



## Cathy Bowery Puts Others First

Cathy Bowery is an inspirational senior at East High School. She is battling an immunodeficiency disorder and suffers from debilitating pain. Her greatest challenge has been her medical illness and multiple autoimmune disorders. The pain she endures daily forces her to work harder in order to do the same things that come easily to most of us.

Cathy has worked in El Salvador, Kenya, and Thailand in partnership with University Baptist Church, Anchorage Neighborhood Health Center, Global Partnership Ministries, and Peace Corps. While abroad she helped in the medical clinics, worked in orphanages, taught Vacation Bible School, and instructed and performed baton twirling. "In El Salvador, I built brick stoves in people's homes so they could have safer stoves to cook their food (we even had to make our own brick). I love traveling around the world, meeting different people, learning about different cultures, and having the opportunity to minister to people in need." She has also traveled to England, Taiwan, Mexico, Canada, and Myanmar (Burma).

When asked what inspires her to do community service, Cathy stated, "I take my eyes off myself and put them onto someone else, even though I'm in my own pain." Cathy has passion and compassion for people all around the world. She has participated in community outreach at the Anchorage Rescue Mission and through church projects and acted as hostess to mission teams. She looks within herself and finds ways to do community service in spite of her physical pain. She enjoys being an example and a role model to people. Cathy strives to get a great education that will enable her to go to different countries to help people as she has done in her mission work.

She works to overcome her pain by focusing her energy towards helping others. "True beauty comes from within when we allow God to be in charge of our life." Compassion, perseverance, self-discipline, and a strong work ethic are the important qualities in Cathy's life that has kept her strong despite her challenges.

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***A salute to the youth of Anchorage from the Office of the Mayor,  
the Anchorage Daily News, AT&T, and the University of Alaska***