



## CHANGING FOR OUR FUTURE

### YMCA OF SAN JOAQUIN COUNTY

#### FRANCISCO GUIAO – JUNE 2012

My involvement with the YMCA began when I started playing youth basketball in middle school. I originally thought that I would just learn the fundamentals of basketball. To my surprise, I was introduced to the four values that the YMCA program holds with pride: respect, honesty, caring, and responsibility. I did not understand the purpose of these four words. However, my Y-coach, Sinath Vann, told the team that these values needed to be incorporated and practiced in order to stay on the team. We were taught how to use these core values. Sinath not only helped us become good basketball players, he strived to help us become well-rounded individuals for society.



**"You control the outcome of every situation,"** shares Francisco in a Dear Stockton Project session.



Francisco recognized for his academic performance and commitment to serve as a medical health professional.

I have recently worked with the YMCA's Back2B.A.C (*back to believing and changing Stockton*) Teen Break Camp that took place at the local Teen Impact Center. The main objective for this event was to remove the negative stereotypes that a majority of our youth are subjected to and teach them the skills to become young leaders. What started as a simple idea from the YMCA's Program Coordinator, Charity Brant, has become a motivation to the community to start their own change.

As a current college student at UC Davis, I have goals to become a family practitioner and improve our health care system. I plan to bring awareness of the importance of healthy living to families in various communities. Statistics and people say it will be almost impossible for me to achieve this goal based on where I live and my current situation. However, if I have learned anything while being involved with the YMCA, it is that with the right values, dedication, and passion, anything is possible despite the negative stereotypes.