



David Jensen Photography

Sara Lucey: Exuberant and Positive

Sara Lucey starts every week with a smile. That's because on Monday she has jazz dancing with the Alaska Dance Theatre. She's still smiling on Wednesday at the Anchorage Fire Department Explorer Program where she's been volunteering for two years and is currently one of the officers. According to firefighter and paramedic Casey Johnson, advisor to the explorer program, "Sara is organized, dedicated and professional beyond her years. Her ability to step up in this position says a lot about her character."

For the past two years, Sara has captained the Bartlett High School Ski Team. Each Friday she and the team share a spaghetti dinner before races on Saturday. In addition, she coaches 5-6 year olds on the Junior Nordic team and serves as a Peer Mediator. "What makes Sara unique and inspiring is that she is so humble," said Karol Benroth, counselor at Bartlett High School. "She does all of these activities out of genuine compassion."

This exuberant young woman has a broad range of interests. "I have been involved with community service for a long time," said Sara, "and honestly I love it." She's been a volunteer for the Walk for Hope and Heart Run for years and recently started helping with the Lite the Nite Walk for the Leukemia and Lymphoma Society. "I think my most touching experience

was when I went to the Mary Conrad Center. The elder folks are truly amazing and I had such a great time listening to their stories. But in general volunteering is one of the most rewarding experiences, and it helps the community to be a better place."

Sara was diagnosed with juvenile diabetes when she was two-years-old. Every day is a struggle to balance insulin shots with food and activities. She checks her blood sugar levels several times a day. "I had low blood sugar last night, and I woke up this morning and my sugar was sky high," she said recently. "It's like a constant roller coaster, but it's life and I'll live it to the fullest with the complications."

At Bartlett, where Sara is a senior, she has loaded her schedule with academically challenging classes. She will graduate in May with a 3.7 GPA. This fall she plans to attend the University of Alaska Anchorage. She's interested in Sociology, French and Business. "I absolutely adore French and am looking at Social Work, but am also considering Human Resources. I love working with people."

When asked how she found the time and energy to manage all these activities, she was quick to give credit to her family. "My parents and my brother have always been very supportive. They really are a great bunch and I am not sure that I've told them that enough."

◀ **GOOD NEWS** ▶
Great Kids!

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