



Welcome to our Member of the Month Page!

We always strive to recognize the compassionate people and organizations that make the YMCA possible through their gracious charitable donations, but we also want to highlight the people that fill it with life; without our members, the Southern Boone Area YMCA is nothing but a building full of equipment.

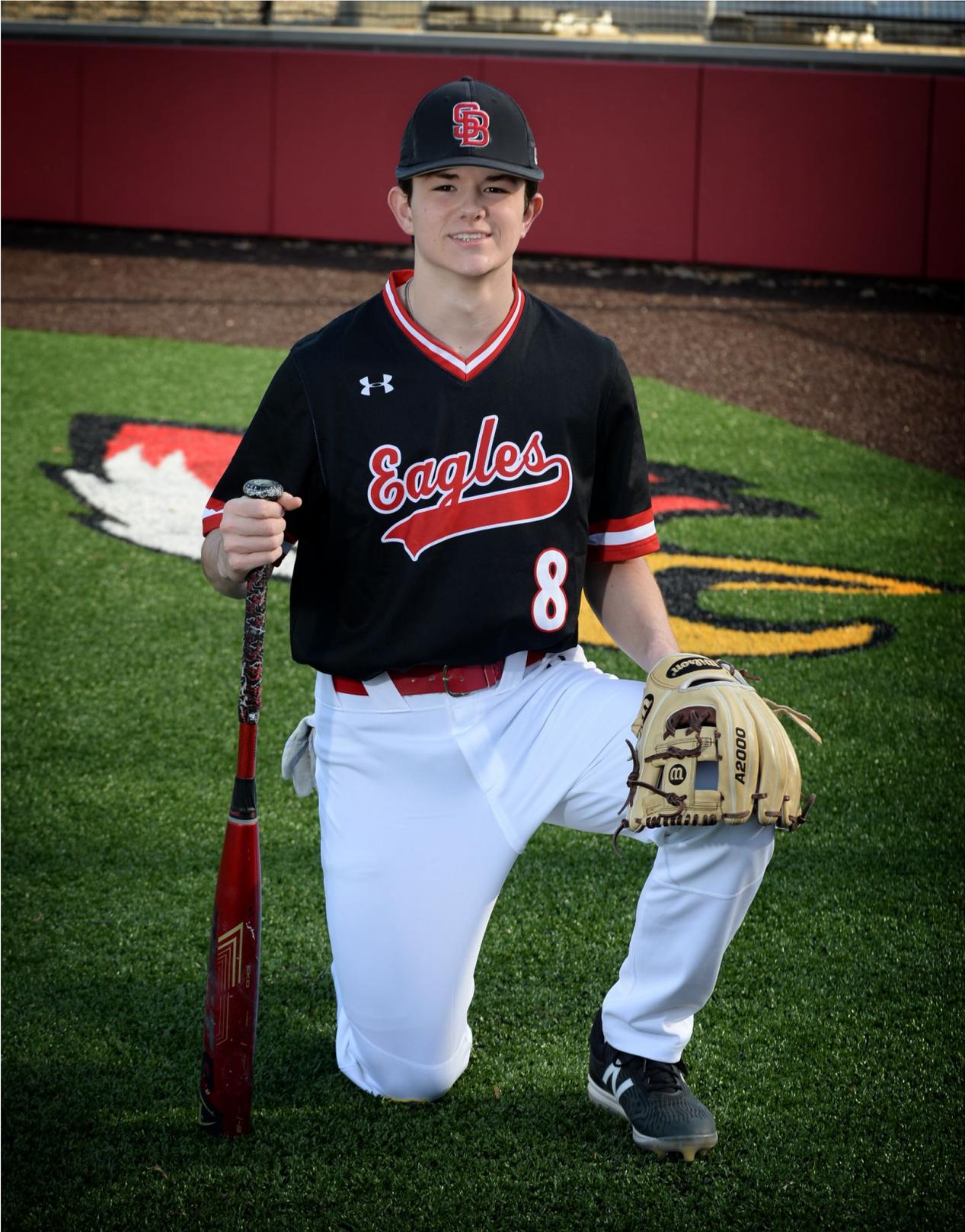
Now that we've recently surpassed 1,000 members and are striding back into normalcy after the curveball that's been the 2020 pandemic, we're returning to highlight individual members with this page.

On the first of the month, every month, we will choose another member to be our **Member of the Month**. Along with this feature, they will be afforded a private parking spot right at the entrance of the building as a small gesture of appreciation.

We will choose members that exemplify what the YMCA is about, and bring positivity and respect into the facility and, importantly, the community as a whole. We want you to know that we see you, and we appreciate you!

This month, we want to acknowledge how much we value our young members, who constitute a large percentage of our membership, coming in from Southern Boone High School and Southern Boone Middle School. Our member of the month is a young leader of the community and a daily visitor to the YMCA.

Tate John embodies the YMCA mission of a healthy spirit, mind, and body. A strong academic student and athlete in multiple programs, he will be Team Captain of the 2021 SBHS Football team, and someone we are proud to call our **Member of the Month!**



How long have you been a member of the YMCA?

I've been a member of the Y since I was in 7th grade and I'm going into my senior year, so 5 years.

How has the YMCA affected you positively?

Especially after COVID and the quarantine, working out at the YMCA was something I picked up; being able to go to and use the facilities to work out stress takes effect in a lot of areas of my life. It's easy to see the effect it has on my day-to-day life. It brings a sense of calm into my life, whether that's in school or on the field.



How do you think the YMCA will affect your long-term goals?

Taking up the habit of using my idle time positively, whether that's working out or otherwise, and making time to do so, is important. It isn't just about exercise, physical health influences moral and spiritual health. Building positive habits, especially ones that will carry over through college and the

years to come, will help me lead a healthy lifestyle that will be beneficial to myself and my future family. I hope to carry these habits into old age.



What else do you want people to know about you?

I take a lot of pride in developing my craft. Not only do I work hard in the weight room, but I take my grades and my relationships very seriously. I'm passionate about the things I love, and when I choose something to put my energy towards, it always comes out great. I want to be a good influence for the younger kids and want to leave a positive impact for them as I go on to do great things.