there are many challenges when it comes to

volunteering.'

Cadieux fondly remembers her first project at Quinte. It was co-ordinating the Cuts for Cancer fund-raising campaign to help out a classmate stricken with the disease. She was among the 15 students who agreed to shave off their hair and raised almost \$5,000 and hair for wigs for cancer patients.

"It was such a thrill being on stage and seeing the entire student body support us. That gave me a great sense of satisfaction...the staff was surprised that a Grade 9 student could pull off major events like this."

The list of her volunteer accomplish-

ments is impressive.

She has helped organize a 30-hour famine and a tree and flower sale. She has encouraged dozens of students to participate in the annual walk for multiple sclerosis scheduled for May 27 and a variety of other walks for charitable organizations. She's on student council and is co-chairman of the spirit committee.

Cadieux was involved in the Festival of Trees late last year as a member of the school choir during the day and an elf in

the evening.

Currently, she's co-hosting a local radio program on Mix 97 alongside Joey Martin and Shelley Wilgen where she shares information about upcoming school activities.

"I'm trying to get as many students involved as possible and to increase awareness in our school

about these issues," she said.

There's another important reason why she volunteers.

"I think teenagers need a better reputation. My age group needs to participate in community awareness projects because we are the next generation and we have to show others that the future is in good hands."

Cadieux has no plans to slow down her volun-

teering ways.

"I hope volunteering will be a lifelong journey and something I can pass on to my children."