



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALL BETTER TOGETHER

SUCCESS STORIES

David McDonald – September 2011



Don't live in the past, don't dwell on the future, enjoy the moment in present.

In these extreme and complicated times it's hard to find a confident and responsible teenager with a desire to succeed. Y Teen Leader David McDonald is breaking the mold with his sense of adventure and compassion, "For me, the Y means peace, friendship, respect, and caring for others." He has been a member since the 7th grade and you can usually find him sharing friendly competition between buddies in the Teen Center or helping out in the Family Prime Time room. David laughs,

"Competition between friends just always brings out the best in me."

As a Teen Leader David participates in Y & community volunteer projects, recreational activities, leadership rallies, service learning projects, fundraising, and numerous other activities. David explains, "I consider all the other Teen Leaders a part of my extended family. The whole process has helped me become more social." The teenage years are a critical period for developing leadership skills and David is doing his part to help empower other youth that face many challenges of today.

David is mindful of balancing exercise and healthy eating, "I want to continue to support my dad, my hero. He had gastric bypass surgery and lost over 170 lbs in one year." He is also inspired by Y Teen Advisor Rob Simon, "I look up to him because of all that he has gone through and accomplished."

David's long term dream is to become a world class executive chef and open his own restaurant. He believes, "I can achieve this because you can always do what you want even if you don't know you can."