine, he was mine. It wasn't that I was selfish, I was possessive. I didn't understand that you could not have ownership over another person, even if he was your husband. It took giving birth to our son, that it was revealed to me the depth of the possessiveness that

I had over the people in my life. And often, in my response to people, it would play out as if I was someone's mother. It took our divorce to help me understand what I looked like through his eyes. In reality, I spoke to him like my mother spoke to my father. I didn't like the way my mom spoke to my dad at times either. But here I was repeating behaviors that I had learned, modeling. I, just like the women I modeled, had not been opened to receive any criticism; because after all, I was a good woman! What could they (my former husbands) possibly have to complain about?

Intention of Action:

Pride, rejection, abandonment, control, and distraction were all traits of an overly nurtured ego; my ego. These were my strongholds. Yes, a level of self-exploration that I could find in my deep past history. I was resolved (before my truth-seeking quest) that the failure of my marriages were totally and completely because of the men I had married. I was young (with my first husband) then the other was older (my second husband) but age and maturity was only a part of it... our part, not just theirs. True, they had the issues, but at the time, my mindset was that I was a good woman and they just could not appreciate me. I soon learned through my journey that a good person and a good woman could be two different sides of the same coin depending who was flipping the coin; me or my mate. Here are a few stats on women and divorce that should be a great motivator to pause and reflect. The US Census states "22% of women have been divorced. Currently, of the 168.63 million women living in the United States as of 2020, about 37,098,600 women are divorced." This is a real problem worth solving!

The next part of my quest, was to define and refine what a good woman was and what it was that I strived to become. A survey by Stylecraze determined there top (though debatable) characteristics of a good woman. They say she 1) knows how to trust, 2) sets clear goals, 3) allow the exchange and transmission of knowledge, 4) is a good listener, 5) is helpful, 6) believes in equality, 7) is understanding, 8) has a sense of humor, 9) understands the significance of friendship, 10) is confident, and 11) is compassionate. In hindsight, it would have been good to know more standards than I had at the time. I had to really dig deep to find what new tools and skills I needed to see myself and my perception of myself. And more importantly, what did it mean to be a good woman? For insight, I began to ask women and men, to define a "good" woman. The responses were amazing and enlightening and not too far from Stylecraze's survey. While men and women had totally different definitions of a good woman they amounted to the same basic needs as listed above.

Solutions for Consideration:

I reminisce on the glimpses once found in the 11 and 21 year old me and think about how the story of "my becoming" and realize that now at 50ish I am maturing and yet still becoming. Becoming is a lifelong quest. To be willing to share the journey as a wife and embrace all of the characteristics above leads me to the knowledge that there are ingredients of our becoming a "good" woman... and yet we can change, we can grow and we can become, a good woman!

Resources:

Share my "journey of amazing" through one of my 5 lessons for the journey books available on Amazon under Heather Hetheru Miller or watch live lessons on my You Tube channel Heather Hetheru Personal Change Coach.

Real Talk: Ain't too proud to beg

By James Ford
Founder of the Obama Weekend



This song was made famous by the Temptations and featured David Ruffin in 1966, and now the Obama Weekend founder says, "he is not too proud to beg the Mayor's Office or City Council to stop this blatant red light running and drag racing." Ford says

jokingly leave the begging up to him. Seriously summertime is coming and our loved ones lives are at risk.

The Obama Weekend founder says call the mayo'r's office at 313-224-3400 or City Council at 313-224-4505 to express your thoughts.

Let the city officials know that Detroit cannot be the red light running and drag racing capitol of the World. The courts must take the cars of the offenders, give heavy fines, and obnoxious jail time. That will send a message that Detroit will not tolerate the disrespect of the law. The judges must send the message to the offenders.

Email

ReALGOODPRESIDENT44@gmail.COM - or send a letter to PO Box 14494 DET 48214. Call James Ford at 586-918-3061.



HealthySTEPS
MEDICAL SUPPLY

YOUR COMPLETE DIABETIC SHOE SOURCE
Over 100 styles & colors to choose from



23247 Pinewood Street, Suite 300 Warren MI 48091
1-855-777-4510